

1	BOROWSKI Kamil	5173	MOUNTAIN RUNNING GUIDES	WILCZOPOLE KOLONIA	M30	1	M 1	00:00:00	01:16:12	02:23:53	03:45:41	05:07:20.20	05:07:20.20		5:54	10.2 (100%)
2	DOBROWOLSKI Szymek	5117	MOK MSZANA DOLNA	MSZANA DOLNA	M30	2	M 2	00:00:00	01:18:14	02:26:48	03:51:49	05:10:49.25	05:10:49.25	+00:03:29 (1.1%)	5:58	10 (98.0%)
3	FLISIŃSKI Łukasz	5150	ALPIN SPORT TEAM	SOSNOWIEC	M40	1	M 3	00:00:00	01:24:09	02:37:36	04:01:02	05:19:36.75	05:19:36.75	+00:12:16 (3.8%)	6:08	9.8 (96.1%)
4	KOPEL Rafał	5137		JASIONKA	M40	2	M 4	00:00:00	01:24:33	02:37:24	04:02:50	05:23:06.05	05:23:06.05	+00:15:45 (4.9%)	6:12	9.7 (95.1%)
5	KRZYSZTOŃ Marcin	5116	GMP LASY	KRAŚNIK / LASY	M40	3	M 5	00:00:00	01:24:30	02:38:37	04:07:34	05:25:24.95	05:25:24.95	+00:18:04 (5.6%)	6:15	9.6 (94.1%)
6	GRYGIEL Marek	5143	JACEKBIEGA RUNNING TEAM	KRAKÓW	M40	4	M 6	00:00:00	01:24:50	02:39:57	04:09:33	05:33:34.90	05:33:34.90	+00:26:14 (7.9%)	6:24	9.4 (92.2%)
7	KOSTELA Piotr	5146		NOWY TARG	M30	3	M 7	00:00:00	01:25:51	02:42:31	04:12:18	05:40:05.40	05:40:05.40	+00:32:45 (9.6%)	6:32	9.2 (90.2%)
8	ŚCIESZKA Wojciech	5157		KRAKÓW	M50	1	M 8	00:00:00	01:28:24	02:47:16	04:20:40	05:45:59.55	05:45:59.55	+00:38:39 (11.2%)	6:39	9 (88.2%)
9	PODOLAK Kuba	5122	A TAK SOBIE BIEGAM	JAROSŁAW	M30	4	M 9	00:00:00	01:32:54	02:52:36	04:33:28	05:58:12.25	05:58:12.25	+00:50:52 (14.2%)	6:53	8.7 (85.3%)
10	POŻAK Grzegorz	5087		LUBARTÓW	M40	5	M 10	00:00:00	01:36:54	02:59:18	04:34:00	06:02:42.80	06:02:42.80	+00:55:22 (15.3%)	6:58	8.6 (84.3%)
11	BANAŚ Radosław	5040	PLACÓWKA STRAŻY GRANICZNEJ WE WROCŁAWIU	CIEPŁOWODY	M40	6	M 11	00:00:00	01:34:54	02:55:10	04:34:59	06:06:25.60	06:06:25.60	+00:59:05 (16.1%)	7:02	8.5 (83.3%)
12	PERNAK Piotr	5090	CTS	WARSZAWA	M50	2	M 12	00:00:00	01:28:16	02:48:23	04:30:56	06:07:03.25	06:07:03.25	+00:59:43 (16.3%)	7:03	8.5 (83.3%)
13	PAWLUŚ Mirosław	5148	JSC JASŁO	JASŁO	M40	7	M 13	00:00:00	01:34:21	02:58:53	04:42:56	06:18:02.35	06:18:02.35	+01:10:42 (18.7%)	7:16	8.3 (81.4%)
14	KAMIŃSKI Marek	5181		RZESZÓW	M30	5	M 14	00:00:00	01:32:58	02:55:24	04:42:48	06:23:12.85	06:23:12.85	+01:15:52 (19.8%)	7:22	8.1 (79.4%)
15	URMANOWSKI Daniel	5054	DREAM RUN	WARSZAWA	M30	6	M 15	00:00:00	01:33:20	02:55:05	04:44:13	06:26:03.60	06:26:03.60	+01:18:43 (20.4%)	7:25	8.1 (79.4%)
16	PALCZEWSKA-REMIŚ Agnieszka	5092	RUNONLINE.PL TEAM	KRAKÓW	K40	1	K 1	00:00:00	01:39:46	03:09:29	04:57:25	06:31:59.90	06:31:59.90	+01:24:39 (21.6%)	7:32	8 (78.4%)
17	KOLACZ-SŁOMA Iga	5086	LAFIRYNDY I GAMONIE	ŁÓDŹ	K20	1	K 2	00:00:00	01:35:19	03:05:56	04:54:04	06:34:36.25	06:34:36.25	+01:27:16 (22.1%)	7:35	7.9 (77.5%)
18	KOŁDER Tomasz	5126	PA KO TEAM CIESZYN	CIESZYN	M50	3	M 16	00:00:00	01:37:34	03:08:23	04:57:24	06:35:07.90	06:35:07.90	+01:27:47 (22.2%)	7:35	7.9 (77.5%)
19	KORDAS Rafał	5060		KRAKÓW	M40	8	M 17	00:00:00	01:37:11	03:05:57	04:56:33	06:38:59.40	06:38:59.40	+01:31:39 (23.0%)	7:40	7.8 (76.5%)
20	ANTOŃCZAK Marek	5106	RUCH IZBICA	ŻÓŁKIEWKA	M40	9	M 18	00:00:00	01:42:49	03:13:58	05:02:16	06:46:26.75	06:46:26.75	+01:39:06 (24.4%)	7:48	7.7 (75.5%)
