

**Wydarzenie:** UltraKotlina  
**Organizator:** Fundacja Przejście Kotliny  
**Data:** 2021-10-09  
**Miejsce:** Szklarska Poręba  
**Dystans:** 34 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zakręt Śmierci 12km	PK B Jakuszyce 24km	Czas netto 34km	Czas brutto 34km	Różn	Tempo min/km	Tempo km/h
1	<b>CZERNIAK Paweł</b>	<b>1426</b>	KARKONOSZ RUNNING TEAM	M30	1	00:53:29	01:46:50	<b>02:25:06.05</b>	<b>02:25:07.65</b>		4:16	14.1
2	<b>SOBAS Jacek</b>	<b>1336</b>	ASICSFRONTRUNNERPOLAND	M30	2	00:55:03	01:50:09	<b>02:32:50.35</b>	<b>02:32:51.65</b>	+00:07:44	4:29	13.3
3	<b>BRYDL Pavel</b>	<b>1443</b>	MUAY RUNNING TEAM	M40	1	00:56:31	01:52:36	<b>02:35:26.45</b>	<b>02:35:28.15</b>	+00:10:20	4:34	13.1
4	<b>LAGNER Sebastian</b>	<b>1420</b>	KB SOBÓTKA/ PRZEDWOJEWSKI TEAM	M20	1	00:57:39	01:55:17	<b>02:38:43.50</b>	<b>02:38:45.60</b>	+00:13:37	4:40	12.9
5	<b>PAZDAN Piotr</b>	<b>1313</b>	140MINUT.PL	M30	3	01:00:48	02:01:07	<b>02:42:59.20</b>	<b>02:43:01.10</b>	+00:17:53	4:47	12.5
6	<b>RUTKOWSKI Dawid</b>	<b>1372</b>	GRIZZLYTEAM/140MINUT.PL	M40	2	01:01:44	02:01:19	<b>02:44:13.90</b>	<b>02:44:16.20</b>	+00:19:08	4:49	12.4
7	<b>SZKOŁA Wojciech</b>	<b>1354</b>	NATURAL BORN RUNNERS	M30	4	01:01:33	02:01:21	<b>02:45:59.40</b>	<b>02:46:02.10</b>	+00:20:54	4:52	12.3
8	<b>MICHAŁ Stopa</b>	<b>1375</b>	SPLA TYCHY	M30	5	01:02:36	02:07:51	<b>02:54:29.45</b>	<b>02:54:31.65</b>	+00:29:24	5:07	11.7
9	<b>CIEŚNIK Krzysztof</b>	<b>1490</b>		M30	6		02:01:40	<b>02:54:50.25</b>	<b>02:54:52.45</b>	+00:29:44	5:08	11.7
10	<b>DU CZMAL Dominika</b>	<b>1421</b>	SOBAS TEAM	K20	1	01:04:39	02:08:08	<b>02:55:17.60</b>	<b>02:55:20.15</b>	+00:30:12	5:09	11.6
11	<b>SKRAJNY Łukasz</b>	<b>1373</b>	JASIEK&ZOŚKA	M40	3	01:02:19	02:08:14	<b>02:58:12.70</b>	<b>02:58:14.80</b>	+00:33:07	5:14	11.4
12	<b>MIRECKI Tomasz</b>	<b>1328</b>	140MINUT.PL	M40	4	01:06:21	02:08:56	<b>02:59:03.40</b>	<b>02:59:06.90</b>	+00:33:59	5:15	11.4
13	<b>DZIENISZEWSKI Michał</b>	<b>1402</b>	DYNAFIT / SKALNIK.PL	M30	7	01:06:06	02:09:01	<b>03:00:24.05</b>	<b>03:00:27.25</b>	+00:35:19	5:18	11.3
14	<b>OBSTÓJ Karolina</b>	<b>1339</b>	#SOBASTEAM	K30	1	01:05:22	02:11:13	<b>03:00:41.25</b>	<b>03:00:43.10</b>	+00:35:35	5:18	11.3
15	<b>KOTLAREK Dawid</b>	<b>1213</b>	VEGE RUNNERS / #SOBASTEAM	M40	5	01:04:25	02:10:09	<b>03:04:08.80</b>	<b>03:04:11.60</b>	+00:39:03	5:24	11.1
16	<b>LULIS Anna</b>	<b>1424</b>	#SOBASTEAM	K40	1	01:06:42	02:12:16	<b>03:04:15.55</b>	<b>03:04:17.65</b>	+00:39:10	5:25	11.1
17	<b>CHYB Radosław</b>	<b>1425</b>	RUN-PASSION.PL TEAM	M40	6	01:03:09	02:21:10	<b>03:06:55.30</b>	<b>03:06:58.30</b>	+00:41:50	5:29	10.9
18	<b>MACIEJEWSKI Rafał</b>	<b>1410</b>		M30	8	01:08:23	02:15:38	<b>03:08:36.35</b>	<b>03:08:54.65</b>	+00:43:47	5:32	10.8
19	<b>ŁUKASIEWICZ Ewa</b>	<b>1435</b>	OLAWS ZŁOTORYJA	K50	1	01:10:18	02:18:25	<b>03:11:43.95</b>	<b>03:11:49.45</b>	+00:46:41	5:38	10.6
20	<b>DOMAGAŁA Grzegorz</b>	<b>1295</b>		M30	9	01:08:29	02:18:50	<b>03:13:22.15</b>	<b>03:13:27.15</b>	+00:48:19	5:41	10.5
21	<b>WOJNAROWICZ Paweł</b>	<b>1446</b>		M30	10	01:11:48	02:21:37	<b>03:15:37.45</b>	<b>03:15:42.90</b>	+00:50:35	5:45	10.4
22	<b>PIĄTEK Jakub</b>	<b>1497</b>		M20	2	01:09:08	02:19:55	<b>03:15:48.10</b>	<b>03:16:03.85</b>	+00:50:56	5:45	10.4
23	<b>KANIA Tomasz</b>	<b>1414</b>	#SOBASTEAM	M40	7	01:08:24	02:18:31	<b>03:16:13.00</b>	<b>03:16:16.40</b>	+00:51:08	5:46	10.4
24	<b>DUDEK Monika</b>	<b>1260</b>	PCH SPORT TEAM	K30	2	01:09:51	02:22:14	<b>03:17:10.90</b>	<b>03:17:13.20</b>	+00:52:05	5:47	10.3
25	<b>KARCZ Tomasz</b>	<b>1452</b>	TEALTREE.PL	M40	8	01:08:36	02:18:35	<b>03:18:26.95</b>	<b>03:18:29.35</b>	+00:53:21	5:50	10.3
26	<b>MOJEK Michał</b>	<b>1475</b>	DYNAFIT/GOPR KARKONOSZE	M40	9	01:08:50	02:19:25	<b>03:18:25.45</b>	<b>03:18:30.20</b>	+00:53:22	5:50	10.3
27	<b>LISEK Andrzej</b>	<b>1498</b>	LISEK	M30	11	01:08:50	02:21:26	<b>03:18:34.10</b>	<b>03:18:36.80</b>	+00:53:29	5:50	10.3
28	<b>ŚNIEŻYŃSKI Robert</b>	<b>1469</b>		M30	12	01:11:33	02:22:52	<b>03:19:38.35</b>	<b>03:19:42.65</b>	+00:54:35	5:52	10.2
