



**Wydarzenie:** ULTRAMARATON BABIA GÓRA  
**Organizator:** KOZICA Fundacja Biegów Górskich  
**Data:** 2024-06-08  
**Miejsce:** Babia Góra  
**Dystans:** 20.5 km

## 2X BABIA GÓRA SKYRACE®

B4SPORT

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Babia 1 4.5km	Markowe 13.5km	Babia 2 16km	Czas netto 20.5km	Czas brutto 20.5km	Różn	Tempo min/km	Tempo km/h
1	<b>DUDCZAK Michał</b>	<b>405</b>	KS VERTICAL RYTRO	M1	1	00:40:31	01:22:48	01:53:09	<b>02:13:54.55</b>	<b>02:13:55.70</b>		6:31	9.2 (100%)
2	<b>BALIGA Cezary</b>	<b>404</b>	TEAM HOKA GARMIN	M1	2	00:41:42	01:26:36	01:56:01	<b>02:15:47.00</b>	<b>02:15:48.15</b>	+00:01:52 (1.4%)	6:37	9.1 (98.9%)
3	<b>MILEWSKI Dominik</b>	<b>401</b>	LA SPORTIVA POLSKA	M1	3	00:38:05	01:22:01	01:58:49	<b>02:20:28.45</b>	<b>02:20:30.10</b>	+00:06:34 (4.7%)	6:51	8.8 (95.7%)
4	<b>KLIMCZAK Mikołaj</b>	<b>498</b>	PRZEDWOJEWSKI TEAM	M1	4	00:40:28	01:25:42	02:00:45	<b>02:20:37.20</b>	<b>02:20:38.35</b>	+00:06:42 (4.8%)	6:51	8.7 (94.6%)
5	<b>PARIS Nicola</b>	<b>406</b>	TRUDNA BOYS 91	M1	5	00:40:44	01:28:30	02:00:45	<b>02:22:24.70</b>	<b>02:22:26.60</b>	+00:08:30 (6.0%)	6:56	8.6 (93.5%)
6	<b>ŁUŻNY Bartłomiej</b>	<b>523</b>	TRUDA BOYS 91	M1	6	00:43:55	01:30:30	02:01:53	<b>02:23:37.65</b>	<b>02:23:39.50</b>	+00:09:43 (6.8%)	7:00	8.6 (93.5%)
7	<b>BROJ Marcel</b>	<b>403</b>	BROJ TEAM ŻLINICE	M1	7	00:43:30	01:31:56	02:06:36	<b>02:28:13.00</b>	<b>02:28:14.90</b>	+00:14:19 (9.7%)	7:13	8.3 (90.2%)
8	<b>SZCZEPANIAK Witold</b>	<b>451</b>		M2	1	00:45:12	01:37:30	02:13:54	<b>02:38:55.15</b>	<b>02:38:56.05</b>	+00:25:00 (15.7%)	7:45	7.7 (83.7%)
9	<b>DANIELAK Tomasz</b>	<b>431</b>		M1	8	00:51:41	01:42:51	02:18:36	<b>02:41:10.80</b>	<b>02:41:17.35</b>	+00:27:21 (17.0%)	7:51	7.6 (82.6%)
10	<b>DUDZIK Robert</b>	<b>410</b>	GREEN-TECH	M2	2	00:51:30	01:44:41	02:20:55	<b>02:42:23.35</b>	<b>02:42:35.55</b>	+00:28:39 (17.6%)	7:55	7.6 (82.6%)
11	<b>BUKOWSKI Maciej</b>	<b>614</b>		M1	9	00:47:35	01:41:02	02:16:22	<b>02:43:45.35</b>	<b>02:43:50.75</b>	+00:29:55 (18.3%)	7:59	7.5 (81.5%)
12	<b>CHROBACZYŃSKI Rafał</b>	<b>454</b>		M1	10	00:47:41	01:42:40	02:20:12	<b>02:45:30.30</b>	<b>02:45:32.65</b>	+00:31:36 (19.1%)	8:04	7.4 (80.4%)
13	<b>POKRYWKA Robert</b>	<b>542</b>		M1	11	00:49:07	01:42:56	02:21:40	<b>02:47:25.35</b>	<b>02:47:27.80</b>	+00:33:32 (20.0%)	8:10	7.3 (79.3%)
14	<b>DARCHUK Oleksandr</b>	<b>476</b>	TRIFAMILY.PL	M2	3	00:49:32	01:45:37	02:22:40	<b>02:49:41.50</b>	<b>02:49:44.80</b>	+00:35:49 (21.1%)	8:16	7.2 (78.3%)
15	<b>FABIAN Bogusław</b>	<b>615</b>	EVANLITE.COM	M3	1	00:47:41	01:44:24	02:22:09	<b>02:52:56.80</b>	<b>02:52:58.55</b>	+00:39:02 (22.6%)	8:26	7.1 (77.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Babia 1 4.5km	Markowe 13.5km	Babia 2 16km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 20.5km	brutto 20.5km			
16	<b>CIECHANSKI Adam</b>	<b>610</b>	ORT	M1	12	00:48:45	01:46:38	02:28:48	<b>03:00:38.70</b>	<b>03:00:40.85</b>	+00:46:45 (25.9%)	8:48	6.8 (73.9%)
17	<b>PAWŁOWSKI Michał</b>	<b>545</b>		M1	13	00:48:59	01:46:29	02:30:47	<b>03:02:44.30</b>	<b>03:02:46.30</b>	+00:48:50 (26.7%)	8:54	6.7 (72.8%)
18	<b>SUCHENIA Piotr</b>	<b>407</b>	RUNPASSION.PL TEAM	M2	4	00:52:41	01:50:14	02:33:24	<b>03:03:08.15</b>	<b>03:03:12.20</b>	+00:49:16 (26.9%)	8:56	6.7 (72.8%)
19	<b>KACPRZAK Tomasz</b>	<b>567</b>		M1	14	00:55:30	01:55:27	02:35:36	<b>03:04:07.80</b>	<b>03:04:34.20</b>	+00:50:38 (27.4%)	8:58	6.7 (72.8%)
20	<b>PALKA Joanna</b>	<b>518</b>		K2	1	00:53:13	01:53:30	02:33:55	<b>03:04:33.35</b>	<b>03:04:38.15</b>	+00:50:42 (27.5%)	9:00	6.7 (72.8%)
21	<b>WÓJS Janusz</b>	<b>619</b>	NIEZRZESZONY	M3	2	00:48:57	01:51:12	02:31:36	<b>03:06:09.05</b>	<b>03:06:11.30</b>	+00:52:15 (28.1%)	9:04	6.6 (71.7%)
22	<b>PRZYBYŁOWSKI Piotr</b>	<b>590</b>		M2	5	00:53:50	01:55:49	02:36:38	<b>03:06:29.65</b>	<b>03:06:35.25</b>	+00:52:39 (28.2%)	9:05	6.6 (71.7%)
23	<b>SZNAJDER Jarosław</b>	<b>493</b>	RUNPROGRESS.PL TEAM	M3	3	00:55:08	01:56:57	02:39:19	<b>03:06:52.35</b>	<b>03:06:58.70</b>	+00:53:03 (28.4%)	9:06	6.6 (71.7%)
24	<b>PILSNIAK Krzysztof</b>	<b>535</b>		M3	4	00:51:27	01:53:28	02:36:03	<b>03:10:14.70</b>	<b>03:10:18.75</b>	+00:56:23 (29.6%)	9:16	6.5 (70.7%)
25	<b>PAPIERZ Marta</b>	<b>506</b>		K1	1	00:58:48	02:00:18	02:44:17	<b>03:10:30.15</b>	<b>03:10:32.15</b>	+00:56:36 (29.7%)	9:17	6.5 (70.7%)
26	<b>LELITO Piotr</b>	<b>418</b>	WIELKA WIEŚ BIEGA	M2	6	00:55:42	01:56:40	02:41:11	<b>03:10:45.15</b>	<b>03:10:50.65</b>	+00:56:54 (29.8%)	9:18	6.4 (69.6%)
27	<b>BABIŃSKA-POPIŁKA Ewelina</b>	<b>620</b>		K2	2	00:55:00	01:58:01	02:41:19	<b>03:11:20.90</b>	<b>03:11:23.35</b>	+00:57:27 (30.0%)	9:20	6.4 (69.6%)
28	<b>TOBERA Łukasz</b>	<b>467</b>		M2	7	00:53:59	02:06:15	02:45:45	<b>03:12:48.20</b>	<b>03:12:54.85</b>	+00:58:59 (30.6%)	9:24	6.4 (69.6%)
29	<b>ZIELECKI Adam</b>	<b>492</b>	RUNPASSION.PL TEAM	M1	15	00:52:36	01:57:01	02:36:56	<b>03:13:04.20</b>	<b>03:13:08.40</b>	+00:59:12 (30.7%)	9:25	6.4 (69.6%)
30	<b>PUCHNIARZ Artur</b>	<b>515</b>	RUNPASSION.PL TEAM	M2	8	00:54:28	01:57:44	02:44:22	<b>03:14:57.35</b>	<b>03:15:01.00</b>	+01:01:05 (31.3%)	9:30	6.3 (68.5%)
31	<b>ORZYŁOWSKI Maciej</b>	<b>513</b>	RUNPASSION.PL TEAM	M2	9	00:56:27	01:59:07	02:46:35	<b>03:15:55.60</b>	<b>03:16:00.00</b>	+01:02:04 (31.7%)	9:33	6.3 (68.5%)
32	<b>HOROSZ Jakub</b>	<b>617</b>	WARSZAWIAKY	M1	16	00:58:43	01:59:43	02:46:18	<b>03:15:51.45</b>	<b>03:16:01.20</b>	+01:02:05 (31.7%)	9:33	6.3 (68.5%)
33	<b>FURMAŃSKI Jakub</b>	<b>471</b>		M2	10	00:54:48	01:58:04	02:43:53	<b>03:18:09.90</b>	<b>03:18:17.05</b>	+01:04:21 (32.5%)	9:39	6.2 (67.4%)
34	<b>DADOS Rafał</b>	<b>497</b>		M2	11	00:54:31	02:00:19	02:46:29	<b>03:19:08.80</b>	<b>03:19:11.80</b>	+01:05:16 (32.8%)	9:42	6.2 (67.4%)
35	<b>CHOJNACKI Radosław</b>	<b>455</b>	BIEGAJĄCY Z ŻABAMI	M2	12	00:52:56	01:59:11	02:45:54	<b>03:20:25.05</b>	<b>03:20:29.25</b>	+01:06:33 (33.2%)	9:46	6.1 (66.3%)
36	<b>DUCH Rafał</b>	<b>426</b>		M1	17	00:57:26	02:02:05	02:49:08	<b>03:20:26.55</b>	<b>03:20:32.80</b>	+01:06:37 (33.2%)	9:46	6.1 (66.3%)
37	<b>SNARSKI Piotr</b>	<b>563</b>	ADIDAS RUNNERS WARSAW	M2	13	00:55:33	01:57:53	02:50:58	<b>03:21:49.30</b>	<b>03:21:57.80</b>	+01:08:02 (33.7%)	9:50	6.1 (66.3%)
38	<b>GÓRECKI Arkadiusz</b>	<b>574</b>		M2	14	00:56:16	02:01:47	02:48:11	<b>03:21:48.90</b>	<b>03:22:11.85</b>	+01:08:16 (33.8%)	9:50	6.1 (66.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto 20.5km	Czas brutto 20.5km	Różn	Tempo min/km	Tempo km/h
						Babia 1 4.5km	Markowe 13.5km	Babia 2 16km					
39	<b>WOŻNY Paweł</b>	<b>457</b>	RUNPROGRESS.PL TEAM	M2	15	00:52:56	01:55:50	02:47:49	<b>03:23:08.95</b>	<b>03:23:14.10</b>	+01:09:18 (34.1%)	9:54	6.1 (66.3%)
40	<b>WINDAK Agnieszka</b>	<b>597</b>	JEM KLOPSA	K1	2	01:00:18	02:07:52	02:54:44	<b>03:23:20.50</b>	<b>03:23:29.65</b>	+01:09:33 (34.2%)	9:55	6 (65.2%)
41	<b>KLIMCA Piotr</b>	<b>479</b>	TEAM KLIM-BRUK	M2	16	00:55:49	02:01:22	02:52:33	<b>03:23:52.30</b>	<b>03:23:56.20</b>	+01:10:00 (34.3%)	9:56	6 (65.2%)
42	<b>PIĄTEK Beata</b>	<b>595</b>	WWW.TRENINGFIZJOTERAPIA.PL	K2	3	01:02:03	02:08:24	02:52:09	<b>03:25:30.05</b>	<b>03:25:32.85</b>	+01:11:37 (34.8%)	10:01	6 (65.2%)
43	<b>SZYBILSKI Daniel</b>	<b>599</b>	TYCZYŃSKI TRIATHLON TEAM	M2	17	00:57:39	02:01:34	02:51:03	<b>03:26:12.55</b>	<b>03:26:23.00</b>	+01:12:27 (35.1%)	10:03	6 (65.2%)
44	<b>SZUMLAŃSKI Marcin</b>	<b>625</b>	GORĄCY POTOK TEAM	M2	18	00:53:36	02:09:26	03:03:13	<b>03:33:09.90</b>	<b>03:33:14.85</b>	+01:19:19 (37.2%)	10:23	5.8 (63.0%)
45	<b>CHOWANIEC Luca</b>	<b>427</b>	MOUNTAIN RUNNIG GUIDES	M1	18	00:58:49	02:06:17	03:02:02	<b>03:33:25.40</b>	<b>03:33:28.20</b>	+01:19:32 (37.3%)	10:24	5.8 (63.0%)
46	<b>LOREK Adam</b>	<b>424</b>	#BIEGAJLESZNO	M2	19	00:56:52	02:10:36	02:54:22	<b>03:33:24.00</b>	<b>03:33:32.30</b>	+01:19:36 (37.3%)	10:24	5.8 (63.0%)
47	<b>SOFIŃSKA Kamila</b>	<b>470</b>		K2	4	00:59:03	02:11:03	02:59:00	<b>03:34:04.80</b>	<b>03:34:09.95</b>	+01:20:14 (37.5%)	10:26	5.7 (62.0%)
