



ZŁOTY PÓŁMARATON - 21 KM

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Dolnośląski Festiwal Biegów Górskich
Stowarzyszenie TKKF Kompas
2017-07-20
Lądek Zdrój
21 km

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	PRZEDWOJEWSKI Bartłomiej	2366		Senior I M - 20	1	00:47:13	01:24:36.40	01:24:38.40		4:01	14.9
2	NÁPRAVNÍK Jan	2382		Senior II M - 30	1	00:55:25	01:40:52.15	01:40:55.85	+00:16:17	4:48	12.5
3	WOLAŃSKI Jan	2338	STAL FOX BIMARKO	Senior II M - 30	2	01:01:26	01:44:23.55	01:44:31.05	+00:19:52	4:58	12.1
4	WILK Maciej	2189	RAMBO 3	Senior II M - 30	3	00:59:27	01:44:24.80	01:44:42.70	+00:20:04	4:58	12.1
5	KITA Michał	2179	PĘDZĄCY W MIEJSCU	Masters M - 40	1	00:58:03	01:44:47.10	01:44:50.20	+00:20:11	4:59	12
6	GRACZYK Adrian	2200	BIEGI.WLKP	Senior I M - 20	2	01:00:52	01:45:34.00	01:45:36.75	+00:20:58	5:01	11.9
7	PAJĄK Tomasz	2304	VEGE RUNNERS	Senior II M - 30	4	01:01:08	01:47:47.45	01:47:57.40	+00:23:19	5:08	11.7
8	MYSZCZYSZYN Łukasz	2093	ANTRACYT	Senior II M - 30	5	01:01:00	01:48:36.50	01:48:39.10	+00:24:00	5:10	11.6
9	KANTOR Martyna	2402	SALCO GARMIN TEAM	Senior I K - 20	1	01:01:24	01:49:01.55	01:49:04.15	+00:24:25	5:11	11.6
10	KOWAL Amadeusz	2377	NAPRZÓD MŁOCINY	Senior II M - 30	6	01:02:03	01:49:34.05	01:49:38.55	+00:25:00	5:13	11.5
11	MICHALIK Adam	2365		Masters M - 40	2	01:02:43	01:50:25.75	01:50:29.00	+00:25:50	5:15	11.4
12	PRZYBYLSKI Łukasz	2218	KS IDMAR	Senior II M - 30	7	01:03:53	01:52:47.55	01:52:50.90	+00:28:12	5:22	11.2
13	DURMAJ Bartek	2014		Senior II M - 30	8	01:05:00	01:53:31.30	01:53:36.10	+00:28:57	5:24	11.1
14	IGNACZAK Marcin	2296	IFB BROKER	Masters M - 40	3	01:05:01	01:54:09.85	01:54:11.95	+00:29:33	5:26	11
15	STACHOWIAK Marcin	2222	BIEGI.WLKP	Senior I M - 20	3	01:05:14	01:54:39.35	01:54:41.35	+00:30:02	5:27	11
16	KSIĄŻKIEWICZ Bartłomiej	2081	ROCKY BALBOA RUNNING CLUB	Senior II M - 30	9	01:03:54	01:54:52.70	01:55:09.70	+00:30:31	5:28	11
17	PIRÓG Arkadiusz	2386	PISFAK	Senior II M - 30	10	01:06:10	01:55:11.95	01:55:14.25	+00:30:35	5:29	10.9
18	SPYCHAŁSKI Adam	2148		Masters M - 40	4	01:06:00	01:55:24.35	01:55:28.30	+00:30:49	5:29	10.9
19	PAWŁOWSKI Marek	2305	KLUB BIEGACZA KOMPANIA PIWOWARSKA	Weteran I M - 50	1	01:05:04	01:55:28.85	01:55:32.45	+00:30:54	5:29	10.9
20	UGOREK Jarosław	2149	KOPEĆ TEAM	Masters M - 40	5	01:05:29	01:56:40.00	01:56:45.50	+00:32:07	5:33	10.8
21	RĄCKI Dariusz	2181	RONAL POLSKA RUN	Masters M - 40	6	01:07:17	01:57:24.45	01:57:34.00	+00:32:55	5:35	10.7
22	PIENIAŻEK Patryk	2309		Senior I M - 20	4	01:06:14	01:57:58.50	01:58:03.10	+00:33:24	5:37	10.7
23	BRZESZKIEWICZ Michał	2411	BIEGIEM PO PIWO	Senior II M - 30	11	01:07:47	01:58:01.70	01:58:10.30	+00:33:31	5:37	10.7
24	URBANEK Zbyszek	2275		Senior II M - 30	12	01:08:08	01:58:23.65	01:58:26.10	+00:33:47	5:38	10.6
25	KAŻMIERCZAK Marta	2416	DREAM RUN	Senior II K - 30	1	01:10:52	02:00:02.15	02:00:12.15	+00:35:33	5:42	10.5
26	KROWICKA Agnieszka	2232	OLIMPIJCZYK SZCZĘKOCINY	Senior II K - 30	2	01:07:42	02:00:07.55	02:00:13.30	+00:35:34	5:43	10.5
27	DOMAŃSKI Patryk	2216	GRUPA BIEGOWA RUNNERSCLUB.PL POZNAŃ	Senior I M - 20	5	01:08:20	02:01:48.80	02:01:52.65	+00:37:14	5:48	10.3
28	STĘPIEŃ Marta	2414		Senior II K - 30	3	01:10:07	02:01:53.00	02:02:03.70	+00:37:25	5:48	10.3
29	CITKO Maciej	2208	BIEG OPOLSKI	Senior II M - 30	13	01:10:10	02:02:33.05	02:02:45.50	+00:38:07	5:50	10.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
30	MEŻYŃSKI Szymon	2417		Senior I M - 20	6	01:07:29	02:02:17.25	02:02:47.40	+00:38:09	5:49	10.3
31	MAJCHRZAK Marcin	2367	DELOITTE ADVENTURE TEAM	Senior II M - 30	14	01:07:12	02:03:09.15	02:03:17.25	+00:38:38	5:51	10.2
32	ZIĘTERSKI Robert	2351		Masters M - 40	7	01:09:15	02:04:20.05	02:04:23.60	+00:39:45	5:55	10.1
33	KWIATKOWSKI Przemysław	2054		Senior I M - 20	7	01:10:18	02:05:04.10	02:05:08.70	+00:40:30	5:57	10.1
34	BIAŁY Adam	2394		Masters M - 40	8	01:10:53	02:06:46.15	02:07:02.05	+00:42:23	6:02	9.9
35	PAWLAK Bartosz	2370	ZAŁOGA GORSKA	Senior II M - 30	15	01:10:05	02:08:24.90	02:08:29.85	+00:43:51	6:06	9.8
36	WALEŃSKA Ewa	2271	GT RAT	Masters K - 40	1	01:13:30	02:08:18.80	02:08:30.05	+00:43:51	6:06	9.8
37	JANKOWSKI Janusz	2358		Senior II M - 30	16	01:12:45	02:08:03.05	02:08:36.30	+00:43:57	6:05	9.8
38	DROŹDZIK Magdalena	2244	WKB META LUBLINIEC	Senior II K - 30	4	01:13:31	02:09:14.05	02:09:18.95	+00:44:40	6:09	9.7
39	MOLENDAC Maciej	2127	RONAL POLSKA RUN	Senior II M - 30	17	01:15:21	02:09:11.10	02:09:30.25	+00:44:51	6:09	9.8
40	FIGAS Sebastian	2036	LTT	Masters M - 40	9	01:13:14	02:10:06.65	02:10:15.50	+00:45:37	6:11	9.7
41	KOWALCZYK Adam	2344	STS BIEGATON	Masters M - 40	10	01:16:18	02:10:11.15	02:10:20.50	+00:45:42	6:11	9.7
42	DEMKOWSKI Marcin	2313		Senior II M - 30	18	01:15:19	02:11:10.05	02:11:36.50	+00:46:58	6:14	9.6
43	CHODOROWSKI Krzysztof	2135	PRZEBIEGA.PL	Senior II M - 30	19	01:13:03	02:11:35.65	02:11:50.80	+00:47:12	6:15	9.6
44	IWAN Anna	2311	PODSIADŁO TEAM	Senior I K - 20	2	01:16:01	02:11:12.05	02:11:54.20	+00:47:15	6:14	9.6
