



**SUPERMARATON
GÓR
STOŁOWYCH**

PÓLMARATON GÓR STOŁOWYCH 2017

B4SPORT

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Wydarzenie: Maraton Gór Stołowych
Organizator: Stowarzyszenie TKKF Kompas
Data: 2017-07-02
Miejsce: Pasterka
Dystans: 21 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	BRYDL Pavel	266		M-30	1	00:39:18	01:10:44	01:45:22.75	01:45:24.35		5:01	12
2	NÁPRAVNÍK Jan	236		M-30	2	00:38:32	01:11:28	01:46:00.95	01:46:02.85	+00:00:38	5:02	11.9
3	WŁODARKIEWICZ Dominik	252	SQUEEZY POLAKA	M-40	1	00:41:24	01:17:27	01:53:41.75	01:53:44.10	+00:08:19	5:24	11.1
4	KRASULAK Daniel	268	WKS ŚLĄSK WROCŁAW	M-30	3	00:41:04	01:16:31	01:54:10.20	01:54:11.80	+00:08:47	5:26	11
5	MIEDZIEJEWski Andrzej	25	ABSOLUTEBIKETEAM	M-30	4	00:42:42	01:17:42	01:55:03.50	01:55:06.60	+00:09:42	5:28	11
6	GLINKA Szymon	156	SKLEP BIEGACZA WROCŁAW	M-20	1	00:40:27	01:18:18	01:55:59.80	01:56:02.75	+00:10:38	5:31	10.9
7	KOZIELSKA Magdalena	254	DYNAFIT TEAM	K-20	1	00:42:20	01:18:48	01:57:21.95	01:57:24.15	+00:11:59	5:35	10.7
8	MYSZCZYSZYŃ Łukasz	174	ANTRACYT	M-30	5	00:45:18	01:22:53	02:01:46.05	02:01:48.25	+00:16:23	5:47	10.3
9	KANTOR Martyna	260	SALCO GARMIN TEAM	K-20	2	00:45:00	01:23:07	02:02:13.45	02:02:15.85	+00:16:51	5:49	10.3
10	GÓROWSKI Mateusz	59	BESKIDZKA 160 NA RATY	M-30	6	00:45:01	01:23:08	02:02:18.75	02:02:21.40	+00:16:57	5:49	10.3
11	VOLKOV Nikolai	166	BERUNNER	M-20	2	00:46:56	01:26:25	02:05:22.25	02:05:25.25	+00:20:00	5:58	10.1
12	KRUPA Marcin	207	AKTYWNA NOWA RUDA	M-40	2	00:45:51	01:24:56	02:05:22.30	02:05:25.80	+00:20:01	5:58	10.1
13	WOWER Bartłomiej	228	CSC ADVENTURE ACADEMY	M-30	7	00:47:12	01:26:48	02:06:31.75	02:06:34.35	+00:21:10	6:01	10
14	PĘKALA Krzysztof	237		M-30	8	00:45:39	01:24:56	02:07:10.15	02:07:13.40	+00:21:49	6:03	9.9
15	DETLAFF Mariusz	259	ADIDAS RUNNERS WARSAW	M-30	9	00:47:00	01:27:20	02:09:47.25	02:09:49.50	+00:24:25	6:10	9.7
16	SZUSZKIEWICZ Filip	147	SMALL GIRL MEDIUM BOY	M-30	10	00:48:23	01:28:27	02:10:49.60	02:10:53.65	+00:25:29	6:13	9.6
17	GREGULA Wojciech	217	STRAŻ POŻARNA	M-30	11	00:47:58	01:28:54	02:11:44.45	02:11:47.45	+00:26:23	6:16	9.6
18	NAWROT Wojciech	112		M-30	12	00:49:14	01:30:20	02:12:42.10	02:12:45.10	+00:27:20	6:19	9.5
19	BERUS Mikołaj	6	KOLANA WĘŻA	M-20	3	00:47:11	01:31:01	02:12:43.20	02:12:48.60	+00:27:24	6:19	9.5
20	WIŚNIEWSKA Martyna	224	ADIDAS RUNNERS WARSAW	K-20	3	00:49:23	01:31:03	02:13:49.15	02:13:51.95	+00:28:27	6:22	9.4
21	ADAMCZYK Przemysław	219	ADIDAS RUNNERS WARSAW	M-40	3	00:50:57	01:31:52	02:15:18.80	02:16:13.70	+00:30:49	6:26	9.3
22	KOCHANIAK Rafał	57	SOLOIST	M-30	13	00:50:49	01:32:37	02:16:10.20	02:16:16.10	+00:30:51	6:29	9.3
23	MIŚTAK Jola	49	OŁAWSKA GRUPA BIEGOWA	K-30	1	00:51:27	01:33:53	02:16:50.15	02:16:53.70	+00:31:29	6:30	9.2
24	OLKIS Rafał	197	PRZEBIEGA.PL	M-30	14	00:49:13	01:32:08	02:19:04.85	02:19:09.20	+00:33:44	6:37	9.1
25	GOLICZ Aleksandra	110	ATRA	K-30	2	00:51:23	01:34:56	02:19:37.95	02:19:44.10	+00:34:19	6:38	9
26	MĘŻYŃSKI Szymon	230		M-20	4			02:21:51.45	02:21:51.45	+00:36:27	6:45	8.9
