RZEŹNIK NA RATY - GENERALNA

Organizator: Fundacja Bieg Rzeźnika
Data: 2016-05-25
Miejsce: Cisna
Dystans: 78 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Dzień 1	Dzień 2	Dzień 3	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
1	**KAMIŃSKI Artur**	**2109**	GMINA SADKOWICE	M30	1	02:45:24.50	02:25:25.65	01:44:27.00	**06:55:17.15**	**06:55:21.15**		5:27	11 (100%)
2	**POLAŃSKI Tomasz**	**2091**	B4SPORT	M40	1	02:57:08.95	02:32:42.60	01:46:02.85	**07:15:54.40**	**07:15:59.75**	+00:20:37 (4.7%)	5:44	10.5 (95.5%)
3	**GAPSKI Mateusz**	**2125**		M20	1	02:56:14.65	02:34:42.80	01:59:17.25	**07:30:14.70**	**07:30:18.00**	+00:34:57 (7.8%)	5:55	10.1 (91.8%)
4	**KUJAWSKI Bartek**	**2059**	GRUPETTO GORLICE	M20	2	03:07:42.05	02:41:24.80	01:54:53.70	**07:44:00.55**	**07:44:06.70**	+00:48:43 (10.5%)	6:06	9.8 (89.1%)
5	**PRĘDKI Mirosław**	**2131**		M30	2	03:08:15.00	02:45:05.05	01:53:08.70	**07:46:28.75**	**07:46:34.65**	+00:51:11 (11.0%)	6:08	9.8 (89.1%)
6	**BAKALARZ Emil**	**2068**		M20	3	03:05:18.90	02:52:53.55	01:50:02.55	**07:48:15.00**	**07:48:19.55**	+00:52:57 (11.3%)	6:09	9.7 (88.2%)
7	**KNOPEK Robert**	**2144**		M30	3	03:22:27.85	02:55:57.45	01:54:59.40	**08:13:24.70**	**08:13:31.90**	+01:18:07 (15.8%)	6:29	9.2 (83.6%)
8	**MORAWSKI Filip**	**2027**	FILIP MORAWSKI	M40	2	03:10:30.00	03:08:41.05	02:00:53.85	**08:20:04.90**	**08:20:11.20**	+01:24:47 (17.0%)	6:34	9.1 (82.7%)
8	**MORAWSKI Filip**	**2027**	FILIP MORAWSKI	M40	3	03:10:30.00	03:08:41.05	02:00:53.85	**08:20:04.90**	**08:20:11.20**	+01:24:47 (17.0%)	6:34	9.1 (82.7%)
10	**FIJAŁKOWSKI Radosław**	**2142**	CROSSFIT GCW	M30	4	03:23:33.20	02:59:45.50	02:06:25.00	**08:29:43.70**	**08:30:45.35**	+01:34:26 (18.5%)	6:42	8.9 (80.9%)
11	**WARSKI Patryk**	**2060**		M30	5	03:20:57.80	03:03:25.40	02:07:50.20	**08:32:13.40**	**08:32:20.15**	+01:36:56 (18.9%)	6:44	8.9 (80.9%)
12	**WAŁCZYK Krzysztof**	**2083**		M30	6	03:40:18.65	02:55:21.50	02:01:16.80	**08:36:56.95**	**08:38:04.05**	+01:41:39 (19.7%)	6:48	8.8 (80.0%)
13	**DUCKI Piotr**	**2170**	OTK RZEŹNIK	M30	7	03:28:20.90	03:01:49.70	02:09:40.35	**08:39:50.95**	**08:40:54.20**	+01:44:33 (20.1%)	6:50	8.8 (80.0%)
14	**FOGIEL-PAWŁOWSKA Agnieszka**	**2168**	LOS BIEGANEROS	K30	1	03:38:37.45	03:04:37.40	02:12:38.50	**08:55:53.35**	**08:56:57.35**	+02:00:36 (22.5%)	7:03	8.5 (77.3%)
15	**PAWLIŃSKI Adam**	**2132**	PRO-RUN WROCŁAW	M30	8	03:40:59.65	03:07:46.15	02:12:07.75	**09:00:53.55**	**09:02:02.90**	+02:05:36 (23.2%)	7:07	8.4 (76.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Dzień 1	Dzień 2	Dzień 3	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
