

III Festiwal Biegowy Forum Ekonomicznego 2012 - Bieg 7 Dolin

WYNIKI ZAWODÓW

Bieg 7 Dolin - Ultramaraton na dystansie 100 km

Organizator: Fundacja Instytut Studiów Wschodnich

Termin: 08.09.2012

Miejsce: Krynica Zdrój

Dystans: 100 km

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat	Drużyna / Klub Team / Club	R-k YoB	W kategorii Age	Grupy Group	Sex	Wynik Time	[min/km]	
Check pts:	23 km	33 km	45 km	62 km	66 km	69 km	77 km	83 km	88 km			
1	3896	NENETH Csaba		HUN						(M)1	08:51:10	05.19
		01:42:59/1	02:55:17/1	03:56:51/1	05:22:56/1	05:38:15/1	05:58:24/1	06:45:12/1	07:25:39/1	07:54:11/1		
2	306	ŚWIERC Marcin	LISOWICE	POL	SALOMON SUUNTO TEAM			85M1/1		(M)2	08:55:09	05.21
		01:46:49/2	03:02:05/2	04:02:59/2	05:26:02/2	05:40:59/2	06:01:05/2	06:46:17/2	07:28:21/2	07:58:30/2		
3	250	WYDRA Jan		POL	MOK MSZANA DOLNA 2			75M2/1		(M)3	09:35:46	05.45
		01:46:55/3	03:02:06/3	04:05:23/3	05:35:54/3	05:53:49/3	06:18:24/3	07:09:15/3	07:55:36/3	08:26:52/3		
4	309	WOLSKI Jakub	POZNAŃ	POL	ADIDAS TERREX TEAM POLAND			87M1/2		(M)4	09:53:22	05.55
		01:49:02/5	03:02:41/4	04:12:20/4	05:46:43/4	06:03:06/4	06:28:26/4	07:23:52/4	08:10:43/4	08:47:10/4		
5	223	DLUGOSZ Adam		POL				76M2/2		(M)5	10:04:43	06.02
		01:53:20/10	03:12:21/10	04:20:41/5	05:53:26/5	06:10:02/5	06:32:58/5	07:28:12/5	08:19:29/5	08:54:40/5		
6	65	GRINIUS Gediminas	VILNIUS	LTU	SVIESOS KARIAI			79M2/3		(M)6	10:10:05	06.06
		01:49:53/6	03:06:35/5	04:20:48/6	05:59:40/6	06:17:30/6	06:43:51/6	07:40:39/6	08:31:16/6	09:06:13/6		
7	3894	KARLOVITZ JUHASZ Tamas		POL						(M)7	10:27:34	06.17
		01:51:42/7	03:11:36/6	04:23:28/7	06:03:34/7	06:23:10/7	06:47:53/7	07:46:24/7	08:38:37/7	09:16:39/7		
8	107	KŁODNICKI Tomasz	DOBRA	POL	MOK MSZANA DOLNA			76M2/4		(M)8	10:28:25	06.17
		01:59:36/18	03:24:32/18	04:36:06/14	06:19:28/12	06:35:42/12	07:00:03/9	07:55:42/8	08:44:40/8	09:20:46/8		
9	380	REMBIASZ Marcin		POL				77M2/5		(M)9	10:34:38	06.20
		01:59:52/20	03:22:52/17	04:34:38/13	06:19:28/13	06:38:42/14	07:03:39/11	08:01:34/11	08:50:09/9	09:26:30/9		
10	109	MICHULEC Jacek	ŻYWIEC	POL	KS HALNY WĘGIERSKA GÓRKA			80M2/6		(M)10	10:41:24	06.25
		01:53:22/11	03:12:21/9	04:28:57/11	06:14:04/10	06:32:45/9	07:00:23/10	07:59:26/9	08:53:06/11	09:32:17/10		
11	256	KOBOS Tomasz	KRAKÓW	POL	IGLA			88M1/3		(M)11	10:46:32	06.27
		02:08:56/34	03:35:16/27	04:47:20/20	06:26:40/18	06:45:41/18	07:11:39/16	08:11:01/15	08:58:51/13	09:33:38/11		
12	231	PAKUŁA Paweł antoni		POL	COLUMBIA / MKS ŻAK BIAŁA PODL			77M2/7		(M)12	10:48:08	06.28
		02:05:55/29	03:28:43/21	04:42:33/18	06:24:16/16	06:43:13/16	07:08:54/15	08:03:39/12	08:53:17/12	09:35:07/13		
13	274	WAŚOWICZ Jan	KRAKÓW	POL				73M2/8		(M)13	10:48:53	06.29
		01:59:45/19	03:22:40/16	04:39:09/15	06:25:25/17	06:43:37/17	07:15:09/18	08:16:33/18	09:01:19/15	09:45:28/16		
14	288	GOLEC Bartłomiej		POL	KS HALNY WĘGIERSKA GÓRKA			79M2/9		(M)14	10:51:53	06.31
		01:57:00/14	03:19:28/14	04:40:50/17	06:19:47/14	06:36:28/13	07:05:54/13	08:05:25/13	09:01:25/16	09:38:19/14		
15	103	JAGIEŁA Adam	SIEMIANOWICE ŚLĄSKIE	POL				73M2/10		(M)15	10:57:34	06.34
		01:51:42/8	03:11:51/8	04:27:43/10	06:14:37/11	06:35:18/11	07:05:54/12	08:07:42/14	09:00:11/14	09:40:27/15		
16	366	HOLLY Piotr	WAŁBRZYCH	POL	RMD MONTRAIL			83M1/4		(M)16	11:04:35	06.39
		01:48:19/4	03:12:56/11	04:23:28/8	06:06:21/8	06:25:39/8	06:55:24/8	07:59:41/10	08:52:50/10	09:35:00/12		
17	170	WIĘCEK Maciej	KRAKÓW	POL	INOV-8			74M2/11		(M)17	11:18:00	06.46
		02:02:39/24	03:30:35/23	04:48:37/22	06:34:42/21	06:53:23/20	07:19:44/19	08:21:01/19	09:18:01/19	09:59:46/19		
18	383	KUREK Artur	ŻYRARDÓW	POL	SALOMON SUUNTO TEAM			70M3/1		(M)18	11:26:07	06.51
		01:53:29/12	03:16:34/12	04:39:57/16	06:31:52/19	06:52:46/19	07:21:41/20	08:25:15/20	09:21:06/20	10:04:03/20		
19	349	PIECH Kacper	BIAŁA PODLASKA	POL	AZS AGH KRAKÓW			90M1/5		(M)19	11:26:44	06.52
		01:53:49/13	03:17:40/13	04:31:31/12	06:20:39/15	06:39:01/15	07:13:05/17	08:16:32/17	09:12:44/18	09:54:01/17		
20	3076	CHORAŻY Lucjan		POL						(M)20	11:26:45	06.52
		01:51:44/9	03:11:50/7	04:27:09/9	06:12:05/9	06:33:23/10	07:05:55/14	08:11:25/16	09:08:46/17	09:55:17/18		
21	197	ZIMNY Oskar	WARSZAWA	POL				82M2/12		(M)21	11:34:08	06.57
		01:59:52/21	03:22:32/15	04:44:59/19	06:36:06/23	06:55:07/23	07:32:10/24	08:41:41/23	09:39:35/23	10:20:38/23		
22	318	PIGŁOWSKI Dawid	SANTOCKO	POL	NAUTILUS GORZÓW			82M2/13		(M)22	11:35:20	06.56
		02:04:08/28	03:32:12/24	04:49:19/23	06:33:06/20	06:54:24/21	07:29:14/22	08:31:02/21	09:26:48/21	10:08:17/21		
23	121	SOBCZAK Henryk	NOWY TARG	POL	SOBCZAK HENIO TEAM			83M1/6		(M)23	11:37:30	06.58
		02:01:34/23	03:26:15/20	04:47:23/21	06:34:52/22	06:54:29/22	07:24:59/21	08:31:55/22	09:30:25/22	10:17:56/22		

