

Wydarzenie: Kudowski Festiwal Biegowy - Sztafeta Górską 2021
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2021-05-09
Miejsce: Kudowa-Zdrój
Dystans: 21 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
1	LAGNER Sebastian	3085	KB SOBÓTKA	M-20	1	00:57:15	01:25:04	01:43:04.40		4:54	12.2 (100%)
2	PASIK Tomasz	3264	RMT TEAM PRO	M-40	1	00:58:32	01:25:13	01:44:03.40	+00:00:59 (0.9%)	4:57	12.1 (99.2%)
3	ROSKOSZ Bartosz	3217	JELCZ TRIATHLON PROJECT	M-30	1	00:59:38	01:30:29	01:48:29.70	+00:05:25 (5.0%)	5:09	11.6 (95.1%)
4	PIĄTEK Mateusz	3075	RMT TEAM	M-30	2	01:02:10	01:32:54	01:52:31.05	+00:09:26 (8.4%)	5:21	11.2 (91.8%)
5	KIEŁBASIEWICZ Dawid	3064	MOYA RACING TEAM	M-20	2	01:06:45	01:36:53	01:57:28.90	+00:14:24 (12.3%)	5:35	10.7 (87.7%)
6	KOWALIK Marcin	3262		M-30	3	01:05:37	01:37:18	01:57:32.00	+00:14:27 (12.3%)	5:35	10.7 (87.7%)
7	PIHIL Piotr	3045		M-40	2	01:05:22	01:37:45	01:58:46.60	+00:15:42 (13.2%)	5:39	10.6 (86.9%)
8	ŁĘŻNIAK Aleksander	3193	MONK SANDALS TEAM	M-30	4	01:06:23	01:38:57	02:00:43.55	+00:17:39 (14.6%)	5:44	10.4 (85.2%)
9	MOCZULSKA Małgorzata	3208		K-40	1	01:06:02	01:39:27	02:00:45.30	+00:17:40 (14.6%)	5:45	10.4 (85.2%)
10	ROSKOSZ Michał	3224	KAC RUNNING TEAM	M-40	3	01:06:35	01:39:54	02:02:04.35	+00:18:59 (15.6%)	5:48	10.3 (84.4%)
11	LEŚNIAK Jakub	3265		M-30	5	01:06:59	01:40:24	02:02:24.00	+00:19:19 (15.8%)	5:49	10.3 (84.4%)
12	KARWACKI Maciej	3172		M-20	3	01:07:08	01:42:10	02:03:13.25	+00:20:08 (16.4%)	5:52	10.2 (83.6%)
13	PAZDAN Piotr	3086	140MINUT.PL	M-30	6	01:15:21	01:45:25	02:04:34.05	+00:21:29 (17.3%)	5:55	10.1 (82.8%)
14	STREICH Tomasz	3147		M-20	4	01:09:12	01:43:41	02:04:37.00	+00:21:32 (17.3%)	5:56	10.1 (82.8%)
15	NIEZGÓDKA Tomasz	3266	ZAŁOGA GÓRSKA	M-50	1	01:09:51	01:43:31	02:05:53.65	+00:22:49 (18.1%)	5:59	10 (82.0%)
16	AWRYCEWICZ Roman	3268		M-60	1	01:10:29	01:42:58	02:06:41.00	+00:23:36 (18.6%)	6:01	9.9 (81.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
17	WALCZAK Maciej	3240	QUAY POZNAŃ/HERCOG RUNNING TEAM	M-40	4	01:09:53	01:45:19	02:07:08.10	+00:24:03 (18.9%)	6:03	9.9 (81.1%)
18	KUBICZEK Andrzej	3227		M-30	7	01:11:12	01:45:39	02:08:54.60	+00:25:50 (20.0%)	6:08	9.8 (80.3%)
19	MŁYNARSKI Mateusz	3186	TRITOGO	M-30	8	01:10:39	01:45:22	02:09:26.10	+00:26:21 (20.4%)	6:09	9.7 (79.5%)
20	ZACHURA Grzegorz	3258		M-30	9	01:10:34	01:44:34	02:09:30.80	+00:26:26 (20.4%)	6:10	9.7 (79.5%)
21	BRZOZOWSKI Jakub	3116		M-30	10	01:12:41	01:47:42	02:10:20.00	+00:27:15 (20.9%)	6:12	9.7 (79.5%)
22	ADAM Piotr	3226		M-40	5	01:10:59	01:48:54	02:11:13.00	+00:28:08 (21.4%)	6:14	9.6 (78.7%)
23	NIKOLIN Andrzej	3188		M-30	11	01:10:45	01:47:08	02:11:16.15	+00:28:11 (21.5%)	6:15	9.6 (78.7%)
24	KOSTKA Aleksander	3141	AZS-AWF KRAKÓW	M-30	12	01:14:16	01:48:22	02:11:36.75	+00:28:32 (21.7%)	6:16	9.6 (78.7%)
25	PIETROSZEK-DOMORADZKA Agata	3181	EX TEAM	K-20	1	01:12:32	01:48:48	02:11:49.15	+00:28:44 (21.8%)	6:16	9.6 (78.7%)
26	WOJCIECHOWSKI Maciej	3179		M-20	5	01:13:55	01:49:00	02:12:10.85	+00:29:06 (22.0%)	6:17	9.5 (77.9%)
27	FILIPEK Wojciech	3041		M-30	13	01:13:49	01:49:45	02:13:12.90	+00:30:08 (22.6%)	6:20	9.5 (77.9%)
28	KOTLAREK Dawid	3148	VEGE RUNNERS	M-40	6	01:14:49	01:51:09	02:14:16.65	+00:31:12 (23.2%)	6:23	9.4 (77.0%)
