ZIMOWY PÓŁMARATON GÓR STOŁOWYCH 31 KM

Wydarzenie: Zimowy Półmaraton Gór Stołowych
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2021-03-14
Miejsce: Karłów
Dystans: 31 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking pod Szczelińcem 7km	Błędne Skały 14km	Lisia Przełęcz 19.7km	Czas netto 31km	Różn	Tempo min/km	Tempo km/h
1	**WITEK Andrzej**	**214**	140MINUT.PL	M-20	1	00:37:55	01:10:53	01:47:31	**02:26:11.15**		4:42	12.7 (100%)
2	**NICPOŃ Sebastian**	**108**	KARKONOSZ RUNNING TEAM	M-20	2	00:46:00	01:23:46	02:09:12	**02:57:18.65**	+00:31:07 (17.6%)	5:43	10.5 (82.7%)
3	**PASTUSZKA Pawel**	**256**	EX TEAM	M-30	1	00:45:23	01:25:44	02:10:03	**03:04:20.25**	+00:38:09 (20.7%)	5:56	10.1 (79.5%)
4	**BUCZEK Bartłomiej**	**166**	CHIHUAHUA TEAM	M-30	2	00:50:23	01:31:29	02:16:07	**03:09:46.75**	+00:43:35 (23.0%)	6:07	9.8 (77.2%)
5	**WRÓBLEWSKI Konrad**	**285**		M-40	1	00:48:25	01:31:40	02:18:33	**03:15:05.90**	+00:48:54 (25.1%)	6:17	9.5 (74.8%)
6	**HOŁYST Andrzej**	**251**	GT RAT	M-40	2	00:49:25	01:32:17	02:19:15	**03:15:15.35**	+00:49:04 (25.1%)	6:17	9.5 (74.8%)
7	**NIEZGÓDKA Tomasz**	**278**	ZAŁOGA GÓRSKA	M-50	1	00:49:17	01:31:49	02:18:10	**03:16:36.85**	+00:50:25 (25.6%)	6:20	9.5 (74.8%)
8	**BUŁACZ Jacek**	**268**	DZIEWIĘĆ SIŁ STRONIE ŚLĄSKIE	M-40	3	00:50:28	01:34:18	02:21:02	**03:19:00.80**	+00:52:49 (26.5%)	6:25	9.3 (73.2%)
9	**ROGÓRZ Piotr**	**227**		M-40	4	00:51:29	01:34:08	02:27:53	**03:19:52.10**	+00:53:40 (26.9%)	6:26	9.3 (73.2%)
10	**KACZMARCZYK Łukasz**	**266**		M-30	3	00:48:35	01:32:28	02:19:55	**03:21:47.90**	+00:55:36 (27.6%)	6:30	9.2 (72.4%)
11	**KARCZYŃSKI Dariusz**	**208**	BIEGANIE =POMAGANIE ,ULTRA FAMILI TEAM	M-40	5	00:49:45	01:32:50	02:24:37	**03:21:56.25**	+00:55:45 (27.6%)	6:30	9.2 (72.4%)
12	**KITA Michał**	**161**	PĘDZĄCY W MIEJSCU	M-40	6	00:53:37	01:34:58	02:30:10	**03:22:40.80**	+00:56:29 (27.9%)	6:32	9.2 (72.4%)
13	**KRUPA Marcin**	**243**	AKTYWNA NOWA RUDA	M-40	7	00:50:17	01:34:45	02:23:17	**03:22:44.25**	+00:56:33 (27.9%)	6:32	9.2 (72.4%)
14	**FORTUNA Norbert**	**217**	BARTOSZ GORCZYCA TEAM/ KGHM ZG RUN	M-30	4	00:48:17	01:31:30	02:20:29	**03:23:37.15**	+00:57:26 (28.2%)	6:34	9.1 (71.7%)
15	**JAZŁOCKI Łukasz**	**111**	LLAMA IN MY LIVING ROOM	M-30	5	00:50:27	01:34:32	02:23:23	**03:23:53.40**	+00:57:42 (28.3%)	6:34	9.1 (71.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking pod Szczelińcem 7km	Błędne Skały 14km	Lisia Przełęcz 19.7km	Czas netto 31km	Różn	Tempo min/km	Tempo km/h
16	**HARASIUK Adam**	**277**	ALIANCA DE MISERICORDIA EQUIPE DE CORRIDA	M-30	6	00:50:43	01:34:48	02:25:44	**03:27:20.60**	+01:01:09 (29.5%)	6:41	9 (70.9%)