45	ANTOSIAK Tomasz	2132	TRIATHLON MIETKÓW TEAM	Senior II M - 30	20	01:16:33	02:11:43.35	02:11:54.35	+00:47:15	6:16	9.6
46	KYCIA Piotr	2188		Masters M - 40	11	01:16:17	02:12:28.45	02:12:38.40	+00:48:00	6:18	9.5
47	OLESZAK Piotr	2280	STREFA CHILLOUT'U / I LOVE ZIEMEK	Senior II M - 30	21	01:16:08	02:12:40.10	02:12:58.20	+00:48:19	6:19	9.5
48	PAWLAK Gabriel	2321	ERGOCONCEPT	Senior II M - 30	22	01:17:33	02:13:08.85	02:13:17.30	+00:48:38	6:20	9.5
49	KOSMALA Szymon	2150		Senior II M - 30	23	01:15:28	02:13:17.80	02:13:51.45	+00:49:13	6:20	9.5
50	JAMRÓZ Wojciech	2295	KW GLIWICE	Masters M - 40	12	01:14:00	02:13:47.15	02:13:51.60	+00:49:13	6:22	9.4
51	HEMMERLING Roman	2168		Senior I M - 20	8	01:14:47	02:13:46.55	02:13:53.80	+00:49:15	6:22	9.4
52	KOCHMAN Karol	2175	WPISZ COKOLWEK	Senior I M - 20	9	01:14:46	02:13:46.80	02:13:54.15	+00:49:15	6:22	9.4
53	KUBACKA Sebastian	2243		Senior II M - 30	24	01:15:58	02:14:15.95	02:14:20.10	+00:49:41	6:23	9.4
54	ZAWOJAK Aleksander	2059	RONAL POLSKA RUN	Senior I M - 20	10	01:14:22	02:14:16.35	02:14:36.90	+00:49:58	6:23	9.4
55	TARASZKA Damian	2363	BRACTWO BIEGACZY ZIELONA GÓRA	Masters M - 40	13	01:13:46	02:15:02.20	02:15:04.65	+00:50:26	6:25	9.3
56	BIEŃKOWSKI Kamil	2018	BE BETTER	Senior II M - 30	25	01:16:06	02:14:26.00	02:15:19.10	+00:50:40	6:24	9.4
57	KUŹMA Przemysław	2160	1960	Weteran I M - 50	2	01:18:58	02:15:13.85	02:15:22.05	+00:50:43	6:26	9.3
58	STEMPNIAK Daniel	2210	KS MARATON OSTRÓW WLKP.	Senior II M - 30	26	01:17:19	02:15:52.15	02:15:57.90	+00:51:19	6:28	9.3
59	HERMAN Michał	2105		Senior I M - 20	11	01:16:54	02:16:02.40	02:16:43.55	+00:52:05	6:28	9.3
60	BACA Łukasz	2252	RAMBO 3	Senior II M - 30	27	01:18:56	02:16:25.40	02:16:50.10	+00:52:11	6:29	9.2
61	UHEREK Michał	2260	YODA	Senior II M - 30	28	01:16:44	02:16:39.95	02:17:10.70	+00:52:32	6:30	9.2
62	JARMOLIŃSKI Piotr	2123		Masters M - 40	14	01:17:59	02:17:16.75	02:17:19.75	+00:52:41	6:32	9.2
63	KUBERA Piotr	2374	LIPIEC RUNNING TEAM	Masters M - 40	15	01:15:43	02:17:30.10	02:17:37.35	+00:52:58	6:32	9.2
64	SIEMIENIEC Marta	2183	1990	Senior I K - 20	3	01:20:49	02:17:01.55	02:17:46.70	+00:53:08	6:31	9.2
65	OLESZOWSKI Marcin	2332	LUXON	Senior II M - 30	29	01:13:42	02:17:24.35	02:17:49.75	+00:53:11	6:32	9.2
66	BUDZIŃSKI Damian	2269	NYSA BIEGA	Senior II M - 30	30	01:19:32	02:17:33.60	02:17:56.10	+00:53:17	6:33	9.2
67	GRZĘDZIELSKI Jacek	2387	DYNAFIT	Masters M - 40	16	01:21:15	02:17:28.40	02:18:00.10	+00:53:21	6:32	9.2
68	JANKOWIAK Krzysztof	2012	MARCO	Senior II M - 30	31	01:18:17	02:17:55.00	02:18:04.20	+00:53:25	6:34	9.1
69	BADEWICZ Tomasz	2259	GARAGE JIM BEAM	Senior II M - 30	32	01:15:27	02:18:39.15	02:18:54.95	+00:54:16	6:36	9.1
70	LEWANDOWSKI Piotr	2102		Senior II M - 30	33	01:19:06	02:18:32.50	02:18:59.45	+00:54:21	6:35	9.1
71	ELMINOWSKI Wojciech	2306	ELAKTYWNI	Weteran I M - 50	3	01:17:48	02:18:57.60	02:19:02.50	+00:54:24	6:37	9.1
72	DOMAGAŁA Bartosz	2191	LESZCZYŃSCY PATRIOCI	Senior I M - 20	12	01:19:06	02:19:00.25	02:19:06.25	+00:54:27	6:37	9.1
73	WRUK Remigiusz	2074	BIEGOPOLSKI	Masters M - 40	17	01:23:02	02:19:03.45	02:19:15.90	+00:54:37	6:37	9.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
74	UBYSZ Natalia	2112	SERPENTINE RC	Senior II K - 30	5	01:22:14	02:19:02.05	02:19:38.90	+00:55:00	6:37	9.1
75	DRUMMOND Adam	2113	SERPENTINE RC	Senior II M - 30	34	01:22:22	02:19:07.05	02:19:44.65	+00:55:06	6:37	9.1
76	OSTROWSKI Paweł	2347	REHMEDICA.PL	Senior II M - 30	35	01:18:19	02:19:37.90	02:19:44.70	+00:55:06	6:38	9
77	CZARNIECKI Daniel	2128	TIE-RUN	Senior II M - 30	36	01:16:41	02:19:38.15	02:19:53.80	+00:55:15	6:38	9
77	PLEŚNIAR Paweł	2061	NIEFORMALNY KLUB TYGRYSKÓW	Weteran I M - 50	4	01:20:22	02:19:40.00	02:19:53.80	+00:55:15	6:39	9
79	SAJEWICZ Grzegorz	2261		Senior II M - 30	37	01:21:18	02:19:37.55	02:19:55.20	+00:55:16	6:38	9
80	SWIETEK-OZDOBA Sylwia	2037	LTT	Masters K - 40	2	01:19:57	02:19:48.70	02:19:57.55	+00:55:19	6:39	9
81	ORZECHOWSKI Daniel	2320	I-SPORT	Senior II M - 30	38	01:22:07	02:19:43.05	02:20:06.45	+00:55:28	6:39	9
82	FUKS Michał	2315	GRUPA FUX	Senior II M - 30	39	01:21:44	02:20:06.75	02:20:35.55	+00:55:57	6:40	9
83	SUCH Arkadiusz	2389	RZESZOWSKIE GAZELE I GEPARDY	Senior II M - 30	40	01:20:44	02:20:00.45	02:20:47.70	+00:56:09	6:40	9
84	WILGAT Adam	2053	DZIKIE SKRZYDŁO	Masters M - 40	18	01:19:39	02:20:30.85	02:20:54.70	+00:56:16	6:41	9
85	PIENIĘŻNY Marek	2251	KOŹMIN BIEGA	Senior II M - 30	41	01:21:59	02:20:56.40	02:21:08.10	+00:56:29	6:42	8.9
86	NOLBRZYK Adrian	2080	GREATGRATULA (SP)	Masters M - 40	19	01:21:20	02:20:56.00	02:21:10.00	+00:56:31	6:42	8.9
87	OCHMAN Paweł	2361	FUTURE PROCESSING RUNNING TEAM	Senior II M - 30	42	01:20:41	02:20:56.15	02:21:12.20	+00:56:33	6:42	8.9
88	WOJCZUK Paweł	2106		Senior II M - 30	43	01:15:40	02:21:00.20	02:21:24.30	+00:56:45	6:42	8.9
89	FĄFARA Marek	2284	KS KOZIOŁEK KĘDZIERZYN-KOŹLE	Senior II M - 30	44	01:23:22	02:21:15.90	02:21:26.15	+00:56:47	6:43	8.9
