



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

CHOJNIK KARKONOSKI FESTIWAL BIEGOWY 2019
FUNDACJA PROFIT MARATON
2019-07-13
Sobieszów
29 km

PÓLMARATON Z GÓRKĄ

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kark_Przelec 16.7km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
1	BARANOW Łukasz	680	SKLEPNAPIERAJ.PL	M20	1	01:32:42	02:28:50.00	02:28:52.85		5:07	11.7
2	GOLENIEWSKI Mateusz	740		M20	2	01:36:23	02:30:35.35	02:30:38.50	+00:01:45	5:11	11.6
3	LANGNER Radosław	762		M30	1	01:38:39	02:33:13.85	02:33:17.10	+00:04:24	5:17	11.4
4	ZYCH Marcin	500		M30	2		02:49:32.75	02:49:36.40	+00:20:43	5:50	10.3
5	CHODOROWSKI Krzysztof	505	PRZEDWOJEWSKI MOUNTAIN TEAM	M30	3	01:46:57	02:49:31.65	02:49:36.60	+00:20:43	5:50	10.3
6	ARAK Tomasz	2119	TRIWAWA			01:49:24	02:50:41.65	02:50:44.60	+00:21:51	5:53	10.2
7	OBSTÓJ Karolina	767	MUAY RUNNING TEAM / #SOBAS TEAM	K20	1	01:47:15	02:52:43.80	02:52:46.85	+00:23:54	5:57	10.1
8	JAMROZIK Zbigniew	667		M40	1	01:51:40	02:53:42.70	02:53:46.95	+00:24:54	5:59	10
9	NAKIELSKI Jakub	722	KARPACZ SPORT	M30	4	01:50:41	02:54:00.60	02:54:05.90	+00:25:13	6:00	10
10	KOWALSKI Konrad	541		M20	3	01:51:16	02:54:27.05	02:54:31.50	+00:25:38	6:00	10
11	NOWAK Marcin	654		M30	5	01:49:20	02:55:32.50	02:55:37.45	+00:26:44	6:03	9.9
12	ORDYŃC Sławomir	501	KB LEROY MERLIN	M20	4	01:51:11	03:00:06.75	03:00:10.55	+00:31:17	6:12	9.7
13	ŁĄTKA Piotr	630		M30	6	01:53:38	03:01:23.45	03:01:26.80	+00:32:33	6:15	9.6
14	ŻUKIEWICZ Maciej	2103	OBOZY GÓRSKIE			01:58:12	03:04:20.75	03:04:24.80	+00:35:31	6:21	9.4
15	BIEGUS Jan	728		M30	7	01:55:59	03:07:34.95	03:07:39.00	+00:38:46	6:28	9.3
16	SOBCZAK-PĄŁASZEWSKA Karolina	737		K30	1	02:00:28	03:07:36.55	03:07:41.70	+00:38:48	6:28	9.3
17	KORCZYK Jakub	553	CZSEM NA ASFALCIE	M30	8	02:01:28	03:11:45.10	03:11:49.35	+00:42:56	6:36	9.1
18	LITWIN Michał	2114	LITWIN TEAM			01:59:41	03:12:58.50	03:13:10.50	+00:44:17	6:39	9
19	WOJCIECHOWSKI Wojciech	525	WOLNY STRZELEC	M40	2	02:04:59	03:14:07.80	03:14:10.90	+00:45:18	6:41	9
20	KOMISARCZYK Anna	2107				02:05:56	03:14:47.10	03:14:52.15	+00:45:59	6:43	8.9
21	LULIS Anna	524		K30	2	02:05:32	03:15:06.25	03:15:11.10	+00:46:18	6:43	8.9
22	SALEJ Krzysztof	694	ZIELONA GÓRA	M30	9	02:03:33	03:16:08.20	03:16:11.10	+00:47:18	6:45	8.9
23	MÓJTA Grzegorz	677		M30	10	02:01:12	03:16:09.40	03:16:14.40	+00:47:21	6:45	8.9
24	IDZIAK Jakub	753		M20	5	02:07:13	03:16:19.30	03:16:25.85	+00:47:33	6:46	8.9
25	GAWLEWICZ Krystyna	2117	GAWŁKI TEAM / POZYTYWNIIE ZABIEGANI SANOK			02:07:04	03:16:41.65	03:16:46.65	+00:47:53	6:46	8.8
26	BRZĄKAŁA Katarzyna	2106				02:07:38	03:17:27.50	03:17:33.15	+00:48:40	6:48	8.8
27	CIUPIŃSKI Przemysław	509	NEON TEAM	M30	11	02:00:21	03:17:55.45	03:18:04.45	+00:49:11	6:49	8.8
28	BATRANIEC Tomasz	628		M30	12	02:03:41	03:18:05.70	03:18:11.95	+00:49:19	6:49	8.8
