



BIEG TROJAK TRAIL - 10 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2018-07-22
Miejsce: Łądek-Zdrój
Dystans: 10 km

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	PRZEDWOJEWSKI Bartłomiej	284	SALOMON SUUNTO TEAM	Senior I M - 20	1	00:17:16	00:26:26	00:42:40.40	00:42:42.15		4:16	14.1
2	STAWSKI Michał	137	TRUCHT.COM	Senior II M - 30	1	00:19:10	00:29:31	00:47:46.25	00:47:48.50	+00:05:06	4:46	12.6
3	WILK Maciej	259	ZAŁOGA GÓRSKA	Senior II M - 30	2	00:19:29	00:29:56	00:47:48.15	00:47:52.80	+00:05:10	4:46	12.6
4	ŁĄTKA Piotr	232		Senior I M - 20	2	00:19:11	00:29:48	00:48:26.65	00:48:28.00	+00:05:45	4:50	12.4
5	KITA Michał	18	PĘDZĄCY W MIEJSCU	Masters M - 40	1	00:20:22	00:31:39	00:51:16.95	00:51:19.70	+00:08:37	5:07	11.7
6	KANTOR Martyna	374	BUFF TEAM POLSKA	Senior I K - 20	1	00:20:24	00:31:44	00:51:24.60	00:51:27.05	+00:08:44	5:08	11.7
7	LUTOWSKI Wojciech	403		Senior II M - 30	3	00:20:08	00:31:30	00:51:34.00	00:51:35.35	+00:08:53	5:09	11.6
8	HACZYK Jarosław	369	BIEG POLSKA	Weteran I M - 50	1	00:21:10	00:32:39	00:53:18.25	00:53:22.90	+00:10:40	5:19	11.3
9	KRAWCZYK Artur	382	ZAŁOGA GÓRSKA	Senior I M - 20	3	00:20:33	00:32:27	00:53:30.40	00:53:32.35	+00:10:50	5:21	11.2
10	SŁOCIAK Rafał	34	RAJSPOORT ACTIVE	Senior I M - 20	4	00:20:56	00:33:17	00:53:37.65	00:53:41.10	+00:10:58	5:21	11.2
11	OLKIS Rafał	395	PRZEBIEGA.PL	Senior II M - 30	4	00:21:15	00:32:55	00:53:56.10	00:54:00.70	+00:11:18	5:23	11.1
12	ZIOMEK Tomasz	198	KALENJI BY DECATHLON	Senior II M - 30	5	00:20:28	00:32:18	00:53:58.25	00:54:03.75	+00:11:21	5:23	11.1
13	KWIATKOWSKA Kinga	225	ALPIN SPORT TEAM	Senior II K - 30	1	00:21:50	00:33:42	00:54:07.80	00:54:12.90	+00:11:30	5:24	11.1
14	DOMAŃSKI Patryk	33	#TEAMBIEGIWLKP	Senior I M - 20	5	00:22:21	00:34:22	00:54:49.65	00:54:51.55	+00:12:09	5:29	10.9
15	KOPYCZOK Michał	261	TYSŁAWA TEAM	Senior II M - 30	6	00:22:37	00:34:31	00:55:13.10	00:55:16.75	+00:12:34	5:31	10.9
16	GAJEWSKI Marcin	150	EBIEGI.PL	Masters M - 40	2	00:21:29	00:33:49	00:55:28.95	00:55:31.15	+00:12:49	5:32	10.8
17	NETOLICKÝ Kamil	220	SRTG VYŠKOV	Senior I M - 20	6	00:22:23	00:34:28	00:55:38.10	00:55:52.05	+00:13:09	5:33	10.8
18	NOWICKI Mateusz	37		Senior I M - 20	7	00:22:34	00:35:07	00:55:49.90	00:55:55.10	+00:13:12	5:35	10.7
19	BOROŃ Dariusz	371	ASICS FRONT RUNNER	Senior I M - 20	8	00:21:12	00:33:28	00:56:05.25	00:56:06.80	+00:13:24	5:36	10.7
20	CIEPŁY Maciej	52	NIGHT RUNNERS WROCLAW	Senior I M - 20	9	00:21:48	00:34:13	00:56:11.15	00:56:14.05	+00:13:31	5:37	10.7
21	LASEK Jakub	219	CHICS&SPORT TEAM	Senior I M - 20	10	00:22:41	00:35:25	00:57:01.95	00:57:04.30	+00:14:22	5:42	10.5
22	PIETROSZEK Rafał	381	BRUBECK TEAM	Senior I M - 20	11	00:21:56	00:34:40	00:57:10.60	00:57:14.70	+00:14:32	5:43	10.5
23	BUKOWSKI Edward	280	KLUCZBORSKA GRUPA BIEGOWA	Masters M - 40	3	00:22:49	00:35:40	00:57:28.85	00:57:32.50	+00:14:50	5:44	10.4
24	PAŁETKO Grzegorz	16	NYSA BIEGA	Senior II M - 30	7	00:22:33	00:35:02	00:57:26.60	00:57:39.75	+00:14:57	5:44	10.4
25	MAJCHRZAK Maciej	49		Senior I M - 20	12	00:24:04	00:36:06	00:57:37.75	00:57:45.10	+00:15:02	5:45	10.4
26	JANUSZEWSKI Piotr	218	EUROCLEAR RUNNING TEAM	Senior I M - 20	13	00:22:32	00:35:29	00:58:19.15	00:58:20.45	+00:15:38	5:49	10.3
27	CITKO Maciej	276	ZAŁOGA GÓRSKA	Senior II M - 30	8	00:23:07	00:36:11	00:58:24.80	00:58:29.60	+00:15:47	5:50	10.3
28	KARAMON Marcin	344	OPOLE BIEGA	Masters M - 40	4	00:23:06	00:36:09	00:58:27.35	00:58:35.70	+00:15:53	5:50	10.3
29	KURAS Szymon	129	NKB CHYŻY NOWY TOMYŚL	Senior II M - 30	9	00:24:07	00:37:07	00:58:40.00	00:58:43.65	+00:16:01	5:52	10.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
30	GRAD Łukasz	233	FITNESS PIEKARY LEGNICA	Senior II M - 30	10	00:24:05	00:37:14	00:58:42.00	00:58:46.95	+00:16:04	5:52	10.2
31	KYCIA Piotr	389		Masters M - 40	5	00:23:52	00:37:01	00:58:48.40	00:58:53.45	+00:16:11	5:52	10.2
32	MAZURKIEWICZ Jerzy	367	NIGHT RUNNERS WROCŁAW	Senior II M - 30	11	00:22:39	00:35:54	00:58:58.50	00:59:03.15	+00:16:21	5:53	10.2
33	JANUSZEWSKI Maciej	123	ŚLIMAK BROWARNO-KANAPOWY	Senior II M - 30	12	00:23:03	00:36:29	00:59:10.90	00:59:20.70	+00:16:38	5:55	10.1
34	SOBCZAK Filip	135		Senior I M - 20	14	00:23:00	00:36:35	00:59:30.80	00:59:37.50	+00:16:55	5:57	10.1
35	MARGOL Paweł	300	WKS ŚLĄSK WROCŁAW	Senior II M - 30	13	00:23:37	00:36:47	00:59:47.45	00:59:56.75	+00:17:14	5:58	10
36	CHODOROWSKI Krzysztof	10	PRZEDWOJEWSKI MOUNTAIN TEAM	Senior II M - 30	14	00:23:32	00:37:00	00:59:56.50	01:00:07.35	+00:17:25	5:59	10
37	PERZ Emilia	90	WOLSZTYŃSKA AKADEMIA BIEGOWA	Senior I K - 20	2	00:24:47	00:38:13	01:00:09.85	01:00:13.35	+00:17:31	6:01	10
38	PRZYBYŁ Piotr	391		Masters M - 40	6	00:24:03	00:37:12	01:00:21.85	01:00:27.20	+00:17:45	6:02	9.9
39	KACZMARCZYK Przemysław	152	MATNER RUNNING TEAM/WATAHA	Senior I M - 20	15	00:22:58	00:36:18	01:00:35.70	01:00:38.20	+00:17:56	6:03	9.9
40	BOBRAS Arkadiusz	251		Masters M - 40	7	00:23:56	00:37:02	01:00:36.90	01:00:41.55	+00:17:59	6:03	9.9
41	MIKOŁAJCZYK Piotr	139	KALENJI BY DECATHLON	Senior I M - 20	16	00:24:17	00:38:05	01:00:47.80	01:00:55.50	+00:18:13	6:04	9.9
42	OCHMAN Paweł	181	FUTURE PROCESSING RUNNING TEAM	Senior II M - 30	15	00:23:19	00:36:30	01:00:59.75	01:01:03.25	+00:18:21	6:06	9.8
