



1/2 MARATON BABIA GÓRA

B4SPORT

Wydarzenie: GRIVEL ULTRAMARATON BABIA GÓRA
Organizator: KOZICA Fundacja Biegów Górskich
Data: 2018-06-09
Miejsce: Babia Góra
Dystans: 23.5 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P3_Babia 9km	P5_Markowe 17.6km	Czas netto 23.5km	Czas brutto 23.5km	Różn	Tempo min/km	Tempo km/h
1	MAREK Dariusz	664	ALPIN SPORT TEAM	M1	1	01:03:59	01:50:40	02:17:33.55	02:17:34.10		5:51	10.2 (100%)
2	DUDZIK Robert	429	LIMANOVA HOTEL	M1	2	01:12:20	02:02:52	02:30:16.55	02:33:12.20	+00:15:38 (10.2%)	6:23	9.4 (92.2%)
3	STARZAK Paweł	527		M1	3	01:09:23	02:04:15	02:35:20.80	02:35:25.80	+00:17:51 (11.5%)	6:36	9.1 (89.2%)
4	MIERZEŃSKI Bartosz	653	PRZYMIERZE ŁOSIA	M1	4	01:13:16	02:06:10	02:35:55.45	02:35:56.60	+00:18:22 (11.8%)	6:38	9 (88.2%)
5	WOLCZKO Grzegorz	632		M2	1	01:15:34	02:12:39	02:46:32.60	02:46:32.90	+00:28:58 (17.4%)	7:05	8.5 (83.3%)
6	PETA Rafał	658	MARCIN ŚWIERC TEAM	M2	2	01:20:24	02:20:24	02:53:12.50	02:53:14.00	+00:35:39 (20.6%)	7:22	8.1 (79.4%)
7	MARCIN Goleń	593	DA STYGMATYK	M1	5	01:17:25	02:19:19	02:54:44.35	02:54:48.15	+00:37:14 (21.3%)	7:26	8.1 (79.4%)
8	BĘBENEK Marek	592	TKKF UKLEJNA	M2	3	01:17:23	02:19:22	02:55:16.15	02:55:16.70	+00:37:42 (21.5%)	7:27	8 (78.4%)
9	PASIEKA Przemysław	442	PO ROBOCIE	M2	4	01:20:49	02:21:19	02:57:58.20	02:58:02.70	+00:40:28 (22.7%)	7:34	7.9 (77.5%)
10	DYREK Mateusz	522		M2	5	01:22:56	02:24:30	02:59:52.20	02:59:54.20	+00:42:20 (23.5%)	7:39	7.8 (76.5%)
11	KLONOWSKI Kamil	481		M1	6	01:20:42	02:24:31	03:01:27.60	03:01:28.00	+00:43:53 (24.2%)	7:43	7.8 (76.5%)
12	KRYCZKA Krzysztof	504		M1	7	01:22:51	02:25:19	03:02:02.05	03:02:05.20	+00:44:31 (24.4%)	7:44	7.7 (75.5%)
13	TURCHAN Łukasz	500		M1	8	01:24:36	02:27:15	03:02:51.80	03:02:54.25	+00:45:20 (24.8%)	7:46	7.7 (75.5%)
14	ZARZYCKI Marcin	464	BIO-REH TEAM	M1	9	01:22:19	02:26:22	03:03:43.10	03:03:52.55	+00:46:18 (25.2%)	7:49	7.7 (75.5%)
15	KOCIOŁEK Witold	461	RUNONLINE.PL TEAM	M2	6	01:27:03	02:30:38	03:05:02.85	03:05:04.65	+00:47:30 (25.7%)	7:52	7.6 (74.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P3_Babia 9km	P5_Markowe 17.6km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 23.5km	brutto 23.5km			
16	RAJSKI Rafal	556	WARTKIE KIYRPCE	M1	10	01:25:44	02:29:43	03:06:44.00	03:06:45.10	+00:49:11 (26.3%)	7:56	7.6 (74.5%)
17	PABIS Szymon	407		M1	11	01:24:52	02:31:12	03:08:11.00	03:08:13.45	+00:50:39 (26.9%)	8:00	7.5 (73.5%)
18	HOŁUJ Bartłomiej	450		M1	12	01:20:48	02:27:06	03:09:31.25	03:09:33.55	+00:51:59 (27.4%)	8:03	7.4 (72.5%)
19	GOLIŃSKI Michał	510		M2	7	01:22:10	02:30:09	03:10:43.30	03:10:45.55	+00:53:11 (27.9%)	8:06	7.4 (72.5%)
20	MEJKA Małgorzata	553		K1	1	01:21:59	02:28:27	03:11:35.35	03:11:40.50	+00:54:06 (28.2%)	8:09	7.4 (72.5%)
21	POPIOŁEK Maciek	448		M1	13	01:24:46	02:36:19	03:11:46.55	03:11:47.65	+00:54:13 (28.3%)	8:09	7.4 (72.5%)
22	PIÓRKOWSKI Tomasz	430	BISKUPICE FAMILY TEAM	M2	8	01:29:33	02:36:05	03:12:12.80	03:12:13.85	+00:54:39 (28.4%)	8:10	7.3 (71.6%)
23	DANIELAK Tomasz	452	PIORUN	M1	14	01:29:40	02:33:08	03:13:02.90	03:13:06.80	+00:55:32 (28.8%)	8:12	7.3 (71.6%)
24	MERTA Przemek	662		M2	9	01:27:33	02:35:58	03:13:20.40	03:13:35.40	+00:56:01 (28.9%)	8:13	7.3 (71.6%)
25	FILIPEK Wojciech	642	OPTIM TRAVEL	M3	1	01:25:50	02:33:08	03:14:41.05	03:14:46.05	+00:57:11 (29.4%)	8:17	7.2 (70.6%)
26	TABACKI Daniel	574	AZS UE KATOWICE	M1	15	01:25:12	02:33:34	03:15:18.35	03:15:22.85	+00:57:48 (29.6%)	8:18	7.2 (70.6%)
27	MAŚLANKIEWICZ Dawid	532	POSITIVE ENERGY	M1	16	01:27:12	02:35:59	03:16:27.60	03:16:40.30	+00:59:06 (30.1%)	8:21	7.2 (70.6%)
28	ISKRZYCKI Andrzej	503		M2	10	01:30:17	02:37:25	03:16:48.10	03:16:52.50	+00:59:18 (30.1%)	8:22	7.2 (70.6%)
29	PRYJDA Tomasz	644		M1	17	01:16:37	02:32:27	03:17:02.65	03:17:02.65	+00:59:28 (30.2%)	8:23	7.2 (70.6%)
30	MAGNUCKI Adam	652		M1	18	01:29:25	02:41:36	03:17:17.70	03:17:18.50	+00:59:44 (30.3%)	8:23	7.1 (69.6%)
31	ZAWADZKI Piotr	557		M2	11	01:30:32	02:41:31	03:17:52.75	03:17:56.30	+01:00:22 (30.5%)	8:25	7.1 (69.6%)
32	STĘPIEŃ Małgorzata	416	FC PO 40-TCE	K1	2	01:34:44	02:43:15	03:19:00.20	03:19:02.95	+01:01:28 (30.9%)	8:28	7.1 (69.6%)
33	PIEGZA Jakub	419	MOŻE KIEDYŚ	M1	19	01:29:26	02:40:22	03:19:56.45	03:20:10.40	+01:02:36 (31.3%)	8:30	7.1 (69.6%)
34	WIDZIAK Piotr	454	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M2	12	01:32:58	02:43:00	03:20:28.50	03:20:51.95	+01:03:17 (31.5%)	8:31	7 (68.6%)
35	LEJA Wojciech	596	DA STYGMATYK	M1	20	01:29:26	02:39:33	03:21:02.25	03:21:06.65	+01:03:32 (31.6%)	8:33	7 (68.6%)
36	BIERNAT Jakub	567	WISEŁKA	M2	13	01:34:19	02:45:39	03:22:37.30	03:22:39.55	+01:05:05 (32.1%)	8:37	7 (68.6%)
37	DRESZER Damian	405		M1	21	01:29:47	02:41:36	03:22:54.75	03:22:59.15	+01:05:25 (32.2%)	8:38	6.9 (67.6%)
38	CHRAPEK Paweł	575	GATO NEGRO	M2	14	01:31:56	02:43:17	03:23:08.00	03:23:21.80	+01:05:47 (32.4%)	8:38	6.9 (67.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P3_Babia 9km	P5_Markowe 17.6km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 23.5km	brutto 23.5km			
39	OLIWA Edward	526	-	M3	2	01:30:08	02:42:57	03:23:20.40	03:23:21.90	+01:05:47 (32.4%)	8:39	6.9 (67.6%)
40	CIESLAR Urszula	643	DG CROSS	K1	3	01:39:02	02:47:17	03:23:42.15	03:23:43.80	+01:06:09 (32.5%)	8:40	6.9 (67.6%)
41	ZIELIŃSKA Kinga	649		K1	4	01:30:28	02:44:13	03:24:41.65	03:24:45.95	+01:07:11 (32.8%)	8:42	6.9 (67.6%)
42	FORJASZ Przemysław	487		M2	15	01:35:32	02:46:25	03:24:39.20	03:24:54.50	+01:07:20 (32.9%)	8:42	6.9 (67.6%)
43	DZIOBOŃ Piotr	561	WARTKIE KIYRPCE	M1	22	01:31:44	02:44:32	03:25:21.55	03:25:23.35	+01:07:49 (33.0%)	8:44	6.9 (67.6%)
44	GOSTOMSKA Katarzyna	530	CO CHCESZ TOMASZ	K1	5	01:35:37	02:46:38	03:26:48.75	03:26:50.15	+01:09:16 (33.5%)	8:48	6.8 (66.7%)
45	MAREK Sławomir	460	NIGHT RUNNERS	M1	23	01:32:08	02:46:59	03:29:07.40	03:29:14.25	+01:11:40 (34.3%)	8:53	6.7 (65.7%)
46	WIĘCŁAWSKI Michał	516	WAGA CIĘŻKA	M2	16	01:31:08	02:48:32	03:29:52.35	03:29:54.00	+01:12:19 (34.5%)	8:55	6.7 (65.7%)
47	DZIEDZIC Krzysztof	467		M2	17	01:33:45	02:49:47	03:29:41.75	03:30:02.75	+01:12:28 (34.5%)	8:55	6.7 (65.7%)
48	KULAWIK Bartosz	607		M2	18	01:31:32	02:46:57	03:30:27.15	03:30:28.25	+01:12:54 (34.6%)	8:57	6.7 (65.7%)
49	PEPIAK-WIŚNIEWSKI Rafał	414		M2	19	01:34:48	02:46:18	03:30:34.50	03:30:54.70	+01:13:20 (34.8%)	8:57	6.7 (65.7%)
50	KOCOŃ Rafał	655	ROAD MARATON	M1	24		02:50:48	03:31:06.05	03:31:25.85	+01:13:51 (34.9%)	8:58	6.7 (65.7%)
51	SZURMA Monika	617		K1	6	01:39:31	02:50:51	03:31:06.70	03:31:26.10	+01:13:52 (34.9%)	8:59	6.7 (65.7%)
52	ROMAŃSKI Grzegorz	456		M2	20	01:32:51	02:48:49	03:32:47.35	03:32:49.00	+01:15:14 (35.4%)	9:03	6.6 (64.7%)
53	ZWOLENKIEWICZ Sławomir	513	KOLEGIUM SĘDZIÓW OZPN	M2	21	01:31:51	02:47:44	03:33:01.60	03:33:05.10	+01:15:31 (35.4%)	9:03	6.6 (64.7%)
54	KUBIAK Karolina	636	EXCALIBUR	K2	1	01:38:49	02:51:27	03:32:57.10	03:33:08.90	+01:15:34 (35.5%)	9:03	6.6 (64.7%)