48	<b>KRZYSTAŁA Paweł</b>	<b>549</b>		M1	19	01:04:53	02:16:11	03:02:37	<b>03:34:37.45</b>	<b>03:34:51.80</b>	+01:20:56 (37.7%)	10:28	5.7 (62.0%)
49	<b>ROSTWOROWSKI Jerzy</b>	<b>578</b>	KW KRAKÓW	M2	20	00:59:54	02:09:54	03:01:45	<b>03:36:04.15</b>	<b>03:36:09.70</b>	+01:22:14 (38.0%)	10:32	5.7 (62.0%)
50	<b>MIKOŁAJEWSKA Zofia</b>	<b>594</b>	ORT	K1	3	01:03:18	02:15:44	03:02:34	<b>03:36:14.65</b>	<b>03:36:19.20</b>	+01:22:23 (38.1%)	10:32	5.7 (62.0%)
51	<b>KOEHLER Krzysztof</b>	<b>598</b>		M3	5	01:01:22	02:12:07	03:02:39	<b>03:36:23.20</b>	<b>03:36:34.20</b>	+01:22:38 (38.2%)	10:33	5.7 (62.0%)
52	<b>KARWACZKA Piotr</b>	<b>593</b>		M3	6	00:54:23	02:06:55	03:00:57	<b>03:39:28.85</b>	<b>03:39:38.25</b>	+01:25:42 (39.0%)	10:42	5.6 (60.9%)
53	<b>MIGDOŁ Adam</b>	<b>437</b>	HRMAX ŻORY	M2	21	01:00:49	02:10:48	03:03:44	<b>03:43:05.00</b>	<b>03:43:11.95</b>	+01:29:16 (40.0%)	10:52	5.5 (59.8%)
54	<b>RUSAK Adrian</b>	<b>459</b>		M2	22	01:03:46	02:18:13	03:09:50	<b>03:42:48.25</b>	<b>03:43:21.40</b>	+01:29:25 (40.0%)	10:52	5.5 (59.8%)
55	<b>TARNAWSKI Marcin</b>	<b>425</b>		M2	23	00:56:20	02:06:59	03:05:10	<b>03:45:12.45</b>	<b>03:45:17.60</b>	+01:31:21 (40.6%)	10:59	5.5 (59.8%)
56	<b>SALIK Stanisław</b>	<b>560</b>		M2	24	01:03:09	02:15:41	03:06:59	<b>03:45:31.65</b>	<b>03:45:39.00</b>	+01:31:43 (40.6%)	11:00	5.5 (59.8%)
57	<b>POCHOPIEŃ Leszek</b>	<b>443</b>	UBS	M3	7	01:04:26	02:17:25	03:10:37	<b>03:45:18.40</b>	<b>03:45:43.20</b>	+01:31:47 (40.7%)	10:59	5.5 (59.8%)
58	<b>BRUZDA Sebastian</b>	<b>530</b>	SMA TEAM	M1	20	01:08:40	02:21:48	03:12:45	<b>03:45:58.95</b>	<b>03:46:01.95</b>	+01:32:06 (40.7%)	11:01	5.4 (58.7%)
59	<b>MIGASIEWICZ Marcin</b>	<b>452</b>	RUNNING TEAM MILICZ	M1	21	01:01:52	02:10:45	03:08:55	<b>03:46:22.40</b>	<b>03:46:39.25</b>	+01:32:43 (40.9%)	11:02	5.4 (58.7%)
60	<b>BARBASZ Jakub</b>	<b>469</b>		M2	25	00:59:28	02:13:55	03:12:48	<b>03:47:18.40</b>	<b>03:47:23.40</b>	+01:33:27 (41.1%)	11:05	5.4 (58.7%)
61	<b>MIŚ Hubert</b>	<b>440</b>	RUNONLINE.PL TEAM	M2	26	00:58:54	02:09:42	03:04:39	<b>03:48:58.75</b>	<b>03:49:14.35</b>	+01:35:18 (41.6%)	11:10	5.4 (58.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Biegi			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						4.5km	13.5km	Babia 2 16km	20.5km	20.5km			
62	<b>ŚWIERCZEK Paweł</b>	<b>458</b>	RAFA WINO	M2	27	00:58:50	02:09:13	03:12:29	<b>03:49:28.30</b>	<b>03:49:44.80</b>	+01:35:49 (41.7%)	11:11	5.4 (58.7%)
63	<b>DUSZA Marcin</b>	<b>474</b>		M1	22	00:59:51	02:14:37	03:07:08	<b>03:49:47.30</b>	<b>03:50:01.95</b>	+01:36:06 (41.8%)	11:12	5.4 (58.7%)
64	<b>OLEŚ Dominik</b>	<b>525</b>	OLESTEAM	M1	23	01:00:14	02:14:05	03:13:43	<b>03:50:03.55</b>	<b>03:50:15.20</b>	+01:36:19 (41.8%)	11:13	5.3 (57.6%)
65	<b>WOJTALA Bartłomiej</b>	<b>512</b>	UWAGA NA DZIADA	M2	28	01:05:57	02:17:20	03:15:52	<b>03:50:35.10</b>	<b>03:50:51.65</b>	+01:36:55 (42.0%)	11:14	5.3 (57.6%)
66	<b>WÓJCIK Magdalena</b>	<b>569</b>		K1	4	00:58:11	02:16:38	03:05:54	<b>03:52:21.15</b>	<b>03:52:40.95</b>	+01:38:45 (42.4%)	11:20	5.3 (57.6%)
67	<b>KRZYŻOWSKI Hubert</b>	<b>573</b>		M2	29	01:04:22	02:16:07	03:16:06	<b>03:52:51.40</b>	<b>03:53:03.25</b>	+01:39:07 (42.5%)	11:21	5.3 (57.6%)
68	<b>LESIŃSKA Adrianna</b>	<b>526</b>	TREC TEAM	K1	5	01:00:44	02:16:07	03:14:40	<b>03:53:18.35</b>	<b>03:53:35.80</b>	+01:39:40 (42.7%)	11:22	5.3 (57.6%)
69	<b>PULIT Dawid</b>	<b>553</b>		M1	24	00:59:01	02:16:04	03:09:55	<b>03:54:36.50</b>	<b>03:54:41.00</b>	+01:40:45 (42.9%)	11:26	5.2 (56.5%)
70	<b>ROZDOLSKA Lucyna</b>	<b>446</b>	ATLAS WARD RUN	K2	5	01:04:13	02:18:00	03:13:46	<b>03:56:00.20</b>	<b>03:56:08.50</b>	+01:42:12 (43.3%)	11:30	5.2 (56.5%)
71	<b>TOPOLSKI Marcin</b>	<b>609</b>	BRZESKI KLUB BIEGACZA CZARNA PERŁA	M2	30	00:58:51	02:16:46	03:13:57	<b>03:56:14.35</b>	<b>03:56:22.55</b>	+01:42:26 (43.3%)	11:31	5.2 (56.5%)
72	<b>GÓRSKI Jakub</b>	<b>572</b>	RAPID RUNNERS TEAM	M2	31	01:06:09	02:22:52	03:16:40	<b>03:56:59.70</b>	<b>03:57:06.25</b>	+01:43:10 (43.5%)	11:33	5.2 (56.5%)
73	<b>SKOWRONEK Robert</b>	<b>417</b>		M3	8	01:03:26	02:18:51	03:17:27	<b>03:57:05.05</b>	<b>03:57:10.50</b>	+01:43:14 (43.5%)	11:33	5.2 (56.5%)