29	TRZECIAKIEWICZ Mieczysław	3253	INŻYNIERIA BIEGANIA	M-50	2	01:12:17	01:48:53	02:14:23.85	+00:31:19 (23.3%)	6:23	9.4 (77.0%)
30	PISAREWICZ Karol	3236		M-30	14	01:17:07	01:53:18	02:14:37.45	+00:31:33 (23.4%)	6:24	9.4 (77.0%)
31	KARAMON Marcin	3261		M-40	7	01:15:19	01:51:26	02:15:41.85	+00:32:37 (24.0%)	6:27	9.3 (76.2%)
32	GRACZYK Mariusz	3006	ZIELONA GÓRO ZACZNIJ BIEGAĆ	M-40	8	01:17:15	01:51:12	02:16:05.00	+00:33:00 (24.3%)	6:28	9.3 (76.2%)
33	CHAMALA Krzysztof	3135	WEEGREE	M-30	15	01:14:46	01:53:21	02:16:50.45	+00:33:46 (24.7%)	6:30	9.2 (75.4%)
34	KURASIK Tomasz	3049		M-40	9	01:14:23	01:52:40	02:17:00.10	+00:33:55 (24.8%)	6:31	9.2 (75.4%)
35	PACEK Tomasz	3124	PIANIŚCI	M-30	16	01:14:05	01:53:37	02:17:26.45	+00:34:22 (25.0%)	6:32	9.2 (75.4%)
36	MARÍN Alberto	3241		M-30	17	01:15:58	01:53:51	02:18:02.15	+00:34:57 (25.3%)	6:34	9.1 (74.6%)
37	MOCHEGIANI Andrea	3246	BAD ORGANIZER TEAM	M-50	3	01:14:10	01:54:20	02:19:38.95	+00:36:34 (26.2%)	6:38	9 (73.8%)
38	MARZEC Tomasz	3152		M-40	10	01:17:30	01:55:01	02:20:13.90	+00:37:09 (26.5%)	6:40	9 (73.8%)
39	FILIPEK Mateusz	3061	NIEWYCHOWANI FIZYCZNIE	M-20	6	01:16:54	01:54:28	02:20:14.60	+00:37:10 (26.5%)	6:40	9 (73.8%)

						Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						
40	BRUS Marcin	3001		M-40	11	01:17:36	01:56:43	02:20:49.95	+00:37:45 (26.8%)	6:42	8.9 (73.0%)
41	SADOWSKI Marek	3113		M-40	12	01:16:31	01:56:12	02:21:27.10	+00:38:22 (27.1%)	6:44	8.9 (73.0%)
42	WOJDANOWSKI Jan	3221	KB HARCOWNIK JELCZ-LASKOWICE	M-50	4	01:20:16	01:57:10	02:21:35.10	+00:38:30 (27.2%)	6:44	8.9 (73.0%)
43	PIETRZYK Tomasz	3153	140MINUT.PL	M-40	13	01:17:45	01:56:31	02:22:04.20	+00:38:59 (27.4%)	6:45	8.9 (73.0%)
44	MISZTAL Kamil	3248		M-30	18	01:23:55	01:58:35	02:22:05.05	+00:39:00 (27.5%)	6:45	8.9 (73.0%)
45	JĘDRAS Remigiusz	3155		M-40	14	01:16:57	01:54:21	02:22:05.90	+00:39:01 (27.5%)	6:45	8.9 (73.0%)
46	GAWRYSIAK Marek	3182	BIEGOSTACJA	M-40	15	01:17:53	01:55:43	02:23:22.60	+00:40:18 (28.1%)	6:49	8.8 (72.1%)
47	KOWZAN Piotr	3185		M-40	16	01:18:23	01:57:22	02:23:32.50	+00:40:28 (28.2%)	6:50	8.8 (72.1%)
48	OWCZAREK Tomasz	3184	BIEGAJĄCĄ KASTA MIEDZIOWEGO MIASTA	M-40	17	01:18:30	01:57:26	02:23:37.25	+00:40:32 (28.2%)	6:50	8.8 (72.1%)
49	GIERAK Wojciech	3222	JELCZ TRIATLON PROJECT	M-40	18	01:20:20	01:59:29	02:25:08.20	+00:42:03 (29.0%)	6:54	8.7 (71.3%)
50	LUBAŃSKI Mateusz	3143		M-30	19	01:17:38	01:58:32	02:25:38.80	+00:42:34 (29.2%)	6:56	8.7 (71.3%)
51	ZENDWALEWICZ Ewa	3117	JELCZ TRIATHLON PROJECT	K-30	1	01:21:00	02:01:00	02:25:42.85	+00:42:38 (29.3%)	6:56	8.6 (70.5%)
52	IGNASZEWSKI Michał	3259	DRUŻYNA SZPIKU	M-30	20	01:19:37	01:59:03	02:26:58.25	+00:43:53 (29.9%)	6:59	8.6 (70.5%)
53	GRZYWIŃSKI Grzegorz	3030	RUN BYDGOSZCZ	M-40	19	01:19:50	02:00:49	02:27:17.85	+00:44:13 (30.0%)	7:00	8.6 (70.5%)
54	NIMSZ Kamila	3002	KB HARCOWNIK JELCZ-LASKOWICE	K-40	2	01:13:48	02:04:39	02:27:39.35	+00:44:34 (30.2%)	7:01	8.5 (69.7%)
55	KAPROŃ Martyna	3256	KB HARCOWNIK JELCZ-LASKOWICE	K-20	2	01:22:53	02:03:01	02:28:20.50	+00:45:16 (30.5%)	7:03	8.5 (69.7%)
56	POŁEĆ Leszek	3163	WATAHA/SBRT	M-30	21	01:21:02	02:03:09	02:28:49.65	+00:45:45 (30.7%)	7:05	8.5 (69.7%)
57	MŁOTKOWSKI Michał	3159		M-30	22	01:19:57	02:01:23	02:29:18.40	+00:46:14 (31.0%)	7:06	8.4 (68.9%)
58	GANDYRA Rafał	3105		M-30	23	01:22:20	02:02:39	02:29:34.55	+00:46:30 (31.1%)	7:07	8.4 (68.9%)
