

|    |                              |             |                                        |               |     |   |      |          |                    |                    |                   |      |              |
|----|------------------------------|-------------|----------------------------------------|---------------|-----|---|------|----------|--------------------|--------------------|-------------------|------|--------------|
| 1  | <b>ŻÓLTEK Grzegorz</b>       | <b>1126</b> | SPYTKOWICE                             | SPYTKOWICE    | M30 | 1 | M 1  | 00:00:00 | <b>01:00:04.35</b> | <b>01:00:04.35</b> |                   | 5:00 | 12 (100%)    |
| 2  | <b>HATALA Paweł</b>          | <b>1123</b> |                                        | BIELSKO-BIAŁA | M30 | 2 | M 2  | 00:00:00 | <b>01:00:38.70</b> | <b>01:00:38.70</b> | +00:00:34 (0.9%)  | 5:03 | 11.9 (99.2%) |
| 3  | <b>SZMIST Szymon</b>         | <b>1069</b> | MARATON GORLICE                        | SZCZEPAŃCOWA  | M40 | 1 | M 3  | 00:00:00 | <b>01:02:59.00</b> | <b>01:02:59.00</b> | +00:02:54 (4.6%)  | 5:14 | 11.4 (95.0%) |
| 4  | <b>KUCZEK Przemysław</b>     | <b>1115</b> |                                        | NOWA SARZYNA  | M30 | 3 | M 4  | 00:00:00 | <b>01:06:14.65</b> | <b>01:06:14.65</b> | +00:06:10 (9.3%)  | 5:31 | 10.9 (90.8%) |
| 5  | <b>GLIŃSKA Marta</b>         | <b>1124</b> |                                        | KRAKÓW        | K30 | 1 | K 1  | 00:00:00 | <b>01:06:32.25</b> | <b>01:06:32.25</b> | +00:06:27 (9.7%)  | 5:32 | 10.8 (90.0%) |
| 6  | <b>SZCZEPANIAK Witold</b>    | <b>1009</b> |                                        | OSTROW WLKP.  | M50 | 1 | M 5  | 00:00:00 | <b>01:07:50.20</b> | <b>01:07:50.20</b> | +00:07:45 (11.4%) | 5:39 | 10.6 (88.3%) |
| 7  | <b>ZAJDEL Filip</b>          | <b>1113</b> |                                        | KRAKÓW        | M20 | 1 | M 6  | 00:00:00 | <b>01:08:15.50</b> | <b>01:08:15.50</b> | +00:08:11 (12.0%) | 5:41 | 10.5 (87.5%) |
| 8  | <b>SKAWIŃSKI Tomasz</b>      | <b>1116</b> | GOPR BIESZCZADY                        | DĘBICA        | M40 | 2 | M 7  | 00:00:00 | <b>01:08:19.85</b> | <b>01:08:19.85</b> | +00:08:15 (12.1%) | 5:41 | 10.5 (87.5%) |
| 9  | <b>ŁOIŃSKI Andrzej</b>       | <b>1154</b> | RUCH IZBICA/SZYMANOWSKI TRIATHLON TEAM | KRASNYSTAW    | M40 | 3 | M 8  | 00:00:00 | <b>01:08:32.00</b> | <b>01:08:32.00</b> | +00:08:27 (12.3%) | 5:42 | 10.5 (87.5%) |
| 10 | <b>BUCZYŃSKI Adam</b>        | <b>1079</b> | NON STOP TRAIL                         | KRAKÓW        | M50 | 2 | M 9  | 00:00:00 | <b>01:08:35.80</b> | <b>01:08:35.80</b> | +00:08:31 (12.4%) | 5:42 | 10.5 (87.5%) |
| 11 | <b>ZAWADZKI Marcin</b>       | <b>1078</b> | SZCZWANY TRZMIEL TEAM                  | LUBENIA       | M40 | 4 | M 10 | 00:00:00 | <b>01:09:17.80</b> | <b>01:09:17.80</b> | +00:09:13 (13.3%) | 5:46 | 10.4 (86.7%) |
| 12 | <b>BOLANOWSKI Jakub</b>      | <b>1145</b> | FINISZ RYMANÓW                         | RYMANÓW       | M30 | 4 | M 11 | 00:00:00 | <b>01:09:32.45</b> | <b>01:09:32.45</b> | +00:09:28 (13.6%) | 5:47 | 10.4 (86.7%) |
| 13 | <b>PAŁKA Tomasz</b>          | <b>1033</b> | KB PARANTELA                           | LIMANOWA      | M50 | 3 | M 12 | 00:00:00 | <b>01:11:20.60</b> | <b>01:11:20.60</b> | +00:11:16 (15.8%) | 5:56 | 10.1 (84.2%) |
| 14 | <b>LAGA Monika</b>           | <b>1118</b> | AKTYWNA PSZCZYNA                       | LIPOWA        | K30 | 2 | K 2  | 00:00:00 | <b>01:12:33.85</b> | <b>01:12:33.85</b> | +00:12:29 (17.2%) | 6:02 | 9.9 (82.5%)  |
| 15 | <b>SZWED Krzysztof</b>       | <b>1129</b> | ALPIN SPORT TEAM LUBLINIEC             | LUBLINIEC     | M60 | 1 | M 13 | 00:00:00 | <b>01:15:22.10</b> | <b>01:15:22.10</b> | +00:15:17 (20.3%) | 6:16 | 9.6 (80.0%)  |