74	<b>MIELNIK Michał</b>	<b>555</b>		M1	25	00:59:52	02:15:34	03:09:19	<b>03:57:10.35</b>	<b>03:57:17.30</b>	+01:43:21 (43.6%)	11:34	5.2 (56.5%)
75	<b>DOSKOCZ Mikołaj</b>	<b>504</b>	BIEGAJĄCE ZĄBKI	M2	32	01:04:26	02:18:28	03:19:13	<b>03:57:20.40</b>	<b>03:57:36.65</b>	+01:43:40 (43.6%)	11:34	5.2 (56.5%)
76	<b>ANTOŃCZYK Krzysztof</b>	<b>453</b>		M3	9	01:00:47	02:17:38	03:17:23	<b>03:57:47.50</b>	<b>03:57:53.35</b>	+01:43:57 (43.7%)	11:35	5.2 (56.5%)
77	<b>PŁÓCIENNICZAK Jakub</b>	<b>501</b>	BIEGAM ŻEBY ŻREĆ WIĘCEJ CIASTKÓW	M2	33	00:59:32	02:14:26	03:16:46	<b>03:57:53.35</b>	<b>03:58:03.10</b>	+01:44:07 (43.7%)	11:36	5.2 (56.5%)
78	<b>STASIEWICZ Łukasz</b>	<b>586</b>		M2	34	01:02:57	02:22:46	03:18:38	<b>03:58:49.85</b>	<b>03:59:05.05</b>	+01:45:09 (44.0%)	11:38	5.2 (56.5%)
79	<b>DZIEDZIC Grzegorz</b>	<b>445</b>	STAJNIAK TEAM	M2	35	01:04:50	02:20:23	03:19:48	<b>03:59:16.30</b>	<b>03:59:32.40</b>	+01:45:36 (44.1%)	11:40	5.1 (55.4%)
80	<b>KASZUBA Mateusz</b>	<b>584</b>	RUNNING RENEGADES	M1	26	01:03:07	02:17:57		<b>03:59:24.20</b>	<b>03:59:37.90</b>	+01:45:42 (44.1%)	11:40	5.1 (55.4%)
81	<b>SAJNÓG Leszek</b>	<b>423</b>	#BIEGAJ LESZNO	M2	36	01:01:45	02:19:09		<b>03:59:47.35</b>	<b>03:59:53.50</b>	+01:45:57 (44.2%)	11:41	5.1 (55.4%)
82	<b>JĘDRAŚ Rafał</b>	<b>552</b>	WAWRZYN TEAM BIEGIEM PO MARZENIA	M2	37	01:06:31	02:28:01	03:24:46	<b>04:01:27.15</b>	<b>04:01:48.75</b>	+01:47:53 (44.6%)	11:46	5.1 (55.4%)
83	<b>STASZCZYK Michał</b>	<b>524</b>	BKB CZARNA PERŁA	M2	38	01:06:51	02:29:32	03:23:55	<b>04:01:39.05</b>	<b>04:01:50.05</b>	+01:47:54 (44.6%)	11:47	5.1 (55.4%)
84	<b>STASZCZYK Anna</b>	<b>438</b>	BKB CZARNA PERŁA	K2	6	01:06:54	02:29:40	03:23:57	<b>04:01:46.85</b>	<b>04:01:57.65</b>	+01:48:01 (44.6%)	11:47	5.1 (55.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto 20.5km	Czas brutto 20.5km	Różn	Tempo min/km	Tempo km/h
						Babia 1 4.5km	Markowe 13.5km	Babia 2 16km					
85	<b>WIĘCEK Maria</b>	<b>521</b>		K1	6	01:04:06	02:28:32	03:21:09	<b>04:02:09.30</b>	<b>04:02:16.85</b>	+01:48:21 (44.7%)	11:48	5.1 (55.4%)
86	<b>WEINTRITT Joanna</b>	<b>564</b>	FITNESS SOUL	K2	7	01:10:10	02:30:46	03:24:26	<b>04:02:54.25</b>	<b>04:03:03.05</b>	+01:49:07 (44.9%)	11:50	5.1 (55.4%)
87	<b>KARCZEWSKI Bartek</b>	<b>500</b>		M2	39	01:01:57	02:18:32	03:14:40	<b>04:02:50.90</b>	<b>04:03:05.95</b>	+01:49:10 (44.9%)	11:50	5.1 (55.4%)
88	<b>TROJANOWSKA Małgorzata</b>	<b>579</b>	TRAIL IS OUR WAY	K1	7	01:16:30	02:34:38	03:28:13	<b>04:03:05.40</b>	<b>04:03:23.20</b>	+01:49:27 (45.0%)	11:51	5.1 (55.4%)
89	<b>SZUROWSKA Maryjka</b>	<b>604</b>	CAMPJANO	K1	8	01:01:59	02:17:42	03:16:20	<b>04:03:54.35</b>	<b>04:03:56.55</b>	+01:50:00 (45.1%)	11:53	5 (54.3%)
90	<b>SZTAJNERT Aleksander</b>	<b>519</b>		M1	27	01:01:59	02:22:17	03:12:45	<b>04:05:34.80</b>	<b>04:05:48.90</b>	+01:51:53 (45.5%)	11:58	5 (54.3%)
91	<b>OCIESA Bartek</b>	<b>576</b>	PINTA RUNNING TEAM	M1	28	01:09:49	02:30:02	03:25:25	<b>04:07:58.10</b>	<b>04:08:24.15</b>	+01:54:28 (46.1%)	12:05	5 (54.3%)
92	<b>OLMA Dariusz</b>	<b>416</b>	OPTYMISTA AMATOR	M2	40	01:05:34	02:26:03	03:25:49	<b>04:09:18.25</b>	<b>04:09:26.10</b>	+01:55:30 (46.3%)	12:09	4.9 (53.3%)
93	<b>REMBAK Piotr</b>	<b>621</b>	SKARŻYSKIE TOWARZYSTWO CYKLISTÓW	M3	10	01:06:35	02:31:30	03:22:07	<b>04:09:04.75</b>	<b>04:09:30.10</b>	+01:55:34 (46.3%)	12:08	4.9 (53.3%)
94	<b>RYBA Maria</b>	<b>414</b>		K2	8	01:08:51	02:32:38	03:34:41	<b>04:10:41.10</b>	<b>04:10:51.75</b>	+01:56:56 (46.6%)	12:13	4.9 (53.3%)
95	<b>LIS Tomasz</b>	<b>449</b>		M1	29	01:00:21	02:14:16	03:18:39	<b>04:11:31.45</b>	<b>04:11:43.05</b>	+01:57:47 (46.8%)	12:16	4.9 (53.3%)
96	<b>BAK Katarzyna</b>	<b>540</b>	KANDAHAR	K2	9	01:12:54	02:36:20	03:31:54	<b>04:12:04.75</b>	<b>04:12:09.55</b>	+01:58:13 (46.9%)	12:17	4.9 (53.3%)
97	<b>DANIELAK Małgorzata</b>	<b>466</b>		K3	1	01:11:21	02:36:10	03:38:11	<b>04:12:28.85</b>	<b>04:12:44.20</b>	+01:58:48 (47.0%)	12:18	4.9 (53.3%)