90	FERCHMIN Alicja	2292	JESUS IS MY LEADER	Senior II K - 30	6	01:19:48	02:21:32.40	02:21:42.95	+00:57:04	6:44	8.9
91	KUCZERA Paweł	2242		Senior I M - 20	13	01:21:17	02:21:33.80	02:22:02.80	+00:57:24	6:44	8.9
92	SŁOWIKOWSKA Klaudia	2047		Senior I K - 20	4	01:21:30	02:22:21.00	02:22:27.95	+00:57:49	6:46	8.9
93	CZEBOTAR Barbara	2385		Masters K - 40	3	01:21:24	02:22:33.65	02:22:55.40	+00:58:17	6:47	8.8
94	BIERNACKA Kasia	2415	SPELEO KLUB WARSZAWSKI	Masters K - 40	4		02:22:53.65	02:22:59.80	+00:58:21	6:48	8.8
95	OZIMEK Michał	2378	PRO RUN WROCŁAW	Senior II M - 30	45	01:22:19	02:22:47.40	02:23:00.70	+00:58:22	6:47	8.8
96	RACZKIEWICZ Jarek	2056	BE3 CITYZEN POZNAŃ	Masters M - 40	20	01:21:36	02:23:09.35	02:23:22.65	+00:58:44	6:49	8.8
97	TUCHOŁKA Marta	2270	POCO LOCO ADVENTURE TEAM	Senior II K - 30	7	01:23:19	02:22:56.75	02:23:23.00	+00:58:44	6:48	8.8
98	BURTNY Przemysław	2169	BIZON BĄKOWICE	Masters M - 40	21	01:22:30	02:23:21.05	02:23:31.30	+00:58:52	6:49	8.8
99	NAJDEREK Maciej	2201	PIĘKNA HELENA	Senior II M - 30	46	01:18:21	02:23:14.55	02:23:33.80	+00:58:55	6:49	8.8
100	CZERWONKA Zbigniew	2324	1983	Senior II M - 30	47	01:24:38	02:23:28.10	02:23:34.90	+00:58:56	6:49	8.8
101	KACZMARCZYK Urszula	2158	KARKONOSZ RUNNING TEAM / PRO RUN WROCŁAW	Senior II K - 30	8	01:21:36	02:23:15.75	02:23:44.80	+00:59:06	6:49	8.8
102	HACZKIEWICZ Bartosz	2357	MILKY2017	Senior II M - 30	48	01:17:51	02:23:14.05	02:23:52.25	+00:59:13	6:49	8.8
103	MIZERNY Maria	2072	PI	Senior I K - 20	5	01:23:57	02:23:30.65	02:24:06.90	+00:59:28	6:50	8.8
104	FALANDYSZ Piotr	2073		Senior I M - 20	14	01:20:07	02:23:31.65	02:24:07.95	+00:59:29	6:50	8.8
105	KRUPA Bartłomiej	2110		Senior II M - 30	49	01:22:31	02:23:50.90	02:24:23.55	+00:59:45	6:51	8.8
106	PIOTROWSKI Rafael	2418		Senior II M - 30	50	01:20:47	02:24:47.00	02:24:57.00	+01:00:18	6:53	8.7
107	LASZCZYŃSKI Michał	2240		Senior II M - 30	51	01:23:30	02:25:12.25	02:25:42.20	+01:01:03	6:54	8.7
108	ABULEWICZ Wojciech	2327	STP SYNERGIA	Masters M - 40	22	01:22:25	02:25:35.00	02:25:46.55	+01:01:08	6:55	8.7
109	RYBARSKA Marta	2017		Senior I K - 20	6	01:18:42	02:25:51.60	02:26:00.80	+01:01:22	6:56	8.6
110	GRĘDA Mariusz	2134		Senior II M - 30	52	01:20:30	02:25:55.75	02:26:01.45	+01:01:23	6:56	8.6
111	SZARLEJ Piotr	2319	FUDU&CO. SPORT TEAM	Senior II M - 30	53	01:19:42	02:25:53.00	02:26:07.85	+01:01:29	6:56	8.6
112	MALENDOWICZ Przemysław	2151		Senior II M - 30	54	01:21:48	02:26:35.25	02:27:05.45	+01:02:27	6:58	8.6
113	PUSTELNIK Karolina	2419	AK6	Senior II K - 30	9	01:21:07	02:26:40.30	02:27:12.80	+01:02:34	6:59	8.6
114	GRABIŃSKA Gizela	2206	DREAM RUN/ AZS UW	Masters K - 40	5	01:24:36	02:27:03.15	02:27:15.55	+01:02:37	7:00	8.6
115	GAWRON Bartłomiej	2085		Masters M - 40	23	01:21:40	02:27:08.65	02:27:20.75	+01:02:42	7:00	8.6
116	OSKWAREK Bogdan	2322		Masters M - 40	24	01:24:19	02:27:11.85	02:27:53.75	+01:03:15	7:00	8.6
117	MACHETA Patrycja	2068		Senior I K - 20	7	01:23:42	02:27:23.45	02:27:56.70	+01:03:18	7:01	8.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
118	WYSTRYCHOWSKI Marcin	2220	BFAGENCJA.PL	Senior II M - 30	55	01:16:27	02:28:12.95	02:28:18.80	+01:03:40	7:03	8.5
119	WOJTKOWIAK Renata	2156	PIĄTKOWO NA BIEGOWO	Masters K - 40	6	01:21:16	02:28:16.25	02:28:39.05	+01:04:00	7:03	8.5
120	WOJTKOWIAK Stefan	2157	PIĄTKOWO NA BIEGOWO	Masters M - 40	25	01:21:15	02:28:15.80	02:28:39.20	+01:04:00	7:03	8.5
121	HOFMAN Paweł	2381		Senior II M - 30	56	01:22:32	02:28:30.95	02:28:42.85	+01:04:04	7:04	8.5
122	BANDUROWSKA Agnieszka	2067	KB SPOCENI NOWA SÓL	Masters K - 40	7	01:29:11	02:28:36.45	02:28:45.20	+01:04:06	7:04	8.5
123	ŻUREK Żaneta	2001	POKERUN	Senior II K - 30	10	01:26:28	02:28:28.50	02:28:45.80	+01:04:07	7:04	8.5
124	ŚRÓDKA Bartłomiej	2245		Senior II M - 30	57	01:26:55	02:28:45.85	02:29:13.85	+01:04:35	7:05	8.5
125	SKRZYPIEC Katarzyna	2019		Senior II K - 30	11	01:21:46	02:29:13.40	02:29:19.65	+01:04:41	7:06	8.4
126	KWIATKOWSKI Paweł	2167	CENEO RUNNING TEAM	Senior I M - 20	15	01:27:00	02:28:40.95	02:29:20.25	+01:04:41	7:04	8.5
127	KUCHARCZYK Anna	2337	WILLA SŁONECZKO TORPEDOS	Senior II K - 30	12	01:28:16	02:28:49.85	02:29:29.00	+01:04:50	7:05	8.5
128	CIESIELSKI Sebastian	2021	KIBOLE W BIEGU / PAKIECIARZE TEAM	Senior II M - 30	58	01:27:09	02:29:53.40	02:30:12.25	+01:05:33	7:08	8.4
129	GAWRON Piotr	2267	KB GOCH BYTÓW	Masters M - 40	26	01:29:13	02:30:01.05	02:30:22.80	+01:05:44	7:08	8.4
130	RYCHLEWICZ Tomasz	2078		Senior II M - 30	59	01:25:08	02:30:07.30	02:30:27.80	+01:05:49	7:08	8.4
131	KOSZAREK Maciej	2345		Weteran I M - 50	5	01:28:50	02:30:02.20	02:30:36.15	+01:05:57	7:08	8.4
132	JĘDRYCA Przemysław	2412	SPARTA ULTRA TEAM	Senior II M - 30	60	01:22:11	02:30:23.85	02:30:58.60	+01:06:20	7:09	8.4
133	JAŃSKI Tomasz	2194		Masters M - 40	27	01:27:15	02:30:30.05	02:30:59.05	+01:06:20	7:10	8.4
134	KOSTROWICKI Jakub	2121	SIERADZBIEGA.PL	Senior II M - 30	61	01:25:40	02:31:09.45	02:31:15.80	+01:06:37	7:11	8.3