55	DOLATA Michał	595		M1	25	01:32:52	02:44:06	03:35:08.25	03:35:20.60	+01:17:46 (36.1%)	9:09	6.6 (64.7%)
56	SWAT Damian	451		M1	26	01:29:43	02:50:14	03:36:35.25	03:36:39.65	+01:19:05 (36.5%)	9:12	6.5 (63.7%)
57	LEMAŃSKI Arkadiusz	660		M2	22	01:38:10	02:55:24	03:37:36.25	03:37:44.40	+01:20:10 (36.8%)	9:15	6.5 (63.7%)
58	JURASZEK Mariusz	618	KW BB	M1	27	01:31:49	02:56:39	03:37:42.05	03:37:51.50	+01:20:17 (36.9%)	9:15	6.5 (63.7%)
59	MADEJ Jan	408		M2	23	01:36:19	02:54:11	03:38:39.50	03:38:42.70	+01:21:08 (37.1%)	9:18	6.4 (62.7%)
60	POŁOWCZUK Krzysztof	560		M1	28	01:37:37	02:54:06	03:38:35.65	03:38:43.10	+01:21:09 (37.1%)	9:18	6.5 (63.7%)
61	MUSZAŃSKA Alicja	528	UKS ASW JASŁO	K2	2	01:45:48	02:58:12	03:39:02.20	03:39:20.35	+01:21:46 (37.3%)	9:19	6.4 (62.7%)

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								netto 23.5km	brutto 23.5km			
62	FILIPIAK Jarosław	589	SSW TEAM KROŚNICE	M1	29	01:32:06	02:55:16	03:39:26.20	03:39:27.25	+01:21:53 (37.3%)	9:20	6.4 (62.7%)
63	DURA Przemysław	633	DOBCZYCKI KLUB BIEGACZA	M2	24	01:43:38	02:59:14	03:40:08.70	03:40:13.55	+01:22:39 (37.5%)	9:22	6.4 (62.7%)
64	GARDULSKA-BOTOR Katarzyna	669		K2	3	01:37:36	02:58:14	03:41:26.85	03:41:32.60	+01:23:58 (37.9%)	9:25	6.4 (62.7%)
65	KRASINSKI Marcin	443	WOODWARD RUNNERS	M2	25	01:41:52	02:59:47	03:41:50.30	03:41:51.95	+01:24:17 (38.0%)	9:26	6.4 (62.7%)
66	MUCHA Grażyna	440		K2	4	01:42:58	02:59:56	03:41:52.75	03:42:13.55	+01:24:39 (38.1%)	9:26	6.4 (62.7%)
67	KELLER-MISIARZ Natalia	550		K1	7	01:41:23	03:00:05	03:42:14.70	03:42:24.15	+01:24:50 (38.1%)	9:27	6.3 (61.8%)
68	WYGANOWSKI Dariusz	457		M2	26	01:35:39	02:55:31	03:42:14.50	03:42:26.15	+01:24:52 (38.2%)	9:27	6.3 (61.8%)
69	FRANKIEWICZ Ryszard	478	GMINA STRZELCE OPOLSKIE	M2	27	01:44:27	02:58:55	03:42:44.35	03:42:47.90	+01:25:13 (38.3%)	9:28	6.3 (61.8%)
70	NOWICKI Kamil	566		M1	30	01:44:15	03:02:45	03:42:58.40	03:43:03.40	+01:25:29 (38.3%)	9:29	6.3 (61.8%)
71	KOZERA Bartłomiej	402	ZABIERZÓW BIEGA	M1	31	01:40:48	03:00:54	03:43:26.30	03:43:32.35	+01:25:58 (38.5%)	9:30	6.3 (61.8%)
72	PLEBAN Małgorzata	409		K1	8	01:43:16	03:02:51	03:43:45.15	03:43:53.10	+01:26:19 (38.6%)	9:31	6.3 (61.8%)
73	KRÓL Łukasz	514		M1	32	01:43:24	03:02:15	03:45:58.60	03:46:13.30	+01:28:39 (39.2%)	9:36	6.2 (60.8%)
74	KUBAT Michał	498	GDÓW PROUD RUNNERS	M2	28	01:45:37	03:03:43	03:46:33.45	03:46:47.10	+01:29:13 (39.3%)	9:38	6.2 (60.8%)
75	BUCZEK Magda	585		K1	9	01:41:35	03:02:45	03:46:49.95	03:46:56.55	+01:29:22 (39.4%)	9:39	6.2 (60.8%)
76	MAJNUSZ Jakub	489	PODRÓŻUJ Z POMPONAMI	M1	33	01:36:47	02:57:57	03:47:21.90	03:47:43.60	+01:30:09 (39.6%)	9:40	6.2 (60.8%)
77	BARCHAŃSKI Jakub	637	JA I MÓJ JJ	M1	34	01:46:04	03:06:05	03:48:45.15	03:48:55.05	+01:31:20 (39.9%)	9:44	6.2 (60.8%)
78	SIKORSKI Dariusz	436	INSERT TEAM	M2	29	01:41:33	03:04:03	03:48:54.50	03:49:10.65	+01:31:36 (40.0%)	9:44	6.2 (60.8%)
79	TRZCIONKA Justyna	438	BIEGANIE GÓRY LAS BŁOTO	K1	10	01:45:34	03:06:09	03:49:18.25	03:49:22.35	+01:31:48 (40.0%)	9:45	6.1 (59.8%)
80	KAŻMIERCZAK Wojciech	400		M1	35	01:40:56	03:01:36	03:50:12.00	03:50:30.50	+01:32:56 (40.3%)	9:47	6.1 (59.8%)
81	ŚLIŹ Piotr	447		M2	30	01:36:36	03:00:00	03:50:58.05	03:51:05.25	+01:33:31 (40.5%)	9:49	6.1 (59.8%)
82	ŚLIŹ Lucyna	446	KUŹNIA TRIATHLONU	K2	5	01:36:33	03:00:01	03:50:59.55	03:51:05.50	+01:33:31 (40.5%)	9:49	6.1 (59.8%)
83	KROKOSZ Paweł	473	KENYANRUNNERS	M1	36	01:31:59	02:58:19	03:51:10.70	03:51:14.05	+01:33:39 (40.5%)	9:50	6.1 (59.8%)
