



# 2XBABIA GÓRA SKYRACE®

B4SPORT

**Wydarzenie:** ULTRAMARATON BABIA GÓRA 2022  
**Organizator:** KOZICA Fundacja Biegów Górskich  
**Data:** 2022-06-11  
**Miejsce:** Babia Góra  
**Dystans:** 20.5 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Babia 1 4.5km	Markowe 13.2km	Babia 2 15.5km	Czas netto 20.5km	Czas brutto 20.5km	Różn	Tempo min/km	Tempo km/h
1	<b>KUNZ Marcin</b>	<b>366</b>	LACHO TEAM	M1	1	00:42:48	01:28:56	02:02:20	<b>02:23:28.10</b>	<b>02:23:30.90</b>		6:59	8.6 (100%)
2	<b>BROJ Marcel</b>	<b>472</b>	BROJ TEAM ŻLINICE	M1	2	00:41:09	01:33:35	02:02:25	<b>02:24:34.50</b>	<b>02:24:37.55</b>	+00:01:06 (0.8%)	7:03	8.5 (98.8%)
3	<b>SEMPER Mateusz</b>	<b>524</b>	MKS-MOS PŁOMIEŃ SOSNOWIEC	M1	3	00:41:45	01:30:21	02:08:21	<b>02:33:22.75</b>	<b>02:33:25.60</b>	+00:09:54 (6.5%)	7:28	8 (93.0%)
4	<b>CHAJDAS Mateusz</b>	<b>446</b>		M1	4	00:45:45	01:36:21	02:13:00	<b>02:36:58.50</b>	<b>02:37:01.55</b>	+00:13:30 (8.6%)	7:39	7.8 (90.7%)
5	<b>SZKOