

Wydarzenie: Sztafeta Górską 2020
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2020-08-30
Miejsce: Kudowa-Zdrój
Dystans: 21 km

Klasyfikacja: OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	GLAPIAK Damian	2046	ADRUNALINE TEAM	M-40	1	00:53:25	01:20:46	01:39:11.60	01:39:12.70		4:43	12.7 (100%)
2	JUREK Michał	2001		M-30	1	00:59:06	01:28:18	01:47:24.35	01:47:25.45	+00:08:12 (7.6%)	5:06	11.7 (92.1%)
3	WŁODARIEWICZ Dominik	2189	DYNAFIT POLSKA	M-40	2	01:00:05	01:30:26	01:51:04.60	01:51:05.40	+00:11:52 (10.7%)	5:17	11.3 (89.0%)
4	BALWIERCZAK Piotr	2060	NIGHT RUNNERS WROCŁAW / RMT TEAM	M-30	2	01:05:41	01:35:04	01:54:47.90	01:54:50.25	+00:15:37 (13.6%)	5:28	11 (86.6%)
5	PIHIL Piotr	2187		M-40	3	01:02:36	01:34:08	01:54:52.25	01:54:53.75	+00:15:41 (13.7%)	5:28	11 (86.6%)
6	SKORUPA Jacek	2092	EUFORABIEGACZ	M-40	4	01:03:28	01:35:12	01:55:43.40	01:55:44.55	+00:16:31 (14.3%)	5:30	10.9 (85.8%)
7	NOWACKI Mateusz	2130	PRZEDWOJEWSKI MOUNTAIN TEAM	M-30	3	01:03:27	01:35:45	01:57:40.70	01:57:42.60	+00:18:29 (15.7%)	5:36	10.7 (84.3%)
8	GUSTAW Łukasz	2155		M-20	1	01:05:28	01:38:39	02:00:13.00	02:00:14.15	+00:21:01 (17.5%)	5:43	10.5 (82.7%)
9	ROGÓRZ Piotr	2146		M-40	5	01:06:56	01:39:41	02:00:20.70	02:00:22.25	+00:21:09 (17.6%)	5:43	10.5 (82.7%)
10	CZAPLA Seweryn	2132		M-30	4	01:07:34	01:41:01	02:02:37.50	02:02:53.55	+00:23:40 (19.3%)	5:50	10.3 (81.1%)
11	NIEZGÓDKA Tomasz	2197	ZAŁOGA GÓRSKA	M-50	1	01:09:05	01:41:34	02:04:23.60	02:04:25.35	+00:25:12 (20.3%)	5:55	10.1 (79.5%)
12	MAZURKIEWICZ Jerzy	2067	NIGHT RUNNERS WROCŁAW	M-30	5	01:09:05	01:43:08	02:06:58.75	02:07:01.25	+00:27:48 (21.9%)	6:02	9.9 (78.0%)
13	CIRKO Arkadiusz	2052	KGHM ZG RUN	M-40	6	01:10:35	01:45:58	02:10:45.25	02:10:47.45	+00:31:34 (24.1%)	6:13	9.6 (75.6%)
14	BĄŁYS Katarzyna	2199	HERCOG RUNNING TEAM	K-30	1	01:11:54	01:47:58	02:12:37.15	02:12:41.00	+00:33:28 (25.2%)	6:18	9.5 (74.8%)
15	DARUL Damian	2140	KB MARATON TUREK	M-40	7	01:15:23	01:49:49	02:13:11.35	02:13:22.30	+00:34:09 (25.6%)	6:20	9.5 (74.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne	Jakubowice	Czas	Czas	Różn	Tempo	Tempo
						Skały		netto	brutto			
						10km	16km	21km	21km		min/km	km/h
16	OLSZEWSKI Tomek	2192		M-40	8	01:13:38	01:52:07	02:16:29.15	02:16:33.60	+00:37:20 (27.3%)	6:29	9.2 (72.4%)
17	FLOREK Katarzyna	2165		K-30	2	01:15:29	01:52:05	02:16:38.20	02:16:40.95	+00:37:28 (27.4%)	6:30	9.2 (72.4%)
18	PAŻUCHA Wojciech	2056	ACID MANIAXXX	M-40	9	01:15:19	01:52:14	02:16:47.40	02:16:55.25	+00:37:42 (27.5%)	6:30	9.2 (72.4%)
19	PIECHOWIAK Marek	2167		M-30	6	01:12:18	01:52:38	02:17:48.75	02:17:52.05	+00:38:39 (28.0%)	6:33	9.1 (71.7%)
20	LITWIN Michał	2049	LITEWIN	M-30	7	01:13:35	01:53:23	02:18:55.95	02:19:04.15	+00:39:51 (28.7%)	6:36	9.1 (71.7%)
21	MICHALSKI Piotr	2156		M-30	8	01:12:28	01:54:02	02:20:50.30	02:20:54.50	+00:41:41 (29.6%)	6:42	8.9 (70.1%)
22	DERENCZ Michał	2112		M-40	10	01:13:46	01:53:54	02:20:46.50	02:20:55.90	+00:41:43 (29.6%)	6:42	9 (70.9%)
23	PODOLAK Ula	2190	PRZEDWOJEWSKI MOUNTAIN TEAM	K-20	1	01:17:18	01:55:26	02:20:57.70	02:21:01.00	+00:41:48 (29.6%)	6:42	8.9 (70.1%)
24	SAMBORSKI Bartosz	2134		M-40	11	01:18:56	01:57:39	02:22:57.65	02:23:08.35	+00:43:55 (30.7%)	6:48	8.8 (69.3%)
25	FERENC-SZMUC Edyta	2160	KUDOWIANKA RUN	K-30	3	01:18:32	01:58:07	02:24:16.00	02:24:18.65	+00:45:05 (31.3%)	6:52	8.7 (68.5%)
26	KURZAWIAK Grzegorz	2002	GRUPA BIEGOWA KAYSER AUTOMOTIVE SYSTEM	M-30	9	01:18:34	01:58:07	02:24:17.10	02:24:18.85	+00:45:06 (31.3%)	6:52	8.7 (68.5%)
27	SZOFER Adam	2170	NKB CHYŻY NOWY TOMYŚL	M-30	10	01:21:44	01:59:24	02:24:20.45	02:24:39.15	+00:45:26 (31.4%)	6:52	8.7 (68.5%)
28	STROJEK Grzegorz	2068		M-40	12	01:18:31	02:00:56	02:27:10.25	02:27:11.65	+00:47:58 (32.6%)	7:00	8.6 (67.7%)
29	KLESZCZ Tomasz	2105		M-30	11	01:21:18	02:00:48	02:27:14.75	02:27:19.65	+00:48:06 (32.7%)	7:00	8.6 (67.7%)
30	MURZYN Piotr	2171	MUTIN	M-40	13	01:19:27	02:00:13	02:27:51.20	02:27:54.00	+00:48:41 (32.9%)	7:02	8.5 (66.9%)
31	RYCERSKI Rafał	2198		M-30	12	01:20:58	02:02:10	02:29:46.65	02:29:51.30	+00:50:38 (33.8%)	7:07	8.4 (66.1%)
32	STUPEK Bogusław	2188		M-40	14	01:22:08	02:03:37	02:29:51.15	02:30:03.55	+00:50:50 (33.9%)	7:08	8.4 (66.1%)
33	ULIKOWSKA Martyna	2042	ZAŁOGA GÓRSKA	K-20	2	01:23:34	02:03:45	02:30:23.60	02:30:28.55	+00:51:15 (34.1%)	7:09	8.4 (66.1%)
34	ŁAMPIKA Kinga	2048	NIGHT RUNNERS WROCŁAW	K-40	1	01:22:20	02:04:25	02:30:28.05	02:30:31.75	+00:51:19 (34.1%)	7:09	8.4 (66.1%)
35	ŚCIGALSKI Marcin	2007	NIEPOŁOMICE BIEGAJĄ	M-50	2	01:23:46	02:04:15	02:30:35.05	02:30:47.45	+00:51:34 (34.2%)	7:10	8.4 (66.1%)
36	ČERVENÝ David	2131	ERIKA COPY SHOP	M-40	15	01:22:15	02:03:52	02:30:53.95	02:31:00.35	+00:51:47 (34.3%)	7:11	8.3 (65.4%)
37	BEDNARCZYK Paweł	2029	PZU SPORT TEAM	M-40	16	01:22:18	02:03:56	02:31:18.05	02:31:29.65	+00:52:16 (34.5%)	7:12	8.3 (65.4%)
38	MICHALAK Piotr	2009		M-40	17	01:22:54	02:03:37	02:31:27.05	02:31:52.90	+00:52:40 (34.7%)	7:12	8.3 (65.4%)

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39	ZIMNY Tomasz	2041		M-60	1	01:23:25	02:04:22	02:31:55.90	02:31:57.90	+00:52:45 (34.7%)	7:14	8.3 (65.4%)
40	PETROVA Katarina	2193		K-30	4	01:23:26	02:05:04	02:33:08.80	02:33:14.35	+00:54:01 (35.3%)	7:17	8.2 (64.6%)
41	FILIPEK Wojciech	2040		M-30	13	01:20:15	02:06:55	02:33:52.50	02:33:56.55	+00:54:43 (35.6%)	7:19	8.2 (64.6%)
42	GĘSIAREK Grzegorz	2117		M-40	18	01:25:59	02:06:59	02:33:59.30	02:34:02.80	+00:54:50 (35.6%)	7:19	8.2 (64.6%)
43	SZELA Łukasz	2163	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	M-30	14	01:25:37	02:07:08	02:35:16.05	02:35:28.75	+00:56:16 (36.2%)	7:23	8.1 (63.8%)
44	NAJDEREK Maciej	2104		M-30	15	01:25:59	02:07:28	02:35:25.00	02:35:30.05	+00:56:17 (36.2%)	7:24	8.1 (63.8%)
45	POPŁAWSKI Dariusz	2003	KB GEPARD MUROWANA GOŚLINA	M-40	19	01:26:43	02:07:42	02:35:24.45	02:35:31.85	+00:56:19 (36.2%)	7:24	8.1 (63.8%)
46	STELMACH Krzysztof	2076		M-40	20	01:25:38	02:07:42	02:35:39.90	02:35:48.00	+00:56:35 (36.3%)	7:24	8.1 (63.8%)
47	MISIAK Artur	2194		M-50	3	01:23:53	02:08:56	02:37:14.55	02:37:26.35	+00:58:13 (37.0%)	7:29	8 (63.0%)
48	SKURZYŃSKI Mariusz	2083	M.E.T.A	M-40	21	01:26:13	02:09:03	02:38:17.70	02:38:25.65	+00:59:12 (37.4%)	7:32	8 (63.0%)
49	OHLA Justyna	2185	BIEGAM BO NIE LUBIĘ	K-40	2	01:26:49	02:09:17	02:38:37.95	02:38:41.25	+00:59:28 (37.5%)	7:33	7.9 (62.2%)
50	CZUBIEL Konrad	2086	PKS GALOPUJĄCA SOCZEWICA	M-40	22	01:25:52	02:08:35	02:38:32.10	02:38:49.55	+00:59:36 (37.5%)	7:32	7.9 (62.2%)
51	ZAWORSKI Tomasz	2025		M-30	16	01:13:54	01:51:14	02:38:53.75	02:38:56.05	+00:59:43 (37.6%)	7:34	7.9 (62.2%)
52	SZYMCZYSZYN Jerzy	2070		M-50	4	01:26:26	02:09:27	02:38:49.05	02:39:00.20	+00:59:47 (37.6%)	7:33	7.9 (62.2%)
53	BUDZIŃSKI Krzysztof	2069		M-50	5	01:26:38	02:09:34	02:39:14.90	02:39:26.20	+01:00:13 (37.8%)	7:35	7.9 (62.2%)
54	BUDZIŃSKI Damian	2051	WKB META LUBLINIEC	M-40	23	01:25:51	02:09:19	02:39:27.00	02:39:35.15	+01:00:22 (37.8%)	7:35	7.9 (62.2%)
55	WAWRZY尼亚K Lidia	2095	KB GEPARD MUROWANA GOŚLINA	K-40	3	01:26:58	02:11:32	02:40:50.50	02:40:57.60	+01:01:44 (38.4%)	7:39	7.8 (61.4%)
56	NIZAR Wioletta	2181	CSC ADWENTURE ACADEMY	K-40	4	01:28:01	02:13:36	02:40:57.95	02:41:04.60	+01:01:51 (38.4%)	7:39	7.8 (61.4%)
57	MAĆKOWSKI Mateusz	2100	NATURAL BORN COFFEE LOVERS	M-40	24	01:29:28	02:13:00	02:41:41.15	02:41:45.00	+01:02:32 (38.7%)	7:42	7.8 (61.4%)
58	MATCZAK Maciej	2080	KS FABRYKA BIEGANIA OSTRÓW WIELKOPOLSKI	M-30	17	01:14:00	01:50:46	02:42:35.85	02:42:44.45	+01:03:31 (39.0%)	7:44	7.7 (60.6%)
59	DUCZKOWSKI Rafał	2202	GRZYBIANY	M-40	25	01:29:13	02:14:15	02:43:23.20	02:43:32.55	+01:04:19 (39.3%)	7:46	7.7 (60.6%)
60	SKRZYPIŃSKI Arkadiusz	2148	PSI PATROL	M-40	26	01:29:14	02:14:12	02:44:01.65	02:44:15.15	+01:05:02 (39.6%)	7:48	7.7 (60.6%)
61	KACZMARCZYK Mariusz	2035	REXER	M-50	6	01:29:15	02:13:14	02:44:27.45	02:44:34.95	+01:05:22 (39.7%)	7:49	7.7 (60.6%)

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						Skały						
						10km	16km	21km	21km		min/km	km/h
62	SZKUDŁO Oskar	2180	BEZ BALASTU	M-40	27	01:30:02	02:14:13	02:44:34.85	02:44:39.35	+01:05:26 (39.7%)	7:50	7.7 (60.6%)
63	LABIAK Krystian	2096	GISZOWIEC BIEGA RAZEM	M-30	18	01:26:28	02:13:57	02:44:46.10	02:44:59.15	+01:05:46 (39.9%)	7:50	7.6 (59.8%)
64	KLIM Kasia	2101	TEAM URODZENI BIEGACZE	K-40	5	01:31:20	02:15:12	02:44:58.65	02:45:05.85	+01:05:53 (39.9%)	7:51	7.6 (59.8%)
65	KOPKA Pawel	2150		M-30	19	01:29:21	02:14:14	02:46:39.90	02:46:54.75	+01:07:42 (40.6%)	7:56	7.6 (59.8%)
66	ZASADA Iwona	2013	BOHAR PALETY RUNNERS	K-40	6	01:29:09	02:16:58	02:47:26.70	02:47:33.40	+01:08:20 (40.8%)	7:58	7.5 (59.1%)
66	STANISŁAWEK Tomasz	2015		M-40	28	01:29:11	02:16:57	02:47:26.70	02:47:33.40	+01:08:20 (40.8%)	7:58	7.5 (59.1%)
68	CHORAŻY Izabela	2176	CAŁA OLEŚNICA BIEGA	K-20	3	01:34:10	02:18:15	02:47:50.05	02:48:12.65	+01:08:59 (41.0%)	7:59	7.5 (59.1%)
69	SACHANBINSKI Aleksander	2195		M-50	7	01:29:40	02:18:36	02:48:20.00	02:48:32.40	+01:09:19 (41.1%)	8:00	7.5 (59.1%)
70	STASZEWSKI Dariusz	2179		M-30	20	01:31:12	02:16:38	02:49:02.35	02:49:19.05	+01:10:06 (41.4%)	8:03	7.5 (59.1%)
71	GRUCHOT Małgorzata	2128	WBO	K-40	7	01:29:15	02:17:12	02:49:34.20	02:49:44.55	+01:10:31 (41.6%)	8:04	7.4 (58.3%)