| 16 | <b>KLUZ Filip</b>            | <b>1030</b> | #SZLACHTABIEGA / PODIUM                | RZESZÓW       | M20 | 2 | M 14 | 00:00:00 | <b>01:16:50.55</b> | <b>01:16:50.55</b> | +00:16:46 (21.8%) | 6:24 | 9.4 (78.3%)  |
| 17 | <b>ZAJDEL Aleksandra</b>     | <b>1114</b> |                                        | KRAKÓW        | K20 | 1 | K 3  | 00:00:00 | <b>01:18:38.00</b> | <b>01:18:38.00</b> | +00:18:33 (23.6%) | 6:33 | 9.2 (76.7%)  |
| 18 | <b>NAJDA Damian</b>          | <b>1085</b> |                                        | BRZOZÓW       | M30 | 5 | M 15 | 00:00:00 | <b>01:18:44.65</b> | <b>01:18:44.65</b> | +00:18:40 (23.7%) | 6:33 | 9.1 (75.8%)  |
| 19 | <b>MLAŚ Ireneusz</b>         | <b>1161</b> | IPA PRZEMYSŁ                           | FREDROPOL     | M40 | 5 | M 16 | 00:00:00 | <b>01:18:46.35</b> | <b>01:18:46.35</b> | +00:18:42 (23.7%) | 6:33 | 9.1 (75.8%)  |
| 20 | <b>BOCHENEK Magdalena</b>    | <b>1155</b> | ALPIN SPORT TEAM                       | MICHAŁOWICE   | K30 | 3 | K 4  | 00:00:00 | <b>01:18:58.80</b> | <b>01:18:58.80</b> | +00:18:54 (23.9%) | 6:34 | 9.1 (75.8%)  |
| 21 | <b>NOSALIK Marek</b>         | <b>1138</b> | MTA                                    | ŻYWIEC        | M60 | 2 | M 17 | 00:00:00 | <b>01:19:16.40</b> | <b>01:19:16.40</b> | +00:19:12 (24.2%) | 6:36 | 9.1 (75.8%)  |
| 22 | <b>BOLECHOWSKA Dominika</b>  | <b>1172</b> | ALPIN SPORT TEAM                       | RABKA-ZDRÓJ   | K50 | 1 | K 5  | 00:00:00 | <b>01:20:34.75</b> | <b>01:20:34.75</b> | +00:20:30 (25.4%) | 6:42 | 8.9 (74.2%)  |
| 23 | <b>RUDY Przemysław</b>       | <b>1111</b> | LEMON TEAM                             | KRAKÓW        | M30 | 6 | M 18 | 00:00:00 | <b>01:20:42.55</b> | <b>01:20:42.55</b> | +00:20:38 (25.6%) | 6:43 | 8.9 (74.2%)  |
| 24 | <b>WIERZBICKI Bartłomiej</b> | <b>1130</b> |                                        | NOWA SARZYNA  | M20 | 3 | M 19 | 00:00:00 | <b>01:21:08.00</b> | <b>01:21:08.00</b> | +00:21:03 (26.0%) | 6:45 | 8.9 (74.2%)  |
| 25 | <b>MICHAŁSKI Dawid</b>       | <b>1099</b> |                                        | WARSZAWA      | M20 | 4 | M 20 | 00:00:00 | <b>01:22:11.05</b> | <b>01:22:11.05</b> | +00:22:06 (26.9%) | 6:50 | 8.8 (73.3%)  |
| 26 | <b>KOŻBIAŁ Mariusz</b>       | <b>1014</b> |                                        | JAWORZNO      | M20 | 5 | M 21 | 00:00:00 | <b>01:24:04.25</b> | <b>01:24:04.25</b> | +00:23:59 (28.5%) | 7:00 | 8.6 (71.7%)  |
| 27 | <b>FILIPEK Piotr</b>         | <b>1120</b> |                                        | RZESZÓW       | M20 | 6 | M 22 | 00:00:00 | <b>01:24:43.00</b> | <b>01:24:43.00</b> | +00:24:38 (29.1%) | 7:03 | 8.5 (70.8%)  |

|    |                              |             |                                     |                       |     |    |      |          |                    |                    |                   |      |             |
|----|------------------------------|-------------|-------------------------------------|-----------------------|-----|----|------|----------|--------------------|--------------------|-------------------|------|-------------|
| 28 | <b>BUJOCZEK Milena</b>       | <b>1062</b> |                                     | BYTOM                 | K20 | 2  | K 6  | 00:00:00 | <b>01:24:46.05</b> | <b>01:24:46.05</b> | +00:24:41 (29.1%) | 7:03 | 8.5 (70.8%) |
| 29 | <b>ZARZECZNY Piotr</b>       | <b>1088</b> | TMT SOCHACZEW                       | SOCHACZEW             | M50 | 4  | M 23 | 00:00:00 | <b>01:24:53.85</b> | <b>01:24:53.85</b> | +00:24:49 (29.2%) | 7:04 | 8.5 (70.8%) |
| 30 | <b>MAKOWSKI Jerzy</b>        | <b>1107</b> | MKS AGROS CHELM                     | SUSZNO                | M60 | 3  | M 24 | 00:00:00 | <b>01:25:13.40</b> | <b>01:25:13.40</b> | +00:25:09 (29.5%) | 7:06 | 8.4 (70.0%) |
| 31 | <b>MAMLA Zbigniew</b>        | <b>1052</b> | BIEGIEM NA KAWĘ                     | WARSZAWA              | M50 | 5  | M 25 | 00:00:00 | <b>01:26:07.75</b> | <b>01:26:07.75</b> | +00:26:03 (30.3%) | 7:10 | 8.4 (70.0%) |