16	**SALIK Stanislaw**	**2151**		M40	4	03:43:41.35	03:05:45.50	02:13:06.80	**09:02:33.65**	**09:03:42.90**	+02:07:16 (23.5%)	7:08	8.4 (76.4%)
17	**GOLBA Łukasz**	**2063**	ZABIEGANI MIELEC	M30	9	03:38:55.15	03:15:22.30	02:15:16.35	**09:09:33.80**	**09:10:41.10**	+02:14:16 (24.4%)	7:13	8.3 (75.5%)
18	**MAZIARZ Damian**	**2047**	BIEGAJĄCY ŚWIDNIK	M30	10	03:50:57.05	03:12:24.75	02:10:57.05	**09:14:18.85**	**09:16:14.60**	+02:19:01 (25.1%)	7:17	8.2 (74.5%)
19	**SUROWIEC Grzegorz**	**2120**	BESTA SP. Z O.O.	M30	11	04:07:49.20	03:10:39.85	01:56:46.25	**09:15:15.30**	**09:18:07.50**	+02:19:58 (25.2%)	7:18	8.2 (74.5%)
20	**ROWIŃSKI Michał**	**2043**	LUBAWA KOCHA BIEGAĆ	M30	12	03:31:24.00	03:35:26.35	02:11:48.05	**09:18:38.40**	**09:19:44.65**	+02:23:21 (25.7%)	7:21	8.2 (74.5%)
21	**KRUSZEWSKA-SENK Agnieszka**	**2062**	OBOZYBIEGOWE.PL	K30	2	03:44:02.00	03:22:49.75	02:18:00.85	**09:24:52.60**	**09:26:00.95**	+02:29:35 (26.5%)	7:25	8.1 (73.6%)
22	**CISKI Piotr**	**2128**		M40	5	03:43:13.65	03:21:50.45	02:20:44.95	**09:25:49.05**	**09:26:58.05**	+02:30:31 (26.6%)	7:26	8.1 (73.6%)
23	**POTĘGA Izabela**	**2046**	DELPHI RUNNING TEAM	K30	3	03:42:10.95	03:27:48.25	02:17:43.55	**09:27:42.75**	**09:28:51.10**	+02:32:25 (26.8%)	7:28	8 (72.7%)
24	**PIETRASZEWSKI Witold**	**2126**	NETBOX BIEGA	M30	13	03:44:41.25	03:25:45.85	02:19:13.10	**09:29:40.20**	**09:31:41.70**	+02:34:23 (27.1%)	7:29	8 (72.7%)
25	**CZELNY Tomasz**	**2031**	SMASHING PĄPKINS	M30	14	03:45:58.20	03:28:09.20	02:18:39.55	**09:32:46.95**	**09:32:57.65**	+02:37:29 (27.5%)	7:32	8 (72.7%)
26	**MOĆKO Jacek**	**2012**		M20	4	03:48:09.85	03:29:37.05	02:15:41.35	**09:33:28.25**	**09:35:24.75**	+02:38:11 (27.6%)	7:32	8 (72.7%)
27	**ZAWAL Przemysław**	**2020**	REMBERTÓW TEAM	M30	15	03:46:37.95	03:27:38.75	02:22:40.35	**09:36:57.05**	**09:38:54.60**	+02:41:39 (28.0%)	7:35	7.9 (71.8%)
28	**WAHL Daniel**	**2071**	T.S. AKS CHORZÓW	M30	16	04:18:50.00	03:16:56.55	02:02:08.85	**09:37:55.40**	**09:41:46.60**	+02:42:38 (28.1%)	7:36	7.9 (71.8%)
29	**TERESZKIEWICZ Joanna**	**2028**	PKO BP	K20	1	04:08:10.80	03:15:22.50	02:19:18.30	**09:42:51.60**	**09:43:54.80**	+02:47:34 (28.8%)	7:40	7.8 (70.9%)
30	**KWIECIEŃ Sebastian**	**2048**	ZAPIERDALACZE	M30	17	04:14:08.25	03:15:41.55	02:13:56.45	**09:43:46.25**	**11:59:26.80**	+02:48:29 (28.9%)	7:40	7.8 (70.9%)