29	KIMBORT Piotr	2121	GOPR KARKONOSZE/SZWAGIER TEAM			02:04:38	03:19:07.50	03:19:13.65	+00:50:20	6:51	8.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kark Przelec 16.7km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 29km	brutto 29km			
30	POCIEJOWSKI Fryderyk	595		M30	13	02:03:30	03:19:29.00	03:19:35.35	+00:50:42	6:52	8.7
31	MIELNIK Michał	619	PANICZE / ROXELLAS TEAM	M30	14	02:04:49	03:21:57.45	03:22:02.60	+00:53:09	6:57	8.6
32	KRZYWICKA Martyna	523	ZABIEGANI.COM.PL	K20	2	02:12:38	03:23:35.05	03:23:42.55	+00:54:49	7:01	8.5
33	MURAWSKA Wioletta	711		K50	1		03:24:34.05	03:24:34.05	+00:55:41	7:03	8.5
34	ŁAŻNIEWSKI Dariusz	741		M30	15	02:05:58	03:26:34.95	03:26:39.30	+00:57:46	7:07	8.4
35	STRZELECKI Michał	2115	SMASHING PĄPKINS			02:10:23	03:27:37.65	03:27:44.50	+00:58:51	7:09	8.4
36	BROK Jacek	702		M40	3	02:10:39	03:28:59.65	03:29:10.00	+01:00:17	7:12	8.3
37	FILUT Łukasz	631	PLUCKYREBELS	M30	16	02:11:50	03:29:10.35	03:29:16.00	+01:00:23	7:12	8.3
38	WAŁACH-BIŚTA Zuzanna	528		K30	3	02:15:51	03:29:12.65	03:29:17.45	+01:00:24	7:12	8.3
39	WŁODARCZYK Jarosław	646		M40	4	02:06:05	03:29:43.90	03:29:48.45	+01:00:55	7:13	8.3
40	TOMASIAK Konrad	650		M20	6	02:03:33	03:31:02.20	03:31:06.85	+01:02:14	7:16	8.2
41	JEKOT Marcin	749		M40	5	02:13:37	03:31:32.00	03:31:36.50	+01:02:43	7:17	8.2
42	RESPONDEK Anna	610		K30	4	02:13:48	03:32:56.90	03:33:04.05	+01:04:11	7:20	8.2
43	GOŁĘBIEWSKI Tytus	521	ULTRA FALUBAZ / NGB	M30	17	02:08:12	03:32:45.00	03:33:09.25	+01:04:16	7:20	8.2
44	MATYŚKIEWICZ Mateusz	641		M30	18	02:16:43	03:34:24.30	03:34:31.05	+01:05:38	7:23	8.1
45	CIEPŁY Maciej	513	GOSTYŃ EASY TRAIL	M20	7	02:14:05	03:35:06.85	03:35:11.00	+01:06:18	7:25	8.1
46	JAKUBCZAK Konrad	514	DEBEŚCIAK AR	M40	6	02:16:19	03:36:07.55	03:36:18.00	+01:07:25	7:27	8.1
47	KOWALIK Ewelina	614	FIZJOBIEGACZE SZCZECIN	K20	3	02:17:37	03:36:24.95	03:36:29.95	+01:07:37	7:27	8
48	SZARAPANOWSKI Damian	754		M40	7	02:16:57	03:37:35.75	03:37:44.75	+01:08:51	7:30	8
49	TOMASIAK Adam	681		M20	8	02:12:00	03:37:42.40	03:37:47.65	+01:08:54	7:30	8
50	DOMAGAŁA Grażyna	602	NIGHT RUNNERS	K30	5	02:19:41	03:39:15.00	03:39:20.95	+01:10:28	7:33	7.9
51	WOJCIECHOWSKI Andrzej	2101	WOLSZTYŃSKI KLUB BIEGOWY			02:17:32	03:39:05.40	03:39:23.10	+01:10:30	7:33	7.9
52	MARKIEWICZ Agnieszka	720	PRORUNNING PROMOTION	K30	6	02:21:02	03:39:22.25	03:39:26.80	+01:10:33	7:33	7.9
53	JACKOWIAK Szymon	568	RUNNER'S POWER	M30	19	02:20:09	03:39:19.35	03:39:39.75	+01:10:46	7:33	7.9
54	JACKOWIAK Agnieszka	564	RUNNER'S POWER	K30	7	02:20:12	03:39:18.95	03:39:39.85	+01:10:47	7:33	7.9
55	DZIUBA Emilian	622		M40	8	02:19:29	03:42:00.15	03:42:08.45	+01:13:15	7:39	7.8
56	NIŻEWSKI Paweł	551	KRAKOWIAK TEAM	M30	20	02:17:26	03:42:43.85	03:42:52.15	+01:13:59	7:40	7.8
57	ZBOROWSKI Tomasz	732		M40	9	02:14:16	03:43:15.45	03:43:28.30	+01:14:35	7:41	7.8
58	BIELECKI Robert	518	KEEN ON RUNNING	M50	1	02:21:56	03:43:59.80	03:44:06.85	+01:15:14	7:43	7.8
59	PIĄTEK Anita	764	V-MOTORS	K30	8	02:17:43	03:44:24.75	03:44:24.75	+01:15:31	7:44	7.8
