



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

CHOJNIK KARKONOSKI FESTIWAL BIEGOWY 2019
FUNDACJA PROFIT MARATON
2019-07-13
Sobieszów
46 km

CHOJNIK MARATON

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kark_Przelec 12km	Kark_Przelec 34.1km	Czas netto 46km	Czas brutto 46km	Różn	Tempo min/km	Tempo km/h
1	WRÓBEL Marcin	228	MITSUBISHI MATERIALS MTB TEAM	M40	1	01:26:15	03:47:38	04:52:28.75	04:52:33.65		6:21	9.4 (100%)
2	KĘPKA Adrian	195	DECATHLON KOSZALIN/ TAGER KOSZALIN	M20	1	01:24:19	03:50:52	04:52:40.25	04:52:48.10	+00:00:14 (0.1%)	6:21	9.4 (100%)
3	BARANOW Tomasz	354		M40	2	01:20:32	03:56:08	05:00:49.35	05:00:55.60	+00:08:21 (2.8%)	6:32	9.2 (97.9%)
4	ROGÓRZ Piotr	253		M40	3	01:21:42	03:52:38	05:03:26.10	05:03:33.15	+00:10:59 (3.6%)	6:35	9.1 (96.8%)
5	ZBOZIEN Jarosław	306		M30	1	01:22:31	03:57:34	05:11:07.05	05:11:19.25	+00:18:45 (6.0%)	6:45	8.9 (94.7%)
6	PAWŁOWSKI Tomasz	36	TEAM PLESZEW	M40	4	01:22:59	04:02:08	05:15:16.40	05:15:21.10	+00:22:47 (7.2%)	6:51	8.8 (93.6%)
7	OSKWAREK Piotr	201	ŁACZKA TEAM LEGNICA	M30	2	01:22:07	04:04:12	05:19:02.65	05:19:07.85	+00:26:34 (8.3%)	6:56	8.7 (92.6%)
8	LULIS Dawid	196		M30	3	01:25:40	04:08:15	05:19:26.10	05:19:31.55	+00:26:57 (8.4%)	6:56	8.6 (91.5%)
9	KOCEMBA Askaniusz	345		M30	4	01:24:25	04:06:37	05:24:38.15	05:24:42.45	+00:32:08 (9.9%)	7:03	8.5 (90.4%)
10	CIEŚNIK Krzysztof	110	MH AUTOMATYKA	M30	5	01:25:55	04:16:40	05:25:50.85	05:25:56.30	+00:33:22 (10.2%)	7:05	8.5 (90.4%)
11	MACHALSKI Sebastian	71		M40	5	01:27:49	04:10:14	05:30:14.70	05:30:21.10	+00:37:47 (11.4%)	7:10	8.4 (89.4%)
12	STANISZCZAK Łukasz	240	STANISZCZAK TEAM	M20	2	01:31:03	04:18:58	05:30:45.40	05:30:52.25	+00:38:18 (11.6%)	7:11	8.3 (88.3%)
13	ZIELINSKI Maksymilian	327	LUBONSKI KLUB BIEGACZA	M18	1	01:33:48	04:16:27	05:35:32.15	05:35:49.15	+00:43:15 (12.9%)	7:17	8.2 (87.2%)
14	TRUSZKOWSKI Damian	86	ALBATROSY	M30	6	01:36:25	04:23:54	05:38:23.70	05:38:29.35	+00:45:55 (13.6%)	7:21	8.2 (87.2%)
15	MAZANKA Jakub	191		M40	6	01:31:19	04:19:30	05:38:40.60	05:38:52.45	+00:46:18 (13.7%)	7:21	8.1 (86.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kark_Przelec 12km	Kark_Przelec 34.1km	Czas netto 46km	Czas brutto 46km	Różn	Tempo min/km	Tempo km/h
16	NIEPALA Jacek	59	OBORYGENI	M30	7	01:31:07	04:24:33	05:40:26.30	05:40:32.75	+00:47:59 (14.1%)	7:24	8.1 (86.2%)
17	ŻURAW Wiktor	213		M20	3	01:30:57	04:26:17	05:44:34.45	05:44:47.15	+00:52:13 (15.1%)	7:29	8 (85.1%)
18	ŚCISŁO Przemysław	271		M40	7	01:32:06	04:27:39	05:44:49.25	05:44:56.35	+00:52:22 (15.2%)	7:29	8 (85.1%)
19	KOLASA Filip	185		M40	8	01:26:20	04:24:34	05:47:36.75	05:47:43.15	+00:55:09 (15.9%)	7:33	7.9 (84.0%)
20	PIKUL Piotr	357		M30	8	01:36:37	04:22:17	05:50:39.95	05:50:44.65	+00:58:11 (16.6%)	7:37	7.9 (84.0%)
21	SZTURO Jan	65	PODGÓRZYN-GMINA PRZYJAZNA Z NATURY	M50	1	01:35:18	04:29:45	05:52:20.20	05:52:25.30	+00:59:51 (17.0%)	7:39	7.8 (83.0%)
22	SIELICKI Mariusz	320	HEXAGON	M30	9	01:34:44	04:32:47	05:52:32.40	05:52:51.85	+01:00:18 (17.1%)	7:39	7.8 (83.0%)
23	CZECH Mateusz	270	MAŁOSOLNI	M20	4	01:32:17	04:35:34	05:52:47.75	05:52:54.75	+01:00:21 (17.1%)	7:40	7.8 (83.0%)
24	LUBAŃSKI Robert	27		M50	2	01:27:55	04:30:06	05:53:11.25	05:53:16.05	+01:00:42 (17.2%)	7:40	7.8 (83.0%)
25	GAJ Przemysław	218		M20	5	01:35:22	04:30:00	05:54:34.65	05:54:56.30	+01:02:22 (17.6%)	7:42	7.8 (83.0%)
