



KASZUBSKA PONIEWIERKA - 30KM

B4SPORT

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Wydarzenie: Kaszubska Poniewierka 2019
Organizator: Stowarzyszenie „Aktywni w Trójmieście”
Data: 2019-09-14
Miejsce: Wieżyca
Dystans: 30 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
1	CHYB Radosław	448	RUNPASSION.PL TEAM	Open M	1	02:15:54.65	02:15:56.90		4:31	13.2
2	RUDNICKI Dariusz	641		Open M	2	02:18:50.25	02:18:53.20	+00:02:56	4:37	13
3	KWARTA Maciej	547	JW 4846	Open M	3	02:21:32.45	02:21:34.20	+00:05:37	4:43	12.7
4	GAŁĘZA Sławomir	474	RUNPASSION.PL TEAM	Open M	4	02:23:33.05	02:23:57.65	+00:08:00	4:47	12.5
5	ADAMCZYK Tomasz	421	ROCK&RUN	Open M	5	02:25:27.90	02:25:31.10	+00:09:34	4:50	12.4
6	WITT Oskar	705		Open M	6	02:26:21.20	02:26:24.90	+00:10:28	4:52	12.3
7	ZAWALUK Marcin	716	(RT) RUNHOLIK TEAM	Open M	7	02:28:08.95	02:28:12.75	+00:12:15	4:56	12.1
8	SIKUT Arkadiusz	653	PODGÓRZ TORUŃ	Open M	8	02:29:13.60	02:29:17.70	+00:13:20	4:58	12.1
9	LARWIŃSKI Patryk	553	PAWKO RUNNERS	Open M	9	02:31:53.65	02:31:56.85	+00:15:59	5:03	11.9
10	GARDENER Jacek	735		Open M	10	02:31:57.65	02:32:00.65	+00:16:03	5:03	11.8
11	SKALSKI Mateusz	656		Open M	11	02:32:10.60	02:32:16.25	+00:16:19	5:04	11.8
12	KOWALKOWSKI Krzysztof	532	LUFTHANSA SYSTEMS ACTIVE	Open M	12	02:32:37.70	02:32:39.45	+00:16:42	5:05	11.8
13	GÓRYŃSKI Rafał	757	OTK RZEŹNIK	Open M	13	02:34:43.00	02:34:46.65	+00:18:49	5:09	11.6
14	WIĘCEK Anna	700		Open K	1	02:36:08.45	02:36:12.85	+00:20:15	5:12	11.5
15	GOŁĄB Jakub	484	NAPIERAMY	Open M	14	02:37:09.65	02:37:15.35	+00:21:18	5:14	11.5
16	RYGIEL Krzysztof	644		Open M	15	02:37:44.20	02:37:49.25	+00:21:52	5:15	11.4
17	ŁUCZKO Grzegorz	729	NATURAL BORN RUNNERS TEAM	Open M	16	02:38:04.30	02:38:06.25	+00:22:09	5:16	11.4
18	BŁAŻUK Jarosław	431		Open M	17	02:38:49.70	02:38:54.55	+00:22:57	5:17	11.3
19	SOBIERAJ Grzegorz	661	KUMPLE SEBANA	Open M	18	02:39:41.30	02:39:44.80	+00:23:47	5:19	11.3
20	LEŚNIAK Piotr	557		Open M	19	02:39:52.05	02:39:54.75	+00:23:57	5:19	11.3
21	PRZYBYLSKI Patryk	626		Open M	20	02:41:21.90	02:41:28.75	+00:25:31	5:22	11.2
22	ZĘBALA Sławomir	721	KB GOCH BYTÓW	Open M	21	02:42:11.65	02:42:16.65	+00:26:19	5:24	11.1
23	SOSNOWSKI Jarosław	664	BIEGAJĄCY TCZEW	Open M	22	02:42:07.55	02:42:26.70	+00:26:29	5:24	11.1
24	TELEPSKI Michał	686	LSYP ACTIVE / NULL	Open M	23	02:42:29.80	02:42:31.65	+00:26:34	5:25	11.1
25	SOWA Paweł	665		Open M	24	02:45:12.85	02:45:17.25	+00:29:20	5:30	10.9
26	FIGEL Michał	466	MIKI TEAM	Open M	25	02:45:43.85	02:45:49.35	+00:29:52	5:31	10.9
27	BROŻYNA Ryszard	728		Open M	26	02:45:55.55	02:46:00.75	+00:30:03	5:31	10.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
28	POLAŃSKI Marcin	618	GENERAT ZE SZTUTOWA	Open M	27	02:48:43.65	02:48:52.55	+00:32:55	5:37	10.7
29	WALCZAK Jędrzej	692		Open M	28	02:49:01.90	02:49:08.45	+00:33:11	5:38	10.6
30	PAKULA Marcin	604	PAKULA TEAM	Open M	29	02:49:08.55	02:49:11.10	+00:33:14	5:38	10.6
31	NIKEL Martyna	594	KONTENER FORMY	Open K	2	02:49:21.80	02:49:25.60	+00:33:28	5:38	10.6
32	KLIMOWICZ Marek	516		Open M	30	02:49:54.30	02:49:58.85	+00:34:01	5:39	10.6
33	MĄKA Marcin	576		Open M	31	02:51:36.85	02:51:41.25	+00:35:44	5:43	10.5