27	NIKRAŚ Krzysztof	124		M-40	4	00:54:43	01:38:06	02:22:04.35	02:22:13.90	+00:36:49	6:45	8.9
28	EWERT Adam	186		M-20	5	00:53:01	01:35:59	02:22:46.05	02:22:53.20	+00:37:28	6:47	8.8
29	GRZYWACZEWSKA Justyna	223	CITY TRAIL TEAM	K-20	4	00:50:41	01:34:53	02:23:09.30	02:23:11.20	+00:37:46	6:49	8.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
30	CIEŚLAR Marcin	68		M-30	15	00:52:20	01:35:48	02:23:13.45	02:23:17.25	+00:37:52	6:49	8.8
31	PAŁYS Marcin	205	AKTYWNA NOWA RUDA	M-30	16	00:51:06	01:35:03	02:23:23.15	02:23:27.95	+00:38:03	6:49	8.8
32	JACH Paweł	263	MACIEK BIEGA	M-50	1	00:51:54	01:36:31	02:23:31.90	02:23:36.40	+00:38:12	6:50	8.8
33	TEŚLIOROWSKI Mariusz	209	OLIMPIA SYCÓW	M-30	17	00:54:00	01:37:21	02:23:38.15	02:23:59.20	+00:38:34	6:50	8.8
34	ŚWITAŁA Marcin	150		M-40	5	00:54:38	01:39:05	02:24:20.40	02:24:33.20	+00:39:08	6:52	8.7
35	JAROSZYŃSKI Piotr	234	MTS DRUŻYNA SZPIKU KGHM	M-30	18	00:55:12	01:38:37	02:24:30.00	02:24:49.15	+00:39:24	6:52	8.7
36	BINKOWSKI Marcin	64	PAJĄCZEK	M-40	6	00:53:24	01:38:26	02:24:52.80	02:24:56.55	+00:39:32	6:53	8.7
37	BORKOWSKI Adam	271		M-40	7	00:54:57	01:40:52	02:26:50.20	02:27:14.40	+00:41:50	6:59	8.6
38	WYWROT Grzegorz	70		M-30	19	00:53:14	01:40:41	02:28:17.60	02:28:20.70	+00:42:56	7:03	8.5
39	WALESIAK Wojciech	29	REMBERTÓW TEAM	M-30	20	00:57:12	01:41:54	02:28:54.85	02:29:16.40	+00:43:52	7:05	8.5
40	KSIĄŻKIEWICZ Jacek	175	CITY TRAIL TEAM	M-30	21	00:54:14	01:40:02	02:29:25.75	02:29:30.85	+00:44:06	7:06	8.4
41	FEODORÓW Wojciech	133		M-40	8	00:55:09	01:40:43	02:29:29.65	02:29:43.65	+00:44:19	7:07	8.4
42	STRYCHARSKI Krystian	238		M-30	22	00:57:26	01:43:01	02:31:05.30	02:31:14.85	+00:45:50	7:11	8.3
43	ADAMIK Michał	201		M-20	6	00:54:05	01:40:32	02:31:16.85	02:31:20.90	+00:45:56	7:12	8.3
44	MŁODOŻENIEC Mirosław	220	REMBERTÓW TEAM	M-30	23	00:56:55	01:42:22	02:31:26.35	02:31:48.50	+00:46:24	7:12	8.3
45	KUTYBA Mariusz	67	WOLNE ŚLIMAKI	M-30	24	00:56:28	01:43:07	02:31:47.45	02:31:51.60	+00:46:27	7:13	8.3
46	SZOTA Wojciech	253	MARATOŃCZYK.PL	M-40	9	00:56:27	01:41:39	02:32:01.25	02:32:06.20	+00:46:41	7:14	8.3
47	ADAMIN Artur	221		M-40	10	00:56:02	01:43:03	02:32:50.45	02:32:56.90	+00:47:32	7:16	8.2
48	BAŁYS Katarzyna	256		K-30	3	00:56:30	01:42:48	02:33:08.00	02:33:08.00	+00:47:43	7:17	8.2
49	KUBIŃSKA Magdalena	206		K-30	4	00:55:34	01:41:58	02:31:25.50	02:33:26.50	+00:48:02	7:12	8.3
50	KOCIK Marcin	149	FATBOY SPRINT	M-40	11	00:57:12	01:44:01	02:33:33.45	02:33:42.10	+00:48:17	7:18	8.2
51	KRZYSZTOŃ Eliza	257		K-30	5	00:58:03	01:45:12	02:34:16.85	02:34:23.20	+00:48:58	7:20	8.2
52	URBAŃSKI Robert	126		M-40	12			02:35:24.75	02:35:24.75	+00:50:00	7:24	8.1
53	BAZAN Anna	115		K-20	5	00:56:23	01:42:33	02:35:29.60	02:35:34.75	+00:50:10	7:24	8.1
54	TELEJKO Łukasz	155	ROLL&RUN TEAM	M-20	7	00:57:11	01:43:43	02:35:26.80	02:35:40.20	+00:50:15	7:24	8.1
55	KOŹBIELSKI Szymon	164	3M SANESCOBARRUNNERS	M-30	25	00:57:43	01:43:23	02:35:37.50	02:36:00.20	+00:50:35	7:24	8.1
56	KIELAR Daniel	168	ŁAŃCUT	M-30	26	00:57:43	01:43:20	02:35:36.65	02:36:00.65	+00:50:36	7:24	8.1