84	FRANICA Krystian	507	FORMAWODZISLAW	M1	37	01:52:02	03:09:36	03:51:08.45	03:51:27.75	+01:33:53 (40.6%)	9:50	6.1 (59.8%)

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								netto 23.5km	brutto 23.5km			
85	NAJDER Andrzej	665	BEER CITY	M2	31	01:38:51	03:02:43	03:52:14.30	03:52:19.00	+01:34:44 (40.8%)	9:52	6.1 (59.8%)
86	ADAMCZYK Łukasz	638		M1	38	01:45:05	03:04:30	03:52:27.90	03:52:46.45	+01:35:12 (40.9%)	9:53	6.1 (59.8%)
87	MAŚLANKIEWICZ Bartłomiej	531	POSITIVE ENERGY	M1	39	01:41:00	03:08:26	03:54:15.55	03:54:27.50	+01:36:53 (41.3%)	9:58	6 (58.8%)
88	FIGZAŁ Leszek	427		M3	3	01:38:35	03:06:14	03:55:47.85	03:55:50.80	+01:38:16 (41.7%)	10:02	6 (58.8%)
89	BEDNARZ Sebastian	431	OTM.B	M2	32	01:41:22	03:05:04	03:56:36.85	03:56:44.75	+01:39:10 (41.9%)	10:04	6 (58.8%)
90	BEDNARZ Małgorzata	640	OTM. B	K2	6	01:41:09	03:05:01	03:56:36.10	03:56:45.10	+01:39:11 (41.9%)	10:04	6 (58.8%)
91	BASTA Adrian	581		M1	40	01:43:16	03:07:23	03:56:44.25	03:56:54.95	+01:39:20 (41.9%)	10:04	6 (58.8%)
92	ZAJĄC Przemysław	582		M1	41	01:41:02	03:08:32	03:57:21.75	03:57:28.65	+01:39:54 (42.1%)	10:06	5.9 (57.8%)
93	TURCHAN Michał	493		M1	42	01:37:02	03:05:36	03:58:31.45	03:58:33.70	+01:40:59 (42.3%)	10:08	5.9 (57.8%)
94	GADAJ Grzegorz	471	RADLINIOKI W BIEGU	M1	43	01:42:06	03:14:22	03:58:27.60	03:58:34.00	+01:40:59 (42.3%)	10:08	5.9 (57.8%)
95	GRZYB Marta	651	MIG	K1	11	01:54:33	03:16:03	03:58:32.05	03:58:36.65	+01:41:02 (42.3%)	10:09	5.9 (57.8%)
96	SLIWINSKI Jakub	603		M1	44	01:39:28	03:07:34	03:58:25.55	03:58:41.60	+01:41:07 (42.4%)	10:08	5.9 (57.8%)
97	PIÓRKOWSKA Ola	428	BISKUPICE FAMILY TEAM	K2	7	01:49:23	03:15:02	03:58:42.50	03:58:43.35	+01:41:09 (42.4%)	10:09	5.9 (57.8%)
98	DURCZOK Damian	667		M1	45	01:49:29	03:14:34	03:59:01.30	03:59:05.10	+01:41:31 (42.5%)	10:10	5.9 (57.8%)
99	MIKA Grzegorz	517	PKO BANK POLSKI	M2	33	01:40:09	03:08:21	03:58:49.00	03:59:05.70	+01:41:31 (42.5%)	10:09	5.9 (57.8%)
100	BĄK Artur	449	FC PO 40TCE	M2	34	01:43:06	03:08:30	04:00:01.60	04:00:06.70	+01:42:32 (42.7%)	10:12	5.9 (57.8%)
101	PIĘTA Piotr	475	OSTROBIEC	M2	35	01:42:42	03:08:33	04:01:49.50	04:02:02.50	+01:44:28 (43.2%)	10:17	5.8 (56.9%)
102	ZAGUBIEN Dominik	605		M2	36	01:49:17	03:11:30	04:02:15.50	04:02:34.30	+01:45:00 (43.3%)	10:18	5.8 (56.9%)
103	CZEREPAK Krzysztof	496	KRZYSZTOF CZEREPAK	M1	46	01:40:52	03:13:47	04:02:58.00	04:03:06.10	+01:45:32 (43.4%)	10:20	5.8 (56.9%)
104	MAJEWSKA Kasia	542		K1	12	01:55:48	03:19:22	04:02:56.75	04:03:11.55	+01:45:37 (43.4%)	10:20	5.8 (56.9%)
105	MARZEC Artur	501		M2	37	01:54:22	03:19:07	04:02:44.90	04:03:12.00	+01:45:37 (43.4%)	10:19	5.8 (56.9%)
106	ZYCH Katarzyna	479	#DOPORZYGU	K1	13	01:49:45	03:18:09	04:03:22.55	04:03:26.25	+01:45:52 (43.5%)	10:21	5.8 (56.9%)
107	DURACZ Daniel	540		M2	38	01:42:56	03:07:04	04:03:56.65	04:04:00.35	+01:46:26 (43.6%)	10:22	5.8 (56.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P3_Babia 9km	P5_Markowe 17.6km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 23.5km	brutto 23.5km			
108	HEDA Sebastian	650		M2	39	01:31:25	03:21:11	04:04:20.95	04:04:31.00	+01:46:56 (43.7%)	10:23	5.8 (56.9%)
109	WÓJCIK Zbigniew	570		M1	47	01:47:02	03:14:53	04:04:24.35	04:04:42.05	+01:47:07 (43.8%)	10:24	5.8 (56.9%)
110	BOHM Jacek	626	BRAK	M3	4	01:44:56	03:14:14	04:04:40.45	04:04:54.10	+01:47:20 (43.8%)	10:24	5.8 (56.9%)
111	WOJDYŁA Paweł	529	UNLIMITED SPORT & LIFESTYLE	M1	48	01:45:15	03:14:52	04:04:36.60	04:04:54.95	+01:47:20 (43.8%)	10:24	5.8 (56.9%)