29	<b>KURPIEWSKI Artur</b>	<b>1403</b>		M40	10	01:12:09	02:24:27	<b>03:20:31.10</b>	<b>03:20:34.20</b>	+00:55:26	5:53	10.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zakręt Śmierci 12km	PK B Jakuszyce 24km	Czas netto 34km	Czas brutto 34km	Różn	Tempo min/km	Tempo km/h
30	<b>GAWRON Paweł</b>	<b>1466</b>		M30	13	01:06:51	02:19:28	<b>03:21:25.45</b>	<b>03:21:29.55</b>	+00:56:21	5:55	10.1
31	<b>KRZYŚKO Krzysztof</b>	<b>1346</b>	RUN-PASSION.PL	M40	11	01:13:44	02:26:05	<b>03:22:33.60</b>	<b>03:22:38.45</b>	+00:57:30	5:57	10.1
32	<b>GAŚIOROWSKI Jarosław</b>	<b>1302</b>		M20	3	01:11:18	02:24:08	<b>03:23:13.00</b>	<b>03:23:15.00</b>	+00:58:07	5:58	10
33	<b>BIDER Małgorzata</b>	<b>1445</b>	FOR RUN TEAM	K30	3	01:16:06	02:27:14	<b>03:26:18.50</b>	<b>03:26:28.10</b>	+01:01:20	6:04	9.9
34	<b>MROWCA Paweł</b>	<b>1280</b>		M30	14	01:11:10	02:24:08	<b>03:26:14.45</b>	<b>03:26:28.95</b>	+01:01:21	6:03	9.9
35	<b>WOZNIAK Grzegorz</b>	<b>1366</b>		M40	12	01:13:51	02:27:11	<b>03:28:05.40</b>	<b>03:28:30.55</b>	+01:03:22	6:07	9.8
36	<b>FERET Hubert</b>	<b>1325</b>		M30	15	01:14:10	02:27:44	<b>03:32:03.05</b>	<b>03:32:06.05</b>	+01:06:58	6:14	9.6
37	<b>PIOTROWICZ Kamila</b>	<b>1224</b>		K20	2	01:16:53	02:33:03	<b>03:32:23.65</b>	<b>03:32:26.75</b>	+01:07:19	6:14	9.6
38	<b>MOCZULSKI Kamil</b>	<b>1478</b>	MOCNA GRUPA CEZARA/ SBRT WROCŁAW	M30	16	01:16:17	02:33:48	<b>03:32:19.60</b>	<b>03:32:36.05</b>	+01:07:28	6:14	9.6
39	<b>PASTERNAK Przemysław</b>	<b>1312</b>		M30	17	01:09:55	02:27:58	<b>03:32:48.30</b>	<b>03:32:53.75</b>	+01:07:46	6:15	9.6
40	<b>KOKOTT Agnieszka</b>	<b>1275</b>	140MINUT.PL	K30	4	01:16:28	02:33:02	<b>03:32:56.20</b>	<b>03:33:03.55</b>	+01:07:55	6:15	9.6
41	<b>PASZKIEWICZ Kamil</b>	<b>1208</b>		M40	13	01:17:43	02:33:26	<b>03:34:46.65</b>	<b>03:35:02.55</b>	+01:09:54	6:19	9.5
42	<b>NAWROCKI Dominik</b>	<b>1332</b>		M30	18	01:14:20	02:30:52	<b>03:37:58.85</b>	<b>03:38:06.15</b>	+01:12:58	6:24	9.4
43	<b>GRABOWSKI Daniel</b>	<b>1360</b>	MOCNA GRUPA CEZARA	M40	14	01:17:15	02:36:38	<b>03:38:55.10</b>	<b>03:39:09.75</b>	+01:14:02	6:26	9.3
44	<b>CHABKO Jacek</b>	<b>1474</b>	WROCŁAW MARATHON TEAM	M50	1	01:21:28	02:36:16	<b>03:39:17.85</b>	<b>03:39:29.40</b>	+01:14:21	6:26	9.3
45	<b>GAŁAT Dominik</b>	<b>1457</b>		M20	4	01:16:00	02:35:12	<b>03:41:10.55</b>	<b>03:41:19.05</b>	+01:16:11	6:30	9.2
46	<b>GALEK Adam</b>	<b>1296</b>		M40	15	01:17:51	02:36:03	<b>03:41:21.80</b>	<b>03:41:42.00</b>	+01:16:34	6:30	9.2
47	<b>WINIARSKI Jarosław</b>	<b>1298</b>	WINIARA TEAM	M40	16	01:20:02	02:39:53	<b>03:41:23.65</b>	<b>03:41:42.90</b>	+01:16:35	6:30	9.2
48	<b>POTAŚ Dariusz</b>	<b>1368</b>	ULTRA-TRAIL® MAŁOPOLSKA TEAM	M50	2	01:17:41	02:35:27	<b>03:42:25.25</b>	<b>03:42:38.35</b>	+01:17:30	6:32	9.2
49	<b>HYSYK Jakub</b>	<b>1415</b>	NOA	M30	19	01:19:08	02:42:17	<b>03:43:05.60</b>	<b>03:43:09.25</b>	+01:18:01	6:33	9.1
50	<b>DUJS Rafał</b>	<b>1456</b>	HANGAR	M40	17	01:19:49	02:39:32	<b>03:43:27.20</b>	<b>03:43:37.55</b>	+01:18:29	6:34	9.1
51	<b>PIETRZYK Tomasz</b>	<b>1218</b>	140MINUT.PL	M40	18	01:20:12	02:39:45	<b>03:43:44.10</b>	<b>03:43:48.50</b>	+01:18:40	6:34	9.1
52	<b>KUBIAK Dawid</b>	<b>1350</b>		M30	20	01:20:46	02:41:56	<b>03:43:52.20</b>	<b>03:43:58.30</b>	+01:18:50	6:35	9.1
53	<b>MUĆKA Paweł</b>	<b>1496</b>		M40	19	01:20:16	02:40:14	<b>03:44:13.65</b>	<b>03:44:42.65</b>	+01:19:35	6:35	9.1
54	<b>GOLA Henryk</b>	<b>1358</b>		M50	3	01:15:58	02:38:45	<b>03:45:24.85</b>	<b>03:45:29.25</b>	+01:20:21	6:37	9.1
55	<b>KRAJEWSKI Marcin</b>	<b>1437</b>	NOA	M30	21	01:19:03	02:42:14	<b>03:45:42.05</b>	<b>03:45:46.05</b>	+01:20:38	6:38	9
56	<b>MATYKIEWICZ Michał</b>	<b>1362</b>		M40	20	01:21:14	02:41:57	<b>03:46:27.40</b>	<b>03:46:39.70</b>	+01:21:32	6:39	9
57	<b>CYBULSKI Mariusz</b>	<b>1472</b>	BIEGAJ Z MAŃKIEM TEAM, SAINT-GOBAIN SQUAD	M40	21	01:13:49	02:35:14	<b>03:46:42.95</b>	<b>03:46:46.10</b>	+01:21:38	6:40	9
58	<b>GANCZEWSKI Paweł</b>	<b>1500</b>	KS STASZEWCY	M50	4	01:19:23	02:41:21	<b>03:46:38.80</b>	<b>03:46:48.75</b>	+01:21:41	6:39	9
59	<b>LESZCZYŃSKI Michał</b>	<b>1205</b>	SYBERIA HUSKY TEAM	M40	22	01:16:56	02:35:19	<b>03:46:46.40</b>	<b>03:46:54.05</b>	+01:21:46	6:40	9
