

LIGHT SGS 21KM

B4SPORT



Wydarzenie: Supermaraton Gór Stołowych 2019
 Organizator: Fundacja Maratony Górskie
 Data: 2019-06-30
 Miejsce: Karłów
 Dystans: 21 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas netto 20.3km	Czas brutto 20.3km	Różn	Tempo min/km	Tempo km/h
1	BRÝDL Pavel	293		M-30	1	00:36:44	01:10:01	01:45:29.50	01:45:31.55		5:11	11.5
2	OLEKSIEWICZ Maurycy	502	TRUCHT/SZAKALE BAŁUT	M-30	2	00:37:08	01:11:46	01:47:46.40	01:47:48.60	+00:02:17	5:18	11.3
3	KITA Michał	234	PĘDZĄCY W MIEJSCU	M-40	1	00:39:20	01:15:58	01:54:50.50	01:54:52.70	+00:09:21	5:39	10.6
4	KLIMCZAK Mikołaj	512	JUVENIA GŁUCHOŁAZY	M-20	1	00:38:42	01:17:35	01:57:25.85	01:57:29.15	+00:11:57	5:47	10.4
5	KRUPA Marcin	201	AKTYWNA NOWA RUDA	M-40	2	00:40:46	01:20:09	02:02:04.20	02:02:05.95	+00:16:34	6:00	10
6	CHODOROWSKI Krzysztof	14	PRZEDWOJEWSKI MOUNTAIN TEAM	M-30	3	00:43:24	01:23:07	02:06:45.35	02:06:49.45	+00:21:17	6:14	9.6
7	NOWAK Mariusz	528		M-30	4	00:42:52	01:24:43	02:08:25.65	02:08:28.30	+00:22:56	6:19	9.5
8	PRZYBYSZEWSKI Łukasz	561	PCHSPORT COMPLEX	M-30	5	00:42:55	01:23:54	02:08:29.40	02:08:38.70	+00:23:07	6:19	9.5
9	OLKIS Rafał	118	RATEMYTRAIL.COM TEAM	M-30	6	00:43:11	01:25:23	02:10:50.45	02:10:53.55	+00:25:22	6:26	9.3
10	KOZIEŁ Tomasz	55	KUDOWIANKA RUN	M-40	3	00:45:34	01:28:18	02:12:05.60	02:12:08.15	+00:26:36	6:30	9.2
11	BORKOWSKI Mariusz	84	NAPRZÓD MŁOCINY	M-30	7	00:47:16		02:12:19.85	02:12:27.70	+00:26:56	6:31	9.2
12	PIĄTEK Karolina	285	NOGAMIDOGORY.PL	K-30	1	00:45:30	01:28:21	02:12:35.00	02:12:40.10	+00:27:08	6:31	9.2
13	MAZIARZ Artur	39	RUN FOR FUN	M-30	8	00:44:24	01:28:10	02:13:10.55	02:13:14.95	+00:27:43	6:33	9.1
14	GUSTAW Łukasz	497	KUDOWIANKA RUN	M-20	2	00:44:41	01:29:23	02:16:27.85	02:16:30.50	+00:30:58	6:43	8.9
15	TRZECIAKIEWICZ Mieczysław	36	MLKS RADKÓW	M-50	1	00:45:25	01:29:16	02:16:43.70	02:16:45.90	+00:31:14	6:44	8.9
16	GORCZYŃSKI Norbert	535		M-20	3	00:44:57	01:29:50	02:17:22.25	02:17:24.75	+00:31:53	6:46	8.9
17	GŁÓD Mateusz	224	RATEMYTRAIL.COM TEAM	M-40	4	00:45:04	01:30:25	02:18:08.00	02:18:12.00	+00:32:40	6:48	8.8
18	SOBCZAK-PAŁASZEWSKA Karolina	4		K-30	2	00:47:08	01:30:22	02:18:12.35	02:18:16.60	+00:32:45	6:48	8.8
19	PIKUL Piotr	555	ING RUNNING	M-30	9	00:48:05	01:33:32	02:18:33.05	02:18:35.10	+00:33:03	6:49	8.8
20	DETLAFF Mariusz	499	AĘ TRI CLUB	M-30	10	00:47:32	01:32:13	02:20:41.80	02:20:47.95	+00:35:16	6:55	8.7
21	HOŁYST Andrzej	81	AKTYWNA NOWA RUDA	M-30	11	00:48:02	01:34:05	02:20:50.80	02:20:53.60	+00:35:22	6:56	8.6
22	EWERT-KRZEMIENIEWSKI Adam	344	DOBRE JUDO DUŻO BIEGAĆ	M-20	4	00:48:41	01:33:42	02:21:10.05	02:21:15.85	+00:35:44	6:57	8.6
23	KORCZ Daniel	560	KB MCKIS JAWORZNO	M-40	5	00:47:02	01:33:56	02:22:19.15	02:22:22.45	+00:36:50	7:00	8.6
24	MARTOWSKI Maciej	185	EUROPA UBEZPIECZENIA	M-40	6	00:47:24	01:33:59	02:24:33.25	02:24:37.90	+00:39:06	7:07	8.4
25	MIKA Andrzej	416		M-30	12	00:47:30	01:34:22	02:25:00.60	02:25:06.10	+00:39:34	7:08	8.4
26	SWORNOWSKA Anna	120		K-20	1	00:49:06	01:34:39	02:25:30.85	02:25:35.80	+00:40:04	7:10	8.4
27	KAŁUŻNY Wojciech	386	1977	M-40	7	00:55:04	01:39:39	02:25:26.80	02:25:48.00	+00:40:16	7:09	8.4
28	ŁAŹNIEWSKI Dawid	63	EBIEGI.PL	M-30	13	00:48:47	01:35:37	02:25:57.95	02:26:01.85	+00:40:30	7:11	8.3
29	BIAŁOBLÓCKA Alicja	422		K-30	3	00:53:02		02:26:07.70	02:26:16.20	+00:40:44	7:11	8.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 20.3km	brutto 20.3km			
30	BOSAKIEWICZ Tomasz	500	OLAWS ZŁOTORYJA	M-30	14	00:48:42	01:34:36	02:26:13.35	02:26:19.10	+00:40:47	7:12	8.3
31	TRZECIAKIEWICZ Marek	43	MLKS RADKÓW	M-20	5	00:50:24	01:38:56	02:26:53.20	02:26:56.50	+00:41:24	7:14	8.3
32	BRZAŃKA Katarzyna	305	PRZEDWOJEWSKI MOUNTAIN TEAM	K-20	2	00:49:06	01:35:45	02:26:54.65	02:26:59.50	+00:41:27	7:14	8.3
33	MALINOWSKI Adrian	221	#CZELADZBIEGA	M-40	8	00:52:21	01:39:10	02:27:39.30	02:27:56.40	+00:42:24	7:16	8.2
34	WIELOGÓRSKA Natalia	539		K-30	4	00:49:26	01:36:20	02:28:32.45	02:28:39.70	+00:43:08	7:19	8.2
35	PODOLAK Ula	531	PRZEDWOJEWSKI MOUNTAIN TEAM	K-20	3	00:49:57	01:39:32	02:29:28.15	02:29:30.80	+00:43:59	7:21	8.1
36	MOCHEGIAHI Andrea	557		M-50	2	00:52:34		02:29:28.50	02:29:37.10	+00:44:05	7:21	8.1
37	KUBICKI Mariusz	207	KLUCZBORSKA GRUPA BIEGOWA	M-40	9	00:48:48	01:37:15	02:29:47.80	02:29:55.25	+00:44:23	7:22	8.1
38	URBANIAK Daniel	496		M-40	10	00:54:24	01:39:42	02:29:33.05	02:30:03.60	+00:44:32	7:22	8.1
39	STĘPIEŃ Małgorzata	391	STAJNIA BALONA	K-20	4	00:52:09	01:39:17	02:30:09.40	02:30:16.15	+00:44:44	7:23	8.1
40	LIPCZAK Amadeusz	208		M-40	11	00:51:07	01:38:47	02:29:56.65	02:30:19.50	+00:44:47	7:23	8.1
41	GROCHOWSKA Aleksandra	538		K-20	5	00:55:00	01:41:14	02:29:57.30	02:30:20.80	+00:44:49	7:23	8.1
42	OPAŁKA Damian	489	MYRACE	M-30	15	00:48:34	01:36:55	02:30:53.10	02:30:58.55	+00:45:27	7:25	8.1
43	CHRZANOWSKI Paweł	145		M-30	16	00:50:42	01:39:51	02:31:40.00	02:31:50.90	+00:46:19	7:28	8
44	PETA Rafał	427		M-40	12	00:52:45	01:40:22	02:31:47.15	02:31:56.70	+00:46:25	7:28	8
45	KUŚNIERCZAK Wiesław	503		M-40	13	00:49:01	01:35:17	02:31:54.05	02:31:59.20	+00:46:27	7:28	8
46	PIKOS Patryk	353		M-30	17	00:51:50	01:39:14	02:31:32.55	02:32:04.95	+00:46:33	7:27	8
47	PRZYBYSZ Ryszard	423		M-50	3	00:53:44	01:41:17	02:31:36.50	02:32:11.45	+00:46:39	7:28	8
48	CITKO Maciej	530	BIEG OPOLSKI	M-30	18	00:52:36	01:39:33	02:32:29.05	02:32:40.65	+00:47:09	7:30	8
49	PIECUCH Karolina	559	LACHO TEAM	K-30	5	00:52:00	01:41:25	02:32:52.15	02:32:56.35	+00:47:24	7:31	8
50	SZYMANOWSKI Paweł	435		M-30	19	00:52:30	01:41:01	02:33:33.35	02:33:41.20	+00:48:09	7:33	7.9
51	CHOROSTKOWSKI Bartosz	177	CHATA BIEGACZA K34 ZAKOPANE	M-30	20	00:55:09	01:43:26	02:33:20.20	02:33:46.45	+00:48:14	7:33	7.9
52	DROBCZYŃSKI Bartosz	537	PUSZCZYK BUKOWY	M-30	21	00:51:37	01:39:23	02:33:21.35	02:33:53.30	+00:48:21	7:33	7.9
53	HETMAŃSKI Filip	452	KUDOWSCY MIŁOSNICY BIEGANIA	M-40	14	00:52:07	01:41:27	02:33:52.65	02:33:57.35	+00:48:25	7:34	7.9
54	HERMAN Michał	313		M-20	6	00:54:56	01:43:44	02:33:36.35	02:34:03.20	+00:48:31	7:34	7.9
55	FERENC-SZMUC Edyta	526	KUDOWIANKA RUN	K-30	6	00:49:09		02:34:16.10	02:34:19.05	+00:48:47	7:36	7.9