57	SMYKOWSKI Marcin	171		M-40	13	00:59:10	01:46:12	02:35:46.25	02:36:02.10	+00:50:37	7:25	8.1
58	WOŹNIAK Piotr	117		M-30	27	00:57:15	01:45:01	02:36:55.25	02:37:00.85	+00:51:36	7:28	8
59	KUBERA Piotr	273		M-40	14	00:58:18	01:47:06	02:37:03.50	02:37:09.55	+00:51:45	7:28	8
60	MARDAUS Jarosław	211	KŁODZKO PRZYTWIERDZA BIEGANIE	M-40	15	00:58:40	01:45:20	02:37:33.35	02:37:39.05	+00:52:14	7:30	8
61	SZMAJ Michał	216	ZHR OSTRZESZÓW	M-20	8	00:54:11	01:42:27	02:39:17.00	02:39:24.00	+00:53:59	7:35	7.9
62	SZCZĘŚNIAK Piotr	189		M-30	28	01:01:55	01:49:25	02:39:16.00	02:39:36.70	+00:54:12	7:35	7.9
63	PORĘBSKI Łukasz	203	STOWARZYSZENIE PROSHARE CYCLING TEAM	M-30	29			02:39:09.00	02:39:40.00	+00:54:15	7:34	7.9
64	GIACHINO Alberto	199		M-20	9	00:54:35	01:40:37	02:39:30.00	02:39:42.60	+00:54:18	7:35	7.9
65	TOMASZEWSKI Michał	143	#DZIKCZYSARNA	M-20	10	01:02:12	01:49:56	02:39:20.45	02:39:43.35	+00:54:19	7:35	7.9
66	KAMIŃSKI Piotr	170	GEOTECHNICA	M-30	30	01:01:37	01:49:20	02:40:39.45	02:40:58.25	+00:55:33	7:39	7.8
67	GOŁUB Marcin	100	NC+	M-20	11	00:58:05	01:49:28	02:40:55.40	02:41:01.10	+00:55:36	7:39	7.8
68	WOJTANOWICZ Marcin	153		M-40	16	00:58:10	01:50:08	02:41:39.00	02:41:47.40	+00:56:23	7:41	7.8
69	FEODORÓW Maciej	248		M-50	2	01:01:46	01:50:29	02:41:45.35	02:42:00.75	+00:56:36	7:42	7.8
70	FEDER Marcin	141		M-30	31	00:59:05	01:47:15	02:42:45.25	02:42:54.20	+00:57:29	7:45	7.7
71	KLATKA Łukasz	82	INTIVE RUNNING TEAM	M-20	12	00:57:49	01:46:13	02:43:16.90	02:43:29.80	+00:58:05	7:46	7.7
72	GAWLIK Jadwiga	193	NYSZA BIEGA	K-30	6	00:59:56	01:49:16	02:43:24.25	02:43:32.40	+00:58:08	7:46	7.7
73	NOWAK Michał	125	DRUŻYNA SZPIKU	M-30	32	01:02:09	01:50:48	02:43:22.40	02:43:44.30	+00:58:19	7:46	7.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
74	NOWAK Paweł	42		M-30	33	01:02:08	01:50:36	02:43:51.10	02:44:09.10	+00:58:44	7:48	7.7
75	STARUCH Robert	31		M-30	34	00:57:35	01:47:02	02:44:41.10	02:44:45.30	+00:59:20	7:50	7.7
76	PTASZYŃSKI Michał	274		M-40	17	00:59:59	01:49:01	02:44:46.50	02:44:53.10	+00:59:28	7:50	7.6
77	BIENIEK Łukasz	120		M-40	18	01:02:59	01:50:27	02:44:56.25	02:45:20.75	+00:59:56	7:51	7.6
78	PIOTRKOWSKI Rafael	192		M-30	35	00:57:16	01:44:49	02:46:03.35	02:46:09.70	+01:00:45	7:54	7.6
79	MELNYK Ivan	275		M-30	36	01:01:43	01:52:46	02:46:27.05	02:46:38.20	+01:01:13	7:55	7.6
80	FATYGA Rafal	229	CSC ADVENTURE ACADEMY	M-40	19	01:01:08	01:52:58	02:46:32.80	02:46:43.85	+01:01:19	7:55	7.6
81	TOMCZAK Mariusz	107		M-40	20	01:02:25	01:53:27	02:47:19.00	02:47:26.00	+01:02:01	7:58	7.5
82	GAWIŃSKA Magda	181		K-30	7	01:01:42	01:52:04	02:47:20.40	02:47:28.25	+01:02:03	7:58	7.5
83	BALCERZAK Robert	202		M-40	21	00:57:30	01:50:12	02:48:01.85	02:48:07.10	+01:02:42	8:00	7.5
84	STACHURSKI Daniel	55		M-40	22	00:58:52	01:53:23	02:48:10.55	02:48:16.15	+01:02:51	8:00	7.5
85	WIŚNIEWSKI Radek	235		M-40	23	00:59:24	01:53:38	02:48:15.85	02:48:20.70	+01:02:56	8:00	7.5
86	MAJKOWSKI Michał	131		M-30	37	01:06:52	01:59:50	02:48:21.55	02:48:34.15	+01:03:09	8:01	7.5