72	HADUŁA Justyna	2175	CAŁA OLEŚNICA BIEGA	K-30	5	01:31:45	02:19:00	02:49:24.80	02:49:46.85	+01:10:34 (41.6%)	8:04	7.4 (58.3%)
73	GAŁECKI Tomasz	2125		M-50	8	01:34:42	02:18:52	02:50:34.90	02:50:51.60	+01:11:38 (41.9%)	8:07	7.4 (58.3%)
74	MARCINEK Łukasz	2172	NIE TERAZ, POTEM	M-40	29	01:31:31	02:20:21	02:51:19.05	02:51:27.65	+01:12:14 (42.1%)	8:09	7.4 (58.3%)
75	SYGIEL Andrzej	2200		M-40	30	01:30:49	02:18:13	02:51:18.70	02:51:28.95	+01:12:16 (42.1%)	8:09	7.4 (58.3%)
76	ROLIŃSKI Radosław	2022		M-40	31	01:33:30	02:19:45	02:51:52.70	02:51:58.80	+01:12:46 (42.3%)	8:11	7.3 (57.5%)
77	WIETRZYŃSKA Agnieszka	2021		K-40	8	01:30:52	02:20:40	02:52:37.85	02:52:43.95	+01:13:31 (42.6%)	8:13	7.3 (57.5%)
78	ŻMIJEWSKA Dominika	2169	TSK ORZEŁ OSIEK	K-30	6	01:32:33	02:20:57	02:52:43.55	02:52:46.45	+01:13:33 (42.6%)	8:13	7.3 (57.5%)
79	GRUDZIEN Malgorzata	2106		K-30	7	01:34:50	02:22:05	02:52:41.65	02:52:57.85	+01:13:45 (42.6%)	8:13	7.3 (57.5%)
80	MORAWSKI Ryszard	2006	RMT	M-30	21	01:32:25	02:19:48	02:53:10.00	02:53:18.70	+01:14:06 (42.8%)	8:14	7.3 (57.5%)
81	HAIDA Marcin	2028		M-40	32	01:32:14	02:21:48	02:54:05.10	02:54:21.95	+01:15:09 (43.1%)	8:17	7.2 (56.7%)
82	URBAŃCZYK Dorota	2191		K-20	4	01:39:49	02:26:00	02:54:57.65	02:55:18.90	+01:16:06 (43.4%)	8:19	7.2 (56.7%)
83	RUCIŃSKI Adam	2036		M-40	33	01:35:27	02:24:36	02:55:24.55	02:55:39.40	+01:16:26 (43.5%)	8:21	7.2 (56.7%)
84	STASIAK Łukasz	2138	WATAHA - ŁĄCZY NAS BIEGANIE	M-30	22	01:34:29	02:22:37	02:55:29.85	02:55:42.15	+01:16:29 (43.5%)	8:21	7.2 (56.7%)

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85	SIKORSKI Grzegorz	2139		M-40	34	01:33:03	02:22:13	02:56:12.45	02:56:28.50	+01:17:15 (43.8%)	8:23	7.2 (56.7%)
86	KOSTYK Grzegorz	2151		M-40	35	01:34:26	02:23:28	02:56:53.80	02:57:04.80	+01:17:52 (44.0%)	8:25	7.1 (55.9%)
87	BINIENDA Agnieszka	2063	KOBIETY WATAHY	K-40	9	01:36:49	02:27:13	02:59:53.55	03:00:11.80	+01:20:59 (44.9%)	8:33	7 (55.1%)
88	AUCH Bartek	2084		M-20	2	01:33:51	02:26:33	03:02:27.90	03:02:27.90	+01:23:15 (45.6%)	8:41	6.9 (54.3%)
89	ZIELIŃSKI Bartłomiej	2196		M-40	36	01:34:31	02:26:10	03:03:23.65	03:03:31.20	+01:24:18 (45.9%)	8:44	6.9 (54.3%)
90	JACHIMECKI Rafał	2017	TUPU-TUPU GŁOGÓW	M-40	37	01:39:20	02:31:13	03:03:45.45	03:03:52.15	+01:24:39 (46.0%)	8:45	6.9 (54.3%)