112	STAŚ Jakub	546		M1	49	01:46:27	03:17:53	04:05:04.60	04:05:20.15	+01:47:46 (43.9%)	10:25	5.8 (56.9%)
113	PIOTROWICZ Sławomir	548		M1	50	01:45:12	03:17:19	04:05:24.90	04:05:30.00	+01:47:55 (44.0%)	10:26	5.7 (55.9%)
114	MOSÓR Mariusz	573	LISY PUSTYNI	M2	40	01:41:39	03:12:50	04:05:50.55	04:05:56.20	+01:48:22 (44.1%)	10:27	5.7 (55.9%)
115	KMIECIAK Marlena	502		K1	14	01:45:24	03:15:00	04:06:28.95	04:06:36.15	+01:49:02 (44.2%)	10:29	5.7 (55.9%)
116	PODOLAK Aleksander	598		M1	51	01:44:56	03:16:40	04:08:19.20	04:08:28.90	+01:50:54 (44.6%)	10:34	5.7 (55.9%)
117	KWAŚNIEWSKI Dominik	505		M2	41	01:51:04	03:20:02	04:09:30.80	04:09:45.60	+01:52:11 (44.9%)	10:37	5.7 (55.9%)
118	DWORNIK Małgorzata	403		K1	15	01:54:07	03:23:25	04:11:00.35	04:11:12.10	+01:53:38 (45.2%)	10:40	5.6 (54.9%)
119	SZYMAŃSKA Edyta	519		K1	16	02:04:42	03:29:37	04:11:13.25	04:11:24.70	+01:53:50 (45.3%)	10:41	5.6 (54.9%)
120	SKWARNECKI Damian	482		M2	42	01:53:00	03:25:50	04:11:26.05	04:11:40.25	+01:54:06 (45.3%)	10:41	5.6 (54.9%)
121	DYREK Marcin	656		M1	52	01:53:45	03:22:34	04:11:42.70	04:11:53.30	+01:54:19 (45.4%)	10:42	5.6 (54.9%)
122	GOMÓŁKA Agata	439		K1	17	01:49:53	03:19:18	04:12:06.25	04:12:17.10	+01:54:43 (45.5%)	10:43	5.6 (54.9%)
123	MURZYN Krysia	613	DOBCZYCKI KLUB BIEGACZA	K2	8	01:49:29	03:19:21	04:12:06.50	04:12:17.35	+01:54:43 (45.5%)	10:43	5.6 (54.9%)
124	JABŁOŃSKA Dorota	597	OUTDOOR TRAINING	K1	18	01:53:12	03:27:46	04:12:43.50	04:12:50.80	+01:55:16 (45.6%)	10:45	5.6 (54.9%)
125	KORZENIOWSKI Mateusz	559		M1	53	01:53:45	03:21:14	04:13:18.90	04:13:26.50	+01:55:52 (45.7%)	10:46	5.6 (54.9%)
126	ŁATKA Wojciech	576		M2	43	01:44:54	03:19:30	04:13:20.45	04:13:26.80	+01:55:52 (45.7%)	10:46	5.6 (54.9%)
127	WRAGA Andrzej	661		M2	44	01:49:53		04:14:14.35	04:14:14.35	+01:56:40 (45.9%)	10:49	5.5 (53.9%)
128	BŁAŻEJOWSKI Krzysztof	472		M3	5	01:57:43	03:28:26	04:14:19.10	04:14:24.85	+01:56:50 (45.9%)	10:49	5.5 (53.9%)
129	FERENC Paweł	508		M1	54	01:49:46	03:20:26	04:14:19.15	04:14:33.65	+01:56:59 (46.0%)	10:49	5.5 (53.9%)
130	ZIĘBA Anna	415	PORANNY PATROL	K2	9	01:54:21	03:27:48	04:14:18.15	04:14:37.85	+01:57:03 (46.0%)	10:49	5.5 (53.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P3_Babia 9km	P5_Markowe 17.6km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 23.5km	brutto 23.5km			
131	MERTAS Dominik	435		M2	45	01:51:28	03:24:01	04:14:45.10	04:15:06.45	+01:57:32 (46.1%)	10:50	5.5 (53.9%)
132	STARZYK Ewa	410		K2	10	01:54:18	03:27:49	04:16:45.10	04:16:48.25	+01:59:14 (46.4%)	10:55	5.5 (53.9%)
133	SKROBISZ Anna	564		K1	19	02:03:08	03:32:00	04:17:20.35	04:17:27.70	+01:59:53 (46.6%)	10:57	5.5 (53.9%)
134	MAZIAKOWSKI Adam	485		M1	55	01:58:47	03:31:51	04:17:11.75	04:17:28.40	+01:59:54 (46.6%)	10:56	5.5 (53.9%)
135	GEŁCZEWSKI Adam	523	ZAJĄC POZIOMKA	M1	56	01:44:07	03:19:40	04:17:57.65	04:18:05.50	+02:00:31 (46.7%)	10:58	5.5 (53.9%)
136	ZATORSKI Andrzej	623		M3	6	02:06:51	03:38:11	04:18:45.50	04:19:05.35	+02:01:31 (46.9%)	11:00	5.4 (52.9%)
137	MARZEC Wojciech	602	GÓRALSKIE ZAKAPIORKI	M2	46	01:51:45	03:24:42	04:19:05.20	04:19:25.30	+02:01:51 (47.0%)	11:01	5.4 (52.9%)
138	WASIAK Tomasz	568	RAZEM TRENUJEMY SPORT	M2	47	01:54:34	03:29:34	04:20:58.15	04:21:11.20	+02:03:37 (47.3%)	11:06	5.4 (52.9%)
139	BARTOSIŃSKA Katarzyna	534	DZIK Z DUSZĄ SARENKI	K1	20	02:00:45	03:33:49	04:21:33.95	04:21:42.20	+02:04:08 (47.4%)	11:07	5.4 (52.9%)
140	SULICH Michał	535	BRACIA Z MŁYNA	M1	57	02:00:41	03:33:47	04:21:33.90	04:21:43.20	+02:04:09 (47.4%)	11:07	5.4 (52.9%)
141	GONCIARZ Karol	455	CHRUM TEAM	M1	58	01:51:59	03:30:38	04:21:59.20	04:22:01.15	+02:04:27 (47.5%)	11:08	5.4 (52.9%)
142	ZAWROTNIAK Arkadiusz	499		M1	59	01:42:56	03:21:19	04:23:12.60	04:23:21.50	+02:05:47 (47.8%)	11:12	5.4 (52.9%)
143	ZAWROTNIAK Paweł	497		M1	60	01:43:23	03:21:20	04:23:14.35	04:23:21.55	+02:05:47 (47.8%)	11:12	5.4 (52.9%)
144	WILK Łukasz	541	WKURW_TEAM	M1	61	01:57:24	03:34:37	04:26:11.50	04:26:29.20	+02:08:55 (48.4%)	11:19	5.3 (52.0%)
145	SIELWONCZUK Agnieszka	614	OUTDOOR TRAINING	K2	11	01:53:05	03:31:59	04:28:46.35	04:28:52.70	+02:11:18 (48.8%)	11:26	5.2 (51.0%)
146	ZUBA Rafał	571	BLACK RIVER	M1	62	01:49:11	03:26:02	04:28:44.55	04:28:53.00	+02:11:18 (48.8%)	11:26	5.2 (51.0%)
147	CHOCHÓŁ Paweł	590	1974	M2	48	01:49:36	03:32:15	04:31:06.75	04:31:12.45	+02:13:38 (49.3%)	11:32	5.2 (51.0%)
148	MARCINIAK Agata	494		K2	12	02:00:34	03:40:56	04:31:08.60	04:31:22.00	+02:13:47 (49.3%)	11:32	5.2 (51.0%)
149	STEFANIAK Bożena	545	ROSZADA ŻORY	K2	13	02:02:12	03:36:06	04:31:35.55	04:31:57.85	+02:14:23 (49.4%)	11:33	5.2 (51.0%)
150	DAWIDOWSKA Joanna	579		K1	21	01:57:25	03:37:54	04:31:48.05	04:31:58.05	+02:14:23 (49.4%)	11:33	5.2 (51.0%)
151	DĄBROWSKI Michał	520	NASUCZAJ	M1	63	01:59:43	03:36:11	04:31:47.10	04:32:05.15	+02:14:31 (49.4%)	11:33	5.2 (51.0%)
152	HORBACZEWSKI Marek	525		M3	7	01:57:00	03:38:41	04:32:23.60	04:32:36.00	+02:15:01 (49.5%)	11:35	5.2 (51.0%)
153	POLAK Bogusława	616		K3	1	01:55:24	03:36:53	04:33:01.35	04:33:10.65	+02:15:36 (49.6%)	11:37	5.2 (51.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P3_Babia 9km	P5_Markowe 17.6km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 23.5km	brutto 23.5km			
154	KASKA Krzysztof	551	BUREAU VERITAS	M2	49	01:57:03	03:36:29	04:33:46.45	04:33:49.45	+02:16:15 (49.8%)	11:38	5.2 (51.0%)
155	TOMANEK Renata	622		K2	14	02:06:55	03:45:26	04:35:13.60	04:35:33.10	+02:17:59 (50.1%)	11:42	5.1 (50.0%)
156	PAPIERNIK Leszek	599	GÓRALSKIE ZAKAPIORKI	M2	50	02:02:39	03:44:03	04:35:16.65	04:35:36.85	+02:18:02 (50.1%)	11:42	5.1 (50.0%)
157	ŁATKA Dorota	544		K2	15	02:05:53	03:44:35	04:35:53.00	04:36:15.15	+02:18:41 (50.2%)	11:44	5.1 (50.0%)
158	SOBCZAK Karolina	639		K1	22	02:06:38	03:48:44	04:36:11.55	04:36:22.25	+02:18:48 (50.2%)	11:45	5.1 (50.0%)
159	BARANOWSKI Krzysztof	426		M1	64	02:00:37	03:38:29	04:36:22.75	04:36:29.60	+02:18:55 (50.2%)	11:45	5.1 (50.0%)
160	KASPRZYK-KUŹNIAK Michalina	659	WOMAN ON THE TRAILS	K2	16	02:09:18	03:46:14	04:37:08.60	04:37:13.60	+02:19:39 (50.4%)	11:47	5.1 (50.0%)
161	LEMIEC Agnieszka	647		K3	2	02:02:44	03:45:55	04:36:54.60	04:37:19.20	+02:19:45 (50.4%)	11:47	5.1 (50.0%)
162	GRZESIAK Rafał	401		M2	51	01:57:36	03:39:38	04:37:42.60	04:37:45.45	+02:20:11 (50.5%)	11:49	5.1 (50.0%)
163	KUJAWSKA Joanna	587	TEAM NABIEGOWKACH.PL	K2	17	02:02:43	03:43:42	04:40:56.05	04:41:10.85	+02:23:36 (51.1%)	11:57	5 (49.0%)
164	GÓRSKA Marta	588		K1	23	02:02:47	03:43:38	04:40:55.30	04:41:10.90	+02:23:36 (51.1%)	11:57	5 (49.0%)
165	GOLUBA Krzysztof	518		M2	52	01:57:13	03:43:58	04:41:04.80	04:41:21.15	+02:23:47 (51.1%)	11:57	5 (49.0%)
166	PRZYBYŁA Patrycja	536		K2	18	02:00:27	03:43:27	04:43:13.20	04:43:15.85	+02:25:41 (51.4%)	12:03	5 (49.0%)
167	KULIGA Marek	621		M1	65	02:03:17	03:42:55	04:42:51.80	04:43:16.80	+02:25:42 (51.4%)	12:02	5 (49.0%)
168	KULIGA Michał	620	EASYRUN RACIBÓRZ	M1	66	02:03:09	03:43:01	04:42:53.15	04:43:17.45	+02:25:43 (51.4%)	12:02	5 (49.0%)