43	GROMADZKA Anna	140	KALENJI BY DECATHLON	Senior II K - 30	2	00:23:52	00:37:31	01:01:20.70	01:01:28.95	+00:18:46	6:08	9.8
44	CIEŚLAK Krzysztof	365	ULTRAFAZA.PL	Senior II M - 30	16	00:24:47	00:38:17	01:01:28.85	01:01:39.55	+00:18:57	6:08	9.8
45	PERENC Michał	120	HUSARIA RACE TEAM	Senior I M - 20	17	00:24:40	00:38:12	01:01:42.25	01:01:51.45	+00:19:09	6:10	9.7
46	BOREJSZO Karol	250		Senior I M - 20	18	00:24:53	00:38:29	01:01:48.45	01:02:04.70	+00:19:22	6:10	9.7
47	MALIK Agnieszka	414		Masters K - 40	1	00:24:53	00:38:17	01:02:03.60	01:02:13.25	+00:19:31	6:12	9.7
48	ŁOMNICKA Barbara	375		Senior II K - 30	3	00:24:56	00:38:40	01:02:32.10	01:02:37.30	+00:19:55	6:15	9.6
49	CHRZANOWSKI Paweł	216		Senior II M - 30	17	00:25:50	00:39:58	01:02:46.60	01:02:49.65	+00:20:07	6:16	9.6
50	WUJDA Mirosław	68	ERNI RULEZ	Masters M - 40	8	00:22:48	00:36:58	01:03:13.95	01:03:20.50	+00:20:38	6:19	9.5
51	KURIATA Paweł	306		Senior I M - 20	19	00:24:30	00:38:44	01:03:17.90	01:03:40.35	+00:20:58	6:19	9.5
52	KRUPIŃSKI Zbigniew	383	KOŁO BIEGA	Senior II M - 30	18	00:24:43	00:38:41	01:03:37.70	01:03:41.05	+00:20:58	6:21	9.4
53	KOZANECKI Przemysław	130	CONSTRAVIA	Senior I M - 20	20	00:25:31	00:39:50	01:03:31.40	01:03:41.40	+00:20:59	6:21	9.4
54	WIADERNA Nina	388	SBRT POWIŚLE	Senior II K - 30	4	00:25:55	00:40:28	01:03:38.90	01:03:43.25	+00:21:01	6:21	9.4
55	NOWACKI Mateusz	196		Senior II M - 30	19	00:24:30	00:38:39	01:03:40.80	01:03:54.65	+00:21:12	6:22	9.4
56	BURA Tomasz	101		Senior II M - 30	20	00:25:57	00:40:16	01:03:43.55	01:04:03.95	+00:21:21	6:22	9.4
57	GŁOMBIOWSKA Zuzanna	61	BIGYELLOWFOOT ADVENTURE TEAM	Senior I K - 20	3	00:25:45	00:39:53	01:04:06.60	01:04:09.10	+00:21:26	6:24	9.4
58	BANKIEWICZ Szymon	341		Senior I M - 20	21	00:25:11	00:39:29	01:03:43.15	01:04:18.35	+00:21:36	6:22	9.4
59	KOLECKI Damian	317	KOLECTEAM ZBĄSZYNEK	Masters M - 40	9	00:24:17	00:38:42	01:04:15.80	01:04:23.05	+00:21:40	6:25	9.3
60	KOLECKA Sylwia	316	KOLECTEAM ZBĄSZYNEK	Masters K - 40	2	00:24:17	00:38:44	01:04:15.85	01:04:23.25	+00:21:41	6:25	9.3
61	KOSTROWICKI Jakub	224		Senior II M - 30	21	00:25:24	00:39:40	01:04:06.95	01:04:39.05	+00:21:56	6:24	9.4
62	KACZMARCZYK Mateusz	360	KURORT ŁĄDEK-ZDRÓJ	Senior I M - 20	22	00:25:04	00:39:10	01:04:36.85	01:04:49.75	+00:22:07	6:27	9.3
63	SZARSKI Jacek	264		Senior I M - 20	23	00:23:13	00:37:49	01:04:57.25	01:05:03.05	+00:22:20	6:29	9.2
64	ŁUCZAK Maciej	237	BANDA RYCHA	Senior II M - 30	22	00:26:50	00:41:07	01:04:35.70	01:05:17.45	+00:22:35	6:27	9.3
65	GAZDA Michał	128	CONSTRAVIA	Senior I M - 20	24	00:25:38	00:40:24	01:05:08.15	01:05:19.45	+00:22:37	6:30	9.2
66	HORWAT Tomasz	299	WKS ŚLĄSK WROCŁAW	Senior II M - 30	23	00:25:54	00:40:04	01:04:52.90	01:05:22.60	+00:22:40	6:29	9.2
67	KWASIZUR Agata	260	MUAY RUNNING TEAM	Senior II K - 30	5	00:26:30	00:41:17	01:05:20.75	01:05:22.90	+00:22:40	6:32	9.2
68	PAZDAN Natalia	143	KOWARY BIEGAJĄ	Senior II K - 30	6	00:25:27	00:40:19	01:05:36.25	01:05:39.60	+00:22:57	6:33	9.1
69	LACHERA Kamila	21	WPOGONI ZA DUCHEM	Senior II K - 30	7	00:26:19	00:40:54	01:05:28.25	01:05:42.40	+00:23:00	6:32	9.2
70	RYBARSKA Marta	2	LESZ NO LIMITS RUNNERS	Senior I K - 20	4	00:26:08	00:40:57	01:05:44.05	01:05:47.70	+00:23:05	6:34	9.1
71	DĄBEK Mirosław	179		Masters M - 40	10	00:22:49	00:38:09	01:05:40.80	01:05:54.25	+00:23:12	6:34	9.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
72	KUŻMA Przemysław	141	NIEZRZESZONY	Weteran I M - 50	2	00:25:53	00:40:12	01:05:51.20	01:05:55.55	+00:23:13	6:35	9.1
73	MITUŁA Paweł	295	ZIĘBICE	Senior II M - 30	24	00:26:42	00:41:02	01:05:42.00	01:05:59.20	+00:23:17	6:34	9.1
74	PISKUNOWICZ Aleksandra	230		Senior II K - 30	8	00:25:23	00:39:55	01:05:46.65	01:06:01.35	+00:23:19	6:34	9.1
75	BARON Przemio	127	CONSTRAVIA	Senior II M - 30	25	00:25:41	00:40:15	01:05:55.75	01:06:07.70	+00:23:25	6:35	9.1
76	WITEK Jakub	175	SPRINT	Senior I M - 20	25	00:25:58	00:40:57	01:06:56.60	01:07:05.45	+00:24:23	6:41	9
77	BOCHAN Lesław	384		Masters M - 40	11	00:27:03	00:41:47	01:06:52.40	01:07:06.45	+00:24:24	6:41	9
78	JOŃCZYK Ada	293		Senior I K - 20	5	00:26:45	00:41:33	01:07:08.35	01:07:14.95	+00:24:32	6:42	8.9
79	PÓŁROLNICZAK Paweł	357	OPOLE PARKRUN	Senior II M - 30	26	00:27:16	00:41:46	01:07:26.55	01:07:32.50	+00:24:50	6:44	8.9
80	DROZD Przemysław	97	RAISPORT ACTIVE	Masters M - 40	12	00:27:08	00:41:44	01:07:38.20	01:07:44.40	+00:25:02	6:45	8.9
81	SAWICKI Konrad	310		Masters M - 40	13	00:27:24	00:42:06	01:07:30.05	01:07:47.25	+00:25:05	6:45	8.9
82	HACZYK Natalia	333	MUAY RUNNING TEAM	Masters K - 40	3	00:26:45	00:41:16	01:07:58.40	01:08:05.75	+00:25:23	6:47	8.8
83	STRZELCZYK Wiktor	125	HUSARIA RACE TEAM	Senior II M - 30	27	00:27:23	00:42:27	01:07:56.55	01:08:06.45	+00:25:24	6:47	8.8
84	CYKLOWSKI Wojciech	379	KM PSP OPOLE	Senior I M - 20	26	00:27:28	00:42:29	01:08:11.30	01:08:19.95	+00:25:37	6:49	8.8
85	SERWATKA Wojciech	368		Masters M - 40	14	00:27:48	00:42:39	01:07:53.30	01:08:35.20	+00:25:53	6:47	8.8
86	KUCHARSKA Aleksandra	178	DREAM RUN	Senior II K - 30	9	00:27:37	00:42:32	01:08:26.90	01:08:35.30	+00:25:53	6:50	8.8
87	REJCHAL Michał	347		Senior II M - 30	28	00:27:21	00:42:04	01:08:08.65	01:08:36.25	+00:25:54	6:48	8.8