26	ALEKSANDEREK Michał	293	6 BATALION POWIETRZNO DESANTOWY GLIWICE	M30	10	01:46:29	04:36:37	05:55:16.05	05:55:22.55	+01:02:48 (17.7%)	7:43	7.8 (83.0%)
27	GRAMALA Mateusz	160		M20	6	01:30:57	04:32:13	05:56:34.60	05:56:45.25	+01:04:11 (18.0%)	7:45	7.7 (81.9%)
28	DWORZYŃSKI Rafał	30		M30	11	01:36:21	04:35:36	05:58:22.20	05:58:28.60	+01:05:54 (18.4%)	7:47	7.7 (81.9%)
29	SZAJN Grzegorz	262	SZAJKI	M40	9	01:31:41	04:33:38	05:59:42.35	05:59:52.10	+01:07:18 (18.7%)	7:49	7.7 (81.9%)
30	SZCZESZEK Robert	138	RANO	M30	12	01:36:17	04:30:23	06:00:05.50	06:00:14.05	+01:07:40 (18.8%)	7:49	7.7 (81.9%)
31	SOCHA Piotr	120	STAJNIA BALONA	M30	13	01:32:15	04:36:30	06:00:11.70	06:00:16.90	+01:07:43 (18.8%)	7:49	7.7 (81.9%)
32	PODLEŚ Rafał	179		M20	7	01:34:28	04:39:05	06:04:09.80	06:04:19.10	+01:11:45 (19.7%)	7:55	7.6 (80.9%)
33	SZUBERT Przemysław	173	TYŁOWICE LUBOCHNIA	M40	10	01:40:03	04:40:26	06:05:22.40	06:05:29.35	+01:12:55 (20.0%)	7:56	7.6 (80.9%)
34	JÓŻWIAK Rafał	272		M30	14	01:32:18	04:40:26	06:05:46.95	06:05:57.30	+01:13:23 (20.1%)	7:57	7.5 (79.8%)
35	NOWICKI Mariusz	319	FOTOMTB.PL	M40	11	01:33:03	04:36:45	06:05:37.20	06:05:58.25	+01:13:24 (20.1%)	7:56	7.5 (79.8%)
36	BORDYCH Jacek	259	BOREL MARATHON TEAM	M50	3	01:37:08	04:44:50	06:08:13.45	06:08:23.70	+01:15:50 (20.6%)	8:00	7.5 (79.8%)
37	BORDYCH Andrzej	154	BOREL MARATHON TEAM	M40	12	01:37:22	04:44:50	06:08:13.20	06:08:24.25	+01:15:50 (20.6%)	8:00	7.5 (79.8%)
38	KOZIEŁ Grzegorz	205	SILESIA RUNNERS CLUB	M30	15	01:34:32	04:39:05	06:09:48.40	06:09:54.65	+01:17:21 (20.9%)	8:02	7.5 (79.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kark_Przelec 12km	Kark_Przelec 34.1km	Czas netto 46km	Czas brutto 46km	Różn	Tempo min/km	Tempo km/h
39	PETA Rafał	115		M40	13	01:40:52	04:49:11	06:10:07.85	06:10:36.70	+01:18:03 (21.1%)	8:02	7.5 (79.8%)
40	LAMEK Andrzej	245	AKTYWNY OSTRZESZÓW	M40	14	01:40:07	04:44:18	06:11:10.15	06:11:53.95	+01:19:20 (21.3%)	8:04	7.4 (78.7%)
41	ŻAKOWSKI Karol	255	CALORIES OF FUN	M30	16	01:36:52	04:47:24	06:11:48.85	06:11:57.50	+01:19:23 (21.3%)	8:04	7.4 (78.7%)
42	MORAWSKI Filip	124	MARCINSWIERCTEAM	M40	15	01:42:56	04:54:49	06:14:23.95	06:14:32.35	+01:21:58 (21.9%)	8:08	7.4 (78.7%)
43	BÓBSKI Michał	42		M30	17	01:36:53	04:52:11	06:15:50.10	06:16:02.90	+01:23:29 (22.2%)	8:10	7.3 (77.7%)
44	KAMIŃSKI James	356	KINGRUNNER ULTRA	M40	16	01:36:47	04:49:02	06:18:12.55	06:18:21.20	+01:25:47 (22.7%)	8:13	7.3 (77.7%)
45	TYPIŃSKI Paweł	208	HIGHWAY	M20	8	01:41:11	04:54:17	06:18:24.60	06:18:34.75	+01:26:01 (22.7%)	8:13	7.3 (77.7%)
46	ADAMSKI Jan	323		M30	18	01:43:46	04:50:34	06:21:47.00	06:22:15.40	+01:29:41 (23.5%)	8:17	7.2 (76.6%)
47	SALACH Radosław	321	MOCNI NA STARCIE	M40	17	01:42:12	04:58:06	06:22:50.40	06:23:19.15	+01:30:45 (23.7%)	8:19	7.2 (76.6%)
48	BLACHA Krzysztof	241	METAPACK POLSKA	M30	19	01:43:28	04:58:02	06:23:45.50	06:23:53.85	+01:31:20 (23.8%)	8:20	7.2 (76.6%)
49	STANGIERSKI Adam	273		M30	20	01:44:02	05:00:20	06:24:50.20	06:25:29.15	+01:32:55 (24.1%)	8:21	7.2 (76.6%)
50	MAKOCKI Michał	202		M40	18	01:42:15	04:57:30	06:26:56.45	06:27:04.50	+01:34:30 (24.4%)	8:24	7.1 (75.5%)
51	GARSZYNSKI Kuba	283	DELOITTE	M30	21	01:40:50	05:06:04	06:27:20.65	06:27:31.85	+01:34:58 (24.5%)	8:25	7.1 (75.5%)
52	ROSOŁOWSKI Grzegorz	49	DRUŻYNA SZPIKU SITECH	M40	19	01:38:23	04:52:58	06:27:25.20	06:27:36.60	+01:35:02 (24.5%)	8:25	7.1 (75.5%)