60	<b>TOMELA Maciej</b>	<b>1343</b>	TEAM GOSZKA	M30	22	01:21:55	02:42:11	<b>03:47:16.25</b>	<b>03:47:40.05</b>	+01:22:32	6:41	9
61	<b>KOŚMIDER Piotr</b>	<b>1333</b>	ZAWODNIK ZDYSKWALIFIKOWANY	M30	23	01:20:47	02:43:09	<b>03:47:38.35</b>	<b>03:47:44.80</b>	+01:22:37	6:41	9
62	<b>KUCHARSKI Dariusz</b>	<b>1281</b>		M40	23	01:22:24	02:44:45	<b>03:47:46.60</b>	<b>03:48:01.35</b>	+01:22:53	6:41	9
63	<b>MIKOŁAJSKI Krzysztof</b>	<b>1481</b>	MUD FOXES	M30	24	01:15:50	02:36:37	<b>03:48:45.40</b>	<b>03:48:54.25</b>	+01:23:46	6:43	8.9
64	<b>BARSZCZYK Dawid</b>	<b>1393</b>	IZERY BOGATYNIA	M20	5	01:17:05	02:41:39	<b>03:48:46.95</b>	<b>03:49:07.45</b>	+01:23:59	6:43	8.9
65	<b>GRANIECZNY Dorota</b>	<b>1308</b>		K20	3	01:24:36	02:46:48	<b>03:49:49.55</b>	<b>03:50:11.30</b>	+01:25:03	6:45	8.9
66	<b>KOKOTT Marcin</b>	<b>1419</b>	140MINUT.PL	M30	25	01:09:49	02:45:58	<b>03:50:15.30</b>	<b>03:50:23.65</b>	+01:25:16	6:46	8.9
67	<b>ZAMBRZYCKI Leszek</b>	<b>1341</b>		M30	26	01:19:54	02:40:03	<b>03:50:41.35</b>	<b>03:50:54.95</b>	+01:25:47	6:47	8.8
68	<b>RYCHTYK Dawid</b>	<b>1371</b>	140MINUT.PL	M40	24	01:25:37	02:48:38	<b>03:51:23.60</b>	<b>03:51:32.25</b>	+01:26:24	6:48	8.8
69	<b>PODOLUK Marek</b>	<b>1291</b>		M40	25	01:15:28	02:44:36	<b>03:53:03.35</b>	<b>03:53:08.85</b>	+01:28:01	6:51	8.8
70	<b>BŁASZKIEWICZ Bogusz</b>	<b>1488</b>		M40	26	01:21:21	02:43:23	<b>03:53:01.45</b>	<b>03:53:14.40</b>	+01:28:06	6:51	8.8
71	<b>NECKAR Michał</b>	<b>1363</b>	HWBC	M40	27	01:18:54	02:42:27	<b>03:52:58.60</b>	<b>03:53:16.00</b>	+01:28:08	6:51	8.8
72	<b>MARTA Marta</b>	<b>1361</b>		K30	5	01:25:28	02:48:52	<b>03:53:05.85</b>	<b>03:53:17.45</b>	+01:28:09	6:51	8.8
73	<b>GOŁĘBIEWICZ Wojciech</b>	<b>1214</b>		M20	6	01:18:43	02:40:49	<b>03:53:33.55</b>	<b>03:53:51.15</b>	+01:28:43	6:52	8.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zakręt Śmierci 12km	PK B Jakuszyce 24km	Czas netto 34km	Czas brutto 34km	Różn	Tempo min/km	Tempo km/h
74	<b>OLESIAK Roman</b>	<b>1385</b>		M40	28	01:23:46	02:45:03	<b>03:53:40.00</b>	<b>03:53:51.75</b>	+01:28:44	6:52	8.7
75	<b>PIĄTEK Aleksandra</b>	<b>1444</b>		K20	4	01:16:14	02:40:48	<b>03:54:21.15</b>	<b>03:54:24.95</b>	+01:29:17	6:53	8.7
76	<b>PALCZYŃSKI Krzysztof</b>	<b>1409</b>		M30	27	01:20:15	02:45:48	<b>03:55:11.25</b>	<b>03:55:26.40</b>	+01:30:18	6:55	8.7
77	<b>SERAFIN-GORSZKOWSKA Paulina</b>	<b>1416</b>		K40	2	01:23:50	02:48:48	<b>03:56:30.80</b>	<b>03:56:36.60</b>	+01:31:28	6:57	8.6
78	<b>FIJOLEK Tomek</b>	<b>1370</b>	FIZJOTERAPIA HD	M30	28	01:21:34	02:46:58	<b>03:58:54.85</b>	<b>03:59:12.75</b>	+01:34:05	7:01	8.5
79	<b>CHWIEJ Michał</b>	<b>1241</b>	KS SZRENICA	M20	7	01:24:33	02:51:25	<b>03:59:27.55</b>	<b>03:59:55.75</b>	+01:34:48	7:02	8.5
80	<b>MAKOCKI Michał</b>	<b>1365</b>		M40	29	01:28:49	02:51:43	<b>04:01:10.30</b>	<b>04:01:32.95</b>	+01:36:25	7:05	8.5
81	<b>WALKOWIAK Dawid</b>	<b>1201</b>		M30	29	01:26:17	02:51:50	<b>04:01:58.30</b>	<b>04:02:22.10</b>	+01:37:14	7:07	8.4
82	<b>KSIĘŻAREK Łukasz</b>	<b>1359</b>	XC-SPORT TEAM	M40	30	01:23:28	02:45:45	<b>04:02:42.80</b>	<b>04:02:49.20</b>	+01:37:41	7:08	8.4
83	<b>TUŃSKI Adam</b>	<b>1294</b>		M40	31	01:25:14	02:56:25	<b>04:02:39.35</b>	<b>04:02:51.95</b>	+01:37:44	7:08	8.4
84	<b>KRAMPICHOWSKI Paweł</b>	<b>1293</b>		M40	32	01:25:16	02:56:23	<b>04:02:40.00</b>	<b>04:02:52.20</b>	+01:37:44	7:08	8.4
85	<b>NOGANOWICZ Agata</b>	<b>1257</b>	PRO-RUN WROCŁAW	K50	2	01:28:01	02:56:57	<b>04:02:56.75</b>	<b>04:03:18.45</b>	+01:38:10	7:08	8.4
86	<b>BRZÓSKA Aldona</b>	<b>1378</b>	PANDA TEAM	K30	6	01:27:20	02:51:06	<b>04:03:41.60</b>	<b>04:04:07.90</b>	+01:39:00	7:10	8.4
87	<b>MERK Michał</b>	<b>1261</b>		M20	8	01:15:26	02:46:05	<b>04:04:29.05</b>	<b>04:04:41.00</b>	+01:39:33	7:11	8.3
88	<b>GÓRECKI Krzysztof</b>	<b>1326</b>		M20	9	01:24:48	02:52:41	<b>04:04:45.20</b>	<b>04:04:51.65</b>	+01:39:44	7:11	8.3
89	<b>MIŚKIEWICZ Karolina</b>	<b>1480</b>		K20	5	01:32:05	02:55:41	<b>04:04:39.00</b>	<b>04:04:55.80</b>	+01:39:48	7:11	8.3
90	<b>PIASKOWSKI Mateusz</b>	<b>1203</b>	KLUB MARATOŃCZYKA V LO W POZNANIU	M20	10	01:26:16	02:51:53	<b>04:05:16.40</b>	<b>04:05:39.65</b>	+01:40:32	7:12	8.3
91	<b>DWORECKA Ewa</b>	<b>1483</b>		K40	3	01:28:45	02:55:56	<b>04:05:38.40</b>	<b>04:05:48.65</b>	+01:40:41	7:13	8.3
92	<b>PTAK Patryk</b>	<b>1236</b>	CHSBD "W RUCHU"	M30	30	01:27:55	02:53:06	<b>04:07:23.75</b>	<b>04:07:42.15</b>	+01:42:34	7:16	8.2
93	<b>PLOK Krzysztof</b>	<b>1387</b>	TEAMPLOK	M50	5	01:23:10	02:52:32	<b>04:07:49.85</b>	<b>04:07:56.25</b>	+01:42:48	7:17	8.2
94	<b>FORNALIK Adam</b>	<b>1462</b>	WARSAW INTERNATIONAL TRIATHLON CLUB	M40	33	01:27:45	02:59:39	<b>04:07:46.05</b>	<b>04:08:10.15</b>	+01:43:02	7:17	8.2
95	<b>BIELAWSKI Paweł</b>	<b>1327</b>		M30	31	01:20:26	02:52:10	<b>04:08:17.90</b>	<b>04:08:17.90</b>	+01:43:10	7:18	8.2
96	<b>LISOWSKI Grzegorz</b>	<b>1329</b>		M40	34	01:25:03	02:52:57	<b>04:09:05.55</b>	<b>04:09:09.90</b>	+01:44:02	7:19	8.2
97	<b>JURDZIAK Jakub</b>	<b>1349</b>		M30	32	01:26:15	02:54:35	<b>04:09:00.60</b>	<b>04:09:18.90</b>	+01:44:11	7:19	8.2
98	<b>SOŁTYSIAK Marta</b>	<b>1239</b>		K30	7	01:24:42	02:55:54	<b>04:10:52.85</b>	<b>04:11:00.60</b>	+01:45:52	7:22	8.1
99	<b>GACKOWSKI Jarek</b>	<b>1430</b>	TRISTYLE.PL	M40	35	01:33:10	03:00:11	<b>04:11:06.95</b>	<b>04:11:32.35</b>	+01:46:24	7:23	8.1
100	<b>OSTROWSKI Rafał</b>	<b>1300</b>	BIEGAMY-UZALEŻNIAMY	M30	33	01:27:30	02:56:50	<b>04:11:22.95</b>	<b>04:11:43.70</b>	+01:46:36	7:23	8.1
101	<b>LIPCZYŃSKI Tomasz</b>	<b>1390</b>	AKTYWNIE UZALEŻNIAMY	M30	34	01:01:34	02:56:40	<b>04:11:23.80</b>	<b>04:11:44.90</b>	+01:46:37	7:23	8.1
102	<b>KOPANIA Kamil</b>	<b>1288</b>	K.S TĘCZA	M30	35	01:32:41	03:02:43	<b>04:11:51.20</b>	<b>04:12:08.65</b>	+01:47:01	7:24	8.1
103	<b>PIASKOWSKI Marcin</b>	<b>1455</b>	BBL KROSNO ODRZAŃSKIE	M40	36	01:29:43	03:01:45	<b>04:12:47.00</b>	<b>04:12:52.60</b>	+01:47:44	7:26	8.1
104	<b>SAMEK Aleksander</b>	<b>1222</b>		M40	37	01:25:34	03:00:26	<b>04:12:57.85</b>	<b>04:13:04.20</b>	+01:47:56	7:26	8.1
105	<b>DUDZIAK Tomasz</b>	<b>1299</b>		M40	38	01:25:56	02:57:24	<b>04:12:47.95</b>	<b>04:13:08.75</b>	+01:48:01	7:26	8.1
106	<b>GACA Maciej</b>	<b>1364</b>	FORMOSAN BEARS	M50	6	01:28:43	02:57:29	<b>04:13:24.90</b>	<b>04:13:46.85</b>	+01:48:39	7:27	8.1
107	<b>BERESIŃSKA Dorota</b>	<b>1438</b>		K20	6	01:31:12	02:58:56	<b>04:13:58.95</b>	<b>04:14:14.50</b>	+01:49:06	7:28	8
108	<b>PIETRZAK Marek</b>	<b>1290</b>		M40	39	01:31:56	03:01:32	<b>04:15:23.05</b>	<b>04:15:38.35</b>	+01:50:30	7:30	8
109	<b>HORBATIUK Oleksii</b>	<b>1316</b>		M20	11	01:21:23	02:57:01	<b>04:15:56.25</b>	<b>04:16:02.30</b>	+01:50:54	7:31	8
110	<b>KUBIAK Karolina</b>	<b>1411</b>		K40	4	01:33:39	03:06:26	<b>04:15:53.35</b>	<b>04:16:06.45</b>	+01:50:58	7:31	8
111	<b>KUC Patryk</b>	<b>1486</b>		M30	36	01:26:19	03:00:35	<b>04:16:24.30</b>	<b>04:16:33.45</b>	+01:51:25	7:32	8
112	<b>TARNAWSKI Andrzej</b>	<b>1448</b>		M40	40	01:36:42	03:05:55	<b>04:16:18.60</b>	<b>04:16:40.95</b>	+01:51:33	7:32	8
113	<b>TRACZYK Piotr</b>	<b>1491</b>		M40	41	01:25:37	02:59:16	<b>04:16:32.60</b>	<b>04:16:43.15</b>	+01:51:35	7:32	8
114	<b>KACZMAREK Mirosław</b>	<b>1406</b>	WOLSZTYŃSKA AKADEMIA BIEGOWA	M30	37	01:25:24	02:59:06	<b>04:16:32.90</b>	<b>04:16:43.55</b>	+01:51:35	7:32	8
115	<b>SZPYTMA Remigiusz</b>	<b>1479</b>	ABY DO PRZODU	M30	38	01:28:42	03:01:26	<b>04:18:24.50</b>	<b>04:18:44.50</b>	+01:53:36	7:36	7.9
116	<b>STASZYŃSKA Karolina</b>	<b>1348</b>	BIEGAJĄCE KREJZOLE	K40	5	01:28:33	03:02:06	<b>04:18:40.85</b>	<b>04:18:55.00</b>	+01:53:47	7:36	7.9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zakręt Śmierci 12km	PK B Jakuszyce 24km	Czas netto 34km	Czas brutto 34km	Różn	Tempo min/km	Tempo km/h
117	<b>BANASZAK Maria</b>	<b>1397</b>		K20	7	01:31:57	03:00:32	<b>04:18:28.50</b>	<b>04:18:57.20</b>	+01:53:49	7:36	7.9
118	<b>JODŁOWSKA Ewa</b>	<b>1319</b>	BBL KROSNO ODRZANSKIE	K40	6	01:30:33	03:02:16	<b>04:19:00.00</b>	<b>04:19:07.05</b>	+01:53:59	7:37	7.9
119	<b>WAŚIK Elżbieta</b>	<b>1337</b>		K30	8	01:32:34	03:03:23	<b>04:18:52.15</b>	<b>04:19:10.90</b>	+01:54:03	7:36	7.9
120	<b>RABIEJ Wojciech</b>	<b>1461</b>	DUCLA ACADEMY	M40	42	01:26:27	02:57:00	<b>04:18:53.80</b>	<b>04:19:17.90</b>	+01:54:10	7:36	7.9
121	<b>PURCZYŃSKI Grzegorz</b>	<b>1227</b>		M40	43	01:25:50	03:05:37	<b>04:19:53.10</b>	<b>04:19:57.10</b>	+01:54:49	7:38	7.8
122	<b>MATYSIAK Karol</b>	<b>1447</b>	SMAZALNIA RYB U BIEGACZY/ OSH	M40	44	01:25:12		<b>04:20:12.80</b>	<b>04:20:22.25</b>	+01:55:14	7:39	7.8
123	<b>KMIT Marcin</b>	<b>1400</b>		M40	45	01:34:16	03:04:01	<b>04:20:12.70</b>	<b>04:20:27.65</b>	+01:55:20	7:39	7.8
124	<b>BIAZIK Bartosz</b>	<b>1465</b>		M30	39	01:31:08	03:01:27	<b>04:20:32.15</b>	<b>04:20:45.85</b>	+01:55:38	7:39	7.8
125	<b>RATAJCZAK Robert</b>	<b>1458</b>		M30	40	01:31:02	03:01:28	<b>04:20:33.45</b>	<b>04:20:48.20</b>	+01:55:40	7:39	7.8
126	<b>MACIEJEC Dorota</b>	<b>1380</b>		K40	7	01:35:32	03:09:21	<b>04:21:29.25</b>	<b>04:21:45.45</b>	+01:56:37	7:41	7.8
127	<b>ŁOWICKA Maja</b>	<b>1234</b>	MAMY-BIEGAMY	K20	8	01:35:16	03:10:46	<b>04:22:15.85</b>	<b>04:22:25.60</b>	+01:57:17	7:42	7.8
128	<b>KUBIAK Andrzej</b>	<b>1379</b>		M60	1	01:28:32	03:04:00	<b>04:22:40.65</b>	<b>04:22:52.85</b>	+01:57:45	7:43	7.8
129	<b>KOZIEŁ Szymon</b>	<b>1417</b>	TOUR DE RUN	M40	46	01:24:46	03:01:12	<b>04:22:29.55</b>	<b>04:22:55.55</b>	+01:57:47	7:43	7.8
130	<b>ROGOWSKI Tomasz</b>	<b>1382</b>	UMLAUT	M30	41	01:31:59	03:05:50	<b>04:23:04.40</b>	<b>04:23:06.85</b>	+01:57:59	7:44	7.8
131	<b>SERAFIN Michał</b>	<b>1353</b>	HWBC	M40	47	01:30:17	03:04:40	<b>04:23:37.45</b>	<b>04:23:54.85</b>	+01:58:47	7:45	7.7
132	<b>SZKOŁA-ŚNIEŻEK Agnieszka</b>	<b>1374</b>	ULTRA TRIAL MAŁOPOLSKA	K30	9	01:30:48	03:06:11	<b>04:23:52.15</b>	<b>04:24:04.45</b>	+01:58:56	7:45	7.7
133	<b>WITLICKI Kacper</b>	<b>1476</b>	KROŚNIEŃSKIE WYDARZENIA	M20	12	01:28:25	03:05:33	<b>04:24:14.80</b>	<b>04:24:20.55</b>	+01:59:12	7:46	7.7
134	<b>GRELA Michał</b>	<b>1398</b>	BIEGAMY WE WROCAWIU	M40	48	01:35:37	03:07:02	<b>04:24:12.20</b>	<b>04:24:28.20</b>	+01:59:20	7:46	7.7
135	<b>KULAS Katarzyna</b>	<b>1221</b>		K30	10	01:36:49	03:13:36	<b>04:24:22.80</b>	<b>04:24:32.55</b>	+01:59:24	7:46	7.7
136	<b>POŁOM Rafał</b>	<b>1459</b>	NOA	M30	42	01:32:42	03:03:22	<b>04:24:58.00</b>	<b>04:25:02.00</b>	+01:59:54	7:47	7.7
137	<b>BUGAJ Alan</b>	<b>1344</b>		M30	43	01:33:37	03:07:22	<b>04:24:54.25</b>	<b>04:25:13.00</b>	+02:00:05	7:47	7.7
138	<b>KAMINSKI Jan</b>	<b>1396</b>		M20	13	01:33:50	03:07:06	<b>04:25:07.10</b>	<b>04:25:23.55</b>	+02:00:15	7:47	7.7
139	<b>IGNASZEWSKI Łukasz</b>	<b>1422</b>		M30	44	01:32:13	03:09:37	<b>04:25:51.80</b>	<b>04:25:56.70</b>	+02:00:49	7:49	7.7
140	<b>IGNASZEWSKI Paweł</b>	<b>1423</b>		M30	45	01:32:27	03:09:36	<b>04:26:08.15</b>	<b>04:26:12.70</b>	+02:01:05	7:49	7.7
141	<b>ZYGOŃ Artur</b>	<b>1431</b>		M30	46	01:31:56	03:00:36	<b>04:26:28.65</b>	<b>04:26:57.65</b>	+02:01:50	7:50	7.7
142	<b>MATUSIAK Jakub</b>	<b>1228</b>	STYL KARKONOSKI	M30	47	01:31:49	03:05:05	<b>04:26:55.40</b>	<b>04:27:21.65</b>	+02:02:14	7:51	7.6
143	<b>ROŻNIATA Iwona</b>	<b>1434</b>	SNG WILD DUCKS	K40	8	01:33:38	03:09:45	<b>04:27:15.30</b>	<b>04:27:28.60</b>	+02:02:20	7:51	7.6
144	<b>MAZUR Anna</b>	<b>1307</b>		K40	9	01:33:09	03:16:29	<b>04:28:55.55</b>	<b>04:29:00.10</b>	+02:03:52	7:54	7.6
145	<b>ŻABIEREK Tomasz</b>	<b>1311</b>		M40	49	01:33:12	03:16:25	<b>04:28:55.75</b>	<b>04:29:00.90</b>	+02:03:53	7:54	7.6
146	<b>BUJAK Łukasz</b>	<b>1232</b>	#BIEGAMBOMAMZONE	M30	48	01:34:03	03:09:08	<b>04:29:54.45</b>	<b>04:30:19.55</b>	+02:05:11	7:56	7.6
147	<b>HAŁUBEK Adam</b>	<b>1233</b>		M30	49	01:33:47	03:09:06	<b>04:30:05.80</b>	<b>04:30:31.15</b>	+02:05:23	7:56	7.6
148	<b>NOWAK Tomasz</b>	<b>1485</b>		M30	50	01:30:08	03:07:06	<b>04:30:34.00</b>	<b>04:30:38.35</b>	+02:05:30	7:57	7.5
149	<b>FANAJŁO Kasia</b>	<b>1266</b>	ZGZB	K30	11	01:36:53	03:11:35	<b>04:30:31.55</b>	<b>04:30:41.90</b>	+02:05:34	7:57	7.5
150	<b>GRACZYK Mariusz</b>	<b>1317</b>		M40	50	01:40:20	03:11:30	<b>04:30:32.10</b>	<b>04:30:43.05</b>	+02:05:35	7:57	7.5
151	<b>PORĘBSKI Tomasz</b>	<b>1277</b>	#STANDARDASAPTEAM	M30	51	01:35:18	03:13:22	<b>04:31:51.90</b>	<b>04:32:07.05</b>	+02:06:59	7:59	7.5
152	<b>GAŁKOWSKI Paweł</b>	<b>1315</b>		M40	51	01:27:40	03:08:35	<b>04:31:48.65</b>	<b>04:32:16.00</b>	+02:07:08	7:59	7.5
153	<b>WOJAS-KRAWCZYK Kamila</b>	<b>1283</b>		K40	10	01:37:19	03:15:32	<b>04:32:21.70</b>	<b>04:32:30.85</b>	+02:07:23	8:00	7.5