88	CHORZĘPA Adam	286		Weteran I M - 50	3	00:26:51	00:41:36	01:08:38.80	01:08:42.15	+00:26:00	6:51	8.7
89	CIEŚLAK Jakub	370		Senior II M - 30	29	00:27:04	00:41:42	01:08:33.95	01:08:45.85	+00:26:03	6:51	8.8
90	KUZIEL Marcin	153	BLACK RUNNING STRONIE ŚLĄSKIE	Senior II M - 30	30	00:26:45	00:41:29	01:08:11.45	01:08:48.45	+00:26:06	6:49	8.8
91	SZPILAREWICZ Basia	188	ABY DO METY	Masters K - 40	4	00:27:59	00:42:48	01:08:38.55	01:08:50.45	+00:26:08	6:51	8.7
92	PISZCZAŁKA Tomasz	418	ABY DO METY	Senior II M - 30	31	00:27:58	00:42:47	01:08:43.90	01:08:56.25	+00:26:14	6:52	8.7
93	GAŁEK Aleksander	359	PRAGMATIQ.PL	Senior II M - 30	32	00:28:44	00:43:38	01:08:57.20	01:09:07.75	+00:26:25	6:53	8.7
94	PASTUSZAK Mirosław	352	RUN ŁDZ	Weteran I M - 50	4	00:28:15	00:43:18	01:09:09.55	01:09:19.95	+00:26:37	6:54	8.7
95	SPYCHAJ Marek	62		Masters M - 40	15	00:27:22	00:42:40	01:08:52.85	01:09:27.40	+00:26:45	6:53	8.7
96	RAKOCZY Jerzy	329		Masters M - 40	16	00:27:27	00:42:49	01:09:35.75	01:09:38.90	+00:26:56	6:57	8.6
97	TOMECKA Aleksandra	271	ZAŁOGA GÓRSKA	Senior II K - 30	10	00:27:45	00:42:55	01:09:49.85	01:09:55.40	+00:27:13	6:59	8.6
98	KLIN Robert	63	WATAHA	Masters M - 40	17	00:26:16	00:41:35	01:09:37.95	01:10:06.30	+00:27:24	6:57	8.6
99	JÓZWIECKI Kacper	364	MUAY RUNNING TEAM	Senior I M - 20	27	00:28:54	00:44:27	01:10:21.60	01:10:36.65	+00:27:54	7:02	8.5
100	GRABIŃSKA Gizela	269	ZAŁOGA GÓRSKA	Masters K - 40	5	00:27:50	00:43:18	01:10:37.55	01:10:42.95	+00:28:00	7:03	8.5
101	KORYCIŃSKA Izabela	23		Senior II K - 30	11	00:28:56	00:44:59	01:10:32.90	01:10:48.35	+00:28:06	7:03	8.5
102	WOJBACH Marcin	402		Senior II M - 30	33	00:28:20	00:43:33	01:11:00.65	01:11:10.95	+00:28:28	7:06	8.5
103	NIETRZEBA Robert	118		Masters M - 40	18	00:28:59	00:45:30	01:10:56.50	01:11:22.20	+00:28:40	7:05	8.5
104	LEWANDOWSKA Patrycja	111	TEAM KURORT ŁĄDEK-ZDRÓJ	Senior II K - 30	12	00:28:34	00:44:35	01:11:18.70	01:11:32.00	+00:28:49	7:07	8.4
105	PIOTROWSKA Magdalena	103	KLUB BIEGACZA JURUND SZCZYTNO	Senior II K - 30	13	00:27:56	00:44:44	01:11:31.50	01:11:34.25	+00:28:52	7:09	8.4
106	ŚPIEWAK Radosław	392		Senior II M - 30	34	00:28:08	00:44:32	01:11:54.50	01:12:11.00	+00:29:28	7:11	8.3
107	DŁUGOSZ Marek	292	KB GEOTERMIA UNIEJÓW	Weteran I M - 50	5	00:28:23	00:44:27	01:12:05.25	01:12:11.70	+00:29:29	7:12	8.3
108	RYBARSKI Piotr	1		Senior II M - 30	35	00:29:00	00:45:16	01:11:59.55	01:12:17.60	+00:29:35	7:11	8.3
109	STEFANOWSKI Mariusz	82		Masters M - 40	19	00:28:11	00:43:37	01:12:18.50	01:12:30.20	+00:29:48	7:13	8.3
110	KULESZA Paweł	70		Senior I M - 20	28	00:28:33	00:45:38	01:12:15.00	01:12:37.55	+00:29:55	7:13	8.3
111	STACHNIK Łukasz	281		Senior II M - 30	36	00:30:08	00:46:08	01:12:11.75	01:12:55.30	+00:30:13	7:13	8.3
112	ZAJĄC Marcin	119		Senior II M - 30	37	00:30:10	00:46:05	01:12:19.70	01:13:05.10	+00:30:22	7:14	8.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
113	ROLIŃSKI Radosław	202		Masters M - 40	20	00:28:09	00:43:48	01:12:51.60	01:13:06.30	+00:30:24	7:17	8.2
114	GALA Kamila	274	ZAŁOGA GÓRSKA	Senior II K - 30	14	00:28:04	00:44:43	01:12:59.30	01:13:08.95	+00:30:26	7:17	8.2
115	NEUMANN Jacek	211	CENTRUM ŁĄKOWA1	Weteran I M - 50	6	00:28:58	00:44:56	01:12:55.75	01:13:09.60	+00:30:27	7:17	8.2
116	RYBA Piotr	54		Masters M - 40	21	00:28:01	00:44:41	01:12:38.25	01:13:13.55	+00:30:31	7:15	8.3
117	GACEK Mariusz	72		Senior I M - 20	29	00:30:35	00:47:12	01:13:45.30	01:14:08.60	+00:31:26	7:22	8.1
118	JASICKI Krzysztof	168		Senior II M - 30	38	00:28:59	00:45:14	01:14:03.40	01:14:09.85	+00:31:27	7:24	8.1
119	JASICKA Ewa	165		Senior II K - 30	15	00:28:57	00:45:14	01:14:02.85	01:14:10.00	+00:31:27	7:24	8.1
120	SZTYLKA Dariusz	298	WKS ŚLĄSK WROCŁAW	Masters M - 40	22	00:28:01	00:44:16	01:14:02.80	01:14:31.45	+00:31:49	7:24	8.1
121	LANG Wojtek	206	WROCŁAW MARATHON TEAM	Senior II M - 30	39	00:28:32	00:45:12	01:14:34.65	01:14:43.50	+00:32:01	7:27	8
122	CHOLEWA Joanna	17		Senior I K - 20	6	00:28:30	00:45:11	01:14:34.55	01:14:43.75	+00:32:01	7:27	8
123	FRYSIAK Patryk	283		Senior I M - 20	30	00:30:20	00:46:45	01:14:23.45	01:14:49.45	+00:32:07	7:26	8.1
124	KULAKOWSKI Tomasz	156		Masters M - 40	23	00:29:20	00:45:40	01:15:26.10	01:15:34.75	+00:32:52	7:32	8
125	BIELECKA Iwona	29	PRO-RUN WROCŁAW	Senior II K - 30	16	00:28:38	00:44:56	01:15:06.55	01:15:37.25	+00:32:55	7:30	8
126	SZKÓDLIŃSKI Bartosz	76	NARAMOWICE BIEGAJĄ	Senior II M - 30	40	00:29:24	00:46:04	01:15:21.85	01:15:38.05	+00:32:55	7:32	8
127	KOT Tomasz	217		Senior II M - 30	41	00:30:04	00:46:56	01:15:45.70	01:15:51.50	+00:33:09	7:34	7.9
128	MROZIŃSKI Albert	241		Masters M - 40	24	00:29:07	00:46:10	01:15:25.90	01:15:56.70	+00:33:14	7:32	8
129	BUĆKO Alicja	146	TATAALI TEAM / VEGE RUNNERS	Senior I K - 20	7	00:30:00	00:46:46	01:16:04.80	01:16:14.60	+00:33:32	7:36	7.9
130	PLINIEWICZ Joanna	229		Senior II K - 30	17	00:30:07	00:47:13	01:16:09.50	01:16:15.20	+00:33:33	7:37	7.9
131	WŁODKOWSKA Beata	84		Senior II K - 30	18	00:29:26	00:46:25	01:15:46.20	01:16:20.05	+00:33:37	7:34	7.9
132	SOBCZAK Marek	239	SZCZYTNIKI	Masters M - 40	25	00:30:40	00:47:17	01:16:00.80	01:16:20.70	+00:33:38	7:36	7.9