08.09.2012 22:33:43

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat	Drużyna / Klub Team / Club	R-k YoB	W kategorii Age	Grupy Sex	Wynik Time	[min/km]
Check pts:										
24	267	DONIEC Jacek	BURNABY, BC	CAN -		77M2/14		(M)24	11:43:33	07.02
02:10:00 / 41 03:41:19 / 37 05:03:51 / 32 06:55:27 / 30 07:14:49 / 32 07:46:44 / 27 08:48:43 / 26 09:43:15 / 25 10:23:01 / 24										
25	276	BOGACKI Rafał	KRAKÓW	POL		86M1/7		(M)25	11:47:47	07.04
01:57:42 / 15 03:26:01 / 19 04:52:45 / 26 06:51:39 / 27 07:12:06 / 29 07:45:24 / 26 08:48:39 / 25 09:42:44 / 24 10:31:53 / 25										
26	120	SROKA Wojciech	RZESZÓW	POL	SFS RZESZÓW	78M2/15		(M)26	11:48:50	07.05
02:17:40 / 62 03:42:24 / 43 05:13:18 / 47 07:01:24 / 34 07:19:53 / 34 07:50:10 / 31 08:53:58 / 30 09:49:10 / 30 10:32:39 / 27										
27	427	PUZIA Krzysztof	KRAKÓW	POL	NAUTICA	64M3/2		(M)27	11:52:16	07.07
02:08:45 / 33 03:39:01 / 34 05:01:31 / 31 06:55:27 / 32 07:13:16 / 31 07:46:44 / 28 08:51:07 / 28 09:48:39 / 29 10:40:33 / 29										
28	314	TOPOLSKI Marcin		POL		76M2/16		(M)28	11:52:16	07.07
02:09:21 / 38 03:38:59 / 33 05:01:31 / 30 06:55:27 / 31 07:13:16 / 30 07:46:45 / 29 08:51:48 / 29 09:48:39 / 28 10:40:33 / 30										
29	320	CICHOREK Dariusz	KALISZ	POL		72M3/3		(M)29	11:57:07	07.10
02:34:19 / 130 03:56:09 / 67 05:11:22 / 44 06:57:26 / 33 07:15:46 / 33 07:48:13 / 30 08:49:28 / 27 09:45:19 / 26 10:32:00 / 26										
30	73	MACIEJEWSKI Krzysztof	KROTOSZYN	POL	K.S. KROTOSZ KROTOSZYN	82M2/17		(M)30	11:58:16	07.10
02:15:12 / 54 03:47:18 / 50 05:10:50 / 43 07:02:51 / 37 07:23:35 / 37 07:58:01 / 36 09:03:03 / 31 10:00:16 / 32 10:41:19 / 31										
31	151	WIERDAK Hubert	KORCZYNA	POL	KORCZYNA	76M2/18		(M)31	11:58:37	07.11
02:02:53 / 25 03:28:51 / 22 04:49:45 / 24 06:45:40 / 26 07:06:45 / 27 07:39:27 / 25 08:46:04 / 24 09:46:15 / 27 10:33:02 / 28										
32	248	MAJER Ewa	DOBCZYCE	POL		82		(K)1	11:59:01	07.11
01:58:40 / 16 04:06:59 / 91 05:27:28 / 62 07:14:17 / 43 07:34:33 / 42 08:08:09 / 42 09:08:27 / 34 09:59:58 / 31 10:43:22 / 32										
33	159	DZIEDZICKI Andrzej	PRZEMYŚL	POL		73M2/19		(M)32	12:07:09	07.16
02:06:38 / 30 03:38:20 / 31 05:07:23 / 35 07:01:51 / 36 07:21:02 / 35 08:00:21 / 37 09:08:37 / 35 10:03:16 / 35 10:49:56 / 35										
34	336	MICHNOL Kamil	SIEMIANOWICE ŚLĄSKIE	POL		78M2/20		(M)33	12:13:58	07.20
02:10:08 / 42 03:38:03 / 30 05:06:21 / 33 07:01:51 / 35 07:21:54 / 36 08:00:27 / 38 10:09:10 / 36 10:50:30 / 36										
35	312	KANA Frantisek	KEZMAROK	SVK	KEZMAROK	75M2/21		(M)34	12:19:10	07.23
02:11:15 / 46 03:43:47 / 46 05:10:23 / 39 07:13:17 / 42 07:34:30 / 41 08:04:06 / 40 09:18:57 / 38 10:17:31 / 39 11:02:23 / 39										
36	60	KONIUKHOV Taras	KIJOW	UKR	ZIELESTA	78M2/22		(M)35	12:20:56	07.24
02:10:53 / 44 03:39:24 / 35 05:06:36 / 34 07:04:37 / 39 07:24:59 / 39 08:02:00 / 39 09:15:16 / 37 10:12:22 / 38 10:56:04 / 37										
37	59	KOLEK Szymon	NOWY SĄCZ	POL	VISEGRAD MARATON RYTRO	65M3/4		(M)36	12:22:59	07.25
02:23:02 / 83 03:56:52 / 70 05:23:31 / 59 07:20:01 / 46 07:40:25 / 45 08:13:22 / 43 09:23:34 / 41 10:22:40 / 41 11:05:24 / 40										
38	71	STĘPIEN Zenon	KIELCE	POL	KKL KIELCE	63M3/5		(M)37	12:24:06	07.26
02:09:20 / 37 03:41:59 / 41 05:20:56 / 54 07:26:12 / 57 07:47:56 / 57 08:32:08 / 63 09:35:07 / 50 10:30:17 / 43 11:11:35 / 42										
39	430	SAFRONOVA Irina	MOSKWA	RUS		80		(K)2	12:25:20	07.27
02:12:00 / 48 03:41:35 / 39 05:10:38 / 40 07:03:12 / 38 07:24:34 / 38 07:57:56 / 35 09:08:40 / 36 10:11:19 / 37 11:01:04 / 38										
40	369	KOWALSKI Tomasz		POL	POCO-LOCO.PL ADVENTURE TEAM	85M1/8		(M)38	12:32:53	07.31
02:10:41 / 43 03:41:21 / 38 05:10:50 / 42 07:11:06 / 41 07:32:50 / 40 08:07:52 / 41 09:21:20 / 39 10:22:16 / 40 11:13:24 / 43										
41	181	DWORAK Maciej	RADOM	POL		86M1/9		(M)39	12:34:09	07.32
01:58:59 / 17 04:03:13 / 79 05:30:02 / 69 07:24:21 / 52 07:44:44 / 49 08:16:27 / 46 09:26:50 / 43 10:31:27 / 44 11:16:30 / 44										
42	262	HATALA Sławomir	RZYKI	POL	18 BPD BIELSKO-BIAŁA	81M2/23		(M)40	12:34:24	07.32
02:16:46 / 59 03:44:15 / 48 05:00:14 / 29 06:44:53 / 25 07:05:29 / 25 07:50:40 / 32 09:03:29 / 33 10:02:52 / 33 10:47:29 / 33										
43	379	DOBRZAŃSKI Tomasz	KRAKÓW	POL		83M1/10		(M)41	12:34:24	07.32
02:16:45 / 58 03:44:14 / 47 04:49:45 / 25 06:44:52 / 24 07:05:30 / 26 07:50:40 / 33 09:03:28 / 32 10:02:52 / 34 10:47:31 / 34										
44	25	JASTRZĄB Piotr	LESKO	POL	DEKAN LESKO	68M3/6		(M)42	12:38:18	07.34
02:14:42 / 52 03:49:28 / 55 05:23:16 / 58 07:26:47 / 59 07:47:01 / 52 08:26:15 / 57 09:39:10 / 54 10:37:36 / 49 11:24:05 / 49										
45	134	OMZAŃSKI Marek	WARSZAWA	POL	TRUCHT TARCHOMIN TEAM	81M2/24		(M)43	12:42:19	07.37
02:22:59 / 82 03:56:19 / 68 05:00:14 / 28 06:51:44 / 28 07:02:18 / 24 07:31:41 / 23 09:23:38 / 42 10:29:25 / 42 11:09:48 / 41										
46	402	MALINOWSKA-SYPEK	WARSZAWA	POL	ENTRE.PL TEAM	72		(K)3	12:43:18	07.37
02:21:52 / 75 03:56:04 / 66 05:21:03 / 56 07:25:34 / 56 07:49:51 / 59 08:26:23 / 58 09:35:05 / 49 10:34:05 / 45 11:21:39 / 45										
47	316	SZOPA Marek	GORZÓW WLKP	POL	NAUTILUS GORZÓW	74M2/25		(M)44	12:43:19	07.37
02:04:07 / 27 03:32:12 / 25 04:52:57 / 27 06:51:44 / 29 07:11:59 / 28 07:54:55 / 34 09:23:31 / 40 10:34:09 / 46 11:21:39 / 46										
48	389	SZASZ Norbert	BUDAPEST	HUN -		75M2/26		(M)45	12:45:24	07.38
02:15:27 / 55 03:47:56 / 53 05:28:25 / 67 07:28:48 / 62 07:49:42 / 58 08:26:13 / 56 09:40:00 / 55 10:40:06 / 53 11:24:56 / 50										
49	378	ROŻNOWSKI Dariusz	WARSZAWA	POL	DRUŻYNA KAJETANA	70M3/7		(M)46	12:46:26	07.39
02:09:19 / 36 03:41:16 / 36 05:20:40 / 53 07:23:59 / 51 07:45:06 / 50 08:20:28 / 50 09:35:39 / 51 10:37:57 / 50 11:22:04 / 47										
50	24	BARTYZEL Marek	ZAWOJA	POL		76M2/27		(M)47	12:47:27	07.40
02:19:17 / 70 03:53:26 / 63 05:21:12 / 57 07:26:13 / 58 07:47:09 / 54 08:20:54 / 51 09:33:53 / 48 10:35:22 / 48 11:23:45 / 48										
51	26	DENEKA Jacek	WARSZAWA	POL		73M2/28		(M)48	12:51:19	07.42
02:26:03 / 91 04:00:45 / 74 05:31:19 / 72 07:33:31 / 63 07:53:35 / 64 08:29:48 / 61 09:40:36 / 56 10:40:20 / 54 11:26:20 / 52										
52	441	ZUGAJ Robert	KATOWICE	POL	KRS TKKF JASTRZĄB RUDA ŚLĄSKA	78M2/29		(M)49	12:52:18	07.43
02:09:59 / 40 03:38:28 / 32 05:10:41 / 41 07:16:45 / 44 07:39:51 / 44 08:15:10 / 45 09:31:50 / 45 10:34:14 / 47 11:25:57 / 51										

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat	Drużyna / Klub Team / Club	R-k W kategorii Grupy YoB in Age Group Sex	Wynik Time	[min/km]
Check pts:								
53	116	ZABEL Robert	POZNAŃ		POL WKS GRUNWALD POZNAŃ	77M2/30 (M)50	12:55:42	07.45
		02:23:24/84 03:58:22/72 05:27:44/64 07:28:00/61 07:50:27/61 08:25:48/53 09:39:01/53 10:53:12/57 11:39:33/58						
54	81	NIEDZWIEDZIŃSKI Rafał	ŁÓDŹ		POL INOV-8	80M2/31 (M)51	12:58:42	07.47
		02:23:30/85 03:57:21/71 05:27:28/63 07:33:44/64 07:53:17/63 08:26:11/54 09:57:24/62 10:57:44/60 11:45:18/60						
55	83	GARMUS Mindaugas	KAUNAS		LTU	81M2/32 (M)52	12:59:13	07.47
		02:07:43/32 03:37:58/28 05:09:51/37 07:21:54/48 07:43:04/47 08:19:07/48 09:33:24/46 10:38:45/52 11:29:09/55						
56	84	LIEGUS Sarunas	ALYTUS		LTU ALYTUS \ AUKURASI	70M3/8 (M)53	12:59:14	07.47
		02:07:41/31 03:38:01/29 05:09:52/38 07:21:54/47 07:43:05/48 08:19:05/47 09:33:24/47 10:40:26/55 11:29:08/53						
57	119	KONOPKA Sławek	CHELMIEC		POL SKRZAT TEAM	73M2/33 (M)54	13:00:28	07.48
		02:22:40/79 04:03:26/82 05:32:54/74 07:42:42/73 08:03:41/72 08:38:40/65 09:55:09/60 10:56:59/59 11:42:41/59						
58	241	TUROSZ Iwona	LEŻAJSK		POL	90 (K)4	13:01:20	07.48
		02:18:02/67 03:52:26/62 05:21:02/55 07:25:12/53 07:47:18/55 08:19:25/49 09:35:41/52 10:42:07/56 11:32:28/56						
59	187	WOROSZYŁO Andrzej	ŁÓDŹ		POL FAN-RUN TEAM & KB TP	69M3/9 (M)55	13:09:45	07.53
		02:45:55/199 04:20:42/131 05:46:54/92 07:44:24/76 08:07:04/75 08:44:42/72 09:57:29/63 10:57:45/61 11:45:18/61						
60	313	BLACHOWIAK Mariusz	LESZNO		POL MARATON LESZNO	72M3/10 (M)56	13:12:32	07.55
		02:16:52/60 03:47:18/51 05:14:10/48 07:27:36/60 07:52:44/62 08:31:41/62 09:50:02/59 10:53:20/58 11:39:33/57						
61	352	POGORZELSKI Grzegorz			POL DRUŻYNA SZPIKU	62M4/1 (M)57	13:13:14	07.55
		02:19:35/71 04:04:47/85 05:39:54/82 07:42:32/72 08:03:58/73 08:42:31/67 10:02:25/65 11:05:21/64 11:54:12/66						
62	440	ŁAKOMIEC Krzysztof	POZNAŃ		POL ADIDAS TERREX TEAM	84M1/11 (M)58	13:14:15	07.56
		02:03:16/26 03:41:57/40 05:08:55/36 07:19:13/45 07:42:00/46 08:15:05/44 09:30:58/44 10:38:33/51 11:29:09/54						
63	385	TALAGA Marek			POL	81M2/34 (M)59	13:15:21	07.57
		02:37:31/145 04:11:50/100 05:43:26/86 07:48:02/80 08:13:54/82 08:59:12/86 10:10:49/76 11:12:00/68 11:51:47/63						
64	69	KRZEMIEN Paweł	MYŚLENICE		POL	85M1/12 (M)60	13:19:05	07.59
		02:19:14/69 03:51:28/60 05:31:37/73 07:33:53/65 08:00:58/65 08:44:06/71 10:02:07/64 11:07:15/67 11:54:05/65						
65	295	MAJCHRZAK Tymoteusz	KATOWICE		POL PADEREWA	76M2/35 (M)61	13:22:29	08.01
		02:09:30/39 03:43:05/45 05:14:14/49 07:25:25/55 07:49:52/60 08:27:19/60 09:48:33/57 10:59:45/62 11:49:47/62						
66	155	ŚWIERCZYŃSKI Kacper	BIELAWY		POL UNIWERSYTET EKONOMICZNY W POZNANIU	87M1/13 (M)62	13:24:25	08.02
		02:21:55/76 04:05:59/90 05:52:02/105 08:00:19/96 08:19:19/92 08:58:03/83 10:05:34/71 11:05:22/65 11:53:56/64						
67	204	RZEPKA Remigiusz	MIKOŁÓW - BUJAKÓW		POL	72M3/11 (M)63	13:24:26	08.02
		02:25:48/90 04:09:44/97 05:51:01/103 07:54:36/92 08:17:13/90 09:05:11/91 10:14:51/79 11:16:35/75 12:03:16/71						
68	296	CAPUTA Wojciech	LESZNO		POL	75M2/36 (M)64	13:27:59	08.04
		02:37:19/142 04:15:34/111 05:48:00/96 07:54:24/91 08:17:13/89 08:58:57/84 10:09:05/75 11:12:28/69 12:00:53/70						
69	198	KOZMIN Arkadiusz	BIELSKO-BIAŁA		POL NUTREND TEAM	75M2/37 (M)65	13:30:38	08.06
		02:21:17/74 04:01:56/77 05:35:44/77 07:41:18/69 08:02:23/69 08:42:21/66 10:04:32/67 11:06:26/66 11:56:37/67						
70	593	HETMAŃSKI Adam	MÜLHEIM AN DER RUHR		POL MARATHON MÜLHEIM / ENA-RUNNING-TEAM	70M3/12 (M)66	13:31:31	08.06
		02:24:52/88 04:01:32/76 05:35:59/80 07:44:52/77 08:12:49/78 08:47:43/73 10:04:22/66 11:14:43/73 12:04:37/73						
71	764	KONDRACKI Dariusz			POL	(M)67	13:33:14	08.07
		02:30:09/108 04:16:55/119 06:07:21/146 08:14:09/115 08:34:30/108 09:11:05/98 10:23:38/87 11:28:38/84 12:13:07/79						
72	212	LISIECKI Bartosz	POZNAŃ		POL	78M2/38 (M)68	13:33:50	08.08
		02:31:44/115 04:11:16/99 05:48:44/98 07:54:12/88 08:16:15/86 08:56:47/78 10:13:51/78 11:19:37/77 12:10:51/76						
73	102	GRZEGORCZYK Bartosz	PABIANICE		POL FESTIWAL BIEGOWY KRYNICA/BRE.LOCUM	77M2/39 (M)69	13:33:51	08.08
		02:09:17/35 03:42:20/42 05:20:30/52 07:25:18/54 07:47:04/53 08:26:44/59 09:56:35/61 11:04:49/63 11:58:19/69						
74	23	ROMANOWSKI Łukasz	GDAŃSK		POL	82M2/40 (M)70	13:34:18	08.08
		02:17:42/63 03:50:18/56 05:23:49/60 07:39:27/67 08:02:14/67 08:43:47/69 10:05:32/70 11:12:52/72 12:04:38/74						
75	338	MOLSKI Kuba	SIECHNICE		POL	82M2/41 (M)71	13:34:35	08.08
		02:17:47/64 03:50:19/57 05:23:49/61 07:39:28/68 08:02:14/68 08:43:46/68 10:05:32/69 11:12:51/71 12:04:40/75						
76	10	RYŃIAK Mariusz	TYCHY		POL 40-LATEK TYCHY	75M2/42 (M)72	13:35:16	08.09
		02:27:08/96 04:05:41/88 05:42:04/84 07:49:37/82 08:13:34/80 08:48:51/74 10:06:27/72 11:14:44/74 12:04:32/72						
77	146	ŁASKARZEWSKI Jarosław	OLSZTYN		POL	67M3/13 (M)73	13:38:35	08.10
		02:33:25/122 04:15:04/110 05:53:50/108 08:03:20/98 08:24:33/97 09:06:29/96 10:18:21/84 11:24:56/79 12:11:45/78						
78	162	TUCZYŃSKI Maciej	RZESZÓW		POL RZESZOWSKIE GAZELE I GEPARDY	84M1/14 (M)74	13:38:56	08.11
		02:16:25/57 03:47:31/52 05:13:08/46 07:22:09/49 07:45:18/51 08:37:54/64 10:05:29/68 11:12:35/70 11:58:18/68						
79	202	NAJBERG Michał	WARSZAWA		POL BYLEDOBIEC ANIN	82M2/43 (M)75	13:41:30	08.12
		02:34:03/127 04:13:19/104 05:47:00/93 07:54:04/86 08:16:09/83 08:54:57/76 10:19:06/85 11:27:36/83 12:14:46/80						
80	225	KLICH Kamil			POL	78M2/44 (M)76	13:43:49	08.14
		02:27:25/99 04:09:43/95 05:45:46/90 07:54:13/89 08:16:14/85 08:56:49/79 10:17:00/83 11:25:01/80 12:16:55/82						
81	54	PECZSZAK Jakub	WARSZAWA		POL KLUB WYSOKOGORSKI WARSZAWA - GCH	77M2/45 (M)77	13:47:38	08.16
		02:39:35/153 04:21:52/139 05:52:51/107 08:05:48/102 08:28:58/101 09:05:42/92 10:24:14/88 11:31:46/85 12:23:15/86						