91	HAŁKIEWICZ Marcin	2129	MIEDZIOWE TOWARZYSTWO SPORTOWE	M-30	23	01:39:20	02:31:12	03:03:43.15	03:03:52.20	+01:24:39 (46.0%)	8:44	6.9 (54.3%)
92	KAPELSKI Michał	2152		M-40	38	01:39:50	02:30:03	03:04:00.95	03:04:15.35	+01:25:02 (46.2%)	8:45	6.8 (53.5%)
93	TRZCINA Agata	2124		K-40	10	01:37:04	02:29:03	03:05:01.90	03:05:07.40	+01:25:54 (46.4%)	8:48	6.8 (53.5%)
94	FRĄCKOWIAK Jacek	2047		M-40	39	01:37:14	02:29:10	03:05:02.05	03:05:07.70	+01:25:55 (46.4%)	8:48	6.8 (53.5%)
95	KAMIŃSKA Andżelika	2012		K-40	11	01:39:49	02:31:37	03:04:45.75	03:05:09.15	+01:25:56 (46.4%)	8:47	6.8 (53.5%)
96	BRACH Karolina	2158		K-40	12	01:46:08	02:35:59	03:06:42.55	03:07:05.65	+01:27:52 (47.0%)	8:53	6.7 (52.8%)
97	LECKI Mateusz	2149	TEAM BIEGOWY SZCZECINEK	M-30	24	01:46:11	02:36:00	03:06:43.30	03:07:05.95	+01:27:53 (47.0%)	8:53	6.7 (52.8%)
98	PIETRZAK Anna	2099		K-40	13	01:39:58	02:31:26	03:06:56.80	03:07:07.35	+01:27:54 (47.0%)	8:54	6.7 (52.8%)
99	GÓRECKI Rafal	2126		M-40	40	01:40:07	02:34:55	03:07:57.30	03:08:05.85	+01:28:53 (47.3%)	8:57	6.7 (52.8%)
100	FUŁAWKA Tomasz	2005	NOCNE WILKI JAWOR	M-40	41	01:39:22	02:33:21	03:07:53.85	03:08:18.20	+01:29:05 (47.3%)	8:56	6.7 (52.8%)
101	BRZEZIŃSKI Andrzej	2143		M-60	2	01:39:45	02:34:48	03:08:58.60	03:09:04.05	+01:29:51 (47.5%)	8:59	6.7 (52.8%)
102	MIELNIK Natalia	2020		K-30	8	01:44:09	02:35:05	03:09:34.35	03:09:53.15	+01:30:40 (47.8%)	9:01	6.6 (52.0%)
103	KOKOSZKIEWICZ Jarosław	2201	GRZYBIANY TEAM	M-30	25	01:39:42	02:34:00	03:10:55.45	03:11:05.30	+01:31:52 (48.1%)	9:05	6.6 (52.0%)
104	CZERWIŃSKA Arleta	2182		K-60	1	01:44:08	02:36:32	03:11:39.45	03:11:49.45	+01:32:36 (48.3%)	9:07	6.6 (52.0%)
104	CZERWIŃSKI Jarosław	2183		M-60	3	01:44:06	02:36:32	03:11:38.60	03:11:49.45	+01:32:36 (48.3%)	9:07	6.6 (52.0%)
106	JANCZAREK Łukasz	2153		M-30	26	01:40:16	02:34:55	03:12:15.80	03:12:31.25	+01:33:18 (48.5%)	9:09	6.6 (52.0%)
107	JASEK Wiola	2145	KOBIETY WATAHY	K-40	14	01:44:12	02:36:52	03:12:36.60	03:12:50.25	+01:33:37 (48.6%)	9:10	6.5 (51.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
108	JĘDRYCHOWSKI Przemysław	2161		M-40	42	01:44:08	02:37:36	03:13:19.00	03:13:34.75	+01:34:22 (48.7%)	9:12	6.5 (51.2%)
109	KOPKA - JĘDRYCHOWSKA Monika	2168		K-40	15	01:44:08	02:37:37	03:13:19.50	03:13:34.85	+01:34:22 (48.7%)	9:12	6.5 (51.2%)
110	MARCINIAK Anna	2054		K-40	16	01:44:03	02:38:01	03:13:26.90	03:13:36.30	+01:34:23 (48.8%)	9:12	6.5 (51.2%)