53	DRAŃKO Piotr	276		M30	22	01:38:13	04:57:51	06:27:30.85	06:27:40.05	+01:35:06 (24.5%)	8:25	7.1 (75.5%)
54	HEJZA Michał	20	NATURAL BORN RUNNERS	M20	9	01:37:22	04:59:21	06:27:52.65	06:27:59.05	+01:35:25 (24.6%)	8:25	7.1 (75.5%)
55	STRZELECKI Robert	284	TEAM ZABIEGANEDNI	M30	23	01:41:14	05:02:46	06:29:12.35	06:29:22.35	+01:36:48 (24.9%)	8:27	7.1 (75.5%)
56	TANKIELUN Grzegorz	63		M30	24	01:48:01	05:01:14	06:28:52.20	06:29:32.05	+01:36:58 (24.9%)	8:27	7.1 (75.5%)
57	RZEPNIEWSKI Łukasz	151		M40	20	01:43:12	05:03:57	06:30:59.55	06:31:09.50	+01:38:35 (25.2%)	8:30	7.1 (75.5%)
58	MECHLIŃSKI Tomasz	144	KLUB 42.2	M40	21	01:53:17	05:12:15	06:32:55.25	06:33:13.50	+01:40:39 (25.6%)	8:32	7 (74.5%)
59	TKACZYK Paweł	328	ULTRA3/NAVY	M40	22	01:43:13	05:00:07	06:33:51.85	06:34:22.10	+01:41:48 (25.8%)	8:33	7 (74.5%)
60	SZAFRANEK Łukasz	274	KS OCZKO OSOWA SIEŃ	M30	25	01:43:23	05:04:07	06:34:41.95	06:34:52.20	+01:42:18 (25.9%)	8:34	7 (74.5%)
61	KOLMAN Piotr	233	ENDORFINA WSCHOWA	M30	26	01:43:16	05:04:09	06:34:42.05	06:34:52.60	+01:42:18 (25.9%)	8:34	7 (74.5%)

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62	ROGUSZKA Marcin	9		M30	27	01:37:18	05:06:47	06:36:29.50	06:36:37.55	+01:44:03 (26.2%)	8:37	7 (74.5%)
63	ŁUŻNIAK Wojciech	352		M30	28	01:46:01	05:04:56	06:36:28.05	06:36:58.30	+01:44:24 (26.3%)	8:37	7 (74.5%)
64	POLAK Jacek	290	BIOTON	M30	29	01:45:24	05:14:20	06:37:27.85	06:37:36.55	+01:45:02 (26.4%)	8:38	6.9 (73.4%)
65	GENDEK Wojciech	189	TYŁOWICE LUBOCHNIA	M50	4	01:41:37	05:08:40	06:40:25.70	06:40:33.55	+01:47:59 (27.0%)	8:42	6.9 (73.4%)
66	GARDYŚ Grzegorz	45	CZERWONAK BIEGA	M40	23	01:47:37	05:09:56	06:40:28.25	06:40:39.85	+01:48:06 (27.0%)	8:42	6.9 (73.4%)
67	KOBIERSKI Radek	295		M40	24	01:50:45	05:09:56	06:41:51.90	06:42:27.40	+01:49:53 (27.3%)	8:44	6.9 (73.4%)
68	RAJNER Krzysztof	145	ULTRA KOSZALIN	M30	30	01:42:30	05:08:49	06:42:19.10	06:42:33.05	+01:49:59 (27.3%)	8:44	6.9 (73.4%)
69	SKOŁOŻYŃSKI Paweł	288		M40	25	01:46:14	05:11:46	06:43:13.50	06:43:25.40	+01:50:51 (27.5%)	8:45	6.8 (72.3%)
70	NIKOLIN Przemysław	275	KS OCZKO OSOWA SIEŃ	M40	26	01:43:15	05:04:53	06:46:06.80	06:46:17.60	+01:53:43 (28.0%)	8:49	6.8 (72.3%)
71	SIWKA Mariusz	200		M60	1	01:51:47	05:13:08	06:47:38.75	06:47:51.45	+01:55:17 (28.3%)	8:51	6.8 (72.3%)
72	WITKOWSKI Tomasz	58	ŻARY RUNNERS TEAM	M40	27	01:37:01	05:10:28	06:47:51.80	06:47:57.90	+01:55:24 (28.3%)	8:51	6.8 (72.3%)
73	LOSIK Eryk	330	TUESDAY TRAILS	M40	28	01:52:57	05:11:15	06:48:11.30	06:48:17.45	+01:55:43 (28.3%)	8:52	6.8 (72.3%)
74	JASIURKOWSKI Daniel	304		M40	29	02:05:22	05:21:04	06:48:10.15	06:48:24.40	+01:55:50 (28.4%)	8:52	6.8 (72.3%)
75	MECHLIŃSKI Łukasz	147	42,2	M30	31	01:53:13	05:23:13	06:48:16.75	06:48:39.05	+01:56:05 (28.4%)	8:52	6.8 (72.3%)
76	MICHALSKI Mateusz	279	BIEGAJ Z WSL	M30	32	01:42:56	04:46:42	06:48:59.70	06:49:35.75	+01:57:02 (28.6%)	8:53	6.7 (71.3%)
77	DAWIDZIAK Wojciech	169		M20	10	01:46:24	05:14:10	06:49:17.30	06:49:47.90	+01:57:14 (28.6%)	8:53	6.7 (71.3%)
78	PURA Robert	309	DZIKIE DZIKI GORZÓW	M40	30	01:47:06	05:19:33	06:49:28.15	06:49:48.00	+01:57:14 (28.6%)	8:54	6.7 (71.3%)
79	DAWIDZIAK Arkadiusz	174		M30	33	01:46:25	05:14:11	06:49:18.35	06:49:48.25	+01:57:14 (28.6%)	8:53	6.7 (71.3%)
80	KUCIA Szymon	76	RECARO	M20	11	01:53:21	05:24:30	06:50:08.40	06:50:26.85	+01:57:53 (28.7%)	8:54	6.7 (71.3%)