17	**STASZCZAK Łukasz**	**231**	TRI TEAM LUBAŃ	M-40	8	00:52:24	01:36:03	02:26:38	**03:27:53.85**	+01:01:42 (29.7%)	6:42	8.9 (70.1%)
18	**SKIBA Adam**	**250**	MAFIA TEAM LUBLINIEC	M-30	7	00:49:55	01:36:27	02:28:08	**03:31:58.90**	+01:05:47 (31.0%)	6:50	8.8 (69.3%)
19	**BEDNARZ Sebastian**	**219**	OTM.B	M-50	2	00:51:36	01:39:34	02:29:31	**03:33:28.75**	+01:07:17 (31.5%)	6:53	8.7 (68.5%)
20	**LAZAR Damian**	**255**	BIEGAM ŻEBY ŻREĆ WIĘCEJ CIASTKÓW/NESSI ŻORY	M-30	8	00:53:22	01:41:15	02:32:12	**03:34:18.50**	+01:08:07 (31.8%)	6:54	8.7 (68.5%)
21	**KUSNIERCZAK Wiesław**	**284**		M-40	9	00:52:15	01:38:56	02:43:42	**03:37:41.70**	+01:11:30 (32.8%)	7:01	8.5 (66.9%)
22	**GRUND Marek**	**292**		M-30	9	00:52:21	01:42:10	02:33:35	**03:37:48.10**	+01:11:36 (32.9%)	7:01	8.5 (66.9%)
23	**PRZYBYSZEWSKI Łukasz**	**270**		M-30	10	00:51:26	01:41:10	02:32:40	**03:40:06.60**	+01:13:55 (33.6%)	7:06	8.5 (66.9%)
24	**GOSTYŃSKI Krzysztof**	**206**	RUCZAJ ULTRA TEAM	M-40	10	00:56:08	01:43:47	02:35:29	**03:42:01.25**	+01:15:50 (34.2%)	7:09	8.4 (66.1%)
25	**PRZYBYSZ Ryszard**	**123**		M-50	3	00:54:41	01:45:14	02:37:52	**03:44:43.75**	+01:18:32 (35.0%)	7:14	8.3 (65.4%)
26	**HERCHEL Arkadiusz**	**146**		M-40	11	00:53:45	01:42:57	02:37:32	**03:44:49.70**	+01:18:38 (35.0%)	7:15	8.3 (65.4%)
27	**MUSIAŁ Szymon**	**234**	PRZEBIEGLI UNISŁAW	M-30	11	00:57:18	01:46:13	02:37:45	**03:45:42.05**	+01:19:30 (35.2%)	7:16	8.2 (64.6%)
28	**KARPOWICZ Rafal**	**225**		M-40	12	00:53:32	01:41:10	01:55:27	**03:46:47.25**	+01:20:36 (35.5%)	7:18	8.2 (64.6%)
29	**CUPRIAK Daniel**	**212**		M-40	13	00:58:32	01:48:55	02:42:23	**03:47:38.55**	+01:21:27 (35.8%)	7:20	8.2 (64.6%)
30	**ANISZEWSKI Bartłomiej**	**235**	ROSSMANN	M-30	12	00:55:20	01:42:36	02:36:11	**03:49:26.15**	+01:23:15 (36.3%)	7:24	8.1 (63.8%)
31	**PIETRZAK Romek**	**273**	SKS OBORNKI	M-50	4	00:58:32	01:49:27	02:43:09	**03:50:47.05**	+01:24:35 (36.7%)	7:26	8.1 (63.8%)
32	**ZIEMKIEWICZ Jarosław**	**245**	2 KROKI DO METY	M-40	14	00:57:34	01:48:56	02:43:52	**03:52:35.85**	+01:26:24 (37.2%)	7:30	8 (63.0%)
33	**LUBAŃSKI Robert**	**153**		M-50	5	01:00:31	01:50:16	02:45:08	**03:53:12.70**	+01:27:01 (37.3%)	7:31	8 (63.0%)
34	**KACZMAREK Mateusz**	**138**		M-30	13	00:56:54	01:51:34	02:49:45	**03:53:55.40**	+01:27:44 (37.5%)	7:32	8 (63.0%)
35	**DEINIUK Roman**	**113**		M-20	3	00:58:23	01:49:26	02:43:55	**03:54:00.80**	+01:27:49 (37.5%)	7:32	7.9 (62.2%)
36	**HOTAŁA Sylwia**	**290**	KUDOWIANKA RUN	K-30	1	01:00:25	01:53:14	02:47:25	**03:54:12.90**	+01:28:01 (37.6%)	7:33	7.9 (62.2%)
37	**MICHAŁKIEWICZ Wojciech**	**106**	NOA	M-50	6	00:55:41	01:45:27	02:41:48	**03:55:13.30**	+01:29:02 (37.9%)	7:35	7.9 (62.2%)