56	GAJEWSKI Marek	556		M-30	22	00:52:20	01:41:09	02:33:25.35	02:34:20.00	+00:48:48	7:33	7.9
57	BEDNARZ Paweł	255		M-40	15	00:50:36	01:39:51	02:34:15.60	02:34:20.60	+00:48:49	7:35	7.9
58	SIWEK Piotr	132		M-30	23	00:52:50	01:42:05	02:34:13.85	02:34:39.00	+00:49:07	7:35	7.9
59	JAKUBOWSKI Marcin	437	GRUNWALD TEAM POZNAŃ	M-30	24	00:51:03	01:40:23	02:35:07.15	02:35:10.75	+00:49:39	7:38	7.9
60	PAWELEC Mariusz	450	KUDOWIANKA RUN	M-30	25	00:56:14	01:44:56	02:35:04.80	02:35:13.30	+00:49:41	7:38	7.9
61	RYCERSKI Rafał	169		M-30	26	00:51:43	01:42:19	02:35:38.55	02:35:43.20	+00:50:11	7:40	7.8
62	GRZEGORCZYK Wojciech	429	TRIACTIV RIDLEY	M-30	27	00:53:22	01:43:30	02:35:38.30	02:35:46.90	+00:50:15	7:40	7.8
63	KUSZELA Mateusz	562		M-30	28	00:52:35	01:44:04	02:36:36.60	02:36:45.25	+00:51:13	7:42	7.8
64	UCIEKLAK Dominik	554		M-40	16	00:50:06	01:38:48	02:36:58.15	02:37:08.05	+00:51:36	7:43	7.8
65	ROSOCHACZ Krzysztof	275		M-40	17	00:53:38	01:43:56	02:37:12.60	02:37:36.55	+00:52:05	7:44	7.7
66	JAWORSKA Magdalena	377	GB WIELKOPOLSCY BIEGACZE	K-40	1	00:53:14	01:43:41	02:37:34.20	02:37:37.95	+00:52:06	7:45	7.7
67	OSTROUCH Tymon	403		M-30	29	01:01:04		02:38:47.00	02:38:47.00	+00:53:15	7:49	7.7
68	FILIPEK Wojciech	543		M-20	7	00:53:52	01:43:50	02:38:49.95	02:38:57.20	+00:53:25	7:49	7.7
69	WYBRANOWSKI Sylwester	480	DOM DEVELOPMENT ADVENTURE TEAM	M-40	18	00:56:46	01:47:05	02:39:24.20	02:39:34.50	+00:54:02	7:51	7.6
70	WYWROT Grzegorz	188		M-30	30	00:55:02	01:46:31	02:39:05.20	02:39:35.00	+00:54:03	7:50	7.7
71	MROWIEC Michal	35	KORDAKI	M-40	19	00:53:57	01:45:38	02:39:38.65	02:39:47.75	+00:54:16	7:51	7.6
72	DZIUBA Piotr	166		M-40	20	00:52:22	01:42:48	02:39:28.75	02:39:52.35	+00:54:20	7:51	7.6
73	KOT Klaudia	548		K-20	6	00:55:42	01:48:01	02:39:54.20	02:40:05.25	+00:54:33	7:52	7.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 20.3km	brutto 20.3km			
74	CHOJNOWSKA Magdalena	451	ROGOŹNIK	K-20	7	00:59:31		02:39:16.90	02:40:06.85	+00:54:35	7:50	7.6
75	BRODA Dominik	11		M-30	31	00:56:21	01:47:09	02:40:12.50	02:40:20.85	+00:54:49	7:53	7.6
76	POPIELA Sebastian	491		M-30	32	00:54:31	01:45:08	02:40:49.05	02:41:32.70	+00:56:01	7:55	7.6
77	BIERNACIK Piotr	328		M-40	21	00:56:32	01:48:33	02:43:37.10	02:43:45.90	+00:58:14	8:03	7.4
78	ŻURAWSKI Kamil	162	ZURAWSKI_ULTRA	M-20	8	00:44:31	01:55:43	02:43:47.85	02:43:50.90	+00:58:19	8:04	7.4
79	TRAWICKI Patryk	297	PIEROGI ADAMUSA	M-20	9	01:00:20	01:49:38	02:43:10.20	02:43:51.25	+00:58:19	8:02	7.5
80	JABŁOŃSKI Paweł	127		M-40	22	00:51:46	01:44:05	02:44:26.55	02:44:29.95	+00:58:58	8:06	7.4
81	RZESZOT Łukasz	475	BIEGNĘ ŻEBY BARTEK MÓGŁ BIEGAĆ	M-30	33			02:44:14.85	02:44:37.10	+00:59:05	8:05	7.4
82	LEŚNIEWSKA Justyna	48	AKTYWNA NOWA RUDA	K-30	7	00:53:49	01:47:40	02:44:36.00	02:44:38.50	+00:59:06	8:06	7.4
83	KASZUBA Łukasz	202	#CZELADZBIEGA	M-40	23	00:58:13	01:49:45	02:44:49.00	02:45:06.35	+00:59:34	8:07	7.4
84	SROKA Marcin	520		M-40	24	01:00:41	01:50:16	02:45:07.95	02:45:22.55	+00:59:51	8:08	7.4
85	GARCZYŃSKI Darek	199		M-40	25	00:54:17	01:48:36	02:45:41.80	02:45:49.35	+01:00:17	8:09	7.4
86	ŁASZCZYŃSKI Szymon	18		M-30	34	00:58:50	01:51:27	02:45:05.70	02:46:01.05	+01:00:29	8:07	7.4
87	SIPIERA Tomasz	104		M-40	26	00:55:15	01:47:51	02:46:07.25	02:46:11.15	+01:00:39	8:11	7.3
88	SKRZYPIŃSKA Olga	176	CHATA BIEGACZA K34 ZAKOPANE	K-30	8	00:59:19	01:49:43	02:46:00.25	02:46:26.80	+01:00:55	8:10	7.3
89	CAKAŁA Zuzanna	116		K-20	8	00:58:00	01:49:45	02:46:11.25	02:46:42.80	+01:01:11	8:11	7.3
90	LAR Bartosz	428	LECYMY DURŚ	M-20	10	00:59:30		02:46:23.70	02:47:13.35	+01:01:41	8:11	7.3
91	PIETRZYK Tomasz	312		M-40	27	00:57:07	01:49:18	02:47:08.55	02:47:29.10	+01:01:57	8:14	7.3
92	GÓRKA Piotr	332		M-30	35	00:53:32	01:47:45	02:47:22.90	02:47:34.20	+01:02:02	8:14	7.3
93	PIĄTKOWSKI Wojciech	304		M-30	36	00:56:29	01:47:39	02:46:57.05	02:47:38.00	+01:02:06	8:13	7.3
94	NARUCKI Wojciech	76		M-40	28	00:58:38	01:50:04	02:46:56.90	02:47:39.10	+01:02:07	8:13	7.3
95	KARCZYŃSKA Monika	498	POWER TRAINING	K-30	9	01:00:11	01:52:24	02:47:45.10	02:47:51.75	+01:02:20	8:15	7.3
96	STRAUCHOLD Anna	242	PRO-RUN WROCŁAW	K-40	2	00:56:36	01:50:38	02:48:02.40	02:48:07.95	+01:02:36	8:16	7.2
97	ANTKOWIAK Sebastian	546	SUPERMARATON KALISZ	M-40	29	00:57:54	01:51:39	02:48:11.40	02:48:17.55	+01:02:46	8:17	7.2
98	STANKOWIAK Maciej	289	STS BIEGATON	M-40	30	00:57:40	01:51:34	02:48:16.35	02:48:30.05	+01:02:58	8:17	7.2
99	KOLANKO Sylwia	521	NYSA BIEGA	K-30	10	00:57:20	01:52:31	02:48:38.00	02:48:45.25	+01:03:13	8:18	7.2
100	DUDA Monika	54	RAZ SZCZECIN	K-40	3	01:00:44	01:53:02	02:48:57.55	02:49:16.60	+01:03:45	8:19	7.2
101	CETNAROWSKI Kamil	379	SZYBKIE STOPY	M-40	31	00:54:47	01:46:53	02:49:34.00	02:49:43.10	+01:04:11	8:21	7.2
102	MARCINKOWSKI Maciej	473	ULTIMA	M-40	32	01:02:27		02:49:31.65	02:49:47.50	+01:04:15	8:21	7.2
103	NOWACKI Michał	190	MORSY POZNAŃ	M-40	33	01:02:30		02:49:37.15	02:49:52.85	+01:04:21	8:21	7.2
104	DOLATA Maciej	469		M-40	34	00:59:04	01:51:27	02:49:41.85	02:49:53.80	+01:04:22	8:21	7.2
105	GOS Piotr	310	NARAMOWICE BIEGAJĄ	M-40	35	00:58:27	01:52:02	02:49:54.30	02:50:03.70	+01:04:32	8:22	7.2
106	KUCZYŃSKI Szymon	381	1978	M-40	36	00:58:10	01:53:18	02:50:15.80	02:50:46.20	+01:05:14	8:23	7.2
107	DĄBROWSKA Natalia	173	BIEG OPOLSKI	K-30	11	00:58:01	01:52:47	02:50:33.80	02:50:49.90	+01:05:18	8:24	7.1
108	GIEL Jarosław	393		M-30	37	01:00:18	01:51:29	02:50:47.20	02:51:22.30	+01:05:50	8:24	7.1
109	BARAN Grzegorz	167	NAPRZÓD MŁOCINY	M-40	37	00:55:20	01:50:18	02:51:13.45	02:51:23.05	+01:05:51	8:26	7.1
110	SKAŁECKI Przemysław Skąlecki	3	WIERZBICKI RUNNING PROJECT	M-30	38	01:00:57	01:56:44	02:51:27.50	02:51:33.85	+01:06:02	8:26	7.1
111	TOMCZAK-CZUWAŁ Sylwia	93	KARKONOSZ RUNNING TEAM	K-40	4	01:01:17	01:54:08	02:51:36.30	02:51:52.80	+01:06:21	8:27	7.1
112	ZIEWIEC Marcin	541		M-30	39	01:00:55	01:52:20	02:51:15.05	02:51:53.80	+01:06:22	8:26	7.1
113	HOTAŁA Sylwia	517	KUDOWIANKA RUN.	K-30	12	00:55:48	01:51:33	02:52:09.80	02:52:12.85	+01:06:41	8:28	7.1