154	<b>KLECZKOWSKI Jakub</b>	<b>1259</b>		M30	52	01:26:07	03:10:45	<b>04:32:18.35</b>	<b>04:32:30.95</b>	+02:07:23	8:00	7.5
155	<b>KUDELSKI Ireneusz</b>	<b>1489</b>	ROZBIEGANI CHOJNÓW	M50	7	01:27:39	03:12:08	<b>04:36:43.05</b>	<b>04:36:47.00</b>	+02:11:39	8:08	7.4
156	<b>ŻYDEK Piotr</b>	<b>1314</b>	CHSBD "W RUCHU"	M20	14	01:27:48	03:14:21	<b>04:37:28.35</b>	<b>04:37:50.60</b>	+02:12:42	8:09	7.4
157	<b>CIEŚLA-NIECHWIADOWICZ Aneta</b>	<b>1492</b>	MOCNA GRUPA CEZARA	K30	12	01:38:21	03:15:22	<b>04:37:37.40</b>	<b>04:37:53.55</b>	+02:12:45	8:09	7.3
158	<b>MARKIEWICZ Joanna</b>	<b>1220</b>	TJ	K40	11	01:41:20	03:19:29	<b>04:37:55.35</b>	<b>04:38:04.95</b>	+02:12:57	8:10	7.3
159	<b>DUDEK Mariusz</b>	<b>1369</b>		M40	52	01:25:52	03:11:27	<b>04:38:06.35</b>	<b>04:38:09.55</b>	+02:13:01	8:10	7.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zakręt Śmierci 12km	PK B Jakuszyce 24km	Czas netto 34km	Czas brutto 34km	Różn	Tempo min/km	Tempo km/h
160	<b>KŁOCZKO Marcin</b>	<b>1468</b>		M30	53	01:29:52	03:07:47	<b>04:38:08.30</b>	<b>04:38:19.95</b>	+02:13:12	8:10	7.3
161	<b>ŁABĘDZKI Piotr</b>	<b>1202</b>		M50	8	01:36:28	03:15:23	<b>04:37:58.35</b>	<b>04:38:21.65</b>	+02:13:14	8:10	7.3
162	<b>STYCZYŃSKI Dawid</b>	<b>1287</b>		M30	54	01:36:13	03:18:44	<b>04:39:06.20</b>	<b>04:39:36.75</b>	+02:14:29	8:12	7.3
163	<b>KOSTRZEWSKI Maciej</b>	<b>1355</b>		M30	55	01:40:23	03:19:02	<b>04:40:09.55</b>	<b>04:40:24.80</b>	+02:15:17	8:14	7.3
164	<b>BĘBAS Paweł</b>	<b>1215</b>		M40	53	01:38:43	03:15:10	<b>04:40:09.40</b>	<b>04:40:28.70</b>	+02:15:21	8:14	7.3
165	<b>BOBROWSKI Marcin</b>	<b>1274</b>	RECEPTANANUDE.PL	M50	9	01:33:45	03:12:32	<b>04:40:37.25</b>	<b>04:40:48.80</b>	+02:15:41	8:15	7.3
166	<b>BOROŃ Wojciech</b>	<b>1254</b>		M20	15	01:33:35	03:06:17	<b>04:41:30.45</b>	<b>04:41:57.35</b>	+02:16:49	8:16	7.2
167	<b>TOMCZYK Alina</b>	<b>1335</b>		K40	12	01:31:31	03:09:14	<b>04:41:59.70</b>	<b>04:42:05.55</b>	+02:16:57	8:17	7.2
168	<b>HILDEBRAND Daniel</b>	<b>1252</b>	A MOGŁEM JEŹDZIĆ NA ROWERZE	M40	54	01:28:42	03:09:07	<b>04:42:17.75</b>	<b>04:42:17.75</b>	+02:17:10	8:18	7.2
169	<b>ZIELIŃSKI Karol</b>	<b>1250</b>		M40	55	01:28:49	03:09:13	<b>04:42:19.00</b>	<b>04:42:19.00</b>	+02:17:11	8:18	7.2
170	<b>SZUBARSKI Krzysztof</b>	<b>1412</b>	PARKRUN CIESZYN	M40	56	01:32:50	03:13:54	<b>04:42:26.05</b>	<b>04:42:29.55</b>	+02:17:21	8:18	7.2
171	<b>POLACZYK Bartosz</b>	<b>1255</b>		M40	57	01:33:23	03:13:33	<b>04:42:11.75</b>	<b>04:42:37.90</b>	+02:17:30	8:17	7.2
172	<b>KAWIK Janusz</b>	<b>1357</b>		M40	58	01:38:34	03:18:55	<b>04:43:36.25</b>	<b>04:43:41.55</b>	+02:18:33	8:20	7.2
173	<b>MATUSIAK Mateusz</b>	<b>1223</b>	ARDENTCODE	M30	56		02:59:08	<b>04:43:52.90</b>	<b>04:44:17.75</b>	+02:19:10	8:20	7.2
174	<b>KACZANOWSKI Marcin</b>	<b>1407</b>	MTS DRUŻYNA SZPIKU	M40	59	01:34:10	03:14:13	<b>04:44:06.90</b>	<b>04:44:31.65</b>	+02:19:24	8:21	7.2
175	<b>PAŁUCKA Marta</b>	<b>1482</b>	PROJEKT ULTRA	K30	13	01:40:14	03:19:24	<b>04:44:36.95</b>	<b>04:44:47.95</b>	+02:19:40	8:22	7.2
176	<b>GORZKOWSKA Zuzanna</b>	<b>1477</b>		K40	13	01:36:19	03:18:27	<b>04:44:55.60</b>	<b>04:45:04.80</b>	+02:19:57	8:22	7.2
177	<b>KARKOWSKA Wiesława</b>	<b>1442</b>		K60	1	01:41:51	03:29:15	<b>04:45:18.30</b>	<b>04:45:25.35</b>	+02:20:17	8:23	7.2
178	<b>ZAWADZKI Bartosz</b>	<b>1487</b>		M40	60	01:30:04	03:12:27	<b>04:45:25.80</b>	<b>04:45:33.70</b>	+02:20:26	8:23	7.1
179	<b>JEKA Piotr</b>	<b>1449</b>		M50	10	01:41:31	03:19:07	<b>04:46:02.20</b>	<b>04:46:23.55</b>	+02:21:15	8:24	7.1
180	<b>BIAŁEK Kamila</b>	<b>1464</b>	GEPARDY Z ŁODZI	K40	14	01:40:32	03:23:32	<b>04:46:39.50</b>	<b>04:46:43.50</b>	+02:21:35	8:25	7.1
181	<b>KAWA-JERKA Agata</b>	<b>1356</b>	GNAJĄCA TEMIDA	K40	15	01:43:14	03:25:43	<b>04:46:48.20</b>	<b>04:47:09.15</b>	+02:22:01	8:26	7.1
182	<b>STELMACH Barbara</b>	<b>1381</b>	STELMACH TEAM	K50	3	01:41:20	03:24:49	<b>04:47:14.65</b>	<b>04:47:22.15</b>	+02:22:14	8:26	7.1
183	<b>STROJNY Radosław</b>	<b>1377</b>	KILOMETRY POMOCY	M20	16	01:40:10	03:23:29	<b>04:47:42.65</b>	<b>04:47:58.50</b>	+02:22:50	8:27	7.1