98	<b>SATAŁA Michał</b>	<b>607</b>	DIADORA POLSKA	M1	30	01:06:26	02:35:59	03:37:56	<b>04:12:30.30</b>	<b>04:12:47.15</b>	+01:58:51 (47.0%)	12:19	4.9 (53.3%)
99	<b>SMYKA Michał</b>	<b>589</b>		M1	31	01:05:20	02:31:59	03:30:29	<b>04:13:19.55</b>	<b>04:13:30.05</b>	+01:59:34 (47.2%)	12:21	4.9 (53.3%)
100	<b>SWAT Damian</b>	<b>429</b>		M1	32	01:05:19	02:24:55	03:25:44	<b>04:13:31.60</b>	<b>04:13:52.80</b>	+01:59:57 (47.2%)	12:22	4.9 (53.3%)
101	<b>RICO GONZALEZ Javier</b>	<b>605</b>	TEAM 3FDC	M2	41	01:06:02	02:24:46	03:36:28	<b>04:15:07.00</b>	<b>04:15:17.20</b>	+02:01:21 (47.5%)	12:26	4.8 (52.2%)
102	<b>WIDŁAK Krzysztof</b>	<b>613</b>	BIEGAM BEZ KLUBU	M1	33	01:13:26	02:35:01	03:35:29	<b>04:15:21.70</b>	<b>04:15:45.35</b>	+02:01:49 (47.6%)	12:27	4.8 (52.2%)
103	<b>SZCZYGIEŁ Szymon</b>	<b>464</b>		M1	34	01:05:34	02:32:20	03:31:28	<b>04:15:55.95</b>	<b>04:15:59.65</b>	+02:02:03 (47.7%)	12:29	4.8 (52.2%)
104	<b>SZCZYGIEŁ Przemysław</b>	<b>465</b>		M2	42	01:05:30	02:32:19	03:31:25	<b>04:15:56.50</b>	<b>04:15:59.85</b>	+02:02:04 (47.7%)	12:29	4.8 (52.2%)
105	<b>GĘSIAREK Grzegorz</b>	<b>507</b>		M2	43	01:10:35	02:29:11	03:33:59	<b>04:16:23.10</b>	<b>04:16:38.20</b>	+02:02:42 (47.8%)	12:30	4.8 (52.2%)
106	<b>PUSTELNIK Paweł</b>	<b>483</b>		M2	44	01:04:09	02:33:23	03:31:54	<b>04:16:23.90</b>	<b>04:16:49.10</b>	+02:02:53 (47.9%)	12:30	4.8 (52.2%)
107	<b>DOSKOCZ Nina</b>	<b>482</b>	BIEGAJĄCE ZĄBKI	K2	10	01:11:35	02:33:22	03:36:17	<b>04:17:18.25</b>	<b>04:17:34.10</b>	+02:03:38 (48.0%)	12:33	4.8 (52.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto 20.5km	Czas brutto 20.5km	Różn	Tempo min/km	Tempo km/h
						Babia 1 4.5km	Markowe 13.5km	Babia 2 16km					
108	<b>ŁUGOWSKI Mateusz</b>	<b>592</b>		M2	45	01:08:45	02:31:42	03:35:52	<b>04:17:36.35</b>	<b>04:17:55.85</b>	+02:04:00 (48.1%)	12:33	4.8 (52.2%)
109	<b>ISKROWICZ Aleksandra</b>	<b>547</b>	ATLAS WARD RUN	K2	11	01:03:49	02:20:28	03:22:33	<b>04:18:01.45</b>	<b>04:18:10.55</b>	+02:04:14 (48.1%)	12:35	4.8 (52.2%)
110	<b>SZCZEPANIAK Jakub</b>	<b>536</b>		M1	35	01:01:04	02:12:14	03:14:01	<b>04:18:40.80</b>	<b>04:18:49.35</b>	+02:04:53 (48.3%)	12:37	4.8 (52.2%)
111	<b>GODYN Karol</b>	<b>541</b>		M2	46	01:05:35	02:32:12	03:34:01	<b>04:18:59.60</b>	<b>04:19:18.30</b>	+02:05:22 (48.4%)	12:38	4.7 (51.1%)
112	<b>MOCHEGIANI Andrea</b>	<b>624</b>		M3	11	01:00:34	02:23:36	03:23:11	<b>04:19:20.05</b>	<b>04:19:23.50</b>	+02:05:27 (48.4%)	12:39	4.7 (51.1%)
113	<b>KORZENIOWSKA Magdalena</b>	<b>508</b>	NIEPOŁOMICE BIEGAJĄ	K2	12	01:13:58	02:36:22	03:38:19	<b>04:23:18.20</b>	<b>04:23:36.15</b>	+02:09:40 (49.2%)	12:50	4.7 (51.1%)
114	<b>BAK Artur</b>	<b>509</b>	ELITARNY KLUB GERIATRYCZNY	M3	12	01:13:59	02:36:22	03:38:59	<b>04:23:18.20</b>	<b>04:23:36.35</b>	+02:09:40 (49.2%)	12:50	4.7 (51.1%)
115	<b>NAPIONTEK Maria</b>	<b>491</b>	ADVENTURE TEAM BY DELOITTE / TRICLUB	K2	13	01:09:15	02:36:29	03:40:09	<b>04:24:00.70</b>	<b>04:24:14.20</b>	+02:10:18 (49.3%)	12:52	4.7 (51.1%)
116	<b>BŁAŻEJOWSKI Krzysztof</b>	<b>420</b>		M3	13	01:12:14	02:46:37	03:41:54	<b>04:24:16.75</b>	<b>04:24:43.85</b>	+02:10:48 (49.4%)	12:53	4.7 (51.1%)
117	<b>PRZYBYŁO Paweł</b>	<b>529</b>	SMA TEAM	M2	47	01:06:07	02:35:02	03:39:54	<b>04:26:33.50</b>	<b>04:26:53.95</b>	+02:12:58 (49.8%)	13:00	4.6 (50.0%)
118	<b>OKOŃ Tomasz</b>	<b>608</b>	RAPID RUNNERS TEAM	M2	48	01:02:44	02:20:45	03:26:57	<b>04:27:02.00</b>	<b>04:27:04.20</b>	+02:13:08 (49.9%)	13:01	4.6 (50.0%)
119	<b>KARKOSZKA Bartłomiej</b>	<b>534</b>	OCR KRAKÓW	M2	49	01:10:15	02:38:24	03:40:16	<b>04:28:12.15</b>	<b>04:28:22.35</b>	+02:14:26 (50.1%)	13:04	4.6 (50.0%)
120	<b>POGODA Adam</b>	<b>587</b>		M2	50	01:11:40	02:36:21	03:39:34	<b>04:28:14.55</b>	<b>04:28:36.85</b>	+02:14:41 (50.1%)	13:05	4.6 (50.0%)
121	<b>SAJNÓG Justyna</b>	<b>422</b>	#BIEGAJLESZNO	K2	14	01:09:33	02:35:09	03:39:53	<b>04:28:29.40</b>	<b>04:28:37.15</b>	+02:14:41 (50.1%)	13:05	4.6 (50.0%)
122	<b>PAWELEC Mariusz</b>	<b>472</b>	KB FORREST GUMP	M3	14	01:03:45	02:28:40	03:30:06	<b>04:28:37.50</b>	<b>04:28:46.65</b>	+02:14:50 (50.2%)	13:06	4.6 (50.0%)