114	PANEK Kuba	364		M-40	38	00:58:01	01:51:42	02:52:09.25	02:52:21.85	+01:06:50	8:28	7.1
115	KONOPKA-LULEK Agnieszka	390	RUN IS FUN	K-30	13	01:01:24	01:55:39	02:52:33.25	02:52:43.45	+01:07:11	8:30	7.1
116	KLEJSZTA Grzegorz	463	#CZELADZBIEGA	M-40	39	00:57:20	01:49:55	02:52:55.80	02:53:12.60	+01:07:41	8:31	7
117	MURZYN Krysia	355	DOBCZYCKI KLUB BIEGACZA	K-40	5	01:01:57	01:55:13	02:52:51.15	02:53:18.80	+01:07:47	8:30	7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 20.3km	brutto 20.3km			
118	SZYMAŃSKA Agata	138		K-30	14	01:06:10	01:58:42	02:52:33.00	02:53:20.50	+01:07:48	8:30	7.1
119	BIEDRZYŃSKI Michał	97		M-30	40	01:02:09	01:55:58	02:53:06.85	02:53:38.15	+01:08:06	8:31	7
120	GUTOWSKI Dariusz	306	BIEGAMDLAZDROWIA.PL	M-50	4	00:56:36	01:50:49	02:53:12.65	02:53:40.60	+01:08:09	8:31	7
121	GAJDOWSKI Przemysław	536		M-30	41	01:01:47	01:54:17	02:53:01.55	02:53:41.85	+01:08:10	8:31	7
122	MICHALAK Sylwester	389	DOGOŃ GRODZISK MAZOWIECKI	M-40	40	00:53:04	01:48:42	02:54:58.05	02:55:07.50	+01:09:35	8:37	7
123	GŁOWACKA Edyta	424	MATNER RUNNING TEAM	K-40	6	01:00:57	01:56:22	02:55:25.75	02:55:29.45	+01:09:57	8:38	6.9
124	SANDRYK Adam	504		M-40	41	00:58:45		02:55:02.15	02:55:33.55	+01:10:02	8:37	7
125	DARIUSZ Hanas	251	DRUŻYNA WILKA	M-40	42	00:56:18	01:51:10	02:55:21.15	02:55:44.80	+01:10:13	8:38	6.9
126	JARZĘBSKI Grzegorz	184		M-40	43	01:07:32	01:58:57	02:56:08.50	02:57:04.85	+01:11:33	8:40	6.9
127	KORPUS-MIELCZARSKA Katarzyna	72	SGB SAMO SIĘ NIE PRZEBIEGNIE	K-30	15	01:01:52	01:56:41	02:56:46.60	02:57:20.85	+01:11:49	8:42	6.9
128	SIEJKOWSKI Krzysztof	342		M-30	42	01:00:13	01:57:10	02:56:53.55	02:57:31.90	+01:12:00	8:42	6.9
129	JASIŃSKI Marcin	67		M-40	44	00:59:01	01:54:34	02:57:15.70	02:57:34.05	+01:12:02	8:43	6.9
130	PYŚKIEWICZ Jan	321	PIEROGI ADAMUSA	M-20	11	01:05:45	02:02:01	02:58:07.90	02:58:49.70	+01:13:18	8:46	6.8
131	CHUDY Ariel	79	R-TEAM	M-30	43	01:04:15	01:58:42	02:58:21.90	02:59:06.05	+01:13:34	8:47	6.8
132	KUBIAK Karolina	358	EXCALIBUR	K-40	7	01:02:55	02:00:14	02:59:05.80	02:59:30.40	+01:13:58	8:49	6.8
133	PIĄTKOWSKI Tomasz	273	ST RUNNERS	M-40	45	01:02:18	01:58:07	02:59:39.70	02:59:55.00	+01:14:23	8:51	6.8
134	DOBROCHOWSKI Marek	2	STRZEGOMSKA DWUNASTKA	M-30	44	01:00:12	01:56:43	02:59:56.60	03:00:49.95	+01:15:18	8:51	6.8
135	ADAMSKI Piotr	151	PKBI TEAM	M-40	46	01:04:26	01:59:05	03:00:00.30	03:00:56.65	+01:15:25	8:52	6.8
136	KEMPA Piotr	455		M-40	47	01:06:23		03:00:11.55	03:00:59.50	+01:15:27	8:52	6.8
137	GOLON Marlena	37	RUN PASJA	K-40	8	01:05:04	02:02:12	03:00:48.75	03:01:01.40	+01:15:29	8:54	6.7
138	FRAŃSKI Łukasz	399	NIBY CHYŻY	M-40	48	01:04:38	02:00:32	03:01:16.15	03:01:49.90	+01:16:18	8:55	6.7
139	WRONA Anna	278		K-30	16	01:04:36	02:00:59	03:01:52.15	03:02:06.90	+01:16:35	8:57	6.7
140	KRUBA-WRÓBLEWSKA Beata	29	DOBROMIEJSKI KLUB BIEGACZA 'ODCISK'	K-40	9	01:04:59	02:02:08	03:02:12.85	03:02:33.90	+01:17:02	8:58	6.7
141	SEKLECKI Bogumił	9		M-40	49	01:01:58	01:58:07	03:02:04.90	03:02:46.80	+01:17:15	8:58	6.7
142	MARTOWSKA Barbara	186		K-40	10	01:01:21	01:57:58	03:02:45.95	03:02:58.90	+01:17:27	9:00	6.7
143	LATOS Bartłomiej	100		M-40	50	00:59:33	01:55:20	03:02:29.25	03:03:00.75	+01:17:29	8:59	6.7
144	PAŹDZIOR Wojciech	515	ACTIVE STRATEGY	M-30	45	01:02:09	01:59:07	03:02:26.25	03:03:08.80	+01:17:37	8:59	6.7
145	KLIMCZAK Paweł	407		M-40	51	01:01:22	01:59:24	03:02:59.25	03:03:10.20	+01:17:38	9:00	6.7
146	TYŃSKA SITEK Aleksandra	235	DROGA DO ULTRA	K-30	17	01:06:42	02:04:53	03:02:46.00	03:03:13.75	+01:17:42	9:00	6.7
147	BADOWSKI Artur	236		M-40	52	01:06:44		03:02:45.65	03:03:13.85	+01:17:42	9:00	6.7
148	WIŚNIEWSKI Rafał	372		M-30	46	01:02:14	01:59:50	03:03:12.90	03:03:34.55	+01:18:03	9:01	6.6
149	CZUBAK Marcin	146	KUDOWSCY MIŁOŚNICY BIEGANIA	M-50	5	00:59:20	01:54:10	03:03:13.80	03:03:36.50	+01:18:04	9:01	6.6
150	OTRĘBA Maciej	311	PIEROGI ADAMUSA	M-20	12	01:05:52	02:01:46	03:03:09.50	03:03:50.25	+01:18:18	9:01	6.6
151	BUDNY Tomasz	564		M-40	53	01:03:14	01:59:13	03:03:06.85	03:03:51.55	+01:18:20	9:01	6.7
152	ŚWIATOWIEC Anna	445	IMPERIUM SPORTU	K-40	11	01:06:54	02:04:18	03:03:23.65	03:04:16.30	+01:18:44	9:02	6.6
153	GARCZYŃSKA Ania	200		K-40	12	01:07:40		03:03:49.25	03:04:23.25	+01:18:51	9:03	6.6
154	PAPROCKA Natalia	294	RUDA I ŁYSY	K-40	13	01:03:27	02:02:13	03:04:14.20	03:05:05.50	+01:19:33	9:04	6.6
155	MAJER Maja	130	BIEGAMDLAZDROWIA.PL	K-30	18	01:05:43	02:04:58	03:04:44.20	03:05:14.10	+01:19:42	9:06	6.6
156	NOWAK Łukasz	60	#CZELADZBIEGA	M-30	47	01:03:36	02:02:43	03:05:17.55	03:05:43.50	+01:20:11	9:07	6.6
157	TKACZYK Mariusz	252		M-40	54	01:08:23		03:04:53.10	03:05:47.85	+01:20:16	9:06	6.6
158	BEDNARZ Małgorzata	61	OTM.B	K-40	14	01:00:38	01:57:48	03:05:46.10	03:05:58.25	+01:20:26	9:09	6.6
159	BOROWIK Bożena	42	DOBROMIEJSKI KLUB BIEGACZA 'ODCISK'	K-50	1	01:05:31	02:02:13	03:05:39.05	03:05:59.60	+01:20:28	9:08	6.6
160	JAROSZUK Ania	172		K-30	19	01:00:39	01:59:35	03:05:45.50	03:06:11.10	+01:20:39	9:09	6.6
161	LACHOWICZ Marta	129	NIGHT RUNNERS WROCŁAW	K-30	20	01:03:49	02:01:16	03:06:05.00	03:06:29.70	+01:20:58	9:10	6.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 20.3km	brutto 20.3km			
162	FURMANIAK Mateusz	248	HUSARIA RACE TEAM	M-30	48	01:02:34	02:02:08	03:06:22.10	03:06:32.70	+01:21:01	9:10	6.5
163	POCHWAŁA Justyna	53	NATALIA TOMASIAK GÓRSKI STYL TEAM	K-30	21	01:05:33	02:03:44	03:06:21.05	03:06:35.35	+01:21:03	9:10	6.5
164	KOSMAŁSKI Rafał	525		M-40	55	01:08:50	02:06:32	03:06:04.90	03:06:49.80	+01:21:18	9:10	6.5
165	SKRĘTEK Monika	103	BIEGAMDLAZDROWIA. PL	K-40	15	01:06:48	02:05:52	03:06:24.20	03:06:59.35	+01:21:27	9:10	6.5
166	MACKIEWICZ Magdalena	20	DŁUGOBIEGANIE	K-40	16	01:04:22	02:03:16	03:06:55.45	03:07:03.95	+01:21:32	9:12	6.5
167	BADOWSKI Sebastian	142	ZAWONIA TEAM	M-40	56	00:58:44	01:58:57	03:06:38.70	03:07:05.75	+01:21:34	9:11	6.5
168	ROKOSZ Robert	324	BBKTS	M-30	49	01:05:12	02:02:49	03:06:35.50	03:07:14.10	+01:21:42	9:11	6.5
169	WIENCIS Małgorzata	209	RAZ SZCZECIN	K-40	17	01:06:45	02:04:14	03:06:59.70	03:07:19.20	+01:21:47	9:12	6.5