59	ULIKOWSKA Martyna	3052	ZAŁOGA GÓRSKA	K-30	2	01:22:58	02:03:57	02:29:58.60	+00:46:54 (31.3%)	7:08	8.4 (68.9%)
60	HRYCAJ Marcin	3035	KB ODRA OPOLE	M-40	20	01:19:07	02:02:28	02:30:30.60	+00:47:26 (31.5%)	7:10	8.4 (68.9%)
61	DEMKOWSKI Marcin	3149		M-30	24	01:23:30	02:04:06	02:31:06.20	+00:48:01 (31.8%)	7:11	8.3 (68.0%)
62	ANDRZEJCZAK Anna	3053	NKB CHYŻY NOWY TOMYŚL	K-30	3	01:23:55	02:04:53	02:31:06.25	+00:48:01 (31.8%)	7:11	8.3 (68.0%)

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63	MAZUREK Artur	3168	GMINA LUDZI Z PASJĄ	M-50	5	01:24:04	02:05:51	02:32:27.40	+00:49:23 (32.4%)	7:15	8.3 (68.0%)
64	SABATOWSKI Krzysztof	3232	CARBON SILESIA SPORT	M-40	21	01:22:41	02:03:45	02:32:32.75	+00:49:28 (32.4%)	7:15	8.3 (68.0%)
65	OSTROWSKI Konrad	3202	TRAINING LAB	M-30	25	01:20:56	02:04:03	02:32:49.60	+00:49:45 (32.6%)	7:16	8.2 (67.2%)
66	KURAŚ Szymon	3112	NKB CHYŻY NOWY TOMYŚL	M-40	22	01:09:35	01:43:57	02:33:57.40	+00:50:53 (33.1%)	7:19	8.2 (67.2%)
67	SKOCZEK Sebastian	3111		M-40	23	01:24:49	02:07:22	02:34:06.30	+00:51:01 (33.1%)	7:20	8.2 (67.2%)
68	PILONIS Paweł	3038	BIEGOSTACJA	M-40	24	01:23:36	02:06:21	02:34:37.20	+00:51:32 (33.3%)	7:21	8.1 (66.4%)
69	KOWALSKI Krzysztof	3042	HRMAXCROSSTEAM	M-50	6	01:22:20	02:06:43	02:34:52.30	+00:51:47 (33.4%)	7:22	8.1 (66.4%)
70	ZALIŃSKI Leszek	3154		M-30	26	01:20:52	02:06:26	02:35:01.90	+00:51:57 (33.5%)	7:22	8.1 (66.4%)
71	MAJEWSKA Joanna	3263		K-40	3	01:22:31	02:06:44	02:35:05.50	+00:52:01 (33.5%)	7:23	8.1 (66.4%)
72	BŁASZCZAK Łukasz	3103		M-30	27	01:31:29	02:11:00	02:36:25.50	+00:53:21 (34.1%)	7:26	8.1 (66.4%)
73	ANDRZEJCZAK Łukasz	3055	NKB CHYŻY NOWY TOMYŚL	M-30	28	01:26:10	02:08:35	02:37:07.30	+00:54:02 (34.4%)	7:28	8 (65.6%)
74	SZOFER Adam	3079	NKB CHYŻY NOWY TOMYŚL	M-30	29	01:12:18	01:47:06	02:37:18.60	+00:54:14 (34.5%)	7:29	8 (65.6%)
75	WANKIEWICZ Krzysztof	3092		M-40	25	01:25:33	02:09:40	02:37:39.95	+00:54:35 (34.6%)	7:30	8 (65.6%)
76	KACZOR Marcin	3171	ADJ	M-40	26	01:27:11	02:11:28	02:37:42.55	+00:54:38 (34.6%)	7:30	8 (65.6%)
77	BINIENDA Agnieszka	3257	KOBIETY WATAHY	K-40	4	01:24:28	02:10:57	02:37:47.35	+00:54:42 (34.7%)	7:30	8 (65.6%)
78	KOT Wioleta	3119		K-30	4	01:25:12	02:09:18	02:37:48.70	+00:54:44 (34.7%)	7:30	8 (65.6%)
79	ŁYKO Marcin	3173		M-30	30	01:22:47	02:08:37	02:37:55.50	+00:54:51 (34.7%)	7:31	8 (65.6%)
80	TOKARCZUK Tomasz	3048		M-30	31	01:26:27	02:11:16	02:38:44.85	+00:55:40 (35.1%)	7:33	7.9 (64.8%)
81	PIWOWARSKI Maciej	3106		M-30	32	01:29:39	02:10:53	02:39:38.60	+00:56:34 (35.4%)	7:36	7.9 (64.8%)
82	ZAWORSKI Tomasz	3090		M-30	33	01:28:23	02:12:16	02:39:50.85	+00:56:46 (35.5%)	7:36	7.9 (64.8%)
83	JERMAK Kamil	3104	BOHAR PALETY RUN&TTTRAVEL ZIELONA GÓRA	M-40	27	01:22:13	02:18:01	02:39:50.95	+00:56:46 (35.5%)	7:36	7.9 (64.8%)
84	PODSADNY Bartosz	3239		M-30	34	01:26:44	02:11:03	02:39:59.25	+00:56:54 (35.6%)	7:37	7.9 (64.8%)
85	BIELAWSKI Paweł	3095		M-30	35	01:27:26	02:10:40	02:40:12.65	+00:57:08 (35.7%)	7:37	7.9 (64.8%)

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86	KUJACZYŃSKA Iga	3177	BISTURI	K-30	5	01:27:18	02:11:15	02:40:22.15	+00:57:17 (35.7%)	7:38	7.9 (64.8%)
87	OLIŃSKI Paweł	3057		M-30	36	01:26:17	02:12:19	02:41:07.75	+00:58:03 (36.0%)	7:40	7.8 (63.9%)
88	KUBKOWSKI Mateusz	3142		M-30	37	01:27:06	02:13:48	02:41:08.75	+00:58:04 (36.0%)	7:40	7.8 (63.9%)