34	LESZCZYŃSKI Tomek	556		Open M	32	02:51:49.10	02:51:55.95	+00:35:59	5:43	10.5
35	ŻYŁA Patryk	726		Open M	33	02:53:28.85	02:53:34.35	+00:37:37	5:46	10.4
36	SZYMAŃSKI Artur	680	LOTOS TEAM	Open M	34	02:53:27.65	02:53:35.45	+00:37:38	5:46	10.4
37	PAWELCZAK Karolina	609	JATREUJE	Open K	3	02:53:31.20	02:53:36.05	+00:37:39	5:47	10.4
38	ROGOWSKI Patryk	634		Open M	35	02:54:23.10	02:54:35.75	+00:38:38	5:48	10.3
39	GRZYSTEK Adam	493		Open M	36	02:54:33.00	02:54:53.60	+00:38:56	5:49	10.3
40	CHAŁUPA Daniel	445	KLUB BIEGACZA GOCH	Open M	37	02:54:54.70	02:54:57.40	+00:39:00	5:49	10.3
41	LABUDA Anna	551	AKADEMIA BIEGOWA KARTUZY	Open K	4	02:54:55.25	02:54:59.35	+00:39:02	5:49	10.3
42	KOSZYK Krzysztof	750	BIEGAJĄCY TCZEW	Open M	38	02:55:18.15	02:55:35.90	+00:39:39	5:50	10.3
43	SIEPIOŁA Cezary	651		Open M	39	02:55:09.25	02:55:40.65	+00:39:43	5:50	10.3
44	KLIMEK Kasia	515		Open K	5	02:55:44.75	02:55:55.90	+00:39:59	5:51	10.2
45	HALMAN Krzysztof	497		Open M	40	02:55:34.35	02:56:02.80	+00:40:05	5:51	10.3
46	STRZYŻ Rafał	668		Open M	41	02:55:30.85	02:56:04.20	+00:40:07	5:51	10.3
47	JAKUBOWSKI Maciej	503	PGB SPORTOWA PACZKA	Open M	42	02:56:17.20	02:56:28.25	+00:40:31	5:52	10.2
48	ŁASKA Kazimierz	560	PGB SPORTOWA PACZKA	Open M	43	02:56:31.70	02:57:00.70	+00:41:03	5:53	10.2
49	MILEWCZYK Rafał	584		Open M	44	02:56:49.60	02:57:02.10	+00:41:05	5:53	10.2
50	TOMICI Krzysztof	687		Open M	45	02:56:58.70	02:57:03.60	+00:41:06	5:53	10.2
51	ERNST Tomasz	464		Open M	46	02:57:30.10	02:57:56.95	+00:42:00	5:55	10.1
52	NAGOW Michał	590		Open M	47	02:58:09.05	02:58:16.35	+00:42:19	5:56	10.1
53	KOŁAKOWSKI Mikołaj	521	ENDURE	Open M	48	02:58:39.30	02:58:42.65	+00:42:45	5:57	10.1
54	SIUDA Adam	655		Open M	49	02:59:50.00	02:59:53.00	+00:43:56	5:59	10
55	SZTEJNA Joanna	676	ALIOR RUNNING TEAM	Open K	6	03:00:06.30	03:00:21.10	+00:44:24	6:00	10
56	KASCHEL Patryk	752	BALTIC SEALS	Open M	50	03:00:17.90	03:00:26.65	+00:44:29	6:00	10
57	SOBCZYŃSKI Paweł	660	KSB	Open M	51	03:01:04.05	03:01:07.85	+00:45:10	6:02	9.9
58	KORJAT Bartek	525		Open M	52	03:01:07.75	03:01:46.75	+00:45:49	6:02	9.9
59	SZYMAŃSKI Krzysztof	745		Open M	53	03:02:12.15	03:02:25.80	+00:46:28	6:04	9.9
60	GĄŁKA Grzegorz	475		Open M	54	03:02:27.30	03:02:40.45	+00:46:43	6:04	9.9
61	BOHUCKI Piotr	737		Open M	55	03:03:14.90	03:03:21.75	+00:47:24	6:06	9.8
62	PRYŚKO-GROBELNA Małgorzata	623		Open K	7	03:03:35.65	03:03:41.35	+00:47:44	6:07	9.8
62	PRZYBORSKI Michał	625		Open M	56	03:03:33.25	03:03:41.35	+00:47:44	6:07	9.8
64	WLAZŁOWSKI Wojciech	706		Open M	57	03:04:07.70	03:04:20.55	+00:48:23	6:08	9.8
65	GDANIEC Sławomir	478	BIEGAJĄCY TCZEW	Open M	58	03:04:11.55	03:04:28.55	+00:48:31	6:08	9.8
66	CHODOROWICZ Kamil	447	LEŚNY CROSS	Open M	59	03:04:01.90	03:04:32.35	+00:48:35	6:08	9.8
67	GAFFKE Paweł	472		Open M	60	03:04:58.10	03:05:09.85	+00:49:12	6:09	9.7
68	WLIZŁO Paweł	707	MUZEUM ARCHEOLOGICZNO-HISTORYCZNE ELBLĄG	Open M	61	03:05:16.85	03:05:27.65	+00:49:30	6:10	9.7
69	NOWAK Jarosław	597	SPC	Open M	62	03:06:00.55	03:06:13.30	+00:50:16	6:12	9.7
70	NOWOTARSKI Wojciech	598		Open M	63	03:05:54.10	03:06:16.05	+00:50:19	6:11	9.7