135	GAŚSIOROWSKI Andrzej	2329	RÓŻOWE GŻEGŻÓŁKI ŚMIERCI	Senior I M - 20	16	01:27:36	02:31:09.50	02:31:18.60	+01:06:40	7:11	8.3
136	BURANT Agnieszka	2065		Senior II K - 30	13	01:27:37	02:31:21.75	02:31:28.35	+01:06:49	7:12	8.3
137	TROJANOWSKI Jakub	2273		Senior II M - 30	62	01:26:10	02:31:11.20	02:31:29.25	+01:06:50	7:11	8.3
138	PYTEL Mateusz	2070	NETBOX BIEGA	Senior II M - 30	63	01:28:57	02:30:51.80	02:31:36.10	+01:06:57	7:11	8.4
139	GINTER Grzegorz	2390	AZS COLLEGIUM MEDICUM UJ	Senior II M - 30	64	01:31:36	02:31:28.80	02:31:40.10	+01:07:01	7:12	8.3
140	CHĘCIŃSKI Łukasz	2063		Senior II M - 30	65	01:24:43	02:31:28.05	02:31:50.05	+01:07:11	7:12	8.3
141	WONKO Ewa	2400		Senior II K - 30	14	01:28:31	02:31:40.40	02:32:00.80	+01:07:22	7:13	8.3
142	JANUSZEK Leon	2413		Weteran I M - 50	6	01:27:15	02:31:19.70	02:32:07.90	+01:07:29	7:12	8.3
143	BARZYK Mateusz	2323	FUDU&CO. SPORT TEAM	Masters M - 40	28	01:23:55	02:31:56.60	02:32:10.60	+01:07:32	7:14	8.3
144	CHWIAŁKOWSKI Wiesław	2042		Weteran I M - 50	7	01:26:36	02:32:21.35	02:32:37.55	+01:07:59	7:15	8.3
145	POMASKI Paweł	2300	POMASCY BIEGAJĄ	Masters M - 40	29	01:28:54	02:32:36.05	02:32:39.95	+01:08:01	7:16	8.3
146	WOJCIECHOWSKI Mateusz	2117		Senior II M - 30	66	01:25:23	02:32:12.50	02:32:46.90	+01:08:08	7:14	8.3
147	MICHAŁOWICZ Marek	2392		Senior II M - 30	67	01:26:15	02:32:35.65	02:32:48.45	+01:08:10	7:16	8.3
148	SUSMARSKA Ewa	2384	NO WOMAN NO TRI	Senior I K - 20	8	01:27:00	02:32:53.15	02:33:24.95	+01:08:46	7:16	8.2
149	SKACZKOWSKA Barbara	2298	POLSKI KLUB MTB	Senior II K - 30	15	01:28:07	02:33:17.50	02:33:25.00	+01:08:46	7:18	8.2
150	GAŁKA Stanisław	2283	FLUNKYBALL TEAM ŁĄDEK ZDRÓJ	Senior II M - 30	68	01:25:10	02:33:18.40	02:33:31.55	+01:08:53	7:18	8.2
151	DRAMIŃSKI Adam	2383		Masters M - 40	30	01:22:59	02:33:13.10	02:33:31.60	+01:08:53	7:17	8.2
152	SZMAJDA Dominik	2297	NIE MAM POMYSŁU	Senior II M - 30	69	01:25:36	02:33:43.45	02:33:49.10	+01:09:10	7:19	8.2
153	TALAREK Robert	2182		Masters M - 40	31	01:29:24	02:33:12.80	02:33:57.10	+01:09:18	7:17	8.2
154	PASTUSZKA Mirosław	2403		Weteran I M - 50	8	01:29:41	02:33:49.60	02:34:14.65	+01:09:36	7:19	8.2
155	NOWAK Barbara	2193	MARCINSWIERCTEAM	Senior II K - 30	16	01:27:05	02:33:48.30	02:34:15.35	+01:09:36	7:19	8.2
156	CZEKAŁSKA Maria	2064		Senior II K - 30	17	01:27:37	02:34:16.30	02:34:23.20	+01:09:44	7:20	8.2
157	KARDAS Piotr	2077	TKK STARA PAKA	Masters M - 40	32	01:24:55	02:34:12.75	02:34:24.95	+01:09:46	7:20	8.2
158	MAZUR Rafał	2204		Senior I M - 20	17	01:21:59	02:34:32.15	02:34:36.80	+01:09:58	7:21	8.2
159	SADOWSKI Piotr	2016	OSTRÓDA RESCUE TEAM	Senior II M - 30	70		02:35:11.30	02:35:32.30	+01:10:53	7:23	8.1
160	ŁĄCZAK Justyna	2029		Senior II K - 30	18	01:30:14	02:35:35.20	02:35:48.20	+01:11:09	7:24	8.1
161	TYRPA Jarosław	2335	BIEGIEM PO PIWO	Masters M - 40	33	01:29:16	02:35:42.05	02:36:03.15	+01:11:24	7:24	8.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
162	MAZIEC Roman	2340		Senior II M - 30	71	01:28:58	02:36:06.40	02:36:10.05	+01:11:31	7:26	8.1
163	OLESZAK Jacek	2279	POLLINE	Senior II M - 30	72	01:27:39	02:36:19.70	02:36:38.70	+01:12:00	7:26	8.1
164	SIP Mirosław	2125		Weteran I M - 50	9	01:27:39	02:36:20.95	02:36:39.85	+01:12:01	7:26	8.1
165	LUDWINIAK Arkadiusz	2249		Masters M - 40	34	01:26:37	02:36:52.25	02:37:21.15	+01:12:42	7:28	8
166	GRYCMAN Magdalena	2362	SPARTA ULTRA TEAM	Senior II K - 30	19	01:29:19	02:37:10.80	02:37:25.80	+01:12:47	7:29	8
167	HADZICKA Sylwia	2376		Senior II K - 30	20	01:28:04	02:36:40.05	02:37:25.85	+01:12:47	7:27	8
168	RUSIECKI Łukasz	2333	RÓŻOWE GZEGŻÓŁKI ŚMIERCI	Senior I M - 20	18	01:29:19	02:37:41.85	02:37:51.40	+01:13:13	7:30	8
169	KULAK Michal	2230		Senior II M - 30	73	01:28:02	02:37:30.45	02:37:52.45	+01:13:14	7:30	8
170	SKORUPSKI Szymon	2353	KURACJUSZE	Senior II M - 30	74	01:29:12	02:38:14.40	02:38:22.30	+01:13:43	7:32	8
171	KOSZAREK Andrzej	2237	ZABIEGANE ŚREPOLE	Masters M - 40	35	01:29:48	02:38:00.45	02:38:33.10	+01:13:54	7:31	8
172	KWIATKOWSKA Zuzanna	2317		Masters K - 40	8	01:31:29	02:38:34.60	02:38:51.50	+01:14:13	7:33	7.9
173	CZERWIŃSKI Wojciech	2254		Senior I M - 20	19	01:32:22	02:38:18.65	02:38:54.15	+01:14:15	7:32	8
174	SYNOWIEC Dorota	2211		Senior II K - 30	21	01:31:04	02:38:42.15	02:39:05.70	+01:14:27	7:33	7.9
175	SAJEWICZ Piotr	2257	TURBINA BALAKOWO	Senior II M - 30	75	01:30:19	02:39:12.10	02:39:31.55	+01:14:53	7:34	7.9
176	BORUTA-KOŁODZIEJ Emilia	2314	PRO RUN WROCŁAW	Senior II K - 30	22	01:31:14	02:39:24.85	02:39:48.70	+01:15:10	7:35	7.9
177	STACHLIK Dawid	2410		Senior II M - 30	76	01:31:23	02:39:49.25	02:40:02.05	+01:15:23	7:36	7.9
178	CZARNECKA Kamila	2006		Senior II K - 30	23	01:35:14	02:40:05.70	02:40:22.70	+01:15:44	7:37	7.9
179	MROWCA Joanna	2057		Senior I K - 20	9	01:29:15	02:40:07.40	02:40:28.70	+01:15:50	7:37	7.9
180	MICHALSKA Edyta	2214	ZABIEGANE ŚREPOLE	Senior II K - 30	24	01:28:50	02:39:58.70	02:40:32.00	+01:15:53	7:37	7.9