| 32 | <b>WIECZOREK Jacek</b>       | <b>1112</b> | VELICANTE SPORT TEAM                | WROCŁAW               | M50 | 6  | M 26 | 00:00:00 | <b>01:27:22.75</b> | <b>01:27:22.75</b> | +00:27:18 (31.3%) | 7:16 | 8.2 (68.3%) |
| 33 | <b>GOTFRYD Karol</b>         | <b>1159</b> |                                     | KROSNO                | M30 | 7  | M 27 | 00:00:00 | <b>01:28:55.85</b> | <b>01:28:55.85</b> | +00:28:51 (32.5%) | 7:24 | 8.1 (67.5%) |
| 34 | <b>TELEGA Artur</b>          | <b>1137</b> | BIEGOWAPASJA.PL                     | PRZEMYŚL              | M50 | 7  | M 28 | 00:00:00 | <b>01:29:11.55</b> | <b>01:29:11.55</b> | +00:29:07 (32.6%) | 7:25 | 8.1 (67.5%) |
| 35 | <b>FULTYN Darek</b>          | <b>1104</b> |                                     | KRAKÓW                | M50 | 8  | M 29 | 00:00:00 | <b>01:29:21.55</b> | <b>01:29:21.55</b> | +00:29:17 (32.8%) | 7:26 | 8.1 (67.5%) |
| 36 | <b>KASINSKI Rafał</b>        | <b>1169</b> |                                     | BIELSKO- BIAŁA        | M50 | 9  | M 30 | 00:00:00 | <b>01:29:35.10</b> | <b>01:29:35.10</b> | +00:29:30 (32.9%) | 7:27 | 8 (66.7%)   |
| 37 | <b>STRUŚ Marzena</b>         | <b>1087</b> |                                     | GRABOWNICA STARZEŃSKA | K30 | 4  | K 7  | 00:00:00 | <b>01:29:35.15</b> | <b>01:29:35.15</b> | +00:29:30 (32.9%) | 7:27 | 8 (66.7%)   |
| 38 | <b>BARSKA Agnieszka</b>      | <b>1008</b> | DYCUŚ TEAM                          | GOGOLIN               | K40 | 1  | K 8  | 00:00:00 | <b>01:29:36.05</b> | <b>01:29:36.05</b> | +00:29:31 (33.0%) | 7:28 | 8 (66.7%)   |
| 39 | <b>MICHALSKI Damian</b>      | <b>1100</b> | ALIOR RUNNING TEAM                  | WARSZAWA              | M40 | 6  | M 31 | 00:00:00 | <b>01:29:59.05</b> | <b>01:29:59.05</b> | +00:29:54 (33.2%) | 7:29 | 8 (66.7%)   |
| 40 | <b>LABUT Krzysztof</b>       | <b>1004</b> | 1,5% PODATKU DLA LIWII I JANA LABUT | KROSNO                | M30 | 8  | M 32 | 00:00:00 | <b>01:30:14.45</b> | <b>01:30:14.45</b> | +00:30:10 (33.4%) | 7:31 | 8 (66.7%)   |
| 41 | <b>RYBICKI Robert</b>        | <b>1148</b> | KLUB BIEGACZA SOKÓŁ BODZANÓW        | GĄSEWO                | M50 | 10 | M 33 | 00:00:00 | <b>01:31:35.25</b> | <b>01:31:35.25</b> | +00:31:30 (34.4%) | 7:37 | 7.9 (65.8%) |
| 42 | <b>MIŚTALSKI Damian</b>      | <b>1098</b> |                                     | BYTOM                 | M40 | 7  | M 34 | 00:00:00 | <b>01:31:40.05</b> | <b>01:31:40.05</b> | +00:31:35 (34.5%) | 7:38 | 7.9 (65.8%) |
| 43 | <b>NAWROT Bartłomiej</b>     | <b>1139</b> | KAMIENIOŁOM                         | LESKO                 | M40 | 8  | M 35 | 00:00:00 | <b>01:32:06.85</b> | <b>01:32:06.85</b> | +00:32:02 (34.8%) | 7:40 | 7.8 (65.0%) |
| 44 | <b>PENKALA Piotr</b>         | <b>1058</b> | STRANGERS                           | ZĄBKI                 | M20 | 7  | M 36 | 00:00:00 | <b>01:32:21.70</b> | <b>01:32:21.70</b> | +00:32:17 (35.0%) | 7:41 | 7.8 (65.0%) |
| 45 | <b>ŚCIBOR Adrianna</b>       | <b>1046</b> |                                     | WETLINA               | K20 | 3  | K 9  | 00:00:00 | <b>01:33:16.55</b> | <b>01:33:16.55</b> | +00:33:12 (35.6%) | 7:46 | 7.7 (64.2%) |
| 46 | <b>PARSZEWSKA Aleksandra</b> | <b>1097</b> |                                     | BYTOM                 | K30 | 5  | K 10 | 00:00:00 | <b>01:33:25.30</b> | <b>01:33:25.30</b> | +00:33:20 (35.7%) | 7:47 | 7.7 (64.2%) |
| 47 | <b>WOŹNIAK Janusz</b>        | <b>1015</b> | PORMAT JEDLICZE BIEGA               | SKOŁYSZYN             | M60 | 4  | M 37 | 00:00:00 | <b>01:33:47.20</b> | <b>01:33:47.20</b> | +00:33:42 (35.9%) | 7:48 | 7.7 (64.2%) |