31	**JUSZCZAK Zbigniew**	**2092**	NIEZRZESZONY	M50	1	03:54:06.10	03:29:05.95	02:20:35.40	**09:43:47.45**	**09:45:46.80**	+02:48:30 (28.9%)	7:40	7.8 (70.9%)
32	**BURANDT Magdalena**	**2019**	123 TRI DRUŻYNA WILKA	K30	4	03:52:15.45	03:29:20.05	02:22:40.75	**09:44:16.25**	**09:46:10.35**	+02:48:59 (28.9%)	7:41	7.8 (70.9%)
33	**MISIEK Marek**	**2014**	POCZTOWA GRUPA BIEGOWA SPORTOWA PACZKA	M50	2	04:39:03.55	03:06:21.85	02:04:26.10	**09:49:51.50**	**09:54:40.25**	+02:54:34 (29.6%)	7:45	7.7 (70.0%)
34	**LUBAŃSKI Robert**	**2156**		M50	3	04:36:33.35	03:06:18.25	02:13:25.75	**09:56:17.35**	**10:01:11.55**	+03:01:00 (30.4%)	7:50	7.6 (69.1%)
35	**ŻULEWSKI Radosław**	**2101**		M20	5	03:55:41.10	03:26:52.35	02:35:49.15	**09:58:22.60**	**10:00:31.75**	+03:03:05 (30.6%)	7:52	7.6 (69.1%)
36	**BRYLONEK Grzegorz**	**2080**	RADIO WROCŁAW	M40	6	04:39:03.60	03:12:43.10	02:07:41.50	**09:59:28.20**	**10:04:19.80**	+03:04:11 (30.7%)	7:53	7.6 (69.1%)
37	**BAR Tomasz**	**2064**		M30	18	04:21:40.05	03:23:37.95	02:15:27.45	**10:00:45.45**	**10:04:36.35**	+03:05:28 (30.9%)	7:54	7.6 (69.1%)
38	**GIMZICKA Ewa**	**2075**	BANDA I WANDA	K30	5	03:54:26.20	03:40:57.40	02:26:13.25	**10:01:36.85**	**10:03:34.05**	+03:06:19 (31.0%)	7:54	7.6 (69.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Dzień 1	Dzień 2	Dzień 3	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
39	**ZIELIŃSKI Marek**	**2129**		M20	6	04:23:05.75	03:23:52.75	02:18:22.00	**10:05:20.50**	**10:09:20.15**	+03:10:03 (31.4%)	7:57	7.5 (68.2%)
40	**HYJEK Elżbieta**	**2040**		K40	1	03:56:16.60	03:35:11.65	02:35:47.25	**10:07:15.50**	**10:09:13.90**	+03:11:58 (31.6%)	7:59	7.5 (68.2%)
41	**BRYŁA Krzysztof**	**2079**	DRUŻYNA SZPIKU BIEGNIJMY.PL KOSZALIN	M40	7	03:56:21.70	03:43:57.20	02:28:44.75	**10:09:03.65**	**10:10:59.35**	+03:13:46 (31.8%)	8:00	7.5 (68.2%)
42	**KOKOSZKA Magdalena**	**2039**	ZABIEGANI MIELEC	K30	6	03:56:44.25	03:37:15.35	02:36:13.80	**10:10:13.40**	**10:12:11.30**	+03:14:56 (31.9%)	8:01	7.5 (68.2%)
43	**CHWAŁA Artur**	**2165**		M30	19	04:03:32.80	03:39:34.30	02:28:18.25	**10:11:25.35**	**10:14:22.50**	+03:16:08 (32.1%)	8:02	7.5 (68.2%)
44	**SKALSKI Radosław**	**2074**	KB AKTYWNI KONIN	M40	8	04:48:51.25	03:13:24.85	02:10:02.20	**10:12:18.30**	**10:19:56.45**	+03:17:01 (32.2%)	8:03	7.4 (67.3%)
45	**FLAK Łukasz**	**2049**	ZAPIERDALACZE	M30	20	04:44:19.30	03:13:42.85	02:19:53.20	**10:17:55.35**	**12:33:34.60**	+03:22:38 (32.8%)	8:07	7.4 (67.3%)
46	**ADAMCZYK Janusz**	**2073**		M40	9	04:17:48.90	03:39:27.90	02:23:33.20	**10:20:50.00**	**10:24:45.35**	+03:25:32 (33.1%)	8:10	7.3 (66.4%)