111	ZAWISZA Beata	2075	KOBIETY WATACHA	K-50	1	01:43:57	02:36:49	03:13:46.95	03:14:04.70	+01:34:52 (48.9%)	9:13	6.5 (51.2%)
112	MICHALAK Joanna	2010		K-40	17	01:44:49	02:40:51	03:14:31.30	03:14:49.10	+01:35:36 (49.1%)	9:15	6.5 (51.2%)
113	SOKALSKI Marcin	2037		M-30	27	01:44:00	02:39:01	03:18:04.50	03:18:25.15	+01:39:12 (50.0%)	9:25	6.4 (50.4%)
114	DZICZEK Ireneusz	2177		M-50	9	01:40:03	02:34:49	03:18:32.65	03:18:39.10	+01:39:26 (50.1%)	9:27	6.3 (49.6%)
115	RUDNICKA Agnieszka	2027		K-40	18	01:44:52	02:40:51	03:18:25.55	03:18:42.25	+01:39:29 (50.1%)	9:26	6.3 (49.6%)
116	SKRZYPIŃSKA Agnieszka	2147	PSI PATROL	K-30	9	01:48:42	02:44:13	03:18:43.80	03:18:57.30	+01:39:44 (50.1%)	9:27	6.3 (49.6%)
117	SZENDZIELORZ Marcin	2133	SOCIOS SILESIA	M-30	28	01:35:38	02:42:32	03:19:27.60	03:19:31.45	+01:40:18 (50.3%)	9:29	6.3 (49.6%)
118	GRZESIAK Rafał	2004	EMERYT	M-40	43	01:39:36	02:39:53	03:20:13.60	03:20:21.00	+01:41:08 (50.5%)	9:32	6.3 (49.6%)
119	ŁOPATKA Piotr	2118		M-40	44	01:41:34	02:39:21	03:20:05.85	03:20:28.40	+01:41:15 (50.5%)	9:31	6.3 (49.6%)
120	LACH Agnieszka	2123		K-40	19	01:46:31	02:44:10	03:20:33.40	03:20:39.70	+01:41:27 (50.6%)	9:33	6.3 (49.6%)
121	PERKA Barbara	2136		K-40	20	01:46:37	02:44:37	03:20:48.25	03:20:51.95	+01:41:39 (50.6%)	9:33	6.3 (49.6%)
122	KWIATKOWSKA Marta	2144		K-40	21	01:45:29	02:42:53	03:21:09.75	03:21:25.50	+01:42:12 (50.7%)	9:34	6.3 (49.6%)
123	MALKUSZ Damian	2097	GISZOWIEC BIEGA RAZEM	M-30	29	01:46:19	02:41:30	03:21:08.50	03:21:30.05	+01:42:17 (50.8%)	9:34	6.3 (49.6%)
124	GROMADZKA Justyna	2064	KOBIETY WATAHY	K-30	10	01:49:19	02:44:29	03:21:12.60	03:21:30.20	+01:42:17 (50.8%)	9:34	6.3 (49.6%)
125	PALUSZKIEWICZ Karolina	2059	MAĆKOWIAK TEAM	K-40	22	01:47:05	02:44:13	03:21:44.70	03:21:59.00	+01:42:46 (50.9%)	9:36	6.2 (48.8%)
126	JARCZYŃSKA Adriana	2186		K-30	11	01:51:39	02:50:09	03:24:59.35	03:25:09.30	+01:45:56 (51.6%)	9:45	6.1 (48.0%)
127	HYLIŃSKA Hanna	2142		K-30	12	01:46:48	02:45:30	03:26:40.30	03:26:54.05	+01:47:41 (52.0%)	9:50	6.1 (48.0%)
128	SERWATKA Angelika	2062		K-30	13	01:50:28	02:48:30	03:27:03.60	03:27:20.95	+01:48:08 (52.2%)	9:51	6.1 (48.0%)
129	DĘBEK Piotr	2044	ŚWIDNICKA GRUPA BIEGOWA	M-40	45	01:54:39	02:58:29	03:37:07.50	03:37:13.15	+01:58:00 (54.3%)	10:20	5.8 (45.7%)