38	**STANUCHIEWICZ Oskar**	**107**		M-40	15	00:53:07	01:46:07	02:42:36	**03:55:49.95**	+01:29:38 (38.0%)	7:36	7.9 (62.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking pod Szczelińcem 7km	Błędne Skały 14km	Lisia Przełęcz 19.7km	Czas netto 31km	Różn	Tempo min/km	Tempo km/h
39	**FOGIEL-PAWŁOWSKA Agnieszka**	**143**		K-40	1	01:06:18	01:56:39	02:50:44	**03:56:06.65**	+01:29:55 (38.1%)	7:36	7.9 (62.2%)
40	**BODEK Tomasz**	**229**	ZAKOCHAJ SIĘ W BIEGANIU	M-30	14	01:00:15	01:50:53	02:53:44	**03:57:08.50**	+01:30:57 (38.4%)	7:38	7.8 (61.4%)
41	**LUBAŃSKI Mateusz**	**279**		M-30	15	00:58:07	01:46:53	02:49:45	**03:57:45.10**	+01:31:33 (38.5%)	7:40	7.8 (61.4%)
42	**WEINERT Artur**	**204**	RUNNER'S POWER	M-30	16	00:58:45	01:47:31	02:49:36	**03:57:48.20**	+01:31:37 (38.5%)	7:40	7.8 (61.4%)
43	**ZIEMBA Damian**	**232**	HRT/ANTONTEAM	M-40	16	01:00:34	01:52:33	02:47:55	**03:59:14.35**	+01:33:03 (38.9%)	7:43	7.8 (61.4%)
44	**DZIUBA Piotr**	**178**		M-40	17	00:59:40	01:53:05		**04:01:01.85**	+01:34:50 (39.3%)	7:46	7.7 (60.6%)
45	**TĘCZA Dariusz**	**244**	BIEGAJ W JEDLINIE	M-50	7	01:12:22	02:03:45	02:56:03	**04:05:47.65**	+01:39:36 (40.5%)	7:55	7.6 (59.8%)
46	**MICHALIK Joanna**	**185**		K-40	2	01:03:26	01:56:46	02:51:58	**04:06:41.50**	+01:40:30 (40.7%)	7:57	7.5 (59.1%)
47	**LEWKOWSKI Aleksander**	**154**		M-30	17	01:00:21	01:54:14	02:51:57	**04:06:44.60**	+01:40:33 (40.8%)	7:57	7.5 (59.1%)
48	**RZEŹNICZEK Anna**	**224**		K-30	2	01:02:12	01:53:42	02:49:23	**04:06:57.85**	+01:40:46 (40.8%)	7:57	7.5 (59.1%)
49	**ANTKOWIAK Michał**	**239**	MUAY RUNNING TEAM	M-30	18	01:03:30	01:57:03	02:55:45	**04:08:47.15**	+01:42:36 (41.2%)	8:01	7.5 (59.1%)
50	**ANTKOWIAK Monika**	**238**	MUAY RUNNING TEAM	K-30	3	01:03:48	01:57:11	02:55:52	**04:08:55.05**	+01:42:43 (41.3%)	8:01	7.5 (59.1%)
51	**PURCZYŃSKI Grzegorz**	**242**		M-40	18	00:56:45	01:50:52	02:51:35	**04:11:13.40**	+01:45:02 (41.8%)	8:06	7.4 (58.3%)
52	**NOWICKI Marcin**	**158**		M-40	19	00:59:57	01:51:34	02:50:46	**04:11:40.65**	+01:45:29 (41.9%)	8:07	7.4 (58.3%)
53	**KORCZYŃSKI Łukasz**	**246**	BIEGOWA POGORZAŁA	M-40	20	01:03:36	01:55:36	02:51:53	**04:11:54.25**	+01:45:43 (42.0%)	8:07	7.4 (58.3%)
54	**ZIMNY Tomasz**	**124**		M-60	1	01:07:09	01:59:23	02:56:46	**04:12:02.55**	+01:45:51 (42.0%)	8:07	7.4 (58.3%)
55	**STANKOWSKI Przemysław**	**286**	#BIEGAJZESŁAWKIEM	M-40	21	01:05:20	02:00:46	02:57:59	**04:12:52.00**	+01:46:40 (42.2%)	8:09	7.4 (58.3%)
56	**KACZOR Marcin**	**265**		M-40	22	01:03:49	01:57:19	02:56:43	**04:13:44.55**	+01:47:33 (42.4%)	8:11	7.3 (57.5%)
57	**ZERZÁN Dominik**	**163**	MATTONI FREE RUN NÁCHOD BĚLOVES	M-50	8	01:00:49	01:55:26	02:55:00	**04:13:50.45**	+01:47:39 (42.4%)	8:11	7.3 (57.5%)