169	WISTEL Kamil	469		M2	53	02:00:27	03:43:36	04:43:26.30	04:43:38.80	+02:26:04 (51.5%)	12:03	5 (49.0%)
170	BARGIEL Wojciech	563		M2	54	02:09:09	03:50:15	04:43:31.30	04:43:41.95	+02:26:07 (51.5%)	12:03	5 (49.0%)
171	STARZYK Sławek	512	ILAGO TEAM	M2	55	02:09:07	03:50:52	04:44:06.20	04:44:14.25	+02:26:40 (51.6%)	12:05	5 (49.0%)
172	KUCZEK Elżbieta	583		K2	19	02:18:11	03:54:21	04:45:14.65	04:45:25.65	+02:27:51 (51.8%)	12:08	4.9 (48.0%)
173	TORON Maciej	628		M1	67	02:02:43	03:58:12	04:45:07.75	04:45:31.10	+02:27:57 (51.8%)	12:08	4.9 (48.0%)
174	KOWALSKI Wojciech	577	POLKAS	M2	56	02:06:51	03:50:02	04:46:18.30	04:46:20.95	+02:28:46 (52.0%)	12:10	4.9 (48.0%)
175	KLUSKA Magdalena	483		K1	24	02:01:13	03:46:55	04:46:46.70	04:46:56.75	+02:29:22 (52.1%)	12:12	4.9 (48.0%)
176	TWOREK-KUCIA Monika	625		K2	20	02:06:05	03:51:08	04:46:43.55	04:47:05.85	+02:29:31 (52.1%)	12:12	4.9 (48.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P3_Babia 9km	P5_Markowe 17.6km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 23.5km	brutto 23.5km			
176	STACH Aneta	458		K2	21	02:06:08	03:51:09	04:46:43.40	04:47:05.85	+02:29:31 (52.1%)	12:12	4.9 (48.0%)
178	SKOKOWSKI Damian	609		M1	68	02:06:48	03:57:47	04:47:47.75	04:47:54.80	+02:30:20 (52.2%)	12:14	4.9 (48.0%)
179	KULIGA Ewa	619	EASYRUN RACIBÓRZ	K2	22	02:12:19	03:57:15	04:47:34.75	04:47:58.25	+02:30:24 (52.2%)	12:14	4.9 (48.0%)
180	SZCZYPEK Ola	641	SMT SZCZECIN	K1	25		03:57:42	04:52:21.90	04:52:26.60	+02:34:52 (53.0%)	12:26	4.8 (47.1%)
181	STEFANEK Arkadiusz	645		M2	57	02:18:53	03:58:37	04:52:36.10	04:52:50.10	+02:35:16 (53.0%)	12:27	4.8 (47.1%)
182	OTRĘBSKI Tomasz	492		M2	58	02:06:36	03:54:48	04:53:01.20	04:53:10.55	+02:35:36 (53.1%)	12:28	4.8 (47.1%)
183	STRZYŻ Ryszard	580	CHORZOWSKA GRUPA BIEGOWA	M2	59	02:08:50	03:55:58	04:53:31.70	04:53:49.60	+02:36:15 (53.2%)	12:29	4.8 (47.1%)
184	EWA Pasek	654		K2	23	02:11:49	04:00:55	04:56:45.25	04:57:02.20	+02:39:28 (53.7%)	12:37	4.8 (47.1%)
185	ŚWIERC Artur	466		M1	69	02:08:59	03:56:11	04:57:25.10	04:57:36.60	+02:40:02 (53.8%)	12:39	4.7 (46.1%)
186	CABAJ Rafal	480	BIEGUSIEM.PL	M2	60	02:15:05	04:06:59	05:00:13.90	05:00:24.00	+02:42:49 (54.2%)	12:46	4.7 (46.1%)
187	MACIUSZKO Wiesia	615	OUTDOOR TRAINING	K2	24	02:12:03	04:04:35	05:02:38.00	05:02:45.75	+02:45:11 (54.6%)	12:52	4.7 (46.1%)
188	KOWOLL Bronisław	506		M2	61	02:06:48	04:01:10	05:03:23.30	05:03:43.20	+02:46:09 (54.7%)	12:54	4.6 (45.1%)
189	LEMIESZ Marcin	562		M2	62	02:06:03	03:57:48	05:05:36.80	05:05:45.40	+02:48:11 (55.0%)	13:00	4.6 (45.1%)
190	MAZIAKOWSKI Krzysztof	486	MAZIAKOWSKI RUNNING TEAM	M2	63	02:15:27	04:07:33	05:07:03.20	05:07:20.75	+02:49:46 (55.2%)	13:03	4.6 (45.1%)
191	HARĘŻLAK Dorota	657		K2	25	02:08:47	04:05:32	05:07:29.90	05:07:38.65	+02:50:04 (55.3%)	13:05	4.6 (45.1%)
192	GMYREK Marek	578		M2	64	02:06:05	04:00:09	05:10:28.85	05:10:49.55	+02:53:15 (55.7%)	13:12	4.5 (44.1%)
193	SZCZEŚNIAK Michał	558		M2	65	02:23:51	04:13:41	05:13:40.80	05:14:06.70	+02:56:32 (56.2%)	13:20	4.5 (44.1%)
194	STOŁOWSKA Natalia	425		K2	26	02:14:13	04:10:38	05:14:41.30	05:14:58.55	+02:57:24 (56.3%)	13:23	4.5 (44.1%)
195	ZABIELEWICZ Mariusz	554		M1	70	02:23:48	04:13:43	05:15:23.20	05:15:48.90	+02:58:14 (56.4%)	13:25	4.5 (44.1%)
196	MATUSZEWSKA Małgorzata	663	RUNNER'S POWER	K2	27	02:10:10	04:21:51	05:16:41.45	05:16:46.75	+02:59:12 (56.6%)	13:28	4.5 (44.1%)