60	LECH Michał	683		M30	21	02:16:28	03:44:27.15	03:44:44.40	+01:15:51	7:44	7.8
61	CHRAPLEWSKA Karolina	627	PRO366	K30	9	02:25:47	03:44:47.90	03:44:54.85	+01:16:02	7:45	7.7
62	CHRZĄSZCZ Damian	506		M30	22	02:20:05	03:44:47.30	03:45:03.40	+01:16:10	7:45	7.7
63	RYBAK Łukasz	666	CHOĆBY SKAŁY SRAŁY :-)	M30	23	02:17:15	03:45:31.85	03:45:39.00	+01:16:46	7:46	7.7
64	ZYCH Marcin	615		M40	10	02:22:57	03:45:17.05	03:45:44.75	+01:16:51	7:46	7.7
65	JAKUBCZAK Wojciech	542		M30	24	02:19:59	03:46:11.20	03:46:20.95	+01:17:28	7:47	7.7
66	OSMOLAK Agnieszka	562	PRO RUN WROCLAW	K30	10	02:25:16	03:46:54.15	03:46:58.75	+01:18:05	7:49	7.7
67	PAZDAN Natalia	700		K30	11	02:24:13	03:47:12.15	03:47:20.10	+01:18:27	7:50	7.7
68	BRONCZAK Tomasz	676	AIRBIT CLUB	M40	11	02:16:43	03:47:14.45	03:47:21.60	+01:18:28	7:50	7.7
69	GÓRAWSKI Tomasz	609	IZABELIN NA START	M40	12	02:21:37	03:47:04.20	03:47:21.90	+01:18:29	7:49	7.7
70	BARCZAK Robert	642	R-TEAM RYDZYNA	M40	13	02:23:22	03:47:36.70	03:47:46.05	+01:18:53	7:50	7.6
71	ROSŁOŃ Marcin	766	KINGRUNNER ULTRA	M40	14	02:23:26	03:47:49.25	03:47:55.15	+01:19:02	7:51	7.6
72	SZYNWELSKA Żaneta	743		K40	1	02:24:18	03:48:09.55	03:48:27.85	+01:19:35	7:52	7.6
73	CHOJNACKA Marta	597		K30	12	02:24:43	03:49:32.00	03:50:03.45	+01:21:10	7:54	7.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kark_Przelec 16.7km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 29km	brutto 29km			
74	KWASIUK Wojciech	705		M30	25	02:24:05	03:50:56.55	03:51:05.25	+01:22:12	7:57	7.5
75	FALIŃSKA Magdalena	516		K20	4	02:25:11	03:50:46.55	03:51:06.50	+01:22:13	7:57	7.5
76	KOZŁOWSKA Iwona	547		K40	2	02:30:35	03:51:33.35	03:51:37.80	+01:22:44	7:59	7.5
77	ŁACHACZ Irmina	604	SWIMRUNBLONDES	K30	13	02:25:56	03:53:08.35	03:53:15.95	+01:24:23	8:02	7.5
78	GAPSKA Anna	2100				02:28:19	03:53:04.20	03:53:16.90	+01:24:24	8:02	7.5
79	NOWIK Kamil	719		M40	15	02:25:12	03:54:38.75	03:54:47.00	+01:25:54	8:05	7.4
80	BORUTA-KOŁODZIEJ Emilia	736	PRO RUN WROCŁAW	K30	14	02:26:59	03:56:05.45	03:56:09.95	+01:27:17	8:08	7.4
81	STACHOWIAK Łukasz	756		M20	9	02:30:51	03:59:19.60	03:59:26.25	+01:30:33	8:15	7.3
82	BOGDAŁ Adam	674	MIRUMEE	M30	26	02:32:43	03:59:17.35	03:59:26.25	+01:30:33	8:15	7.3
83	ROSIAK Piotr	632		M40	16	02:32:38	03:59:11.00	03:59:26.70	+01:30:33	8:14	7.3
84	ABULEWICZ Wojciech	695	TRENING STUDIO 17	M50	2	02:30:13	04:00:52.25	04:00:56.40	+01:32:03	8:18	7.2
85	PARCHANOWICZ Mariusz	594	BEZ GRANIC	M60	1	02:24:18	04:01:07.00	04:01:24.70	+01:32:31	8:18	7.2
86	SZCZEPAŃSKI Adam	752	ALBATROSY	M30	27	02:31:18	04:01:22.25	04:01:28.80	+01:32:35	8:19	7.2
87	PONIEWIERKA Remigiusz	664	DRAGON 10	M40	17	02:26:41	04:01:09.30	04:01:34.95	+01:32:42	8:18	7.2
88	CABAJ Paweł	717		M30	28	02:30:19	04:02:14.45	04:02:28.10	+01:33:35	8:21	7.2
89	PALCZYŃSKI Krzysztof	536		M30	29	02:32:13	04:04:09.80	04:04:22.85	+01:35:30	8:25	7.1
90	KONOPKA-LULEK Agnieszka	2118	RUN IS FUN			02:34:08	04:05:04.70	04:05:11.25	+01:36:18	8:27	7.1