133	RYBSKI Mariusz	246		Senior II M - 30	42	00:30:00	00:47:08	01:16:02.90	01:16:22.50	+00:33:40	7:36	7.9
134	CIEŚLAK Magdalena	177	ZDROWE !	Senior II K - 30	19	00:29:04	00:45:38	01:16:19.20	01:16:30.90	+00:33:48	7:37	7.9
135	MAZIAREK Michał	166		Senior II M - 30	43	00:28:43	00:44:56	01:16:01.70	01:16:33.50	+00:33:51	7:36	7.9
136	EJSMOND Mateusz	399		Senior II M - 30	44	00:29:44	00:46:27	01:15:55.00	01:16:34.65	+00:33:52	7:35	7.9
137	PIECHWIAK Aleksandra	398		Senior I K - 20	8	00:29:44	00:46:27	01:15:55.60	01:16:35.05	+00:33:52	7:35	7.9
138	OLEJNICZAK Paulina	176		Senior I K - 20	9	00:29:55	00:46:48	01:16:12.70	01:16:37.05	+00:33:54	7:37	7.9
139	URBANEK Artur	277		Senior I M - 20	31	00:29:16	00:45:49	01:16:31.50	01:16:52.00	+00:34:09	7:39	7.8
140	ŚWITA Tomasz	30	PRO RUN WROCŁAW	Senior II M - 30	45	00:28:58	00:45:47	01:16:19.90	01:16:52.30	+00:34:10	7:38	7.9
141	LUBAŃSKA Alicja	243	DOBIEGNĘ! BUKOWCE	Weteran K - 50	1	00:29:11	00:45:50	01:16:53.05	01:16:56.00	+00:34:13	7:41	7.8
142	WARSZCZYŃSKA Romana	107	LUB WYBIERZ Z LISTY	Masters K - 40	6	00:28:39	00:45:32	01:16:43.60	01:17:01.95	+00:34:19	7:40	7.8
143	PASŁOWSKA-CHODOROWSKA Justyna	394	PRZEBIEGA.PL	Senior II K - 30	20	00:30:56	00:48:17	01:16:46.90	01:17:02.70	+00:34:20	7:40	7.8
144	GEROWSKA Aleksandra	288	STOWARZYSZENIE PRZYJACIÓŁ ZWIERZĄT NOE	Masters K - 40	7	00:30:51	00:47:36	01:17:00.95	01:17:19.90	+00:34:37	7:42	7.8
145	TADROWSKI Tomasz	92		Masters M - 40	26	00:31:39	00:48:44	01:16:44.00	01:17:20.70	+00:34:38	7:40	7.8
146	KORNAŚ Marcin	6	ZĄBKOWCKA GRUPA BIEGOWA FRANKENSTEIN	Masters M - 40	27	00:29:54	00:47:14	01:17:17.45	01:17:28.85	+00:34:46	7:43	7.8
147	MICHALEC Marzena	356	KOBIETAWBIEGU	Senior II K - 30	21	00:30:21	00:47:11	01:17:02.20	01:17:31.55	+00:34:49	7:42	7.8
148	WARSZCZYŃSKI Rafał	108	LUB WYBIERZ Z LISTY	Weteran I M - 50	7	00:28:58	00:45:42	01:17:32.25	01:17:49.75	+00:35:07	7:45	7.7
149	WIŚNIEWSKA Marlena	336	MUAY RUNNING TEAM	Senior II K - 30	22	00:32:59	00:49:56	01:18:03.90	01:18:06.15	+00:35:24	7:48	7.7
150	FRAĆKOWIAK Maria	170	CONSTRAVIA	Senior I K - 20	10	00:31:14	00:48:56	01:17:43.05	01:18:06.90	+00:35:24	7:46	7.7
151	WIDŁAK Julia	69		Senior I K - 20	11	00:31:23	00:48:48	01:17:59.70	01:18:23.40	+00:35:41	7:48	7.7
152	HANOUSKOVÁ Ester	91		Senior II K - 30	23	00:30:52	00:48:33	01:18:12.95	01:18:34.75	+00:35:52	7:49	7.7
153	WYSTRYCHOWSKA Marzena	7	BFAGENCJA.PL	Masters K - 40	8	00:29:30	00:46:32	01:17:55.75	01:18:40.90	+00:35:58	7:47	7.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
154	SZCZEPANIAK Adam	73	TĘPE DZIDY	Weteran I M - 50	8	00:30:10	00:47:18	01:18:21.65	01:18:43.70	+00:36:01	7:50	7.7
155	SZAWARA-ZIÓŁKOWSKA Ewelina	282	KB HARCOWNIK JELCZ-LASKOWICE	Senior II K - 30	24	00:31:01	00:48:48	01:18:39.05	01:18:47.75	+00:36:05	7:51	7.6
156	BUSS Jakub	25	KUDOWSCY MIŁOŚNICE BIEGANIA	Masters M - 40	28	00:31:22	00:48:58	01:18:11.75	01:18:57.65	+00:36:15	7:49	7.7
157	KOWALSKA Małgorzata	285	KB HARCOWNIK JELCZ-LASKOWICE	Masters K - 40	9	00:31:01	00:48:50	01:18:49.90	01:18:57.75	+00:36:15	7:53	7.6
158	BABICA Paulina	144		Senior II K - 30	25	00:30:33	00:48:31	01:18:42.75	01:18:57.90	+00:36:15	7:52	7.6
159	GAŁUSZKA Wojciech	244		Senior II M - 30	46	00:30:41	00:48:02	01:18:18.45	01:18:58.20	+00:36:16	7:49	7.7
160	KWIECIEŃ Sara	245		Senior I K - 20	12	00:30:41	00:48:02	01:18:19.45	01:18:58.35	+00:36:16	7:50	7.7
161	BEDNAREK Sylwia	270	ZAŁOGA GÓRSKA	Senior II K - 30	26	00:30:19	00:47:18	01:18:58.05	01:19:04.65	+00:36:22	7:53	7.6
162	RAPCZUK Tomasz	242		Weteran I M - 50	9	00:28:56	00:46:27	01:19:13.45	01:19:20.60	+00:36:38	7:55	7.6
163	ZAJĄC Krystyna	27		Weteran II K - 60	1	00:30:02	00:47:21	01:19:01.55	01:19:25.55	+00:36:43	7:54	7.6
164	GARCZYK Marzena	78		Senior II K - 30	27	00:30:32	00:47:27	01:19:22.15	01:19:27.25	+00:36:45	7:56	7.6
164	NIEDZIELA Wojciech	207		Senior I M - 20	32	00:31:05	00:48:46	01:19:00.25	01:19:27.25	+00:36:45	7:54	7.6
166	MARCINIAK Anna	9		Masters K - 40	10	00:31:04	00:48:19	01:19:09.05	01:19:40.75	+00:36:58	7:54	7.6
167	PTASZYŃSKA Joanna	98		Weteran K - 50	2	00:32:10	00:49:18	01:19:27.60	01:19:49.70	+00:37:07	7:56	7.6
168	MROZIŃSKA Renata	240		Masters K - 40	11	00:30:22	00:47:29	01:19:19.35	01:19:49.95	+00:37:07	7:55	7.6
169	BALICKI Jacek	56	BIEGACZ NOWOSOLNA	Weteran I M - 50	10	00:32:35	00:50:04	01:20:02.00	01:20:06.10	+00:37:23	8:00	7.5
170	PIASECKA Marta	31		Senior II K - 30	28	00:31:28	00:48:57	01:19:46.10	01:20:07.50	+00:37:25	7:58	7.5
171	HOREJDA Sara	320	ZUMBA	Senior I K - 20	13	00:27:54	00:45:21	01:20:24.00	01:20:27.85	+00:37:45	8:02	7.5
172	ULIKOWSKA Martyna	272	ZAŁOGA GÓRSKA	Senior I K - 20	14	00:31:53	00:49:30	01:20:16.65	01:20:29.50	+00:37:47	8:01	7.5
173	CZARNY Marzena	24	JAWORZNOŁBC	Senior II K - 30	29	00:33:01	00:51:03	01:20:13.80	01:20:31.75	+00:37:49	8:01	7.5
174	KOPACKA Eliza	32	FOLLOWME - ZMIENIAMYFINANSE.PL	Senior II K - 30	30	00:31:18	00:49:24	01:20:24.70	01:20:41.90	+00:37:59	8:02	7.5
175	LULA Magdalena	149	PWPW S.A.	Senior II K - 30	31	00:32:10	00:49:40	01:20:12.20	01:20:52.35	+00:38:10	8:01	7.5
176	HETEL Michał	301	WKS ŚLĄSK WROCŁAW	Senior I M - 20	33	00:30:25	00:48:24	01:20:24.10	01:20:52.65	+00:38:10	8:02	7.5