71	PIĄTKOWIAK Aleksandra	613	GRUNWALD TEAM POZNAŃ	Open K	8	03:06:28.25	03:06:36.15	+00:50:39	6:12	9.7

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72	KOWALSKI Łukasz	534	T-MOBILE SPORT TEAM	Open M	64	03:06:36.70	03:06:49.80	+00:50:52	6:13	9.6
73	WILKOSZ Krystian	703		Open M	65	03:06:38.75	03:06:58.75	+00:51:01	6:13	9.6
74	GRUCHAŁA Radosław	488		Open M	66	03:06:40.90	03:07:01.10	+00:51:04	6:13	9.6
75	SKIBNIEWSKI Marcin	658		Open M	67	03:06:48.55	03:07:07.15	+00:51:10	6:13	9.6
76	BILSKI Bartosz	428		Open M	68	03:07:39.55	03:07:45.25	+00:51:48	6:15	9.6
77	SIONDALSKI Marcin	743		Open M	69	03:08:43.95	03:09:11.50	+00:53:14	6:17	9.5
78	GUNERT Kuba	495		Open M	70	03:09:57.90	03:10:17.45	+00:54:20	6:19	9.5
79	JURCZYK Ewa	509		Open K	9	03:10:21.85	03:10:36.40	+00:54:39	6:20	9.5
80	RĄB Agnieszka	742		Open K	10	03:10:22.50	03:10:44.95	+00:54:48	6:20	9.5
81	TONGORI Andras	688		Open M	71	03:10:54.00	03:11:16.95	+00:55:20	6:21	9.4
82	BERA Adam	424		Open M	72	03:10:54.30	03:11:21.35	+00:55:24	6:21	9.4
83	GARSZTKA Mateusz	476		Open M	73	03:11:03.45	03:11:38.75	+00:55:41	6:22	9.4
84	PAŚNIK Paweł	608	LUPUS_GO	Open M	74	03:12:23.55	03:12:30.55	+00:56:33	6:24	9.4
85	WOJNICZ Paweł	709		Open M	75	03:12:15.50	03:12:34.00	+00:56:37	6:24	9.4
86	ŻAK Paweł	727	BROWERY TEAM	Open M	76	03:12:38.55	03:12:40.95	+00:56:44	6:25	9.3
87	ŚNIECIŃSKI Maciej	684		Open M	77	03:12:31.45	03:12:50.60	+00:56:53	6:25	9.3
88	SZARSZEWSKA Natalia	674		Open K	11	03:12:52.90	03:13:01.00	+00:57:04	6:25	9.3
89	POSTUPALSKI Michał	619	IHS MARKIT	Open M	78	03:12:43.80	03:13:04.80	+00:57:07	6:25	9.3
90	JAKUBEK Zbigniew Zibi	502		Open M	79	03:13:48.90	03:14:14.75	+00:58:17	6:27	9.3
91	PRZEWDZIECKI Karol	624	TEAM POGORZE	Open M	80	03:14:58.15	03:15:15.10	+00:59:18	6:29	9.2
92	ŁUCKI Mirosław	562		Open M	81	03:15:05.75	03:15:20.75	+00:59:23	6:30	9.2
93	ŁUCKA Anna	561	AKADEMIA BIEGANIA GRUDZIĄDZ	Open K	12	03:15:05.15	03:15:21.00	+00:59:24	6:30	9.2
94	WITFER Jacek	704		Open M	82	03:15:36.05	03:15:39.25	+00:59:42	6:31	9.2
95	KAJRUKSZTO Maciej	731	ARTURKUREK.PRO CAS	Open M	83	03:16:03.45	03:16:09.30	+01:00:12	6:32	9.2
96	LESZCZYŃSKI Michał	736		Open M	84	03:15:56.15	03:16:16.00	+01:00:19	6:31	9.2
97	JARSKA Hanna	505		Open K	13	03:16:40.55	03:16:45.35	+01:00:48	6:33	9.2
98	DALECKA Dorota	452	BIEGAMYRAZEM.PL	Open K	14	03:16:31.20	03:16:47.85	+01:00:50	6:33	9.2
99	KUBALSKI Paweł	542	KOWALE TEAM	Open M	85	03:16:58.30	03:17:04.65	+01:01:07	6:33	9.1
100	SADOWSKI Grzegorz	645		Open M	86	03:17:07.70	03:17:15.50	+01:01:18	6:34	9.1
101	MILKA Dawid	586		Open M	87	03:16:53.30	03:17:27.55	+01:01:30	6:33	9.1
102	MILKA Adam	585		Open M	88	03:16:53.10	03:17:27.85	+01:01:30	6:33	9.1
103	INDEO Simone	500		Open M	89	03:17:35.70	03:17:37.95	+01:01:41	6:35	9.1
104	MALISZEWSKA Malwina	566		Open K	15	03:18:25.10	03:18:39.90	+01:02:43	6:36	9.1
105	LIPIŃSKI Tomasz	747	KOSZAŁKOWO	Open M	90	03:18:37.60	03:18:51.50	+01:02:54	6:37	9.1
106	KRZYŻANEK Marta	540		Open K	16	03:18:41.90	03:18:52.95	+01:02:56	6:37	9.1
107	KAMIŃSKI Marcin	738	MOCZYMORDY TEAM	Open M	91	03:18:42.45	03:18:53.15	+01:02:56	6:37	9.1
108	KOŁODZIEJCZAK Grzegorz	522		Open M	92	03:19:06.45	03:19:27.50	+01:03:30	6:38	9