89	KRAWCZYK Robert	3169		M-20	7	01:26:49	02:10:58	02:41:30.30	+00:58:25 (36.2%)	7:41	7.8 (63.9%)
90	SZYMAŃSKI Michał	3231	TENIS CENTRUM AS	M-20	8	01:26:49	02:11:46	02:41:31.10	+00:58:26 (36.2%)	7:41	7.8 (63.9%)
91	SZAL Małgorzata	3225	TENIS CENTRUM AS	K-30	6	01:26:54	02:11:50	02:41:36.35	+00:58:31 (36.2%)	7:41	7.8 (63.9%)
92	MAZUR Marek	3167		M-40	28	01:26:44	02:12:00	02:41:42.15	+00:58:37 (36.3%)	7:42	7.8 (63.9%)
93	HUBKA Jerzy	3160	ZABRZAŃSKIE PARKOWE BIEGANIE	M-60	2	01:27:02	02:13:29	02:42:09.15	+00:59:04 (36.4%)	7:43	7.8 (63.9%)
94	MARCINIAK Wojciech	3127		M-40	29	01:29:58	02:13:41	02:42:14.85	+00:59:10 (36.5%)	7:43	7.8 (63.9%)
95	WÓJCIK Karol	3063	NIEWYCHOWANI FIZYCZNIE	M-20	9	01:25:04	02:11:20	02:42:23.10	+00:59:18 (36.5%)	7:43	7.8 (63.9%)
96	GERSZEWSKA Marina	3062	NIEWYCHOWANI FIZYCZNIE	K-20	3	01:25:05	02:11:24	02:42:27.00	+00:59:22 (36.6%)	7:44	7.8 (63.9%)
97	MARCINIAK Magdalena	3128		K-40	5	01:30:22	02:14:02	02:42:36.45	+00:59:32 (36.6%)	7:44	7.7 (63.1%)
98	RADOMSKI Bartosz	3110		M-30	38	01:30:37	02:14:16	02:42:39.30	+00:59:34 (36.6%)	7:44	7.7 (63.1%)
99	WERLE Michał	3213	WARBUD RUNNING TEAM	M-30	39	01:25:22	02:12:20	02:42:41.65	+00:59:37 (36.6%)	7:44	7.7 (63.1%)
100	STROJNY Radosław	3107	KILOMETRY POMOCY	M-20	10	01:30:46	02:14:25	02:42:47.85	+00:59:43 (36.7%)	7:45	7.7 (63.1%)
101	KRZESIMOWSKI Damian	3089		M-30	40	01:30:25	02:12:40	02:42:49.90	+00:59:45 (36.7%)	7:45	7.7 (63.1%)
102	KOZŁOWSKI Szymon	3125		M-40	30	01:28:34	02:14:11	02:43:26.35	+01:00:21 (36.9%)	7:46	7.7 (63.1%)
103	BYLINA Bartosz	3229		M-40	31	01:27:52	02:14:57	02:44:59.30	+01:01:54 (37.5%)	7:51	7.6 (62.3%)
104	ALBERT Damian	3115	FIZJOBIEGACZE SZCZECIN	M-30	41	01:29:48	02:15:16	02:45:16.10	+01:02:11 (37.6%)	7:52	7.6 (62.3%)
105	LEWICKA Magdalena	3088	CAŁA OLEŚNICA BIEGA	K-40	6	01:30:19	02:16:41	02:45:36.35	+01:02:31 (37.8%)	7:53	7.6 (62.3%)
106	SURDACKI Piotr	3068	SPODKRZYŻA	M-40	32	01:34:14	02:18:45	02:46:16.75	+01:03:12 (38.0%)	7:55	7.6 (62.3%)
107	TKACZYK Katarzyna	3194		K-30	7	01:31:09	02:16:16	02:46:23.15	+01:03:18 (38.1%)	7:55	7.6 (62.3%)
108	KOWALSKI Mariusz	3166		M-40	33	01:26:41	02:12:55	02:46:59.40	+01:03:55 (38.3%)	7:57	7.5 (61.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
109	PILONIS Eleonora	3109	BIEGOSTACJA	K-40	7	01:31:04	02:17:57	02:47:15.30	+01:04:10 (38.4%)	7:57	7.5 (61.5%)
110	HACUŚ Jacek	3156		M-30	42	01:30:36	02:15:42	02:47:37.10	+01:04:32 (38.5%)	7:58	7.5 (61.5%)
111	ŚWIATOWIEC Anna	3211		K-50	1	01:32:36	02:18:58	02:47:41.00	+01:04:36 (38.5%)	7:59	7.5 (61.5%)
112	BACHURSKI Tomasz	3020		M-40	34	01:30:21	02:16:27	02:48:13.40	+01:05:09 (38.7%)	8:00	7.5 (61.5%)
113	STELMACH Mariusz	3069		M-30	43	01:30:49	02:18:58	02:48:21.90	+01:05:17 (38.8%)	8:01	7.5 (61.5%)
114	KICIŃSKI Patryk	3134		M-20	11	01:30:45	02:20:15	02:48:23.55	+01:05:19 (38.8%)	8:01	7.5 (61.5%)
115	STELMACH Arkadiusz	3099		M-20	12	01:30:56	02:19:05	02:48:29.00	+01:05:24 (38.8%)	8:01	7.5 (61.5%)
116	PLAZA Artur	3267	PLAZA TEAM	M-40	35	01:30:03	02:17:58	02:48:40.45	+01:05:36 (38.9%)	8:01	7.5 (61.5%)
117	ROLIŃSKI Radosław	3091		M-40	36	01:32:45	02:15:32	02:49:22.00	+01:06:17 (39.1%)	8:03	7.4 (60.7%)
118	WIERCIAK Piotr	3123	PIANIŚCI	M-30	44	01:32:09	02:19:08	02:49:40.15	+01:06:35 (39.3%)	8:04	7.4 (60.7%)