21	JAGODZIŃSKI Łukasz	5127	ALBO GRUBO ALBO WCALE	WARSZEWICE	M30	7	M 19	00:00:00	01:37:50	03:09:25	05:03:28	06:52:51.85	06:52:51.85	+01:45:31 (25.6%)	7:56	7.6 (74.5%)
22	DUDEK Gabriel	5082		KIELCE	M30	8	M 20	00:00:00	01:48:39	03:29:42	05:22:28	06:57:14.85	06:57:14.85	+01:49:54 (26.3%)	8:01	7.5 (73.5%)
23	KURAS Janusz	5141		CHEŁMEK	M50	4	M 21	00:00:00	01:50:59	03:27:16	05:20:25	06:59:13.05	06:59:13.05	+01:51:52 (26.7%)	8:03	7.4 (72.5%)
24	STARZYK Sebastian	5128		TARNÓW	M40	10	M 22	00:00:00	01:44:40	03:21:44	05:17:34	07:00:17.05	07:00:17.05	+01:52:56 (26.9%)	8:04	7.4 (72.5%)
25	DROZD Michał	5077		NASIELSK	M40	11	M 23	00:00:00	01:37:32	03:05:13	05:08:32	07:05:30.50	07:05:30.50	+01:58:10 (27.8%)	8:10	7.3 (71.6%)
26	POPKO Przemysław	5102	9 WZGÓRZE CHEŁMNO	STAROGRÓD	M30	9	M 24	00:00:00	01:48:37	03:21:50	05:22:28	07:13:40.75	07:13:40.75	+02:06:20 (29.1%)	8:20	7.2 (70.6%)
27	NOWAK Marcin	5006		WARSZAWA	M40	12	M 25	00:00:00	01:39:38	03:10:12	05:16:03	07:13:40.80	07:13:40.80	+02:06:20 (29.1%)	8:20	7.2 (70.6%)
28	JUDA Tomasz	5170		ŻUPAWA	M40	13	M 26	00:00:00	01:52:49	03:29:22	05:27:54	07:15:40.50	07:15:40.50	+02:08:20 (29.5%)	8:22	7.2 (70.6%)
29	CHUDZIK Piotr	5020		WOJCIECHÓW	M50	5	M 27	00:00:00	01:40:56	03:15:18	05:28:14	07:17:51.70	07:17:51.70	+02:10:31 (29.8%)	8:25	7.1 (69.6%)
30	SOCHA Norbert	5129	KALLIPSO RUNNERS TEAM	MAKÓW	M40	14	M 28	00:00:00	01:54:12	03:35:16	05:36:40	07:17:59.55	07:17:59.55	+02:10:39 (29.8%)	8:25	7.1 (69.6%)
31	KRZYSZTOŃ Grzegorz	5172	GMP LASY	WARSZAWA	M30	10	M 29	00:00:00	01:55:34	03:33:54	05:33:44	07:18:14.85	07:18:14.85	+02:10:54 (29.9%)	8:25	7.1 (69.6%)

32	STANISZ Marcin	5039		GLIWICE	M40	15	M 30	00:00:00	01:43:26	03:23:55	05:33:06	07:22:05.35	07:22:05.35	+02:14:45 (30.5%)	8:30	7.1 (69.6%)
33	WAWRZAK Damian	5134	WILK ULTRA TEAM	JEŻOWE	M30	11	M 31	00:00:00	01:49:30	03:24:59	05:30:11	07:24:09.30	07:24:09.30	+02:16:49 (30.8%)	8:32	7 (68.6%)
34	URACZ Beata	5084		SIEMIANOWICE ŚLĄSKIE	K40	2	K 3	00:00:00	01:53:19	03:33:45	05:37:13	07:24:51.45	07:24:51.45	+02:17:31 (30.9%)	8:33	7 (68.6%)
35	ASŁANOWICZ Marcin	5109	ŻÓRAWSKI TEAM	WARSZAWA	M50	6	M 32	00:00:00	01:51:16	03:30:54	05:32:17	07:26:18.15	07:26:18.15	+02:18:57 (31.1%)	8:34	7 (68.6%)
36	PAWLAS Lucjan	5107	PAKO TEAM CIESZYN	ZEBRZYDOWICE	M50	7	M 33	00:00:00	01:43:31	03:21:05	05:30:40	07:29:35.55	07:29:35.55	+02:22:15 (31.6%)	8:38	6.9 (67.6%)
37	KOPCIOWSKA-WĄTROBA Joanna	5147	DYNAMIT TEAM	JASTRZĘBIE-ZDRÓJ	K40	3	K 4	00:00:00	01:50:56	03:30:41	05:34:30	07:33:09.35	07:33:09.35	+02:25:49 (32.2%)	8:42	6.9 (67.6%)
38	BUĆKO Marcin	5145	DYNAMIT TEAM	ŻORY	M40	16	M 34	00:00:00	01:50:58	03:30:43	05:34:32	07:33:09.65	07:33:09.65	+02:25:49 (32.2%)	8:42	6.9 (67.6%)
39	BISZCZAN Rafał	5132		WIERZBICA-OSIEDLE	M40	17	M 35	00:00:00	01:48:06	03:25:34	05:36:45	07:33:25.85	07:33:25.85	+02:26:05 (32.2%)	8:43	6.9 (67.6%)
40	KRZEMIŃSKI Marcin	5136	SPRINT GORZYCE	GORZYCE	M40	18	M 36	00:00:00	01:45:48	03:24:51	05:36:59	07:36:29.00	07:36:29.00	+02:29:08 (32.7%)	8:46	6.8 (66.7%)
41	POGORZELSKI Kamil	5019	BIAŁYSTOK BIEGA TEAM	BIAŁYSTOK	M20	1	M 37	00:00:00	01:56:18	03:42:44	05:48:51	07:37:22.90	07:37:22.90	+02:30:02 (32.8%)	8:47	6.8 (66.7%)