87	PYTKO Jarosław	98		M-30	38	00:59:52	01:51:30	02:48:36.90	02:48:51.80	+01:03:27	8:01	7.5
88	ROSOŁOWSKI Grzegorz	58	DRUŻYNA SZPIKU SITECH	M-40	24	01:00:05	01:50:10	02:49:49.10	02:50:10.45	+01:04:46	8:05	7.4
89	SZCZUREK Paweł	258	KOTWICA BRZEG	M-20	13	01:05:01	01:56:04	02:50:12.30	02:50:32.05	+01:05:07	8:06	7.4
90	KADŁUBOWSKI Piotr	32	KOTWICA BRZEGAUTOGAZEXPERT RUNNERS TEAM	M-40	25	01:04:58	01:56:07	02:50:12.95	02:50:35.45	+01:05:11	8:06	7.4
91	CIOBAN Dominika	37	PRZEMYSKI KLUB BIEGACZA	K-20	6	01:00:33	01:53:29	02:50:48.70	02:50:52.15	+01:05:27	8:08	7.4
92	SŁOBODZIAN Waldemar	7		M-50	3	01:05:17	01:56:36	02:50:28.80	02:50:52.60	+01:05:28	8:07	7.4
93	VON OSSOWSKA Aleksandra	210	TJ	K-30	8	01:05:25	01:56:32	02:51:29.35	02:51:43.30	+01:06:18	8:10	7.3
94	BISKUPSKI Jakub	244		M-40	26	01:04:33	01:56:32	02:52:05.55	02:52:18.15	+01:06:53	8:11	7.3
95	EMMER Vladimir	172		M-30	39	01:03:10	01:56:44	02:52:38.00	02:52:48.45	+01:07:24	8:13	7.3
96	ZDUNEK Józef	215	KUB BIEGACZA JURUND SZCZYTNO	M-50	4	01:04:26	01:55:46	02:52:56.95	02:53:02.55	+01:07:38	8:14	7.3
97	ANTONIUK Adam	111		M-40	27	01:01:08	01:57:35	02:53:54.40	02:54:06.75	+01:08:42	8:16	7.2
98	CISZYŃSKI Marek	96	START KATOWICE	M-50	5	01:09:40	01:59:36	02:53:46.65	02:54:13.95	+01:08:49	8:16	7.3
99	RADAJEWSKI Arkadiusz	204	CROSS KRAPKOWICE	M-40	28			02:54:32.75	02:54:32.75	+01:09:08	8:18	7.2
100	KĄKOL Klaudia	264	RUNSKI	K-20	7	01:08:35	01:59:56	02:54:52.00	02:55:07.50	+01:09:43	8:19	7.2
101	MATYASZEK Marek	114		M-40	29	01:06:45	01:58:21	02:55:24.30	02:55:30.80	+01:10:06	8:21	7.2
102	JACHYMSKI Ignacy	154	AKG ŁÓDŹ	M-20	14	01:05:18	01:59:10	02:55:07.65	02:55:31.05	+01:10:06	8:20	7.2
103	WAŁACH-BIŚTA Zuza	231		K-30	9	01:06:44	01:59:38	02:56:15.85	02:56:24.95	+01:11:00	8:23	7.1
104	RELEWICZ Maciej	69	WOLNE ŚLIMAKI	M-30	40	01:02:30	01:59:10	02:56:21.80	02:56:26.35	+01:11:02	8:23	7.1
105	FRANKIEWICZ Jakub	16		M-40	30	01:09:22	01:59:50	02:56:14.00	02:56:31.80	+01:11:07	8:23	7.1
106	WOLFF-STEFANIAK Maria	182		K-20	8	01:05:29	01:59:35	02:56:46.80	02:56:49.50	+01:11:25	8:25	7.1
107	DZIEWOŃSKI Konrad	243		M-40	31	01:07:17	02:01:00	02:56:37.40	02:56:53.95	+01:11:29	8:24	7.1
108	RADECKI Paweł	198		M-30	41	01:00:15	01:52:06	02:56:44.50	02:56:56.50	+01:11:32	8:24	7.1
109	CZARNIECKI Daniel	9	TIE-RUN	M-30	42	00:55:51	01:56:33	02:56:59.05	02:57:06.20	+01:11:41	8:25	7.1
110	IWIŃSKI Marcin	8	WOLNE ŚLIMAKI	M-30	43	01:06:29	02:00:05	02:58:21.10	02:58:25.65	+01:13:01	8:29	7.1
111	KOSINSKA Bożena	20		K-40	1	01:06:52	02:00:40	02:58:25.10	02:58:27.20	+01:13:02	8:29	7.1
112	SOKOLOWSKI Norbert	45		M-40	32	01:03:20	01:58:12	02:58:23.90	02:58:27.95	+01:13:03	8:29	7.1
113	KANAR Sławomir	27	OŁAWA GRUPA BIEGOWA	M-40	33	01:08:54	02:02:52	02:58:21.25	02:58:29.35	+01:13:05	8:29	7.1
114	WIERCIOCH Jonasz	167		M-20	15	01:10:21	02:03:05	02:58:04.85	02:58:30.00	+01:13:05	8:28	7.1
115	STEPOWICZ Marek	35	VEGE RUNNERS	M-40	34	01:10:03	02:00:53	02:58:07.20	02:58:31.10	+01:13:06	8:28	7.1
116	KONIECZNY Andrzej	222		M-40	35	01:08:30	02:02:52	02:58:12.75	02:58:32.20	+01:13:07	8:29	7.1