181	BARTKIEWICZ Ireneusz	2250		Senior II M - 30	77	01:28:57	02:40:12.90	02:40:40.95	+01:16:02	7:37	7.9
182	MATAK Paweł	2186		Senior II M - 30	78	01:29:20	02:40:14.35	02:40:41.10	+01:16:02	7:37	7.9
183	ROŚŁON Cezary	2187		Senior II M - 30	79		02:40:11.65	02:40:41.25	+01:16:02	7:37	7.9
184	SIELUTIN Wadim	2203	KB LEW LEGNICA	Weteran II M - 60	1	01:30:56	02:40:15.00	02:41:01.85	+01:16:23	7:37	7.9
185	BURDAJEWICZ Magdalena	2369		Senior II K - 30	25	01:34:31	02:40:27.50	02:41:05.10	+01:16:26	7:38	7.9
186	GRUSZCZYŃSKA Sandra	2325	WLD FOR THE RUN / HERCOG RUNNING TEAM	Senior II K - 30	26	01:33:17	02:40:52.65	02:41:13.15	+01:16:34	7:39	7.8
187	LUBAŃSKA Alicja	2129		Masters K - 40	9	01:30:48	02:41:11.50	02:41:16.95	+01:16:38	7:40	7.8
188	BAKOWSKI Piotr	2330	ZAPARKOWANI/ OŚLA ŁAWKA	Senior II M - 30	80	01:32:11	02:40:50.35	02:41:18.50	+01:16:40	7:39	7.8
189	BIEDROŃ Marcin	2139		Senior I M - 20	20		02:41:06.25	02:41:31.70	+01:16:53	7:40	7.8
190	LIPOWCZYK Eugeniusz	2126	KB KĄTY WROCŁAWSKIE	Weteran II M - 60	2	01:31:33	02:40:57.25	02:41:37.90	+01:16:59	7:39	7.8
191	PIEKIELNA Angelika	2388	WIERUNSZÓW	Senior I K - 20	10	01:31:32	02:41:51.20	02:42:00.55	+01:17:22	7:42	7.8
192	PLEWA Katarzyna	2082	DOBSOM	Senior II K - 30	27	01:29:44	02:42:01.25	02:42:13.35	+01:17:34	7:42	7.8
193	KUŁACZKOWSKA Magdalena	2221		Senior I K - 20	11	01:34:45	02:41:42.55	02:42:15.35	+01:17:36	7:42	7.8
194	WYBRAWIEC Tomasz	2409		Senior II M - 30	81	01:29:21	02:42:06.00	02:42:19.20	+01:17:40	7:43	7.8
194	WESOŁOWSKA Marta	2111		Senior II K - 30	28	01:34:45	02:41:46.60	02:42:19.20	+01:17:40	7:42	7.8
196	PIWOWARCZYK Andrzej	2075		Masters M - 40	36	01:33:10	02:42:08.30	02:42:43.05	+01:18:04	7:43	7.8
197	BULIŃSKA Iwona	2405	NIGHT RUNNERS	Senior II K - 30	29	01:32:49	02:42:37.90	02:42:46.10	+01:18:07	7:44	7.7
198	WARYCH Andrzej	2120		Weteran I M - 50	10	01:30:25	02:43:05.95	02:43:26.95	+01:18:48	7:45	7.7
199	ASPERSKA Julia	2281		Senior II K - 30	30	01:34:02	02:43:02.75	02:43:36.25	+01:18:57	7:45	7.7
200	SKWIERCZYŃSKI Sylwester	2227		Senior I M - 20	21	01:35:06	02:43:15.75	02:43:40.10	+01:19:01	7:46	7.7
201	WESOŁOWSKA-KRUPA Paulina	2109		Senior II K - 30	31	01:27:15	02:43:24.80	02:43:57.15	+01:19:18	7:46	7.7
202	MICHALSKI Grzegorz	2277	SEZONSTARTOWY.PL	Senior II M - 30	82	01:34:12	02:43:42.80	02:44:02.10	+01:19:23	7:47	7.7
203	DĄBROWSKI Roman	2289		Senior II M - 30	83	01:28:48	02:43:49.80	02:44:04.10	+01:19:25	7:48	7.7
204	KORDALEWSKI Łukasz	2140	NC+	Senior II M - 30	84	01:34:46	02:43:20.50	02:44:09.90	+01:19:31	7:46	7.7
205	MISIAK Dorota	2285	-	Senior II K - 30	32	01:33:01	02:43:44.15	02:44:15.65	+01:19:37	7:47	7.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
206	DRYGAS Mariola	2331		Senior II K - 30	33	01:31:55	02:44:44.35	02:44:58.60	+01:20:20	7:50	7.6
207	CZESKI Wojciech	2013	MOSINA BIEGA	Senior II M - 30	85	01:34:47	02:44:39.40	02:45:07.30	+01:20:28	7:50	7.7
208	ZYGMUNT Małgorzata	2153	ZYGI&PRZEMO	Senior II K - 30	34	01:31:40	02:45:02.45	02:45:32.45	+01:20:54	7:51	7.6
209	RABSZTYN Andrzej	2356	TRIATHLON MIETKÓWTEAM	Senior II M - 30	86	01:31:59	02:45:20.90	02:45:32.70	+01:20:54	7:52	7.6
210	FILIPOWICZ Aleksandra	2316		Masters K - 40	10	01:36:43	02:45:09.25	02:45:34.20	+01:20:55	7:51	7.6
211	KUCZERA Tadeusz	2241		Weteran I M - 50	11	01:34:30	02:46:07.40	02:46:10.30	+01:21:31	7:54	7.6
212	PRZETAKIEWICZ Maciej	2334	MARCINŚWIERCTEAM	Senior II M - 30	87	01:32:43	02:46:17.05	02:46:43.60	+01:22:05	7:55	7.6
213	GARCZEWSKA-PASZKO Joanna	2069		Masters K - 40	11	01:34:54	02:46:52.75	02:47:10.65	+01:22:32	7:56	7.6
214	DRESZER Bartosz	2103		Senior II M - 30	88	01:25:25	02:47:06.80	02:47:31.30	+01:22:52	7:57	7.5
215	SYNORADZKA Agata	2180		Senior I K - 20	12		02:47:52.00	02:47:57.00	+01:23:18	7:59	7.5
216	KRZECZKOWSKI Roman	2015		Masters M - 40	37	01:33:56	02:48:03.10	02:48:28.80	+01:23:50	8:00	7.5
217	GRZELKA Agata	2162		Senior II K - 30	35	01:39:19	02:48:14.85	02:48:30.70	+01:23:52	8:00	7.5
218	ZIELIŃSKI Michał	2406		Masters M - 40	38	01:39:15	02:48:14.50	02:48:54.20	+01:24:15	8:00	7.5
219	ZUBIK Anna	2301	JB WARSZAWA	Senior II K - 30	36	01:36:24	02:48:19.60	02:48:56.60	+01:24:18	8:00	7.5
220	MORAWSKI Ryszard	2090		Senior II M - 30	89	01:31:40	02:48:50.75	02:49:00.10	+01:24:21	8:02	7.5
221	URBAN Mieczysław	2161	ROZBIEGANY RAWCZ	Weteran II M - 60	3	01:35:13	02:48:45.85	02:49:00.70	+01:24:22	8:02	7.5
222	HĄCIA Sylwia	2235		Senior I K - 20	13	01:33:38	02:48:46.45	02:49:01.90	+01:24:23	8:02	7.5
223	BARAŃSKA Małgorzata	2086	BBL OPOLE	Masters K - 40	12	01:38:05	02:49:13.60	02:49:41.00	+01:25:02	8:03	7.4
224	RATAJCZAK Tomasz	2364	TERAZ ALBO NIGDY	Senior II M - 30	90	01:43:57	02:48:48.00	02:49:42.90	+01:25:04	8:02	7.5
225	PIETRASZEWSKI Tomasz	2005	TSG MŁÓCKARNIA	Senior II M - 30	91	01:34:20	02:49:15.65	02:49:46.75	+01:25:08	8:03	7.4
226	GAPSKA Anna	2262		Senior I K - 20	14	01:40:15	02:49:33.50	02:49:59.55	+01:25:21	8:04	7.4
227	BEDNARCZYK Bogusław	2048	PRO-RUN WROCŁAW	Weteran I M - 50	12	01:28:56	02:49:51.95	02:50:24.20	+01:25:45	8:05	7.4