47	**FRĄCKIEWICZ Karol**	**2105**		M40	10	04:08:00.25	03:41:02.70	02:35:53.20	**10:24:56.15**	**10:27:52.65**	+03:29:39 (33.5%)	8:13	7.3 (66.4%)
48	**BRAUN Krzysztof**	**2115**	SMARTOYS.PL	M40	11	04:20:33.90	03:28:57.80	02:35:39.80	**10:25:11.50**	**10:29:15.35**	+03:29:54 (33.6%)	8:13	7.3 (66.4%)
49	**ĆWIKLINSKI Maciej**	**2065**		M40	12	04:24:39.20	03:39:19.85	02:21:37.85	**10:25:36.90**	**10:29:34.80**	+03:30:19 (33.6%)	8:13	7.3 (66.4%)
50	**WIADERNA Nina**	**2021**		K30	7	04:05:05.95	03:49:55.10	02:32:57.95	**10:27:59.00**	**10:30:51.75**	+03:32:41 (33.9%)	8:15	7.3 (66.4%)
51	**KACZMAREK Karolina**	**2022**		K30	8	04:05:05.95	03:49:55.90	02:32:57.50	**10:27:59.35**	**10:30:51.90**	+03:32:42 (33.9%)	8:15	7.3 (66.4%)
52	**CHABKO Jacek**	**2066**	2. WOG WROCŁAW	M40	13	04:01:45.65	04:06:53.95	02:27:48.65	**10:36:28.25**	**10:39:27.65**	+03:41:11 (34.8%)	8:22	7.2 (65.5%)
53	**ZYGADLEWICZ Grzegorz**	**2112**		M30	21	04:10:04.55	03:57:02.15	02:32:35.05	**10:39:41.75**	**10:42:36.10**	+03:44:24 (35.1%)	8:25	7.1 (64.5%)
54	**SZUSZKIEWICZ Marzena**	**2111**		K40	2	04:09:10.65	03:58:40.20	02:37:11.55	**10:45:02.40**	**10:47:57.75**	+03:49:45 (35.6%)	8:29	7.1 (64.5%)
55	**SIKORA Paweł**	**2149**	KRABOLUDZIE	M30	22	04:21:59.00	03:52:48.55	02:30:34.25	**10:45:21.80**	**10:49:25.85**	+03:50:04 (35.7%)	8:29	7.1 (64.5%)
56	**SZUBART Krzysztof**	**2157**		M40	14	05:11:47.30	03:25:38.50	02:11:39.55	**10:49:05.35**	**10:54:51.75**	+03:53:48 (36.0%)	8:32	7 (63.6%)
57	**SALAK Piotr**	**2122**		M40	15	04:14:47.65	04:05:55.30	02:35:57.00	**10:56:39.95**	**10:59:34.85**	+04:01:22 (36.8%)	8:38	6.9 (62.7%)
58	**DARŁAK Lucasz**	**2134**	SMASHING PĄPKINS	M20	7	04:13:18.35	04:13:12.50	02:30:58.90	**10:57:29.75**	**11:00:24.65**	+04:02:12 (36.8%)	8:39	6.9 (62.7%)
59	**MRUGAŁA Wojciech**	**2133**	KILOWATY RUNNERS	M20	8	04:13:55.25	03:58:37.55	02:46:08.20	**10:58:41.00**	**11:01:39.20**	+04:03:23 (37.0%)	8:40	6.9 (62.7%)
60	**STAWIARSKI Artur**	**2152**		M40	16	04:28:54.95	03:56:56.15	02:33:40.05	**10:59:31.15**	**11:04:30.60**	+04:04:14 (37.0%)	8:40	6.9 (62.7%)
61	**PÓŁTORAK Katarzyna**	**2081**		K30	9	04:14:05.85	03:57:31.65	02:48:45.80	**11:00:23.30**	**11:03:20.90**	+04:05:06 (37.1%)	8:41	6.9 (62.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Dzień 1	Dzień 2	Dzień 3	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
62	**SERAFIN Paulina**	**2140**		K20	2	04:15:54.50	04:16:40.25	02:31:13.25	**11:03:48.00**	**11:06:43.75**	+04:08:30 (37.4%)	8:44	6.9 (62.7%)