109	STASZKIEWICZ Lucyna	666	STASHKY TEAM	Open K	17	03:19:45.05	03:19:55.95	+01:03:59	6:39	9
110	RĄB Łukasz	741		Open M	93	03:19:36.00	03:19:59.50	+01:04:02	6:39	9
111	NAZARKO Małgorzata	592		Open K	18	03:19:31.95	03:19:59.90	+01:04:03	6:39	9
112	FELSKA Katarzyna	465	NIGHT RUNNERS SŁUPSK	Open K	19	03:19:33.60	03:20:01.90	+01:04:05	6:39	9
113	CZECHOWSKA Joanna	451		Open K	20	03:19:43.25	03:20:08.95	+01:04:12	6:39	9
114	DUDZIC Kamil	461	MONAR MARIANÓWEK	Open M	94	03:19:43.45	03:20:09.25	+01:04:12	6:39	9
115	ZIĘBA Beata	723	ENDURE TEAM	Open K	21	03:20:16.60	03:20:22.90	+01:04:26	6:40	9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
116	OSKWAREK Bogdan	602		Open M	95	03:20:21.20	03:20:32.65	+01:04:35	6:40	9
117	GAWRYSZEWSKI Piotr	732		Open M	96	03:20:11.55	03:20:38.05	+01:04:41	6:40	9
118	GRZYWACZ Karol	494		Open M	97	03:20:33.80	03:20:55.10	+01:04:58	6:41	9
119	SZYMBORSKI Tomek	681	BAR WANOGA	Open M	98	03:21:33.70	03:21:38.25	+01:05:41	6:43	8.9
120	KUBIAK Andrzej	543		Open M	99	03:21:44.20	03:21:51.45	+01:05:54	6:43	8.9
121	DORENDĄ-ZABOROWICZ Marta	458		Open K	22	03:21:38.95	03:21:58.70	+01:06:01	6:43	8.9
122	GRAMBURG Magda	486	BIG VIKING	Open K	23	03:21:55.20	03:22:04.35	+01:06:07	6:43	8.9
123	KOSIACKI Karol	527		Open M	100	03:21:49.65	03:22:05.15	+01:06:08	6:43	8.9
124	SŁOMKOWSKI Mateusz	734		Open M	101	03:22:00.00	03:22:06.25	+01:06:09	6:44	8.9
125	FILIPSKI Aleksander	469	WYMIATACZE	Open M	102	03:21:58.35	03:22:14.10	+01:06:17	6:43	8.9
126	ZĘBALA Dariusz	722	DRUTEX	Open M	103	03:22:50.00	03:23:11.05	+01:07:14	6:45	8.9
127	MATUSZYŃSKI Mirosław	574	KB GOCH BYTÓW	Open M	104	03:22:50.95	03:23:11.15	+01:07:14	6:45	8.9
128	KUC Krzysztof	733		Open M	105	03:24:17.85	03:24:52.45	+01:08:55	6:48	8.8
129	MARZAŁKOWSKI Karol	571		Open M	106	03:24:52.85	03:25:08.85	+01:09:11	6:49	8.8
129	MARZAŁKOWSKI Piotr	572		Open M	107	03:24:52.15	03:25:08.85	+01:09:11	6:49	8.8
131	CEIER Grzegorz	442	LUFTHANSA SYSTEMS POLAND ACTIVE!	Open M	108	03:25:31.75	03:25:50.25	+01:09:53	6:51	8.8
132	MADEJ Paweł	563	PGB SPORTOWA PACZKA	Open M	109	03:25:25.50	03:25:55.30	+01:09:58	6:50	8.8
133	LACKOWSKI Andrzej	552	AIKIDO UMK TORUŃ	Open M	110	03:26:01.10	03:26:03.55	+01:10:06	6:52	8.7
134	ZABOROWSKI Mariusz	740		Open M	111	03:26:35.40	03:26:48.80	+01:10:51	6:53	8.7
135	POSZYTEK Jagoda	620	RUNEDA	Open K	24	03:27:05.25	03:27:11.40	+01:11:14	6:54	8.7
136	JĘDRZEJCZYK Agnieszka	754		Open K	25	03:27:04.55	03:27:16.75	+01:11:19	6:54	8.7
137	WOLAŃSKI Tomasz	753		Open M	112	03:27:13.00	03:27:17.85	+01:11:20	6:54	8.7
138	GRZĘBSKA-BUJA Małgorzata	491		Open K	26	03:27:52.65	03:28:01.15	+01:12:04	6:55	8.7
139	LEBIEDZIŃSKI Radek	555	NORDA ACTIVE TEAM	Open M	113	03:28:10.50	03:28:21.10	+01:12:24	6:56	8.6
140	LEBIEDZIŃSKA Angelika	554	BIEGACZE ŚWINOUJŚCIE	Open K	27	03:28:11.05	03:28:21.15	+01:12:24	6:56	8.6
141	MICHTA Bartłomiej	580		Open M	114	03:27:51.45	03:28:27.05	+01:12:30	6:55	8.7
142	DOMŻAŁSKI Marek	457		Open M	115	03:28:16.10	03:28:49.25	+01:12:52	6:56	8.6
143	WOJNAROWSKA Marcelina	708		Open K	28	03:29:11.20	03:29:19.70	+01:13:22	6:58	8.6
144	SERAFIN Bartłomiej	648		Open M	116	03:30:03.20	03:30:10.05	+01:14:13	7:00	8.6