228	PISKORZ Robert	2355		Masters M - 40	39	01:44:50	02:49:44.15	02:50:31.45	+01:25:53	8:04	7.4
229	KLINKE Arkadiusz	2171	GRZMIĄCE KIJE	Masters M - 40	40	01:36:01	02:49:53.20	02:50:35.40	+01:25:57	8:05	7.4
230	NORWA Sylwester	2352	3N PATKÓW	Masters M - 40	41	01:37:52	02:50:05.25	02:51:00.60	+01:26:22	8:05	7.4
231	PASŁAWSKA Olga	2266	PRZEBIEGA.PL	Senior II K - 30	37	01:38:16	02:50:45.65	02:51:02.75	+01:26:24	8:07	7.4
232	ZAGASKA Linda	2258	WATAHA TEAM	Senior I K - 20	15	01:36:43	02:50:48.30	02:51:09.60	+01:26:31	8:08	7.4
233	KOSTERA Katarzyna	2026	VEGE RUNNERS	Senior II K - 30	38	01:39:49	02:50:48.25	02:51:15.40	+01:26:37	8:08	7.4
234	SZCZERBA Kasia	2062	FANS OF FARAWAY	Senior II K - 30	39	01:41:20	02:50:34.70	02:51:25.75	+01:26:47	8:07	7.4
235	GÓRSKI Piotr	2095	HARDCOROWE WYCHYLYBYMY	Masters M - 40	42	01:39:38	02:51:31.05	02:51:36.25	+01:26:57	8:10	7.3
236	PACAN Jacek	2360		Masters M - 40	43	01:39:06	02:50:56.35	02:51:37.50	+01:26:59	8:08	7.4
237	JÓZEFOWSKI Karol	2137		Senior I M - 20	22	01:40:40	02:51:42.20	02:52:21.90	+01:27:43	8:10	7.3
238	KOZIEŁ Marta	2136		Senior I K - 20	16	01:40:39	02:51:41.95	02:52:22.05	+01:27:43	8:10	7.3
239	KOWALSKI Mariusz	2147		Senior II M - 30	92	01:35:54	02:51:52.50	02:52:35.00	+01:27:56	8:11	7.3
240	BANASIK Karolina	2253	WKURW_TEAM	Senior II K - 30	40	01:35:37	02:52:09.50	02:52:37.40	+01:27:59	8:11	7.3
241	KRAWCZYK Jakub	2219	GO SPORT	Senior I M - 20	23	01:39:45	02:52:07.85	02:52:48.40	+01:28:10	8:11	7.3
242	ŚWIDEREK Kasia	2368		Masters K - 40	13	01:37:48	02:52:43.95	02:52:50.85	+01:28:12	8:13	7.3
243	OSICA Łukasz	2328		Senior II M - 30	93	01:35:13	02:52:00.60	02:52:50.90	+01:28:12	8:11	7.3
244	DRABIK Jacek	2373		Weteran I M - 50	13	01:39:54	02:52:30.60	02:52:58.80	+01:28:20	8:12	7.3
245	POCIĘGIEL Michał	2083		Senior II M - 30	94	01:37:38	02:52:55.35	02:53:06.70	+01:28:28	8:14	7.3
246	LASKOWSKA Maja	2130	OBOZYBIEGOWE.PL	Senior II K - 30	41	01:43:05	02:53:12.90	02:53:47.65	+01:29:09	8:14	7.3
247	MOKRZYCKA Weronika	2379		Senior II K - 30	42	01:40:26	02:53:34.55	02:53:49.60	+01:29:11	8:15	7.3
248	FRANKOWSKI Piotr	2146		Masters M - 40	44	01:40:42	02:53:08.90	02:53:51.00	+01:29:12	8:14	7.3
249	CZERWONKA Katarzyna	2122	AZS COLLEGIUM MEDICUM UJ	Senior II K - 30	43	01:40:37	02:53:34.65	02:53:56.55	+01:29:18	8:15	7.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
250	NOWICKI Andrzej	2209	POMIOTY SZATANA	Senior I M - 20	24	01:42:08	02:53:51.20	02:54:00.75	+01:29:22	8:16	7.2
251	PAWLIK Tomasz	2282	JB WARSAW	Senior II M - 30	95	01:41:34	02:53:33.05	02:54:10.05	+01:29:31	8:15	7.3
252	KOSTERA Tomasz	2025	VEGE RUNNERS	Masters M - 40	45	01:33:22	02:54:22.70	02:54:50.60	+01:30:12	8:18	7.2
253	KOCZAJA Malgorzata	2248		Senior I K - 20	17	01:37:38	02:55:15.15	02:55:36.15	+01:30:57	8:20	7.2
254	RAPACZ - TOPIŁKO Anna	2401	ODLO POLSKA	Senior II K - 30	44	01:39:58	02:55:28.60	02:55:38.90	+01:31:00	8:21	7.2
255	ZAKRZEWSKI Grzegorz	2349	POWER TRAINING	Weteran II M - 60	4	01:42:16	02:55:51.60	02:56:26.40	+01:31:48	8:22	7.2
256	PORADA Magdalena	2184		Senior II K - 30	45	01:40:25	02:55:57.70	02:56:26.60	+01:31:48	8:22	7.2
257	STASZEWSKI Dariusz	2022		Senior II M - 30	96	01:36:52	02:56:12.90	02:56:56.25	+01:32:17	8:23	7.2
258	DUDZIAK Bartłomiej	2247	GREATGRATULA OSIECZNA	Masters M - 40	46	01:39:29	02:56:30.35	02:57:01.15	+01:32:22	8:24	7.1
258	SEREDA Andrii	2178		Senior I M - 20	25	01:45:52	02:56:16.25	02:57:01.15	+01:32:22	8:23	7.1
260	BAŃKA Grzegorz	2092		Senior II M - 30	97	01:36:56	02:56:33.05	02:57:07.25	+01:32:28	8:24	7.1
261	MOŃKA Karolina	2326	SPARTA ULTRA TEAM	Senior I K - 20	18	01:39:45	02:57:10.30	02:57:25.90	+01:32:47	8:26	7.1
262	KOJDER Iwona	2079		Senior I K - 20	19	01:41:41	02:57:38.15	02:57:49.30	+01:33:10	8:27	7.1
262	PISKORZ Daria	2354	DRUŻYNA SZPIKU SITECH	Masters K - 40	14	01:44:50	02:57:01.90	02:57:49.30	+01:33:10	8:25	7.1
264	GRISZCZENKO Ela	2229		Senior I K - 20	20	01:40:13	02:57:21.00	02:58:02.35	+01:33:23	8:26	7.1
265	MILEJSKA Joanna	2087	BBL OPOLE	Masters K - 40	15	01:44:00	02:57:23.15	02:58:08.60	+01:33:30	8:26	7.1
266	KOSZYK Rafał	2088		Senior II M - 30	98	01:44:00	02:57:24.50	02:58:09.50	+01:33:31	8:26	7.1
267	RUTKOWSKA Hanna	2185	-	Senior I K - 20	21	01:40:43	02:58:04.55	02:58:24.60	+01:33:46	8:28	7.1
268	WRONA Agnieszka	2236		Senior II K - 30	46	01:40:06	02:58:07.55	02:58:43.05	+01:34:04	8:28	7.1
269	NIEDZIELA Kamil	2020	WPOGONI ZA DUCHEM	Senior I M - 20	26	01:35:35	02:59:15.15	02:59:46.35	+01:35:07	8:32	7
270	ŻARSKA Izabela	2307	FUDU&CO SPORT TEAM	Masters K - 40	16	01:44:33	03:01:03.90	03:01:17.50	+01:36:39	8:37	7
271	SOSZYŃSKA Gosia	2052	CZŁAPACZE	Weteran K - 50	1	01:44:28	03:01:10.85	03:01:48.70	+01:37:10	8:37	7
272	WOŁOS Marcin	2071		Senior II M - 30	99	01:40:32	03:01:33.45	03:02:09.60	+01:37:31	8:38	6.9
273	LUBOCH Agnieszka	2108		Masters K - 40	17	01:43:23	03:02:02.00	03:02:13.85	+01:37:35	8:40	6.9