197	FRAĆKOWIAK Jacek	668	RUNNER'S POWER	M2	66	02:06:59	04:21:53	05:16:41.50	05:16:46.95	+02:59:12 (56.6%)	13:28	4.5 (44.1%)
198	KITA Ewa	611	BIEGAMDLAZDROWIA.PL	K3	3	02:12:51	04:14:52	05:16:55.40	05:17:11.45	+02:59:37 (56.6%)	13:29	4.4 (43.1%)
199	CHOMICZ Łukasz	441	KLUB BIEGACZA GLS	M1	71	02:17:00	04:07:43	05:17:46.30	05:17:59.45	+03:00:25 (56.7%)	13:31	4.4 (43.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P3_Babia 9km	P5_Markowe 17.6km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 23.5km	brutto 23.5km			
200	RZEPKA Daniel	610	GREENBUD	M2	67	02:33:51	04:21:52	05:17:48.60	05:18:02.40	+03:00:28 (56.7%)	13:31	4.4 (43.1%)
201	HERMAN Michał	220		M1	72	02:14:53	04:08:14	05:18:26.35	05:18:44.90	+03:01:10 (56.8%)	13:33	4.4 (43.1%)
202	MZYK Fabian	423	STS BIEGATON	M2	68	02:17:53	04:15:31	05:18:52.65	05:18:58.65	+03:01:24 (56.9%)	13:34	4.4 (43.1%)
203	OKRÓJ Dawid	547	DEAF RUNNING	M1	73	02:18:00	04:14:58	05:19:57.65	05:20:03.70	+03:02:29 (57.0%)	13:36	4.4 (43.1%)
204	JANIAK Aleksandra	543	WKURW_TEAM	K1	26	02:44:59	04:28:54	05:24:43.15	05:25:00.10	+03:07:26 (57.7%)	13:49	4.3 (42.2%)
205	CHOLEWA Dagmara	565	LISY PUSTYNI	K2	28	02:23:49	04:22:23	05:26:59.55	05:27:13.95	+03:09:39 (58.0%)	13:54	4.3 (42.2%)
206	KOSIBA-ŁUCZAK Katarzyna	627		K1	27	02:08:37	04:05:28	05:28:52.35	05:29:15.90	+03:11:41 (58.2%)	13:59	4.3 (42.2%)
207	KULIS Wojciech	629		M2	69	02:08:39	04:09:10	05:29:29.30	05:29:53.50	+03:12:19 (58.3%)	14:01	4.3 (42.2%)
208	WACHOWIAK Katarzyna	470	EUFORIABIEGACZA.PL	K2	29	02:31:12	04:28:15	05:36:22.55	05:36:25.55	+03:18:51 (59.1%)	14:18	4.2 (41.2%)
209	SKOKOWSKI Stanisław	608	AMATOR	M3	8	02:06:52	04:00:56	05:37:56.75	05:38:03.45	+03:20:29 (59.3%)	14:22	4.2 (41.2%)
210	FABROWICZ Katarzyna	417		K2	30	02:19:32	04:31:14	05:37:52.05	05:38:13.00	+03:20:38 (59.3%)	14:22	4.2 (41.2%)
211	BIERNAT- BARAN Iwona	612		K2	31	02:19:24	04:31:28	05:38:08.40	05:38:18.30	+03:20:44 (59.3%)	14:23	4.2 (41.2%)
212	JABŁONKA Elżbieta	572	KB SPARTAKUS	K2	32		04:30:38	05:39:24.75	05:39:38.00	+03:22:03 (59.5%)	14:26	4.2 (41.2%)
213	SPYRKA Wojtek	624		M2	70	02:34:12	04:28:59	05:39:27.05	05:39:43.40	+03:22:09 (59.5%)	14:26	4.2 (41.2%)
214	JASKÓŁA Katarzyna	549		K2	33	02:22:31	04:22:12	05:41:25.70	05:41:29.85	+03:23:55 (59.7%)	14:31	4.1 (40.2%)
215	ZEMŁA Krzysztof	418		M3	9	02:21:13	04:24:58	05:43:56.20	05:44:20.90	+03:26:46 (60.0%)	14:38	4.1 (40.2%)
216	BARAŃCZYK Ewa	434		K1	28	02:24:42	04:39:47	05:47:48.05	05:47:59.65	+03:30:25 (60.5%)	14:48	4.1 (40.2%)
217	WASIKOWSKA Karolina	604		K1	29	02:24:33	04:33:30	05:48:35.80	05:48:52.75	+03:31:18 (60.6%)	14:50	4 (39.2%)
218	CHYŁEK Agnieszka	422		K1	30	02:27:55	04:39:46	05:49:31.85	05:49:43.00	+03:32:08 (60.7%)	14:52	4 (39.2%)
219	KAIM Antoni	477		M3	10	02:37:59	04:49:35	05:52:50.50	05:52:59.20	+03:35:25 (61.0%)	15:00	4 (39.2%)
LIM	CICHOLSKA Anna	484		K2		02:32:29	04:45:33	06:01:00.30	06:01:15.55		-	- (0.0%)
LIM	STRZELCZYK Edyta	569	P+E	K2		02:29:10	04:55:22	06:14:48.95	06:15:00.40		-	- (0.0%)
	STRAŚ Jarek	468		M1		01:30:59 DNF	DNF	DNF	DNF		-	- (0.0%)
	BAŁOS Adam	511		M1		01:46:22 DNF	DNF	DNF	DNF		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P3_Babia 9km	P5_Markowe 17.6km	Czas netto 23.5km	Czas brutto 23.5km	Różn	Tempo min/km	Tempo km/h
	STASIAK Mateusz	495	BLOCKCHAIN RUNNING TEAM	M1		02:46:55 DNF	DNF	DNF	DNF		-	-(0.0%)
	KONWICKI Łukasz	552	BUREAU VERITAS	M1		DNF	DNF	DNF	DNF		-	-(0.0%)
	CHWALBA Piotr	646		M2		DNF	DNF	DNF	DNF		-	-(0.0%)

Znaleziono 226 wynik(ów)