119	BOHAREWICZ Paweł	3158	BOHAR PALETY RUN&TRAVEL ZIELONA GÓRA	M-40	37	01:24:34	02:20:42	02:50:10.65	+01:07:06 (39.4%)	8:06	7.4 (60.7%)
120	BERG Elwira	3082		K-30	8	01:32:40	02:19:53	02:50:51.45	+01:07:47 (39.7%)	8:08	7.4 (60.7%)
121	MRÓWKA Michał	3223		M-30	45	01:35:01	02:21:03	02:51:08.35	+01:08:03 (39.8%)	8:08	7.4 (60.7%)
122	MRÓWKA Małgorzata	3220		K-30	9	01:35:07	02:21:06	02:51:13.20	+01:08:08 (39.8%)	8:09	7.4 (60.7%)
123	ZIÓŁEK Mirosław	3233	STAY INSANE/ BANDA GRUDNIA	M-50	7	01:32:45	02:20:26	02:51:31.55	+01:08:27 (39.9%)	8:10	7.3 (59.8%)
124	SZULC Rafał	3027	PREGRES	M-30	46	01:32:17	02:20:59	02:51:38.90	+01:08:34 (40.0%)	8:10	7.3 (59.8%)
125	MIKŁUSZKA Dorota	3235		K-40	8	01:35:05	02:21:14	02:51:47.40	+01:08:43 (40.0%)	8:10	7.3 (59.8%)
126	KLABIK Maciej	3133	EL RAPIDO	M-40	38	01:33:54	02:22:59	02:52:07.25	+01:09:02 (40.1%)	8:11	7.3 (59.8%)
127	CZECHOLIŃSKI Piotr	3131	LESZNO LIMITS RUNNERS	M-50	8	01:33:57	02:23:04	02:52:09.35	+01:09:04 (40.1%)	8:11	7.3 (59.8%)
128	JOPEK Wojciech	3243		M-30	47	01:35:40	02:22:43	02:53:02.80	+01:09:58 (40.4%)	8:14	7.3 (59.8%)
129	MAŚLANY Mariusz	3174	ELEKTROMETAL ENERGETYKA SA	M-40	39	01:35:54	02:25:34	02:53:56.45	+01:10:52 (40.7%)	8:16	7.2 (59.0%)
130	KSIĘZKA Joanna	3145	STRZEGOMSKA DWUNASTKA	K-30	10	01:35:48	02:24:18	02:53:58.85	+01:10:54 (40.8%)	8:17	7.2 (59.0%)
131	PODULKA Grzegorz	3122		M-40	40	01:32:17	02:23:02	02:54:01.05	+01:10:56 (40.8%)	8:17	7.2 (59.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
132	PŁOK Krzysztof	3206	TEAMPŁOK	M-50	9	01:33:46	02:23:56	02:54:23.65	+01:11:19 (40.9%)	8:18	7.2 (59.0%)
133	MAZUR Wiktor	3144		M-30	48	01:32:44	02:22:07	02:54:56.95	+01:11:52 (41.1%)	8:19	7.2 (59.0%)
134	BRZOZOWSKA Marlena	3210		K-40	9	01:35:34	02:25:12	02:55:26.05	+01:12:21 (41.2%)	8:21	7.2 (59.0%)
135	BRZOZOWSKI Marcin	3093		M-40	41	01:35:40	02:25:24	02:55:37.25	+01:12:32 (41.3%)	8:21	7.2 (59.0%)
136	TOPOLEWSKI Filip	3230		M-40	42	01:35:01	02:25:47	02:55:42.55	+01:12:38 (41.3%)	8:22	7.2 (59.0%)
137	MASZTALSKA Joanna	3059		K-20	4	01:36:56	02:24:11	02:56:05.70	+01:13:01 (41.5%)	8:23	7.2 (59.0%)
138	DOLECKA Ela	3071	NKB CHYŻY NOWY TOMYŚL	K-40	10	01:34:51	02:24:44	02:56:30.10	+01:13:25 (41.6%)	8:24	7.1 (58.2%)
139	TOMKIEWICZ Przemysław	3175		M-40	43	01:36:01	02:25:41	02:56:46.65	+01:13:42 (41.7%)	8:25	7.1 (58.2%)
140	OLENDER Tomasz	3151		M-50	10	01:37:31	02:24:17	02:56:53.55	+01:13:49 (41.7%)	8:25	7.1 (58.2%)
141	DZIERGWA Agnieszka	3216	PRZEDWOJEWSKI TEAM	K-30	11	01:37:54	02:28:16	02:58:19.40	+01:15:15 (42.2%)	8:29	7.1 (58.2%)
142	SPYRA Adam	3060	NIEWYCHOWANI FIZYCZNIE	M-20	13	01:33:24	02:26:30	02:58:19.60	+01:15:15 (42.2%)	8:29	7.1 (58.2%)
143	KOENIG Krzysztof	3087	PROFIAUTO	M-30	49	01:35:27	02:25:42	02:59:10.50	+01:16:06 (42.5%)	8:31	7 (57.4%)
144	RÓŻAŃSKA Magdalena	3051		K-40	11	01:38:32	02:28:12	02:59:20.50	+01:16:16 (42.5%)	8:32	7 (57.4%)
145	RACZKOWSKI Rafał	3067		M-40	44	01:38:42	02:26:57	02:59:21.05	+01:16:16 (42.5%)	8:32	7 (57.4%)
146	KOZAK Bartosz	3072	KOZAKI	M-40	45	01:35:38	02:29:36	03:00:16.95	+01:17:12 (42.8%)	8:35	7 (57.4%)
147	WESOŁOWSKI Maciej	3245		M-50	11	01:36:03	02:28:53	03:00:40.30	+01:17:35 (42.9%)	8:36	7 (57.4%)
148	WESOŁOWSKA Urszula	3244		K-50	2	01:36:07	02:28:59	03:00:44.95	+01:17:40 (43.0%)	8:36	7 (57.4%)