81	KWIATKOWSKI Przemysław	32	VICTORIA	M30	34	01:53:22	05:24:31	06:50:11.30	06:50:26.95	+01:57:53 (28.7%)	8:55	6.7 (71.3%)
82	KWIATKOWSKI Paweł	23		M30	35	01:53:20	05:24:29	06:50:09.95	06:50:27.00	+01:57:53 (28.7%)	8:55	6.7 (71.3%)
83	WERECKI Marcin	148		M30	36	01:46:01	05:11:33	06:51:25.90	06:51:42.30	+01:59:08 (28.9%)	8:56	6.7 (71.3%)
84	RAJKOWSKI Tomasz	269	RUN STREET	M30	37	01:37:21	05:03:43	06:51:53.90	06:52:00.75	+01:59:27 (29.0%)	8:57	6.7 (71.3%)

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85	RZYTKA Mateusz	239		M30	38	01:42:45	05:09:20	06:52:04.50	06:52:19.25	+01:59:45 (29.0%)	8:57	6.7 (71.3%)
86	MAKAREWICZ Wiktor	226		M30	39	02:00:45	05:18:14	06:52:43.80	06:53:02.95	+02:00:29 (29.2%)	8:58	6.7 (71.3%)
87	OLESZEK Krzysztof	206	STARGARD. JA SIĘ NIE ŚCIGAM	M30	40	01:50:18	05:20:53	06:53:53.20	06:54:13.55	+02:01:39 (29.4%)	8:59	6.7 (71.3%)
88	PIETRZYK Tomasz	1		M40	31	01:48:08	05:18:24	06:54:28.50	06:54:33.20	+02:01:59 (29.4%)	9:00	6.7 (71.3%)
89	PAWŁOWSKI Maciej	360		M40	32	01:36:10	05:07:11	06:55:15.65	06:55:26.55	+02:02:52 (29.6%)	9:01	6.6 (70.2%)
90	LOCHYŃSKI Szymon	219		M40	33	01:51:20	05:18:37	06:55:16.90	06:55:47.35	+02:03:13 (29.6%)	9:01	6.6 (70.2%)
91	KAYSIEWICZ Maciej	47	NATURAL BORN RUNNERS TEAM	M40	34	01:56:02	05:22:24	06:55:46.70	06:55:54.85	+02:03:21 (29.7%)	9:02	6.6 (70.2%)
92	WIŚNIEWSKI Jakub	400	NATURAL BORN RUNNER	M20	12	01:39:19	05:03:18	06:55:24.00	06:55:56.15	+02:03:22 (29.7%)	9:01	6.6 (70.2%)
93	TOMASZEWSKI Dominik	212	WILLSOOR	M30	41	01:43:08	05:20:49	06:55:51.65	06:55:58.20	+02:03:24 (29.7%)	9:02	6.6 (70.2%)
94	MORAŃSKI Paweł	260		M30	42	01:48:05	05:20:11	06:55:55.70	06:56:05.15	+02:03:31 (29.7%)	9:02	6.6 (70.2%)
95	ŁAKOMY Piotr	176	KB GEPARD MUROWANA GOŚLINA	M30	43	01:51:18	05:20:41	06:56:13.95	06:56:41.45	+02:04:07 (29.8%)	9:02	6.6 (70.2%)
96	KOPCZYŃSKI Łukasz	44	K-TEAM	M30	44	02:02:30	05:32:16	06:56:53.10	06:57:07.85	+02:04:34 (29.9%)	9:03	6.6 (70.2%)
97	ŁĄK Tomek	114		M40	35	01:43:47	05:24:22	06:57:16.90	06:57:21.95	+02:04:48 (29.9%)	9:04	6.6 (70.2%)
98	BULIKOWSKI Paweł	118		M40	36	01:46:45	05:24:20	06:58:47.50	06:59:08.20	+02:06:34 (30.2%)	9:06	6.6 (70.2%)
99	IGNACZAK Marek	194	1ON1 TEAM	M30	45	01:57:09	05:32:14	07:00:23.25	07:00:53.00	+02:08:19 (30.5%)	9:08	6.6 (70.2%)
100	TOKARZ Marcin	332		M40	37	01:50:58	05:21:42	07:00:57.65	07:01:07.15	+02:08:33 (30.5%)	9:09	6.6 (70.2%)
101	GLAPA Patryk	282		M30	46	01:43:37	05:24:27	07:01:27.95	07:01:39.05	+02:09:05 (30.6%)	9:09	6.5 (69.1%)
102	MARZEC Dominik	277		M30	47	01:52:41	05:22:47	07:01:54.35	07:02:13.20	+02:09:39 (30.7%)	9:10	6.5 (69.1%)
103	MURAWSKI Michał	341		M40	38	01:48:11	05:23:23	07:03:43.00	07:04:06.65	+02:11:33 (31.0%)	9:12	6.5 (69.1%)
104	CHAJA Radosław	116		M30	48			07:04:11.00	07:04:11.00	+02:11:37 (31.0%)	9:13	6.5 (69.1%)
105	CIELOCH Tomasz	329		M20	13	01:46:21	05:15:47	07:05:20.30	07:05:35.35	+02:13:01 (31.3%)	9:14	6.5 (69.1%)
106	ZIÓŁKOWSKI Radosław	359	ZORZA GDYNIA	M30	49	01:35:52	05:15:59	07:05:31.20	07:05:35.70	+02:13:02 (31.3%)	9:15	6.5 (69.1%)
107	PRZYBYLSKI Wojciech	29		M20	14	01:57:52	05:24:51	07:05:12.15	07:05:36.75	+02:13:03 (31.3%)	9:14	6.5 (69.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kark_Przelec 12km	Kark_Przelec 34.1km	Czas netto 46km	Czas brutto 46km	Różn	Tempo min/km	Tempo km/h
108	NIEMIRO Paweł	93	JAGODOWO-KALINOWY TEAM	M30	50	01:55:04	05:25:04	07:06:10.85	07:06:28.50	+02:13:54 (31.4%)	9:15	6.5 (69.1%)