170	IWANOWSKI Wojtek	249	OPOLE G.R.U.	M-40	57	01:06:41	02:05:42	03:06:47.95	03:07:22.15	+01:21:50	9:12	6.5
171	BEŁOWSKI Dariusz	241		M-50	6	01:09:27	02:06:51	03:07:10.90	03:07:41.40	+01:22:09	9:13	6.5
172	BŁOŃSKI Piotr	340		M-50	7	01:01:30	02:03:14	03:07:56.60	03:08:03.45	+01:22:31	9:15	6.5
173	BISKUPSKI Jakub	362		M-40	58	01:09:10	02:06:39	03:07:33.50	03:08:20.85	+01:22:49	9:14	6.5
174	SURGIEL Dariusz	464		M-50	8	01:08:32		03:07:32.85	03:08:21.15	+01:22:49	9:14	6.5
175	OGÓRKIEWICZ Michał	421		M-40	59	01:10:06		03:07:48.10	03:08:41.85	+01:23:10	9:15	6.5
176	SASIN Marek	148		M-40	60	01:05:20	02:04:06	03:08:25.90	03:08:58.60	+01:23:27	9:16	6.5
177	GĘSIAREK Grzegorz	74		M-40	61	01:02:04	01:59:44	03:08:40.30	03:09:00.60	+01:23:29	9:17	6.5
178	IWANIEC-KOPACZEWSKA Anna	456	WITKOWO BIEGA	K-40	18	01:08:49	02:07:08	03:09:20.85	03:09:37.50	+01:24:05	9:19	6.4
179	KALISZ Rafał	383	SKURCZE ŁYDEK	M-40	62	01:09:36	02:07:36	03:08:52.75	03:09:41.90	+01:24:10	9:18	6.4
180	SASIN Dariusz	153		M-20	13	01:05:16	02:04:10	03:09:36.65	03:10:08.90	+01:24:37	9:20	6.4
181	JAWORSKI Marcin	134		M-40	63	01:03:36	02:03:07	03:09:57.75	03:10:22.35	+01:24:50	9:21	6.4
182	ADAMCZYK Wojciech	144	WEST COAST RUNNERS CYPRUS	M-50	9	01:01:59	02:00:32	03:10:00.15	03:10:37.60	+01:25:06	9:21	6.4
183	MIKOŁAJCZYK Sławomir	139		M-30	50	01:06:22	02:05:37	03:10:14.90	03:10:47.75	+01:25:16	9:22	6.4
184	ROLIŃSKI Radosław	191		M-40	64	01:03:37	02:03:12	03:10:23.80	03:10:49.00	+01:25:17	9:22	6.4
185	KUCHARSKA Aleksandra	490	DREAM RUN	K-30	22	01:09:59		03:10:41.00	03:10:57.75	+01:25:26	9:23	6.4
186	WOŹNIAK Łukasz	363	NIGHT RUNNERS	M-30	51	01:08:55	02:10:56	03:10:32.05	03:11:06.55	+01:25:35	9:23	6.4
187	ULIKOWSKA Martyna	505	ZAŁOGA GÓRSKA	K-20	9	01:04:26	02:04:34	03:10:44.45	03:11:15.30	+01:25:43	9:23	6.4
188	SZKWAREK Anna	426		K-40	19	01:06:19	02:07:44	03:11:18.85	03:11:32.85	+01:26:01	9:25	6.4
189	WALA Patryk	506	ZAŁOGA GÓRSKA	M-20	14	01:01:27		03:11:18.00	03:11:34.45	+01:26:02	9:25	6.4
190	KAZIMIERCZAK Filip	458		M-30	52	01:05:36	02:05:31	03:11:45.90	03:11:57.50	+01:26:25	9:26	6.4
191	PIDANTY Grzegorz	96	STRZEGOM	M-40	65	01:06:27	02:07:55	03:11:47.80	03:12:42.35	+01:27:10	9:26	6.4
192	DYCZKA Jakub	256		M-20	15	01:07:19	02:08:30	03:11:49.85	03:12:47.30	+01:27:15	9:26	6.3
193	ZIELIŃSKA Mirona	49	NIGHT RUNNERS WROCŁAW	K-40	20	01:05:34	01:31:53	03:12:29.55	03:12:52.70	+01:27:21	9:28	6.3
194	SUCHENIA Daniel	295		M-40	66	01:12:37		03:12:16.55	03:13:11.00	+01:27:39	9:28	6.3
195	LECH Marcin	308		M-30	53	01:08:44	02:08:39	03:12:31.45	03:13:13.90	+01:27:42	9:29	6.3
196	BARAŃSKA Aleksandra	518		K-20	10	01:01:56		03:13:14.20	03:13:24.95	+01:27:53	9:31	6.3
197	OLBRYCHOWSKA Małgorzata	87		K-30	23	01:10:35	02:09:03	03:12:56.05	03:13:25.05	+01:27:53	9:30	6.3
198	STEPANIUK Agnieszka	527	ASICS FRONTRUNNER POLAND	K-30	24	01:02:57	02:05:30	03:13:26.70	03:13:49.25	+01:28:17	9:31	6.3
199	FONFERKO Daria	404	GRUPA BIEGOWA 'BEZ GRANIC'	K-30	25	01:06:40	02:06:45	03:13:42.15	03:14:16.15	+01:28:44	9:32	6.3
200	ABRAMCZYK Marta	323	HUSARIA RACE TEAM	K-20	11	01:05:10	02:05:47	03:14:02.65	03:14:20.40	+01:28:48	9:33	6.3
201	TAPEREK Mariusz	296	HUSARIA RACE TEAM	M-40	67	01:05:10	02:05:38	03:14:03.00	03:14:21.10	+01:28:49	9:33	6.3
202	STARUCH Sylwia	123		K-30	26	01:09:22	02:09:25	03:14:05.55	03:14:21.65	+01:28:50	9:33	6.3
203	STYCZEŃ Ewelina	239	CK_BABCIEWOŹNIAKRUNNINGTEAM	K-30	27	01:09:35	02:10:13	03:14:04.00	03:14:23.00	+01:28:51	9:33	6.3
204	KOŁODZIEJCZYK Adam	246	#CZELADZBIEGA	M-30	54	01:01:25	02:01:04	03:13:57.95	03:14:23.85	+01:28:52	9:33	6.3
205	GAŁĘSKA Katarzyna	300	DZIKIE MAŁŻONY	K-30	28	01:13:37	02:12:54	03:13:54.90	03:14:27.25	+01:28:55	9:33	6.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 20.3km	brutto 20.3km			
206	ANTKOWIAK Monika	301	DZIKIE MAŁŻONY	K-30	29	01:14:30		03:13:55.30	03:14:27.65	+01:28:56	9:33	6.3
207	PARYSEK Arkadiusz	466		M-40	68	01:08:00	02:07:41	03:13:58.75	03:14:29.70	+01:28:58	9:33	6.3
208	KAŻMIERCZAK-MOLIK Anna	56	MMA DEVIL MIĘDZYCHÓD / WKURW_TEAM	K-30	30	01:08:18	02:10:03	03:13:58.00	03:14:30.95	+01:28:59	9:33	6.3
209	BIELECKI Mariusz	325	#CZELADZBIEGA	M-50	10	01:05:32	02:03:58	03:14:02.75	03:14:39.15	+01:29:07	9:33	6.3
210	KARCZYŃSKA Eliza	287	MUD GOATS	K-30	31	01:01:24	01:52:27	03:14:53.20	03:15:00.75	+01:29:29	9:36	6.2
211	POMIANOWSKI Szymon	95	KURACJUSZE	M-30	55	01:08:17	02:09:54	03:14:12.35	03:15:02.00	+01:29:30	9:34	6.3
212	PAWLACZYK Tomasz	231		M-40	69	01:08:54	02:08:39	03:14:26.20	03:15:16.70	+01:29:45	9:34	6.3
213	SKRZYPIŃSKI Arkadiusz	375	PSI PATROL	M-40	70	01:08:24	02:09:19	03:14:50.85	03:15:21.70	+01:29:50	9:35	6.3
214	NOWICKA Anna	157	PKO BANK POLSKI S.A.	K-30	32	01:05:48	02:11:22	03:15:25.80	03:15:32.35	+01:30:00	9:37	6.2
215	BUJAK Marek	453	#CZELADZBIEGA	M-40	71	01:08:42	02:07:32	03:14:52.50	03:15:34.10	+01:30:02	9:36	6.2
216	OKRASKA Grzegorz	258		M-30	56	01:08:52		03:14:51.70	03:15:34.85	+01:30:03	9:35	6.3
217	TELEŃCZUK Tomasz	384	SZYBKIE STOPY	M-40	72	01:02:20	02:04:36	03:16:17.10	03:16:25.90	+01:30:54	9:40	6.2
218	PYREK Iwona	23		K-30	33	01:08:25	02:10:47	03:16:10.45	03:16:32.40	+01:31:00	9:39	6.2
219	PYREK Krzysztof	1	1 RBLOG	M-30	57	01:08:23	02:10:25	03:16:11.25	03:16:32.70	+01:31:01	9:39	6.2
220	EWERT-KRZEMIENIEWSKA Katarzyna	302		K-30	34	01:05:43	02:08:47	03:16:23.15	03:16:41.45	+01:31:09	9:40	6.2
221	SMOCZEK Marlena	156		K-40	21	01:06:48	02:08:10	03:16:21.35	03:16:43.20	+01:31:11	9:40	6.2
222	KOMOROWSKA Monika	17	DOBROMIEJSKI KLUB BIEGACZA ODCISK	K-40	22	01:07:22	02:09:01	03:16:22.85	03:16:43.95	+01:31:12	9:40	6.2
223	PASŁAWSKA Olga	119	PRZEBIEGA.PL	K-30	35	01:08:15	02:08:39	03:16:52.45	03:17:05.50	+01:31:33	9:41	6.2
224	MATYJA Grzegorz	370		M-40	73	01:15:29	02:13:23	03:16:08.65	03:17:06.25	+01:31:34	9:39	6.2
225	FIJAK Karolina	219		K-30	36	01:10:34	02:11:39	03:16:41.65	03:17:07.65	+01:31:36	9:41	6.2
226	DĘBICKI Adrian	122	FENIKS LEGNICA	M-40	74	01:13:43		03:16:13.85	03:17:11.10	+01:31:39	9:40	6.2
227	WINCZURA Leszek	158		M-40	75	01:13:10	02:16:29	03:17:01.35	03:17:43.20	+01:32:11	9:42	6.2