184	<b>RADOMSKI Bartosz</b>	<b>1376</b>		M30	57	01:40:29	03:23:37	<b>04:47:44.95</b>	<b>04:48:00.65</b>	+02:22:53	8:27	7.1
185	<b>BRAUN Ewelina</b>	<b>1439</b>		K40	16	01:41:55	03:29:12	<b>04:47:59.20</b>	<b>04:48:07.00</b>	+02:22:59	8:28	7.1
186	<b>ZIELIŃSKA Kinga</b>	<b>1432</b>	OKFIR ŚMIGIEL /SPEED FEET'16	K40	17	01:42:03	03:29:19	<b>04:48:00.10</b>	<b>04:48:07.30</b>	+02:22:59	8:28	7.1
187	<b>RABIEJ Kazimierz</b>	<b>1408</b>	ROZBIEGANI CHOJNÓW	M60	2	01:38:50	03:21:10	<b>04:48:07.20</b>	<b>04:48:27.65</b>	+02:23:20	8:28	7.1
188	<b>BARAN Bogdan</b>	<b>1334</b>	PRO-RUN	M60	3	01:36:09	03:18:19	<b>04:49:04.45</b>	<b>04:49:27.05</b>	+02:24:19	8:30	7.1
189	<b>FIERKOWICZ Teresa</b>	<b>1253</b>	ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO	K50	4	01:41:58	03:25:30	<b>04:49:26.65</b>	<b>04:49:46.30</b>	+02:24:38	8:30	7
190	<b>MALINOWSKI Jakub</b>	<b>1467</b>	ZIELONOWO DRINKERS	M30	58	01:31:45	03:13:08	<b>04:49:30.70</b>	<b>04:49:50.90</b>	+02:24:43	8:30	7
191	<b>KACPRZYCKI Tomasz</b>	<b>1323</b>	DRUŻYNA BIEGOWA LECHA POZNAŃ	M30	59	01:42:00	03:29:08	<b>04:49:27.10</b>	<b>04:49:55.10</b>	+02:24:47	8:30	7
192	<b>BOGACKA Aneta</b>	<b>1267</b>	ZIELONA GÓRO ZACZNIJ BIEGAĆ	K30	14	01:42:29	03:26:28	<b>04:49:56.10</b>	<b>04:50:06.45</b>	+02:24:58	8:31	7
193	<b>GRABOWIECKA Marta</b>	<b>1268</b>	ZIELONA GÓRO ZACZNIJ BIEGAĆ	K40	18	01:42:34	03:26:31	<b>04:49:57.40</b>	<b>04:50:06.60</b>	+02:24:58	8:31	7
194	<b>ANTKOWIAK Mirosław</b>	<b>1264</b>		M50	11	01:34:23	03:24:38	<b>04:50:20.75</b>	<b>04:50:23.85</b>	+02:25:16	8:32	7
195	<b>ŁAPIŃSKI Mateusz</b>	<b>1338</b>	MANHU	M30	60	01:40:14	03:26:48	<b>04:54:11.30</b>	<b>04:54:28.35</b>	+02:29:20	8:39	6.9
196	<b>KROSZKA Beata</b>	<b>1347</b>	KS STASZEWSKY	K50	5	01:41:13	03:24:41	<b>04:54:58.95</b>	<b>04:55:09.45</b>	+02:30:01	8:40	6.9
197	<b>WRÓBLEWSKA Małgorzata</b>	<b>1384</b>	BBL KROSNO ODRZAŃSKIE	K40	19	01:36:37	03:21:11	<b>04:56:29.05</b>	<b>04:56:34.50</b>	+02:31:26	8:43	6.9
198	<b>WRÓBLEWSKI Janusz</b>	<b>1383</b>	BBL KROSNO ODRZAŃSKIE	M50	12	01:35:30	03:21:47	<b>04:56:33.85</b>	<b>04:56:38.90</b>	+02:31:31	8:43	6.9
199	<b>GĘSICKA Marta</b>	<b>1454</b>		K30	15	01:42:49	03:26:09	<b>04:56:33.95</b>	<b>04:56:58.35</b>	+02:31:50	8:43	6.9
200	<b>OLEŚ Ewa</b>	<b>1320</b>		K30	16	01:42:54	03:26:13	<b>04:56:34.50</b>	<b>04:56:58.50</b>	+02:31:50	8:43	6.9
201	<b>JANISZEWSKA Joanna</b>	<b>1495</b>		K30	17	01:39:42	03:27:35	<b>04:58:52.70</b>	<b>04:59:06.10</b>	+02:33:58	8:47	6.8
202	<b>TASZAREK Ewa</b>	<b>1216</b>		K40	20	01:38:05	03:27:49	<b>05:00:14.50</b>	<b>05:00:37.80</b>	+02:35:30	8:49	6.8
203	<b>DUBOWIK Ania</b>	<b>1386</b>		K40	21	01:41:58	03:31:30	<b>05:00:40.95</b>	<b>05:00:44.70</b>	+02:35:37	8:50	6.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zakręt Śmierci 12km	PK B Jakuszyce 24km	Czas netto 34km	Czas brutto 34km	Różn	Tempo min/km	Tempo km/h
204	<b>KIM Renata</b>	<b>1273</b>		K50	6	01:42:38	03:31:54	<b>05:00:35.50</b>	<b>05:00:45.40</b>	+02:35:37	8:50	6.8
205	<b>GŁADYSIAK Przemysław</b>	<b>1388</b>		M40	61	01:53:33	03:41:28	<b>05:06:22.20</b>	<b>05:06:41.75</b>	+02:41:34	9:00	6.7
206	<b>DUBAS Anna</b>	<b>1401</b>	SPRAWDZAMY-NIERUCHOMOŚCI.PL	K30	18	01:43:25	03:33:46	<b>05:06:22.25</b>	<b>05:06:49.75</b>	+02:41:42	9:00	6.7
207	<b>PYZIO Magdalena</b>	<b>1399</b>		K30	19	01:43:22	03:33:43	<b>05:06:22.70</b>	<b>05:06:50.00</b>	+02:41:42	9:00	6.7
208	<b>BARTOSZEWSKA Katarzyna</b>	<b>1285</b>	WATAHA	K40	22	01:42:03	03:33:05	<b>05:07:29.80</b>	<b>05:07:46.15</b>	+02:42:38	9:02	6.6
209	<b>KOŁACZEK Sylwia</b>	<b>1263</b>		K40	23	01:44:18	03:31:37	<b>05:07:21.85</b>	<b>05:07:46.25</b>	+02:42:38	9:02	6.6
210	<b>BORUCKI Rafał</b>	<b>1282</b>		M40	62	01:41:05	03:37:45	<b>05:11:18.15</b>	<b>05:11:36.45</b>	+02:46:28	9:09	6.6
211	<b>SKRZYŃSKA Marlena</b>	<b>1270</b>	ZIELONA GÓRO ZACZNIJ BIEGAĆ	K30	20	01:40:21	03:31:17	<b>05:12:20.35</b>	<b>05:12:31.75</b>	+02:47:24	9:11	6.5
212	<b>GOŹDZICKA Iwona</b>	<b>1269</b>	GB STATYSTYKA LUBUSKA	K40	24	01:40:51	03:31:27	<b>05:12:23.35</b>	<b>05:12:34.65</b>	+02:47:27	9:11	6.5