63	**OTAWSKI Maciej**	**2050**	ARCADIS RUNNING TEAM	M30	23	04:18:14.50	03:59:53.85	02:46:05.30	**11:04:13.65**	**11:08:16.05**	+04:08:56 (37.5%)	8:44	6.9 (62.7%)
64	**KREFT Dorota**	**2164**	KLUB WYSOKOGÓRSKI TRÓJMIASTO	K30	10	04:30:10.50	03:55:10.85	02:41:14.15	**11:06:35.50**	**11:11:25.90**	+04:11:18 (37.7%)	8:46	6.8 (61.8%)
65	**MARCINEK Łukasz**	**2016**	NIE TERAZ, POTEM	M30	24	04:29:59.50	03:55:57.15	02:43:37.65	**11:09:34.30**	**11:14:33.10**	+04:14:17 (38.0%)	8:48	6.8 (61.8%)
66	**KRUPCZYŃSKI Mariusz**	**2084**	KRUPOLS TEAM	M50	4	04:21:46.75	04:04:08.10	02:46:29.40	**11:12:24.25**	**11:16:29.10**	+04:17:07 (38.2%)	8:50	6.8 (61.8%)
67	**SOŁTYS Krzysztof**	**2017**		M40	17	04:25:45.15	03:57:52.80	02:52:05.95	**11:15:43.90**	**11:20:40.55**	+04:20:26 (38.5%)	8:53	6.7 (60.9%)
68	**KMIEĆ Robert**	**2011**		M40	18	04:24:28.65	03:54:26.60	02:59:28.15	**11:18:23.40**	**11:22:26.95**	+04:23:06 (38.8%)	8:55	6.7 (60.9%)
69	**CEGLARZ Jacek**	**2153**		M30	25	04:27:41.90	04:03:28.80	02:47:29.40	**11:18:40.10**	**11:23:47.40**	+04:23:22 (38.8%)	8:55	6.7 (60.9%)
70	**KOBYLAŃSKI Piotr**	**2158**		M30	26	05:11:46.75	03:47:11.15	02:20:22.85	**11:19:20.75**	**11:25:07.85**	+04:24:03 (38.9%)	8:56	6.7 (60.9%)
71	**KREBS Marcin**	**2107**	RUN&SMILE PABIANICE	M30	27	04:30:49.95	04:07:05.65	02:43:40.10	**11:21:35.70**	**11:26:35.40**	+04:26:18 (39.1%)	8:58	6.7 (60.9%)
72	**KARPIŃSKI Robert**	**2096**	SPARTANIE DZIECIOM	M40	19	04:56:21.85	04:06:38.55	02:21:52.60	**11:24:53.00**	**11:30:42.65**	+04:29:35 (39.4%)	9:00	6.7 (60.9%)
73	**GAŁUSZEK Michał**	**2045**	EPO RACING ADVENTURE TEAM	M20	9	04:32:43.90	04:05:18.55	02:51:49.25	**11:29:51.70**	**11:34:50.80**	+04:34:34 (39.8%)	9:04	6.6 (60.0%)
74	**POGORZELSKI Jacek**	**2032**		M40	20	04:33:39.25	04:14:58.30	02:45:20.40	**11:33:57.95**	**11:38:55.45**	+04:38:40 (40.2%)	9:07	6.6 (60.0%)
75	**BIJOŚ Mirosław**	**2070**		M30	28	04:17:21.95	04:25:18.40	02:51:24.35	**11:34:04.70**	**11:38:02.70**	+04:38:47 (40.2%)	9:07	6.6 (60.0%)
76	**BRAUN Maria**	**2116**	SMARTOYS.PL	K30	11	04:45:26.55	04:04:37.10	02:48:35.40	**11:38:39.05**	**11:47:25.70**	+04:43:21 (40.6%)	9:11	6.5 (59.1%)
77	**PIETRZYKOWSKI Artur**	**2024**		M40	21	04:46:11.15	04:14:00.20	02:38:38.95	**11:38:50.30**	**11:47:35.30**	+04:43:33 (40.6%)	9:11	6.5 (59.1%)
78	**STODULSKI Tomasz**	**2015**		M30	29	04:46:11.45	04:14:04.35	02:38:39.75	**11:38:55.55**	**11:47:37.30**	+04:43:38 (40.6%)	9:11	6.5 (59.1%)