123	<b>BALICKI Zbigniew</b>	<b>468</b>	FOREST CARABUS TEAM	M3	15	01:11:25	02:36:28	03:41:17	<b>04:29:35.95</b>	<b>04:29:59.50</b>	+02:16:03 (50.4%)	13:09	4.6 (50.0%)
124	<b>SŁOWIK Mariusz</b>	<b>533</b>	ROM TEAM	M3	16	01:09:31	02:36:10	03:47:51	<b>04:30:31.80</b>	<b>04:30:49.75</b>	+02:16:54 (50.5%)	13:11	4.5 (48.9%)
125	<b>PODSTAWSKA Justyna</b>	<b>494</b>		K2	15	01:14:10	02:42:29	03:47:24	<b>04:30:40.55</b>	<b>04:30:50.15</b>	+02:16:54 (50.5%)	13:12	4.5 (48.9%)
126	<b>KOSZEK Krzysztof</b>	<b>499</b>		M2	51	01:04:21	02:29:29	03:35:00	<b>04:32:29.20</b>	<b>04:32:45.60</b>	+02:18:49 (50.9%)	13:17	4.5 (48.9%)
127	<b>WORONOWICZ Piotr</b>	<b>520</b>		M1	36	01:10:02	02:30:53	03:36:20	<b>04:33:14.90</b>	<b>04:33:24.00</b>	+02:19:28 (51.0%)	13:19	4.5 (48.9%)
128	<b>PROKOP Bartek</b>	<b>539</b>		M1	37	01:01:59	02:24:24	03:42:15	<b>04:33:16.50</b>	<b>04:33:32.35</b>	+02:19:36 (51.0%)	13:19	4.5 (48.9%)
129	<b>MIEDZIK Jan</b>	<b>444</b>		M2	52	01:03:31	02:25:17	03:37:34	<b>04:33:26.45</b>	<b>04:33:50.85</b>	+02:19:55 (51.1%)	13:20	4.5 (48.9%)
130	<b>KĘPA Kamil</b>	<b>448</b>	HDR WATAHA DĄBROWA GÓRNICZA	M2	53	01:10:50	02:35:20	03:51:14	<b>04:33:42.65</b>	<b>04:34:10.10</b>	+02:20:14 (51.2%)	13:21	4.5 (48.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Babia			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						4.5km	13.5km	16km	20.5km	20.5km			
131	<b>MACIĘGA Aleksandra</b>	<b>461</b>		K1	9	01:04:29	02:35:01	03:45:13	<b>04:34:10.45</b>	<b>04:34:21.45</b>	+02:20:25 (51.2%)	13:22	4.5 (48.9%)
132	<b>KUŹMA Łukasz</b>	<b>463</b>	HOSPICJUM POMORZE DZIECIOM	M2	54	01:04:30	02:35:00	03:45:09	<b>04:34:11.50</b>	<b>04:34:22.15</b>	+02:20:26 (51.2%)	13:22	4.5 (48.9%)
133	<b>DOMAŃSKI Maciej</b>	<b>487</b>		M2	55	01:10:08	02:42:49		<b>04:39:08.45</b>	<b>04:39:20.40</b>	+02:25:24 (52.1%)	13:36	4.4 (47.8%)
134	<b>STADLER Katarzyna</b>	<b>434</b>	GANG ZAKRĘCONYCH MASTERSÓW	K2	16	01:14:48	02:49:19	03:50:38	<b>04:40:26.25</b>	<b>04:40:40.25</b>	+02:26:44 (52.3%)	13:40	4.4 (47.8%)
135	<b>SOBOLEWSKI Adam</b>	<b>432</b>		M2	56	01:05:28	02:38:03	03:44:40	<b>04:42:33.55</b>	<b>04:42:55.80</b>	+02:29:00 (52.7%)	13:46	4.4 (47.8%)
136	<b>BARAN Lucjan</b>	<b>419</b>	BKB CZARNA PERŁA	M3	17	01:07:18	02:39:34	03:46:04	<b>04:42:51.20</b>	<b>04:43:02.75</b>	+02:29:07 (52.7%)	13:47	4.3 (46.7%)
137	<b>DRACHAL Krzysztof</b>	<b>548</b>		M2	57	01:08:14	02:36:25	03:52:52	<b>04:45:28.95</b>	<b>04:45:34.55</b>	+02:31:38 (53.1%)	13:55	4.3 (46.7%)
138	<b>DWORZAŃSKA-GUL Anna</b>	<b>543</b>	MARATOŃCZYK POZNAŃ/BIEGAJĄCE KREJZOLE	K2	17	01:15:22	02:46:23	03:59:59	<b>04:49:12.55</b>	<b>04:49:39.45</b>	+02:35:43 (53.8%)	14:06	4.3 (46.7%)
139	<b>CZAPSKI Piotr</b>	<b>603</b>		M3	18	01:14:30	02:44:13	03:56:44	<b>04:50:56.55</b>	<b>04:51:23.35</b>	+02:37:27 (54.0%)	14:11	4.2 (45.7%)
140	<b>DANIELAK Roman</b>	<b>428</b>		M3	19	01:15:24	02:42:36	03:58:03	<b>04:53:29.90</b>	<b>04:53:48.30</b>	+02:39:52 (54.4%)	14:18	4.2 (45.7%)
141	<b>POLAKOWSKA Agata</b>	<b>435</b>		K2	18	01:16:51	02:49:58	03:56:39	<b>04:53:27.50</b>	<b>04:53:49.15</b>	+02:39:53 (54.4%)	14:18	4.2 (45.7%)
142	<b>ŚNIADY Piotr</b>	<b>502</b>		M1	38	01:15:23	02:45:25	03:58:16	<b>04:53:38.50</b>	<b>04:54:01.05</b>	+02:40:05 (54.4%)	14:19	4.2 (45.7%)
143	<b>OCHMANSKI Piotr</b>	<b>566</b>		M3	20	01:04:52	02:32:17	04:03:05	<b>04:55:55.35</b>	<b>04:56:08.40</b>	+02:42:12 (54.8%)	14:26	4.2 (45.7%)
144	<b>ŁĄCKA Małgorzata</b>	<b>582</b>		K2	19	01:14:54	02:53:31	04:07:11	<b>04:56:12.50</b>	<b>04:56:23.85</b>	+02:42:28 (54.8%)	14:26	4.2 (45.7%)
145	<b>DUDZIK Jakub</b>	<b>522</b>	AZS UMED ŁÓDŹ	M1	39	01:11:49	02:37:14	04:04:59	<b>04:59:09.20</b>	<b>04:59:30.65</b>	+02:45:34 (55.3%)	14:35	4.1 (44.6%)
146	<b>SUROWY Bartosz</b>	<b>488</b>	BIZON RUNNING TEAM	M1	40	01:23:48	02:55:18	04:15:03	<b>04:59:40.50</b>	<b>04:59:53.35</b>	+02:45:57 (55.3%)	14:37	4.1 (44.6%)