274	BALICKI Jakub	2350	ASAP RUNNERS	Masters M - 40	47	01:46:52	03:01:24.75	03:02:15.40	+01:37:37	8:38	6.9
275	PATYRA Łukasz	2119		Senior II M - 30	100	01:42:58	03:02:09.00	03:02:30.35	+01:37:51	8:40	6.9
276	STĘPIEŃ Wojciech	2091	NIGHT RUNNERS GLIWCE	Masters M - 40	48	01:44:33	03:02:34.50	03:02:57.45	+01:38:19	8:41	6.9
277	GARBOWSKA Monika	2089	NIGHT RUNNERS GLIWCE	Senior II K - 30	47	01:44:32	03:02:34.55	03:02:57.55	+01:38:19	8:41	6.9
278	HETKA Magdalena	2302	1991	Senior I K - 20	22	01:43:45	03:02:19.80	03:03:00.05	+01:38:21	8:40	6.9
279	TRZPIOŁA Tycjan	2318	KURACJUSZE	Senior II M - 30	101	01:40:10	03:02:37.55	03:03:00.15	+01:38:21	8:41	6.9
280	TERZONI Karina	2339		Senior II K - 30	48	01:43:15	03:03:03.90	03:03:37.70	+01:38:59	8:43	6.9
281	PIELICHOWSKA Justyna	2164	BIEGAJĄC Z WILKAMI	Senior II K - 30	49	01:41:03	03:03:20.05	03:03:37.95	+01:38:59	8:43	6.9
282	SZYMAŁA Marek	2404	KLUCZBORSKA GRUPA BIEGOWA	Masters M - 40	49	01:45:15	03:03:15.00	03:03:47.60	+01:39:09	8:43	6.9
283	KRZACZKOWSKA Joanna	2233		Senior II K - 30	50	01:46:12	03:03:03.70	03:03:52.80	+01:39:14	8:43	6.9
284	MARZYCKI Wojciech	2234		Senior II M - 30	102	01:46:17	03:03:03.25	03:03:53.10	+01:39:14	8:43	6.9
285	SOBAŃSKA Paulina	2040	WUJEF CLUB DECATHLON SWADZIM	Senior II K - 30	51	01:43:18	03:04:13.70	03:04:30.20	+01:39:51	8:46	6.8
286	TOMCZYK Marek	2372		Senior II M - 30	103	01:40:17	03:03:46.80	03:04:40.90	+01:40:02	8:45	6.9
287	KRZYWICKI Tomasz	2371	VEGE RUNNERS	Masters M - 40	50	01:42:55	03:04:37.05	03:05:15.20	+01:40:36	8:47	6.8
288	RYNKOWSKA Katarzyna	2177		Masters K - 40	18	01:45:19	03:05:33.25	03:05:57.65	+01:41:19	8:50	6.8
289	WOŹNIAK Paulina	2265	CKBABCIE	Senior II K - 30	52	01:44:06	03:05:39.45	03:06:03.15	+01:41:24	8:50	6.8
289	GRĘZEL-GAWRON Jolanta	2084		Masters K - 40	19	01:44:16	03:05:49.95	03:06:03.15	+01:41:24	8:50	6.8
291	PRZYSIWEK Magdalena	2196		Senior II K - 30	53	01:45:27	03:05:46.80	03:06:17.40	+01:41:39	8:50	6.8
292	MAĆZKA Krystyna	2395	OTK RZEŹNIK	Weteran II K - 60	1	01:45:05	03:06:26.70	03:06:34.20	+01:41:55	8:52	6.8
293	OLSZEWSKA Anna	2287		Senior II K - 30	54	01:46:08	03:05:40.40	03:06:35.05	+01:41:56	8:50	6.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
294	DZIAŁAK Marian	2124	KB AKTYWNI KONIN	Weteran II M - 60	5	01:42:07	03:06:46.35	03:07:05.60	+01:42:27	8:53	6.7
295	MRÓZ Izabela	2094	WOLNE ŚLIMAKI	Senior II K - 30	55	01:52:59	03:06:49.60	03:07:28.90	+01:42:50	8:53	6.7
296	ZARĘBA Julia	2291	NIE ZA DALEKO	Senior I K - 20	23	01:49:38	03:07:16.65	03:07:35.15	+01:42:56	8:55	6.7
297	BAŁYS Dariusz	2207	WK GOPR	Masters M - 40	51	01:49:16	03:08:17.35	03:08:28.35	+01:43:49	8:57	6.7
298	ŚLEMP Bernadetta	2375		Masters K - 40	20	01:51:58	03:07:55.15	03:08:44.55	+01:44:06	8:56	6.7
299	MUSIELAK Magdalena	2231	M&M&M	Senior II K - 30	56	01:41:40	03:09:04.75	03:09:10.40	+01:44:32	9:00	6.7
300	GÓRSKA-NOWAK Tatiana	2255	AGB TORFY	Masters K - 40	21	01:47:30	03:08:50.40	03:09:18.00	+01:44:39	8:59	6.7
301	ŚLIWAK Katarzyna	2359		Senior I K - 20	24	01:53:26	03:09:13.50	03:09:28.40	+01:44:50	9:00	6.7
302	KULIBERDA Sylwia	2308		Masters K - 40	22	01:53:02	03:08:58.30	03:09:43.00	+01:45:04	8:59	6.7
303	NOWACZYK Zuzanna	2293		Senior I K - 20	25	01:46:41	03:09:09.20	03:09:52.20	+01:45:13	9:00	6.7
304	PIETROWICZ Weronika	2336	ZABIEGANI LUSÓWKO	Senior I K - 20	26	01:46:42	03:09:09.40	03:09:52.40	+01:45:14	9:00	6.7
305	KUCZERA Hanna	2239		Senior II K - 30	57	01:52:18	03:09:52.85	03:10:23.50	+01:45:45	9:02	6.6
306	PRIGAN Anna	2154		Senior II K - 30	58	01:53:25	03:10:53.85	03:11:08.55	+01:46:30	9:05	6.6
307	WITKOWSKA Maria	2009	KLUB KRÓLIKA STEFANA	Weteran II K - 60	2	01:49:46	03:10:16.35	03:11:10.05	+01:46:31	9:03	6.6
308	BAJAK Mirosław	2004		Masters M - 40	52	01:51:49	03:10:48.30	03:11:24.55	+01:46:46	9:05	6.6
309	WIĘCZKOWSKI Wojciech	2380	HUSARIA RACE TEAM	Masters M - 40	53	01:45:05	03:11:42.90	03:12:22.30	+01:47:43	9:07	6.6
310	GARGAS-DZIEDZINA Joanna	2276	NIGHT RUNNERS	Senior II K - 30	59	01:51:50	03:12:14.80	03:12:22.90	+01:47:44	9:09	6.6
311	ŻEBRAK Anna	2033		Senior I K - 20	27	01:46:34	03:11:44.50	03:12:32.45	+01:47:54	9:07	6.6
312	LAZAR Joanna	2155	MIROTRANS	Senior II K - 30	60	01:51:47	03:11:44.75	03:12:34.15	+01:47:55	9:07	6.6
313	KĘSY Krystian	2003	MRS96	Senior I M - 20	27	01:49:25	03:13:46.55	03:14:15.30	+01:49:36	9:13	6.5
314	DUDARONEK Paulina	2217		Senior I K - 20	28	01:43:37	03:15:14.65	03:15:22.60	+01:50:44	9:17	6.5
315	PRĘDKA Magdalena	2045	OLA CLUB	Masters K - 40	23	01:50:23	03:14:33.85	03:15:25.15	+01:50:46	9:15	6.5
316	PUSTELNIK Piotr	2310	AKG ŁÓDŹ	Weteran II M - 60	6	01:52:25	03:15:45.85	03:16:04.35	+01:51:25	9:19	6.4
317	DEMBNY Bogdan	2288		Senior II M - 30	104	01:46:49	03:15:34.05	03:16:25.00	+01:51:46	9:18	6.4
318	SALONI-SADOWSKA Maria	2274	OBOZYBIEGOWE.PL	Masters K - 40	24	01:51:16	03:16:26.40	03:16:50.60	+01:52:12	9:21	6.4
319	FLORCZAK Monika	2407	KOBIETA W BIEGU	Senior I K - 20	29	01:51:54	03:16:04.55	03:16:50.80	+01:52:12	9:20	6.4