| 48 | <b>MAŚLANKA Sławomir</b>     | <b>1045</b> | VEGE RUNNERS                        | TARNOBRZEG            | M30 | 9  | M 38 | 00:00:00 | <b>01:33:55.25</b> | <b>01:33:55.25</b> | +00:33:50 (36.0%) | 7:49 | 7.7 (64.2%) |
| 49 | <b>OSTROWSKI Zbyszek</b>     | <b>1042</b> | YULO RUN TEAM SIEDLCE               | SIEDLCE               | M60 | 5  | M 39 | 00:00:00 | <b>01:34:11.80</b> | <b>01:34:11.80</b> | +00:34:07 (36.2%) | 7:50 | 7.6 (63.3%) |
| 50 | <b>BYKOWSKA Blanka</b>       | <b>1083</b> |                                     | WEJHEROWO             | K40 | 2  | K 11 | 00:00:00 | <b>01:35:18.40</b> | <b>01:35:18.40</b> | +00:35:14 (37.0%) | 7:56 | 7.6 (63.3%) |
| 51 | <b>ŚLIWIŃSKI Andrzej</b>     | <b>1068</b> |                                     | MIECHÓW               | M60 | 6  | M 40 | 00:00:00 | <b>01:35:32.80</b> | <b>01:35:32.80</b> | +00:35:28 (37.1%) | 7:57 | 7.5 (62.5%) |
| 52 | <b>GRZESIK Michał</b>        | <b>1053</b> |                                     | NOWA SŁUPIA           | M30 | 10 | M 41 | 00:00:00 | <b>01:35:35.15</b> | <b>01:35:35.15</b> | +00:35:30 (37.2%) | 7:57 | 7.5 (62.5%) |
| 53 | <b>SUCHODOLSKI Mariusz</b>   | <b>1054</b> | BIEGIEM NA KAWĘ                     | WARSZAWA              | M50 | 11 | M 42 | 00:00:00 | <b>01:37:43.30</b> | <b>01:37:43.30</b> | +00:37:38 (38.5%) | 8:08 | 7.4 (61.7%) |
| 54 | <b>HEDESZ Aleksander</b>     | <b>1128</b> |                                     | TARGOWISKA            | M50 | 12 | M 43 | 00:00:00 | <b>01:38:11.90</b> | <b>01:38:11.90</b> | +00:38:07 (38.8%) | 8:10 | 7.3 (60.8%) |

|    |                            |      |                     |               |     |    |      |          |             |             |                   |      |             |
|----|----------------------------|------|---------------------|---------------|-----|----|------|----------|-------------|-------------|-------------------|------|-------------|
| 55 | RACHWAŁSKI Kuba            | 1165 | RACHWAŁSCY TEAM     | CISNA         | M20 | 8  | M 44 | 00:00:00 | 01:38:21.25 | 01:38:21.25 | +00:38:16 (38.9%) | 8:11 | 7.3 (60.8%) |
| 56 | RACHWAŁSKA Marzena         | 1164 | RACHWAŁSCY TEAM     | CISNA         | K40 | 3  | K 12 | 00:00:00 | 01:38:21.30 | 01:38:21.30 | +00:38:16 (38.9%) | 8:11 | 7.3 (60.8%) |
| 57 | JAROSŁAŃSKI Krzysztof      | 1102 |                     | JANIKÓW       | M40 | 9  | M 45 | 00:00:00 | 01:38:34.10 | 01:38:34.10 | +00:38:29 (39.1%) | 8:12 | 7.3 (60.8%) |
| 58 | FRĄCZEK Piotr              | 1060 | SPARTA RADZEWO      | RADZEWO       | M30 | 11 | M 46 | 00:00:00 | 01:38:34.40 | 01:38:34.40 | +00:38:30 (39.1%) | 8:12 | 7.3 (60.8%) |
| 59 | KUSTRA Katarzyna           | 1032 |                     | PULAWY        | K30 | 6  | K 13 | 00:00:00 | 01:39:03.45 | 01:39:03.45 | +00:38:59 (39.4%) | 8:15 | 7.3 (60.8%) |
| 60 | KOWAŁSKI Szymon            | 1096 | HTF LUDWIK SIKORSKI | ŁÓDŹ          | M40 | 10 | M 47 | 00:00:00 | 01:39:47.00 | 01:39:47.00 | +00:39:42 (39.8%) | 8:18 | 7.2 (60.0%) |
| 61 | BOREK Daniel               | 1091 | CPP POLAND          | RZESZÓW       | M30 | 12 | M 48 | 00:00:00 | 01:40:31.15 | 01:40:31.15 | +00:40:26 (40.2%) | 8:22 | 7.2 (60.0%) |
| 62 | KĘDRA Agnieszka            | 1005 | CARPATHIAN RUNNERS  | RZESZÓW       | K30 | 7  | K 14 | 00:00:00 | 01:40:40.65 | 01:40:40.65 | +00:40:36 (40.3%) | 8:23 | 7.2 (60.0%) |
| 63 | CHLEBIŃSKI Maciej          | 1133 |                     | SANOK         | M40 | 11 | M 49 | 00:00:00 | 01:41:26.85 | 01:41:26.85 | +00:41:22 (40.8%) | 8:27 | 7.1 (59.2%) |
| 64 | DRABIK - SŁOMKA Małgorzata | 1156 |                     | ŁYCZANKA      | K40 | 4  | K 15 | 00:00:00 | 01:41:28.80 | 01:41:28.80 | +00:41:24 (40.8%) | 8:27 | 7.1 (59.2%) |
| 65 | WOJTAS Wojciech            | 1170 |                     | JAWORZE       | M50 | 13 | M 50 | 00:00:00 | 01:42:07.50 | 01:42:07.50 | +00:42:03 (41.2%) | 8:30 | 7.1 (59.2%) |