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat	Drużyna / Klub Team / Club	R-k YoB	W kategorii in Age	Grupy Sex	Wynik Time	[min/km]
Check pts:										
82	761	DĘBICKI Jerzy	NOWY SĄCZ		POL SADECKA GRUPA BIEGOWA	71M3/14		(M)78	13:52:50	08.19
02:27:31 / 101 04:13:14 / 103 05:43:50 / 87 07:57:34 / 93 08:22:29 / 94 09:06:01 / 95 10:28:21 / 91 11:43:52 / 100 12:28:15 / 92										
83	136	PRZEDPEŁSKI Przemysław	WARSZAWA		POL	74M2/46		(M)79	13:55:43	08.21
02:26:09 / 92 04:04:17 / 84 05:35:45 / 79 07:54:08 / 87 08:16:38 / 88 08:59:10 / 85 10:15:55 / 81 11:25:17 / 82 12:15:08 / 81										
84	190	SZCZOTKA Paweł	WARSZAWA		POL	72M3/15		(M)80	13:56:21	08.21
02:26:20 / 94 04:05:19 / 87 05:43:25 / 85 07:52:52 / 85 08:16:14 / 84 08:56:42 / 77 10:20:43 / 86 11:34:32 / 88 12:25:09 / 87										
85	226	ĆWIEK Marcin	PIOTRKÓW		POL MAPAMIRKRY	74M2/47		(M)81	13:56:21	08.21
02:45:42 / 197 04:28:48 / 165 06:07:21 / 147 08:12:38 / 112 08:34:34 / 109 09:16:27 / 105 10:25:57 / 89 11:32:10 / 86 12:23:12 / 85										
86	152	SŁOWICZ Bartosz	GNIEZNO		POL ALTOM GNIEZNO	73M2/48		(M)82	13:56:51	08.21
02:31:31 / 113 04:10:37 / 98 05:50:30 / 102 08:04:26 / 100 08:26:31 / 100 09:12:34 / 99 10:32:50 / 97 11:37:14 / 90 12:26:54 / 88										
87	194	ROLINSKI Wojciech	DĄBRÓWKA		POL	75M2/49		(M)83	13:58:39	08.22
02:36:42 / 139 04:12:13 / 102 05:47:53 / 95 07:54:13 / 90 08:16:32 / 87 08:57:12 / 82 10:27:34 / 90 11:37:48 / 91 12:26:55 / 89										
88	196	KĘSZKA Piotr	KALISZ		POL -SUPERMARATON KALISZ	78M2/50		(M)84	13:59:20	08.23
02:16:21 / 56 03:51:58 / 61 05:30:17 / 70 07:44:17 / 75 08:03:26 / 70 08:43:52 / 70 10:13:50 / 77 11:25:16 / 81 12:20:54 / 84										
89	412	CHŁOPEK Kazimierz			POL			(M)85	14:01:38	08.24
02:42:39 / 175 04:31:03 / 173 06:02:50 / 130 08:15:42 / 118 08:38:53 / 115 09:13:24 / 103 10:32:45 / 96 11:40:23 / 93 12:33:25 / 99										
90	277	PROC Leszek	POZNAŃ		POL KB MANIAC POZNAŃ	68M3/16		(M)86	14:04:00	08.25
02:48:37 / 225 04:33:06 / 179 06:20:51 / 185 08:30:38 / 146 08:53:08 / 139 09:39:03 / 140 10:52:04 / 114 11:54:35 / 111 12:39:47 / 107										
91	111	NOWAK Paweł	KALISZ		POL -SUPERMARATON KALISZ	59M4/2		(M)87	14:04:16	08.26
02:22:40 / 80 04:21:50 / 137 06:00:45 / 125 08:15:05 / 117 08:39:39 / 117 09:21:57 / 114 10:37:48 / 102 11:43:48 / 99 12:32:34 / 96										
92	259	STEFANCZUK Waldemar			POL URODZENI TRUCHTACZE	77M2/51		(M)88	14:04:17	08.26
02:43:58 / 185 04:20:03 / 128 05:57:39 / 119 08:13:50 / 114 08:36:31 / 113 09:21:33 / 111 10:43:31 / 105 11:48:18 / 107 12:41:47 / 109										
93	72	KONIK Grzegorz	PRZECISZÓW		POL	69M3/17		(M)89	14:04:34	08.26
02:37:46 / 147 04:22:40 / 140 06:00:27 / 124 08:08:10 / 103 08:29:58 / 103 09:05:55 / 93 10:29:17 / 92 11:43:38 / 98 12:28:14 / 91										
94	169	KAMELA Robert	WARSZAWA		POL -NIEZRZESZONY	72M3/18		(M)90	14:08:16	08.28
02:19:59 / 72 03:59:57 / 73 05:47:41 / 94 08:03:48 / 99 08:24:14 / 96 09:04:42 / 88 10:29:46 / 93 11:41:49 / 95 12:34:09 / 100										
95	446	SALONI Jakub	WARSZAWA		POL -	77M2/52		(M)91	14:09:40	08.29
02:25:34 / 89 04:19:38 / 125 06:08:12 / 149 08:29:33 / 143 08:53:08 / 138 09:36:00 / 135 10:54:39 / 116 11:57:06 / 114 12:48:30 / 113										
96	294	ATANASOW ANCEW Dawid	NOWY TARG		POL WATAHA	71M3/19		(M)92	14:13:27	08.31
02:27:28 / 100 04:04:51 / 86 05:38:28 / 81 07:42:08 / 71 08:03:27 / 71 08:52:46 / 75 10:07:50 / 74 11:18:34 / 76 12:11:40 / 77										
97	431	TRZEMŻALSKI Maciej	KORCZYNA		POL MAGAZYN GÓRSKI	68M3/20		(M)93	14:14:18	08.32
02:13:04 / 50 03:51:11 / 59 05:28:50 / 68 07:41:41 / 70 08:04:36 / 74 08:56:55 / 81 10:16:09 / 82 11:33:33 / 87 12:27:49 / 90										
98	368	PÓLTORAK Krzysztof	WARSZAWA		POL	77M2/53		(M)94	14:15:04	08.32
02:26:20 / 93 04:05:42 / 89 05:42:04 / 83 07:58:15 / 94 08:25:38 / 99 09:06:00 / 94 10:32:53 / 98 11:38:43 / 92 12:28:58 / 93										
99	450	KOSYK Alexander	KIEV		UKR	71M3/21		(M)95	14:15:47	08.33
02:17:50 / 65 03:55:21 / 65 05:35:01 / 75 07:37:45 / 66 08:02:04 / 66 08:56:54 / 80 10:07:11 / 73 11:23:17 / 78 12:20:45 / 83										
100	292	NASTALEK Tomasz	TOMASZÓW LUBELSKI		POL	68M3/22		(M)96	14:15:55	08.33
02:10:53 / 45 03:42:59 / 44 05:12:19 / 45 07:10:06 / 40 07:39:12 / 43 08:21:36 / 52 09:49:16 / 58 11:36:37 / 89 12:36:20 / 101										
101	31	LEŚNICKI Przemysław	NOWY TARG		POL	73M2/54		(M)97	14:16:04	08.33
02:40:47 / 159 04:21:52 / 138 06:04:11 / 136 08:18:10 / 123 08:41:28 / 119 09:29:04 / 127 10:53:10 / 115 11:57:27 / 115 12:48:37 / 114										
102	370	KORPAL Agnieszka			POL POCO-LOCO.PL ADVENTURE TEAM	87		(K)5	14:16:04	08.33
02:35:26 / 135 04:25:24 / 147 06:09:10 / 153 08:20:19 / 130 08:50:06 / 132 09:27:46 / 123 10:46:34 / 109 11:55:21 / 112 12:43:15 / 111										
103	377	PAWLOWSKI Lukas	CZESTOCHOWA		POL ZABIEGANI / PLANETA GÓR	79M2/55		(M)98	14:17:07	08.34
02:22:38 / 78 04:09:18 / 94 05:54:48 / 111 08:10:55 / 108 08:35:50 / 112 09:15:27 / 104 10:36:55 / 100 11:43:59 / 101 12:31:40 / 94										
104	75	KOS Maciej	PORABKA		POL AZS AGH KRAKÓW	89M1/15		(M)99	14:18:12	08.34
02:42:02 / 166 04:25:05 / 143 06:02:46 / 128 08:12:09 / 111 08:34:20 / 107 09:12:54 / 101 10:33:45 / 99 11:44:00 / 102 12:39:42 / 105										
105	3	BINKOWSKI Waldemar	LESZNO		POL	63M3/23		(M)100	14:18:25	08.34
02:33:03 / 120 04:15:42 / 113 05:52:06 / 106 08:09:49 / 104 08:33:51 / 106 09:21:36 / 112 10:43:29 / 104 11:49:39 / 109 12:42:13 / 110										
106	32	ULOWSKI Jacek	ŁÓDŹ		POL FAN-RUN TEAM	68M3/24		(M)101	14:19:03	08.35
02:45:55 / 200 04:21:09 / 135 05:55:07 / 114 08:11:38 / 110 08:32:13 / 104 09:22:44 / 115 11:00:11 / 129 12:11:47 / 132 12:57:05 / 124										
107	21	RUTA Tadeusz	ŁÓDŹ		POL	50M4/3		(M)102	14:19:04	08.35
02:37:28 / 143 04:21:10 / 136 06:10:05 / 157 08:34:44 / 153 08:59:12 / 149 09:39:03 / 139 10:59:53 / 128 12:11:46 / 131 12:57:04 / 123										
108	339	PYZIO Aleksander	GORLICE		POL -	79M2/56		(M)103	14:19:08	08.35
02:14:24 / 51 03:48:42 / 54 05:28:21 / 66 07:44:57 / 79 08:11:21 / 77 09:04:47 / 89 10:31:56 / 94 11:42:26 / 97 12:32:53 / 98										
109	205	BARSZCZ Tomasz	GORLICE		POL	80M2/57		(M)104	14:19:08	08.35
02:17:55 / 66 03:53:58 / 64 05:28:20 / 65 07:44:55 / 78 08:11:20 / 76 09:04:48 / 90 10:31:56 / 95 11:42:24 / 96 12:32:52 / 97										
110	18	ZASADA Tomasz	KRAKÓW		POL AZS AWF MASTERS KRAKÓW	71M3/25		(M)105	14:19:29	08.35
02:45:31 / 195 04:31:03 / 172 06:02:49 / 129 08:19:45 / 129 08:44:24 / 127 09:32:47 / 133 10:49:20 / 112 11:56:13 / 113 12:45:32 / 112										