320	KAŁWA Anna	2099		Senior II K - 30	61	01:48:30	03:16:43.30	03:17:29.80	+01:52:51	9:22	6.4
321	JAŹNIECKI Marcin	2391	MUAY RUNNING TEAM	Senior II M - 30	105	01:47:27	03:17:11.50	03:17:48.70	+01:53:10	9:23	6.4
322	LESZCZYŃSKA Lidia	2002	POKERUN	Masters K - 40	25	01:52:24	03:17:35.75	03:17:52.85	+01:53:14	9:24	6.4
323	BARTOSIEWICZ Dorota	2202		Senior II K - 30	62	01:48:13	03:17:48.85	03:17:57.60	+01:53:19	9:25	6.4
324	MADAJ Jagoda	2115		Senior I K - 20	30	01:58:05	03:17:33.20	03:18:13.45	+01:53:35	9:24	6.4
325	PRZYBYŁ Jolanta	2028	BIEGOLOGIA.PL / EASY RUNNERS	Masters K - 40	26	01:52:09	03:18:36.80	03:18:52.95	+01:54:14	9:27	6.3
326	SZULC Joanna	2031	ALBATROSY	Masters K - 40	27	01:59:42	03:20:06.70	03:20:33.15	+01:55:54	9:31	6.3
327	KUKUŁA Maciej	2096		Senior I M - 20	28	01:49:01	03:19:59.80	03:20:43.70	+01:56:05	9:31	6.3
328	KUKUŁA Patrycja	2097		Senior I K - 20	31	01:49:00	03:20:00.25	03:20:44.15	+01:56:05	9:31	6.3
329	KURDZIEL Tomasz	2144		Masters M - 40	54	01:52:38	03:20:15.35	03:20:55.90	+01:56:17	9:32	6.3
330	WALCZAK-WOJTKOWSKA Iwona	2173		Weteran K - 50	2	01:57:55	03:23:22.40	03:23:59.40	+01:59:21	9:41	6.2
331	PODSIADŁY Robert	2023	CHATA BIEGACZA K34	Weteran I M - 50	14	01:51:20	03:23:09.45	03:24:02.30	+01:59:23	9:40	6.2
332	ŚWIĄTEK Karolina	2198		Senior I K - 20	32	01:57:18	03:25:57.65	03:26:36.50	+02:01:58	9:48	6.1
333	ŚWIĄTEK Agnieszka	2199		Senior I K - 20	33	01:57:19	03:25:58.30	03:26:36.70	+02:01:58	9:48	6.1
334	KOTYSZ Katarzyna	2197	BBL OPOLE	Weteran K - 50	3	01:59:29	03:28:16.65	03:29:02.75	+02:04:24	9:55	6
335	RYNKOWSKA Magdalena	2176		Masters K - 40	28	02:01:18	03:29:33.15	03:29:57.00	+02:05:18	9:58	6
336	KRAWCZAK Karolina	2263	BIEGAM BO LUBIĘ GŁOGÓW	Senior I K - 20	34	01:52:24	03:29:43.95	03:30:09.10	+02:05:30	9:59	6
337	KACZMAREK Agata	2034	TKD SZAKAL JEŻYCE RUNNERS	Masters K - 40	29	02:07:27	03:29:55.25	03:30:22.05	+02:05:43	9:59	6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
338	MUSZYŃSKI Wojciech	2205		Masters M - 40	55	01:57:58	03:29:54.35	03:30:44.25	+02:06:05	9:59	6
339	KACZYŃSKI Michał	2228	MEGAVISION	Masters M - 40	56	01:56:54	03:31:00.90	03:31:44.50	+02:07:06	10:02	6
340	MICHALSKA Małgorzata	2066	FUDU&CO. SPORT TEAM	Masters K - 40	30	01:59:58	03:31:54.00	03:32:08.30	+02:07:29	10:05	5.9
341	ZAGROBELNA Magdalena	2116	DRUŻYNA SZPIKU	Senior II K - 30	63	02:12:41	03:35:50.75	03:36:21.20	+02:11:42	10:16	5.8
342	KUCZAKOWSKA Joanna	2399	BIEGOWE MISIE	Senior II K - 30	64	01:58:33	03:36:24.55	03:36:39.75	+02:12:01	10:18	5.8
343	KRUZEL Rafał	2398	BIEGOWE MISIE	Masters M - 40	57	01:58:28	03:36:24.30	03:36:40.10	+02:12:01	10:18	5.8
344	HRYŃKA Tomek	2397		Masters M - 40	58	01:58:35	03:36:46.95	03:37:02.85	+02:12:24	10:19	5.8
345	ZAJDLIC Renata	2172		Masters K - 40	31	02:10:56	03:37:10.35	03:37:30.40	+02:12:52	10:20	5.8
346	STRZELECKI Artur	2408		Weteran I M - 50	15	02:07:25	03:37:06.30	03:37:32.05	+02:12:53	10:20	5.8
347	CHROMIŃSKI Maciej	2032	BRAK	Senior II M - 30	106	01:56:57	03:37:05.20	03:37:40.60	+02:13:02	10:20	5.8
348	REJMISZ Rafał	2348	UNIMAT RUNNERS	Weteran I M - 50	16	02:01:19	03:38:22.85	03:38:39.30	+02:14:00	10:23	5.8
349	KACZMARKIEWICZ Krzysztof	2278	ITAKA STUDIO FILMOE	Weteran I M - 50	17	01:57:03	03:38:41.90	03:38:48.80	+02:14:10	10:24	5.8
350	CHOJNOWSKA Monika	2131	BIEGAM BO LUBIĘ ZĄBKITEAM	Senior II K - 30	65	02:02:35	03:38:36.45	03:39:11.50	+02:14:33	10:24	5.8
351	KUKLIŃSKA Joanna	2294		Weteran K - 50	4	02:06:42	03:40:52.85	03:41:31.45	+02:16:53	10:31	5.7
352	ROSZAK Romana	2100	KURACJUSZE	Senior II K - 30	66	02:05:34	03:42:43.30	03:42:50.00	+02:18:11	10:36	5.7
353	SOSULSKA Janina	2238	ATHLETICS NYSA	Weteran K - 50	5	02:12:27	03:44:04.00	03:44:50.25	+02:20:11	10:40	5.6
354	POMIANOWSKA Anna	2107		Senior II K - 30	67	01:58:45	03:44:05.00	03:44:50.30	+02:20:11	10:40	5.6
355	SPOZ Magdalena	2039	TKD SZAKAL JEŻYCE RUNNERS	Masters K - 40	32	02:07:27	03:49:06.25	03:49:32.40	+02:24:54	10:54	5.5
356	KUTNA Agnieszka	2101		Senior II K - 30	68	02:12:41	03:59:15.40	03:59:44.65	+02:35:06	11:23	5.3
357	JUSZKO Monika	2225		Masters K - 40	33	02:09:51	04:04:48.80	04:05:20.55	+02:40:42	11:39	5.1
358	JUSZKO Aleksandra	2226		Senior I K - 20	35	02:09:52	04:05:06.75	04:05:38.30	+02:40:59	11:40	5.1
359	GORGOL Renia	2342		Masters K - 40	34	02:20:00	04:24:55.30	04:25:37.85	+03:00:59	12:36	4.8
360	ANDRYSZAK Karolina	2341	#TEAMFARFALLA	Masters K - 40	35	02:20:04	04:24:55.75	04:25:38.50	+03:01:00	12:36	4.8
361	NOWICKI Amdrzej	2256	ZJEDNOCZENI ZWYCIĘZAMY	Masters M - 40	59	02:20:11	04:31:02.00	04:31:40.90	+03:07:02	12:54	4.6
	TOWAROWSKI Andrzej	2264		Masters M - 40		01:46:25 DNF	DNF	DNF	-	-	-
	POLUS Magdalena	2141		Senior II K - 30		DNF	DNF	DNF	-	-	-
	CORREIA Andre	2272	QVC RUNNERS	Senior I M - 20		DNF	DNF	DNF	-	-	-
	SZKWAREK Adrian	2118		Senior II M - 30		DNF	DNF	DNF	-	-	-
	KIERZKOWSKI Przemysław	2142		Senior II M - 30		DNF	DNF	DNF	-	-	-
	BANASZEK Adam	2393	BIEGUSIEM.PL	Senior II M - 30		DNF	DNF	DNF	-	-	-

Znaleziono 367 wynik(ów)