58	**LITWIN Michał**	**260**	LITEWIN TEAM	M-30	19	00:56:08	01:46:49	02:47:39	**04:16:24.75**	+01:50:13 (43.0%)	8:16	7.3 (57.5%)
59	**PAŻUCHA Wojciech**	**112**		M-40	23	01:02:31	01:56:21	02:58:11	**04:17:55.25**	+01:51:44 (43.3%)	8:19	7.2 (56.7%)
60	**MAĆKOWSKI Mateusz**	**148**	NATURAL BORN COFFEE LOVERS	M-40	24	01:00:17	01:54:42	03:01:32	**04:18:38.35**	+01:52:27 (43.5%)	8:20	7.2 (56.7%)
61	**SZPAŁA Jakub**	**101**		M-20	4	01:05:47	02:03:10	02:59:12	**04:19:02.40**	+01:52:51 (43.6%)	8:21	7.2 (56.7%)

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62	**HALMANN Miroslaw**	**269**	PGB SPORTOWA PACZKA	M-30	20		01:53:21	02:52:18	**04:19:27.30**	+01:53:16 (43.7%)	8:22	7.2 (56.7%)
63	**PLUCIŃSKI Jakub**	**132**	DRAGON RUNNERS	M-30	21	00:59:49	01:56:13	02:54:36	**04:20:57.35**	+01:54:46 (44.0%)	8:25	7.1 (55.9%)
64	**CHŁAP Ireneusz**	**175**	HUSARIA SUDETY	M-40	25	00:59:54	01:56:20	02:54:46	**04:21:07.30**	+01:54:56 (44.0%)	8:25	7.1 (55.9%)
65	**TURNIAK Miłosz**	**117**		M-30	22	01:04:05	02:00:06	03:00:46	**04:21:24.85**	+01:55:13 (44.1%)	8:25	7.1 (55.9%)
66	**CZAPRAN Magdalena**	**114**		K-30	4	01:04:12	02:00:17	03:00:55	**04:21:38.10**	+01:55:26 (44.1%)	8:26	7.1 (55.9%)
67	**CIURASZKIEWICZ Andrzej**	**100**		M-40	26	01:04:44	01:57:54	02:57:59	**04:24:10.45**	+01:57:59 (44.7%)	8:31	7 (55.1%)
68	**KOWALSKI Andrzej**	**160**		M-60	2	01:04:54	01:58:15	02:58:09	**04:24:18.65**	+01:58:07 (44.7%)	8:31	7 (55.1%)
69	**WESOŁEK Paweł**	**210**	RUNNER'S POWER ŚREM	M-40	27	01:03:13	01:59:52	03:01:39	**04:26:12.15**	+02:00:01 (45.1%)	8:35	7 (55.1%)
70	**PIKUL Piotr**	**203**		M-40	28	01:08:38	02:07:24	03:09:13	**04:26:32.45**	+02:00:21 (45.2%)	8:35	7 (55.1%)
71	**SMOTER Damian**	**105**		M-30	23	01:03:33	01:59:49	03:05:24	**04:26:47.15**	+02:00:36 (45.2%)	8:36	7 (55.1%)
72	**SKOKOWSKI Jacek**	**287**		M-50	9	01:08:27	02:08:46	03:11:21	**04:28:38.05**	+02:02:26 (45.6%)	8:39	6.9 (54.3%)
73	**RADZIWOŃ Anna**	**274**	GRUPA NIENACHALNIE HEROICZNA	K-40	3	01:06:51	02:06:10	03:10:05	**04:30:26.40**	+02:04:15 (45.9%)	8:43	6.9 (54.3%)
74	**GOSIŃSKI Sławomir**	**294**		M-30	24	01:04:35	02:01:26	03:10:07	**04:33:04.35**	+02:06:53 (46.5%)	8:48	6.8 (53.5%)
75	**KUCHARSKI Dariusz**	**267**		M-40	29	01:04:22	02:03:29	03:07:43	**04:33:06.60**	+02:06:55 (46.5%)	8:48	6.8 (53.5%)
76	**KUCIŃSKA Magdalena**	**126**		K-30	5	01:08:10	02:06:06	03:07:49	**04:33:38.05**	+02:07:26 (46.6%)	8:49	6.8 (53.5%)
77	**MIGDAŁ Adrian**	**168**		M-40	30	01:09:50	02:10:37	03:15:53	**04:34:48.25**	+02:08:37 (46.8%)	8:51	6.8 (53.5%)
78	**QUIRINI Ewa**	**170**		K-30	6	01:08:53	02:11:21	03:14:51	**04:35:11.40**	+02:09:00 (46.9%)	8:52	6.8 (53.5%)