147	<b>KRÓL Marcin</b>	<b>510</b>		M2	58	01:19:31	02:43:25	03:58:15	<b>04:59:28.60</b>	<b>04:59:53.60</b>	+02:45:57 (55.3%)	14:36	4.1 (44.6%)
148	<b>ROKSELA Wojciech</b>	<b>556</b>		M3	21	01:10:40	02:45:30	03:58:26	<b>05:00:19.20</b>	<b>05:00:26.15</b>	+02:46:30 (55.4%)	14:38	4.1 (44.6%)
149	<b>LEWICKI Michał</b>	<b>514</b>		M2	59	01:09:14	02:45:19	04:05:59	<b>05:01:06.70</b>	<b>05:01:28.85</b>	+02:47:33 (55.6%)	14:41	4.1 (44.6%)
150	<b>DERKOWSKI Rafał</b>	<b>606</b>		M1	41	01:20:55	02:53:09	04:14:46	<b>05:01:18.35</b>	<b>05:01:44.75</b>	+02:47:49 (55.6%)	14:41	4.1 (44.6%)
151	<b>RYBACZUK Ewelina</b>	<b>412</b>		K2	20	01:22:34	03:03:49	04:14:47	<b>05:02:32.70</b>	<b>05:02:46.10</b>	+02:48:50 (55.8%)	14:45	4.1 (44.6%)
152	<b>BARANSKI Adrian</b>	<b>439</b>	POMORZE ZHR	M1	42	01:14:41	02:48:11	04:12:47	<b>05:03:59.25</b>	<b>05:04:16.60</b>	+02:50:20 (56.0%)	14:49	4 (43.5%)
153	<b>ROCHOWIAK Janusz</b>	<b>551</b>		M3	22	01:19:39	02:57:01	04:07:21	<b>05:05:49.70</b>	<b>05:06:11.65</b>	+02:52:15 (56.3%)	14:55	4 (43.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto 20.5km	Czas brutto 20.5km	Różn	Tempo min/km	Tempo km/h
						Babia 1 4.5km	Markowe 13.5km	Babia 2 16km					
154	<b>MATAN-KLIMKIEWICZ Magdalena</b>	<b>531</b>	SMA TEAM	K2	21	01:12:36	02:44:23	04:02:17	<b>05:06:40.60</b>	<b>05:07:01.15</b>	+02:53:05 (56.4%)	14:57	4 (43.5%)
155	<b>GRZANKA Marcin</b>	<b>489</b>		M1	43	01:09:10	02:54:42	04:13:37	<b>05:09:17.90</b>	<b>05:09:32.25</b>	+02:55:36 (56.7%)	15:05	4 (43.5%)
156	<b>ŁATKA Szymon</b>	<b>562</b>		M1	44	01:19:27	03:05:49	04:16:25	<b>05:10:02.35</b>	<b>05:10:10.85</b>	+02:56:15 (56.8%)	15:07	4 (43.5%)
157	<b>BORTKIEWICZ Monika</b>	<b>447</b>	WITEK TEAM	K2	22	01:21:28	03:01:06	04:20:51	<b>05:10:42.90</b>	<b>05:10:50.75</b>	+02:56:55 (56.9%)	15:09	4 (43.5%)
158	<b>GIDASZEWSKA Jolanta</b>	<b>421</b>	GIDAŚ TEAM	K2	23	01:21:12	03:07:25	04:13:52	<b>05:11:10.90</b>	<b>05:11:18.25</b>	+02:57:22 (57.0%)	15:10	4 (43.5%)
159	<b>KOŁODZIEJCZYK Rafał</b>	<b>611</b>		M1	45	01:07:23	02:39:58	04:04:17	<b>05:11:45.15</b>	<b>05:11:57.75</b>	+02:58:02 (57.1%)	15:12	3.9 (42.4%)
160	<b>TUREK Paweł</b>	<b>618</b>		M3	23	01:26:50	03:05:37	04:29:01	<b>05:12:23.95</b>	<b>05:12:49.25</b>	+02:58:53 (57.2%)	15:14	3.9 (42.4%)
161	<b>NOCUŃ Kamil</b>	<b>478</b>		M1	46	01:13:53	02:53:03	04:06:41	<b>05:12:37.60</b>	<b>05:12:56.55</b>	+02:59:00 (57.2%)	15:14	3.9 (42.4%)
162	<b>RYBA Bartłomiej</b>	<b>413</b>		M2	60	01:21:04	03:09:32	04:26:25	<b>05:13:27.50</b>	<b>05:13:37.95</b>	+02:59:42 (57.3%)	15:17	3.9 (42.4%)
163	<b>RATALEWSKA Zuzanna</b>	<b>485</b>	FITFABRIC	K1	10	01:18:03	03:00:46	04:10:51	<b>05:13:48.50</b>	<b>05:14:01.70</b>	+03:00:06 (57.4%)	15:18	3.9 (42.4%)
164	<b>AWDZIEWICZ Anastazja</b>	<b>486</b>	FITFABRIC	K1	11	01:18:07	03:00:45	04:10:56	<b>05:13:48.90</b>	<b>05:14:01.75</b>	+03:00:06 (57.4%)	15:18	3.9 (42.4%)
165	<b>LEŚNIEWSKA Marta</b>	<b>585</b>	RUNNING RENEGADES/ DELOITTE ADVENTURE TEAM	K2	24	01:28:23	03:07:28	04:34:01	<b>05:14:00.50</b>	<b>05:14:14.50</b>	+03:00:18 (57.4%)	15:19	3.9 (42.4%)
166	<b>URBAŚ Rafał</b>	<b>462</b>		M2	61	01:19:39	02:57:06	04:15:52	<b>05:13:57.20</b>	<b>05:14:17.05</b>	+03:00:21 (57.4%)	15:18	3.9 (42.4%)
167	<b>ŁĄCKI Marcin</b>	<b>581</b>	RUNNING RENEGADES	M2	62	01:11:53	02:54:00	04:07:05	<b>05:14:11.40</b>	<b>05:14:26.65</b>	+03:00:30 (57.4%)	15:19	3.9 (42.4%)
168	<b>KULITA Elżbieta</b>	<b>496</b>		K3	2	01:24:53	03:08:06	04:24:27	<b>05:14:10.55</b>	<b>05:14:30.40</b>	+03:00:34 (57.4%)	15:19	3.9 (42.4%)
169	<b>KRÓL Magdalena</b>	<b>511</b>		K2	25	01:19:35	02:57:30	04:14:05	<b>05:14:36.90</b>	<b>05:15:01.00</b>	+03:01:05 (57.5%)	15:20	3.9 (42.4%)
170	<b>PIERZCHAŁA Karolina</b>	<b>528</b>	SMA TEAM	K1	12	01:18:03	02:57:33	04:30:58	<b>05:18:41.55</b>	<b>05:19:00.75</b>	+03:05:05 (58.0%)	15:32	3.9 (42.4%)
171	<b>NOWAK Maciej</b>	<b>415</b>		M2	63	01:23:14	03:09:45	04:29:06	<b>05:18:52.20</b>	<b>05:19:08.05</b>	+03:05:12 (58.0%)	15:33	3.9 (42.4%)
172	<b>ŻARSKA Ilona</b>	<b>550</b>		K2	26	01:20:11	03:02:40	04:25:04	<b>05:22:37.00</b>	<b>05:23:00.75</b>	+03:09:05 (58.5%)	15:44	3.8 (41.3%)