177	NIEMAS Anna	64	OYAMA KARATE BRZESZCZE	Masters K - 40	12	00:32:14	00:50:00	01:20:45.80	01:21:06.00	+00:38:23	8:04	7.4
178	WITOS Rafał	226	NAZWA DRUŻYNY	Senior I M - 20	34	00:32:48	00:50:54	01:21:05.15	01:21:13.20	+00:38:31	8:06	7.4
179	MAJCHRZAK Dariusz	401	KM UMK TORUŃ	Weteran I M - 50	11	00:29:41	00:46:30	01:20:40.90	01:21:14.65	+00:38:32	8:04	7.4
180	BUSZKA Łukasz	400		Masters M - 40	29	00:31:13	00:48:36	01:21:17.30	01:21:26.60	+00:38:44	8:07	7.4
181	PLEWA Katarzyna	85	NORDIC16	Senior II K - 30	32	00:32:16	00:50:12	01:21:27.05	01:21:37.50	+00:38:55	8:08	7.4
182	STASZEWSKI Dariusz	36		Senior II M - 30	47	00:33:11	00:50:57	01:21:25.30	01:21:51.30	+00:39:09	8:08	7.4
183	TAMBOR Jan	406		Weteran II M - 60	1	00:32:08	00:49:53	01:21:49.80	01:21:52.05	+00:39:09	8:11	7.3
184	FRAŃCZEK Iwona	142	NOA	Senior II K - 30	33	00:31:36	00:49:23	01:21:36.85	01:21:56.15	+00:39:14	8:09	7.4
185	SIUDAK Anna	204		Senior II K - 30	34	00:31:38	00:49:54	01:21:43.65	01:21:58.70	+00:39:16	8:10	7.3
186	CIEŚLAK Łukasz	393		Senior II M - 30	48	00:31:02	00:49:18	01:22:01.75	01:22:11.55	+00:39:29	8:12	7.3
187	WOŁCZEK Małgorzata	338	BIEGAM WSPIERAM MOTYWUJĘ	Senior II K - 30	35	00:31:27	00:49:35	01:22:11.75	01:22:23.05	+00:39:40	8:13	7.3
188	NIESTROJ Łukasz	159		Senior II M - 30	49	00:32:26	00:50:51	01:21:57.60	01:22:29.10	+00:39:46	8:11	7.3
189	DRYMEL Joanna	132	DRUMLEZIPIES	Senior II K - 30	36	00:31:38	00:49:38	01:21:59.10	01:22:35.35	+00:39:53	8:11	7.3
190	ZASADA Magdalena	81	FAT & FURIOUS	Senior II K - 30	37	00:33:31	00:52:48	01:22:33.20	01:22:48.55	+00:40:06	8:15	7.3
191	PASŁOWSKA Olga	396	PRZEBIEGA.PL	Senior II K - 30	38	00:32:37	00:50:54	01:22:35.95	01:22:51.25	+00:40:09	8:15	7.3
192	BISOWSKA Katarzyna	184	KOZY W UCHU	Masters K - 40	13	00:33:00	00:51:18	01:22:23.40	01:22:53.15	+00:40:11	8:14	7.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
193	JAŻWIECKI Marcin	291	MUAY RUNNING TEAM	Masters M - 40	30	00:31:50	00:49:56	01:22:52.80	01:23:07.65	+00:40:25	8:17	7.2
194	BRZOZOWSKA Katarzyna	199		Senior I K - 20	15	00:32:03	00:51:04	01:23:08.10	01:23:16.50	+00:40:34	8:18	7.2
194	RODZIEWICZ Marta	164		Senior I K - 20	16	00:32:51	00:51:05	01:23:08.85	01:23:16.50	+00:40:34	8:18	7.2
196	WIĄCEK Marcin	289	SUDECKA ZYLETA	Masters M - 40	31	00:30:42	00:49:19	01:23:05.55	01:23:30.95	+00:40:48	8:18	7.2
197	POHL Anna	322	SPEED FEET 16	Senior I K - 20	17	00:31:58	00:50:59	01:23:17.85	01:23:37.50	+00:40:55	8:19	7.2
198	OLEKSIEWICZ Beata	222	SZAKALE BAŁUT ŁÓDŹ	Senior II K - 30	39	00:33:15	00:51:40	01:23:12.75	01:23:45.25	+00:41:03	8:19	7.2
199	DZIUBA Agnieszka	349		Senior II K - 30	40	00:32:38	00:51:06	01:23:41.45	01:23:49.50	+00:41:07	8:22	7.2
200	JURCZYK Wojciech	351		Senior II M - 30	50	00:35:27	00:53:30	01:23:20.70	01:24:02.95	+00:41:20	8:20	7.2
201	PREŚ Magdalena	203	#WPISZCOKOLWEK	Senior I K - 20	18	00:32:29	00:51:13	01:23:45.60	01:24:09.75	+00:41:27	8:22	7.2
202	OGRODNIK Anna	163	RUNNING ACADEMY	Senior II K - 30	41	00:32:28	00:51:11	01:24:03.55	01:24:22.60	+00:41:40	8:24	7.1
203	LANGĘ Hanna	215		Senior II K - 30	42	00:32:37	00:50:50	01:24:22.00	01:24:38.90	+00:41:56	8:26	7.1
204	GÓRNA Aldona	214		Masters K - 40	14	00:32:38	00:50:50	01:24:22.75	01:24:39.00	+00:41:56	8:26	7.1
205	DUBIEL Agata	126	WILD DOGS TEAM/SUDECKI KLUB WYSOKOGÓRSKI	Senior II K - 30	43	00:33:36	00:52:37	01:24:32.80	01:24:45.95	+00:42:03	8:27	7.1
206	GŁÓWKA Barbara	158		Senior I K - 20	19	00:33:35	00:52:59	01:24:21.15	01:24:46.55	+00:42:04	8:26	7.1
207	GŁÓWKA Maciej	157	BE BETTER	Senior II M - 30	51	00:33:36	00:52:57	01:24:21.85	01:24:47.05	+00:42:04	8:26	7.1
208	CHADE Marianna	318		Senior II K - 30	44	00:32:52	00:51:28	01:25:02.70	01:25:15.15	+00:42:33	8:30	7.1
209	WILK Mateusz	346	RAMBO III	Senior II M - 30	52	00:34:29	00:52:44	01:24:52.30	01:25:20.65	+00:42:38	8:29	7.1
210	WILK Maria	345	RAMBO III	Senior II K - 30	45	00:34:30	00:52:46	01:24:54.75	01:25:21.20	+00:42:39	8:29	7.1
211	KRZYŻEWSKI Roger	60		Senior II M - 30	53	00:32:24	00:51:50	01:25:25.65	01:25:40.05	+00:42:57	8:32	7
212	KUTYCKA-KUREK Elżbieta	314	CHOJRAK TEAM WROCŁAW	Senior II K - 30	46	00:33:22	00:52:21	01:25:09.40	01:25:42.80	+00:43:00	8:30	7
213	STAWSKA Alicja	138		Senior II K - 30	47	00:33:24	00:52:20	01:25:32.85	01:25:49.95	+00:43:07	8:33	7
214	GAJDECKI Tomek	372	ACCENTTURE	Senior II M - 30	54	00:33:31	00:52:27	01:25:18.75	01:25:51.80	+00:43:09	8:31	7
214	GAJDECKA Adriana	131	ORANGE	Senior II K - 30	48	00:33:30	00:52:28	01:25:18.45	01:25:51.80	+00:43:09	8:31	7
216	JUREWICZ Agata	319		Senior II K - 30	49	00:33:23	00:52:23	01:25:45.25	01:25:56.45	+00:43:14	8:34	7
217	TWARDOWSKA Kornelia	228		Senior I K - 20	20	00:33:47	00:52:54	01:25:49.90	01:25:58.85	+00:43:16	8:35	7
218	BALCERZAK Agnieszka	53		Masters K - 40	15	00:33:25	00:53:14	01:25:29.10	01:26:01.70	+00:43:19	8:32	7
219	IMIŃSKI Cezary	122		Weteran I M - 50	12	00:33:50	00:53:08	01:25:47.90	01:26:08.60	+00:43:26	8:34	7
220	WILCZYŃSKI Łukasz	19	1 POMORSKA BRYGADA LOGISTYCZNA	Senior II M - 30	55	00:33:17	00:51:48	01:25:56.65	01:26:18.25	+00:43:36	8:35	7
221	TARASZEWSKA Paulina	133	PWPW S.A.	Senior I K - 20	21	00:33:47	00:53:07	01:25:45.60	01:26:26.00	+00:43:43	8:34	7