79	**NERLO Krzysztof**	**116**		M-30	25	01:07:10	02:09:09	03:13:00	**04:39:23.80**	+02:13:12 (47.7%)	9:00	6.7 (52.8%)
80	**RYBAK Pawel**	**186**		M-40	31	01:09:19	02:10:04	03:14:29	**04:39:32.35**	+02:13:21 (47.7%)	9:01	6.7 (52.8%)
81	**STACHURA Rafał**	**156**		M-40	32	01:07:22	02:09:16	03:13:11	**04:39:33.25**	+02:13:22 (47.7%)	9:01	6.7 (52.8%)
82	**KOCHMAŃSKI Jakub**	**149**	SOWY	M-40	33	01:07:23	02:09:30	03:13:26	**04:39:40.45**	+02:13:29 (47.7%)	9:01	6.7 (52.8%)
83	**AUGUSCIK Mariusz**	**209**		M-50	10	01:10:46	02:08:25	03:15:42	**04:40:31.90**	+02:14:20 (47.9%)	9:02	6.6 (52.0%)
84	**JASICKI Krzysztof**	**145**	RUNHOGS TYCHY	M-40	34	01:07:26	02:09:11		**04:40:53.75**	+02:14:42 (48.0%)	9:03	6.6 (52.0%)

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85	**FRANKIEWICZ Jakub**	**110**	ANIOŁKI CHARLIEGO	M-40	35	01:09:49	02:11:11	03:15:46	**04:42:07.30**	+02:15:56 (48.2%)	9:06	6.6 (52.0%)
86	**KOZŁOWSKI Wojciech**	**151**		M-50	11	01:02:51	02:01:34	03:12:55	**04:43:05.25**	+02:16:54 (48.4%)	9:07	6.6 (52.0%)
87	**JACKOWIAK Szymon**	**202**	RUNNER'S POWER	M-40	36	01:17:47	02:20:57	03:24:28	**04:44:59.35**	+02:18:48 (48.7%)	9:11	6.5 (51.2%)
88	**JACKOWIAK Agnieszka**	**201**	RUNNER'S POWER	K-30	7	01:17:51	02:21:03	03:24:10	**04:45:04.55**	+02:18:53 (48.7%)	9:11	6.5 (51.2%)
89	**BŁĘDKOWSKA Katarzyna**	**262**		K-30	8	01:12:25	02:14:38	03:20:56	**04:45:56.90**	+02:19:45 (48.9%)	9:13	6.5 (51.2%)
90	**SROKA Marcin**	**133**	ST RUNNERS	M-40	37	01:13:38	02:13:39	03:23:46	**04:46:06.40**	+02:19:55 (48.9%)	9:13	6.5 (51.2%)
91	**BARANOWSKI Filip**	**226**		M-40	38	01:11:33	02:13:30	03:20:16	**04:46:27.80**	+02:20:16 (49.0%)	9:14	6.5 (51.2%)
92	**FABISZ Rafal**	**248**	NO NAME	M-40	39	01:07:28	02:09:42	03:15:27	**04:47:09.90**	+02:20:58 (49.1%)	9:15	6.5 (51.2%)
93	**BYLINA Bartosz**	**247**		M-40	40	01:07:55	02:09:51	03:15:40	**04:47:18.50**	+02:21:07 (49.1%)	9:16	6.5 (51.2%)
94	**MICHALAK Sławomir**	**276**	INŻYNIER.EU NOSI TRAILOWE BOTKI	M-50	12	01:15:26	02:17:56	03:23:29	**04:48:30.40**	+02:22:19 (49.3%)	9:18	6.4 (50.4%)
95	**SZYGENDA Sebastian**	**115**	TIGER TEAM	M-40	41	01:10:47	02:15:43	03:24:24	**04:48:33.00**	+02:22:21 (49.3%)	9:18	6.4 (50.4%)
96	**KWIATKOWSKI Przemyslaw**	**121**	PWSD	M-40	42	01:11:00	02:15:52	03:24:36	**04:48:42.30**	+02:22:31 (49.4%)	9:18	6.4 (50.4%)
97	**TOMASZEWSKI Dawid**	**104**	WLKP MOUNTAINS ULTRA	M-40	43	01:13:50	02:13:54	03:24:00	**04:49:24.30**	+02:23:13 (49.5%)	9:20	6.4 (50.4%)
98	**BACHURSKI Tomasz**	**215**		M-40	44	01:09:11	02:14:07		**04:54:37.75**	+02:28:26 (50.4%)	9:30	6.3 (49.6%)
99	**WOJCIECHOWICZ Leszek**	**127**	DZIECI KOTANA	M-30	26	01:12:07	02:16:05	03:24:45	**04:55:19.85**	+02:29:08 (50.5%)	9:31	6.3 (49.6%)