| 66 | KOWAŁSKI Aleksander        | 1171 | BYDZ MORZE          | BIELSKO-BIAŁA | M40 | 12 | M 51 | 00:00:00 | 01:42:07.70 | 01:42:07.70 | +00:42:03 (41.2%) | 8:30 | 7.1 (59.2%) |
| 67 | LEŚNIAK Natalia            | 1065 |                     | CIEŻKOWICE    | K20 | 4  | K 16 | 00:00:00 | 01:42:30.80 | 01:42:30.80 | +00:42:26 (41.4%) | 8:32 | 7 (58.3%)   |
| 68 | STEBEL Piotr               | 1006 | PRZEWODNIK          | SKOCZÓW       | M50 | 14 | M 52 | 00:00:00 | 01:43:45.05 | 01:43:45.05 | +00:43:40 (42.1%) | 8:38 | 6.9 (57.5%) |
| 69 | KRUCZEK Robert             | 1092 | CPP POLAND          | RZESZÓW       | M60 | 7  | M 53 | 00:00:00 | 01:43:54.00 | 01:43:54.00 | +00:43:49 (42.2%) | 8:39 | 6.9 (57.5%) |
| 70 | KRZAN Tomasz               | 1142 |                     | PRZEWORSK     | M40 | 13 | M 54 | 00:00:00 | 01:44:13.25 | 01:44:13.25 | +00:44:08 (42.4%) | 8:41 | 6.9 (57.5%) |
| 71 | DREWNIAK Agata             | 1135 |                     | JASŁO         | K40 | 5  | K 17 | 00:00:00 | 01:44:17.55 | 01:44:17.55 | +00:44:13 (42.4%) | 8:41 | 6.9 (57.5%) |
| 72 | ŁĄCZNY Przemysław          | 1131 |                     | KRAKÓW        | M30 | 13 | M 55 | 00:00:00 | 01:44:30.00 | 01:44:30.00 | +00:44:25 (42.5%) | 8:42 | 6.9 (57.5%) |
| 73 | LEWICKI Szymon             | 1034 |                     | SANOK         | M20 | 9  | M 56 | 00:00:00 | 01:44:32.35 | 01:44:32.35 | +00:44:28 (42.5%) | 8:42 | 6.9 (57.5%) |
| 74 | ALEKSIUK Marcin            | 1077 |                     | SIEDLCE       | M30 | 14 | M 57 | 00:00:00 | 01:44:41.60 | 01:44:41.60 | +00:44:37 (42.6%) | 8:43 | 6.9 (57.5%) |
| 75 | SOBIECKI Krystian          | 1166 |                     | CISNA         | M30 | 15 | M 58 | 00:00:00 | 01:44:56.70 | 01:44:56.70 | +00:44:52 (42.8%) | 8:44 | 6.9 (57.5%) |
| 76 | KONDZIOŁA Krzysztof        | 1101 | STAY INSANE         | LUBLIN        | M40 | 14 | M 59 | 00:00:00 | 01:45:26.65 | 01:45:26.65 | +00:45:22 (43.0%) | 8:47 | 6.8 (56.7%) |
| 77 | BOROŃSKA Joanna            | 1144 |                     | JAWORZNO      | K40 | 6  | K 18 | 00:00:00 | 01:45:33.80 | 01:45:33.80 | +00:45:29 (43.1%) | 8:47 | 6.8 (56.7%) |
| 78 | SIAST Joanna               | 1084 |                     | LESKO         | K30 | 8  | K 19 | 00:00:00 | 01:45:34.05 | 01:45:34.05 | +00:45:29 (43.1%) | 8:47 | 6.8 (56.7%) |
| 79 | GLIŃSKI Emil               | 1163 |                     | KRAKÓW        | M30 | 16 | M 60 | 00:00:00 | 01:45:56.85 | 01:45:56.85 | +00:45:52 (43.3%) | 8:49 | 6.8 (56.7%) |
| 80 | KOŚCIOŁEK Patrycja         | 1151 |                     | CHMIELNIK     | K30 | 9  | K 20 | 00:00:00 | 01:46:42.25 | 01:46:42.25 | +00:46:37 (43.7%) | 8:53 | 6.7 (55.8%) |
| 81 | KUCZYŃSKI Rafał            | 1153 | SWIMTRI RZESZOW     | RZESZOW       | M40 | 15 | M 61 | 00:00:00 | 01:47:31.30 | 01:47:31.30 | +00:47:26 (44.1%) | 8:57 | 6.7 (55.8%) |

|     |                         |      |                            |              |     |    |      |          |             |             |                   |      |             |
|-----|-------------------------|------|----------------------------|--------------|-----|----|------|----------|-------------|-------------|-------------------|------|-------------|
| 82  | KOZACZUK Nina           | 1094 |                            | LUBLIN       | K20 | 5  | K 21 | 00:00:00 | 01:48:02.60 | 01:48:02.60 | +00:47:58 (44.4%) | 9:00 | 6.7 (55.8%) |
| 83  | MADEJSKI Jacek          | 1071 |                            | WIELICZKA    | M40 | 16 | M 62 | 00:00:00 | 01:49:25.45 | 01:49:25.45 | +00:49:21 (45.1%) | 9:07 | 6.6 (55.0%) |
| 84  | TALAROWSKA Iga          | 1072 |                            | LUBLIN       | K20 | 6  | K 22 | 00:00:00 | 01:50:12.35 | 01:50:12.35 | +00:50:08 (45.5%) | 9:11 | 6.5 (54.2%) |