42	GĄSECKI Daniel	5167	ULTRA PRZESILENIE	DYNÓW	M50	8	M 38	00:00:00	01:46:24	03:26:04	05:43:51	07:46:14.45	07:46:14.45	+02:38:54 (34.1%)	8:57	6.7 (65.7%)
43	KOBIERSKI Piotr	5164	UKA ULTRAS RUNNERS	WARSZAWA	M40	19	M 39	00:00:00	01:53:11	03:33:54	05:44:58	07:46:32.00	07:46:32.00	+02:39:11 (34.1%)	8:58	6.7 (65.7%)
44	LUBERA Mateusz	5018		GDAŃSK	M30	12	M 40	00:00:00	01:46:36	03:26:03	05:43:51	07:47:31.60	07:47:31.60	+02:40:11 (34.3%)	8:59	6.7 (65.7%)
45	GŁUCHOWSKI Przemek	5046	KONIN RUN	ŻYCHLIN	M40	20	M 41	00:00:00	01:53:20	03:39:54	05:52:00	07:49:33.55	07:49:33.55	+02:42:13 (34.5%)	9:01	6.6 (64.7%)
46	KOSIOREK Adam	5110		MOKOBODY	M50	9	M 42	00:00:00	02:02:38	03:43:06	05:47:32	07:49:41.15	07:49:41.15	+02:42:20 (34.6%)	9:01	6.6 (64.7%)
47	PODSIADŁO Wojciech	5182		BUSKO-ZDRÓJ	M50	10	M 43	00:00:00	01:48:44	03:27:17	05:47:09	07:51:42.55	07:51:42.55	+02:44:22 (34.8%)	9:04	6.6 (64.7%)
48	KUŻMA Przemysław	5009		JANOWICE	M60	1	M 44	00:00:00	01:53:40	03:35:15	05:54:01	07:53:03.70	07:53:03.70	+02:45:43 (35.0%)	9:05	6.6 (64.7%)
49	WOŹNIAK Jakub	5153	SPRINT GORZYCE	GORZYCE	M20	2	M 45	00:00:00	01:45:43	03:27:00	05:47:52	07:53:33.50	07:53:33.50	+02:46:13 (35.1%)	9:06	6.6 (64.7%)
50	KAJUT Sylwester	5184	AKTYWNI KOCIEWIACY	WIELBRANDOWO	M40	21	M 46	00:00:00	01:55:59	03:40:48	06:00:00	07:54:49.75	07:54:49.75	+02:47:29 (35.3%)	9:07	6.6 (64.7%)
51	ŻBIKOWSKI Przemek	5070	ULTRAWAY.PL - WOJTEK KOTARBA	GDANSK	M30	13	M 47	00:00:00	02:03:43	03:48:47	06:06:16	07:57:59.25	07:57:59.25	+02:50:39 (35.7%)	9:11	6.5 (63.7%)
52	WOŁOSZYN Czesław	5124	PIZUNY ROZTOCZE WSCHODNIE	PIZUNY	M60	2	M 48	00:00:00	01:59:32	03:48:46	06:00:43	07:58:54.20	07:58:54.20	+02:51:34 (35.8%)	9:12	6.5 (63.7%)
53	PACIOREK Ewa	5055	CZY TU SIĘ BIEGA? /AHC TEAM	MARKI	K40	4	K 5	00:00:00	01:53:45	03:42:17	05:57:21	08:03:54.45	08:03:54.45	+02:56:34 (36.5%)	9:18	6.4 (62.7%)
54	ŁUCZYŃSKI Michał	5003		KRAKÓW	M50	11	M 49	00:00:00	01:55:06	03:40:32	05:58:38	08:04:59.75	08:04:59.75	+02:57:39 (36.6%)	9:19	6.4 (62.7%)
55	KUZIMSKI Aleksander	5017		GDAŃSK	M40	22	M 50	00:00:00	01:58:00	03:41:56	05:58:37	08:04:59.95	08:04:59.95	+02:57:39 (36.6%)	9:19	6.4 (62.7%)
56	MORAWSKI Grzegorz	5171		WARSZAWA	M40	23	M 51	00:00:00	01:52:52	03:39:00	05:59:49	08:10:54.40	08:10:54.40	+03:03:34 (37.4%)	9:26	6.4 (62.7%)
57	KOWALSKI Tomasz	5004	MOW Z PASJĄ KRAKÓW	KRAKÓW	M50	12	M 52	00:00:00	01:52:22	03:40:01	06:04:58	08:10:54.45	08:10:54.45	+03:03:34 (37.4%)	9:26	6.4 (62.7%)
58	WOJTANOWSKI Adrian	5135	SPRINT GORZYCE	GORZYCE	M20	3	M 53	00:00:00	01:45:51	03:27:00	05:55:15	08:12:04.10	08:12:04.10	+03:04:43 (37.5%)	9:27	6.3 (61.8%)
59	PRZEPERSKI Krzysztof	5185	4WYMIAR	WIELBRANDOWO	M40	24	M 54	00:00:00	01:55:57	03:42:46	06:06:19	08:14:06.90	08:14:06.90	+03:06:46 (37.8%)	9:30	6.3 (61.8%)
60	KORDAS Monika	5061		KRAKÓW	K30	1	K 6	00:00:00	02:02:46	03:54:11	06:11:43	08:16:13.85	08:16:13.85	+03:08:53 (38.1%)	9:32	6.3 (61.8%)
61	KOT Dawid	5083		RZESZÓW	M30	14	M 55	00:00:00	01:46:04	03:26:04	06:01:41	08:19:07.80	08:19:07.80	+03:11:47 (38.4%)	9:35	6.3 (61.8%)
62	LIEBNER Patryk	5072	TRIGYM SZCZECIN	SZCZECIN	M40	25	M 56	00:00:00	01:47:47	03:35:17	06:08:28	08:20:04.95	08:20:04.95	+03:12:44 (38.5%)	9:37	6.2 (60.8%)