117	KNAPIK Dominik	145		M-20	16	01:10:21	02:03:04	02:58:45.00	02:59:09.60	+01:13:45	8:30	7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
118	ŁUKOWIEC Marlena	15	KRZYWDA TEAM	K-30	10	01:06:22	02:01:59	02:59:24.05	02:59:28.55	+01:14:04	8:32	7
119	ULIKOWSKA Martyna	269	ZAŁOGA GÓRSKA	K-20	9	01:07:01	02:01:38	03:00:22.80	03:00:41.95	+01:15:17	8:35	7
120	TOMCZYK Andrzej	92		M-30	44	01:06:56	02:01:46	03:01:01.65	03:01:24.70	+01:16:00	8:37	7
121	BLACHA Agata	169		K-30	11	01:07:17	02:02:52	03:01:30.20	03:01:37.30	+01:16:12	8:38	6.9
122	BLACHA Jarosław	180	BIŁGORAJ BIEGA	M-30	45	01:07:17	02:02:39	03:01:30.55	03:01:37.35	+01:16:13	8:38	6.9
123	NEUMANN Jacek	159		M-50	6	01:06:51	02:01:06	03:02:44.45	03:02:59.20	+01:17:34	8:42	6.9
124	JASICKI Henryk	19	OŁAWSKA GRUPA BIEGOWA	M-50	7	01:08:55	02:05:27	03:03:31.40	03:03:39.60	+01:18:15	8:44	6.9
125	TELEGUJ Michał	66	PZU SPORT TEAM	M-30	46	01:09:07	02:03:02	03:03:39.80	03:03:46.80	+01:18:22	8:44	6.9
126	WODECKI Krzysztof	101		M-50	8	01:06:14	02:01:55	03:04:01.15	03:04:16.20	+01:18:51	8:45	6.8
127	GIERAS Mirosław	132		M-40	36	01:08:35	02:04:45	03:04:12.55	03:04:25.60	+01:19:01	8:46	6.8
128	WIĘCŁAW Paweł	33	WKURW_TEAM	M-20	17	01:10:41	02:05:06	03:04:01.50	03:04:26.20	+01:19:01	8:45	6.8
129	SZYMCZYNA Marcin	47	OŁAWSKA GRUPA BIEGOWA	M-40	37	01:09:31	02:05:27	03:04:45.90	03:04:53.60	+01:19:29	8:47	6.8
130	TĘCZA Robert	162		M-40	38	01:09:57	02:04:18	03:05:47.35	03:05:54.75	+01:20:30	8:50	6.8
131	LIK Marek	267	CHEŁM BIEGA	M-50	9	01:08:45	02:03:48	03:06:03.85	03:06:15.65	+01:20:51	8:51	6.8
132	RATAJ Zuzanna	249	POLONIA BYDGOSZCZ SLA / KOBIETY BIEGAJĄ	K-30	12	01:10:21	02:06:29	03:06:20.00	03:06:29.90	+01:21:05	8:52	6.8
133	JĘDRZEJEK Beniamin	28	VEGE RUNNERS	M-30	47	01:10:51	02:05:18	03:06:08.40	03:06:31.50	+01:21:07	8:51	6.8
134	KAŁUŻNA Joanna	130		K-50	1	01:06:48	02:03:25	03:06:41.20	03:06:43.70	+01:21:19	8:53	6.7
135	MAŃKOWSKA Anna	134	DRUŻYNA WILKA	K-30	13	01:09:07	02:05:19	03:06:33.55	03:06:48.10	+01:21:23	8:53	6.8
136	FORNAL Paweł	187	22KBPG	M-30	48	01:01:27	02:00:03	03:07:33.60	03:07:38.55	+01:22:14	8:55	6.7
137	ŚLUSARSKI Włodzimierz	123	OBOZY BIEGOWE	M-50	10	01:05:43	02:02:59	03:07:51.95	03:08:00.35	+01:22:36	8:56	6.7
138	KWIATKOWSKA Zuzanna	104		K-40	2	01:10:30	02:06:10	03:08:41.45	03:08:54.65	+01:23:30	8:59	6.7
139	NOWAK Daniel	77		M-40	39	01:07:08	02:03:47	03:09:30.30	03:09:40.20	+01:24:15	9:01	6.6
140	SAWICKA Agnieszka	212	DELOITTE ADVENTURE TEAM	K-30	14	01:10:15	02:09:46	03:09:27.15	03:09:41.10	+01:24:16	9:01	6.7
141	EWERT-KRZEMIENIEWSKA Katarzyna	75		K-30	15	01:10:48	02:07:50	03:09:54.20	03:10:09.75	+01:24:45	9:02	6.6
142	STEFANIAK Jakub	183		M-20	18	01:08:46	02:08:11	03:10:22.25	03:10:33.70	+01:25:09	9:03	6.6
143	WYBRANOWSKI Sylwester	38		M-30	49	01:08:48	02:05:59	03:10:53.50	03:11:09.50	+01:25:45	9:05	6.6
144	MARCHEWICZ Jacek	188	LENKA I DOBRA SPÓŁKA	M-40	40	01:06:05	02:05:09	03:11:06.25	03:11:14.55	+01:25:50	9:06	6.6
145	TALMA Paweł	218	LUBARTÓWBIEGA.PL	M-40	41	01:10:55	02:08:54	03:10:56.80	03:11:15.95	+01:25:51	9:05	6.6