91	GÓRSKI Mikołaj	557		M40	18	02:32:45	04:05:49.00	04:05:54.05	+01:37:01	8:28	7.1
92	PIETRUCHA Maciej	661	KARKONOSZ RUNNING TEAM	M40	19	02:38:42	04:05:42.75	04:05:56.05	+01:37:03	8:28	7.1
93	TOŁWIŃSKA-TRZECIAK Gabriela	670	KARKONOSZ RUNNING TEAM	K30	15	02:40:07	04:05:55.55	04:06:09.80	+01:37:16	8:28	7.1
94	GÓRECKA Milena	2122	PANDA TEAM			02:36:27	04:05:49.75	04:06:09.95	+01:37:17	8:28	7.1
95	SUCHOCKI Grzegorz	543		M50	3	02:36:23	04:05:45.15	04:06:10.20	+01:37:17	8:28	7.1
96	ŁAPCZYŃSKA Magdalena	612	KARPACZ SPORT	K40	3	02:34:23	04:07:36.00	04:07:40.65	+01:38:47	8:32	7
97	ZAGOŹDŻON Marta	759	LKS ZORZA GDYNIA	K18	1	02:31:21	04:08:26.00	04:08:32.75	+01:39:39	8:34	7
98	GÓRSKA Anna	635		K40	4	02:33:41	04:08:59.00	04:09:04.10	+01:40:11	8:35	7
99	GIEL Jarosław	636		M30	30	02:33:25	04:08:56.00	04:09:05.75	+01:40:12	8:35	7
100	SKOKOWSKI Jacek	534	ŚRUNDUNIA SZCZECIN	M50	4	02:37:50	04:09:14.25	04:09:27.25	+01:40:34	8:35	7
101	NOWORYTA Radosław	689	ULTRA DIABŁY TEAM LUBRZA	M40	20	02:43:14	04:09:19.00	04:09:27.85	+01:40:35	8:35	7
102	KRAKOWSKI Michał	653		M30	31	02:39:30	04:09:50.80	04:10:05.50	+01:41:12	8:36	7
103	SZCZEPANSKI Piotr	769	KINGRUNNER ULTRA	M40	21	02:31:57	04:10:17.20	04:10:33.20	+01:41:40	8:37	7
104	ZAJĄC Radosław	771		M40	22	02:29:34	04:11:18.45	04:11:32.65	+01:42:39	8:39	6.9
105	MUSZYŃSKI Konrad	703	GREATGRATULA	M30	32	02:39:10	04:11:25.60	04:11:38.45	+01:42:45	8:40	6.9
106	ŁOPATA Anna	2104	WOLSZTYŃSKI KLUB BIEGOWY			02:39:05	04:11:22.90	04:11:38.90	+01:42:46	8:40	6.9
107	SARNOWSKA Karolina	715	PRORUNNING PROMOTION	K30	16	02:38:13	04:12:00.55	04:12:07.00	+01:43:14	8:41	6.9
108	PRZYBYŁKA Mateusz	554	MLKS KRAJNA	M30	33	02:36:33	04:13:27.00	04:13:42.85	+01:44:50	8:44	6.9
109	SKORNIA Paweł	709	CZEMPIŃ	M40	23	02:37:05	04:13:58.25	04:14:24.15	+01:45:31	8:45	6.9
110	SZCZECHOWIAK Przemysław	758		M30	34	02:40:19	04:15:18.50	04:15:32.10	+01:46:39	8:48	6.8
111	AMBROZIAK Anna	577	DZIKIE DZIKI	K20	5	02:42:15	04:15:40.10	04:16:07.10	+01:47:14	8:48	6.8
112	WOJDA Dariusz	533	DZIKIE DZIKI	M40	24	02:42:15	04:15:41.55	04:16:07.45	+01:47:14	8:49	6.8
113	BARTOSZ Mariusz	760		M40	25	02:40:20	04:16:08.15	04:16:21.00	+01:47:28	8:49	6.8
114	CHABKO Jacek	659		M50	5	02:40:43	04:16:37.25	04:16:59.20	+01:48:06	8:50	6.8
115	GIMRICZA Ewa	770		K40	5	02:43:35	04:17:18.50	04:17:31.00	+01:48:38	8:52	6.8
116	MROSKOWIAK Ania	629		K30	17	02:47:35	04:17:20.90	04:17:31.85	+01:48:39	8:52	6.8
117	ZIĘCIAK Ewelina	590		K30	18	02:34:43	04:18:17.30	04:18:24.85	+01:49:32	8:54	6.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kark_Przelec	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						16.7km	29km	29km			
118	OCHNIO Ewa	515		K30	19	02:43:04	04:18:55.35	04:19:10.55	+01:50:17	8:55	6.7
119	STRYCZEK Tomasz	592	AKTYWNYWEEKEND	M30	35	02:43:45	04:18:54.90	04:19:13.70	+01:50:20	8:55	6.7
120	PISIŃSKI Dominik	558		M30	36	02:46:45	04:19:27.30	04:19:35.45	+01:50:42	8:56	6.7