100	**GINTER Grzegorz**	**120**	AZS COLLEGIUM MEDICUM UJ	M-30	27	01:14:38	02:19:21	03:29:02	**04:55:23.90**	+02:29:12 (50.5%)	9:31	6.3 (49.6%)
101	**FIJAŁKOWSKI Wojciech**	**162**	MONAR-GRACZE	M-60	3	01:13:16	02:16:18	03:24:50	**04:55:32.95**	+02:29:21 (50.5%)	9:32	6.3 (49.6%)
102	**SZPYTMA Remigiusz**	**258**		M-30	28	01:09:13	02:11:38	03:18:24	**04:58:23.20**	+02:32:12 (51.0%)	9:37	6.2 (48.8%)
103	**TRZEPACZ Dorota**	**240**	KB LUPUS OLEŚNICA	K-40	4	01:08:55	02:16:15	03:28:58	**04:58:56.60**	+02:32:45 (51.1%)	9:38	6.2 (48.8%)
104	**MACIEJEWSKI Adam**	**230**		M-30	29	01:12:00	02:12:02	03:20:45	**04:59:08.45**	+02:32:57 (51.1%)	9:38	6.2 (48.8%)
105	**FILIPOWICZ Dominik**	**271**		M-30	30	01:13:31	02:20:56	03:30:06	**04:59:47.20**	+02:33:36 (51.2%)	9:40	6.2 (48.8%)
106	**KOSTYK Grzegorz**	**272**		M-40	45	01:13:43	02:20:58	03:30:06	**05:00:00.30**	+02:33:49 (51.3%)	9:40	6.2 (48.8%)
107	**MATUSZEWSKA Małgorzata**	**119**	RUNNER'S POWER ŚREM	K-40	5	01:18:00	02:21:22	03:30:43	**05:00:28.10**	+02:34:16 (51.3%)	9:41	6.2 (48.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking pod Szczelińcem 7km	Błędne Skały 14km	Lisia Przełęcz 19.7km	Czas netto 31km	Różn	Tempo min/km	Tempo km/h
108	**KACZMAREK Mirosław**	**191**	RUNNER'S POWER	M-30	31	01:18:12	02:21:31	03:30:58	**05:00:37.60**	+02:34:26 (51.4%)	9:41	6.2 (48.8%)
109	**MATUSZEWSKI Marek**	**291**	RUNNER'S POWER	M-40	46	01:18:09	02:21:36	03:30:59	**05:00:43.25**	+02:34:32 (51.4%)	9:42	6.2 (48.8%)
110	**BAKA Marcin**	**122**	GTS TRADYCJA	M-50	13	01:12:45	02:18:54	03:28:31	**05:02:32.60**	+02:36:21 (51.7%)	9:45	6.1 (48.0%)
111	**BISKUP Rafał**	**177**	RUN DZIADU RUN	M-50	14	01:14:46	02:19:39	03:01:43	**05:06:43.60**	+02:40:32 (52.3%)	9:53	6.1 (48.0%)
112	**SMUGA Łukasz**	**134**	SZEREGOWY BIEGACZ	M-30	32	01:21:51	02:30:59	03:40:39	**05:07:54.70**	+02:41:43 (52.5%)	9:55	6 (47.2%)
113	**LEONARSKA Małgorzata**	**128**	DZIKI BIEG	K-30	9	01:21:04	02:30:59	03:40:43	**05:08:01.85**	+02:41:50 (52.5%)	9:56	6 (47.2%)
114	**KURKOWIAK Krzysztof**	**135**	#TEAMNICPOŃ	M-30	33	01:14:44	02:21:47	03:35:17	**05:11:01.95**	+02:44:50 (53.0%)	10:01	6 (47.2%)
115	**MARONKA Agnieszka**	**180**		K-40	6	01:18:56	02:26:07	03:37:21	**05:11:38.30**	+02:45:27 (53.1%)	10:03	6 (47.2%)
116	**KARKOSZ Aurelia**	**197**		K-30	10	01:17:20	02:23:56	03:33:18	**05:12:06.25**	+02:45:55 (53.2%)	10:04	6 (47.2%)
117	**MAZUREK Marita**	**193**		K-30	11	01:13:01	02:17:31	03:31:30	**05:12:14.70**	+02:46:03 (53.2%)	10:04	6 (47.2%)
118	**SAMOLAK Maciek**	**169**		M-40	47	01:13:33	02:22:35	03:37:29	**05:12:58.80**	+02:46:47 (53.3%)	10:05	5.9 (46.5%)
119	**KRUZEL Rafał**	**157**	BIEGOWE MISIE	M-50	15	01:17:59	02:27:06	03:40:44	**05:13:05.20**	+02:46:54 (53.3%)	10:05	5.9 (46.5%)