| 85  | KUBALA Alicja           | 1019 |                            | KALISZ       | K50 | 2  | K 23 | 00:00:00 | 01:50:21.45 | 01:50:21.45 | +00:50:17 (45.6%) | 9:11 | 6.5 (54.2%) |
| 86  | TARNAWSKA Monika        | 1136 |                            | RZESZÓW      | K50 | 3  | K 24 | 00:00:00 | 01:51:44.60 | 01:51:44.60 | +00:51:40 (46.2%) | 9:18 | 6.4 (53.3%) |
| 87  | FILICIAK Tomasz         | 1132 |                            | KRAKÓW       | M50 | 15 | M 63 | 00:00:00 | 01:51:47.60 | 01:51:47.60 | +00:51:43 (46.3%) | 9:18 | 6.4 (53.3%) |
| 88  | KANDEFER Danuta         | 1007 |                            | KROSNO       | K40 | 7  | K 25 | 00:00:00 | 01:52:28.70 | 01:52:28.70 | +00:52:24 (46.6%) | 9:22 | 6.4 (53.3%) |
| 89  | CIELENKIEWICZ Adrian    | 1020 |                            | KRAKÓW       | M40 | 17 | M 64 | 00:00:00 | 01:52:38.35 | 01:52:38.35 | +00:52:34 (46.7%) | 9:23 | 6.4 (53.3%) |
| 90  | MAKOWSKA Wanda          | 1106 | MKS AGROS CHEŁM            | SUSZNO       | K50 | 4  | K 26 | 00:00:00 | 01:52:50.05 | 01:52:50.05 | +00:52:45 (46.8%) | 9:24 | 6.4 (53.3%) |
| 91  | CZERNIAK Artur          | 1038 | MASAKRA KLUB SPORTOWY      | WARSZAWA     | M60 | 8  | M 65 | 00:00:00 | 01:53:58.45 | 01:53:58.45 | +00:53:54 (47.3%) | 9:29 | 6.3 (52.5%) |
| 92  | DAMIĘCKI Jan            | 1047 | MASAKRA KLUB SPORTOWY      | WARSZAWA     | M40 | 18 | M 66 | 00:00:00 | 01:53:59.05 | 01:53:59.05 | +00:53:54 (47.3%) | 9:29 | 6.3 (52.5%) |
| 93  | ZNYK Radosław           | 1024 |                            | KRAKÓW       | M30 | 17 | M 67 | 00:00:00 | 01:54:51.05 | 01:54:51.05 | +00:54:46 (47.7%) | 9:34 | 6.3 (52.5%) |
| 94  | SKUBAŁA Barbara         | 1090 |                            | POZNAŃ       | K30 | 10 | K 27 | 00:00:00 | 01:55:01.70 | 01:55:01.70 | +00:54:57 (47.8%) | 9:35 | 6.3 (52.5%) |
| 95  | ANTOS Daniel            | 1089 |                            | POZNAŃ       | M30 | 18 | M 68 | 00:00:00 | 01:55:01.75 | 01:55:01.75 | +00:54:57 (47.8%) | 9:35 | 6.3 (52.5%) |
| 96  | SĘK Henryk              | 1070 | SUSZECKIE ITEN /UKS SUSZEC | SUSZEC       | M50 | 16 | M 69 | 00:00:00 | 01:55:20.65 | 01:55:20.65 | +00:55:16 (47.9%) | 9:36 | 6.2 (51.7%) |
| 97  | CHABROWSKA-KANIA Kamila | 1086 |                            | WARSZAWA     | K20 | 7  | K 28 | 00:00:00 | 01:55:44.65 | 01:55:44.65 | +00:55:40 (48.1%) | 9:38 | 6.2 (51.7%) |
| 98  | SERWAN Magdalena        | 1152 |                            | BOGUCHWAŁA   | K40 | 8  | K 29 | 00:00:00 | 01:55:55.85 | 01:55:55.85 | +00:55:51 (48.2%) | 9:39 | 6.2 (51.7%) |
| 99  | SAMSON Joanna           | 1143 |                            | KWIDZYN      | K30 | 11 | K 30 | 00:00:00 | 01:56:00.05 | 01:56:00.05 | +00:55:55 (48.2%) | 9:40 | 6.2 (51.7%) |
| 100 | ŚCIESZKA Iwona          | 1147 |                            | KRAKÓW       | K50 | 5  | K 31 | 00:00:00 | 01:56:19.00 | 01:56:19.00 | +00:56:14 (48.4%) | 9:41 | 6.2 (51.7%) |
| 101 | RESZYTYŁO Grzegorz      | 1140 |                            | ŁAŃCUT       | M50 | 17 | M 70 | 00:00:00 | 01:56:31.05 | 01:56:31.05 | +00:56:26 (48.4%) | 9:42 | 6.2 (51.7%) |
| 102 | KOPEĆ Konrad            | 1157 |                            | ALFREDÓWKA   | M20 | 10 | M 71 | 00:00:00 | 01:56:39.65 | 01:56:39.65 | +00:56:35 (48.5%) | 9:43 | 6.2 (51.7%) |
| 103 | KOPEĆ Magdalena         | 1158 |                            | JADACHY      | K30 | 12 | K 32 | 00:00:00 | 01:56:42.85 | 01:56:42.85 | +00:56:38 (48.5%) | 9:43 | 6.2 (51.7%) |
| 104 | ZNYK Adam               | 1021 |                            | KRAKÓW       | M30 | 19 | M 72 | 00:00:00 | 01:56:51.10 | 01:56:51.10 | +00:56:46 (48.6%) | 9:44 | 6.2 (51.7%) |
| 105 | DĄBROWSKI Paweł         | 1012 |                            | ŁOMIANKI     | M30 | 20 | M 73 | 00:00:00 | 01:57:33.45 | 01:57:33.45 | +00:57:29 (48.9%) | 9:47 | 6.1 (50.8%) |