146	JASIŃSKI Mateusz	194		M-30	50	01:08:35	02:05:09	03:11:38.85	03:11:57.85	+01:26:33	9:07	6.6
147	JAWORSKA Magdalena	72	GB WIELKOPOLSCY BIEGACZE	K-40	3	01:12:45	02:09:32	03:12:06.65	03:12:20.85	+01:26:56	9:08	6.6
148	SIWIASZCZYK Tomasz	62		M-40	42	01:12:46	02:09:33	03:12:21.55	03:12:35.20	+01:27:10	9:09	6.5
149	STRUŻYNA Maciej	73		M-30	51	01:13:43	02:12:07	03:12:59.40	03:13:16.70	+01:27:52	9:11	6.5
150	WOŹNY Maciej	11	ADIDAS RUNNERS WARSAW	M-30	52	01:04:22	02:01:12	03:13:09.50	03:13:28.10	+01:28:03	9:11	6.5
151	ORŁOWSKI Daniel	163	BESTWHISKYMARKET.COM	M-40	43	01:12:48	02:11:58	03:13:14.95	03:13:33.25	+01:28:08	9:12	6.5
152	ŚWINIARSKI Michał	240	KWAŚNE ŻELKI	M-20	19	01:11:48	02:13:26	03:13:53.20	03:14:20.25	+01:28:55	9:13	6.5
153	NOWAK Marcin	84		M-20	20	01:15:22	02:15:19	03:14:16.00	03:14:32.90	+01:29:08	9:15	6.5
154	PAROL Grzegorz	116		M-40	44	01:08:41	02:09:12	03:14:39.45	03:14:45.40	+01:29:21	9:16	6.5
155	BŁACHNO Marcin	17		M-30	53	01:14:50	02:13:11	03:16:44.00	03:17:00.65	+01:31:36	9:22	6.4
156	ZAUCHA Marta	88	KŁODZKO PRZYTWIERDZA BIEGANIE	K-30	16	01:14:14	02:13:50	03:17:17.75	03:17:23.30	+01:31:58	9:23	6.4
157	PANEK Roman	191	MIEŁOŚNICZY PIŁKI NOŻNEJ	M-50	11	01:15:07	02:12:04	03:17:28.85	03:17:45.90	+01:32:21	9:24	6.4
158	BOROWICZ Beata	13	KWP WROCŁAW	K-40	4	01:12:19	02:11:02	03:17:49.55	03:17:56.65	+01:32:32	9:25	6.4
159	SZCZEPAŃSKI Piotr	34	PW	M-40	45	01:12:03	02:14:01	03:17:56.00	03:18:05.40	+01:32:41	9:25	6.4
160	SUCHOCKI Grzegorz	61	KASTA Z MAŁEGO MIASTA	M-50	12	01:16:48	02:15:36	03:17:50.85	03:18:12.00	+01:32:47	9:25	6.4
161	KRAWIEC Marcin	195		M-30	54	01:08:40	02:10:40	03:18:13.40	03:18:24.80	+01:33:00	9:26	6.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
162	MAĆZKA Krystyna	255	OTK RZEŹNIK	K-60	1	01:14:41	02:15:24	03:18:31.70	03:18:40.75	+01:33:16	9:27	6.3
163	ORZECHOWSKA Karolina	251	I-SPORT	K-30	17	01:12:42	02:11:56	03:18:29.45	03:18:49.25	+01:33:24	9:27	6.3
164	ORZECHOWSKI Daniel	250	I-SPORT	M-30	55	01:12:42	02:11:55	03:18:29.90	03:18:50.00	+01:33:25	9:27	6.3
165	SZUMNY Paweł	108		M-20	21	01:15:01	02:13:42	03:18:43.60	03:19:03.60	+01:33:39	9:27	6.3
166	PIECUCH Małgorzata	18	PRZEWORSKA GRUPA BIEGOWA	K-50	2	01:14:32	02:14:29	03:19:02.55	03:19:10.15	+01:33:45	9:28	6.3
167	WESOŁOWSKA Joanna	232		K-40	5	01:13:26	02:12:08	03:19:03.75	03:19:14.40	+01:33:50	9:28	6.3
168	PRZYBYL Tomasz	246	NIGHT RUNERS OSTRÓW WLKP	M-40	46	01:11:34	02:14:53	03:18:54.20	03:19:26.65	+01:34:02	9:28	6.3
169	ŻRÓDLEWSKA Anna	247	NIGHT RUNNERS	K-30	18	01:11:46	02:14:53	03:18:54.60	03:19:26.90	+01:34:02	9:28	6.3
170	KONEFAŁ Włodzimierz	106	REMBERTÓW TEAM	M-30	56	01:15:21	02:15:14	03:19:08.30	03:19:29.15	+01:34:04	9:29	6.3
171	WALENTOWSKI Maciej	24	2H2S	M-30	57	01:10:53	02:14:40	03:20:32.10	03:20:43.85	+01:35:19	9:32	6.3
172	STANIEK Maciej	214		M-40	47	01:12:13	02:11:22	03:21:12.30	03:21:30.15	+01:36:05	9:34	6.3
173	KRZESIMOWSKI Damian	118		M-30	58	01:17:53	02:17:08	03:21:44.30	03:22:08.65	+01:36:44	9:36	6.2