228	FRYDRYCKI Dariusz	159		M-40	76	01:14:49	02:13:12	03:16:52.85	03:17:48.80	+01:32:17	9:41	6.2
229	SZYMAŃSKA Jolanta	547		K-30	37	01:08:34	02:11:06	03:18:18.15	03:18:32.65	+01:33:01	9:46	6.1
230	DOŁASIŃSKI Jarek	154	RUNATTACK CHOCIANÓW	M-30	58	01:08:27		03:17:56.65	03:18:40.60	+01:33:09	9:45	6.2
231	ŁÓJ-KONIECZNA Edyta	339	INFINITY GYM	K-40	23	01:08:47		03:18:09.05	03:18:40.75	+01:33:09	9:45	6.1
232	KWIATKOWSKA Zuzanna	542		K-40	24	01:07:37	02:09:55	03:18:52.05	03:19:02.80	+01:33:31	9:47	6.1
233	GUSTA Dominik	412		M-40	77	01:10:18	02:11:23	03:18:18.90	03:19:07.35	+01:33:35	9:46	6.1
234	BUSS Jakub	31	KUDOWSCY MIŁOŚNICZY BIEGANIA	M-40	78	01:08:51	02:10:01	03:18:33.60	03:19:13.60	+01:33:42	9:46	6.1
235	SZYMCZAK Marcin	198		M-40	79	01:09:54	02:10:45	03:18:26.15	03:19:16.05	+01:33:44	9:46	6.1
236	WACHOWSKA Katarzyna	545	SMOK TRÓJGŁOWY	K-30	38	01:12:35	02:15:47	03:19:11.55	03:19:30.30	+01:33:58	9:48	6.1
237	PACIOREK Paweł	436	BIEGAJ POD OKIEM TRENERA	M-30	59	01:04:27	02:07:50	03:19:45.20	03:19:51.05	+01:34:19	9:50	6.1
238	FARION Marzena	117	THE FARIONS	K-30	39	01:10:44	02:13:28	03:19:24.20	03:20:19.50	+01:34:47	9:49	6.1
239	RADECKI Adam	430		M-30	60	01:10:45	02:13:31	03:19:25.05	03:20:19.70	+01:34:48	9:49	6.1
240	DURNOWSKI Paweł	329		M-30	61	01:10:46	02:12:14	03:19:37.40	03:20:24.00	+01:34:52	9:50	6.1
241	BABICKA Sylwia	149		K-40	25	01:12:49	02:14:35	03:20:51.85	03:21:11.35	+01:35:39	9:53	6.1
242	BORUTA Marcin	106	#CZELADZBIEGA	M-40	80	01:07:23	02:10:10	03:20:49.20	03:21:14.10	+01:35:42	9:53	6.1
243	KRAWIEC Piotr	263	KOTWICA BRZEG	M-30	62	01:10:54		03:20:50.90	03:21:27.05	+01:35:55	9:53	6.1
244	GRABOWICZ Paweł	196		M-40	81	01:14:17	02:18:22	03:20:34.05	03:21:29.40	+01:35:57	9:52	6.1
245	JASICKI Krzysztof	331		M-30	63	01:08:47		03:21:25.50	03:21:38.25	+01:36:06	9:55	6
246	LIBERACKA-KOPYTEK Ewa	298	DZIKIE MAŁŻONY	K-30	40	01:13:36		03:21:25.05	03:21:58.30	+01:36:26	9:55	6
247	DUNAL Tomasz	343	SZ JAK GEPARD	M-20	16	01:12:39	02:11:50	03:21:09.60	03:21:59.40	+01:36:27	9:54	6.1
248	SZYCH Katarzyna	83	RAZ-SZCZECIN	K-40	26	01:08:53	02:10:09	03:21:44.30	03:22:04.40	+01:36:32	9:56	6
249	PUZICKI Tomasz	551		M-40	82	01:02:29	02:06:33	03:22:02.80	03:22:08.20	+01:36:36	9:57	6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 20.3km	brutto 20.3km			
250	ŁAŻEWSKA Sylwia	27		K-40	27	01:06:14	02:11:17	03:21:56.75	03:22:11.05	+01:36:39	9:56	6
251	CHROSTEK Dorota	415		K-40	28	01:10:18	02:12:37	03:21:25.00	03:22:18.35	+01:36:46	9:55	6
252	CHROSTEK Adam	417		M-40	83	01:10:20	02:12:35	03:21:26.70	03:22:20.85	+01:36:49	9:55	6
253	FIJAK Remigiusz	220		M-30	64	01:12:14	02:13:24	03:22:22.75	03:22:49.30	+01:37:17	9:58	6
254	CHOLEWIŃSKI Wojciech	66	HERNIK TEAM	M-50	11	01:08:12	02:13:41	03:22:41.45	03:22:54.20	+01:37:22	9:59	6
255	NAPIERAŁA Marcin	361	PIĄTKOWO NA BIEGOWO	M-30	65	01:09:07	02:20:44	03:22:36.70	03:22:58.65	+01:37:27	9:58	6
256	MAK Hubert	442		M-40	84	01:10:04	02:12:21	03:22:23.60	03:23:07.40	+01:37:35	9:58	6
257	LEWANDOWSKA Ewelina	204	NIGHT RUNNERS WROCŁAW	K-30	41	01:14:01		03:22:54.50	03:23:19.10	+01:37:47	9:59	6
258	NAJDEK Michał	192	CAPGEMINI	M-20	17	01:06:58	02:12:09	03:23:22.00	03:23:30.00	+01:37:58	10:01	6
259	GIEMZA Ewelina	254	MIODOWICE.PL	K-30	42	01:10:10	02:12:31	03:22:55.25	03:23:33.40	+01:38:01	9:59	6
260	MIERNICKI Tomasz	267	GRUPA BIEGOWA CHTMO	M-50	12	01:12:03		03:23:24.85	03:23:45.55	+01:38:14	10:01	6
261	BELOWSKA Anna	240		K-40	29	01:13:22	02:17:10	03:23:27.90	03:23:59.35	+01:38:27	10:01	6
262	GAPSKI Piotr	524	LOFTEAMEXTREME	M-30	66	01:14:30		03:23:40.10	03:24:23.75	+01:38:52	10:01	6
263	NOWACZYK Dominika	485	HUSARIA RACE TEAM	K-20	12	01:06:07		03:24:18.25	03:24:27.50	+01:38:55	10:03	6
264	KOŚKA Aleksandra	226	HUSARIA RACE TEAM	K-20	13	01:06:12	02:12:36	03:24:17.95	03:24:27.70	+01:38:56	10:03	6
265	ŚWIĄTEK Agnieszka	432		K-20	14	01:13:52	02:16:43	03:23:39.20	03:24:30.65	+01:38:59	10:01	6
266	PURWIN Karolina	431		K-20	15	01:13:50	02:16:46	03:23:38.45	03:24:30.65	+01:38:59	10:01	6
267	SZYMAŃSKA Karolina	137		K-30	43	01:13:18	02:17:20	03:24:24.20	03:24:53.00	+01:39:21	10:04	6
268	MICHAŁOWSKI Marcin	19		M-30	67	01:09:51	02:13:09	03:24:10.65	03:25:02.45	+01:39:30	10:03	6
269	BEDNAREK Dariusz	385		M-40	85	01:13:18		03:24:28.50	03:25:12.25	+01:39:40	10:04	6
270	NOWICKA Katarzyna	115		K-40	30	01:08:47	02:13:14	03:25:06.85	03:25:13.20	+01:39:41	10:06	5.9
271	NOWICKI Szymon	335		M-20	18	01:10:28	02:12:19	03:24:40.85	03:25:15.35	+01:39:43	10:04	6
272	CHOJECKA Agnieszka	108		K-40	31	01:08:49	02:13:10	03:25:09.15	03:25:17.00	+01:39:45	10:06	5.9
273	STRAMEK Łukasz	501		M-30	68	01:09:17	02:13:52	03:25:06.35	03:25:23.85	+01:39:52	10:06	5.9
274	BRZEZIŃSKA Marta	21		K-40	32	01:12:49	02:13:46	03:25:16.25	03:25:56.85	+01:40:25	10:06	5.9
275	LEŚNIEWSKI Sławomir	280		M-50	13	01:05:35	02:08:02	03:26:05.30	03:26:23.60	+01:40:52	10:09	5.9
276	MARCINKIEWICZ Jerzy	99		M-50	14	01:07:31	02:11:37	03:26:15.05	03:26:30.15	+01:40:58	10:09	5.9
277	PRZEMYSŁAW Żelobowski	441		M-30	69	01:09:20	02:17:21	03:26:02.70	03:26:42.10	+01:41:10	10:09	5.9
278	STEC Aneta	8	FCMISIENIECHCE	K-30	44	01:13:34		03:26:06.25	03:26:47.00	+01:41:15	10:09	5.9
279	BŁACHNIO Krzysztof	33	RAZ SZCZECIN	M-50	15	01:06:46	02:10:12	03:26:55.35	03:27:11.30	+01:41:39	10:11	5.9
280	ANTKOWIAK Katarzyna	484		K-40	33	01:10:32	02:14:45	03:27:22.25	03:27:28.60	+01:41:57	10:12	5.9
281	BRANIEWSKA Paulina	392		K-20	16	01:06:55	02:13:13	03:27:17.50	03:27:38.05	+01:42:06	10:12	5.9
282	KĘPSKI Grzegorz	62		M-30	70	01:06:52	02:11:39	03:27:28.65	03:27:58.10	+01:42:26	10:13	5.9
283	SIWIASZCZYK Tomasz	376		M-40	86	01:14:19	02:16:22	03:27:20.05	03:28:01.40	+01:42:29	10:12	5.9
284	DOJS Aleksandra	511		K-30	45	01:17:06	02:20:31	03:27:56.80	03:28:33.40	+01:43:01	10:14	5.9
285	KRUSZYNA Adam	354	-	M-50	16	01:07:38	02:11:42	03:28:19.95	03:28:35.05	+01:43:03	10:15	5.8
286	ODOLIŃSKA Agnieszka	34	PSZCZÓŁKOWSKI TEAM	K-40	34	01:10:13	02:16:43	03:28:04.50	03:28:41.50	+01:43:09	10:14	5.9
287	BUDNY Aleksandra	402		K-40	35	01:13:41	02:18:38	03:28:48.60	03:29:25.65	+01:43:54	10:17	5.8