222	GADZINOWSKI Ignacy	182		Weteran II M - 60	2	00:32:28	00:51:05	01:26:09.60	01:26:31.05	+00:43:48	8:37	7
223	RYCHŁOWSKI Ryszard	50		Masters M - 40	32	00:32:29	00:52:10	01:26:36.55	01:26:46.95	+00:44:04	8:39	6.9
224	HAJOK Magda	94	SBRT GLIWICE	Senior II K - 30	50	00:32:25	00:52:04	01:26:31.00	01:26:47.25	+00:44:05	8:39	6.9
225	JARZĘBSKA Agnieszka	48	TU INTER POLSKA SA	Senior I K - 20	22	00:34:40	00:53:18	01:26:22.30	01:26:48.30	+00:44:06	8:38	6.9
226	NOWAK Maciej	189		Senior II M - 30	56	00:33:01	00:53:20	01:26:47.80	01:27:10.95	+00:44:28	8:40	6.9
227	JAGUSZEWSKA Agnieszka	79	FAT & FURIOUS	Senior I K - 20	23	00:33:31	00:52:47	01:27:15.55	01:27:30.85	+00:44:48	8:43	6.9
228	LUCHOWSKA Karolina	404	FIZJOTRITERAPIA	Senior II K - 30	51	00:33:11	00:52:23	01:27:01.65	01:27:33.00	+00:44:50	8:42	6.9
229	MRÓZ Urszula	209		Weteran K - 50	3	00:33:29	00:52:12	01:27:27.10	01:27:34.05	+00:44:51	8:44	6.9
230	BOROWIAK Hanna	104	WOZIMYSIE.PL	Senior II K - 30	52	00:35:55	00:54:33	01:27:24.50	01:27:41.40	+00:44:59	8:44	6.9
231	DOWNAR-ZAPOLSKA Laura	4	@MD_RUN	Senior I K - 20	24	00:34:06	00:53:27	01:27:38.75	01:27:45.45	+00:45:03	8:45	6.8
232	SOKOŁOWSKA Jagoda	353		Senior II K - 30	53	00:33:01	00:52:20	01:27:20.40	01:27:48.85	+00:45:06	8:44	6.9
233	MAJEROWSKI Mateusz	180		Senior II M - 30	57	00:33:46	00:53:06	01:27:26.80	01:27:51.95	+00:45:09	8:44	6.9
234	FIRLEJ Ewelina	258	GRUNWALD TEAM POZNAŃ	Senior I K - 20	25	00:33:20	00:51:56	01:27:48.50	01:28:13.75	+00:45:31	8:46	6.8
235	ZBOROWSKI Norbert	340	GRUNWALD TEAM POZNAŃ	Senior I M - 20	35	00:33:24	00:51:56	01:27:49.15	01:28:14.35	+00:45:32	8:46	6.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
236	KOPACZYŃSKI Michał	191		Senior I M - 20	36	00:33:10	00:52:14	01:28:09.00	01:28:24.15	+00:45:42	8:48	6.8
237	SZCZEPAŃSKI Sebastian	192		Senior II M - 30	58	00:33:14	00:52:17	01:28:11.60	01:28:25.55	+00:45:43	8:49	6.8
238	GASEK Konrad	331		Masters M - 40	33	00:33:25	00:53:14	01:28:08.90	01:28:52.45	+00:46:10	8:48	6.8
239	JASICKI Julian	174	STROŃSKA GRUPA ROWEROWA	Weteran II M - 60	3	00:32:04	00:51:34	01:29:20.25	01:29:29.10	+00:46:46	8:56	6.7
240	NOWICKA Anna	145		Senior II K - 30	54	00:33:23	00:53:43	01:29:01.05	01:29:36.55	+00:46:54	8:54	6.7
241	WALA Patryk	262	ZAŁOGA GÓRSKA	Senior I M - 20	37	00:33:12	00:53:18	01:29:48.60	01:30:03.05	+00:47:20	8:58	6.7
242	SAWALA Aneta	41	TRANCE ONLY	Masters K - 40	16	00:33:47	00:54:06	01:29:43.15	01:30:18.50	+00:47:36	8:58	6.7
243	SAWALA Sławomir	43	TRANCE ONLY	Masters M - 40	34	00:33:51	00:54:06	01:29:43.15	01:30:18.65	+00:47:36	8:58	6.7
244	PRZYBYŁ Jolanta	390		Masters K - 40	17	00:35:01	00:54:44	01:30:19.20	01:30:37.25	+00:47:55	9:01	6.6
245	KRAWCZYK Magdalena	252		Senior II K - 30	55	00:37:37	00:57:50	01:30:55.40	01:31:06.90	+00:48:24	9:05	6.6
246	NEUMANN Beata	212	CENTRUM ŁĄKOWA 1	Weteran K - 50	4	00:34:39	00:54:37	01:31:44.05	01:32:00.25	+00:49:18	9:10	6.5
247	ŚWIERCZYŃSKA Barbara	86		Senior I K - 20	26	00:35:46	00:55:42	01:31:38.50	01:32:12.20	+00:49:30	9:09	6.5
248	KACZMAREK Kasia	187		Masters K - 40	18	00:34:30	00:54:10	01:31:45.05	01:32:18.10	+00:49:35	9:10	6.5
249	STAWSKA Natalia	95		Senior II K - 30	56	00:33:50	00:53:38	01:31:41.95	01:32:21.90	+00:49:39	9:10	6.5
250	WŁOSKOWICZ Kinga	46		Masters K - 40	19	00:36:29	00:57:28	01:33:28.75	01:33:34.65	+00:50:52	9:20	6.4
251	KSIĄŻKIEWICZ Katarzyna	75	ROCKY BALBOA RUNNING CLUB	Senior II K - 30	57	00:36:36	00:56:21	01:33:29.05	01:33:56.05	+00:51:13	9:20	6.4
252	WIADEREK Sławomir	162	PĘDZĄCE ŻÓŁWIE	Weteran I M - 50	13	00:35:48	00:57:03	01:33:50.50	01:34:25.40	+00:51:43	9:23	6.4
253	WIADEREK Piotr	161	PĘDZĄCE ŻÓŁWIE	Senior II M - 30	59	00:35:48	00:57:04	01:33:51.60	01:34:25.55	+00:51:43	9:23	6.4
254	CHWIAŁKOWSKA Ewa	71		Weteran K - 50	5	00:36:17	00:57:05	01:34:11.35	01:34:41.05	+00:51:58	9:25	6.4
255	HACZYK Gabriela	328	BIEG OPOLSKI	Weteran II K - 60	2	00:35:29	00:55:59	01:34:01.50	01:34:42.25	+00:52:00	9:24	6.4
256	KOWALEWSKA Anna	38		Senior II K - 30	58	00:35:09	00:55:36	01:34:19.35	01:34:42.70	+00:52:00	9:25	6.4
257	KUZIOMKO Ania	290	AMA TEAM	Masters K - 40	20	00:35:43	00:55:34	01:34:19.85	01:34:43.30	+00:52:01	9:26	6.4
258	JAŚKOWIAK Tomasz	278		Masters M - 40	35	00:33:19	00:53:20	01:34:11.30	01:34:50.85	+00:52:08	9:25	6.4
259	SZAFRAŃSKA Joanna	334	PARKRUN ŚWNOUJŚCIE	Weteran K - 50	6	00:35:33	00:57:10	01:34:55.30	01:35:25.35	+00:52:43	9:29	6.3
260	MICHALSKA Agnieszka	335	PARKRUN ŚWNOUJŚCIE	Weteran K - 50	7	00:35:52	00:57:10	01:34:54.25	01:35:25.45	+00:52:43	9:29	6.3
261	RIPPELOVÁ Jitka	221	SRTG VYŠKOV	Senior I K - 20	27	00:37:15	00:57:12	01:35:02.85	01:35:27.00	+00:52:44	9:30	6.3
262	ŚRÓDKA Aleksandra	12		Senior II K - 30	59	00:36:28	00:57:46	01:35:12.90	01:35:40.45	+00:52:58	9:31	6.3
263	PLUTA Michalina	100		Senior II K - 30	60	00:36:18	00:57:25	01:35:24.75	01:36:01.95	+00:53:19	9:32	6.3
264	NOWAK Wojciech	380		Masters M - 40	36	00:34:55	00:56:22	01:35:59.20	01:36:28.95	+00:53:46	9:35	6.3
265	SAPUREK Anna	326	BUKOWSKI KLUB BIEGACZA	Senior II K - 30	61	00:36:14	00:58:20	01:36:11.75	01:36:30.40	+00:53:48	9:37	6.2
266	WALENDA Katarzyna	315	BIEGNĘ POD PRZYMUSEM	Masters K - 40	21	00:37:20	00:58:12	01:36:31.75	01:36:42.95	+00:54:00	9:39	6.2