120	**RADZIWOŃ Krzysztof**	**275**	GRUPA NIENACHALNIE HEROICZNA	M-40	48	01:21:04	02:32:01	03:44:15	**05:14:24.00**	+02:48:12 (53.5%)	10:08	5.9 (46.5%)
121	**KLIMECKI Krzysztof**	**233**	NSK RUNS	M-20	5	01:13:41	02:24:09	03:36:16	**05:15:22.60**	+02:49:11 (53.6%)	10:10	5.9 (46.5%)
122	**ARGASIŃSKI Mateusz**	**295**		M-30	34	01:13:43	02:18:33	03:33:59	**05:16:10.30**	+02:49:59 (53.8%)	10:11	5.9 (46.5%)
123	**STASZEWSKI Dariusz**	**289**		M-30	35	01:14:52	02:26:39	03:39:31	**05:16:37.30**	+02:50:26 (53.8%)	10:12	5.9 (46.5%)
124	**SAMOLAK Łukasz**	**172**	10BLOG	M-30	36	01:13:35	02:22:56	03:37:45	**05:17:23.55**	+02:51:12 (53.9%)	10:14	5.9 (46.5%)
125	**MACIOŁ Sebastian**	**125**	TTA BIERUŃ	M-40	49	01:11:32	02:26:07	03:40:37	**05:20:39.00**	+02:54:27 (54.4%)	10:20	5.8 (45.7%)
126	**MACIEJEWSKI Tomasz**	**228**	ZAP-KOOPERACJA	M-30	37	01:18:07	02:26:18	03:39:59	**05:24:31.65**	+02:58:20 (55.0%)	10:28	5.7 (44.9%)
127	**SZYNKLEWSKI Maciej**	**164**	QUAY POZNAŃ	M-50	16	01:16:11	02:26:45	03:46:57	**05:25:01.25**	+02:58:50 (55.0%)	10:29	5.7 (44.9%)
128	**RESPONDEK Dariusz**	**254**		M-40	50	01:18:17	02:27:48	03:42:11	**05:31:34.50**	+03:05:23 (55.9%)	10:41	5.6 (44.1%)
129	**SZELĄG Piotr**	**194**	TURBO JEŻE TEAM	M-40	51	01:25:13	02:33:09	03:52:40	**05:32:30.10**	+03:06:18 (56.0%)	10:43	5.6 (44.1%)
130	**MŁODZIKOWSKI Rafał**	**137**	SŁYNNI KENIJCZYCY	M-40	52	01:28:35	02:40:39	04:04:53	**05:37:14.30**	+03:11:03 (56.7%)	10:52	5.5 (43.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking pod Szczelińcem 7km	Błędne Skały 14km	Lisia Przełęcz 19.7km	Czas netto 31km	Różn	Tempo min/km	Tempo km/h
131	**KIEŁBOWICZ Aneta**	**129**	SŁYNNI KENIJCZYCY	K-30	12	01:28:33	02:40:48	04:05:10	**05:37:20.60**	+03:11:09 (56.7%)	10:52	5.5 (43.3%)
132	**GLINA-KRAWCZYK Małgorzata**	**141**	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	K-40	7	01:24:35	02:31:51	03:54:18	**05:37:35.40**	+03:11:24 (56.7%)	10:53	5.5 (43.3%)
133	**MIREK Waldemar**	**181**		M-60	4	01:19:47	02:33:24	03:53:18	**05:41:14.10**	+03:15:02 (57.2%)	11:00	5.5 (43.3%)
134	**LEDNICKI Michał**	**139**		M-30	38	01:18:47	02:32:44	03:49:15	**05:41:43.40**	+03:15:32 (57.2%)	11:01	5.4 (42.5%)
135	**MATUŁA Bartłomiej**	**213**	PRZEBIEGLI UNISŁAW	M-40	53	01:21:35	02:31:57	03:56:55	**05:41:51.25**	+03:15:40 (57.2%)	11:01	5.4 (42.5%)
136	**BLACHOWSKI Waldemar**	**102**		M-40	54	01:21:37	02:32:06	03:57:01	**05:41:54.15**	+03:15:43 (57.2%)	11:01	5.4 (42.5%)
137	**LOSOR Agnieszka**	**288**	BIEGACZKOWO	K-40	8	01:18:06	02:30:13	03:50:20	**05:42:07.40**	+03:15:56 (57.3%)	11:02	5.4 (42.5%)