79	**BRUSZEWSKA-GŁOMBIOWSKA Monika**	**2052**		K40	3	04:33:43.30	04:13:23.60	02:54:24.80	**11:41:31.70**	**11:46:27.30**	+04:46:14 (40.8%)	9:13	6.5 (59.1%)
80	**ATRASZKIEWICZ Magda**	**2118**	F3TEAM	K40	4	04:44:57.35	04:10:03.70	02:46:35.20	**11:41:36.25**	**11:50:13.35**	+04:46:19 (40.8%)	9:13	6.5 (59.1%)
81	**KOPERA Anna**	**2124**	KAMZIK TEAM	K40	5	04:43:24.75	04:17:11.15	02:58:41.80	**11:59:17.70**	**12:08:00.10**	+05:04:00 (42.3%)	9:27	6.3 (57.3%)
82	**DZIAŁO Agnieszka**	**2041**		K30	12	04:24:28.25	04:46:46.80	02:48:06.75	**11:59:21.80**	**12:03:20.35**	+05:04:04 (42.3%)	9:27	6.3 (57.3%)
83	**HAUTON Monika**	**2013**	NIE TERAZ, POTEM	K30	13	04:50:00.90	04:21:08.65	02:56:46.00	**12:07:55.55**	**12:15:45.15**	+05:12:38 (42.9%)	9:34	6.3 (57.3%)
84	**PITAS Andrzej**	**2037**	ZAPIERDALACZE	M40	22	05:34:58.95	04:15:02.85	02:20:27.85	**12:10:29.65**	**14:26:15.00**	+05:15:12 (43.2%)	9:36	6.2 (56.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Dzień 1	Dzień 2	Dzień 3	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
85	**ŁUKASIEWICZ Marcin**	**2148**	BOZONY HIGGSA	M20	10	04:19:02.15	04:34:05.45	03:17:32.25	**12:10:39.85**	**12:14:50.60**	+05:15:22 (43.2%)	9:36	6.2 (56.4%)
86	**GOWIN Wiktor**	**2147**	BOZONY HIGGSA	M20	11	04:19:02.10	04:34:05.90	03:17:32.00	**12:10:40.00**	**12:14:50.00**	+05:15:22 (43.2%)	9:36	6.2 (56.4%)
87	**KRUPCZYŃSKI Szymon**	**2086**	KRUPOLS TEAM	M20	12	04:33:20.45	04:39:36.85	02:58:12.40	**12:11:09.70**	**12:16:06.80**	+05:15:52 (43.2%)	9:37	6.2 (56.4%)
88	**HORBACZEWSKI Marek**	**2155**		M50	5	04:49:03.05	04:27:42.05	02:57:14.00	**12:13:59.10**	**12:21:42.20**	+05:18:41 (43.4%)	9:39	6.2 (56.4%)
89	**ŁĄTKOWSKI Maciej**	**2119**	KB MANIAC ULTRA	M40	23	04:40:35.95	04:24:15.00	03:09:30.35	**12:14:21.30**	**12:20:10.35**	+05:19:04 (43.4%)	9:39	6.2 (56.4%)
90	**CZAJKA Joanna**	**2072**		K30	14	04:40:35.65	04:25:00.40	03:09:30.90	**12:15:06.95**	**12:20:10.65**	+05:19:49 (43.5%)	9:40	6.2 (56.4%)
91	**MAŃKOWSKI Krzysztof**	**2033**	12TRI.PL MAKERUNEASIER	M30	30	05:13:45.15	04:05:22.55	02:59:00.05	**12:18:07.75**	**12:24:50.60**	+05:22:50 (43.7%)	9:42	6.2 (56.4%)
92	**KRUZEL Rafal**	**2018**	BIEGOWE MISIE	M40	24	05:07:31.60	04:18:05.10	02:53:25.75	**12:19:02.45**	**12:24:00.55**	+05:23:45 (43.8%)	9:43	6.2 (56.4%)
93	**KOCIOŁEK Andrzej**	**2055**	KANCELARIA BIEGOWA STASZEWSCY	M40	25	04:40:55.55	04:43:01.85	03:07:55.50	**12:31:52.90**	**12:39:31.40**	+05:36:35 (44.8%)	9:53	6.1 (55.5%)