288	STAŃCZYK Sławomir	367	STARGARD. JA SIĘ NIE ŚCIGAM	M-30	71	01:17:12	02:22:25	03:28:33.95	03:29:28.10	+01:43:56	10:16	5.8
289	OLESEK Krzysztof	549	STARGARD JA SIĘ NIE ŚCIGAM	M-30	72	01:16:40	02:22:33	03:28:32.95	03:29:28.70	+01:43:57	10:16	5.8
290	KRUPA Daniel	352	STARGARD.JA SIĘ NIE ŚCIGAM.	M-40	87	01:16:41	02:22:28	03:28:39.45	03:29:32.90	+01:44:01	10:16	5.8
291	SZCZEPAŃSKA Anna	277	CZERWONAK BIEGA	K-40	36	01:11:54	02:18:26	03:29:16.35	03:29:33.50	+01:44:01	10:18	5.8
292	SIANKIEWICZ Marzena	495	CZERWONAK BIEGA	K-40	37	01:08:52	02:12:44	03:29:21.25	03:29:33.80	+01:44:02	10:18	5.8
293	ANUSZ Roksana	77	ŻARÓW BIEGA	K-30	46	01:09:10	02:12:21	03:29:14.80	03:29:36.75	+01:44:05	10:18	5.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 20.3km	brutto 20.3km			
294	ŁADOŃSKI Ryszard	259	PRO-RUN WROCŁAW	M-60	1	01:00:53	02:07:14	03:29:32.70	03:29:37.55	+01:44:06	10:19	5.8
295	SKRZYPIEC Karol	80	ŻARÓW BIEGA	M-30	73	01:09:11	02:12:13	03:29:15.90	03:29:37.60	+01:44:06	10:18	5.8
296	BAJOŁEK Aleksandra	126	NIGHT RUNNERS	K-50	2	01:09:19	02:17:06	03:29:15.85	03:29:39.40	+01:44:07	10:18	5.8
297	MONASTYRSKYI Mykola	232		M-30	74	01:13:18	02:17:22	03:29:10.60	03:29:40.50	+01:44:08	10:18	5.8
298	BOROWCZYK Andrzej	124		M-40	88	01:05:22	02:13:43	03:29:45.60	03:29:59.30	+01:44:27	10:20	5.8
299	WRÓBLEWSKA Olga	349	VEGE RUNNERS	K-40	38	01:14:22	02:19:34	03:29:12.85	03:30:00.80	+01:44:29	10:18	5.8
300	MARCZEWSKI Marcin	326	RESILIA BEMOWO	M-40	89	01:11:23	02:17:06	03:29:14.10	03:30:06.40	+01:44:34	10:18	5.8
301	JANCZAK Piotr	315		M-40	90	01:08:54	02:11:41	03:30:34.05	03:30:55.25	+01:45:23	10:22	5.8
302	POKROP Agnieszka	68	NATALIA TOMASIAK GÓRSKI STYL TEAM	K-30	47	01:16:14	02:20:14	03:32:06.25	03:32:20.90	+01:46:49	10:26	5.7
303	PAWLAK Małgorzata	274		K-40	39	01:12:21	02:18:36	03:31:54.60	03:32:21.15	+01:46:49	10:26	5.7
304	ISASI Gorka	523	BILBAO	M-40	91	01:09:57	02:16:29	03:31:36.25	03:32:21.95	+01:46:50	10:25	5.8
305	ZYCHOWICZ Paweł	243	OTM.B	M-40	92	01:09:15	02:15:24	03:33:00.00	03:33:13.40	+01:47:41	10:29	5.7
306	TYRAŁA Gaweł	395		M-30	75	01:14:45	02:19:35	03:32:52.80	03:33:36.25	+01:48:04	10:29	5.7
307	RĘBECKA Violetta	52	BIEGAMDLAZDROWIA.PL	K-40	40	01:11:50	02:19:17	03:33:33.50	03:34:08.15	+01:48:36	10:31	5.7
308	KORZENIOWSKI Krzysztof	269	MARATON LESZNO	M-40	93	01:08:49	02:11:41	03:33:49.60	03:34:09.40	+01:48:37	10:32	5.7
309	WACHOWSKI Piotr	418		M-40	94	01:09:09		03:34:02.10	03:34:19.55	+01:48:48	10:32	5.7
310	SZYMCZAK Zbigniew	400	BIEGAM BO LUBIĘ ZĄBKI TEAM	M-50	17	01:10:03	02:16:55	03:34:09.05	03:34:47.10	+01:49:15	10:32	5.7
311	STASZAK Szymon	303	ODLOTY KRUSZYN KRAJEŃSKI	M-30	76	01:15:26	02:19:48	03:34:13.10	03:35:10.20	+01:49:38	10:33	5.7
312	STACHURSKI Daniel	28	KOBYŁKI	M-40	95	01:18:45	02:26:43	03:34:35.65	03:35:31.30	+01:49:59	10:34	5.7
313	PIĘTA Łukasz	225		M-40	96	01:15:54	02:22:02	03:34:40.90	03:35:36.50	+01:50:04	10:34	5.7
314	BRYKSA Iwona	165		K-50	3	01:16:01	02:24:15	03:35:25.90	03:35:39.70	+01:50:08	10:36	5.7
315	PORADA Małgorzata	178		K-40	41	01:16:05	02:24:26	03:35:26.40	03:35:39.90	+01:50:08	10:36	5.7
316	SZPYT Dawid	414	WKURW_TEAM	M-20	19	01:15:53	02:23:07	03:34:54.65	03:35:40.45	+01:50:08	10:35	5.7
317	NITA Wiesław	212	VILLAGE PUNK RUN	M-40	97	01:14:20	02:21:51	03:35:15.75	03:35:50.40	+01:50:18	10:36	5.7
318	MACIAS Waldemar	419		M-60	2	01:18:02	02:24:50	03:35:43.80	03:36:35.30	+01:51:03	10:37	5.6
319	TYNIEC-TYRAŁA Helena	394		K-20	17	01:15:52	02:19:55	03:35:52.60	03:36:37.05	+01:51:05	10:38	5.6
320	BABICKI Adam	147		M-30	77	01:15:05	02:21:33	03:36:22.55	03:36:41.00	+01:51:09	10:39	5.6
321	POCHWAŁA Maciej	286		M-20	20	01:05:18	02:13:26	03:36:37.15	03:36:53.00	+01:51:21	10:40	5.6
322	SOBIŃSKI Waldemar	16	BIEGAMDLAZDROWIA.PL	M-50	18	01:11:14	02:19:34	03:36:56.65	03:37:29.00	+01:51:57	10:41	5.6
323	ŁACHAN Patryk	210	WKURW_TEAM	M-40	98	01:12:06	02:23:33	03:36:52.85	03:37:31.95	+01:52:00	10:40	5.6
324	KWIATKOWSKA Marta	288		K-30	48	01:14:02	02:20:37	03:36:45.25	03:37:32.70	+01:52:01	10:40	5.6
325	CENDER Magdalena	406	DOGOŃ GRODZISK MAZOWIECKI	K-40	42	01:16:03	02:24:03	03:37:01.85	03:37:36.65	+01:52:05	10:41	5.6
326	WRÓBLEWSKI Jarosław	6	RAZ SZCZECIN	M-40	99	01:15:30	02:21:52	03:37:20.85	03:37:39.60	+01:52:08	10:42	5.6
327	SZCZYPEK Ola	113	ADRENALINA TEAM	K-30	49	01:15:00	02:23:51	03:37:32.60	03:37:40.80	+01:52:09	10:42	5.6
328	BĘC Dominika	279	CB163	K-20	18	01:10:54	02:20:02	03:37:23.30	03:38:12.00	+01:52:40	10:42	5.6
329	BŁAŻEJWSKI Kacper	276	CB163	M-30	78	01:13:54	02:20:23	03:37:32.05	03:38:22.60	+01:52:51	10:42	5.6
330	FEDOROWICZ Jowita	73	KOTWICA BRZEG	K-30	50	01:16:43	02:26:07	03:37:48.35	03:38:24.05	+01:52:52	10:43	5.6
331	KOZDROJ Wioletta	309	DOGOŃ GRODZISK MAZOWIECKI	K-40	43	01:17:06	02:26:13	03:38:04.10	03:38:31.35	+01:52:59	10:44	5.6
332	NITA Katarzyna	213	VILLAGE PUNK RUN	K-40	44	01:14:20	02:22:01	03:38:37.05	03:39:10.80	+01:53:39	10:46	5.6
333	JUSZCZAK Natalia	228	WRODZINIESIŁA	K-30	51	01:13:13		03:39:04.95	03:39:22.00	+01:53:50	10:47	5.6
334	WYSZKOWSKA Marzena	253	BANANA TEAM	K-30	52	01:17:38	02:25:13	03:38:32.35	03:39:24.85	+01:53:53	10:45	5.6
335	BRODAWKA Olga	471		K-30	53	01:17:47	02:26:20	03:38:38.45	03:39:24.85	+01:53:53	10:46	5.6
336	RASZCZUK Martyna	476	POMIDOROWA ALTERNATYWA	K-30	54		02:23:14	03:39:25.00	03:39:25.00	+01:53:53	10:48	5.6
337	KRUSZKA Stanisław	374		M-40	100	01:14:24	02:21:44	03:39:03.95	03:39:37.10	+01:54:05	10:47	5.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 20.3km	brutto 20.3km			
338	DUDEK Mariola	69	STRZEGOMSKA DWUNASTKA	K-40	45	01:17:30	02:26:51	03:38:54.30	03:39:46.30	+01:54:14	10:46	5.6
339	ZABOROWSKA Aleksandra	440		K-40	46	01:23:30	02:32:10	03:39:35.35	03:40:08.30	+01:54:36	10:49	5.5
340	ADAMCZUK Piotr	470		M-40	101	01:18:14	02:24:58	03:39:50.55	03:40:47.80	+01:55:16	10:49	5.5
341	PISOWŁODZKA Dagmara	552		K-40	47	01:19:46	02:28:17	03:40:55.80	03:41:16.25	+01:55:44	10:53	5.5
342	WOJCIECHOWSKA Anna	348	PIĄTKOWO NA BIEGOWO	K-40	48	01:11:07	02:22:22	03:40:57.70	03:41:19.05	+01:55:47	10:53	5.5