109	NOCUŃ Adrian	143		M30	51	01:45:43	05:20:58	07:05:58.40	07:06:29.15	+02:13:55 (31.4%)	9:15	6.5 (69.1%)
110	WALUŚKIEWICZ Artur	72		M50	5	01:47:31	05:23:53	07:09:34.75	07:09:51.25	+02:17:17 (31.9%)	9:20	6.4 (68.1%)
111	JAWORSKI Paweł	326		M30	52	01:51:27	05:22:26	07:11:03.10	07:11:12.60	+02:18:38 (32.2%)	9:22	6.4 (68.1%)
112	GROBELNY Dawid	22	GREATGRATULA	M30	53	01:49:37	05:22:43	07:11:20.30	07:11:30.55	+02:18:56 (32.2%)	9:22	6.4 (68.1%)
113	NOLBRZYK Adrian	79		M40	39	01:49:39	05:31:45	07:11:21.10	07:11:31.85	+02:18:58 (32.2%)	9:22	6.4 (68.1%)
114	SAJEWICZ Grzegorz	278		M30	54	01:58:20	05:37:50	07:11:07.10	07:11:33.25	+02:18:59 (32.2%)	9:22	6.4 (68.1%)
115	SCHULZE Jörg	181	DAV ZITTAU	M60	2	01:55:08	05:39:17	07:12:07.25	07:12:28.05	+02:19:54 (32.4%)	9:23	6.4 (68.1%)
116	ROSZKOWSKI Marcin	168		M30	55	01:55:59	05:33:36	07:12:24.50	07:12:59.15	+02:20:25 (32.4%)	9:24	6.4 (68.1%)
117	GROTH Grzegorz	161		M50	6	01:54:22	05:32:29	07:12:58.35	07:13:19.20	+02:20:45 (32.5%)	9:24	6.4 (68.1%)
118	JUSZCZAK Włodzimierz	289	SKS SZCZĘSCIE	M50	7	01:54:19	05:39:12	07:13:22.20	07:14:01.65	+02:21:28 (32.6%)	9:25	6.4 (68.1%)
119	PIETRZAK Paweł	237		M40	40	01:55:10	05:41:02	07:14:45.45	07:14:59.25	+02:22:25 (32.7%)	9:27	6.3 (67.0%)
120	SINDREWICZ Sławomir	163		M30	56	01:46:07	05:29:43	07:20:03.30	07:20:15.15	+02:27:41 (33.5%)	9:34	6.3 (67.0%)
121	ROŹKO Sebastian	96	KB HERMES GRYFINO	M30	57	01:51:30	05:34:01	07:20:08.60	07:20:22.45	+02:27:48 (33.6%)	9:34	6.3 (67.0%)
122	STASICA Arkadiusz	264	NIEZRZESZONY	M50	8	01:54:27	05:39:05	07:20:59.00	07:21:09.60	+02:28:35 (33.7%)	9:35	6.3 (67.0%)
123	GWOZDECKI Tomasz	18	ZWYCZUCIEMSAKU	M30	58	02:02:30	05:44:37	07:21:00.80	07:21:14.95	+02:28:41 (33.7%)	9:35	6.3 (67.0%)
124	TWARDY Dariusz	38		M40	41	02:02:48	05:40:33	07:20:42.80	07:21:23.75	+02:28:50 (33.7%)	9:34	6.3 (67.0%)
125	NOWAK Kornel	19		M40	42	02:02:45	05:40:31	07:20:40.50	07:21:24.05	+02:28:50 (33.7%)	9:34	6.3 (67.0%)
126	WOJCIECHOWSKI Dariusz	310	I-SPORT	M40	43	02:04:29	05:47:14	07:21:49.40	07:21:58.10	+02:29:24 (33.8%)	9:36	6.2 (66.0%)
127	PIETRZAK Marcin	99	FAMILYTEAM	M30	59	01:56:58	05:41:39	07:22:07.55	07:22:24.30	+02:29:50 (33.9%)	9:36	6.2 (66.0%)
128	HOROWSKI Tomasz	139	RUNHOGS TYCHY	M40	44	01:51:31	05:45:55	07:22:06.50	07:22:45.20	+02:30:11 (33.9%)	9:36	6.2 (66.0%)
129	WIŚNIEWSKI Artur	344	INTRO	M40	45	01:56:37	05:44:22	07:25:00.25	07:25:39.85	+02:33:06 (34.4%)	9:40	6.2 (66.0%)
130	MROSKOWIAK Marcin	104		M40	46	01:53:32	05:45:04	07:26:54.00	07:27:13.50	+02:34:39 (34.6%)	9:42	6.2 (66.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kark_Przelec		Czas netto 46km	Czas brutto 46km	Różn	Tempo min/km	Tempo km/h
						12km	34.1km					
131	PSZENIAK Artur	69	OPTIMA EXTREME TEAM	M30	60	02:08:28	05:53:29	07:29:10.90	07:29:34.90	+02:37:01 (34.9%)	9:45	6.1 (64.9%)
132	MALINOWSKI Jakub	41		M30	61	02:03:03	05:49:35	07:29:44.90	07:29:58.85	+02:37:25 (35.0%)	9:46	6.1 (64.9%)
133	SUSKI Bartłomiej	8		M30	62	01:55:23	05:41:20	07:30:08.80	07:30:44.65	+02:38:11 (35.1%)	9:47	6.1 (64.9%)
134	LEWANDOWSKI Paweł	281	PRO366	M30	63	01:54:33	05:36:09	07:30:59.00	07:31:33.55	+02:38:59 (35.2%)	9:48	6.1 (64.9%)
135	SCHWARZ Marek	105		M30	64	02:12:19	05:59:27	07:32:15.35	07:32:38.60	+02:40:04 (35.4%)	9:49	6.1 (64.9%)
136	KRZEWSKI Grzegorz	316		M40	47	01:59:16	05:44:27	07:33:42.70	07:34:10.75	+02:41:37 (35.6%)	9:51	6.1 (64.9%)