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat	Drużyna / Klub Team / Club	R-k W kategorii Grupy YoB in Age Group Sex	Wynik Time	[min/km]
Check pts:								
111	98	PŁONKA Piotr	JAWORZNO	POL	KB MCKIS JAWORZNO	64M3/26 (M)106	14:20:35	08.36
02:22:47/81 04:01:27/75 05:35:45/78 07:48:45/81 08:13:29/79 09:03:35/87 10:37:46/101 11:45:14/103 12:41:36/108								
112	113	KOŁDER Tomasz	CIESZYN	POL	PAKO TEAM CIESZYN	75M2/58 (M)107	14:21:01	08.36
02:32:59/119 04:16:54/118 06:03:41/134 08:27:16/138 08:55:03/146 09:39:27/142 11:05:53/140 12:09:25/126 12:56:24/120								
113	112	PAWLAS Lucjan	ZEBRZYDOWICE	POL	PAKO TEAM CIESZYN	75M2/59 (M)108	14:21:01	08.36
02:32:48/118 04:17:12/121 06:03:40/133 08:27:17/139 08:55:04/147 09:39:25/141 11:05:54/141 12:08:53/124 12:56:25/121								
114	177	ŁABA Dorota	BIELSKO-BIALA	POL		75 (K)6	14:21:45	08.36
02:42:26/170 04:34:39/185 06:25:53/207 08:38:53/163 09:02:19/154 09:43:18/146 10:57:43/122 12:02:47/118 12:56:01/118								
115	302	OLSZEWSKI Marcin	WARSZAWA	POL		73M2/60 (M)109	14:21:55	08.37
02:42:45/177 04:27:03/158 06:03:01/131 08:30:46/147 08:54:01/141 09:31:22/128 10:46:04/107 11:46:49/105 12:37:51/102								
116	304	GRABSKI Patryk	WARSZAWA	POL	POLARNYJ	81M2/61 (M)110	14:21:55	08.37
02:34:26/131 04:13:21/105 05:54:00/110 08:05:05/101 08:29:01/102 09:12:52/100 10:46:05/108 11:46:51/106 12:37:51/103								
117	437	BROŻEK Zygmunt	KRAKÓW	POL		61M4/4 (M)111	14:23:23	08.37
02:11:19/47 03:50:52/58 05:30:18/71 07:50:32/83 08:19:19/91 09:19:37/108 10:39:06/103 11:49:23/108 12:39:42/106								
118	37	PECKA Tomasz	JASŁO	POL	WZGÓRZA DYLEWSKIE TEAM	78M2/62 (M)112	14:27:25	08.40
02:27:35/102 04:02:02/78 05:43:52/88 08:03:14/97 08:25:21/98 09:10:05/97 10:44:35/106 11:54:26/110 12:50:52/115								
119	80	ŚMIETANA Andrzej	KATOWICE	POL		63M3/27 (M)113	14:27:43	08.40
02:31:02/112 04:16:52/116 05:57:40/120 08:18:39/125 08:42:09/122 09:27:52/124 10:54:42/117 12:02:23/117 12:56:26/122								
120	253	HAŁGAS Paweł	WAŁBRZYCH	POL	NSZZ POLICJANTÓW WAŁBRZYCH	86M1/16 (M)114	14:28:04	08.40
02:14:55/53 03:56:19/69 05:35:18/76 07:52:07/84 08:20:30/93 09:21:40/113 10:48:26/110 11:58:19/116 12:51:11/116								
121	424	SOSIŃSKI Grzegorz	GDAŃSK	POL		74M2/63 (M)115	14:28:04	08.40
02:42:20/168 04:25:07/144 06:04:31/137 08:16:41/122 08:39:37/116 09:32:02/129 10:57:54/123 12:03:43/119 12:55:59/117								
122	264	KRAUZE Tomasz	WORCLAW	POL	WRATISLAVIA 2012	67M3/28 (M)116	14:29:28	08.41
02:39:26/152 04:33:16/181 06:06:10/141 08:18:34/124 08:41:36/121 09:19:32/107 10:48:31/111 12:04:25/120 12:56:16/119								
123	29	KORZAŃSKI Tomasz	KRAKÓW	POL	NIEZNAŃI SPRAWCY	80M2/64 (M)117	14:31:47	08.43
02:20:47/73 04:03:21/80 05:46:00/91 08:10:08/105 08:35:26/111 09:16:36/106 11:41:22/94 12:32:17/95								
124	265	PIOTRKOWSKI Jerzy	WROCLAW	POL	WRATISLAVIA 2012	58M4/5 (M)118	14:35:16	08.45
02:48:04/218 04:29:24/167 05:55:07/115 08:10:11/106 08:33:18/105 09:20:10/109 10:59:01/126 12:11:12/130 13:04:38/132								
125	4903	MRÓZ Łukasz	CAROLINA MEDICAL	POL		86M1/17 (M)119	14:36:24	08.45
02:32:20/116 04:17:24/122 05:48:31/97 08:19:12/128 08:52:44/137 09:36:07/136 10:51:21/113 12:07:42/122 12:59:00/125								
126	104	KŁOPOTOWSKI Grzegorz	LWÓWEK ŚLĄSKI	POL		75M2/65 (M)120	14:38:34	08.46
02:37:46/148 04:22:56/141 06:00:08/123 08:15:57/121 08:41:12/118 09:32:40/132 10:59:08/127 12:10:25/127 13:00:14/127								
127	90	KOLAŃCZYK Paulina	WARSZAWA	POL	ALETEMPO	80 (K)7	14:41:30	08.48
02:43:39/181 04:30:00/171 06:14:36/164 08:35:57/155 09:00:13/150 09:40:54/143 11:04:21/137 12:23:24/143 13:13:00/139								
128	433	SUŁKOWSKA Anna	LIMANOWA	POL	NIEZRZESZONA	84 (K)8	14:41:33	08.48
02:48:41/226 04:36:08/203 06:16:41/171 08:40:12/168 09:07:39/163 10:00:54/172 11:19:55/153 12:29:32/153 13:12:07/137								
129	425	OTRZĄSEK Krzysztof	KATOWICE/WARSZAWA	POL	TRUCHT TARCHOMIN TEAM	82M2/66 (M)121	14:42:25	08.49
02:27:20/98 04:07:52/92 05:50:06/100 08:10:56/109 08:34:48/110 09:27:55/125 10:58:25/124 12:06:27/121 13:00:03/126								
130	360	MAKOWSKI Łukasz	GORLICE	POL	DZIKIE WIEPRZE - MARATON GORLICE	78M2/67 (M)122	14:43:27	08.49
02:45:28/194 04:41:17/230 06:20:27/183 08:41:18/173 09:09:01/169 09:50:02/154 11:18:51/151 12:28:50/151 13:21:30/150								
131	434	SUŁKOWSKI Andrzej	LIMANOWA	POL	NIEZRZESZONY	73M2/68 (M)123	14:43:34	08.49
02:45:48/198 04:36:10/204 06:17:11/173 08:40:14/171 09:07:39/164 10:00:59/173 11:19:54/152 12:28:09/148 13:12:04/136								
132	355	OWSIŃSKI Andrzej	WARSZAWA	POL	ACCELERATE	70M3/29 (M)124	14:43:35	08.49
02:29:39/106 04:07:54/93 05:49:05/99 08:19:06/127 08:50:06/133 09:32:56/134 11:03:39/136 12:13:45/135 13:09:34/134								
133	273	SURÓWKA Marcin	KRAKÓW	POL		90M1/18 (M)125	14:43:40	08.50
02:12:03/49 03:46:31/49 05:16:52/51 07:22:55/50 07:47:26/56 08:26:12/55 10:15:02/80 11:46:17/104 12:38:13/104								
134	4791	MARCZYK Klaudia	NOWY SĄCZ	POL	UKS OLIMPIA SADECZANIN	97 (K)9	14:43:54	08.50
02:34:54/132 04:16:53/117 06:09:52/156 08:14:24/116 08:43:05/125 09:28:06/126 10:57:22/120 12:10:48/129 13:04:21/130								
135	5020	KUJUNDZIC Nikola	SUBOTICA	SRB	PLANINARSKI KLUB SPARTAK SUBOTICA	81M2/69 (M)126	14:43:55	08.50
02:27:13/97 04:14:03/107 05:58:07/121 08:19:03/126 08:41:31/120 09:20:46/110 10:58:35/125 12:10:46/128 13:04:21/129								
136	92	JAWORSKI Jarosław	WADOWICE	POL	AWF KRAKÓW	88M1/19 (M)127	14:46:35	08.51
02:42:15/167 04:21:02/134 05:54:51/113 08:15:52/120 08:42:10/123 09:27:35/122 10:57:21/119 12:09:00/125 13:04:37/131								
137	432	SUŁKOWSKA Elżbieta	LIMANOWA	POL	KOZIÓŁKI	77 (K)10	14:46:54	08.51
02:48:44/227 04:38:43/220 06:18:18/177 08:40:13/169 09:07:38/162 10:01:20/176 11:20:33/154 12:31:40/156 13:17:08/144								
138	129	GRĘDZIELSKI Jacek	KRAKÓW	POL	DYNAFIT POLSKA	77M2/70 (M)128	14:49:04	08.53
02:47:14/208 04:37:26/212 06:17:53/174 08:34:05/151 08:57:49/148 09:36:16/137 11:05:16/138 12:21:21/140 13:14:22/141								
139	127	JAROCH Leszek	PRZEMYŚL	POL		57M4/6 (M)129	14:49:28	08.53
02:39:18/151 04:25:25/148 06:01:54/126 08:27:30/140 08:54:21/143 09:32:24/130 10:55:04/118 12:07:48/123 13:00:59/128								