121	MURGOSKI Zlatko	727		M30	37	02:34:51	04:21:13.15	04:21:23.80	+01:52:30	9:00	6.7
122	RAPACZ Mariusz	643	MPK-ŁÓDŹ	M50	6	02:39:49	04:21:13.05	04:21:24.10	+01:52:31	9:00	6.7
123	MIKOWSKI Łukasz	559	PRZEBIEGLI MP	M30	38	02:42:45	04:23:42.60	04:23:54.55	+01:55:01	9:05	6.6
124	KSIĄŻEK Marcin	739		M30	39	02:46:55	04:23:42.65	04:23:56.60	+01:55:03	9:05	6.6
125	MYSŁEK Tomasz	2105				02:41:17	04:24:13.90	04:24:18.35	+01:55:25	9:06	6.6
126	PIDANTY Grzegorz	697		M40	26	02:49:23	04:24:26.80	04:24:42.60	+01:55:49	9:07	6.6
127	KRÓL-PIDANTY Marzena	696		K40	6	02:49:23	04:24:25.70	04:24:42.65	+01:55:49	9:07	6.6
128	LEWANDOWSKI Leszek	508	POWSTAŃCY Z KANAPY	M40	27	02:54:38	04:25:17.40	04:25:22.40	+01:56:29	9:08	6.6
129	LIPSKA Małgorzata	751	KLUB 42,2	K20	6	02:45:27	04:25:44.15	04:25:51.70	+01:56:58	9:09	6.5
130	SAWICZ Piotrek	639		M30	40	02:41:58	04:26:50.45	04:27:15.70	+01:58:22	9:12	6.5
131	BĄCAL Marcin	730		M30	41	02:45:13	04:27:42.05	04:27:57.40	+01:59:04	9:13	6.5
132	GOSTYŃSKA Weronika	593		K40	7	02:54:09	04:29:51.95	04:30:00.70	+02:01:07	9:18	6.4
133	MURAWSKA Nikola	712		K18	2		04:30:52.90	04:30:52.90	+02:02:00	9:20	6.4
134	PODOLAK Olek	624		M30	42	02:41:56	04:31:25.45	04:31:52.75	+02:02:59	9:21	6.4
135	MAJEWSKA Anna	2102	AKG ŁÓDŹ			02:51:37	04:32:17.40	04:32:31.75	+02:03:38	9:23	6.4
136	CHOJNOWSKI Andrzej	626		M40	28	02:46:01	04:34:01.10	04:34:24.20	+02:05:31	9:26	6.3
137	PARCHANOWICZ Bożena	583	BEZ GRANIC	K50	2	02:53:55	04:34:08.50	04:34:24.75	+02:05:31	9:27	6.3
138	ZIMNIEWICZ Jacek	510		M40	29	03:01:44	04:34:09.05	04:34:30.75	+02:05:37	9:27	6.3
139	ZIMNIEWICZ Joanna	552		K40	8	03:01:42	04:34:07.30	04:34:31.05	+02:05:38	9:27	6.3
140	MATYJA Andrzej	708		M40	30	02:57:46	04:34:30.45	04:34:56.85	+02:06:04	9:27	6.3
141	MATYJA Wioleta	738	RUNNER'S POWER	K40	9	02:57:48	04:34:32.50	04:34:57.20	+02:06:04	9:28	6.3
142	CYPROWSKI Malwina	644		K20	7	02:52:35	04:34:42.55	04:35:00.40	+02:06:07	9:28	6.3
143	PIEKARZ Paweł	692		M30	43	02:47:30	04:35:57.00	04:36:14.85	+02:07:22	9:30	6.3
144	STAWIŃSKA Zuzanna	596		K30	20	02:53:52	04:36:10.80	04:36:41.70	+02:07:48	9:31	6.3
145	CZAPIK Marta	645	AKTYWNOŚĆ ZE SMAKIEM	K20	8	02:57:16	04:36:43.20	04:37:00.90	+02:08:08	9:32	6.3
146	KOBLAŃSKI Tomasz	576	GRUPA BIEGOWA – FITNESS PIEKARY LEGNICA	M30	44	02:51:02	04:37:10.20	04:37:26.70	+02:08:33	9:33	6.3
147	MORAWSKI Ryszard	586		M30	45	02:46:31	04:37:37.15	04:37:49.15	+02:08:56	9:34	6.3
148	LUBAŃSKA Alicja	522	SSW TEAM KROŚNICE	K50	3	02:54:20	04:38:05.30	04:38:11.85	+02:09:19	9:35	6.3
149	NAMYŚLAK Radosław	772	KOŁO BIEGA	M40	31	02:47:27	04:38:52.95	04:38:58.90	+02:10:06	9:37	6.2
150	ŚWISTEK Ola	691		K20	9	02:50:59	04:39:00.15	04:39:18.20	+02:10:25	9:37	6.2
151	WAKOR Paweł	598		M30	46	02:50:13	04:39:49.45	04:40:08.30	+02:11:15	9:38	6.2
152	BILIŃSKI Rafał	608		M40	32	02:43:52	04:40:15.60	04:40:15.60	+02:11:22	9:39	6.2
153	JEDYNAK Michał	761	ORWL	M30	47	02:52:14	04:41:42.70	04:41:55.15	+02:13:02	9:42	6.2