149	ZAJĄCZKOWSKI Damian	3252		M-40	46	01:37:04	02:28:03	03:02:05.35	+01:19:00 (43.4%)	8:40	6.9 (56.6%)
150	JURASZ Aleksandra	3029		K-30	12	01:33:01	02:27:29	03:03:33.00	+01:20:28 (43.8%)	8:44	6.9 (56.6%)
151	WOJCIECHOWSKI Paweł	3114	FIZJOBIEGACZE SZCZECIN	M-30	50	01:31:40	02:28:03	03:04:43.55	+01:21:39 (44.2%)	8:47	6.8 (55.7%)
152	KRÓLIKOWSKA Agnieszka	3183		K-30	13	01:41:43	02:30:48	03:04:45.00	+01:21:40 (44.2%)	8:47	6.8 (55.7%)
153	GRZESIAK Rafał	3026	EMERYT	M-40	47	01:39:19	02:31:16	03:04:55.00	+01:21:50 (44.3%)	8:48	6.8 (55.7%)
154	TARASZKIEWICZ Krzysztof	3023	DZIK DGL	M-40	48	01:39:25	02:31:19	03:04:58.45	+01:21:54 (44.3%)	8:48	6.8 (55.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
155	FRĄTCZAK Ireneusz	3025	KWIELICE	M-40	49	01:39:32	02:31:59	03:05:04.65	+01:22:00 (44.3%)	8:48	6.8 (55.7%)
156	DOBRZYŃSKI Marek	3247	BAD ORGANIZER TEAM	M-40	50	01:42:43	02:33:11	03:06:16.70	+01:23:12 (44.7%)	8:52	6.8 (55.7%)
157	ŚLADCZYK Dominik	3164	MKST	M-30	51	01:31:32	02:27:55	03:07:06.15	+01:24:01 (44.9%)	8:54	6.7 (54.9%)
158	BŁASZKIEWICZ Klaudia	3215		K-20	5	01:41:08	02:34:23	03:07:23.95	+01:24:19 (45.0%)	8:55	6.7 (54.9%)
159	CZECH Dorota	3118		K-40	12	01:43:11	02:35:05	03:09:02.30	+01:25:57 (45.5%)	9:00	6.7 (54.9%)
160	KOŁACZEK Sylwia	3050		K-40	13	01:40:36	02:35:24	03:09:05.30	+01:26:00 (45.5%)	9:00	6.7 (54.9%)
161	WĘGIER Agnieszka	3005	ZIELONA GÓRO ZACZNIJ BIEGAĆ	K-40	14	01:41:18	02:36:28	03:09:08.75	+01:26:04 (45.5%)	9:00	6.7 (54.9%)
162	MAZURKIEWICZ Anna	3195	ZGÓRMYSYNY	K-30	14	01:41:48	02:35:10	03:09:18.25	+01:26:13 (45.6%)	9:00	6.7 (54.9%)
163	HAIDA Marcin	3165		M-40	51	01:38:09	02:33:09	03:09:52.70	+01:26:48 (45.7%)	9:02	6.6 (54.1%)
164	PRZYBYLAK Dariusz	3096	PRZYBYLAK TEAM	M-40	52	01:40:06	02:34:41	03:10:21.15	+01:27:16 (45.9%)	9:03	6.6 (54.1%)
165	GLAZER Marcin	3238	PKO BANK POLSKI	M-30	52	01:42:12	02:35:47	03:11:51.60	+01:28:47 (46.3%)	9:08	6.6 (54.1%)
166	FRYSIAK Barbara	3047	WIELUŃ TRAIL	K-50	3	01:42:03	02:37:57	03:12:04.65	+01:29:00 (46.3%)	9:08	6.6 (54.1%)
167	NIEDZIELA Krzysztof	3196	GOSTYŃ	M-40	53	01:42:00	02:37:24	03:12:06.90	+01:29:02 (46.3%)	9:08	6.6 (54.1%)
168	NIEDZIELA Danuta	3197	GOSTYŃ	K-40	15	01:42:06	02:37:30	03:12:12.55	+01:29:08 (46.4%)	9:09	6.6 (54.1%)
169	LE FELIC Monika	3098		K-40	16	01:42:08	02:37:29	03:13:02.20	+01:29:57 (46.6%)	9:11	6.5 (53.3%)
170	KOZŁOWSKA Agnieszka	3126		K-30	15	01:42:09	02:38:45	03:13:03.60	+01:29:59 (46.6%)	9:11	6.5 (53.3%)
171	SIEMIERNIK Dariusz	3018	WFOCR_TEAM KOSTRZYN NAD ODRĄ	M-40	54	01:40:58	02:36:53	03:13:04.05	+01:29:59 (46.6%)	9:11	6.5 (53.3%)
172	STAMM Tomasz	3031		M-40	55	01:38:13	02:36:45	03:13:26.95	+01:30:22 (46.7%)	9:12	6.5 (53.3%)
173	STASZEWSKI Dariusz	3150		M-30	53	01:44:18	02:38:11	03:14:04.35	+01:30:59 (46.9%)	9:14	6.5 (53.3%)
174	MIELNIK Natalia	3044		K-30	16	01:43:45	02:37:19	03:14:48.80	+01:31:44 (47.1%)	9:16	6.5 (53.3%)
175	CZERWIŃSKI Jarosław	3037		M-60	3	01:46:21	02:42:18	03:14:52.65	+01:31:48 (47.1%)	9:16	6.5 (53.3%)
176	CZERWIŃSKA Arleta	3040		K-60	1	01:46:23	02:42:21	03:14:54.55	+01:31:50 (47.1%)	9:16	6.5 (53.3%)
177	HYLIŃSKA Hanna	3234	KOMU CZEMU	K-30	17	01:42:41	02:38:04	03:15:04.90	+01:32:00 (47.2%)	9:17	6.5 (53.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