145	PRZYSIĘŻNY Grzegorz	628	BBL GDAŃSK	Open M	117	03:26:40.05	03:30:55.80	+01:14:58	6:53	8.7
146	KUBIAK Karolina	544	EXCALIBUR	Open K	29	03:31:54.65	03:32:03.35	+01:16:06	7:03	8.5
147	DĄBKOWSKA Dorota	759		Open K	30	03:32:00.15	03:32:20.80	+01:16:23	7:04	8.5
148	WYRĄBKIEWICZ Janusz	760		Open M	118	03:32:00.10	03:32:20.85	+01:16:23	7:04	8.5
149	MARCINIAK Andrzej	567		Open M	119	03:32:00.30	03:32:22.90	+01:16:26	7:04	8.5
149	LITKA Andrzej	730		Open M	120	03:32:00.35	03:32:22.90	+01:16:26	7:04	8.5
151	WILK Artur	702	TOTALNIE BIEGNIĘCI	Open M	121	03:32:50.30	03:33:17.35	+01:17:20	7:05	8.5
152	KREFT Ewa	539	DREAM TRI TEAM	Open K	31	03:33:41.65	03:33:50.95	+01:17:54	7:07	8.4
153	KROPLEWSKI Blazej	751	TRIPLESIXX	Open M	122	03:33:24.70	03:33:57.45	+01:18:00	7:06	8.4
154	RUMIŃSKI Rafał	642	RUNEDA	Open M	123	03:34:21.15	03:34:32.05	+01:18:35	7:08	8.4
155	CHYLIŃSKI Łukasz	449		Open M	124	03:34:08.50	03:34:34.05	+01:18:37	7:08	8.4
156	GARSZTKA Dominik	477		Open M	125	03:34:42.65	03:35:18.40	+01:19:21	7:09	8.4
157	KAŻMIERCZAK Dariusz	514		Open M	126	03:34:59.00	03:35:26.05	+01:19:29	7:09	8.4
158	ROWICKI Jarek	639	LEŚNY CROSS	Open M	127	03:35:08.40	03:35:40.10	+01:19:43	7:10	8.4
159	BŁAŻEJKO Paweł	430	MONAR MARIANÓWEK	Open M	128	03:35:22.70	03:35:48.65	+01:19:51	7:10	8.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
160	SZTYBOR Joanna	677		Open K	32	03:35:23.75	03:35:49.65	+01:19:52	7:10	8.4
161	DUKAŁA Arkadiusz	462	NATIONALE NEDERLANDEN	Open M	129	03:35:41.10	03:35:53.75	+01:19:56	7:11	8.3
162	MIZIK Maciej	587		Open M	130	03:36:05.40	03:36:29.75	+01:20:32	7:12	8.3
163	KONOPSKI Piotr	523		Open M	131	03:36:29.30	03:36:53.95	+01:20:57	7:12	8.3
164	ŚLĘCZKA Radka	683		Open K	33	03:36:39.90	03:37:03.90	+01:21:07	7:13	8.3
165	FRĄCZEK Rafał	470	KB GOCH	Open M	132	03:36:54.20	03:37:08.45	+01:21:11	7:13	8.3
166	ROSZKOWSKA Sylwia	637		Open K	34	03:37:07.20	03:37:31.35	+01:21:34	7:14	8.3
167	SKOWRON Magdalena	659		Open K	35	03:37:33.30	03:37:43.30	+01:21:46	7:15	8.3
168	MAKARENKO Adam	565		Open M	133	03:37:08.00	03:37:45.45	+01:21:48	7:14	8.3
169	KOLMAN Małgorzata	520	GRUPA65.PL	Open K	36	03:37:57.05	03:38:19.40	+01:22:22	7:15	8.3
170	SZOLC-NARTOWSKI Bartosz	761	OIRP GDAŃSK	Open M	134	03:38:19.65	03:38:25.25	+01:22:28	7:16	8.2
171	WILCZYŃSKI Paweł	701		Open M	135	03:38:48.60	03:39:16.85	+01:23:19	7:17	8.2
172	OKŁA Patrycja	600		Open K	37	03:39:20.25	03:39:43.00	+01:23:46	7:18	8.2
173	GEPPERT Stanisław	479	BODY IN MOTION	Open M	136	03:39:48.00	03:40:11.45	+01:24:14	7:19	8.2
174	JAŁKIEWICZ Alek	504	MAMY TO	Open M	137	03:40:17.45	03:40:30.20	+01:24:33	7:20	8.2
175	RAFALSKI Eliasz	630	LEŚNY CROSS	Open M	138	03:40:30.80	03:41:01.85	+01:25:04	7:21	8.2
176	FILIPIAK Anna	468		Open K	38	03:41:53.65	03:41:59.90	+01:26:03	7:23	8.1
177	SERZYSKO Wojciech	649		Open M	139	03:41:42.25	03:42:06.00	+01:26:09	7:23	8.1
178	WENTOWSKA Aleksandra	697		Open K	39	03:42:27.75	03:42:42.15	+01:26:45	7:24	8.1
179	USZACKA Małgosia	691	USHATKI	Open K	40	03:42:23.00	03:43:02.00	+01:27:05	7:24	8.1
180	PILECKI Paweł	616	ACCENTURE	Open M	140	03:42:23.10	03:43:02.20	+01:27:05	7:24	8.1
181	MATEJCZYK-WALETKO Dorota	573		Open K	41	03:43:05.95	03:43:12.50	+01:27:15	7:26	8.1