154	SZAWŁOWSKI Łukasz	532		M40	33	02:49:25	04:41:55.30	04:42:19.75	+02:13:26	9:43	6.2
155	ZASADA Magdalena	574		K30	21	02:54:25	04:43:23.55	04:43:35.80	+02:14:42	9:46	6.1
156	PUTANS Wiesława	613		K50	4	02:57:54	04:43:40.20	04:43:49.05	+02:14:56	9:46	6.1
157	SERAFIN Dariusz	657	KP PSP JAWOR	M40	34	02:46:20	04:43:42.00	04:43:51.65	+02:14:58	9:46	6.1
158	KAPELSKA-KOBLAŃSKA Milena	560	MATNER RUNNING TEAM	K30	22	03:00:22	04:43:38.70	04:43:59.25	+02:15:06	9:46	6.1
159	OLECHNOWICZ Magda	520	BBL GORZÓW WLKP.	K40	10	03:04:18	04:44:16.55	04:44:25.45	+02:15:32	9:48	6.1
160	SZKURŁAT Adam	548	LW RUNNING TEAM	M30	48	02:56:18	04:45:51.65	04:46:02.10	+02:17:09	9:51	6.1
161	OKUŁA Zbigniew	519		M40	35	03:01:47	04:45:52.15	04:46:17.55	+02:17:24	9:51	6.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kark Przelecz 16.7km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 29km	brutto 29km			
162	ŁAWNICZAK Adam	578		M40	36	03:01:49	04:45:54.70	04:46:19.85	+02:17:27	9:51	6.1
163	SZAROWAR Maciej	638	CNS	M30	49	02:55:00	04:46:20.85	04:46:31.95	+02:17:39	9:52	6.1
164	UNIEJEWSKA Marzena	503		K30	23	03:01:29	04:46:30.95	04:46:41.10	+02:17:48	9:52	6.1
165	SROKA Sebastian	637	PROMILSCY WROCŁAW	M40	37	02:51:11	04:48:24.65	04:48:50.75	+02:19:57	9:56	6
166	JURGIEL-ZYLA Przemyslaw	620		M30	50	02:51:13	04:48:28.20	04:48:50.75	+02:19:57	9:56	6
167	SOSNOWSKA Justyna	581		K30	24	03:02:13	04:48:57.30	04:49:10.80	+02:20:17	9:57	6
168	SZYMANKIEWICZ Edyta	665	CROSS STRACENÓW TEAM	K40	11	02:55:07	04:50:00.15	04:50:16.25	+02:21:23	10:00	6
169	DERESZEWSKI Piotr	735		M40	38	02:55:04	04:49:58.05	04:50:16.60	+02:21:23	9:59	6
170	DONAJ Adam	656		M40	39	03:08:07	04:50:06.40	04:50:36.15	+02:21:43	10:00	6
171	FISZER Jan	2113	CENTRUM FISZER			02:52:33	04:51:51.80	04:52:00.70	+02:23:07	10:03	6
172	SZYMAŃSKI Michał	763	V-MOTORS	M20	10		04:52:35.00	04:52:35.00	+02:23:42	10:05	5.9
173	BENTKOWSKA Magdalena	725	DIRTY SPARROWS	K30	25	02:54:54	04:53:28.85	04:53:37.60	+02:24:44	10:07	5.9
174	KOTWICKI Tomasz	526	BIEGACZE ŚWINOUJŚCIE	M30	51	02:57:50	04:55:37.80	04:55:48.75	+02:26:55	10:11	5.9
175	KUBICKI Piotr	684	DZIKI ZGON KOŚCIAN	M30	52	02:59:32	04:56:58.75	04:57:16.60	+02:28:23	10:14	5.9
176	SOBOLEWSKI Jarosław	571		M40	40	02:57:24	04:57:59.20	04:58:21.20	+02:29:28	10:16	5.8
177	JAROSZEWICZ Joanna	671		K40	12	03:10:57	04:58:27.65	04:58:38.55	+02:29:45	10:17	5.8
178	JAROSZEWICZ Grzegorz	668	KB PIONIER SZCZECIN	M40	41	03:10:47	04:58:28.25	04:58:38.75	+02:29:45	10:17	5.8
179	KACIUPA Agnieszka	2109	WIERZBICKI RUNNING PROJECT			03:17:09	04:58:39.10	04:58:51.65	+02:29:58	10:17	5.8
180	PIOSIK Zuzanna	706	KGHM ZG RUN	K30	26	03:06:45	04:59:20.20	04:59:36.45	+02:30:43	10:19	5.8
181	PIOSIK Mirosław	707	KGHM ZG RUN	M30	53	03:06:42	04:59:17.55	04:59:36.65	+02:30:43	10:19	5.8
182	PLUTA Tomasz	652		M50	7	03:17:40	04:59:58.40	05:00:13.45	+02:31:20	10:20	5.8
183	KAWECKA Magdalena	633	KAWA BEZ PAPIEROSA	K30	27	03:12:39	05:00:30.45	05:00:37.00	+02:31:44	10:21	5.8