63	LASEK Leszek	5125	KALIPSO RUNNER TEAM	MAŁĘCZYN	M50	13	M 57	00:00:00	01:54:39	03:44:49	06:08:44	08:21:42.20	08:21:42.20	+03:14:22 (38.7%)	9:38	6.2 (60.8%)
64	RAMS Marcin	5068		CHRZANÓW	M40	26	M 58	00:00:00	02:02:33	03:54:14	06:12:45	08:25:12.30	08:25:12.30	+03:17:52 (39.2%)	9:42	6.2 (60.8%)
65	TALAROWSKI Paweł	5038		KRASNYSTAW	M40	27	M 59	00:00:00	02:04:17	03:53:05	06:21:04	08:25:24.30	08:25:24.30	+03:18:04 (39.2%)	9:43	6.2 (60.8%)
66	KUŚNIERZ Paweł	5053	SPORTOWY KAŻMIERZ	KAŻMIERZ	M30	15	M 60	00:00:00	01:58:26	03:46:36	06:08:37	08:25:35.15	08:25:35.15	+03:18:14 (39.2%)	9:43	6.2 (60.8%)
67	KUŚ Gabriela	5162	JAWORZNO RUNNERS	JAWORZNO	K50	1	K 7	00:00:00	02:02:11	03:53:45	06:11:43	08:25:45.40	08:25:45.40	+03:18:25 (39.2%)	9:43	6.2 (60.8%)
68	PORĘBA Eugeniusz	5161		MIECHÓW	M60	3	M 61	00:00:00	02:03:42	03:53:58	06:08:23	08:32:07.25	08:32:07.25	+03:24:47 (40.0%)	9:50	6.1 (59.8%)
69	KIELPIŃSKI Piotr	5078		GDAŃSK	M40	28	M 62	00:00:00	02:00:55	03:49:00	06:17:56	08:32:09.30	08:32:09.30	+03:24:49 (40.0%)	9:50	6.1 (59.8%)
70	GRZYK Grzegorz	5034		ZABRZE	M40	29	M 63	00:00:00	01:54:00	03:44:45	06:20:45	08:32:47.45	08:32:47.45	+03:25:27 (40.1%)	9:51	6.1 (59.8%)
71	MARCINIAK Tomasz	5111		RADOMNO	M40	30	M 64	00:00:00	01:58:08	03:54:10	06:21:02	08:34:18.10	08:34:18.10	+03:26:57 (40.2%)	9:53	6.1 (59.8%)
72	NOWOMIEJSKI Marcin	5154	PROGRES	LUBLIN	M40	31	M 65	00:00:00	02:01:02	04:02:37	06:31:30	08:34:21.20	08:34:21.20	+03:27:01 (40.2%)	9:53	6.1 (59.8%)
73	WOŁOSZYN Małgorzata	5123	MARGO TEAM	BIELSKO - BIAŁA	K40	5	K 8	00:00:00	02:04:55	03:54:09	06:17:55	08:34:45.55	08:34:45.55	+03:27:25 (40.3%)	9:53	6.1 (59.8%)
74	PYRKOSZ Damian	5120	ENGLISH VITAE	RZESZÓW	M50	14	M 66	00:00:00	02:07:44	04:06:15	06:38:07	08:36:21.45	08:36:21.45	+03:29:01 (40.5%)	9:55	6 (58.8%)
75	MIŚKIEWICZ Michał	5058		MOLENDY	M30	16	M 67	00:00:00	02:13:19	04:02:24	06:24:49	08:36:45.05	08:36:45.05	+03:29:24 (40.5%)	9:56	6 (58.8%)
76	TYMIŃSKI Marcin	5183		WOŁOMIN	M30	17	M 68	00:00:00	02:01:50	03:52:42	06:32:51	08:36:54.30	08:36:54.30	+03:29:34 (40.5%)	9:56	6 (58.8%)
77	CHMIELEWSKI Jarosław	5179	ŻUBR MARATHON CHAMPIONSHIP	KOBYŁKA	M30	18	M 69	00:00:00	01:57:54	03:52:42	06:32:52	08:36:54.35	08:36:54.35	+03:29:34 (40.5%)	9:56	6 (58.8%)
78	PODOLSKI Marek	5108	RC AG	GDYNIA	M40	32	M 70	00:00:00	02:10:16	04:11:55	06:35:49	08:37:17.60	08:37:17.60	+03:29:57 (40.6%)	9:56	6 (58.8%)
79	MICHALCZAK Jacek	5076		SZYDLÓWIEC	M40	33	M 71	00:00:00	02:05:01	03:54:07	06:26:12	08:40:47.10	08:40:47.10	+03:33:26 (41.0%)	10:00	6 (58.8%)
80	KNIOLA Marek	5101		SOLEC KUJAWSKI	M40	34	M 72	00:00:00	02:00:12	03:52:10	06:24:38	08:47:03.20	08:47:03.20	+03:39:43 (41.7%)	10:08	5.9 (57.8%)
81	BORKOWSKI Michał	5100		BYDGOSZCZ	M30	19	M 73	00:00:00	02:00:02	03:52:09	06:24:31	08:47:03.25	08:47:03.25	+03:39:43 (41.7%)	10:08	5.9 (57.8%)
82	MIKOŁAJCZYK Mariusz	5074	ULTRA KSP	WYSZKÓW	M40	35	M 74	00:00:00	02:01:48	04:02:37	06:31:29	08:48:01.75	08:48:01.75	+03:40:41 (41.8%)	10:09	5.9 (57.8%)