137	WOJCIECHOWSKI Maciej	10		M30	65	01:56:43	05:39:48	07:34:54.25	07:35:24.60	+02:42:50 (35.8%)	9:53	6.1 (64.9%)
138	FIEGA Mirosław	15		M30	66	01:56:44	05:39:49	07:34:54.50	07:35:24.75	+02:42:51 (35.8%)	9:53	6.1 (64.9%)
139	KORYCKI Karol	337		M30	67	01:42:42	05:41:07	07:36:13.25	07:36:28.00	+02:43:54 (35.9%)	9:55	6 (63.8%)
140	ROKSELA Wojciech	84	STRÓZIKI SIĘ NIE PODDAJĄ	M60	3	01:57:35	05:58:18	07:37:34.15	07:37:53.45	+02:45:19 (36.1%)	9:56	6 (63.8%)
141	STRÓZIK Leszek	302		M30	68	01:52:01	05:51:34	07:37:56.10	07:38:27.75	+02:45:54 (36.2%)	9:57	6 (63.8%)
142	CHLEBEK Marcin	303		M30	69	01:51:33	05:51:30	07:37:55.20	07:38:28.00	+02:45:54 (36.2%)	9:57	6 (63.8%)
143	NOWAK Krzysztof	216		M40	48	01:56:14	05:50:48	07:38:23.50	07:38:42.30	+02:46:08 (36.2%)	9:57	6 (63.8%)
144	NUSZKIEWICZ Krzysztof	307		M50	9	01:52:19	05:52:08	07:39:09.00	07:39:09.00	+02:46:35 (36.3%)	9:58	6 (63.8%)
145	HLIWA Adrian	258		M30	70	01:58:34	05:54:02	07:39:01.55	07:39:09.10	+02:46:35 (36.3%)	9:58	6 (63.8%)
146	KRYCZEK Piotr	192		M50	10	02:02:17	05:56:56	07:40:13.10	07:40:21.35	+02:47:47 (36.4%)	10:00	6 (63.8%)
147	ŚWINIARSKI Piotr	249		M30	71	02:08:39	05:56:53	07:39:54.75	07:40:24.70	+02:47:51 (36.5%)	9:59	6 (63.8%)
148	BARANOWSKI Dariusz	248		M20	15	02:18:19	05:57:42	07:40:48.40	07:41:14.00	+02:48:40 (36.6%)	10:01	6 (63.8%)
149	GIERAŚ Tomasz	149		M30	72	01:53:45	05:56:26	07:41:34.15	07:41:52.70	+02:49:19 (36.7%)	10:02	6 (63.8%)
150	PŁOK Krzysztof	12		M50	11	01:55:02	05:55:18	07:41:58.80	07:42:14.45	+02:49:40 (36.7%)	10:02	6 (63.8%)
151	GRYGIER Tomasz	132		M40	49	01:59:42	05:49:50	07:42:08.45	07:42:20.80	+02:49:47 (36.7%)	10:02	6 (63.8%)
152	PURA Paweł	311		M40	50	01:59:53	06:00:28	07:42:18.75	07:42:41.25	+02:50:07 (36.8%)	10:03	6 (63.8%)
153	ŁAKOMY Waldemar	291		M60	4	02:03:52	06:02:17	07:44:13.90	07:44:28.05	+02:51:54 (37.0%)	10:05	5.9 (62.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kark_Przelec 12km	Kark_Przelec 34.1km	Czas netto 46km	Czas brutto 46km	Różn	Tempo min/km	Tempo km/h
154	ROSZKIEWICZ Janusz	175		M40	51	01:53:16	05:45:09	07:44:26.85	07:44:47.45	+02:52:13 (37.1%)	10:05	5.9 (62.8%)
155	GOŁĄB Andrzej	211	CAŁA OLEŚNICA BIEGA	M50	12	01:50:49	05:55:53	07:45:25.75	07:45:41.45	+02:53:07 (37.2%)	10:07	5.9 (62.8%)
156	ZIĘTEK Krzysztof	324		M40	52	01:53:14	05:55:26	07:49:15.80	07:49:15.80	+02:56:42 (37.7%)	10:12	5.9 (62.8%)
157	MARKULAK Marcin	227		M30	73	02:03:31	06:00:36	07:50:27.65	07:50:49.40	+02:58:15 (37.9%)	10:13	5.9 (62.8%)
158	KRZEWIŃSKI Marek	230		M30	74	02:03:27	06:00:31	07:50:24.35	07:50:49.50	+02:58:15 (37.9%)	10:13	5.9 (62.8%)
159	MIKOŁAJCZYK Dominik	52	RETRO	M30	75	01:59:06	06:03:05	07:51:37.75	07:51:56.85	+02:59:23 (38.0%)	10:15	5.9 (62.8%)
160	GARUS Rafał	28		M20	16	01:59:03	06:02:59	07:51:34.40	07:51:56.95	+02:59:23 (38.0%)	10:15	5.9 (62.8%)
161	STAN Marcin	162		M40	53	02:15:58	06:04:54	07:54:22.10	07:54:34.35	+03:02:00 (38.4%)	10:18	5.8 (61.7%)
162	MAŁKIEWICZ Dariusz	136	PGB SPORTOWA PACZKA	M40	54	01:47:40	05:53:45	07:54:31.55	07:55:11.55	+03:02:37 (38.4%)	10:18	5.8 (61.7%)
163	GĄTKIEWICZ Paweł	3	ESKADRA KRAKÓW	M40	55	02:07:38	06:22:19	07:56:29.50	07:56:38.75	+03:04:05 (38.6%)	10:21	5.8 (61.7%)
164	GAJDA Piotr	77		M50	13	01:50:19	06:03:09	07:56:24.90	07:56:42.15	+03:04:08 (38.6%)	10:21	5.8 (61.7%)