94	**LEGENDZIEWICZ Iga**	**2069**		K30	15	05:00:37.50	04:39:44.70	02:56:48.00	**12:37:10.20**	**12:43:05.95**	+05:41:53 (45.2%)	9:57	6 (54.5%)
95	**KORNIŁOW Piotr**	**2167**		M40	26	05:01:06.80	04:31:16.70	03:07:13.50	**12:39:37.00**	**12:45:26.95**	+05:44:19 (45.3%)	9:59	6 (54.5%)
96	**SZCZEPANIAK Jadwiga**	**2067**	EVERRUN	K50	1	05:16:45.35	04:18:58.15	03:04:23.20	**12:40:06.70**	**12:46:48.35**	+05:44:49 (45.4%)	10:00	6 (54.5%)
97	**ZIELONKA Adam**	**2121**	AMICUS AR	M50	6	04:55:27.15	04:40:12.35	03:06:02.35	**12:41:41.85**	**12:47:25.75**	+05:46:24 (45.5%)	10:01	6 (54.5%)
98	**CZYZEWSKA Mariola**	**2026**	12TRI.PL DRUZYNA WILKA	K30	16	05:09:36.15	04:37:11.30	03:04:55.90	**12:51:43.35**	**12:57:29.10**	+05:56:26 (46.2%)	10:09	5.9 (53.6%)
99	**POKRYWKA Stefan**	**2169**	NA BUCIE	M50	7	05:04:38.95	04:42:37.45	03:06:59.75	**12:54:16.15**	**13:00:08.65**	+05:58:59 (46.4%)	10:11	5.9 (53.6%)
100	**PROCHWICZ Tomasz**	**2099**		M20	13	05:13:20.20	04:36:23.20	03:12:10.15	**13:01:53.55**	**13:08:40.85**	+06:06:36 (46.9%)	10:17	5.8 (52.7%)
101	**ŚWIDERSKA Joanna**	**2143**		K20	3	05:21:38.15	04:40:33.05	03:07:57.70	**13:10:08.90**	**13:17:53.10**	+06:14:51 (47.4%)	10:23	5.8 (52.7%)
102	**SNARSKA Katarzya**	**2036**	ALBATROSY	K30	17	04:50:06.15	04:52:17.55	03:31:34.25	**13:13:57.95**	**13:20:47.50**	+06:18:40 (47.7%)	10:26	5.7 (51.8%)
103	**ŻYCHLIŃSKA Agata**	**2141**		K30	18	05:20:35.20	04:37:54.65	03:16:25.10	**13:14:54.95**	**13:22:40.05**	+06:19:37 (47.8%)	10:27	5.7 (51.8%)
104	**GORCZYCA Aneta**	**2094**		K30	19	04:50:06.15	04:53:16.00	03:31:34.65	**13:14:56.80**	**13:20:47.90**	+06:19:39 (47.8%)	10:27	5.7 (51.8%)
105	**SZEWCZUK Sylwester**	**2127**		M30	31	05:13:26.75	04:46:49.10	03:16:51.35	**13:17:07.20**	**13:23:53.10**	+06:21:50 (47.9%)	10:29	5.7 (51.8%)
106	**ATRASZKIEWICZ Olga**	**2117**		K40	6	05:15:48.30	04:44:05.25	03:21:12.20	**13:21:05.75**	**13:27:50.15**	+06:25:48 (48.2%)	10:32	5.7 (51.8%)
107	**SIWIŃSKI Jerzy**	**2023**	12TRI.PL DRUŻYNA WILKA	M50	8	05:44:21.15	04:49:44.55	02:49:22.70	**13:23:28.40**	**13:31:10.50**	+06:28:11 (48.3%)	10:34	5.7 (51.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Dzień 1	Dzień 2	Dzień 3	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
108	**ORIOL-SIGNERSKA Monika**	**2053**	XTEAM KLUB SPORTOWY XTRI.PL	K40	7	05:13:17.75	04:58:11.70	03:21:33.45	**13:33:02.90**	**13:38:52.05**	+06:37:45 (48.9%)	10:41	5.6 (50.9%)
109	**KUCIŃSKA Magdalena**	**2100**	RUNRECORD.PL	K40	8	05:16:32.00	04:57:18.80	03:21:13.35	**13:35:04.15**	**13:41:45.50**	+06:39:47 (49.0%)	10:43	5.6 (50.9%)