178	PALUSZKIEWICZ Karolina	3016	MAĆKOWIAK TEAM	K-40	17	01:47:29	02:40:43	03:16:01.15	+01:32:56 (47.4%)	9:20	6.4 (52.5%)
179	GONERA Kazimierz	3014	KB HARCOWNIK JELCZ-LASKOWICE	M-60	4	01:43:06	02:39:00	03:16:03.75	+01:32:59 (47.4%)	9:20	6.4 (52.5%)
180	MAĆKOWIAK Michał	3200	MAĆKOWIAK TEAM	M-40	56	01:47:39	02:40:53	03:16:10.35	+01:33:05 (47.5%)	9:20	6.4 (52.5%)
181	WIŚNIEWSKA Ewa	3255		K-50	4	01:41:58	02:42:33	03:17:09.05	+01:34:04 (47.7%)	9:23	6.4 (52.5%)
182	SZYMAŃSKI Paweł	3136		M-40	57	01:45:17	02:41:09	03:17:36.30	+01:34:31 (47.8%)	9:24	6.4 (52.5%)
183	BUDZIAK Michał	3254		M-30	54	01:42:00	02:40:34	03:17:48.35	+01:34:43 (47.9%)	9:25	6.4 (52.5%)
184	MODZELEWSKA Anna	3251		K-20	6	01:42:06	02:40:40	03:17:54.10	+01:34:49 (47.9%)	9:25	6.4 (52.5%)
185	ŁOBODZIEC Monika	3214		K-40	18	01:45:39	02:45:06	03:18:54.50	+01:35:50 (48.2%)	9:28	6.3 (51.6%)
186	PAWLUK Anna	3212		K-30	18	01:45:44	02:44:58	03:19:00.45	+01:35:56 (48.2%)	9:28	6.3 (51.6%)
187	UCHEREK Kazimierz	3058		M-50	12	01:38:32	02:33:11	03:19:17.85	+01:36:13 (48.3%)	9:29	6.3 (51.6%)
188	KWIATKOWSKA Marta	3083		K-40	19	01:45:17	02:43:52	03:21:11.85	+01:38:07 (48.8%)	9:34	6.3 (51.6%)
189	BRZEZIŃSKI Andrzej	3032		M-60	5	01:46:10	02:44:08	03:21:58.90	+01:38:54 (49.0%)	9:37	6.2 (50.8%)
190	HUBKA Kazimiera	3161		K-60	2	01:48:21	02:47:18	03:23:23.55	+01:40:19 (49.3%)	9:41	6.2 (50.8%)
191	MUSIELAK Marek	3242		M-30	55	01:55:22	02:49:56	03:23:44.95	+01:40:40 (49.4%)	9:42	6.2 (50.8%)
192	KLIMIUK Małgosia	3120		K-40	20	01:55:28	02:50:01	03:23:48.60	+01:40:44 (49.4%)	9:42	6.2 (50.8%)
193	SKORNIAK Katarzyna	3218	WOLNE ŚLIMAKI	K-30	19	01:48:52	02:46:49	03:24:19.50	+01:41:15 (49.6%)	9:43	6.2 (50.8%)
194	OKRASA Tomasz	3162		M-30	56	01:51:00	02:50:05	03:24:43.80	+01:41:39 (49.7%)	9:44	6.2 (50.8%)
195	KOWALEWSKI Dariusz	3170		M-50	13	01:50:56	02:50:00	03:25:06.85	+01:42:02 (49.7%)	9:46	6.1 (50.0%)
196	SKÓRA Marcin	3209	EMES I PARTRNERZY	M-50	14	01:54:28	02:52:24	03:25:47.95	+01:42:43 (49.9%)	9:47	6.1 (50.0%)
197	LUBAŃSKA Alicja	3004		K-50	5	01:51:28	02:50:40	03:27:02.15	+01:43:57 (50.2%)	9:51	6.1 (50.0%)
198	KOZAK Ewa	3073	KOZAKI	K-40	21	01:55:41	02:54:18	03:27:06.40	+01:44:02 (50.2%)	9:51	6.1 (50.0%)
199	LACH Agnieszka	3219		K-40	22	01:51:30	02:51:13	03:27:50.85	+01:44:46 (50.4%)	9:53	6.1 (50.0%)
200	MELWIŃSKA Paulina	3017	RUN BYDGOSZCZ	K-40	23	01:55:49	02:55:56	03:30:06.15	+01:47:01 (50.9%)	10:00	6 (49.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
201	KAWAŁKO Ryszard	3250	WOLNY RYŚ 8*	M-50	15	01:46:51	02:50:36	03:30:09.40	+01:47:05 (51.0%)	10:00	6 (49.2%)
202	DZIEŻA Roma	3013	RUN BYDGOSZCZ	K-50	6	01:55:55	02:56:04	03:30:14.50	+01:47:10 (51.0%)	10:00	6 (49.2%)
203	PIĘTKA Piotr	3176		M-40	58	01:52:28	02:51:48	03:30:31.10	+01:47:26 (51.0%)	10:01	6 (49.2%)
204	GÓRSKI Krzysztof	3178	MK-NET	M-40	59	01:52:33	02:51:55	03:30:34.95	+01:47:30 (51.1%)	10:01	6 (49.2%)
205	MROZIŃSKI Albert	3204		M-40	60	01:57:01	02:59:48	03:31:46.70	+01:48:42 (51.3%)	10:05	5.9 (48.4%)
206	KAMIŃSKA Andżelika	3081		K-40	24	01:48:35	02:50:21	03:32:04.00	+01:48:59 (51.4%)	10:05	5.9 (48.4%)
207	PELCZER Agnieszka	3036	KB HARCOWNIK JELCZ-LASKOWICE	K-40	25	01:51:04	02:54:43	03:32:20.60	+01:49:16 (51.5%)	10:06	5.9 (48.4%)
208	KLAJA Agnieszka	3066		K-30	20	01:58:58	03:00:07	03:39:29.95	+01:56:25 (53.0%)	10:27	5.7 (46.7%)