130	FUNKA Andrzej	2164	NKB CHYŻY NOWY TOMYŚL	M-60	4	01:53:57	02:57:40	03:37:26.90	03:37:47.25	+01:58:34 (54.4%)	10:21	5.8 (45.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
131	GÓRNA Aldona	2116	ŻÓŁWICE W BIEGU	K-40	23	01:55:47	03:01:36	03:41:16.35	03:41:30.40	+02:02:17 (55.2%)	10:32	5.7 (44.9%)
132	LANGE Hanna	2115	ZÓŁWICE W BIEGU	K-40	24	01:55:02	03:01:32	03:41:17.45	03:41:30.45	+02:02:17 (55.2%)	10:32	5.7 (44.9%)
133	BLICHERT Anna	2110	I DON'T KURWA CARE	K-30	14	02:01:18	03:03:50	03:44:02.55	03:44:14.15	+02:05:01 (55.8%)	10:40	5.6 (44.1%)
134	KACZMAREK Monika	2154	NKB CHYŻY NOWY TOMYŚL	K-40	25	01:57:15	03:06:37	03:46:02.90	03:46:22.60	+02:07:09 (56.2%)	10:45	5.6 (44.1%)
135	KONIECZNY Piotr	2162	NKB CHYŻY NOWY TOMYŚL	M-30	30	01:57:31	03:06:34	03:46:03.10	03:46:22.65	+02:07:09 (56.2%)	10:45	5.6 (44.1%)
136	PLASZCZYK Bartłomiej	2043		M-30	31	01:55:12	03:05:20	03:49:53.90	03:50:07.35	+02:10:54 (56.9%)	10:56	5.5 (43.3%)
137	JĘDRZEJEWSKA Beata	2079	KOBIETY WATAHY	K-40	26	02:01:57	03:09:09	03:52:10.00	03:52:25.45	+02:13:12 (57.3%)	11:03	5.4 (42.5%)
138	DZIERGWA Agnieszka	2141	RNB POLANICA ZDRÓJ	K-30	15	02:02:02	03:09:14	03:52:12.45	03:52:25.75	+02:13:13 (57.3%)	11:03	5.4 (42.5%)
139	TURKIEWICZ Dawid	2121	WOLIBÓRZ W BIEGU	M-30	32	02:09:08	03:13:02	04:02:41.30	04:03:05.00	+02:23:52 (59.2%)	11:33	5.2 (40.9%)
140	RYSZCZYK Adam	2178		M-30	33	02:05:04	03:15:06	04:03:05.05	04:03:19.90	+02:24:07 (59.2%)	11:34	5.2 (40.9%)
141	HAUTON Monika	2173	NIE TERAZ, POTEM	K-40	27	02:09:19	03:19:36	04:10:21.40	04:10:31.35	+02:31:18 (60.4%)	11:55	5 (39.4%)
142	FORMELA Justyna	2078		K-40	28	02:17:59	03:35:37	04:33:06.05	04:33:25.85	+02:54:13 (63.7%)	13:00	4.6 (36.2%)
143	TOMALAK Anna	2122		K-30	16	02:16:55	03:35:31	04:33:05.35	04:33:25.90	+02:54:13 (63.7%)	13:00	4.6 (36.2%)
144	GIESZCZYŃSKA Magdalena	2184	12WBOT	K-40	29	02:17:41	03:35:35	04:33:04.70	04:33:25.95	+02:54:13 (63.7%)	13:00	4.6 (36.2%)
145	WOŹNICA Anna	2127		K-30	17	02:17:44	03:35:29	04:33:05.15	04:33:26.10	+02:54:13 (63.7%)	13:00	4.6 (36.2%)
146	MIŚKIEWICZ Wojciech	2098		M-30	34	02:18:16	03:35:24	04:33:06.50	04:33:26.55	+02:54:13 (63.7%)	13:00	4.6 (36.2%)
	KUTZMANN Magdalena	2032	WKB META LUBLINIEC	K-40		DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 147 wynik(ów)