165	KORYTEK Piotr	88	ULTRA DIABŁY TEAM LUBRZA	M40	56	02:05:32	06:07:33	07:57:00.05	07:57:43.00	+03:05:09 (38.8%)	10:22	5.8 (61.7%)
166	PANEK Damian	159		M20	17	02:21:30	06:16:17	07:57:44.60	07:57:51.70	+03:05:18 (38.8%)	10:23	5.8 (61.7%)
167	ZIĘTEK Maciej	24	IKANO INDUSTRY	M40	57	01:54:01	05:52:09	07:58:38.35	07:59:02.00	+03:06:28 (38.9%)	10:24	5.8 (61.7%)
168	GUCKI Mikołaj	51		M30	76	02:17:35	06:12:44	08:01:27.10	08:02:05.30	+03:09:31 (39.3%)	10:27	5.7 (60.6%)
169	MAKLES Paweł	301		M20	18	02:19:15	06:18:21	08:02:00.00	08:02:08.65	+03:09:35 (39.3%)	10:28	5.7 (60.6%)
170	LITWIN Tomasz	280	42,2 LĘBORK	M30	77	02:07:35	06:12:01	08:02:41.65	08:02:55.60	+03:10:21 (39.4%)	10:29	5.7 (60.6%)
171	GACA Piotr	80		M30	78	02:05:37	06:03:39	08:02:20.50	08:03:00.70	+03:10:27 (39.4%)	10:29	5.7 (60.6%)
172	BOĆKO Krzysztof	134	WATAHA	M30	79	02:01:04	06:09:20	08:02:52.60	08:03:05.85	+03:10:32 (39.4%)	10:29	5.7 (60.6%)
173	POLIWKA Adam	190		M30	80	02:02:12	06:04:50	08:03:07.85	08:03:20.40	+03:10:46 (39.5%)	10:30	5.7 (60.6%)
174	BEDNARCZYK Jakub	95	STRONGER RUNNER	M30	81			08:10:23.00	08:10:23.00	+03:17:49 (40.3%)	10:39	5.6 (59.6%)
175	JAROSZEWICZ Adam	87		M40	58	02:13:44	06:18:42	08:12:32.00	08:13:09.55	+03:20:35 (40.7%)	10:42	5.6 (59.6%)
176	MADAJ Paweł	73	MADGOLD TEAM	M50	14	01:57:29	06:11:30	08:13:18.10	08:13:32.70	+03:20:59 (40.7%)	10:43	5.6 (59.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kark_Przelec		Czas netto 46km	Czas brutto 46km	Różn	Tempo min/km	Tempo km/h
						12km	34.1km					
177	PUK Dawid	351	+48509444615	M40	59	02:05:31	06:16:50	08:12:51.20	08:13:35.10	+03:21:01 (40.7%)	10:42	5.6 (59.6%)
178	JARZĄBEK Krzysztof	251		M40	60	01:50:55	06:14:02	08:13:51.55	08:14:20.45	+03:21:46 (40.8%)	10:44	5.6 (59.6%)
179	SEMPRUCH Witold	37		M20	19	02:04:49	06:27:15	08:15:45.55	08:16:08.65	+03:23:35 (41.0%)	10:46	5.6 (59.6%)
180	LATO Sławek	82		M40	61	02:13:46	06:18:46	08:16:12.70	08:16:49.05	+03:24:15 (41.1%)	10:47	5.6 (59.6%)
181	DOŁHUN Adam	244	RUN PASJA BYDGOSZCZ	M30	82	02:02:13	06:13:12	08:16:55.15	08:17:05.15	+03:24:31 (41.1%)	10:48	5.6 (59.6%)
182	PIETRZAKOWSKI Robert	312		M40	62	01:57:53	06:05:27	08:17:45.00	08:18:04.95	+03:25:31 (41.3%)	10:49	5.5 (58.5%)
183	SOBOLEWSKI Dariusz	153		M30	83	01:37:24	06:41:05	08:19:00.00	08:19:11.40	+03:26:37 (41.4%)	10:50	5.5 (58.5%)
184	KAŁŁAUR Krzysztof	103		M30	84	02:21:19	06:29:15	08:22:42.85	08:23:01.10	+03:30:27 (41.8%)	10:55	5.5 (58.5%)
185	SZEWczyk Artur	313	DOKĄD TAK CIĄGLE BIEGNĘ?	M40	63	02:14:25	06:22:05	08:24:02.35	08:24:21.65	+03:31:48 (42.0%)	10:57	5.5 (58.5%)
186	HALESZCZUK Tomasz	26		M40	64	02:13:56	06:26:21	08:25:04.50	08:25:22.55	+03:32:48 (42.1%)	10:58	5.5 (58.5%)
187	DOMŻALSKI Marek	75		M50	15	02:02:10	06:15:47	08:25:56.15	08:26:31.15	+03:33:57 (42.2%)	10:59	5.5 (58.5%)
188	PIWAŃSKI Piotr	67		M60	5	02:17:16	06:32:59	08:26:29.75	08:27:12.05	+03:34:38 (42.3%)	11:00	5.4 (57.4%)
189	LIPIEC Łukasz	6		M30	85	02:15:18	06:33:25	08:27:56.50	08:28:08.50	+03:35:34 (42.4%)	11:02	5.4 (57.4%)
190	DOBROWOLSKI Robert	34	SPORTOWI EMERYCI	M60	6	02:06:14	06:28:42	08:29:24.90	08:29:47.25	+03:37:13 (42.6%)	11:04	5.4 (57.4%)
191	JURKIEWICZ Dominik	221		M30	86	02:12:34	06:21:58	08:29:50.35	08:30:17.85	+03:37:44 (42.7%)	11:05	5.4 (57.4%)
192	KOŁEK Jacek	152		M30	87	02:15:35	06:26:55	08:32:03.10	08:32:29.60	+03:39:55 (42.9%)	11:07	5.4 (57.4%)