138	**SZWARC Grzegorz**	**192**		M-30	39	01:19:08	02:33:04	03:50:12	**05:42:08.20**	+03:15:57 (57.3%)	11:02	5.4 (42.5%)
139	**LEDNICKA Lidia**	**155**		K-30	13	01:19:06	02:32:58	03:50:06	**05:42:26.50**	+03:16:15 (57.3%)	11:02	5.4 (42.5%)
140	**GĘSIAREK Grzegorz**	**144**		M-40	55	01:11:37	02:21:13	03:37:45	**05:43:53.75**	+03:17:42 (57.5%)	11:05	5.4 (42.5%)
141	**KOZAK Bartosz**	**183**	KOZAKI	M-40	56	01:22:32	02:33:38	03:57:01	**05:44:32.95**	+03:18:21 (57.6%)	11:06	5.4 (42.5%)
142	**KOZAK Ewa**	**184**	KOZAKI	K-40	9	01:22:25	02:33:49	03:57:20	**05:44:45.35**	+03:18:34 (57.6%)	11:07	5.4 (42.5%)
143	**LUPA Mirosław**	**282**	LUPUSTEAM	M-50	17	01:21:44	02:42:22	04:03:51	**05:54:35.35**	+03:28:24 (58.8%)	11:26	5.2 (40.9%)
144	**KORNAŚ Marcin**	**136**	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	M-40	57	01:30:02	02:47:12	04:11:12	**05:58:39.70**	+03:32:28 (59.2%)	11:34	5.2 (40.9%)
145	**URBAŃSKI Rafał**	**252**		M-50	18	01:20:27	02:44:32	04:11:56	**06:03:43.50**	+03:37:32 (59.8%)	11:43	5.1 (40.2%)
146	**LOSOR Andrzej**	**293**		M-40	58	01:31:13	02:50:57	04:20:13	**06:23:04.25**	+03:56:53 (61.8%)	12:21	4.9 (38.6%)
147	**BECHTA Damian**	**216**	ADIDAS RUNNERS WARSAW	M-20	6	01:29:47	02:58:15	04:25:48	**06:25:05.85**	+03:58:54 (62.0%)	12:25	4.8 (37.8%)
148	**PERKA Barbara**	**159**		K-40	10	01:34:17	03:03:52	04:27:45	**06:26:53.90**	+04:00:42 (62.2%)	12:28	4.8 (37.8%)
149	**DĄBROWSKI Michał**	**103**	ULTRAPOSLADACH / TEAM ZABIEGANEDNI	M-40	59	01:36:12	03:03:05	04:27:25	**06:29:02.00**	+04:02:50 (62.4%)	12:32	4.8 (37.8%)
150	**WILK Magdalena**	**109**	ULTRAPOŚLADACH/TEAM ZABIEGANEDNI	K-40	11	01:36:26	03:03:14	04:27:53	**06:29:04.90**	+04:02:53 (62.4%)	12:33	4.8 (37.8%)
151	**HOFFMANN Grzegorz**	**118**	KOSCIAN TEAM	M-40	60	01:28:48	02:58:43	04:25:23	**06:32:29.05**	+04:06:17 (62.8%)	12:39	4.7 (37.0%)
152	**STĘPIEŃ Tomasz**	**261**	FEN CREW	M-40	61	01:29:45	02:57:04	04:25:46	**06:39:30.60**	+04:13:19 (63.4%)	12:53	4.7 (37.0%)
153	**PIELICHATA Magdalena**	**249**		K-30	14	01:28:01	02:57:16	04:25:48	**06:39:39.70**	+04:13:28 (63.4%)	12:53	4.7 (37.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking pod Szczelińcem 7km	Błędne Skały 14km	Lisia Przełęcz 19.7km	Czas netto 31km	Różn	Tempo min/km	Tempo km/h
154	**PARZYŃSKI Łukasz**	**264**		M-30	40	01:50:08	03:14:35	04:42:32	**06:55:06.25**	+04:28:55 (64.8%)	13:23	4.5 (35.4%)
155	**MYSZYWODA Monika**	**281**		K-30	15	01:57:14	03:37:48	05:13:36	**08:27:28.20**	+06:01:17 (71.2%)	16:22	3.7 (29.1%)
156	**KĘPSKI Grzegorz**	**280**		M-30	41	01:57:18	03:37:39	05:13:40	**08:27:34.25**	+06:01:23 (71.2%)	16:22	3.7 (29.1%)
	KRĘT Tomasz	**263**		M-30		02:13:40 DNF	DNF	DNF	**DNF**		-	- (0.0%)

Znaleziono 157 wynik(ów)