182	MELZER Hanna	578		Open K	42	03:42:58.70	03:43:20.55	+01:27:23	7:25	8.1
183	WOJTASZEK Marcin	710	MUCHY NA ZĘBACH	Open M	141	03:44:06.95	03:44:30.95	+01:28:34	7:28	8
184	ROPELA Andrzej	749	KOSZAŁKOWO	Open M	142	03:44:28.45	03:44:45.10	+01:28:48	7:28	8
185	TRUSIAK Agnieszka	689	NIGHT RUNNERS SŁUPSK	Open K	43	03:44:33.65	03:45:00.15	+01:29:03	7:29	8
186	LITWIN Barbara	558	STOPA SŁUPSK /NIGHT RUNNERS SŁUPSK	Open K	44	03:44:33.15	03:45:00.25	+01:29:03	7:29	8
187	SOCHA Dorota	662		Open K	45	03:46:01.45	03:46:13.25	+01:30:16	7:32	8
188	SOKOŁOWSKA Anna	663		Open K	46	03:46:03.45	03:46:14.90	+01:30:18	7:32	8
189	RESZKA Witek	632	IRONTEAM3CITY	Open M	143	03:46:19.60	03:46:31.55	+01:30:34	7:32	8
190	FIGEL Monika	467		Open K	47	03:46:10.55	03:46:34.05	+01:30:37	7:32	8
191	RATAJCZYK Piotr	631		Open M	144	03:46:14.25	03:46:48.50	+01:30:51	7:32	8
192	KUBALSKA Dorota	541	KOWALE TEAM	Open K	48	03:47:09.20	03:47:15.80	+01:31:18	7:34	7.9
193	JASIOROWSKI Michał	506		Open M	145	03:47:12.25	03:47:25.90	+01:31:29	7:34	7.9
194	PROMIŃSKA Karolina	622		Open K	49	03:47:11.95	03:47:26.05	+01:31:29	7:34	7.9
195	NITA Katarzyna	595	1972	Open K	50	03:47:21.55	03:47:40.95	+01:31:44	7:34	7.9
196	NITA Wiesław	596	VILLAGE PUNK RUN	Open M	146	03:47:21.95	03:47:41.20	+01:31:44	7:34	7.9
197	KOTYSZ Katarzyna	739	BBL OPOLE	Open K	51	03:47:24.10	03:47:50.05	+01:31:53	7:34	7.9
198	BRZEZIŃSKI Piotr	437		Open M	147	03:47:51.70	03:48:18.80	+01:32:21	7:35	7.9
199	WOLOSZYK Sebastian	711		Open M	148	03:49:43.10	03:49:56.80	+01:33:59	7:39	7.8
200	KOZA Krzysztof	536		Open M	149	03:50:29.50	03:50:47.35	+01:34:50	7:41	7.8
201	PIETRZAK Teresa	615	GRUPA BIEGOWA 65	Open K	52	03:50:31.50	03:50:53.35	+01:34:56	7:41	7.8
202	ZEME Vilmārs	719	CĒSIS ECO TRAIL	Open M	150	03:50:49.35	03:51:19.15	+01:35:22	7:41	7.8
203	SZARMACH Olga	672	PORT GDYNIA SPORT TEAM	Open K	53	03:51:10.65	03:51:20.25	+01:35:23	7:42	7.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
204	POLAKOW Konrad	617	TARAHUMARA	Open M	151	03:51:28.05	03:51:40.25	+01:35:43	7:42	7.8
205	TRZEWIKOWSKA Marzena	690	PGB SPORTOWA PACZKA	Open K	54	03:52:13.55	03:52:28.05	+01:36:31	7:44	7.8
206	DREWZYŃSKI Daniel	459	PGB SPORTOWA PACZKA	Open M	152	03:51:59.35	03:52:28.25	+01:36:31	7:44	7.8
207	OHLER Aleksandra	599		Open K	55	03:51:57.65	03:52:28.35	+01:36:31	7:43	7.8
208	GUTOWSKI Grzegorz	496	PGB SPORTOWA PACZKA	Open M	153	03:51:59.90	03:52:28.55	+01:36:31	7:44	7.8
208	KORPUSIK Marta	526		Open K	56	03:51:57.85	03:52:28.55	+01:36:31	7:43	7.8
210	DETLAFF Anna	454	RADOŚĆ BIEGANIA	Open K	57	03:51:57.80	03:52:29.15	+01:36:32	7:43	7.8
211	CHODKIEWICZ Tomasz	446		Open M	154	03:52:44.50	03:52:59.70	+01:37:02	7:45	7.7
212	WIERZBA Jan	758		Open M	155	03:52:44.75	03:53:00.05	+01:37:03	7:45	7.7
213	ROPEL Mirosław	636	KIS TRANSPORT	Open M	156	03:52:32.80	03:53:01.70	+01:37:04	7:45	7.7
214	KWIATKOWSKI Andrzej	550	PGB SPORTOWA PACZKA	Open M	157	03:52:40.35	03:53:10.15	+01:37:13	7:45	7.7
215	MIĄSEK Ryszard	579		Open M	158	03:53:00.65	03:53:30.35	+01:37:33	7:46	7.7
216	PRZYSIĘŻNA Grażyna	627	BBL GDAŃSK	Open K	58	03:52:56.45	03:54:21.35	+01:38:24	7:45	7.7