343	WOJCIECHOWSKA Dorota	366	DOGOŃ GRODZISK MAZOWIECKI	K-40	49	01:17:34	02:26:18	03:41:39.70	03:42:08.25	+01:56:36	10:55	5.5
344	GŁUCHOWSKI Jacek	160	BB RUNNERS	M-40	102	01:15:06	02:26:56	03:42:14.50	03:42:19.50	+01:56:47	10:56	5.5
345	RAJCZAK Łukasz	214		M-30	79	01:07:05	02:07:52	03:42:13.75	03:42:27.60	+01:56:56	10:56	5.5
346	STASZCZUK Jarek	281	WATAHA-ŁĄCZY NAS BIEGANIE	M-40	103	01:16:06	02:25:27	03:42:19.40	03:42:46.85	+01:57:15	10:57	5.5
347	KRZESIMOWSKI Damian	454		M-30	80	01:10:24	02:21:00	03:42:43.15	03:43:11.00	+01:57:39	10:58	5.5
348	FABIAŃSKI Czesław	50	SUPERMARATON KALISZ	M-60	3	01:14:34	02:23:09	03:43:04.60	03:43:12.15	+01:57:40	10:59	5.5
349	BARTOSZEWSKA Justyna	533		K-20	19	01:20:39	02:26:52	03:42:41.30	03:43:32.00	+01:58:00	10:58	5.5
350	DRANKA-BOJAROWSKA Daria	350		K-40	50	01:13:40	02:24:57	03:43:20.50	03:43:51.00	+01:58:19	11:00	5.5
351	BOJAROWSKI Marcin	351		M-40	104	01:13:29	02:25:00	03:43:22.15	03:43:51.45	+01:58:19	11:00	5.5
352	OLEKSIWICZ Beata	508	SZAKALE BAŁUT ŁÓDŹ	K-30	55	01:20:56	02:30:36	03:43:34.40	03:44:20.05	+01:58:48	11:00	5.4
353	LE FELIC Monika	411	ADIDAS RUNNERS WARSAW	K-40	51		02:32:44	03:44:20.85	03:44:20.85	+01:58:49	11:03	5.4
354	CHOJECKI Paweł	110		M-40	105	01:07:20	02:23:19	03:45:16.30	03:45:23.35	+01:59:51	11:05	5.4
355	SZYMCZAK Katarzyna	174		K-50	4	01:16:23	02:27:24	03:46:06.00	03:46:18.35	+02:00:46	11:08	5.4
356	MAJEWSKA Anna	114	AKG ŁÓDŹ	K-20	20	01:15:34	02:26:57	03:45:41.25	03:46:19.00	+02:00:47	11:07	5.4
357	ROSZYK Sylwia	41	PARKRUN POZNAŃ	K-40	52	01:14:39	02:25:07	03:46:47.65	03:47:00.80	+02:01:29	11:10	5.4
358	SIARKIEWICZ Jola	111	BIEGAMDLAZDROWIA.PL	K-50	5	01:20:51	02:31:57	03:47:06.35	03:47:37.50	+02:02:05	11:11	5.4
359	WRZEŚIŃSKI Piotr	553	GAPPAG TEAM	M-40	106	01:10:13	02:20:08	03:48:06.45	03:48:23.90	+02:02:52	11:14	5.3
360	WYSOCKI Marek	487		M-30	81	01:17:13	02:28:27	03:49:01.25	03:49:53.20	+02:04:21	11:16	5.3
361	KOPCZYŃSKI Michał	7		M-30	82	01:16:44	02:26:28	03:49:01.25	03:49:57.30	+02:04:25	11:16	5.3
362	PŁUCIENNIK Katarzyna	75		K-40	53	01:21:32	02:31:57	03:49:18.25	03:50:09.15	+02:04:37	11:17	5.3
363	BARTOSZEWSKA Katarzyna	534		K-30	56	01:18:35	02:30:53	03:49:43.75	03:50:09.50	+02:04:37	11:19	5.3
364	PERKA Barbara	135	BIEG OPOLSKI	K-40	54	01:17:23	02:33:42	03:50:20.50	03:50:35.40	+02:05:03	11:20	5.3
365	FILIK Anna	260	#CZELADZBIEGA	K-20	21	01:20:34	02:31:22	03:51:19.70	03:52:02.65	+02:06:31	11:23	5.3
366	SZCZĘŚNIAK Małgorzata	334	#CZELADZBIEGA	K-40	55	01:19:21	02:31:24	03:51:20.60	03:52:03.15	+02:06:31	11:23	5.3
367	KĘPA Jakub	519	DOGOŃ GRODZISK MAZOWIECKI	M-40	107	01:22:40	02:37:41	03:51:27.90	03:52:03.65	+02:06:32	11:24	5.3
368	KACZMAREK Paulina	299	DZIKIE MAŁŻONY	K-30	57	01:14:29	02:26:55	03:51:37.50	03:52:11.70	+02:06:40	11:24	5.3
369	SZUDERA Kamila	90	WIECZORNE BIEGANIE W SZCZECINIE	K-30	58	01:21:53	02:36:13	03:52:04.95	03:52:15.35	+02:06:43	11:25	5.2
370	KOPKA Tomasz	365		M-30	83	01:21:44	02:41:58	03:51:36.70	03:52:15.35	+02:06:43	11:24	5.3
371	SZYSZKA Konrad	82	WIECZORNE BIEGANIE W SZCZECINIE	M-30	84	01:21:53	02:36:10	03:52:04.80	03:52:15.60	+02:06:44	11:25	5.2
372	JAMRÓZ Robert	45	JAMERKI	M-40	108	01:20:04	02:36:56	03:51:36.90	03:52:16.90	+02:06:45	11:24	5.3
373	ŻBEL Michał	218	HRMAX ŻORY	M-40	109	01:19:18	02:34:01	03:52:33.45	03:53:03.20	+02:07:31	11:27	5.2
374	GOLON Leszek	88	KRAV MAGA	M-30	85	01:20:58	02:36:14	03:52:36.05	03:53:13.90	+02:07:42	11:27	5.2
375	MACH Dawid	271	ONE PERSON TEAM	M-30	86	01:21:32	02:34:35	03:52:40.50	03:53:26.90	+02:07:55	11:27	5.2
376	JAMRÓZ Joanna	51	JAMERKI	K-40	56	01:20:56	02:36:58	03:52:49.40	03:53:29.70	+02:07:58	11:28	5.2
377	URBAŃSKA Agnieszka	266		K-30	59	01:16:05	02:25:08	03:53:49.90	03:54:06.40	+02:08:34	11:31	5.2
378	STACHURSKA Monika	13	KOBYŁKI	K-40	57	01:21:17	02:34:05	03:53:32.50	03:54:27.80	+02:08:56	11:30	5.2
379	WAŚIK Izabela	141		K-40	58	01:21:26	02:33:22	03:55:10.15	03:55:51.55	+02:10:20	11:35	5.2
380	LIPSKA Iwona	10		K-40	59	01:21:27	02:34:03	03:56:02.60	03:56:42.10	+02:11:10	11:37	5.2
381	ŻBEL Ania	217	HRMAX ŻORY	K-30	60	01:19:19	02:34:11	03:56:15.40	03:56:42.95	+02:11:11	11:38	5.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 20.3km	brutto 20.3km			
382	IDZIK Angelika	341	HUSARIA RACE TEAM	K-20	22	01:13:38	02:32:17	03:57:29.35	03:57:39.45	+02:12:07	11:41	5.1
383	WTULICH Diana	24		K-50	6	01:26:57	02:17:57	03:57:09.60	03:57:51.70	+02:12:20	11:40	5.1
384	SAWICKA Izabela	38	PARKRUN	K-30	61	01:29:12	02:42:15	03:57:57.90	03:58:47.35	+02:13:15	11:43	5.1
385	JACHYMSKA Zofia	479		K-20	23	01:25:45	02:41:11	03:58:46.15	03:59:25.85	+02:13:54	11:45	5.1
386	KAMIŃSKA Magdalena	223		K-30	62	01:21:46	02:35:40	03:58:48.65	03:59:35.65	+02:14:04	11:45	5.1
387	KAMIŃSKI Łukasz	222		M-30	87	01:22:33	02:35:41	03:58:48.40	03:59:35.70	+02:14:04	11:45	5.1
388	ŁAGOWSKA Agnieszka	513		K-30	63	01:21:01	02:36:03	03:59:25.15	03:59:44.50	+02:14:12	11:47	5.1
389	DANIELAK Radosław	558	DANIELAK AND KRUSZYNA	M-40	110	01:22:04		04:02:02.40	04:02:18.00	+02:16:46	11:55	5
390	ŚWIDER-KRÓLIKIEWICZ Joanna	244	1982	K-30	64	01:27:17	02:40:54	04:02:32.75	04:03:02.05	+02:17:30	11:56	5
391	SZEWZENKO Agnieszka	563		K-30	65	01:27:17	02:41:06	04:02:32.40	04:03:02.15	+02:17:30	11:56	5
392	MIZGAJSKA-KĘPA Katarzyna	182	DOGOŃ GRODZISK MAZOWIECKI	K-40	60	01:22:40	02:38:30	04:02:29.10	04:03:05.40	+02:17:33	11:56	5
393	WITKOWSKA-KOPKA Kaja	187		K-30	66	01:21:47	02:42:04	04:02:28.25	04:03:05.70	+02:17:34	11:56	5
394	GAJOCHA Olga	516	HARPAGAN SOSNOWIEC	K-30	67	01:24:41	02:37:51	04:02:34.30	04:03:11.65	+02:17:40	11:56	5
395	KURIATA Andżelika	492		K-30	68	01:25:05		04:03:41.15	04:03:48.10	+02:18:16	12:00	5
396	WISZNIOWSKA Agata	32	NIGHT RUNNERS WROCŁAW	K-30	69	01:24:41	02:38:40	04:04:14.10	04:04:37.70	+02:19:06	12:01	5
397	SUDÓŁ Robert	483	KOTWICA BRZEG	M-30	88	01:20:24	02:34:42	04:04:04.85	04:04:40.55	+02:19:09	12:01	5
398	PULKOWSKI Dariusz	179	OSTRÓDA RUNNERS	M-50	19	01:19:08	02:42:24	04:04:48.95	04:05:24.80	+02:19:53	12:03	5
399	KRAWIEC Marcin	89		M-30	89	01:16:01	02:36:33	04:05:34.15	04:05:55.25	+02:20:23	12:05	5