184	SUWAJ Roman	570	RENOWACJA ANTYKÓW	M60	2	03:01:43	05:00:33.20	05:00:55.25	+02:32:02	10:21	5.8
185	CHWIAŁKOWSKA Elżbieta	726		K50	5	03:10:37	05:02:37.45	05:03:01.15	+02:34:08	10:26	5.7
186	MARCINKIEWICZ Marta	502	MATNER RUNNING TEAM	K50	6		05:02:59.70	05:03:17.10	+02:34:24	10:26	5.7
187	KRAKOWIAK Wiesław	655	KRAKOWIAKTEAM	M50	8	02:56:34	05:04:20.15	05:04:29.90	+02:35:37	10:29	5.7
188	MORAWSKA Anna	512		K60	1	03:12:10	05:04:50.60	05:04:58.40	+02:36:05	10:30	5.7
189	GÓRNA Aldona	544	ŻÓŁWICE W BIEGU	K40	13	03:10:42	05:06:31.90	05:06:34.85	+02:37:42	10:34	5.7
190	LANGE Hanna	507	ŻÓŁWICE W BIEGU	K40	14		05:06:32.35	05:06:35.05	+02:37:42	10:34	5.7
191	TETERYCZ-DYTKO Katarzyna	2111	K2 MISZKOWICE				05:07:06.25	05:07:17.00	+02:38:24	10:35	5.7
192	KOPCIŃSKA Natalia	675		K30	28	03:12:21	05:10:19.65	05:10:45.05	+02:41:52	10:42	5.6
193	STRYCZEK Ewa	603	AKTYWNYWEEKEND	K30	29	03:10:57	05:11:07.00	05:11:28.80	+02:42:35	10:43	5.6
194	KOISZEWSKA Izabela	658	STOWARZYSZENIE KLUB 42,2 LĘBORK	K40	15		05:11:36.35	05:11:44.50	+02:42:51	10:44	5.6
195	WĄTROBA Dorota	566	KLUB 42,2 LĘBORK	K30	30	03:10:18	05:11:35.20	05:11:44.55	+02:42:51	10:44	5.6
196	POLAŃSKA Małgorzata	517	KLUB LECHIA PIECHOWICE	K40	16	03:08:57	05:12:35.85	05:12:54.25	+02:44:01	10:46	5.6
197	BĄDZIUL Dorota	591		K30	31	03:18:06	05:15:05.35	05:15:16.25	+02:46:23	10:51	5.5
198	RYMON-LIPIŃSKI Robert	601	LUBIĘ CHRUSCIKI	M30	54	03:18:41	05:14:49.45	05:15:16.45	+02:46:23	10:51	5.5
199	RZECZYŃSKA Anna	567	BBL GORZÓW WLKP.	K40	17	03:26:36	05:16:12.15	05:16:19.75	+02:47:26	10:54	5.5
200	JARMUŁO Agnieszka	530		K30	32	03:19:16	05:16:53.30	05:17:08.30	+02:48:15	10:55	5.5
201	SOBIERAJSKA Paulina	572		K40	18	03:19:18	05:16:54.55	05:17:09.25	+02:48:16	10:55	5.5
202	SALONI-SADOWSKA Maria	734		K40	19	03:11:29	05:17:31.95	05:17:38.50	+02:48:45	10:56	5.5
203	SIEDY Jadwiga	688		K30	33	03:18:35	05:18:19.30	05:18:42.55	+02:49:49	10:58	5.5
204	WIELICZKO Karolina	651	FAT & FURIOUS	K20	10	03:16:54	05:18:48.75	05:19:00.45	+02:50:07	10:59	5.5
205	PEPLIŃSKA Iwona	546	ŁEBA MORS POLAND	K50	7	03:20:13	05:19:42.20	05:19:59.05	+02:51:06	11:01	5.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kark Przelecz 16.7km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
206	KANIA Wiesław	607	AKTYWNYWEEKEND	M30	55	03:13:41	05:20:18.45	05:20:41.25	+02:51:48	11:02	5.4
207	BEDNARSKA Katarzyna	2120				03:16:54	05:20:36.75	05:20:56.85	+02:52:04	11:03	5.4
208	CZUCHWICKI Marek	723		M40	42	03:10:45	05:20:45.05	05:21:00.25	+02:52:07	11:03	5.4
209	MALKE Patryk	716		M30	56	03:22:28	05:23:33.75	05:24:04.50	+02:55:11	11:09	5.4
210	JANOWSKI Adam	579	LEGNICA	M50	9	03:19:38	05:24:37.30	05:24:47.05	+02:55:54	11:11	5.4
211	KOWALCZYK Dawid	589	FAT & FURIOUS	M30	57	03:13:25	05:25:03.30	05:25:15.05	+02:56:22	11:12	5.4
212	JAGUSZEWSKA Agnieszka	599	FAT & FURIOUS	K30	34	03:21:10	05:25:01.10	05:25:15.25	+02:56:22	11:12	5.4