217	PAWŁOWSKI Mirosław	610		Open M	159	03:54:07.20	03:54:39.35	+01:38:42	7:48	7.7
218	MARCINKOWSKI Szymon	569		Open M	160	03:55:30.15	03:55:52.60	+01:39:55	7:51	7.6
219	SZYMCZAK Jakub	682		Open M	161	03:55:44.15	03:56:10.95	+01:40:14	7:51	7.6
220	SZADEJKO Adam	670		Open M	162	03:55:43.40	03:56:20.55	+01:40:23	7:51	7.6
221	BŁASIŃSKA Żaneta	429	SPC	Open K	59	03:57:18.05	03:57:35.80	+01:41:38	7:54	7.6
222	WIDMAN Paweł	698		Open M	163	03:58:36.20	03:58:50.60	+01:42:53	7:57	7.5
223	HERMANOWICZ Aneta	498	PZU SPORT TEAM	Open K	60	03:58:39.75	03:58:52.75	+01:42:55	7:57	7.5
224	WIERZBICKI Mikołaj	699		Open M	164	03:58:26.10	03:58:59.70	+01:43:02	7:56	7.5
225	ZAREMBA Ania	744		Open K	61	03:58:42.05	03:59:29.50	+01:43:32	7:57	7.5
226	GRZESZCZAK Małgorzata	490	BIEGAMYRAZEM.PL	Open K	62	03:59:17.20	03:59:34.35	+01:43:37	7:58	7.5
227	WENCŁAWSKI Michał	696	DECATHLON POWER SŁUPSK	Open M	165	03:59:18.55	03:59:40.45	+01:43:43	7:58	7.5
228	KULA Adam	546	TOTALNIE BIEGNIĘCI	Open M	166	03:59:23.95	03:59:51.90	+01:43:55	7:58	7.5
229	WASILEWSKI Mariusz	695	BRAK	Open M	167	03:59:42.90	04:00:00.35	+01:44:03	7:59	7.5
230	BUJNOWSKA Wioleta	440		Open K	63	04:02:56.40	04:03:06.60	+01:47:09	8:05	7.4
231	SKIBICKA Dorota	657	PZU SPORT TEAM	Open K	64	04:03:16.65	04:03:29.40	+01:47:32	8:06	7.4
232	GOŚ-ZDROJEWSKA Agnieszka	485	BIEGAMYRAZEM.PL	Open K	65	04:03:19.25	04:03:36.20	+01:47:39	8:06	7.4
233	ROMANOWSKA Beata	635	RUN VEGAN TEAM	Open K	66	04:03:20.00	04:03:36.35	+01:47:39	8:06	7.4
234	MELZER Arkadiusz	577		Open M	168	04:03:18.25	04:03:40.10	+01:47:43	8:06	7.4
235	JAGMIN Izabela	501	WYMIATACZE	Open K	67	04:03:36.60	04:03:52.40	+01:47:55	8:07	7.4
236	PASTWA Monika	607		Open K	68	04:05:16.90	04:05:29.75	+01:49:32	8:10	7.3
237	RUPIŃSKA Agnieszka	643		Open K	69	04:05:21.10	04:05:42.40	+01:49:45	8:10	7.3
238	MARCINKOWSKA Jadwiga	568		Open K	70	04:05:35.40	04:05:56.85	+01:49:59	8:11	7.3
239	WYBRANIEC Karolina	713		Open K	71	04:06:30.20	04:06:46.55	+01:50:49	8:13	7.3
240	PRASEK Lucyna	621	BODY IN MOTION	Open K	72	04:06:52.45	04:07:16.00	+01:51:19	8:13	7.3
241	ZVINGEVICA - KALNINA Kristine	724	MTS / KLIBA DROSME	Open K	73	04:06:50.70	04:07:19.90	+01:51:23	8:13	7.3
242	KALNINS Girts	511	MTS / KLIBA DROSME	Open M	169	04:06:49.70	04:07:19.95	+01:51:23	8:13	7.3
243	WALKOWSKA Justyna	693	JACEK BIEGA RUNNING TEAM	Open K	74	04:07:23.20	04:07:34.95	+01:51:38	8:14	7.3
244	KOSTUCH Przemysław	528		Open M	170	04:07:34.80	04:07:41.95	+01:51:45	8:15	7.3
245	GAFFKE Krzysztof	473		Open M	171	04:09:43.15	04:09:55.50	+01:53:58	8:19	7.2
246	GŁOMBIEWSKI Jakub	482	#DEGLOMBS #GPNS #TUMBO TEAM	Open M	172	04:09:48.55	04:10:13.20	+01:54:16	8:19	7.2
247	BERGMANN Ewa	425		Open K	75	04:10:29.70	04:10:41.15	+01:54:44	8:21	7.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
248	BERGMANN Arkadiusz	426		Open M	173	04:10:29.70	04:10:41.35	+01:54:44	8:21	7.2
249	KANIEWSKA Emilia	512		Open K	76	04:10:29.95	04:10:54.85	+01:54:57	8:21	7.2
250	ZASADA Joanna	715	WYMIATACZE	Open K	77	04:10:54.05	04:11:09.90	+01:55:13	8:21	7.2
251	CENTKOWSKA Ewelina	443	SPC	Open K	78	04:11:49.25	04:12:07.30	+01:56:10	8:23	7.1
252	PIERNICKA Krystyna	614		Open K	79	04:12:41.00	04:12:49.75	+01:56:52	8:25	7.1