83	RAMS Agnieszka	5059		CHRZANÓW	K40	6	K 9	00:00:00	02:16:00	04:12:45	06:31:55	08:49:14.10	08:49:14.10	+03:41:53 (41.9%)	10:10	5.9 (57.8%)
84	SKROBEK Karolina	5099	VEGE RABBITS	RUDNIKI	K40	7	K 10	00:00:00	02:07:02	04:05:58	06:36:49	08:49:55.05	08:49:55.05	+03:42:34 (42.0%)	10:11	5.9 (57.8%)
85	GAŁECKI Piotr	5066	KULAWIE KONIE	WARSZAWA	M50	15	M 75	00:00:00	02:05:14	04:04:06	06:51:31	08:55:25.00	08:55:25.00	+03:48:04 (42.6%)	10:17	5.8 (56.9%)
86	MICHALEC Marcin	5151	KKB MOSIR KROSNO	KROSNO	M30	20	M 76	00:00:00	02:17:29	04:24:24	06:48:07	08:55:51.75	08:55:51.75	+03:48:31 (42.6%)	10:18	5.8 (56.9%)
87	ŁOPATKIEWICZ Beata	5152		JEDLICZE	K50	2	K 11	00:00:00	02:17:44	04:24:31	06:45:41	08:55:52.05	08:55:52.05	+03:48:31 (42.6%)	10:18	5.8 (56.9%)
88	MAZUR Patrycja	5050	HURAGAN LIGOTA	KATOWICE	K40	8	K 12	00:00:00	02:09:13	04:09:36	06:42:18	08:59:04.45	08:59:04.45	+03:51:44 (43.0%)	10:22	5.8 (56.9%)
89	SAKOWSKI Maciej	5052	HURAGAN LIGOTA	KATOWICE	M50	16	M 77	00:00:00	02:08:59	04:09:36	06:42:17	08:59:04.60	08:59:04.60	+03:51:44 (43.0%)	10:22	5.8 (56.9%)
90	JARZYŃSKI Janusz	5033	KONIN RUN	KONIN	M50	17	M 78	00:00:00	02:05:42	04:04:25	06:42:13	09:03:49.45	09:03:49.45	+03:56:29 (43.5%)	10:27	5.7 (55.9%)
91	STANDO Miłosz	5174	9 WARMIŃSKI PUŁK ROZPOZNAWCZY	OSTRÓDA	M20	4	M 79	00:00:00	02:05:05	03:54:11	06:29:53	09:04:16.45	09:04:16.45	+03:56:56 (43.5%)	10:28	5.7 (55.9%)
92	WRONA Paweł	5012	SPRINT GORZYCE	GORZYCE	M30	21	M 80	00:00:00	02:06:38	04:13:59	06:50:57	09:07:01.55	09:07:01.55	+03:59:41 (43.8%)	10:31	5.7 (55.9%)
93	ADAMCZYK Artur	5115		BIBICE	M30	22	M 81	00:00:00	01:55:55	03:56:47	06:37:15	09:07:59.65	09:07:59.65	+04:00:39 (43.9%)	10:32	5.7 (55.9%)

94	SZOBAK Marcin	5114		SIEMIANOWICE ŚLĄSKIE	M40	36	M 82	00:00:00	02:13:14	04:17:07	06:54:57	09:08:09.85	09:08:09.85	+04:00:49 (43.9%)	10:32	5.7 (55.9%)
95	SADKOWSKI Paweł	5071	DANIEL WOSIK TERVEL MOUNTAIN RUNNER	MAKÓW	M40	37	M 83	00:00:00	02:08:13	04:13:36	06:50:58	09:09:54.75	09:09:54.75	+04:02:34 (44.1%)	10:34	5.7 (55.9%)
96	MAJEWSKA Ola	5177	KB PIONIER SZCZECIN	SZCZECIN	K30	2	K 13	00:00:00	02:08:05	04:07:32	06:38:15	09:10:42.35	09:10:42.35	+04:03:22 (44.2%)	10:35	5.7 (55.9%)
97	SUWEZDA Jacek	5140	CZĘSTOCHOWSKIE DZIKI	CZĘSTOCHOWA	M60	4	M 84	00:00:00	01:59:41	04:02:16	06:46:11	09:10:43.05	09:10:43.05	+04:03:22 (44.2%)	10:35	5.7 (55.9%)
98	FILIPKOWSKA Ola	5121		OLSZTYN	K20	2	K 14	00:00:00	02:16:59	04:19:21	06:55:59	09:12:02.10	09:12:02.10	+04:04:41 (44.3%)	10:36	5.7 (55.9%)
99	FABROWICZ Katarzyna	5007		WARSZAWA	K40	9	K 15	00:00:00	02:14:15	04:21:28	06:53:31	09:13:22.55	09:13:22.55	+04:06:02 (44.5%)	10:38	5.6 (54.9%)
100	KORCALA Weronika	5104		KRAKÓW	K30	3	K 16	00:00:00	02:08:28	04:13:58	06:59:38	09:20:42.55	09:20:42.55	+04:13:22 (45.2%)	10:46	5.6 (54.9%)
101	TYMOSZUK Rafał	5138	MROZOPĘDNI	MROZY	M40	38	M 85	00:00:00	02:17:25	04:19:33	06:53:23	09:20:51.55	09:20:51.55	+04:13:31 (45.2%)	10:47	5.6 (54.9%)
102	SZULIST Marzena	5166	AKTYWNI KOCIEWIACY	BARŁOŻNO	K50	3	K 17	00:00:00	02:14:31	04:19:52	06:56:41	09:22:15.15	09:22:15.15	+04:14:54 (45.3%)	10:48	5.5 (53.9%)