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat	Drużyna / Klub Team / Club	R-k YoB	W kategorii Age	Grupy Sex	Wynik Time	[min/km]
Check pts:										
140	143	DYGDŃ Przemysław	WARSZAWA	POL	ACCELERATE	74M2/71		(M)130	14:50:40	08.54
02:28:34 / 104 04:13:31 / 106 05:45:32 / 89 07:58:42 / 95 08:24:01 / 95 09:13:04 / 102 11:03:39 / 135 12:13:44 / 134 13:09:30 / 133										
141	401	KALANDYK Marek	RZESZÓW	POL	RZESZOWSKIE GAZELE I GEPARDY	66M3/30		(M)131	14:53:42	08.55
02:47:05 / 206 04:35:06 / 192 06:34:01 / 235 08:54:44 / 202 09:17:41 / 199 10:22:53 / 224 11:27:07 / 162 12:37:13 / 160 13:23:56 / 153										
142	421	HAJOK Dawid	KRAKÓW	POL	DYNAFIT POLSKA	82M2/72		(M)132	14:53:52	08.56
02:49:02 / 231 04:52:55 / 265 06:41:08 / 247 08:57:44 / 215 09:20:17 / 201 10:03:45 / 181 11:38:52 / 182 12:39:26 / 164 13:26:58 / 157										
143	195	BOGUCKI Rafał	KRAKÓW	POL	AZS AWF MASTERS KRAKÓW	75M2/73		(M)133	14:55:29	08.57
02:24:36 / 86 04:11:57 / 101 05:50:09 / 101 08:12:49 / 113 08:42:32 / 124 09:24:11 / 117 11:00:24 / 131 12:16:57 / 137 13:09:58 / 135										
144	16	ŚLEZAK Marek	NOWY SĄCZ	POL	SZYBKE STRZAŁY	78M2/74		(M)134	14:55:59	08.57
02:46:24 / 204 04:40:22 / 227 06:25:37 / 205 08:51:06 / 196 09:16:33 / 196 10:05:39 / 182 11:34:34 / 175 12:44:00 / 172 13:32:03 / 162										
145	208	GANC Marcin	PAKOŚĆ	POL		78M2/75		(M)135	14:59:35	08.59
02:43:33 / 180 04:32:47 / 176 06:20:41 / 184 08:44:38 / 180 09:10:30 / 176 10:06:49 / 186 11:26:44 / 161 12:33:50 / 159 13:23:20 / 151										
146	332	CZEKAJ Justyna	WARSZAWA	POL	ACCELERATE	81		(K)11	15:00:43	09.00
03:05:02 / 288 04:58:15 / 272 06:43:07 / 254 08:48:21 / 191 09:10:50 / 177 09:53:14 / 155 11:17:09 / 149 12:28:22 / 149 13:25:38 / 155										
147	335	OLEJKO Michał	KRAKÓW	POL	ACCELERATE	78M2/76		(M)136	15:00:45	09.00
03:05:01 / 287 04:52:51 / 264 06:44:22 / 258 08:47:30 / 187 09:12:05 / 180 09:53:14 / 156 12:30:15 / 155 13:23:21 / 152										
148	130	WIĘCEK Grzegorz	CZECHOWICE-DZIEDZICE	POL		82M2/77		(M)137	15:01:23	09.00
02:48:05 / 219 04:34:40 / 186 06:04:05 / 135 08:22:18 / 133 08:52:15 / 136 09:43:15 / 145 11:05:52 / 139 12:18:30 / 138 13:12:45 / 138										
149	224	SKAKLUK Jan	LEGIONOWO	POL	KB PIMAR LEGIONOWO	51M4/7		(M)138	15:02:52	09.02
02:37:31 / 144 04:26:10 / 152 05:55:41 / 117 08:15:46 / 119 08:43:10 / 126 09:25:54 / 119 11:00:59 / 133 12:13:19 / 133 13:15:03 / 143										
150	420	JASKÓŁKA Marcin	ANDRYCHÓW	POL	KLUB SKIALPINISTYCZNY KANDAHAR	85M1/20		(M)139	15:04:04	09.02
02:42:40 / 176 04:36:06 / 202 06:22:16 / 187 08:42:26 / 174 09:07:02 / 158 09:47:39 / 152 11:15:54 / 148 12:27:59 / 147 13:19:58 / 148										
151	68	STELMASZYK Błażej	DĄBROWA GÓRNICZA	POL		84M1/21		(M)140	15:05:18	09.03
02:24:43 / 87 04:27:04 / 159 06:02:36 / 127 08:24:25 / 135 08:47:47 / 128 09:27:28 / 120 11:00:17 / 130 12:14:51 / 136 13:18:27 / 146										
152	8	KARPIŃSKI Robert	MARKI	POL		71M3/31		(M)141	15:05:28	09.02
02:49:41 / 236 04:36:36 / 208 06:20:55 / 186 08:47:46 / 188 09:11:20 / 179 09:58:34 / 166 11:23:24 / 157 12:28:42 / 150 13:18:51 / 147										
153	254	MARCINEK Jan	KRAKÓW	POL	HULAJ NOGA	88M1/22		(M)142	15:06:19	09.03
02:33:25 / 123 04:25:21 / 146 06:10:49 / 158 08:44:30 / 179 09:12:11 / 182 10:10:38 / 191 11:39:58 / 185 12:41:45 / 166 13:32:13 / 163										
154	47	BANASZAK Paweł	LESZNO	POL	MARATON LESZNO	71M3/32		(M)143	15:06:30	09.03
02:39:57 / 154 04:26:24 / 154 06:13:50 / 162 08:39:12 / 164 09:07:40 / 165 10:03:30 / 180 11:34:40 / 176 12:44:33 / 175 13:37:30 / 173										
155	375	BAĆMAGA Grzegorz	RADOM	POL	BIEGIEM RADOM	68M3/33		(M)144	15:06:38	09.03
02:50:52 / 246 04:35:30 / 197 06:23:09 / 192 08:46:25 / 182 09:09:19 / 170 10:10:59 / 192 11:40:15 / 186 12:50:10 / 182 13:39:03 / 176										
156	410	LASOTA Grzegorz		POL	UKS RADOM	77M2/78		(M)145	15:06:40	09.03
02:50:54 / 247 04:35:27 / 195 06:23:33 / 193 08:46:26 / 183 09:09:20 / 171 10:11:21 / 193 11:40:18 / 187 12:50:11 / 183 13:39:18 / 178										
157	280	MAKSYMIAK Mirosław	RZESZÓW	POL	RZESZOWSKIE GAZELE I GEPARDY	65M3/34		(M)146	15:07:29	09.04
02:22:24 / 77 04:03:24 / 81 05:56:13 / 118 08:21:08 / 132 08:49:03 / 131 09:36:30 / 138 11:13:44 / 145 12:24:42 / 146 13:19:58 / 149										
158	323	ZALEWSKI Dariusz	GDYNIA	POL	BAMBARYŁA TEAM	76M2/79		(M)147	15:07:51	09.04
02:33:28 / 125 04:20:02 / 127 06:03:33 / 132 08:27:00 / 137 08:52:12 / 135 09:46:41 / 150 11:09:13 / 144 12:22:17 / 141 13:13:26 / 140										
159	88	MACHLOWSKI Ryszard	KRAKÓW	POL	FESTIWAL BIEGOWY W KRYNICY	63M3/35		(M)148	15:08:00	09.04
02:37:37 / 146 04:23:14 / 142 06:16:18 / 168 08:36:10 / 156 09:01:05 / 151 10:00:11 / 170 11:31:40 / 173 12:43:19 / 168 13:36:06 / 168										
160	87	PROZOROWSKI Wiesław	LESZNO	POL	MARATON LESZNO	68M3/36		(M)149	15:10:26	09.06
02:28:51 / 105 04:15:43 / 114 05:53:59 / 109 08:10:28 / 107 08:36:41 / 114 09:22:55 / 116 11:06:01 / 142 12:24:05 / 144 13:17:39 / 145										
161	221	BERNHARD Piotr	WROCLAW	POL	ZULUS TEAM	71M3/37		(M)150	15:10:30	09.06
02:45:33 / 196 04:34:52 / 188 06:08:49 / 151 08:40:42 / 172 09:10:22 / 175 09:55:03 / 159 11:27:50 / 165 12:43:54 / 170 13:35:39 / 165										
162	4739	GASIOREK Tomasz	BIELSKO BIALA	POL		75M2/80		(M)151	15:12:53	09.07
02:30:47 / 110 04:25:39 / 149 06:05:00 / 139 08:32:44 / 150 09:03:50 / 156 10:15:42 / 208 11:42:12 / 189 12:49:16 / 181 13:38:12 / 175										
163	179	LUSAWA Adam	LEGIONOWO	POL	LOTOS JABŁONNA	80M2/81		(M)152	15:16:58	09.10
02:30:12 / 109 04:14:29 / 109 05:58:57 / 122 08:23:30 / 134 08:48:38 / 130 09:32:36 / 131 11:07:44 / 143 12:32:39 / 157 13:34:55 / 164										
164	260	MALAWSKI Bartosz	GORLICE	POL	DZIKIE WIEPRZE - MARATON GORLICE	79M2/82		(M)153	15:18:02	09.10
02:49:35 / 234 04:41:17 / 231 06:32:08 / 231 09:09:55 / 242 09:40:21 / 240 10:20:53 / 218 11:43:25 / 192 12:58:09 / 200 13:47:37 / 185										
165	110	NOWICKI Andrzej	WARSZAWA	POL		63M3/38		(M)154	15:18:24	09.10
02:41:09 / 160 04:36:14 / 205 06:20:23 / 181 08:51:45 / 198 09:17:09 / 197 10:00:33 / 171 11:34:42 / 177 12:43:34 / 169 13:36:08 / 169										
166	348	FOJCIK Grzegorz	RYBNIK	POL		67M3/39		(M)155	15:18:43	09.10
02:50:19 / 244 04:44:30 / 240 06:26:11 / 213 08:56:16 / 206 09:26:49 / 220 10:21:36 / 220 11:46:00 / 203 12:55:32 / 193 13:50:38 / 196										
167	42	AUGUSTYN Adam	KRZESZOWICE	POL	NIEZRZESZONY	76M2/83		(M)156	15:20:16	09.11
02:40:16 / 156 04:28:56 / 166 06:16:21 / 170 08:42:27 / 175 09:08:04 / 168 10:13:34 / 196 11:46:31 / 204 12:58:43 / 203 13:52:31 / 201										
168	115	GRZESZCZUK Wojciech	WARSZAWA	POL		61M4/8		(M)157	15:20:18	09.11
02:45:09 / 190 04:27:02 / 157 06:23:04 / 190 08:49:35 / 194 09:16:07 / 193 10:13:35 / 198 11:47:01 / 207 13:04:41 / 218 13:52:32 / 202										

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat	Drużyna / Klub Team / Club	R-k W kategorii Grupy YoB in Age Group Sex	Wynik Time	[min/km]
Check pts:								
169	158	MIODUSZEWSKI Mariusz	WARSZAWA	POL	KB GALERIA WARSZAWA	75M2/84 (M)158	15:20:45	09.12
02:45:09 / 192 04:26:03 / 151 06:22:58 / 189 08:48:21 / 190 09:10:50 / 178 10:12:37 / 194 11:38:18 / 181 12:44:26 / 174 13:39:17 / 177								
170	67	HIBNER Jacek	ŁÓDŹ	POL		72M3/40 (M)159	15:21:02	09.12
02:31:44 / 114 04:14:24 / 108 05:55:30 / 116 08:24:41 / 136 08:53:32 / 140 09:48:01 / 153 11:15:53 / 147 12:29:20 / 152 13:28:07 / 158								
171	237	ZAKRZEWSKI Paweł	NEKLA	POL	SARENKA I DZIKI	78M2/85 (M)160	15:21:15	09.12
02:50:44 / 245 04:43:56 / 237 06:26:00 / 210 08:39:38 / 166 09:07:54 / 166 10:00:07 / 169 11:28:50 / 170 12:38:43 / 163 13:28:23 / 159								
172	164	GÓRNY Marek	ŚWIECIECHOWA	POL	MARATON LESZNO	55M4/9 (M)161	15:23:53	09.14
02:48:01 / 217 04:46:50 / 249 06:33:41 / 233 09:01:17 / 225 09:28:15 / 224 10:26:44 / 230 11:51:27 / 217 13:04:33 / 217 13:54:06 / 206								
173	199	KARGOL Marcin	GŁOGÓW	POL	DRUŻYNA SZPIKU	85M1/23 (M)162	15:24:01	09.14
02:49:51 / 239 04:33:08 / 180 06:18:00 / 175 08:40:14 / 170 09:12:10 / 181 09:58:59 / 168 11:27:24 / 164 12:44:19 / 173 13:39:18 / 179								
174	279	WACNIK Janusz	RZESZÓW	POL	RZESZOWSKIE GAZELE I GEPARDY	67M3/41 (M)163	15:24:34	09.14
02:48:33 / 224 04:39:50 / 224 06:27:25 / 217 08:48:20 / 189 09:15:04 / 188 10:01:15 / 175 11:31:09 / 172 12:44:56 / 176 13:37:36 / 174								
175	218	OGRODNICZEK Adam	GLIWICE	POL	AKMB PĘDZIWIATR GLIWICE	74M2/86 (M)164	15:24:57	09.14
02:53:23 / 253 04:45:24 / 241 06:25:21 / 204 08:57:08 / 210 09:22:25 / 209 10:14:05 / 200 11:46:35 / 205 12:52:05 / 187 13:45:19 / 184								
176	391	BERNAT Antoni	PUCK	POL	LKS ZIEMI PUCKIEJ	49M4/10 (M)165	15:27:20	09.16
02:56:17 / 266 05:06:53 / 284 06:48:28 / 268 09:13:18 / 248 09:38:58 / 236 10:15:34 / 207 11:42:58 / 191 12:50:26 / 185 13:39:54 / 180								
177	168	GOEBEL Adam	KRAKÓW	POL	LEGIO X GEMINA	65M3/42 (M)166	15:27:59	09.16
02:56:57 / 268 04:50:32 / 258 06:30:45 / 230 08:49:20 / 193 09:15:02 / 187 09:56:00 / 163 11:25:27 / 159 12:47:25 / 178 13:41:28 / 182								
178	216	LEWICKI Tomasz	GLIWICE	POL	AKMB PĘDZIWIATR GLIWICE	78M2/87 (M)167	15:29:16	09.17
02:48:00 / 216 04:34:36 / 184 06:25:18 / 203 08:57:16 / 213 09:20:35 / 202 10:14:05 / 201 11:47:19 / 208 13:01:03 / 205 13:54:15 / 208								
179	184	JACHYM Joanna	KRAKÓW	POL	AZS AWF MASTERS KRAKÓW	86 (K)12	15:29:24	09.17
02:44:29 / 188 04:35:37 / 198 06:30:17 / 227 09:02:35 / 228 09:30:02 / 230 10:17:17 / 210 11:44:01 / 201 12:58:36 / 202 13:54:14 / 207								
180	388	BOROWIEC Michał	WARSZAWA	POL	TRUCHTACZ.PL	75M2/88 (M)168	15:29:29	09.17
02:41:50 / 162 04:36:04 / 201 06:11:29 / 161 08:32:13 / 149 09:05:12 / 157 10:01:02 / 174 11:28:48 / 169 12:45:15 / 177 13:40:22 / 181								
181	34	NOWAK Michał	KRAKÓW	POL		82M2/89 (M)169	15:29:39	09.17
02:40:40 / 158 04:27:24 / 160 06:09:50 / 155 08:43:11 / 176 09:09:46 / 173 09:55:15 / 162 12:51:24 / 186 13:48:53 / 186								
182	278	ŚLIWINSKI Andrzej	MIECHÓW	POL		57M4/11 (M)170	15:29:41	09.17
02:53:51 / 256 04:47:27 / 251 06:36:58 / 239 09:19:26 / 255 09:48:55 / 253 11:02:13 / 134 12:22:44 / 142 13:26:52 / 156								
183	428	KIELAR Adam	WROCLAW	POL	FIRSTENDURANCE.PL	82M2/90 (M)171	15:29:49	09.17
02:43:42 / 183 04:27:57 / 162 06:24:16 / 197 08:53:22 / 200 09:17:38 / 198 10:03:08 / 179 11:43:46 / 195 12:55:36 / 195 13:50:38 / 197								
184	363	WOJTASZEK Marek	KROTOSZYN	POL	K.S. KROTOSZ KROTOSZYN	80M2/91 (M)172	15:29:49	09.17
02:42:32 / 172 04:38:25 / 217 06:32:55 / 232 08:56:46 / 208 09:22:36 / 211 10:21:35 / 219 11:43:25 / 193 12:55:37 / 196 13:51:05 / 198								
185	293	PORĘBA Eugeniusz	MIECHÓW	POL		63M3/43 (M)173	15:30:36	09.18
02:53:52 / 257 04:46:06 / 246 06:34:35 / 236 09:19:27 / 256 09:43:19 / 249 10:29:20 / 234 11:50:40 / 216 13:06:33 / 219 13:59:28 / 215								
186	58	GOLEŃ Jan	WARSZAWA	POL	KB GALERIA WARSZAWA	69M3/44 (M)174	15:30:37	09.17
02:56:47 / 267 04:41:41 / 233 06:29:19 / 223 08:55:23 / 204 09:22:13 / 207 10:20:23 / 217 11:43:58 / 199 12:59:08 / 204 13:54:01 / 205								
187	79	JANZER Janusz	PRZEMYŚL	POL	S-KKS PRZEMYŚL	67M3/45 (M)175	15:30:45	09.18
02:17:03 / 61 04:03:50 / 83 06:04:32 / 138 08:30:09 / 144 08:54:20 / 142 09:44:09 / 148 11:22:55 / 156 12:41:11 / 165 13:36:50 / 171								
188	215	GORCZYCKI Grzegorz	GDAŃSK	POL	GDAŃSKIE LWY MORSKIE	79M2/92 (M)176	15:31:16	09.18
02:35:50 / 137 04:15:38 / 112 06:22:37 / 188 08:28:37 / 141 08:54:50 / 145 09:43:53 / 147 11:22:39 / 155 12:38:32 / 162 13:36:13 / 170								
189	767	ČIRIĆ Dragaw	NOVI SAD	POL	ARK TRON PALIĆ	51M4/12 (M)177	15:31:48	09.18
02:48:59 / 229 04:42:53 / 236 06:29:44 / 224 08:57:35 / 214 09:28:32 / 225 10:25:33 / 228 11:49:02 / 212 12:57:21 / 199 13:49:33 / 191								
190	269	MISIAK Przemysław	BESZKÓWKA	POL	LUNATYCY	78M2/93 (M)178	15:33:52	09.19
02:41:56 / 165 04:34:40 / 187 06:26:50 / 216 09:03:23 / 230 09:29:35 / 228 10:34:13 / 243 11:58:59 / 230 13:08:48 / 222 14:00:27 / 216								
191	426	DEFECINSKI Radosław	TUSZYN	POL	LUNATYCY	71M3/46 (M)179	15:33:57	09.19
02:41:55 / 163 04:35:15 / 193 06:26:48 / 215 09:03:20 / 229 09:29:35 / 229 10:34:11 / 242 11:58:57 / 229 13:09:29 / 223 14:01:32 / 219								
192	213	WIECZOREK Damian	KATOWICE	POL	K S SIGMA KATOWICE	71M3/47 (M)180	15:34:00	09.20
02:43:42 / 182 04:27:58 / 163 06:06:10 / 142 08:38:32 / 160 09:07:38 / 161 09:54:31 / 158 11:24:36 / 158 12:33:24 / 158 13:30:59 / 160								
193	443	KASPRZAK Jacek	ZŁOTNIKI	POL	NIEZRZESZONY	66M3/48 (M)181	15:34:39	09.20
02:47:36 / 213 04:38:28 / 219 06:24:16 / 196 08:38:51 / 162 09:07:38 / 160 09:57:04 / 164 11:28:26 / 168 12:52:54 / 190 13:49:27 / 189								
194	228	STĘPIEN Mirosław	NOWY GLINNIK	POL	MAPAMIRKRZY	82M2/94 (M)182	15:35:11	09.21
02:47:07 / 207 04:39:27 / 222 06:20:24 / 182 08:51:24 / 197 09:20:47 / 203 10:08:28 / 187 11:27:19 / 163 12:49:09 / 179 13:42:43 / 183								
195	341	DYBIŹBAŃSKI Wojciech	POLICE	POL	MARATONYPOLSKIE.PL TEAM	88M1/24 (M)183	15:35:19	09.20
02:35:04 / 133 04:25:18 / 145 06:24:19 / 200 08:38:41 / 161 09:03:25 / 155 09:47:01 / 151 11:14:15 / 146 12:29:34 / 154 13:31:22 / 161								
196	86	BARDZYŃSKI Paweł	PIŃCZÓW	POL		79M2/95 (M)184	15:36:13	09.21
02:34:18 / 129 04:20:41 / 130 06:11:09 / 159 08:38:00 / 158 09:15:07 / 190 10:06:46 / 184 11:39:08 / 183 12:54:51 / 191 13:50:36 / 195								
197	173	BLACH Marcin	PIŃCZÓW	POL		78M2/96 (M)185	15:36:14	09.21
02:34:15 / 128 04:20:43 / 132 06:11:17 / 160 08:38:02 / 159 09:15:13 / 192 10:06:47 / 185 11:39:10 / 184 12:54:51 / 192 13:50:36 / 194								