253	RÓŻAŃSKI Maciej	640		Open M	174	04:12:54.10	04:13:27.40	+01:57:30	8:25	7.1
254	KWAŚNICKI Wojciech	548	KASZUBI LUZINO	Open M	175	04:12:54.55	04:13:27.80	+01:57:30	8:25	7.1
255	ROSZMAN Henryk	638		Open M	176	04:15:27.85	04:15:59.55	+02:00:02	8:30	7
256	KLEIN Kamil	748	KOSZAŁKOWO	Open M	177	04:15:50.00	04:16:04.25	+02:00:07	8:31	7
257	KOHNKE Tomasz	519	LUFTHANSA SYSTEMS POLAND ACTIVE// BBL AWFIS GDAŃSK	Open M	178	04:17:19.40	04:17:40.75	+02:01:43	8:34	7
258	NESTOROWICZ Monika	593	KLUB BIEGACZA JURUND SZCZYTNO	Open K	80	04:17:41.20	04:17:52.15	+02:01:55	8:35	7
259	KANIEWSKI Marek	513		Open M	179	04:17:49.95	04:18:14.85	+02:02:17	8:35	7
260	BURCZYK Adam	441		Open M	180	04:21:44.25	04:22:02.10	+02:06:05	8:43	6.9
261	KOZŁOWSKA Joanna	537		Open K	81	04:21:44.05	04:22:02.25	+02:06:05	8:43	6.9
262	WOŹNIAK Beata	712	WYMIATACZE	Open K	82	04:24:06.65	04:24:16.00	+02:08:19	8:48	6.8
262	KACZYŃSKA Małgorzata	510	WYMIATACZE	Open K	83	04:24:06.05	04:24:16.00	+02:08:19	8:48	6.8
264	WYSOCKA Anna	714	WYMIATACZE	Open K	84	04:24:06.40	04:24:16.30	+02:08:19	8:48	6.8
264	WASAŹNIK Marta	694	WYMIATACZE	Open K	85	04:24:06.00	04:24:16.30	+02:08:19	8:48	6.8
266	SIEJKA Małgorzata	650	LEŚNY CROSS	Open K	86	04:24:12.85	04:24:43.10	+02:08:46	8:48	6.8
267	MARCINKOWSKI Piotr	570		Open M	181	04:26:24.65	04:26:47.50	+02:10:50	8:52	6.8
268	SYCHOWSKI Kamil	669		Open M	182	04:29:25.40	04:29:35.75	+02:13:38	8:58	6.7
269	PSZCZÓŁKOWSKA Katarzyna	629	FIT4EVEREST.PL	Open K	87	04:29:25.80	04:29:36.00	+02:13:39	8:58	6.7
270	GEPPERT Elżbieta	480	BODY IN MOTION	Open K	88	04:30:07.95	04:30:31.05	+02:14:34	9:00	6.7
271	ŚPICA Dorota	685	RECEPTA NA ZDROWIE	Open K	89	04:30:27.80	04:31:00.10	+02:15:03	9:00	6.7
272	BARYZA Robert	423		Open M	183	04:31:25.90	04:31:44.50	+02:15:47	9:02	6.6
273	KNOSOWSKA Sylwia	517		Open K	90	04:32:46.65	04:33:03.60	+02:17:06	9:05	6.6
274	KNOSOWSKI Sławomir	518		Open M	184	04:32:46.30	04:33:03.65	+02:17:06	9:05	6.6
275	ŻBIKOWSKA Małgorzata	725	SPC	Open K	91	04:35:33.75	04:35:51.30	+02:19:54	9:11	6.5
276	SCHMIDT Beata	746	MIKI-TEAM	Open K	92	04:28:13.00	04:37:53.55	+02:21:56	8:56	6.7
277	MORAWSKI Piotr	588		Open M	185	04:37:51.60	04:38:16.90	+02:22:20	9:15	6.5
278	SZWED Piotr	679		Open M	186	04:42:46.00	04:43:07.75	+02:27:10	9:25	6.4
279	BUDZYŃSKA Elżbieta	439		Open K	93	04:43:49.95	04:44:06.30	+02:28:09	9:27	6.3
280	BRZozowska Renata	438	WYMIATACZE	Open K	94	04:46:59.80	04:47:15.05	+02:31:18	9:34	6.3
281	DOMBROWSKA-GROCHOWSKA Justyna	456	WYMIATACZE	Open K	95	04:47:00.35	04:47:15.55	+02:31:18	9:34	6.3
282	ZAJDA Iwona	762		Open K	96	04:47:50.90	04:48:11.05	+02:32:14	9:35	6.3
283	PASTERNAK Joanna	606	PZU SPORT TEAM	Open K	97	04:55:51.95	04:56:07.40	+02:40:10	9:51	6.1
284	CERANOWSKA Aga	444	PSEUDOBIEGACZKI	Open K	98	04:56:13.90	04:56:23.35	+02:40:26	9:52	6.1
Przekroczony limit czasu: 05:10:00										
285	DOMBROVSKA Baiba	455	CĒSIS ECO TRAIL	Open K	99	05:33:03.90	05:33:35.00	+03:17:38	11:06	5.4
286	OZOLS Guntars	603	CĒSIS ECO TRAIL	Open M	187	05:33:07.45	05:33:40.00	+03:17:43	11:06	5.4
	KINAL Jakub	755		Open M		DNF	DNF	-	-	-
	PESTKA Paweł	612	SM KOŚCIERZYNA	Open M		DNF	DNF	-	-	-