267	RAPACZ Danuta	327	SPEEDO POLSKA	Weteran II K - 60	3	00:36:15	00:57:33	01:36:40.40	01:36:51.80	+00:54:09	9:40	6.2
268	BAŁYS Dariusz	337	WK GOPR	Masters M - 40	37	00:36:38	00:57:36	01:36:45.55	01:36:52.90	+00:54:10	9:40	6.2
269	CZYŻ Aleksandra	39	VEGE RUNNERS	Senior II K - 30	62	00:36:00	00:57:26	01:36:28.40	01:36:53.25	+00:54:11	9:38	6.2
270	WRÓBLEWSKA Roksana	405		Senior I K - 20	28	00:38:08	00:59:03	01:36:59.00	01:37:39.55	+00:54:57	9:41	6.2
271	KULIK Damian	415	M&M&M&M	Senior II M - 30	60	00:35:40	00:56:47	01:36:56.95	01:37:49.55	+00:55:07	9:41	6.2
271	MUSZELAK Magdalena	416	M&M&M&M	Senior II K - 30	63	00:36:03	00:56:49	01:36:58.70	01:37:49.55	+00:55:07	9:41	6.2
273	MUSIELAK Marek	417	M&M&M&M	Senior II M - 30	61	00:35:49	00:56:46	01:36:57.15	01:37:49.60	+00:55:07	9:41	6.2
274	KONIKOWSKI Paweł	197		Weteran II M - 60	4	00:35:34	00:57:12	01:37:42.85	01:38:04.25	+00:55:22	9:46	6.1
275	KOŁODZIEJ Alicja	205		Senior II K - 30	64	00:38:17	00:59:50	01:38:16.35	01:38:34.55	+00:55:52	9:49	6.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
276	KOZERA Kamil	28	HARPAGAN SOSNOWEC	Senior II M - 30	62	00:39:41	00:59:42	01:38:41.60	01:38:54.50	+00:56:12	9:52	6.1
277	SZYMAŃSKA-ANTOSIAK Monika	227	TMTEAM	Senior II K - 30	65	00:38:04	00:59:04	01:38:48.80	01:39:07.45	+00:56:25	9:52	6.1
278	KUTY Monika	397	DRUŻYNA MARZEŃ	Masters K - 40	22	00:39:03	01:00:55	01:38:56.95	01:39:18.80	+00:56:36	9:53	6.1
279	KOŃ Aleksandra	208	LZS LIPA	Senior II K - 30	66	00:39:48	01:01:01	01:38:50.20	01:39:26.05	+00:56:43	9:53	6.1
280	PAKUŁA Arkadiusz	355		Masters M - 40	38	00:38:21	00:59:38	01:39:20.30	01:39:31.40	+00:56:49	9:56	6
281	DOWLASZEWICZ Małgorzata	312		Masters K - 40	23	00:38:08	01:01:41	01:39:31.90	01:39:54.85	+00:57:12	9:57	6
282	WITCZAK Anna	313		Masters K - 40	24	00:38:07	01:01:40	01:39:32.10	01:39:55.35	+00:57:13	9:57	6
283	HRABAŃSKA-RACZAK Beata	213		Senior II K - 30	67	00:39:44	01:01:13	01:39:29.45	01:40:03.80	+00:57:21	9:56	6
284	ŁYSKAWA Michał	55		Masters M - 40	39	00:34:21	00:56:14	01:39:46.85	01:40:22.85	+00:57:40	9:58	6
285	KLIN Aneta	273		Masters K - 40	25	00:36:42	00:58:22	01:39:55.65	01:40:24.25	+00:57:42	9:59	6
286	PARZONKA Natalia	287	KS LENIWEC	Senior I K - 20	29	00:41:23	01:02:39	01:40:33.30	01:41:09.60	+00:58:27	10:03	6
287	MAŁEK Piotr	376	MORSY TUREK	Masters M - 40	40	00:38:51	01:01:23	01:40:32.25	01:41:10.05	+00:58:27	10:03	6
288	WYSOCKI Grzegorz	378	MORSY TUREK	Masters M - 40	41	00:38:49	01:01:21	01:40:32.95	01:41:10.60	+00:58:28	10:03	6
289	OLEK-WYSOCKA Monika	377	MORSY TUREK	Senior II K - 30	68	00:38:57	01:01:23	01:40:32.65	01:41:10.90	+00:58:28	10:03	6
290	ZAGROBELNA Magdalena	210	DRUŻYNA SZPIKU	Masters K - 40	26	00:40:16	01:02:00	01:40:49.10	01:41:15.40	+00:58:33	10:04	6
291	CZAJKOWSKA Małgorzata	113	KOŁO BIEGA	Masters K - 40	27	00:39:03	01:00:56	01:41:03.20	01:41:24.15	+00:58:42	10:06	5.9
292	CZAJKOWSKI Krzysztof	115	KOŁO BIEGA	Masters M - 40	42	00:39:02	01:00:56	01:41:01.65	01:41:24.30	+00:58:42	10:06	5.9
293	MATUSZEWSKA Paulina	106	HUSE TEAM	Masters K - 40	28	00:41:02	01:03:23	01:41:18.00	01:41:40.55	+00:58:58	10:07	5.9
294	ADAMCZEWSKA Maria	235	FOREVER YOUNG ŁÓDŹ	Masters K - 40	29	00:37:50	01:00:40	01:42:12.90	01:42:29.80	+00:59:47	10:13	5.9
295	PACZUSKA Małgorzata	247	FOREVER YOUNG ŁÓDŹ	Weteran II K - 60	4	00:37:48	01:00:40	01:42:17.35	01:42:34.60	+00:59:52	10:13	5.9
296	PLAWIAK-MOWNA Anna	223		Masters K - 40	30	00:37:09	01:00:14	01:42:31.85	01:42:49.65	+01:00:07	10:15	5.9
297	DĄBROWSKA Karolina	248		Senior II K - 30	69	00:40:20	01:03:32	01:42:30.85	01:42:50.55	+01:00:08	10:15	5.9
298	ZAJĄC Agnieszka	117		Masters K - 40	31	00:40:15	01:02:38	01:42:33.25	01:43:18.65	+01:00:36	10:15	5.9
299	WYSTRYCHOWSKI Marcin	5	BFAGENCJA.PL	Senior II M - 30	63	00:40:12	01:02:37	01:42:33.20	01:43:19.85	+01:00:37	10:15	5.9
300	KARWOWSKI Sławomir	253		Masters M - 40	43	00:40:00	01:04:21	01:43:20.35	01:43:32.80	+01:00:50	10:20	5.8
301	PAPIERZ-RYKAŁA Aleksandra	309		Senior II K - 30	70	00:41:07	01:03:16	01:43:33.85	01:44:14.55	+01:01:32	10:21	5.8
302	KOŁODZIEK Anna	13	NIGHT RUNNERS	Senior I K - 20	30	00:39:45	01:03:07	01:44:06.85	01:44:25.70	+01:01:43	10:24	5.8
303	WAWRZYNIAK Mariusz	385		Senior II M - 30	64	00:42:33	01:08:24	01:43:49.65	01:44:37.50	+01:01:55	10:23	5.8
304	PIGŁOWSKI Dawid	386	S-ULTRA	Senior II M - 30	65	00:36:32	01:02:24	01:37:54.25	01:44:44.35	+01:02:02	9:47	6.1
305	KIELASZEWSKA Weronika	99		Senior II K - 30	71	00:39:27	01:02:40	01:45:08.45	01:45:45.65	+01:03:03	10:30	5.7
306	KIELASZEWSK Karol	102	LESZ NO LIMITS RUNNERS	Senior II M - 30	66	00:39:29	01:02:42	01:45:11.65	01:45:48.35	+01:03:06	10:31	5.7
307	DEC Aneta	89	ERNI RULEZ	Masters K - 40	32	00:41:30	01:05:01	01:45:27.85	01:46:10.80	+01:03:28	10:32	5.7
308	KUROWSKA Bianka	311		Senior I K - 20	31	00:39:53	01:05:19	01:45:52.95	01:46:25.45	+01:03:43	10:35	5.7
309	DEC Artur	88	ERNI RULEZ	Masters M - 40	44	00:41:30	01:05:02	01:45:51.55	01:46:34.05	+01:03:51	10:35	5.7
310	SUDNICKA Urszula	44	MESONDŹI LAJF STAJL	Senior II K - 30	72	00:41:10	01:05:19	01:46:29.30	01:46:39.60	+01:03:57	10:38	5.6
311	LULA Radosław	155		Masters M - 40	45	00:34:09	00:56:52	01:46:05.00	01:46:45.80	+01:04:03	10:36	5.7