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat	Drużyna / Klub Team / Club	R-k YoB	W kategorii Grupy in Age Group Sex	Wynik Time	[min/km]
Check pts:									
198	298	FORYŚ Paweł	KŁĘCZANY	POL		74M2/97	(M)186	15:36:48	09.21
02:50:09 / 242 04:42:50 / 235 06:26:06 / 211 08:52:55 / 199 09:22:35 / 210 10:18:33 / 216 11:43:54 / 198 13:03:29 / 214 13:57:33 / 213									
199	283	TALAR Zenon	DĄBRÓWKA LEŚNA	POL	TKKF OBORNIKI	53M4/13	(M)187	15:38:09	09.22
02:52:31 / 251 04:45:44 / 245 06:25:51 / 206 08:58:04 / 221 09:26:42 / 218 10:18:23 / 215 11:43:54 / 197 13:03:30 / 215 13:55:59 / 211									
200	4872	BUJAK Maciej	PULAWY	POL	CHEMIK ADBLUE PULAWY		(M)188	15:38:20	09.22
02:00:46 / 22 03:34:05 / 26 05:16:03 / 50 07:43:09 / 74 08:13:36 / 81 09:25:23 / 118 11:00:47 / 132 12:19:30 / 139 13:14:48 / 142									
201	183	KUCZYŃSKI Andrzej	POZNAŃ	POL	KB MANIAC POZNAŃ	70M3/49	(M)189	15:39:35	09.23
02:47:03 / 205 04:28:29 / 164 06:29:45 / 225 08:57:58 / 218 09:09:47 / 174 10:26:22 / 229 11:48:48 / 210 13:03:42 / 216 13:58:22 / 214									
202	344	CIEŚLA Wojciech	WARSZAWA	POL		72M3/50	(M)190	15:41:12	09.24
02:35:31 / 136 04:19:34 / 124 06:07:48 / 148 08:31:15 / 148 09:01:10 / 152 10:10:06 / 190 11:38:09 / 180 12:50:25 / 184 13:48:54 / 187									
203	343	MARKIEWICZ Łukasz	SZCZECIN	POL		88M1/25	(M)191	15:41:13	09.24
02:43:17 / 178 04:33:03 / 178 06:30:25 / 228 08:58:00 / 220 09:21:30 / 205 10:14:54 / 206 11:44:42 / 202 13:02:20 / 208 13:53:57 / 204									
204	384	SYCH Robert	LUBLIN	POL		62M4/14	(M)192	15:43:57	09.26
02:49:42 / 237 04:45:33 / 244 06:38:04 / 241 09:03:31 / 232 09:29:30 / 226 10:23:48 / 225 11:54:18 / 225 13:10:50 / 226 14:03:25 / 221									
205	381	KOZACZUK Jacek	LEŻAJSK	POL		70M3/51	(M)193	15:43:59	09.26
02:49:40 / 235 04:48:44 / 254 06:38:08 / 242 09:03:27 / 231 09:29:30 / 227 10:23:57 / 226 11:54:14 / 224 13:10:51 / 227 14:03:26 / 222									
206	153	RÓŻYCKI Konrad	WARSZAWA	POL	LECHICI ZIELONKA	62M4/15	(M)194	15:44:06	09.26
02:41:37 / 161 04:38:28 / 218 06:33:47 / 234 09:07:13 / 240 09:37:13 / 234 10:18:20 / 214 11:48:04 / 209 13:01:59 / 207 14:01:32 / 220									
207	145	SOBOL Kamil	KRAKÓW	POL		86M1/26	(M)195	15:44:33	09.26
02:36:46 / 140 04:26:01 / 150 06:06:41 / 145 08:29:05 / 142 08:54:39 / 144 09:42:52 / 144 11:18:15 / 150 12:37:56 / 161 13:37:29 / 172									
208	220	SKOWRONSKI Janusz	OLESNICA	POL	ZULUS TEAM	76M2/98	(M)196	15:44:36	09.26
02:43:51 / 184 04:32:30 / 175 06:06:30 / 143 08:39:52 / 167 09:08:00 / 167 09:55:04 / 160 11:27:51 / 166 12:43:55 / 171 13:35:40 / 167									
209	123	GRZESZCZUK Grzegorz	WARSZAWA	POL	KB GALERIA WARSZAWA	66M3/52	(M)197	15:45:11	09.26
02:45:09 / 191 04:27:02 / 156 06:23:05 / 191 08:49:40 / 195 09:16:08 / 194 10:13:01 / 195 11:49:55 / 215 13:06:42 / 220 14:04:18 / 225									
210	93	NIEDZIÓŁKA Tomasz	SIEDLCE	POL	YULO RUN TEAM SIEDLCE	75M2/99	(M)198	15:45:21	09.26
02:44:20 / 187 04:35:45 / 200 06:18:29 / 178 08:57:15 / 212 09:22:24 / 208 10:17:59 / 212 11:49:34 / 213 13:02:23 / 210 13:55:32 / 210									
211	57	JARONSKI Jacek	TARNÓW	POL		65M3/53	(M)199	15:46:02	09.27
02:42:25 / 169 04:34:55 / 190 06:17:07 / 172 08:58:16 / 222 09:27:26 / 223 10:13:34 / 197 11:43:38 / 194 12:57:00 / 198 13:51:21 / 200									
212	148	KALITA Arkadiusz	JAWORZE	POL		73M2/100	(M)200	15:46:48	09.27
02:47:41 / 214 04:38:21 / 216 06:24:18 / 198 08:35:55 / 154 09:01:22 / 153 09:57:05 / 165 11:28:25 / 167 12:52:47 / 189 13:49:27 / 190									
213	251	PAPIEŻ Mariusz	MSZANA DOLNA	POL	MOK MSZANA DOLNA 2	83M1/27	(M)201	15:48:53	09.29
02:27:53 / 103 04:17:04 / 120 05:54:50 / 112 08:20:32 / 131 08:48:38 / 129 09:27:34 / 121 10:57:42 / 121 12:24:25 / 145 13:24:17 / 154									
214	400	KOSTYRKA Tomasz	RYBNIK	POL		87M1/28	(M)202	15:49:33	09.29
02:46:14 / 201 04:33:42 / 182 06:16:19 / 169 08:57:11 / 211 09:23:52 / 214 10:09:28 / 189 11:29:16 / 171 12:43:04 / 167 13:35:39 / 166									
215	9	SKOWIERA Piotr	CZĘSTOCHOWA	POL	AVIVA CZĘSTOCHOWA	55M4/16	(M)203	15:50:01	09.29
02:33:50 / 126 04:26:31 / 155 06:15:01 / 166 08:56:15 / 205 09:21:44 / 206 10:14:25 / 203 11:49:35 / 214 13:02:22 / 209 13:54:56 / 209									
216	163	MALAWSKA-KŁUSEK Eliza	KRAKÓW	POL	LES FEMMES COURANT DANS LES FORETS	77	(K)13	15:52:28	09.30
02:48:09 / 220 04:34:53 / 189 06:19:01 / 179 08:44:23 / 178 09:09:42 / 172 09:55:12 / 161 11:32:04 / 174 12:52:29 / 188 13:51:20 / 199									
217	46	RYZNER Krzysztof	JAROSŁAW	POL	JAROSŁAW	60M4/17	(M)204	15:52:37	09.31
02:48:14 / 221 04:40:54 / 229 06:23:59 / 195 08:48:46 / 192 09:16:17 / 195 09:54:18 / 157 11:26:37 / 160 12:49:16 / 180 13:49:49 / 192									
218	407	BIEL Jakub	KRAKÓW	POL	KS PODWAWELSKI KRAKÓW	77M2/101	(M)205	15:52:39	09.31
02:53:54 / 258 04:37:21 / 210 06:28:52 / 222 08:47:14 / 186 09:13:01 / 185 10:22:11 / 222 11:51:41 / 218 13:03:14 / 212 14:00:35 / 217									
219	411	BIEL Przemysław	KRAKÓW	POL		75M2/102	(M)206	15:52:39	09.31
02:47:14 / 209 04:37:28 / 213 06:28:52 / 221 08:47:13 / 185 09:12:59 / 184 10:22:11 / 221 11:51:42 / 219 13:03:15 / 213 14:00:37 / 218									
220	303	ZIELIŃSKI Jacek	WRZEŚNIA	POL		86M1/29	(M)207	15:52:41	09.31
02:40:29 / 157 04:16:43 / 115 06:08:51 / 152 08:30:11 / 145 08:51:45 / 134 09:44:11 / 149 11:37:45 / 179 12:58:14 / 201 13:52:58 / 203									
221	305	KMIECIK Janusz	WIELICZKA	POL		51M4/18	(M)208	15:52:55	09.31
02:38:18 / 150 04:29:56 / 170 06:26:18 / 214 09:03:56 / 235 09:30:20 / 231 10:37:41 / 244 12:13:25 / 239 13:24:38 / 239 14:15:41 / 238									
222	172	SYDOR Rafał	KRAKÓW	POL	SKRZAT TEAM	76M2/103	(M)209	15:55:11	09.32
02:33:22 / 121 04:26:15 / 153 06:09:38 / 154 08:39:21 / 165 09:07:08 / 159 09:58:50 / 167 11:35:01 / 178 12:55:34 / 194 13:49:27 / 188									
223	19	DOLIŃSKI Adam	WARSZAWA	POL	KB PIMAR LEGIONOWO	84M1/30	(M)210	15:56:08	09.33
02:47:22 / 211 04:32:58 / 177 06:15:46 / 167 08:55:07 / 203 09:20:52 / 204 10:18:04 / 213 11:52:49 / 222 13:10:31 / 225 14:04:21 / 227									
224	435	GABRYSIAK Rafał	POZNAŃ	POL	PRETORIUM	85M1/31	(M)211	15:57:01	09.33
02:35:05 / 134 04:20:47 / 133 06:08:25 / 150 08:37:19 / 157 09:15:13 / 191 10:13:57 / 199 11:46:45 / 206 12:56:00 / 197 13:50:35 / 193									
225	5066	ZUGAJ Bartosz	KATOWICE	FRA		84M1/32	(M)212	15:59:25	09.35
02:49:00 / 230 04:37:22 / 211 06:19:03 / 180 08:56:33 / 207 09:23:52 / 213 10:22:34 / 223 11:58:33 / 228 13:18:20 / 232 14:12:39 / 231									
226	347	GÓRALCZYK Stanisław	ZAKOPANE	POL	BUNGY JUMPING MARIO	63M3/54	(M)213	16:00:06	09.35
02:37:47 / 149 04:27:44 / 161 06:18:10 / 176 09:12:34 / 246 09:41:11 / 243 10:30:44 / 238 12:06:28 / 234 13:19:36 / 233 14:13:06 / 234									