103	KRÓL Michał	5091	ULTRA KSP	NOWY JADÓW	M40	39	M 86	00:00:00	02:08:25	04:15:56	06:55:43	09:22:31.55	09:22:31.55	+04:15:11 (45.4%)	10:49	5.5 (53.9%)
104	KRYSZKIEWICZ Tomasz	5105		DZIAŁDOWO	M50	18	M 87	00:00:00	02:12:06	04:12:27	06:56:30	09:25:07.70	09:25:07.70	+04:17:47 (45.6%)	10:52	5.5 (53.9%)
105	KISICKI Tomasz	5144	PART5	PUSTKI	M40	40	M 88	00:00:00	02:18:28	04:23:27	07:12:26	09:25:15.40	09:25:15.40	+04:17:55 (45.6%)	10:52	5.5 (53.9%)
106	KOPYRA Tomasz	5062	#BIEGAMWOLNOALEDOKŁADNIE	OBORNIKI ŚLĄSKIE	M40	41	M 89	00:00:00	02:19:59	04:31:17	07:03:40	09:29:26.95	09:29:26.95	+04:22:06 (46.0%)	10:57	5.5 (53.9%)
107	GRONIECKI Mikołaj	5189		WARSZAWA	M40	42	M 90	00:00:00	02:09:16	04:10:17	06:55:53	09:30:03.60	09:30:03.60	+04:22:43 (46.1%)	10:57	5.5 (53.9%)
108	JANKOWSKI Kacper	5044	KS POZNAŃ HUSSARS/MISTRZOWSKI TRENING	POZNAŃ	M30	23	M 91	00:00:00	01:58:22	03:46:45	06:41:44	09:34:15.70	09:34:15.70	+04:26:55 (46.5%)	11:02	5.4 (52.9%)
109	RÓŻAK-RUKUSZEWICZ Magdalena	5176	DZIKIE GRUBASY SZATANA	WARSZAWA	K40	10	K 18	00:00:00	02:10:52	04:21:58	07:07:45	09:34:34.75	09:34:34.75	+04:27:14 (46.5%)	11:02	5.4 (52.9%)
110	KWECZKA-JANECZEK Anna	5048	NORDIC TEAM CZĘSTOCHOWA	CZĘSTOCHOWA	K40	11	K 19	00:00:00	02:10:02	04:23:34	07:13:50	09:37:45.50	09:37:45.50	+04:30:25 (46.8%)	11:06	5.4 (52.9%)
110	WOJTASIŃSKI Daniel	5049	NORDIC TEAM CZĘSTOCHOWA	CZĘSTOCHOWA	M40	43	M 92	00:00:00	02:09:58	04:23:34	07:13:45	09:37:45.50	09:37:45.50	+04:30:25 (46.8%)	11:06	5.4 (52.9%)
112	LANGNER Maurycy	5023	TEAM PAWEŁ NIE CAŁKIEM ŚWIĘTY	BĘDZIN	M50	19	M 93	00:00:00	02:13:23	04:21:25	07:12:14	09:38:32.60	09:38:32.60	+04:31:12 (46.9%)	11:07	5.4 (52.9%)
113	ADAMOWICZ Agnieszka	5008	GRUPA BIEGACZY SKÓRZEC BIEGA	CIEPIELÓW	K40	12	K 20	00:00:00	02:15:39	04:28:03	07:12:50	09:40:20.55	09:40:20.55	+04:33:00 (47.0%)	11:09	5.4 (52.9%)
114	MARCHEWKA Grzegorz	5043		BUSKO-ZDRÓJ	M40	44	M 94	00:00:00	02:10:49	04:23:23	07:24:38	09:42:34.60	09:42:34.60	+04:35:14 (47.2%)	11:12	5.4 (52.9%)
115	BANASIK Beata	5119	ATHLETICS STREET RUN	BUSKO ZDRÓJ	K40	13	K 21	00:00:00	02:11:03	04:23:40	07:24:37	09:42:34.70	09:42:34.70	+04:35:14 (47.2%)	11:12	5.4 (52.9%)
116	MALETA Kamil	5014	MIECHÓW	MIECHÓW	M20	5	M 95	00:00:00	02:04:32	04:11:31	07:14:10	09:42:48.75	09:42:48.75	+04:35:28 (47.3%)	11:12	5.4 (52.9%)
117	LISIAK Julia	5163		STARE MIASTO	K20	3	K 22	00:00:00	02:21:01	04:34:56	07:24:48	09:45:04.80	09:45:04.80	+04:37:44 (47.5%)	11:15	5.3 (52.0%)
118	KAPITSA Yuliya	5175	PROSWIM	RANIŻÓW	K40	14	K 23	00:00:00	02:12:07	04:30:59	07:14:40	09:45:11.65	09:45:11.65	+04:37:51 (47.5%)	11:15	5.3 (52.0%)
119	MARKOWSKA-MIKULSKA Halina	5169		BOCHNIA	K40	15	K 24	00:00:00	02:10:05	04:30:59	07:14:13	09:45:11.80	09:45:11.80	+04:37:51 (47.5%)	11:15	5.3 (52.0%)
120	JEDLIŃSKI Bartosz	5180	MARATOŃCZYK DĘBICA	BRZEŹNICA	M40	45	M 96	00:00:00	02:18:47	04:33:12	07:23:55	09:46:28.30	09:46:28.30	+04:39:08 (47.6%)	11:16	5.3 (52.0%)
121	DYMIŃSKI Eryk	5158		WARSZAWA	M30	24	M 97	00:00:00	02:12:09	04:14:56	07:00:19	09:47:51.90	09:47:51.90	+04:40:31 (47.7%)	11:18	5.3 (52.0%)
122	PLACZKOWSKA Karolina	5027		PULAWY	K40	16	K 25	00:00:00	02:18:55	04:33:23	07:26:59	09:48:56.85	09:48:56.85	+04:41:36 (47.8%)	11:19	5.3 (52.0%)