312	WODZIEŃ Dorota	348		Masters K - 40	33	00:38:53	01:02:59	01:46:37.20	01:47:15.85	+01:04:33	10:39	5.6
313	WODZIEŃ Andrzej	419		Masters M - 40	46	00:38:55	01:02:58	01:46:36.50	01:47:15.95	+01:04:33	10:39	5.6
314	ZAPORA Agnieszka	332	W POGONI ZA DUCHEM	Senior II K - 30	73	00:40:24	01:04:53	01:47:17.65	01:47:33.85	+01:04:51	10:43	5.6
315	RAJCAKOWSKA Aneta	171		Senior II K - 30	74	00:40:14	01:03:14	01:48:42.70	01:49:10.25	+01:06:28	10:52	5.5
316	LATANOWICZ Karolina	257	LAQ	Senior II K - 30	75	00:42:13	01:07:31	01:48:33.35	01:49:12.00	+01:06:29	10:51	5.5
317	RAJCAKOWSKA Anna	172		Weteran K - 50	8	00:40:12	01:03:14	01:48:48.70	01:49:15.65	+01:06:33	10:52	5.5
318	RABSCH-SURMACZ Ewa	67		Masters K - 40	34	00:41:33	01:05:50	01:48:59.30	01:49:21.70	+01:06:39	10:53	5.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
319	NIEZGÓDKA Sylwia	268	ZAŁOGA GÓRSKA	Masters K - 40	35	00:42:53	01:05:55	01:49:09.65	01:49:23.10	+01:06:40	10:55	5.5
320	BURCHARDT Julia	339		Senior I K - 20	32	00:39:54	01:05:16	01:49:29.65	01:50:04.60	+01:07:22	10:57	5.5
321	BURCHARDT Mirka	167	PUDZIAN	Weteran II K - 60	5	00:39:56	01:05:16	01:49:30.30	01:50:04.65	+01:07:22	10:57	5.5
322	TABOROWICZ Magdalena	387		Senior II K - 30	76	00:38:33	01:03:24	01:49:59.90	01:50:14.10	+01:07:31	11:00	5.5
323	WIŚNIEWSKA Magdalena	323		Senior II K - 30	77	00:38:30	01:02:41	01:50:23.45	01:50:44.00	+01:08:01	11:02	5.4
324	KISIAŁA Edyta	201		Senior I K - 20	33	00:39:24	01:05:22	01:51:32.85	01:52:15.80	+01:09:33	11:09	5.4
325	KISIAŁA Filip	96	LACHO TEAM	Senior II M - 30	67	00:39:23	01:05:20	01:51:32.95	01:52:16.25	+01:09:34	11:09	5.4
326	OLCZYK Anna	194	PRZEDBÓRZ	Masters K - 40	36	00:40:59	01:06:19	01:52:55.70	01:53:09.75	+01:10:27	11:17	5.3
327	PASTUSZKA Joanna	200	RUNLDZ	Weteran K - 50	9	00:41:00	01:06:22	01:52:57.45	01:53:10.30	+01:10:28	11:17	5.3
328	SMOGORZEWSKA Marta	26	WKURW_TEAM	Senior II K - 30	78	00:42:22	01:07:49	01:53:38.05	01:54:16.05	+01:11:33	11:21	5.3
329	KRYNICKA Anna	173		Masters K - 40	37	00:42:01	01:07:13	01:53:50.20	01:54:17.30	+01:11:35	11:23	5.3
330	STAWSKA Anna	121	WQRW_TEAM	Senior II K - 30	79	00:48:47	00:49:20	01:57:21.60	01:58:02.95	+01:15:20	11:44	5.1
331	DZICZKOWSKA Małgorzata	373	ABY DO METY	Senior II K - 30	80	00:48:37	01:18:12	02:02:46.25	02:03:09.80	+01:20:27	12:16	4.9
332	DZICZKOWSKI Maciej	408	ABY DO METY	Senior I M - 20	38	00:48:37	01:18:15	02:02:45.75	02:03:10.60	+01:20:28	12:16	4.9
333	KLINKE-OSADNIK Aneta	193	ABY DO METY	Masters K - 40	38	00:48:59	01:18:12	02:02:47.50	02:03:11.55	+01:20:29	12:16	4.9
334	ADAMIAK Marta	186		Senior II K - 30	81	00:49:18	01:18:15	02:02:47.85	02:03:13.85	+01:20:31	12:16	4.9
335	KONOPACKI Krzysztof	185	ABY DO METY!	Masters M - 40	47	00:49:07	01:18:14	02:02:48.05	02:03:14.40	+01:20:32	12:16	4.9
336	BOMBA Jarosław	40		Masters M - 40	48	00:44:37	01:15:16	02:05:18.20	02:05:38.85	+01:22:56	12:31	4.8
337	MATKOWSKA Paulina	350		Senior I K - 20	34	00:44:37	01:15:18	02:05:18.95	02:05:38.90	+01:22:56	12:31	4.8
338	ROBAK Aneta	42		Senior II K - 30	82	00:44:36	01:15:16	02:05:19.10	02:05:39.75	+01:22:57	12:31	4.8
339	KUIPERS Mies	324		Weteran II K - 60	6	00:43:36	01:13:34	02:05:14.50	02:05:46.50	+01:23:04	12:31	4.8
339	SCHELVIS Wouter	325		Weteran II M - 60	5	00:43:40	01:13:34	02:05:15.60	02:05:46.50	+01:23:04	12:31	4.8
341	SIECZKOWSKI Artur	15	NATURAL BORN RUNNERS TEAM	Masters M - 40	49	00:49:12	01:18:31	02:06:20.30	02:06:59.05	+01:24:16	12:38	4.7
342	NAĆKIEWICZ Justyna	330		Masters K - 40	39	00:49:49	01:18:27	02:06:19.05	02:06:59.25	+01:24:17	12:37	4.7
343	KRUZEL Rafał	296	BIEGOWE MISIE	Masters M - 40	50	00:45:34	01:11:56	02:06:37.95	02:07:08.40	+01:24:26	12:39	4.7
344	KUCZAKOWSKA Asia	297	BIEGOWE MISIE	Senior II K - 30	83	00:45:34	01:11:56	02:06:39.05	02:07:08.75	+01:24:26	12:39	4.7
345	WALENCIAK Paulina	275		Senior I K - 20	35	00:48:02	01:16:04	02:07:02.55	02:07:41.10	+01:24:58	12:42	4.7
346	ŚCIOCH Marta	256	NIE WERZĘ, ŻE TO ROBIĘ	Weteran K - 50	10	00:47:05	01:16:24	02:07:48.25	02:07:53.45	+01:25:11	12:46	4.7
347	ŚCIOCH Andrzej	255	NIE WERZĘ, ŻE TO ROBIĘ	Weteran I M - 50	14	00:47:06	01:16:24	02:07:50.15	02:07:54.45	+01:25:12	12:47	4.7
348	KRAWCZYK Bożena	254	NIE WERZĘ, ŻE TO ROBIĘ	Weteran II K - 60	7	00:47:08	01:16:22	02:07:56.55	02:08:01.90	+01:25:19	12:47	4.7
349	BĄKOWSKA Maria	279	ZAŁOGA GÓRSKA	Weteran II K - 60	8	00:47:57	01:17:12	02:10:45.95	02:11:27.90	+01:28:45	13:04	4.6
350	WINIARSKI Robert	59		Masters M - 40	51	00:43:03	01:12:42	02:11:21.25	02:12:08.10	+01:29:25	13:08	4.6
351	KWIATKOWSKA Barbara	110		Weteran II K - 60	9	00:44:22	01:13:47	02:13:01.70	02:13:49.30	+01:31:07	13:18	4.5
352	DEMBIEC Lucyna	45	MESONDŹI LAJF STAJL	Senior II K - 30	84	01:08:53	01:38:56	02:31:11.05	02:31:20.85	+01:48:38	15:07	4
353	MADERA Bogdan	134		Weteran I M - 50	15	00:57:59	01:29:59	02:31:37.55	02:32:19.50	+01:49:37	15:09	4
354	SOKOŁOWSKI Kazimierz	109		Weteran II M - 60	6	00:57:39	01:30:28	02:31:58.90	02:32:28.25	+01:49:46	15:11	3.9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
355	SOKOŁOWSKI Maciej	354		Masters M - 40	52	00:57:39	01:30:29	02:31:58.30	02:32:28.90	+01:49:46	15:11	3.9

Znaleziono 355 wynik(ów)