173	<b>STEPANIUK Robert</b>	<b>477</b>	TURBODZIKI	M2	64	01:20:12	03:02:38	04:24:59	<b>05:22:37.90</b>	<b>05:23:00.85</b>	+03:09:05 (58.5%)	15:44	3.8 (41.3%)
174	<b>MŁYNARCZYK Patrycja</b>	<b>559</b>		K1	13	01:21:48	03:06:30	04:23:15	<b>05:23:55.35</b>	<b>05:24:10.40</b>	+03:10:14 (58.7%)	15:48	3.8 (41.3%)
175	<b>DOMAŃSKA Magdalena</b>	<b>561</b>	WOLNA WARIATKA	K2	27	01:22:18	03:06:50	04:21:56	<b>05:23:58.55</b>	<b>05:24:11.75</b>	+03:10:16 (58.7%)	15:48	3.8 (41.3%)
176	<b>KOCZARA Marta</b>	<b>583</b>	RUNNING RENEGADES	K2	28	01:28:25	03:07:32	04:34:00	<b>05:25:03.40</b>	<b>05:25:16.15</b>	+03:11:20 (58.8%)	15:51	3.8 (41.3%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat				Czas	Czas	Różn	Tempo min/km	Tempo km/h
						Babia 1 4.5km	Markowe 13.5km	Babia 2 16km	netto 20.5km	brutto 20.5km			
177	<b>BAKOWSKI Włodzimierz</b>	<b>538</b>	KS KANDAHAR	M3	24	01:16:09	02:58:08	04:21:53	<b>05:27:23.25</b>	<b>05:27:42.75</b>	+03:13:47 (59.1%)	15:58	3.8 (41.3%)
178	<b>MAJCHER Monika</b>	<b>575</b>		K2	29	01:27:21	03:15:39	04:34:08	<b>05:31:34.65</b>	<b>05:31:57.25</b>	+03:18:01 (59.7%)	16:10	3.7 (40.2%)
179	<b>CHODA Kamil</b>	<b>532</b>		M1	47	01:27:01	03:03:05	04:39:49	<b>05:34:26.65</b>	<b>05:34:30.05</b>	+03:20:34 (60.0%)	16:18	3.7 (40.2%)
180	<b>ZEIDLER Aleksander</b>	<b>537</b>		M3	25	01:27:55	03:22:53	04:47:14	<b>05:35:57.10</b>	<b>05:36:09.85</b>	+03:22:14 (60.2%)	16:23	3.7 (40.2%)
181	<b>MORAWSKA Anna</b>	<b>460</b>	BEZ KONDYCJI	K3	3	01:24:59	03:19:03	04:40:24	<b>05:41:05.00</b>	<b>05:41:23.70</b>	+03:27:28 (60.8%)	16:38	3.6 (39.1%)
182	<b>GIRTLEK Kacper</b>	<b>600</b>		M1	48	01:21:51	03:14:50	04:43:43	<b>05:41:30.05</b>	<b>05:41:53.80</b>	+03:27:58 (60.8%)	16:39	3.6 (39.1%)
183	<b>TRAWIŃSKA Agata</b>	<b>554</b>		K1	14	01:21:58	03:14:53	04:43:49	<b>05:41:31.30</b>	<b>05:41:53.95</b>	+03:27:58 (60.8%)	16:39	3.6 (39.1%)
184	<b>ŁATKA Dorota</b>	<b>570</b>		K3	4	01:35:30	03:28:48	04:56:04	<b>05:43:48.85</b>	<b>05:43:58.70</b>	+03:30:03 (61.1%)	16:46	3.6 (39.1%)
185	<b>SLAWEK Claudia</b>	<b>430</b>		K1	15	01:32:15	03:15:03	04:47:59	<b>05:43:46.35</b>	<b>05:44:10.50</b>	+03:30:14 (61.1%)	16:46	3.6 (39.1%)
186	<b>ŁATKA Mateusz</b>	<b>571</b>		M1	49	01:19:55	03:18:31	04:55:25	<b>05:46:31.35</b>	<b>05:46:39.85</b>	+03:32:44 (61.4%)	16:54	3.5 (38.0%)
187	<b>STANIAK Anna</b>	<b>450</b>		K1	16	01:30:29	03:29:34	04:58:26	<b>05:48:05.30</b>	<b>05:48:17.45</b>	+03:34:21 (61.5%)	16:58	3.5 (38.0%)
<b>Przekroczony limit czasu: 06:00:00</b>													
188	<b>BRUCHAJZER Roksana</b>	<b>558</b>		K2	30	01:22:15	03:55:27	05:07:08	<b>06:08:10.65</b>	<b>06:08:24.95</b>	+03:54:29 (63.6%)	17:57	3.3 (35.9%)
189	<b>GRABOWSKI Leszek</b>	<b>503</b>	STARE BABICE BIEGAJĄ	M3	26	01:42:20	03:55:20	05:28:39	<b>06:34:04.15</b>	<b>06:34:31.95</b>	+04:20:36 (66.1%)	19:13	3.1 (33.7%)
190	<b>STROŃSKA Agnieszka</b>	<b>495</b>		K3	5	01:40:08	03:57:35	05:34:24	<b>06:41:22.15</b>	<b>06:41:43.25</b>	+04:27:47 (66.7%)	19:34	3.1 (33.7%)
191	<b>LIS Mariusz</b>	<b>436</b>		M3	27	01:26:45	03:36:22	05:20:37	<b>06:54:20.60</b>	<b>06:54:37.25</b>	+04:40:41 (67.7%)	20:12	3 (32.6%)
192	<b>KOBIELA Przemysław</b>	<b>602</b>	PARAGRAF TARNOBRZEG	M3	28	01:49:36	03:58:07	05:44:50	<b>07:07:14.80</b>	<b>07:07:35.40</b>	+04:53:39 (68.7%)	20:50	2.9 (31.5%)
193	<b>KOŁODZIEJ Wojciech</b>	<b>473</b>	CISNYMY	M2	65	01:14:13	02:48:25	05:51:56	<b>07:13:57.90</b>	<b>07:13:58.90</b>	+05:00:03 (69.1%)	21:10	2.8 (30.4%)
	<b>KUNZ Marcin</b>	<b>402</b>		M1		00:42:03 DNF	01:30:28 DNF	02:36:24 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>HOFF Emilia</b>	<b>557</b>	BRAK	K3		01:23:50 DNF	03:19:03 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>CHRYCZYK Wojciech</b>	<b>577</b>	AUDI FANCLUB	M1		01:20:03 DNF	04:06:54 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>PARKITNY Łukasz</b>	<b>601</b>	RUNONLINE.PL TEAM	M1		01:31:36 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Znaleziono 197 wynik(ów)