209	MROZIŃSKA Renata	3203		K-40	26	01:57:00	02:59:48	03:40:12.35	+01:57:07 (53.2%)	10:29	5.7 (46.7%)
210	KONIECZNY Piotr	3046	NKB CHYŻY NOWY TOMYŚL	M-40	61	02:00:00	03:05:57	03:41:57.75	+01:58:53 (53.6%)	10:34	5.7 (46.7%)
211	KOŃ Aleksandra	3012	LZS LIPA	K-40	27	02:01:27	02:59:08	03:42:09.80	+01:59:05 (53.6%)	10:34	5.7 (46.7%)
212	KACZMAREK Monika	3024	NKB CHYŻY NOWY TOMYŚL	K-40	28	02:00:43	03:06:11	03:42:21.85	+01:59:17 (53.6%)	10:35	5.7 (46.7%)
213	PODULKA Małgorzata	3121		K-30	21	01:57:44	03:06:58	03:42:47.20	+01:59:42 (53.7%)	10:36	5.7 (46.7%)
214	MODRZYŃSKI Przemysław	3097	NGT PROBAR	M-50	16	02:03:14	03:06:20	03:43:52.85	+02:00:48 (54.0%)	10:39	5.6 (45.9%)
215	GÓRNA Aldona	3077	ŻÓŁWICE W BIEGU	K-40	29	02:01:26	03:08:01	03:44:11.55	+02:01:07 (54.0%)	10:40	5.6 (45.9%)
216	LANGE Hanna	3076	ŻÓŁWICE W BIEGU	K-40	30	02:01:34	03:08:10	03:44:19.45	+02:01:15 (54.1%)	10:40	5.6 (45.9%)
217	POTOCKI Adam	3137		M-40	62	01:49:53	02:59:01	03:44:34.05	+02:01:29 (54.1%)	10:41	5.6 (45.9%)
218	POTOCKA Wioletta	3138		K-40	31	01:49:38	02:58:53	03:44:39.55	+02:01:35 (54.1%)	10:41	5.6 (45.9%)
219	PERKA Barbara	3022		K-40	32	02:01:37	03:05:27	03:45:25.10	+02:02:20 (54.3%)	10:44	5.6 (45.9%)
220	ZGÓRSKI Maciej	3015	WKURW_TEAM / PIEKŁO	M-40	63	02:01:34	03:08:33	03:45:48.25	+02:02:43 (54.4%)	10:45	5.6 (45.9%)
221	KARDAS Marzena	3140		K-40	33	01:59:00	03:06:21	03:47:39.65	+02:04:35 (54.7%)	10:50	5.5 (45.1%)
222	KINDELA Michał	3139		M-30	57	01:59:01	03:06:25	03:47:43.50	+02:04:39 (54.7%)	10:50	5.5 (45.1%)
223	SZCZEPKOWSKI Paweł	3205	ARTEQUIPMENT	M-60	6	01:56:46	03:04:42	03:48:37.50	+02:05:33 (54.9%)	10:53	5.5 (45.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
224	KINDRA Marek	3198	FC KACZOR LUBIN	M-40	64	02:07:33	03:15:38	03:52:17.40	+02:09:13 (55.6%)	11:03	5.4 (44.3%)
225	DOBROWOLSKA Małgorzata	3192	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	K-40	34	02:07:41	03:15:44	03:52:22.40	+02:09:18 (55.6%)	11:03	5.4 (44.3%)
226	DĄBEK Emilia	3070	ZIELONA GÓRO ZACZNIJ BIEGAĆ	K-30	22	02:01:47	03:09:48	03:52:51.15	+02:09:46 (55.7%)	11:05	5.4 (44.3%)
227	MIŚKIEWICZ Wojciech	3237	PUSSY DESTROYERS 69	M-30	58	02:08:19	03:12:09	03:53:07.65	+02:10:03 (55.8%)	11:06	5.4 (44.3%)
228	FORMELA Justyna	3249		K-40	35	02:08:19	03:12:12	03:53:10.70	+02:10:06 (55.8%)	11:06	5.4 (44.3%)
229	NATKANIEC Grazyna	3102	EKIPA LIPA	K-50	7	02:12:07	03:17:37	03:58:41.45	+02:15:37 (56.8%)	11:21	5.3 (43.4%)
230	FIJAŁKOWSKA Karolina	3201		K-30	23	02:09:42	03:16:46	04:00:06.10	+02:17:01 (57.1%)	11:26	5.2 (42.6%)
231	ADAMSKI Bartłomiej	3207		M-40	65	02:07:48	03:20:21	04:01:13.85	+02:18:09 (57.3%)	11:29	5.2 (42.6%)
232	DOBROWOLSKA Karolina	3146	BIEGAM PO PROSTU BIEGAM	K-30	24	02:08:04	03:24:48	04:20:34.25	+02:37:29 (60.4%)	12:24	4.8 (39.3%)
233	SYGUŁA Monika	3199		K-40	36	02:08:12	03:24:57	04:20:44.40	+02:37:40 (60.5%)	12:24	4.8 (39.3%)
234	DOBROWOLSKI Robert	3100	SPORTOWI EMERYCI JELENIA GÓRA	M-60	7	02:15:41	03:36:53	04:27:16.65	+02:44:12 (61.4%)	12:43	4.7 (38.5%)
235	DOBROWOLSKA Bożena	3101	SPORTOWI EMERYCI JELENIA GÓRA	K-60	3	02:15:48	03:36:56	04:27:21.05	+02:44:16 (61.4%)	12:43	4.7 (38.5%)
236	TWARDOWSKI Wojciech	3021	RUN BYDGOSZCZ	M-50	17	02:20:49	03:50:08	04:46:10.00	+03:03:05 (64.0%)	13:37	4.4 (36.1%)

Znaleziono 236 wynik(ów)