123	KALICKI Ireneusz	5026	DECEPTICON GYM	WARSZAWA	M40	46	M 98	00:00:00	02:18:52	04:33:27	07:27:00	09:48:57.05	09:48:57.05	+04:41:36 (47.8%)	11:19	5.3 (52.0%)
124	RABA Paweł	5067	MW AVERUNNING TEAM	RZESZÓW	M20	6	M 99	00:00:00	02:19:02	04:33:28	07:27:00	09:49:17.10	09:49:17.10	+04:41:56 (47.8%)	11:19	5.3 (52.0%)

125	NASIŁOWSKI Paweł	5103		MILANÓWEK	M40	47	M 100	00:00:00	02:20:11	04:34:39	07:24:47	09:51:39.85	09:51:39.85	+04:44:19 (48.1%)	11:22	5.3 (52.0%)
126	ZWOLIŃSKI Gabriel	5113	HURAGAN LIGOTA	KATOWICE	M40	48	M 101	00:00:00	02:14:02	04:28:03	07:14:56	09:52:01.85	09:52:01.85	+04:44:41 (48.1%)	11:23	5.3 (52.0%)
127	KOŁODZIEJCZYK Damian	5051	ACTIVE TEAM ARCELORMITTAL POLAND	DĄBROWA GÓRNICZA	M20	7	M 102	00:00:00	02:11:07	04:23:38	07:24:21	09:52:06.70	09:52:06.70	+04:44:46 (48.1%)	11:23	5.3 (52.0%)
128	JĘDRUSIAK Paweł	5075	SLAYER	BUSKO ZDRÓJ	M40	49	M 103	00:00:00	02:11:02	04:23:22	07:24:49	09:55:04.20	09:55:04.20	+04:47:43 (48.4%)	11:26	5.2 (51.0%)
129	MŁODZIENIAK Robert	5028	KONIN RUN	KAZIMIERZ BISKUPI	M40	50	M 104	00:00:00	02:06:19	04:19:30	07:13:12	09:56:42.15	09:56:42.15	+04:49:21 (48.5%)	11:28	5.2 (51.0%)
130	JUSZCZYK Marcin	5188		BUSKO-ZDRÓJ	M50	20	M 105	00:00:00	02:12:22	04:23:41	07:24:39	09:59:46.40	09:59:46.40	+04:52:26 (48.8%)	11:32	5.2 (51.0%)
131	GÓRALCZYK Artur	5005		SIEDLCE	M30	25	M 106	00:00:00	02:08:32	04:14:41	07:16:31	10:01:00.25	10:01:00.25	+04:53:40 (48.9%)	11:33	5.2 (51.0%)
132	FALDA Anna	5047		OLKUSZ	K20	4	K 26	00:00:00	02:28:23	04:43:47	07:40:26	10:08:08.75	10:08:08.75	+05:00:48 (49.5%)	11:41	5.1 (50.0%)
133	KRUZEL Rafał	5155		LEGNICA	M50	21	M 107	00:00:00	02:34:36	04:58:03	07:43:45	10:08:14.80	10:08:14.80	+05:00:54 (49.5%)	11:41	5.1 (50.0%)
134	BIENIAS Krzysztof	5057	BPB GARBATKA	GARBATKA LETNISKO	M30	26	M 108	00:00:00	02:22:53	04:35:22	07:25:33	10:10:17.25	10:10:17.25	+05:02:57 (49.6%)	11:44	5.1 (50.0%)
135	GÓRSKI Jacek	5063		RADOM	M40	51	M 109	00:00:00	02:16:22	04:34:29	07:27:16	10:10:17.45	10:10:17.45	+05:02:57 (49.6%)	11:44	5.1 (50.0%)
136	NIEMOJEWSKI Michał	5139		NOWE KOZŁOWICE	M30	27	M 110	00:00:00	02:12:44	04:18:06	07:14:54	10:11:18.70	10:11:18.70	+05:03:58 (49.7%)	11:45	5.1 (50.0%)
137	BRZOZOWSKA Teresa	5069	KB MCKIS JAWORZNO	JAWORZNO	K50	4	K 27	00:00:00	02:23:39	04:38:02	07:31:42	10:11:54.15	10:11:54.15	+05:04:33 (49.8%)	11:46	5.1 (50.0%)
138	FUDAŁA Piotr	5178		BALIN	M40	52	M 111	00:00:00	02:24:02	04:38:01	07:31:41	10:11:54.65	10:11:54.65	+05:04:34 (49.8%)	11:46	5.1 (50.0%)
139	WINIARSKA-BISZCZAN Anna	5133	BIEGAMY DZISIAJ? WIERZBICA / CHEŁM BIEGA	WIERZBICA-OSIEDLE	K40	17	K 28	00:00:00	02:30:00	04:45:35	07:32:11	10:12:05.25	10:12:05.25	+05:04:45 (49.8%)	11:46	5.1 (50.0%)
140	GÓRSKI Krzysztof	5064		RADOM	M20	8	M 112	00:00:00	02:17:08	04:51:19	07:44:35	10:13:37.80	10:13:37.80	+05:06:17 (49.9%)	11:48	5.1 (50.0%)
141	GLÓWKA Alfred	5165	KARCZMA U FREDA	KĘDZIERZYN-KOŹŁE	M60	5	M 113	00:00:00	02:33:17	04:50:54	07:41:10	10:14:56.80	10:14:56.80	+05:07:36 (50.0%)	11:49	5.1 (50.0%)
142	WILKOS Marcin	5081		UCHANIE	M50	22	M 114	00:00:00	02:33:24	04:51:03	07:35:28	10:15:05.50	10:15:05.50	+05:07:45 (50.0%)	11:49	5.1 (50.0%)