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat	Drużyna / Klub Team / Club	R-k W kategorii Grupy YoB in Age Group Sex	Wynik Time	[min/km]
Check pts:								
227	284	STACHOWIAK Marcin	PUSZCZYKOWO	POL	KB MANIAC POZNAŃ	91M1/33 (M)214	16:00:10	09.35
02:26:31 / 95 04:09:43 / 96 06:06:32 / 144 08:54:01 / 201 09:24:03 / 215 10:34:03 / 241 12:12:21 / 238 13:19:39 / 234 14:07:04 / 230								
228	353	KREKORA Łukasz	KOZIENICE	POL	NIEZRZESZONY	80M2/104 (M)215	16:01:10	09.36
02:49:54 / 240 04:39:56 / 226 06:30:29 / 229 08:58:55 / 224 09:26:38 / 217 10:14:12 / 202 11:42:49 / 190 13:01:45 / 206 13:56:45 / 212								
229	429	CZAMARA Dorota	OTWOCK	POL	ACCELERATE	81 (K)14	16:05:06	09.38
03:05:01 / 286 04:58:15 / 271 06:44:24 / 260 09:10:39 / 243 09:40:05 / 238 10:25:21 / 227 12:08:24 / 236 13:24:13 / 237 14:14:09 / 236								
230	14	WÓJCIK Piotr	WARSZAWA	POL	WARSZAWIAKY ATHLETICS CLUB	65M3/55 (M)216	16:05:06	09.38
02:54:30 / 260 04:47:14 / 250 06:35:00 / 237 09:12:18 / 245 09:39:51 / 237 10:26:46 / 231 12:06:11 / 233 13:24:13 / 236 14:15:14 / 237								
231	282	BRAŚ Henryk	STANICA	POL		52M4/19 (M)217	16:06:19	09.39
02:36:54 / 141 04:34:15 / 183 06:14:39 / 165 08:45:13 / 181 09:19:42 / 200 10:06:08 / 183 11:41:01 / 188 13:03:02 / 211 14:06:19 / 229								
232	322	MIELEWCZYK Tomasz	GDYNIA	POL	JOGIN Z ŻELAZA	79M2/105 (M)218	16:06:46	09.39
02:33:28 / 124 04:19:59 / 126 06:05:47 / 140 08:46:28 / 184 09:15:06 / 189 10:01:29 / 177 11:43:49 / 196 13:07:28 / 221 14:04:04 / 223								
233	2446	BOGATYREV Maxim	MAYKOP	RUS		75M2/106 (M)219	16:06:49	09.40
02:32:24 / 117 04:20:07 / 129 05:51:09 / 104 08:34:41 / 152 09:14:28 / 186 10:14:35 / 205 11:54:01 / 223 13:12:50 / 229 14:04:38 / 228								
234	13	MAMLA Zbigniew	WARSZAWA	POL	TRUCHT TARCHOMIN TEAM	70M3/56 (M)220	16:07:58	09.40
02:47:29 / 212 04:36:24 / 206 06:24:19 / 199 08:56:47 / 209 09:22:50 / 212 10:09:04 / 188 11:52:47 / 221 13:10:15 / 224 14:04:20 / 226								
235	4750	KWAŚNIEWSKI Aleksander	WARSZAWA	POL		54M4/20 (M)221	16:07:59	09.40
02:52:04 / 249 04:45:28 / 243 06:39:36 / 245 09:04:28 / 236 09:41:27 / 246 10:29:57 / 236 11:58:25 / 226 13:20:48 / 235 14:13:28 / 235								
236	27	ZĄBECKI Przemysław	TOMASZÓW	POL	PO CO TYLE LATAĆ?	82M2/107 (M)222	16:12:23	09.42
02:56:04 / 264 04:50:15 / 257 06:50:49 / 273 09:13:23 / 249 09:40:32 / 241 10:29:41 / 235 11:59:18 / 232 13:16:20 / 230 14:12:40 / 233								
237	30	IGIELSKI Krzysztof	LUBOŃ K. POZNANIA	POL	FESTIWAL BIEGOWY	76M2/108 (M)223	16:12:48	09.43
03:03:06 / 285 04:51:36 / 261 06:46:55 / 263 09:06:29 / 239 09:43:34 / 250 10:41:22 / 248 12:17:20 / 243 13:29:10 / 243 14:19:56 / 241								
238	206	GOŚCIŃSKI Bartłomiej	PRZYSIETNICA	POL	VISEGRAD MARATON RYTRO	92M1/34 (M)224	16:13:04	09.43
02:47:14 / 210 04:42:09 / 234 06:29:46 / 226 08:57:58 / 219 09:26:45 / 219 10:14:29 / 204 11:51:45 / 220 13:11:52 / 228 14:04:18 / 224								
239	100	GŁOWACKI Paweł	NOWY SĄCZ	POL		67M3/57 (M)225	16:14:32	09.44
02:41:55 / 164 04:31:22 / 174 06:24:27 / 202 09:05:32 / 237 09:30:50 / 232 10:16:06 / 209 11:59:11 / 231 13:25:28 / 240 14:25:47 / 246								
240	211	PUDZIANOWSKI Piotr	RADOM	POL	FITNESS PARK RADOM	64M3/58 (M)226	16:14:45	09.44
02:43:29 / 179 04:34:56 / 191 06:25:55 / 209 09:06:16 / 238 09:41:19 / 245 10:41:05 / 246 12:19:27 / 247 13:31:48 / 244 14:21:27 / 242								
241	89	ZWIERZ Michał	WARSZAWA	POL	ALETEMPO	73M2/109 (M)227	16:15:17	09.44
02:48:46 / 228 04:36:30 / 207 06:27:47 / 219 09:02:34 / 226 09:26:59 / 222 10:17:41 / 211 11:44:01 / 200 13:27:23 / 242 14:22:41 / 245								
242	235	GONCERZ Grzegorz	KRAKÓW	POL		66M3/59 (M)228	16:16:39	09.45
02:40:13 / 155 04:35:27 / 196 06:23:35 / 194 09:07:33 / 241 09:40:10 / 239 10:27:06 / 232 11:58:25 / 227 13:33:29 / 247 14:31:36 / 248								
243	96	CHMIELEWSKI Robert	JAWORZNO	POL	KB MCKIS JAWORZNO	70M3/60 (M)229	16:16:51	09.45
02:49:35 / 233 04:44:02 / 238 06:37:38 / 240 08:57:53 / 217 09:36:39 / 233 10:33:45 / 240 12:17:12 / 242 13:37:00 / 248 14:30:45 / 247								
244	266	PLUCIŃSKI Dariusz	WROCLAW	POL	WRATISLAVIA 2012	62M4/21 (M)230	16:17:35	09.46
02:30:58 / 111 04:29:25 / 168 06:25:53 / 208 09:18:33 / 253 09:45:01 / 251 10:37:43 / 245 12:18:43 / 245 13:27:05 / 241 14:18:37 / 239								
245	263	KOMÓR Wiesław	WROCLAW	POL	WRATISLAVIA 2012	62M4/22 (M)231	16:17:45	09.46
02:49:13 / 232 04:44:16 / 239 06:27:28 / 218 09:02:34 / 227 09:42:59 / 247 10:27:07 / 233 12:06:40 / 235 13:24:31 / 238 14:18:43 / 240								
246	357	ZABŁOCKI Grzegorz	NADARZYN	POL		63M3/61 (M)232	16:21:19	09.48
03:00:23 / 279 05:01:04 / 277 06:51:35 / 275 09:29:18 / 270 10:03:57 / 270 10:49:39 / 261 12:24:52 / 253 13:39:45 / 253 14:34:10 / 253								
247	157	SKONIECKI Michał	GOSTYNIN	POL		75M2/110 (M)233	16:24:50	09.50
02:47:53 / 215 04:29:37 / 169 06:41:47 / 250 09:03:34 / 234 09:43:11 / 248 11:00:48 / 275 12:25:25 / 254 13:46:24 / 262 14:37:08 / 258								
248	350	NAPIÓRKOWSKI Jakub	WLOCLAWEK	POL		91M1/35 (M)234	16:24:51	09.50
02:30:01 / 107 04:19:25 / 123 06:14:32 / 163 08:43:21 / 177 09:12:13 / 183 10:03:06 / 178 11:48:53 / 211 13:16:51 / 231 14:12:40 / 232								
249	448	PIERZCHAŁA Grzegorz	NOWY SĄCZ	POL		79M2/111 (M)235	16:25:15	09.50
02:58:01 / 270 04:55:38 / 268 07:08:30 / 290 09:46:27 / 285 10:10:26 / 278 11:01:00 / 277 12:36:03 / 270 13:46:26 / 263 14:41:13 / 264								
250	596	KRAJEWSKI Artur		POL		(M)236	16:25:16	09.50
02:55:53 / 263 04:53:19 / 266 06:53:21 / 276 09:20:27 / 259 09:51:35 / 257 11:04:42 / 279 12:30:46 / 265 13:46:21 / 261 14:38:36 / 260								
251	219	TUCZYŃSKA Julita	WROCLAW	POL	ZULUS TEAM	72 (K)15	16:25:33	09.51
03:01:38 / 282 05:08:17 / 287 07:04:00 / 286 09:42:41 / 281 10:15:28 / 283 11:06:26 / 281 12:40:50 / 275 13:58:50 / 279 14:49:25 / 277								
252	272	SZYGENDA Maciej	WRZEŚNIA	POL		79M2/112 (M)237	16:25:39	09.50
02:48:17 / 223 04:46:48 / 248 06:41:53 / 251 09:22:31 / 261 09:50:37 / 256 10:46:08 / 253 12:15:58 / 241 13:31:54 / 246 14:21:53 / 244								
253	291	BROSZKIEWICZ Aleksander	POZNAŃ	POL		77M2/113 (M)238	16:25:40	09.50
02:48:15 / 222 04:46:40 / 247 06:41:45 / 249 09:22:28 / 260 09:50:31 / 255 10:46:09 / 254 12:19:09 / 246 13:31:53 / 245 14:21:51 / 243								
254	76	SUSZ Artur	KRAKÓW	POL		77M2/114 (M)239	16:25:53	09.51
02:52:38 / 252 04:41:34 / 232 06:40:20 / 246 09:17:31 / 251 10:04:00 / 271 11:02:06 / 278 12:40:33 / 274 13:59:40 / 280 14:49:24 / 276								
255	52	WIADERNY Janusz	JASTRZĘBIE-ZDRÓJ	POL		74M2/115 (M)240	16:25:56	09.51
02:45:12 / 193 04:39:51 / 225 06:41:43 / 248 09:10:43 / 244 09:41:08 / 242 10:43:36 / 249 12:24:32 / 252 13:42:03 / 254 14:35:49 / 254								