192	ROZAWDOWSKI Robert	363	DRUŻYNA SZPIKU	M40	65	02:15:37	06:26:57	08:32:05.00	08:32:29.60	+03:39:55 (42.9%)	11:07	5.4 (57.4%)
194	KLUCZYŃSKI Tomasz	267		M40	66	02:18:33	06:42:41	08:37:10.25	08:37:32.60	+03:44:58 (43.5%)	11:14	5.3 (56.4%)
194	NIZIOŁEK Aleksander	39		M40	67	02:18:33	06:42:41	08:37:09.90	08:37:32.60	+03:44:58 (43.5%)	11:14	5.3 (56.4%)
196	OCZERETKO Paweł	13	OBORYGENI	M40	68	02:07:04	06:37:05	08:38:16.90	08:38:40.60	+03:46:06 (43.6%)	11:16	5.3 (56.4%)
197	SOBKOWIAK Radosław	186	RUN FOR IT	M30	88	02:23:43	06:42:21	08:38:33.20	08:38:59.90	+03:46:26 (43.6%)	11:16	5.3 (56.4%)
198	SOBKOWIAK Przemysław	231	BRAK	M40	69	02:23:47	06:42:27	08:38:37.25	08:38:59.95	+03:46:26 (43.6%)	11:16	5.3 (56.4%)
199	MASŁO Andrzej	25		M40	70	02:06:31	06:37:10	08:39:33.15	08:39:52.90	+03:47:19 (43.7%)	11:17	5.3 (56.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kark_Przelec 12km	Kark_Przelec 34.1km	Czas netto 46km	Czas brutto 46km	Różn	Tempo min/km	Tempo km/h
200	ZIELIŃSKI Jacek	17	ROZBIEGANY PIASTÓW	M40	71	02:14:07	06:35:56	08:39:57.35	08:40:10.85	+03:47:37 (43.8%)	11:18	5.3 (56.4%)
201	KORZEC Paweł	379		M40	72	02:21:00	06:48:12	08:40:33.30	08:40:45.30	+03:48:11 (43.8%)	11:18	5.3 (56.4%)
202	DUDZIAK Bartłomiej	14	GREAT GRATULA OSIECZNA	M40	73	02:16:05	06:48:46	08:41:07.60	08:41:17.40	+03:48:43 (43.9%)	11:19	5.3 (56.4%)
203	NOWACKI Maciej	64	POBIEDZISKA RUNNING TEAM	M50	16	02:08:39	06:44:55	08:46:41.00	08:46:59.70	+03:54:26 (44.5%)	11:26	5.2 (55.3%)
204	NOWAK Karol	225	WOŁÓW BIEGA	M60	7	02:12:32	06:43:05	08:48:04.40	08:48:37.85	+03:56:04 (44.7%)	11:28	5.2 (55.3%)
205	LUDWICZAK Jarosław	298	KOŚCIAN TEAM	M30	89	02:15:58	06:51:31	08:49:07.20	08:49:27.35	+03:56:53 (44.7%)	11:30	5.2 (55.3%)
206	ŁACHAN Patryk	364	WKURW_TEAM	M40	74	02:14:23	06:50:01	08:54:31.95	08:55:03.30	+04:02:29 (45.3%)	11:37	5.2 (55.3%)
207	ZIELINSKI Damian	325		M30	90	02:15:45	06:51:18	08:54:33.50	08:55:07.40	+04:02:33 (45.3%)	11:37	5.2 (55.3%)
208	LUPA Mirosław	61	LUPUSTEAM	M50	17	02:27:20	06:53:43	08:55:10.75	08:55:17.75	+04:02:44 (45.3%)	11:38	5.2 (55.3%)
209	ORDZIEJEWSKI Dominik	342		M30	91	02:15:42	06:51:29	08:55:01.00	08:55:36.85	+04:03:03 (45.4%)	11:37	5.2 (55.3%)
210	WOŚ Mateusz	254		M20	20	02:17:22	06:52:55	08:55:29.80	08:55:47.80	+04:03:14 (45.4%)	11:38	5.2 (55.3%)
211	WRONISZEWSKI Łukasz	21		M30	92	02:10:38	06:52:54	08:56:12.95	08:56:39.70	+04:04:06 (45.5%)	11:39	5.1 (54.3%)
212	MISIAK Artur	92	BYLEBY DO PRZODU	M30	93	02:16:39	06:52:56	08:59:15.45	08:59:42.65	+04:07:09 (45.8%)	11:43	5.1 (54.3%)
213	MADEJ Andrzej	66	EUROGAZ TEAM	M40	75	02:18:13	07:12:11	09:13:40.05	09:14:04.75	+04:21:31 (47.2%)	12:02	5 (53.2%)
214	IWONICKI Leszek	350		M30	94	02:50:25		09:14:59.10	09:15:36.55	+04:23:02 (47.3%)	12:03	5 (53.2%)
215	WIŚNIEWSKI Dariusz	74	NOWOGRODZKA GRUPA BIEGOWA FIBER	M30	95	02:20:37	07:22:44	09:32:13.80	09:32:30.55	+04:39:56 (48.9%)	12:26	4.8 (51.1%)
216	WRÓBLEWSKI Tomasz	261		M30	96	02:31:04	07:35:18	09:50:33.85	09:50:44.10	+04:58:10 (50.5%)	12:50	4.7 (50.0%)
217	KOLWICZ Patryk	150	MY FITNESS PLACE OPOLE	M20	21	02:38:59	07:40:15	10:04:29.50	10:04:44.10	+05:12:10 (51.6%)	13:08	4.6 (48.9%)
218	BALCEWICZ Alfred	286	BIEGNIJ Z PROSERVICE	M20	22	02:29:21	07:22:49	10:16:36.25	10:16:50.10	+05:24:16 (52.6%)	13:24	4.5 (47.9%)
219	FILIPEK Wojciech	97		M20	23	02:00:00				+00:33:49	10:00	6 (63.8%)
220	BONIEC Radosław	106		M20	24							(0.0%)

Znaleziono 220 wynik(ów)