400	ŁADOŃSKA Ewa	261	PARKRUN WROCŁAW	K-60	1	01:23:55	02:43:06	04:05:44.70	04:06:04.65	+02:20:33	12:06	5
401	PRZYŁUSKA Mirosława	136	RAZ SZCZECIN	K-60	2	01:27:18	02:41:49	04:05:52.25	04:06:10.35	+02:20:38	12:06	5
402	BROKOS Tomasz	510	DCT DRUŻYNA BIEGOWA	M-30	90	01:21:42	02:36:43	04:05:34.00	04:06:24.70	+02:20:53	12:05	5
403	MACHNACKI Michał	272	GRUPA BIEGOWA CHTMO	M-40	111	01:21:36	02:38:25	04:06:49.65	04:07:13.75	+02:21:42	12:09	4.9
404	PATEREK Anna	382	SKURCZE ŁYDEK	K-30	70	01:22:07	02:34:15	04:06:26.40	04:07:16.25	+02:21:44	12:08	4.9
405	SZENKIN Michał	509	SKURCZE ŁYDEK	M-30	91	01:22:08	02:34:18	04:06:27.45	04:07:17.25	+02:21:45	12:08	4.9
406	LIS-MONASTYRSKA Katarzyna	233		K-30	71	01:24:44	02:44:04	04:06:53.40	04:07:23.00	+02:21:51	12:09	4.9
407	GÓRNIAK Joanna	205		K-40	61	01:26:43	02:42:52	04:08:29.90	04:09:07.95	+02:23:36	12:14	4.9
408	ORZECHOWSKA Karolina	152	BIEGŃ, ŻEBY BARTEK MÓGŁ BIEGAĆ	K-30	72	01:26:01	02:45:01	04:08:55.55	04:09:18.85	+02:23:47	12:15	4.9
409	ZĄLUCKA Agnieszka	474		K-30	73	01:25:55	02:45:11	04:09:18.55	04:09:41.30	+02:24:09	12:16	4.9
410	KRZYWOKULSKI Krzysztof	180		M-40	112	01:24:18	02:43:44	04:09:17.10	04:10:01.20	+02:24:29	12:16	4.9
411	CISZOWSKI Łukasz	262	#CZELADZBIEGA	M-30	92	01:25:51	02:48:07	04:09:26.70	04:10:06.10	+02:24:34	12:17	4.9
412	MICHALSKI Karol	282		M-20	21	01:29:52	02:55:28	04:09:42.45	04:10:07.75	+02:24:36	12:18	4.9
413	KRAIŃSKI Piotr	245	#CZELADZBIEGA	M-40	113	01:25:36	02:42:47	04:09:25.00	04:10:10.30	+02:24:38	12:17	4.9
414	SZYLIŃSKI Katarzyna	292	TWARDZIELE TEAM BOGATYNIA	K-40	62	01:26:08	02:47:38	04:10:28.30	04:11:04.90	+02:25:33	12:20	4.9
415	WIECZYŃSKI Jerzy	319	TWARDZIELE TEAM BOGATYNIA	M-50	20	01:26:05	02:47:40	04:10:28.75	04:11:05.05	+02:25:33	12:20	4.9
416	NASTAWSKA Monika	85		K-40	63	01:23:58	02:44:08	04:12:12.50	04:12:27.10	+02:26:55	12:25	4.8
417	BERNAS-KUJAWIŃSKA Magdalena	30	MAMA BIEGA	K-40	64	01:24:10	02:44:03	04:12:11.40	04:12:27.35	+02:26:55	12:25	4.8
418	GODZISZ Ewa	150	VEGE RUNNERS	K-30	74	01:29:27	02:42:45	04:12:10.75	04:12:59.80	+02:27:28	12:25	4.8
419	KOCHMAN Iwona	522	VEGE RUNNERS	K-50	7	01:25:46	02:41:28	04:12:09.40	04:13:00.10	+02:27:28	12:25	4.8
420	OSZCZĘDA Marzena	105	ZARAZIĆ PASJĄ	K-40	65	01:24:24	02:46:47	04:15:16.15	04:15:49.50	+02:30:17	12:34	4.8
421	BARTOSIK Monika	465	#CZELADZBIEGA	K-30	75	01:29:14	02:47:40	04:16:35.55	04:17:20.20	+02:31:48	12:38	4.7
422	KUBACZKA-LIGENZA Sylwia	462	#CZELADZBIEGA	K-30	76	01:29:06	02:47:48	04:16:35.25	04:17:20.20	+02:31:48	12:38	4.7
423	BUJAK-KAPA Dorota	461	#CZELADZBIEGA	K-30	77	01:29:18	02:47:47	04:16:37.70	04:17:20.65	+02:31:49	12:38	4.7
424	SKWAREK Sylwia	112		K-20	24	01:22:00	02:43:34	04:17:53.15	04:18:11.25	+02:32:39	12:42	4.7
425	WISNIEWSKA Aldona	409		K-40	66	01:22:04	02:53:53	04:18:00.00	04:18:11.25	+02:32:39	12:42	4.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas netto 20.3km	Czas brutto 20.3km	Różn	Tempo min/km	Tempo km/h
426	ZIÓLKOWSKI Krzysztof	58	ZAKOCHAJ SIĘ W BIEGANIU	M-60	4	01:29:57	02:52:37	04:19:17.40	04:19:36.95	+02:34:05	12:46	4.7
427	SIERANT Marian	155	ŻÓŁTOKRÓLEWSCY	M-60	5	01:23:38	02:37:47	04:19:02.65	04:19:39.60	+02:34:08	12:45	4.7
428	PIECUCH Małgorzata	15	PRZEWORSKA GRUPA BIEGOWA	K-50	8	01:24:28	02:39:52	04:18:58.25	04:19:46.80	+02:34:15	12:45	4.7
429	CHWIAŁKOWSKA Elżbieta	57		K-50	9	01:27:10	02:50:07	04:22:13.00	04:22:52.85	+02:37:21	12:55	4.6
430	MACIEJEWSKI Piotr	161	SUPERMARATON - KALISZ	M-60	6	01:25:16	02:49:31	04:25:05.50	04:25:12.55	+02:39:41	13:03	4.6
431	WASZKIEWICZ Ewa	170	GANG ANIELIC	K-40	67	01:28:54	02:53:29	04:26:25.00	04:26:35.00	+02:41:03	13:07	4.6
432	WYSOCKA Edyta	163	HUSARIA RACE TEAM	K-30	78	01:31:52	02:57:04	04:27:53.90	04:28:19.20	+02:42:47	13:11	4.5
433	SAJDYK Justyna	540		K-20	25	01:29:10	02:52:11	04:28:28.50	04:29:23.60	+02:43:52	13:13	4.5
434	WIŚNIEWSKI Tomasz	229		M-40	114	01:34:07	03:01:05	04:29:03.95	04:29:32.95	+02:44:01	13:15	4.5
435	WIŚNIEWSKA Dorota	230		K-40	68	01:34:46	03:01:35	04:29:04.35	04:29:33.35	+02:44:01	13:15	4.5
436	KIERZKOWSKA Aniela	206	BIĄŁOSTOCKA SEKTA BIEGACZY	K-40	69	01:33:37	02:59:50	04:29:17.55	04:30:11.50	+02:44:39	13:15	4.5
437	DULIASZ Cezary	59		M-50	21	01:22:16	02:51:50	04:29:50.90	04:30:16.70	+02:44:45	13:17	4.5
438	WIŚNIEWSKA Magdalena	378	ZMASAKROWANI	K-30	79	01:33:33	02:56:11	04:32:43.60	04:32:55.45	+02:47:23	13:26	4.5
439	PIETROWSKA Hallik	47		K-50	10	01:28:22	02:54:25	04:34:51.75	04:35:31.90	+02:50:00	13:32	4.4
440	WROTNIAK Sylwia	373	BLIŻNIACY	K-40	70	01:33:42	03:00:03	04:37:32.15	04:37:43.45	+02:52:11	13:40	4.4
441	MACKIEWICZ Katarzyna	65		K-30	80	01:33:43	02:59:57	04:40:45.30	04:41:34.35	+02:56:02	13:49	4.3
442	SOKOŁOWSKA Anna	457	PARKRUN GORZÓW WIELKOPOLSKI	K-40	71	01:33:46	03:00:40	04:40:46.15	04:41:34.60	+02:56:03	13:49	4.3
443	WITKOWSKA Ania	40		K-30	81	01:33:45	03:00:33	04:40:45.85	04:41:34.70	+02:56:03	13:49	4.3
444	PAWLIK Anna	216	OSTRÓDA RUNNERS	K-40	72	01:17:51	02:53:14	04:54:53.30	04:55:30.60	+03:09:59	14:31	4.1
445	OSSOWSKA Monika	327	#TRILOSZKI	K-30	82	01:36:39	03:15:09	04:55:07.00	04:55:43.35	+03:10:11	14:32	4.1
Przekroczony limit czasu: 05:00:00												
446	SZUMLAS Anna	337	#SZUMITEAM	K-30	83	01:37:46	03:16:39	05:05:05.75	05:05:43.00	+03:20:11	15:01	4
447	GŁOWACKI Maciej	425	MATNER RUNNING TEAM	M-40	115	01:00:57	01:56:19			+00:46:20	8:43	6.9
448	KLIMZA Andrzej	211		M-40	116		01:56:19			+00:46:16	8:43	6.9
449	BONIEC Radosław	314		M-20	22		02:02:20			+00:52:17	9:10	6.5
450	URBANOWICZ Andrzej	193		M-30	93		02:14:02			+01:03:59	10:03	6
451	KROPIDŁOWSKA Magdalena	107	OCELOTY KRUSZYN KRAJEŃSKI	K-30	84		02:21:02			+01:10:59	10:34	5.7
	NOWICKI Kamil	143		M-30		00:52:39 DNF	DNF	DNF	DNF	-	-	-
	BAŁA Anna	345	KLUB BIEGOWY KOPYTO OLSZTYN	K-20		00:56:43 DNF	DNF	DNF	DNF	-	-	-
	KOSTERKIEWICZ Ryszard	320		M-60		DNF	DNF	DNF	DNF	-	-	-
	NOWACKA-WOŁCZEK Jagoda	5	GRUPA BIEGOWA 'BEZ GRANIC'	K-30		DNF	DNF	DNF	DNF	-	-	-
	STAMM Tomasz	330		M-40		DNF	DNF	DNF	DNF	-	-	-
	CHORZĘPA Adam	507		M-50		DNF	DNF	DNF	DNF	-	-	-

Znaleziono 457 wynik(ów)