| 106 | KAJUT Lucyna            | 1162 | AKTYWNI KOCIEWIACY         | WIELBRANDOWO | K40 | 9  | K 33 | 00:00:00 | 01:58:17.65 | 01:58:17.65 | +00:58:13 (49.2%) | 9:51 | 6.1 (50.8%) |
| 107 | KUŚ Klaudia             | 1023 |                            | JAWORZNO     | K20 | 8  | K 34 | 00:00:00 | 01:58:31.25 | 01:58:31.25 | +00:58:26 (49.3%) | 9:52 | 6.1 (50.8%) |
| 108 | KUŚ Maciej              | 1022 |                            | JAWORZNO     | M20 | 11 | M 74 | 00:00:00 | 01:58:31.30 | 01:58:31.30 | +00:58:26 (49.3%) | 9:52 | 6.1 (50.8%) |

|     |                             |      |                        |                  |     |    |      |          |             |             |                   |       |             |
|-----|-----------------------------|------|------------------------|------------------|-----|----|------|----------|-------------|-------------|-------------------|-------|-------------|
| 109 | FORTUNA Agnieszka           | 1029 |                        | RZESZÓW          | K50 | 6  | K 35 | 00:00:00 | 02:00:36.45 | 02:00:36.45 | +01:00:32 (50.2%) | 10:03 | 6 (50.0%)   |
| 110 | FORTUNA Tomasz              | 1028 |                        | RZESZÓW          | M50 | 18 | M 75 | 00:00:00 | 02:00:36.55 | 02:00:36.55 | +01:00:32 (50.2%) | 10:03 | 6 (50.0%)   |
| 111 | OSTROWSKA Dorota            | 1043 | YULO RUN TEAM SIEDLCE  | SIEDLCE          | K60 | 1  | K 36 | 00:00:00 | 02:00:50.25 | 02:00:50.25 | +01:00:45 (50.3%) | 10:04 | 6 (50.0%)   |
| 112 | RABCZEWSKI Andrzej          | 1108 |                        | SUSZNO           | M50 | 19 | M 76 | 00:00:00 | 02:01:17.65 | 02:01:17.65 | +01:01:13 (50.5%) | 10:06 | 5.9 (49.2%) |
| 113 | RABCZEWSKA Elżbieta         | 1109 |                        | SUSZNO           | K50 | 7  | K 37 | 00:00:00 | 02:01:17.75 | 02:01:17.75 | +01:01:13 (50.5%) | 10:06 | 5.9 (49.2%) |
| 114 | WOŹNIACKI Adam              | 1035 |                        | LUBLIN           | M50 | 20 | M 77 | 00:00:00 | 02:02:07.25 | 02:02:07.25 | +01:02:02 (50.8%) | 10:10 | 5.9 (49.2%) |
| 115 | CZAPSKA Bożena              | 1160 |                        | WARSAW           | K40 | 10 | K 38 | 00:00:00 | 02:03:26.00 | 02:03:26.00 | +01:03:21 (51.3%) | 10:17 | 5.8 (48.3%) |
| 116 | BUJOCZEK Piotr              | 1063 |                        | BYTOM            | M40 | 19 | M 78 | 00:00:00 | 02:04:17.95 | 02:04:17.95 | +01:04:13 (51.7%) | 10:21 | 5.8 (48.3%) |
| 117 | PRZYBYŁOWICZ Dominik        | 1093 | LKS BYSTRA             | GORLICE          | M20 | 12 | M 79 | 00:00:00 | 02:05:00.30 | 02:05:00.30 | +01:04:55 (51.9%) | 10:25 | 5.8 (48.3%) |
| 118 | KLUZ Robert                 | 1031 | #SZLACHTABIEGA         | RZESZÓW          | M50 | 21 | M 80 | 00:00:00 | 02:05:56.65 | 02:05:56.65 | +01:05:52 (52.3%) | 10:29 | 5.7 (47.5%) |
| 119 | KAMINIK-MICHALCZAK Anna     | 1061 |                        | SZYDŁOWIEC       | K40 | 11 | K 39 | 00:00:00 | 02:06:12.95 | 02:06:12.95 | +01:06:08 (52.4%) | 10:31 | 5.7 (47.5%) |
| 120 | SIECZKA Dorota              | 1013 |                        | MIASTECZKO.KRAJ  | K50 | 8  | K 40 | 00:00:00 | 02:06:54.60 | 02:06:54.60 | +01:06:50 (52.7%) | 10:34 | 5.7 (47.5%) |
| 121 | PENKALA Marcin              | 1057 | STRANGERS              | ZĄBKI            | M40 | 20 | M 81 | 00:00:00 | 02:08:02.65 | 02:08:02.65 | +01:07:58 (53.1%) | 10:40 | 5.6 (46.7%) |
| 122 | HERWICHOWSKI Marcin         | 1003 | TARNOWO PODGÓRNA BIEGA | LUBOŃ            | M50 | 22 | M 82 | 00:00:00 | 02:09:49.25 | 02:09:49.25 | +01:09:44 (53.7%) | 10:49 | 5.5 (45.8%) |
| 123 | KONIECZNA Anna              | 1119 | TARNOWO PODGÓRNE BIEGA | TARNOWO PODGÓRNE | K40 | 12 | K 41 | 00:00:00 | 02:09:49.35 | 02:09:49.35 | +01:09:45 (53.7%) | 10:49 | 5.5 (45.8%) |
| 124 | WAŁACHOWSKA Urszula         | 1167 | SANOK BIEGA            | HOCZEW           | K30 | 13 | K 42 | 00:00:00 | 02:12:45.00 | 02:12:45.00 | +01:12:40 (54.7%) | 11:03 | 5.4 (45.0%) |