174	HAŁADEWICZ Anna	22	KARKONOSZ RUNNING TEAM SZKLARSKA PORĘBA	K-40	6	01:13:53	02:16:07	03:23:49.00	03:23:56.40	+01:38:32	9:42	6.2
174	BŁĘDKOWSKA Katarzyna	48		K-30	19	01:14:11	02:16:07	03:23:49.20	03:23:56.40	+01:38:32	9:42	6.2
176	NOWAK Marcin	121		M-40	48	01:16:47	02:14:31	03:23:45.85	03:24:03.95	+01:38:39	9:42	6.2
177	FILIPIAK Paweł	185		M-40	49	01:12:22	02:16:02	03:25:05.80	03:25:21.75	+01:39:57	9:46	6.1
178	SAMOJLUK-ŚLUSARSKA Bożena	1		K-50	3	01:12:05	02:12:12	03:26:31.70	03:26:40.00	+01:41:15	9:50	6.1
179	KOZIKOWSKI Łukasz	184		M-30	59	01:13:45	02:17:02	03:26:24.80	03:26:41.05	+01:41:16	9:49	6.1
180	MARCINKIEWICZ Marta	10	MATNER RUNNING TEAM	K-40	7	01:18:02	02:21:38	03:26:27.30	03:26:41.55	+01:41:17	9:49	6.1
181	POLUKORD Asia	227	CHOJNA	K-20	10	01:15:16	02:19:05	03:26:39.65	03:26:43.25	+01:41:18	9:50	6.1
182	PAJĄCZEK Dominika	225		K-30	20	01:15:07	02:18:02	03:27:29.20	03:27:35.35	+01:42:11	9:52	6.1
183	DRABIK Jacek	245		M-50	13	01:14:42	02:17:50	03:27:23.15	03:27:40.55	+01:42:16	9:52	6.1
184	GNIĄDEK Gosia	122	DABEX BOLT	K-40	8	01:16:57	02:21:24	03:28:11.10	03:28:21.30	+01:42:56	9:54	6.1
185	GNIĄDEK Tomasz	226	DABEX-BOLT	M-40	50	01:17:01	02:21:18	03:28:10.65	03:28:21.55	+01:42:57	9:54	6.1
186	KOSTERKIEWICZ Ryszard	113		M-60	1	01:13:55	02:17:01	03:28:59.25	03:29:19.55	+01:43:55	9:57	6
187	MAJEWSKA Anna	5	AKG	K-20	11	01:17:57	02:20:31	03:29:34.35	03:29:58.25	+01:44:33	9:58	6
188	BARAŃSKA Małgorzata	54	BBL OPOLE	K-40	9	01:18:46	02:21:26	03:30:00.65	03:30:09.40	+01:44:45	10:00	6
189	NOWAK Justyna	95	OBORYGENI	K-30	21	01:13:34	02:18:19	03:30:19.60	03:30:30.20	+01:45:05	10:00	6
190	KRAWCZYK Kamila	135		K-20	12	01:13:39	02:18:19	03:30:30.10	03:30:34.45	+01:45:10	10:01	6
191	SROKA Jacek	158		M-30	60	01:15:06	02:19:29	03:30:55.65	03:31:10.20	+01:45:45	10:02	6
192	SPECHT Karolina	146	BBL SKRA	K-30	22	01:16:22	02:21:57	03:32:43.55	03:33:07.75	+01:47:43	10:07	5.9
193	SOKOLOWSKA Aneta	46		K-40	10	01:12:10	02:18:03	03:33:12.20	03:33:15.30	+01:47:50	10:09	5.9
194	WOJTCZAK Małgorzata	94		K-40	11	01:21:00	02:22:39	03:33:13.60	03:33:36.20	+01:48:11	10:09	5.9
195	LUBAŃSKA Alicja	43		K-40	12	01:14:22	02:20:08	03:34:16.90	03:34:20.45	+01:48:56	10:12	5.9
196	SIĘDY Jadwiga	213		K-30	23	01:23:55	02:27:44	03:37:59.45	03:38:25.20	+01:53:00	10:22	5.8
197	KLIKS Adam	105		M-40	51	01:20:35	02:28:12	03:38:27.10	03:38:27.10	+01:53:02	10:24	5.8
198	MAJKOWSKI Tomasz	265		M-40	52	01:19:35	02:29:07	03:38:14.75	03:38:28.25	+01:53:03	10:23	5.8
199	KAŻMIERCZAK Magdalena	119	SUPERMARATON KALISZ	K-30	24	01:23:12	02:29:16	03:38:15.80	03:38:34.05	+01:53:09	10:23	5.8
200	KAMIENNIK Aleksandra	176		K-30	25	01:22:31	02:27:32	03:37:11.40	03:39:12.40	+01:53:48	10:20	5.8
201	MURAWIEC Krzysztof	233		M-40	53	01:17:38	02:24:23	03:39:07.90	03:39:21.10	+01:53:56	10:26	5.7
202	BANAŚ Zaneta	50		K-20	13	01:21:47	02:31:04	03:40:44.10	03:40:55.30	+01:55:30	10:30	5.7
203	NAZIMEK Mariusz	161		M-40	54	01:22:34	02:31:27	03:40:56.50	03:41:18.35	+01:55:54	10:31	5.7
204	CHAN Bernadette	173		K-30	26	01:22:20	02:32:32	03:41:25.35	03:41:36.55	+01:56:12	10:32	5.7