143	STRZELECKI Piotr	5032		WARSZAWA	M50	23	M 115	00:00:00	02:12:32	04:35:22	07:31:47	10:16:01.20	10:16:01.20	+05:08:40 (50.1%)	11:50	5.1 (50.0%)
144	SIUCIAK Robert	5112	KARCZMA U FREDA	WARSZAWA-WESOŁA	M60	6	M 116	00:00:00	02:33:51	04:54:30	07:47:19	10:23:03.50	10:23:03.50	+05:15:43 (50.7%)	11:58	5 (49.0%)
145	KUBAŁA Sylwester	5021		KALISZ	M50	24	M 117	00:00:00	02:36:15	04:56:30	07:56:19	10:27:31.85	10:27:31.85	+05:20:11 (51.0%)	12:04	5 (49.0%)
146	STAMM Tomasz	5095		POZNAŃ	M50	25	M 118	00:00:00	02:22:35	04:48:19	07:46:01	10:30:58.40	10:30:58.40	+05:23:38 (51.3%)	12:08	4.9 (48.0%)
147	KITLAS Dariusz	5190	BSB	SOCHONIE	M50	26	M 119	00:00:00	02:25:56	05:02:22	07:49:20	10:32:57.10	10:32:57.10	+05:25:36 (51.4%)	12:10	4.9 (48.0%)
148	MAŁKOWSKI Iwo	5002	ANTIDOTUM	BYDGOSZCZ	M30	28	M 120	00:00:00	02:12:02	04:29:59	07:25:08	10:33:43.50	10:33:43.50	+05:26:23 (51.5%)	12:11	4.9 (48.0%)
149	ANDRZEJEWSKI Maciej	5130		WARSZAWA	M40	53	M 121	00:00:00	02:23:21	04:47:58	07:43:06	10:46:10.95	10:46:10.95	+05:38:50 (52.4%)	12:25	4.8 (47.1%)
150	CIEZYŃSKI Eryk	5098	NOWOSARZYŃSKA GRUPA BIEGOWA	ŁĘTOWNIA	M40	54	M 122	00:00:00	02:14:30	04:31:40	07:41:00	10:50:48.50	10:50:48.50	+05:43:28 (52.8%)	12:30	4.8 (47.1%)
151	RYŻYŃSKA Agnieszka	5186	KDR TR/CHEŁM BIEGA PO GÓRACH	CHEŁM	K40	18	K 29	00:00:00	02:44:54	05:08:06	08:12:14	10:53:33.55	10:53:33.55	+05:46:13 (53.0%)	12:34	4.8 (47.1%)
152	KAWCZYŃSKI Bartosz	5041		MILANÓWEK	M30	29	M 123	00:00:00	02:26:38	04:53:25	07:55:52	10:56:48.55	10:56:48.55	+05:49:28 (53.2%)	12:37	4.8 (47.1%)
153	BOGUSZ Hubert	5156		DĄBKÓW	M20	9	M 124	00:00:00	02:25:13	04:43:48	07:40:28	11:03:47.65	11:03:47.65	+05:56:27 (53.7%)	12:45	4.7 (46.1%)
154	BADURA Ireneusz	5085		WARSZAWA	M30	30	M 125	00:00:00	02:30:03	05:00:50	07:55:59	11:03:47.80	11:03:47.80	+05:56:27 (53.7%)	12:45	4.7 (46.1%)
155	NIEMCZUK Jakub	5073		LUBLIN	M20	10	M 126	00:00:00	02:29:19	04:48:47	07:56:35	11:07:58.70	11:07:58.70	+06:00:38 (54.0%)	12:50	4.7 (46.1%)

156	RYŻYŃSKI Tomasz	5187	CHEŁM BIEGA PO GÓRACH/KDR TR	CHEŁM	M40	55	M 127	00:00:00	02:45:27	05:08:10	08:12:20	11:20:58.15	11:20:58.15	+06:13:37 (54.9%)	13:05	4.6 (45.1%)
157	BORKOWSKI Arkadiusz	5029		WARSZAWA	M30	31	M 128	00:00:00	02:24:55	04:58:45	08:00:43	11:30:30.05	11:30:30.05	+06:23:09 (55.5%)	13:16	4.5 (44.1%)
158	BRZUSZEK Katarzyna	5031	TEAM BRZUSZKI	TERESIN	K40	19	K 30	00:00:00	02:51:24	05:31:30	08:18:26	11:35:20.25	11:35:20.25	+06:28:00 (55.8%)	13:22	4.5 (44.1%)
159	BRZUSZEK Mateusz	5149		TERESIN GAJ	M40	56	M 129	00:00:00	02:51:17	05:31:31	08:18:17	11:35:21.75	11:35:21.75	+06:28:01 (55.8%)	13:22	4.5 (44.1%)
160	WILMAŃSKI Dariusz	5035		WŁOCŁAWEK	M50	27	M 130	00:00:00	02:36:31	05:15:23	08:32:58	11:36:33.40	11:36:33.40	+06:29:13 (55.9%)	13:23	4.5 (44.1%)
161	RADYK Jakub	5159	RADYK TEAM	DAROWICE	M40	57	M 131	00:00:00	02:55:52	05:26:24	08:21:03	11:40:59.55	11:40:59.55	+06:33:39 (56.2%)	13:28	4.5 (44.1%)
162	RADYK Joanna	5160	RADYK TEAM	DAROWICE	K40	20	K 31	00:00:00	02:56:08	05:26:27	08:20:59	11:40:59.80	11:40:59.80	+06:33:39 (56.2%)	13:28	4.5 (44.1%)