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat	Drużyna / Klub Team / Club	R-k YoB	W kategorii Age	Grupy Sex	Wynik Time	[min/km]
Check pts:										
256	308	GRACJASZ Jan	KRAKÓW	POL	GRAB	55M4/23		(M)241	16:27:16	09.52
03:02:51 / 283 05:16:22 / 291 07:07:34 / 288 09:50:09 / 286 10:16:29 / 286 10:59:35 / 271 12:29:40 / 262 13:53:14 / 270 14:46:12 / 272										
257	174	CZAJA Dariusz		POL		69M3/62		(M)242	16:27:32	09.52
03:05:59 / 289 05:01:30 / 278 06:50:54 / 274 09:26:27 / 265 09:57:37 / 264 10:45:25 / 252 12:22:17 / 249 13:38:39 / 250 14:33:07 / 251										
258	50	PARTYKA Artur	WROCLAW	POL	DRUŻYNA SZPIKU	63M3/63		(M)243	16:27:52	09.52
02:58:55 / 275 04:51:52 / 263 06:38:34 / 244 08:58:18 / 223 09:26:53 / 221 10:32:41 / 239 12:14:37 / 240 13:43:43 / 256 14:41:41 / 266										
259	247	POROSŁO Wiesław	MYŚLENICE	POL		60M4/24		(M)244	16:29:59	09.53
02:53:24 / 254 04:51:05 / 259 06:43:47 / 256 09:28:07 / 267 09:59:38 / 266 10:58:06 / 268 12:29:34 / 261 13:45:17 / 260 14:37:50 / 259										
260	367	KRZYŻTONEK Zenon	KRAKÓW	POL	GRAB	53M4/25		(M)245	16:30:08	09.54
03:02:53 / 284 05:16:26 / 292 07:07:52 / 289 09:50:14 / 288 10:16:28 / 285 10:59:41 / 272 12:29:44 / 263 13:53:17 / 271 14:47:54 / 275										
261	301	ŁACH Piotr	KRAKÓW	POL		74M2/116		(M)246	16:32:18	09.55
02:46:19 / 202 04:40:43 / 228 06:26:10 / 212 08:57:47 / 216 09:26:35 / 216 10:30:12 / 237 12:10:52 / 237 13:38:23 / 249 14:33:11 / 252										
262	132	LIS Piotr	TORUŃ	POL	KM TRUCHCIK ŁUBIANKA	78M2/117		(M)247	16:32:18	09.55
02:58:56 / 277 04:56:19 / 270 06:49:23 / 270 09:28:09 / 269 09:56:23 / 261 10:46:48 / 255 12:17:56 / 244 13:38:45 / 252 14:32:42 / 250										
263	139	GREGROWSKI Krzysztof	TORUŃ	POL	TKKF REKREACJA TORUŃ	82M2/118		(M)248	16:32:18	09.55
02:58:55 / 276 04:56:16 / 269 06:49:19 / 269 09:28:09 / 268 09:56:19 / 260 10:46:52 / 256 12:22:18 / 250 13:38:44 / 251 14:32:38 / 249										
264	4803	MIGACZ Patrycja	NOWY SĄCZ	POL	UKS OLIMPIA SADECZANIN	98		(K)16	16:33:09	09.55
02:58:28 / 274 05:08:14 / 286 06:59:03 / 282 09:40:43 / 279 10:08:05 / 274 10:48:08 / 258 12:25:32 / 255 13:43:51 / 257 14:36:54 / 256										
265	4788	MOTAK Karolina	NOWY SĄCZ	POL	UKS OLIMPIA SADECZANIN	87		(K)17	16:33:12	09.55
02:58:28 / 273 05:07:07 / 285 06:58:49 / 280 09:40:41 / 278 10:08:08 / 276 10:48:10 / 259 12:25:34 / 256 13:44:27 / 259 14:36:55 / 257										
266	222	BYSTRZYCKI Piotr	KROSNO	POL	THE ANDRZEJS	75M2/119		(M)249	16:33:12	09.55
02:50:13 / 243 04:48:38 / 253 06:36:43 / 238 09:17:52 / 252 09:49:39 / 254 10:41:07 / 247 12:20:22 / 248 13:42:32 / 255 14:36:54 / 255										
267	28	JACHYM Paweł	KRAKÓW	POL	AZS AWF MASTERS KRAKÓW	83M1/36		(M)250	16:35:09	09.56
02:54:15 / 259 05:00:39 / 275 06:55:58 / 278 09:53:36 / 289 10:21:44 / 289 11:17:00 / 287 12:47:19 / 281 14:00:13 / 281 14:51:46 / 281										
268	161	STEFANCZYK Monika	KRAKÓW	POL	LES FEMMES COURANT DANS LES FORETS	80		(K)18	16:37:59	09.58
03:00:49 / 281 05:09:24 / 289 07:04:11 / 287 09:41:37 / 280 10:10:26 / 279 10:54:46 / 267 12:33:28 / 267 13:47:13 / 266 14:46:52 / 274										
269	329	OPIOLA Mariusz	BRZESKO	POL	RÓWNIĄ POCHYŁĄ	82M2/120		(M)251	16:38:00	09.58
02:55:12 / 261 04:51:11 / 260 06:44:16 / 257 09:27:52 / 266 09:57:11 / 262 10:48:00 / 257 12:30:05 / 264 13:48:25 / 268 14:43:45 / 269										
270	106	KORZENIOWSKI Tomasz	SIEDLCE	POL	YULO RUN TEAM SIEDLCE	85M1/37		(M)252	16:38:53	09.58
02:52:01 / 248 04:49:37 / 255 06:42:42 / 253 09:19:29 / 257 09:57:22 / 263 10:51:47 / 264 12:26:49 / 258 13:46:45 / 264 14:39:19 / 261										
271	11	POWAŁKA Michał	SIEDLCE	POL	YULO RUN TEAM SIEDLCE	75M2/121		(M)253	16:38:53	09.58
02:52:07 / 250 04:49:44 / 256 06:43:12 / 255 09:19:38 / 258 09:54:34 / 259 10:51:43 / 263 12:27:01 / 259 13:46:47 / 265 14:39:25 / 263										
272	766	MARCINKOWSKI Przemysław	GOSTYŃ	POL		75M2/122		(M)254	16:41:07	10.00
02:42:35 / 173 04:37:28 / 214 06:47:27 / 264 09:25:23 / 263 10:03:47 / 268 11:11:29 / 285 12:40:33 / 273 13:55:01 / 274 14:44:46 / 271										
273	382	PIOTROWSKI Paweł	GOSTYŃ	POL	GOSTYNIACY	75M2/123		(M)255	16:41:07	10.00
02:42:27 / 171 04:35:21 / 194 06:47:27 / 265 09:24:58 / 262 09:57:43 / 265 11:10:13 / 282 12:36:25 / 271 13:54:57 / 273 14:44:29 / 270										
274	299	WICIAK Ziemowit	STAROGARD GDAŃSKI	POL		70M3/64		(M)256	16:41:48	10.00
02:57:37 / 269 05:04:48 / 283 06:59:04 / 283 09:42:55 / 282 10:15:29 / 284 11:04:51 / 280 12:40:52 / 276 13:58:13 / 278 14:50:22 / 279										
275	70	ŁYCZKO Sławomir	KĘTRZYN	POL	GARBATE MAZURY KĘTRZYN	65M3/65		(M)257	16:42:01	10.01
02:46:21 / 203 04:37:33 / 215 06:50:44 / 272 09:13:39 / 250 09:41:14 / 244 10:44:20 / 250 12:29:04 / 260 13:47:56 / 267 14:42:56 / 268										
276	35	MICHALSKI Ryszard	WARSZAWA	POL	SALOMON TRAIL RUNNING WARSZAWA	80M2/124		(M)258	16:43:54	10.01
02:58:03 / 271 04:51:44 / 262 06:45:29 / 261 09:18:33 / 254 09:47:56 / 252 10:45:03 / 251 12:22:44 / 251 13:43:53 / 258 14:42:09 / 267										
277	91	KOSZYK Rafał	OPOLE	POL		79M2/125		(M)259	16:45:45	10.03
02:56:07 / 265 05:03:17 / 281 06:44:23 / 259 09:38:55 / 275 10:11:38 / 280 11:00:42 / 274 12:34:45 / 269 13:57:23 / 276 14:41:35 / 265										
278	239	BUKAŁA Krzysztof	CZESTOCHOWA	POL	SARENKA I DZIKI	74M2/126		(M)260	16:46:07	10.03
02:58:16 / 272 05:00:45 / 276 06:50:25 / 271 09:34:19 / 273 10:07:40 / 273 11:00:49 / 276 12:38:02 / 272 13:57:29 / 277 14:50:24 / 280										
279	118	SHEARD Nick	EYNSHAM	GBR		69M3/66		(M)261	16:47:18	10.04
02:49:45 / 238 04:48:10 / 252 06:42:05 / 252 09:33:47 / 272 10:05:39 / 272 10:58:25 / 269 12:46:21 / 279 14:05:53 / 284 14:56:31 / 285										
280	311	BALAŻY Patryk	KRAKÓW	POL		83M1/38		(M)262	16:47:27	10.04
02:55:43 / 262 04:59:59 / 274 06:47:36 / 267 09:31:45 / 271 10:03:55 / 269 10:49:36 / 260 12:33:41 / 268 13:57:13 / 275 14:46:17 / 273										
281	422	SAWA Michał	LUBLIN	POL		93M1/39		(M)263	16:48:53	10.04
02:18:42 / 68 04:38:44 / 221 06:24:24 / 201 09:03:33 / 233 09:38:39 / 235 10:49:51 / 262 12:32:43 / 266 13:50:11 / 269 14:39:21 / 262										
282	261	DOMŻAŁ Robert	ROKIETNICA	POL	UKS BORANT POZNAŃ	61M4/26		(M)264	16:51:12	10.06
03:07:50 / 291 05:03:02 / 280 06:58:58 / 281 09:39:44 / 277 10:08:07 / 275 11:10:58 / 284 12:48:25 / 282 14:02:07 / 282 14:55:31 / 283										
283	101	SWINARSKI Robert	POZNAŃ	POL		61M4/27		(M)265	16:51:18	10.06
02:53:37 / 255 04:54:15 / 267 07:10:10 / 291 09:59:10 / 291 10:25:03 / 292 11:35:11 / 291 12:54:28 / 287 14:13:21 / 289 14:57:21 / 286										
284	326	BALCERKIEWICZ Adam	LEGIONOWO	POL	POLARNYJ	76M2/127		(M)266	16:51:45	10.06
02:45:02 / 189 04:45:25 / 242 06:38:23 / 243 09:38:12 / 274 10:09:46 / 277 10:59:09 / 270 12:42:47 / 278 14:09:34 / 287 14:59:18 / 289										

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat	Drużyna / Klub Team / Club	R-k W kategorii Grupy YoB in Age Group Sex	Wynik Time	[min/km]
Check pts:								
285	405	HOJDA Marek	WARSZAWA	POL		66M3/67 (M)267	16:54:33	10.08
02:50:04 / 241 05:02:25 / 279 06:54:45 / 277 09:46:25 / 284 10:18:49 / 288 11:20:31 / 288 12:46:33 / 280 14:05:18 / 283 14:54:10 / 282								
286	327	MOKRZYCKA Krystyna	WROCLAW	POL		52 (K)19	16:56:06	10.09
03:08:29 / 292 05:13:33 / 290 07:19:15 / 292 09:59:23 / 292 10:25:01 / 291 11:20:38 / 289 12:49:38 / 283 14:10:30 / 288 14:58:43 / 287								
287	371	WYROŚLAK Inga		POL	BERLIN-MOSKWA RACING TEAM	80 (K)20	16:57:15	10.09
02:59:57 / 278 05:04:07 / 282 06:56:52 / 279 09:50:14 / 287 10:17:33 / 287 11:00:06 / 273 12:41:24 / 277 14:06:31 / 285 14:56:13 / 284								
288	41	OLBRYŚ Stanisław-adam	NASIELSK	POL	KB PIMAR LEGIONOWO	67M3/68 (M)268	16:57:18	10.10
02:44:02 / 186 04:39:30 / 223 06:28:31 / 220 09:12:53 / 247 10:02:00 / 267 10:53:12 / 266 12:50:12 / 284 14:23:19 / 290								
289	325	ZUBOWICZ Jakub	SEJNY	POL	ŻWAWĘ ŻUBRY	82M2/128 (M)269	17:06:23	10.15
03:06:01 / 290 04:59:41 / 273 07:00:26 / 284 09:44:55 / 283 10:13:41 / 282 11:10:26 / 283 12:53:15 / 286 14:08:48 / 286 14:59:11 / 288								
290	141	FURTAK Krzysztof	LUBIN	POL	LUBIN	62M4/28 (M)270	17:07:30	10.16
02:42:36 / 174 04:35:44 / 199 06:46:18 / 262 09:25:24 / 264 09:54:21 / 258 10:52:47 / 265 12:26:35 / 257 13:54:50 / 272 14:50:08 / 278								
291	138	WYPYCH Radosław	WARSZAWA	POL	ART PROFI TEAM	69M3/69 (M)271	17:09:20	10.17
03:00:44 / 280 05:09:15 / 288 07:01:18 / 285 09:54:35 / 290 10:23:33 / 290 11:16:50 / 286 12:50:18 / 285								
292	214	KOLATZEK Krzysztof	GDAŃSK	POL	GDAŃSKIE LWY MORSKIE	72M3/70 (M)272	17:09:29	10.17
02:35:51 / 138 04:36:51 / 209 06:47:28 / 266 09:39:04 / 276 10:11:40 / 281 11:22:38 / 290 13:31:00 / 288								