110	**WÓJCIK Grażyna**	**2136**		K30	20	05:13:44.25	04:49:48.95	03:41:06.25	**13:44:39.45**	**13:51:30.90**	+06:49:22 (49.6%)	10:51	5.5 (50.0%)
111	**WÓJCIK Michał**	**2135**		M40	27	05:13:44.20	04:49:49.85	03:41:07.85	**13:44:41.90**	**13:51:31.90**	+06:49:24 (49.6%)	10:51	5.5 (50.0%)
112	**JABŁOŃSKI Kazimierz**	**2093**		M60	1	05:20:12.65	05:11:25.95	03:21:34.45	**13:53:13.05**	**14:02:11.70**	+06:57:55 (50.2%)	10:57	5.5 (50.0%)
113	**SELWA Katarzyna**	**2103**		K20	4	05:38:42.05	04:51:01.65	03:24:56.30	**13:54:40.00**	**14:02:31.55**	+06:59:22 (50.2%)	10:58	5.5 (50.0%)
114	**GÓRA Daniel**	**2108**		M30	32	05:44:35.15	05:29:18.05	03:46:10.90	**15:00:04.10**	**15:08:54.40**	+08:04:46 (53.9%)	11:50	5.1 (46.4%)
115	**DORSZEWSKA Bożena**	**2076**		K50	2	05:42:40.00	05:15:16.80	04:14:19.55	**15:12:16.35**	**15:20:04.15**	+08:16:59 (54.5%)	12:00	5 (45.5%)
116	**PERKOWSKI Tomasz**	**2162**		M30	33	05:57:30.60	05:29:07.85	03:45:45.30	**15:12:23.75**	**15:21:17.45**	+08:17:06 (54.5%)	12:00	5 (45.5%)
117	**PODKÓWKA Zbigniew**	**2077**		M50	9	05:42:40.20	05:15:23.60	04:14:21.00	**15:12:24.80**	**15:20:11.85**	+08:17:07 (54.5%)	12:00	5 (45.5%)
118	**LOS Anna**	**2044**	TURLAM SIĘ TEAM	K40	9	05:48:22.70	05:41:36.45	03:48:36.20	**15:18:35.35**	**15:27:30.85**	+08:23:18 (54.8%)	12:05	5 (45.5%)
119	**STRZELECKI Artur**	**2078**		M50	10	05:44:43.15	06:07:05.40	03:52:25.55	**15:44:14.10**	**15:53:03.15**	+08:48:56 (56.0%)	12:25	4.8 (43.6%)
120	**JODŁOWSKA Wioletta**	**2054**	XTEAM KLUB SPORTOWY XTRI.PL	K40	10	06:10:27.05	06:32:39.70	04:00:47.35	**16:43:54.10**	**16:52:46.45**	+09:48:36 (58.6%)	13:12	4.5 (40.9%)
121	**PACANOWSKA Agnieszka**	**2034**	WEŁNICA BIEGA	K40	11	06:13:16.35	06:36:02.60	04:02:11.45	**16:51:30.40**	**17:00:22.15**	+09:56:13 (58.9%)	13:18	4.5 (40.9%)
122	**PACANOWSKI Robert**	**2035**	WEŁNICA BIEGA	M40	28	06:13:16.85	06:36:04.50	04:02:13.00	**16:51:34.35**	**17:00:24.30**	+09:56:17 (58.9%)	13:18	4.5 (40.9%)
	PITAS Piotr	**2038**	ZAPIERDALACZE	M20		00:00:00.00 DNF	04:15:15.65 DNF	00:00:00.00 DNF	**DNF**	**DNF**		-	- (0.0%)
	CISZCZONIK Sebastian	**2159**	SPORTIVA.PL	M30		02:46:35.15 DNF	02:38:11.90 DNF	00:00:00.00 DNF	**DNF**	**DNF**		-	- (0.0%)
	KOŚCIUCH Justyna	**2166**		K40		00:00:00.00 DNF	04:18:59.50 DNF	03:06:19.85 DNF	**DNF**	**DNF**		-	- (0.0%)
DQ	**ŚLEDZIEWSKA Marta**	**2160**	OTK RZEZNIK	K30		08:57:00.00 DQ	00:00:00.00 DQ	00:00:00.00 DQ	**DQ**	**DQ**		-	- (0.0%)

Znaleziono 126 wynik(ów)