205	FISHCHUK Oleh	262		M-20	22	01:22:27	02:31:37	03:42:16.45	03:42:26.95	+01:57:02	10:35	5.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
206	STANISŁAWSKI Piotr	165		M-40	55	01:19:16	02:27:42	03:42:12.95	03:42:35.05	+01:57:10	10:34	5.7
207	ZAWADZKA-WASIURA Joanna	160		K-30	27	01:23:01	02:31:23	03:43:23.10	03:43:43.50	+01:58:19	10:38	5.6
208	MISZCZYK Magdalena	239	AKTYWNE BESKIDY	K-40	13	01:20:44	02:29:07	03:43:55.50	03:44:06.95	+01:58:42	10:39	5.6
209	TRYBALSKA Irmina	128		K-30	28	01:25:38	02:30:53	03:44:58.90	03:45:25.25	+02:00:00	10:42	5.6
210	WATŁY Jarosław	129		M-30	61	01:25:37	02:30:56	03:44:58.85	03:45:25.50	+02:00:01	10:42	5.6
211	STEFANOWSKI Marcin	138	BIEGOLUDKI	M-40	56	01:23:17	02:33:42	03:46:19.50	03:46:25.85	+02:01:01	10:46	5.6
212	ZIEMKOWSKA Monika	87	BIEGOLUDKI	K-40	14	01:23:24	02:34:03	03:46:20.90	03:46:26.15	+02:01:01	10:46	5.6
213	SZYMAŃSKI Paweł	63	605938297	M-30	62	01:25:23	02:35:06	03:48:55.70	03:49:16.55	+02:03:52	10:54	5.5
214	JANICKA Justyna	14	RUNSKI	K-40	15	01:27:36	02:38:23	03:50:17.00	03:50:32.35	+02:05:08	10:57	5.5
215	BERNAS-KUJAWIŃSKA Magdalena	90		K-40	16	01:22:28	02:33:47	03:53:21.25	03:53:43.30	+02:08:18	11:06	5.4
216	FRĄCZAK Magdalena	144		K-30	29	01:27:40	02:38:03	03:56:18.15	03:56:37.80	+02:11:13	11:15	5.3
217	ŚWIĄTEK Maciej	142	KS MARATON	M-40	57	01:27:40	02:37:58	03:56:20.85	03:56:39.65	+02:11:15	11:15	5.3
218	JEDNORÓG Dorota	83	KB LUPUS	K-40	17	01:25:15	02:32:56	03:56:39.05	03:57:02.15	+02:11:37	11:16	5.3
219	WALCZYŃSKA Karolina	190	URODZENI BIEGACZE WWW.BORNRUNNERS.PL	K-30	30	01:29:23	02:38:45	03:56:47.75	03:57:03.10	+02:11:38	11:16	5.3
220	KUZIA Ireneusz	177	MIŁOŚNICY PIŁKI NOŻNEJ KROTOSZYN	M-50	14	01:24:12	02:43:47	03:59:45.90	04:00:03.40	+02:14:39	11:25	5.3
221	WOŹNY Łukasz	109		M-30	63	01:17:58	02:33:50	04:01:01.60	04:01:18.20	+02:15:53	11:28	5.2
222	NADOLSKA Ania	137		K-40	18	01:26:36	02:42:50	04:03:12.40	04:03:21.75	+02:17:57	11:34	5.2
223	SPYRKA Wojciech	151	LICA TEAM	M-40	58	01:27:48	02:43:53	04:08:44.65	04:08:57.15	+02:23:32	11:50	5.1
224	RAJZER Dominika	12	BODYKINETIC	K-30	31	01:29:30	02:47:38	04:20:15.65	04:20:25.80	+02:35:01	12:23	4.8
225	STOŁOWSKA Natalia	78		K-30	32	01:39:48	03:02:36	04:26:31.60	04:26:48.50	+02:41:24	12:41	4.7
226	BARTYZEL Marek	139		M-40	59	01:39:50	03:02:36	04:26:31.95	04:26:48.80	+02:41:24	12:41	4.7
227	KOTYSZ Katarzyna	71	BBL OPOLE	K-50	4	01:32:46	02:56:15	04:28:23.55	04:28:43.55	+02:43:19	12:46	4.7
228	KOTOWSKA-KOWALSKA Anna	179	GORZEŃ RUN	K-30	33	01:36:48	02:57:33	04:28:46.30	04:28:56.80	+02:43:32	12:47	4.7
229	DORDZIK Małgorzata	30		K-50	5	01:31:43	02:56:11	04:29:53.05	04:30:18.25	+02:44:53	12:51	4.7
230	NOWICKI Andrzej	272		M-40	60	01:44:26	03:16:31	04:56:03.45	04:56:25.70	+03:11:01	14:05	4.3
231	PAWŁOWSKA Danuta	89		K-40	19	01:44:43	03:16:44	04:56:43.55	04:56:49.75	+03:11:25	14:07	4.2
	SOBIESKI Jan	241	KWAŚNE ŻELKI	M-20		01:20:52	DNF	DNF	DNF	-	-	-
	PASIEKA Magda	76		K-30		DNF	DNF	DNF	DNF	-	-	-

Znaleziono 233 wynik(ów)