| 125 | GRABOWSKA Patrycja          | 1074 |                        | RADZYŃ PODLASKI  | K30 | 14 | K 43 | 00:00:00 | 02:12:46.40 | 02:12:46.40 | +01:12:42 (54.8%) | 11:03 | 5.4 (45.0%) |
| 126 | KORNILUK Kamil              | 1168 |                        | RADZYŃ PODLASKI  | M30 | 21 | M 83 | 00:00:00 | 02:12:47.95 | 02:12:47.95 | +01:12:43 (54.8%) | 11:03 | 5.4 (45.0%) |
| 127 | KNAP Elżbieta               | 1121 |                        | LUBLIN           | K60 | 2  | K 44 | 00:00:00 | 02:15:54.85 | 02:15:54.85 | +01:15:50 (55.8%) | 11:19 | 5.3 (44.2%) |
| 128 | BUJOCZEK Ewa                | 1064 |                        | BYTOM            | K40 | 13 | K 45 | 00:00:00 | 02:16:04.60 | 02:16:04.60 | +01:16:00 (55.9%) | 11:20 | 5.3 (44.2%) |
| 129 | GRABOWSKA Agnieszka         | 1095 |                        | SOSNOWIEC        | K40 | 14 | K 46 | 00:00:00 | 02:16:37.85 | 02:16:37.85 | +01:16:33 (56.0%) | 11:23 | 5.3 (44.2%) |
| 130 | SZYMURA Izabela             | 1150 | SZYMURA TEAM           | RYBNIK           | K40 | 15 | K 47 | 00:00:00 | 02:16:37.95 | 02:16:37.95 | +01:16:33 (56.0%) | 11:23 | 5.3 (44.2%) |
| 131 | MARKIEWICZ - GLAPA Ludmiła  | 1001 |                        | KOMORNIKI        | K40 | 16 | K 48 | 00:00:00 | 02:21:20.75 | 02:21:20.75 | +01:21:16 (57.5%) | 11:46 | 5.1 (42.5%) |
| 132 | KULCZYCKA Katarzyna         | 1122 |                        | WARSZAWA         | K40 | 17 | K 49 | 00:00:00 | 02:24:07.95 | 02:24:07.95 | +01:24:03 (58.3%) | 12:00 | 5 (41.7%)   |
| 133 | SIENKIEWICZ-PASTORCZYK Anna | 1067 |                        | WARSZAWA         | K40 | 18 | K 50 | 00:00:00 | 02:24:17.10 | 02:24:17.10 | +01:24:12 (58.4%) | 12:01 | 5 (41.7%)   |
| 134 | MICHAŁOWSKA Hanna           | 1048 |                        | TARNÓW           | K20 | 9  | K 51 | 00:00:00 | 02:25:21.85 | 02:25:21.85 | +01:25:17 (58.7%) | 12:06 | 5 (41.7%)   |
| 135 | KLIMEK Magda                | 1025 | LUFTHANSA SKY RUNNERS  | KRAKÓW           | K30 | 15 | K 52 | 00:00:00 | 02:26:34.40 | 02:26:34.40 | +01:26:30 (59.0%) | 12:12 | 4.9 (40.8%) |

|     |                             |             |                           |     |    |      |          |                    |                    |                   |       |             |
|-----|-----------------------------|-------------|---------------------------|-----|----|------|----------|--------------------|--------------------|-------------------|-------|-------------|
| 136 | <b>SZEWCZYKOWSKI Michał</b> | <b>1073</b> | LUBLIN                    | M20 | 13 | M 84 | 00:00:00 | <b>02:26:43.25</b> | <b>02:26:43.25</b> | +01:26:38 (59.1%) | 12:13 | 4.9 (40.8%) |
| 137 | <b>NGUYEN CHI Elżbieta</b>  | <b>1051</b> | GDYNIA                    | K30 | 16 | K 53 | 00:00:00 | <b>02:34:10.25</b> | <b>02:34:10.25</b> | +01:34:05 (61.0%) | 12:50 | 4.7 (39.2%) |
| 138 | <b>POPIOŁEK Sara</b>        | <b>1050</b> | GDAŃSK                    | K30 | 17 | K 54 | 00:00:00 | <b>02:34:10.30</b> | <b>02:34:10.30</b> | +01:34:05 (61.0%) | 12:50 | 4.7 (39.2%) |
| 139 | <b>ZWOLEŃ Gabriela</b>      | <b>1066</b> | WOJNICZ                   | K20 | 10 | K 55 | 00:00:00 | <b>02:39:03.45</b> | <b>02:39:03.45</b> | +01:38:59 (62.2%) | 13:15 | 4.5 (37.5%) |
| 140 | <b>CZAPLA Andrzej</b>       | <b>1103</b> | CHEŁM                     | M60 | 9  | M 85 | 00:00:00 | <b>02:39:04.05</b> | <b>02:39:04.05</b> | +01:38:59 (62.2%) | 13:15 | 4.5 (37.5%) |
| 141 | <b>BRODECKI Adam</b>        | <b>1082</b> | WATAHA ŁACZY NAS BIEGANIE | M30 | 22 | M 86 | 00:00:00 | <b>02:41:19.20</b> | <b>02:41:19.20</b> | +01:41:14 (62.8%) | 13:26 | 4.5 (37.5%) |
| 142 | <b>CHROMIK Dorota</b>       | <b>1105</b> | ZASOLE                    | K40 | 19 | K 56 | 00:00:00 | <b>02:45:19.70</b> | <b>02:45:19.70</b> | +01:45:15 (63.7%) | 13:46 | 4.4 (36.7%) |