213	HARASZCZUK Jerzy	616		M50	10	03:18:26	05:26:57.00	05:27:12.80	+02:58:19	11:16	5.3
214	RUDZIEWICZ Urszula	662	FIZJOBIEGACZE SZCZECIN	K30	35	03:17:39	05:26:57.10	05:27:12.90	+02:58:20	11:16	5.3
215	HARASZCZUK Krystian	611		M30	58	03:18:29	05:26:58.30	05:27:13.20	+02:58:20	11:16	5.3
216	ŚPICA Dorota	693	RECEPTA NA ZDROWIE	K50	8	03:16:41	05:26:55.70	05:27:20.25	+02:58:27	11:16	5.3
217	PIENIAŻEK Justyna	729		K20	11	03:16:46	05:27:00.35	05:27:20.25	+02:58:27	11:16	5.3
218	MANDES Anna	742	IZABELIN NA START	K30	36	03:14:10	05:27:22.95	05:27:40.85	+02:58:48	11:17	5.3
219	PIETROWSKI Mariusz	529	KTOŚTAKI BIEGAJĄ	M50	11	03:19:25	05:27:22.20	05:27:49.55	+02:58:56	11:17	5.3
220	PIETROWSKA Hallik	556	KTOŚTAKI BIEGAJĄ	K50	9	03:19:24	05:27:20.50	05:27:49.75	+02:58:56	11:17	5.3
221	PEPLIŃSKI Piotr	535	ŁEBA MORS POLAND	M50	12	03:20:32	05:27:59.25	05:28:17.55	+02:59:24	11:18	5.3
222	STAWIŃSKI Michał	710		M30	59	03:06:12	05:29:06.15	05:29:18.90	+03:00:26	11:20	5.3
223	ZEMŁA Krzysztof	538		M50	13	03:21:54	05:31:54.05	05:32:19.35	+03:03:26	11:26	5.2
224	RĄCZKOWIAK Mateusz	673		M30	60	03:20:10	05:33:51.25	05:33:56.00	+03:05:03	11:30	5.2
225	BOR Monika	588	POBIEDZISKA RUNNING TEAM/ KOBIETY BIEGAJĄ	K40	20	03:29:18	05:35:24.00	05:35:43.05	+03:06:50	11:33	5.2
226	JANOWSKI Jerzy	563	RONIN	M60	3	03:12:55	05:39:03.60	05:39:14.05	+03:10:21	11:41	5.1
227	DOBROWOLSKA Bożena	582	SPORTOWI EMERYCI	K60	2	03:33:54	05:41:26.15	05:41:34.05	+03:12:41	11:46	5.1
228	KRÓLIKOWSKI Paweł	745	CST	M40	43	03:14:21	05:42:41.05	05:42:55.55	+03:14:02	11:49	5.1
229	KRÓLIKOWSKA Karolina	733		K40	21	03:14:25	05:42:38.65	05:42:55.55	+03:14:02	11:48	5.1
230	BEDNAREK Grażyna	750	RUN PASJA	K40	22	03:43:24	05:43:20.45	05:43:44.15	+03:14:51	11:50	5.1
231	WRONKOWSKA Katarzyna	587		K40	23	03:34:56	05:46:48.45	05:47:00.00	+03:18:07	11:57	5
232	FURMAN Agnieszka	539	OCHAJORUN & FRIENDS	K30	37	03:32:44	05:52:17.40	05:52:44.70	+03:23:51	12:08	4.9
233	FURMAN Michał	550		M30	61	03:32:40	05:52:21.70	05:52:54.10	+03:24:01	12:09	4.9
234	BEZDEL Anna	648		K40	24	03:48:54	06:01:32.30	06:01:51.60	+03:32:58	12:28	4.8
235	WOJNAROWSKA-STADLER Izabela	527		K30	38	04:01:09	06:11:41.95	06:11:53.10	+03:43:00	12:49	4.7
236	SREBRO Michał	747		M40	44	03:28:29	06:11:51.90	06:12:18.75	+03:43:25	12:49	4.7
237	WLEKLIK Marek	704		M40	45	03:46:41	06:28:26.20	06:28:55.30	+04:00:02	13:23	4.5
238	BAŁĘCZNA-NOWACKA Małgorzata	555	POBIEDZISKA RUNNING TEAM	K50	10	04:07:08	06:30:52.85	06:31:11.85	+04:02:19	13:28	4.5
239	MIELCAREK Anna	714	NO EXCUSES TEAM	K30	39	04:11:22	06:32:04.05	06:32:24.15	+04:03:31	13:31	4.4
240	RATAJCZAK Anna	605	HERNIK TEAM	K40	25	04:11:27	06:32:17.15	06:32:37.50	+04:03:44	13:31	4.4
241	ZAJĄCZKOWSKA Marta	569		K30	40	03:56:16	06:43:01.10	06:43:05.25	+04:14:12	13:53	4.3
242	LIS Iwona	504		K30	41	04:11:07	06:52:32.05	06:52:43.10	+04:23:50	14:13	4.2
243	KLAMUT Michał	765		M20	11						
244	BIELA Konrad , GADZIMSKI Michał	2108	KOWARY BIEGAJĄ								