213	<b>KARPIESIUK Adam</b>	<b>1451</b>	AKTYWNE UZALEŻNIAMY	M40	63	01:42:52	03:35:49	<b>05:14:04.70</b>	<b>05:14:24.65</b>	+02:49:17	9:14	6.5
214	<b>CISKA Renata</b>	<b>1450</b>	RYKOWISKO TEAM/CZARNE OWCE	K30	21	01:42:51	03:35:52	<b>05:14:05.85</b>	<b>05:14:24.85</b>	+02:49:17	9:14	6.5
215	<b>SZUL Eugeniusz</b>	<b>1484</b>		M60	4	01:43:55	03:47:08	<b>05:16:02.40</b>	<b>05:16:31.90</b>	+02:51:24	9:17	6.5
216	<b>SYNOWIEC-JUDA Agata</b>	<b>1246</b>		K40	25	01:50:59	03:46:45	<b>05:16:56.50</b>	<b>05:17:04.25</b>	+02:51:56	9:19	6.4
217	<b>JUDA Jarosław</b>	<b>1217</b>		M50	13	01:51:00	03:46:41	<b>05:17:00.00</b>	<b>05:17:07.65</b>	+02:52:00	9:19	6.4
218	<b>BARTOSIEWICZ Gosia</b>	<b>1286</b>		K40	26	01:42:44	03:40:08	<b>05:20:13.85</b>	<b>05:20:20.95</b>	+02:55:13	9:25	6.4
219	<b>HAGEL Julita</b>	<b>1225</b>		K30	22	01:43:31	03:34:46	<b>05:20:21.40</b>	<b>05:20:32.35</b>	+02:55:24	9:25	6.4
220	<b>TOMASZCZYK Małgorzata</b>	<b>1494</b>		K30	23	01:46:36	03:42:02	<b>05:21:16.10</b>	<b>05:21:28.70</b>	+02:56:21	9:26	6.3
220	<b>AWIŻEŃ Łukasz</b>	<b>1342</b>		M30	61	01:46:24	03:41:56	<b>05:21:15.30</b>	<b>05:21:28.70</b>	+02:56:21	9:26	6.4
222	<b>SUWAJ Roman</b>	<b>1240</b>	ZOMBIE	M60	5	01:42:03	03:39:57	<b>05:22:11.65</b>	<b>05:22:32.30</b>	+02:57:24	9:28	6.3
223	<b>WALIŃSKA Agata</b>	<b>1404</b>	WWW.SPRAWDZAMY-NIERUCHOMOSCI.PL	K30	24	01:47:53	03:49:16	<b>05:22:13.80</b>	<b>05:22:41.60</b>	+02:57:33	9:28	6.3
224	<b>PIETRZAK Agnieszka</b>	<b>1460</b>	BIEGAJĄCE KREJZOLE	K40	27	01:45:04	03:47:17	<b>05:25:21.15</b>	<b>05:25:35.20</b>	+03:00:27	9:34	6.3
225	<b>DOMINIAK Katarzyna</b>	<b>1471</b>	TIGERS TEAM	K30	25	01:48:52	03:49:20	<b>05:25:32.90</b>	<b>05:25:39.80</b>	+03:00:32	9:34	6.3
226	<b>KRAWCZYK Paweł</b>	<b>1284</b>	MEDYCZNY KLUB TURYSTYCZNY	M50	14	01:40:00	03:45:21	<b>05:26:56.95</b>	<b>05:27:06.50</b>	+03:01:58	9:36	6.2
227	<b>OKULICZ Anita</b>	<b>1413</b>	MUDFOXES	K30	26	01:46:37	03:49:53	<b>05:30:36.15</b>	<b>05:30:44.55</b>	+03:05:36	9:43	6.2
228	<b>NOWACKA Katarzyna</b>	<b>1427</b>	MUDFOXES	K30	27	01:47:00	03:49:51	<b>05:31:14.50</b>	<b>05:31:22.80</b>	+03:06:15	9:44	6.2
229	<b>MACHNACZ Przemysław</b>	<b>1493</b>	WROCŁAWSKI KLUB WYSOKOGÓRSKI	M20	17	01:49:35	03:53:44	<b>05:32:06.95</b>	<b>05:32:24.65</b>	+03:07:17	9:46	6.1
230	<b>ROŹNIATA Andrzej</b>	<b>1433</b>	SNG WILD DUCKS	M40	64	01:43:21	03:49:38	<b>05:35:31.50</b>	<b>05:35:45.70</b>	+03:10:38	9:52	6.1
231	<b>HAKAŁO Grzegorz</b>	<b>1389</b>		M40	65	01:53:33	03:53:05	<b>05:35:55.70</b>	<b>05:36:14.80</b>	+03:11:07	9:52	6.1
232	<b>LACH Jakub</b>	<b>1473</b>		M40	66	01:55:01	04:03:07	<b>05:37:18.15</b>	<b>05:37:32.55</b>	+03:12:24	9:55	6
233	<b>NAWROT Katarzyna</b>	<b>1324</b>	MIRAZ RACE TEAM	K30	28	01:54:28	03:54:05	<b>05:37:38.70</b>	<b>05:37:45.40</b>	+03:12:37	9:55	6
234	<b>KURCZYNA GŁUSZCZAK Magdalena</b>	<b>1340</b>	RUN4GOLD	K30	29	01:50:37	04:03:38	<b>05:42:24.45</b>	<b>05:42:32.05</b>	+03:17:24	10:04	6
235	<b>JASIŃSKI Paweł</b>	<b>1331</b>	ZMASAKROWANI	M40	67	01:49:40	03:58:23	<b>05:50:15.35</b>	<b>05:50:15.35</b>	+03:25:07	10:18	5.8
	<b>JODŁOWSKI Marek</b>	<b>1318</b>	BBL KROSNO ODRZANSKIE	M40		01:14:45 DNF	02:26:34 DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>JAROSZYŃSKI Piotr</b>	<b>1499</b>		OPEN		01:34:24 DNF	03:14:41 DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>PIETRZAK Konrad Pietrzak</b>	<b>1453</b>		M30		01:12:33 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>FRANCHUK Dmytro</b>	<b>1436</b>		M30		01:37:40 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>WOŚ Łukasz</b>	<b>1429</b>		M40		01:53:53 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>KMIECIK Mirosław</b>	<b>1405</b>		M40		01:53:58 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	-

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zakręt Śmierci 12km	PK B Jakuszyce 24km	Czas netto 34km	Czas brutto 34km	Różn	Tempo min/km	Tempo km/h
	<b>WYLEGAŁA Marcin</b>	<b>1237</b>	OSP SZKLARSKA PORĘBA	M40		DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-
	<b>BOLESZCZUK Anna</b>	<b>1238</b>	OSP SZKLARSKA PORĘBA	K40		DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-

Znaleziono 243 wynik(ów)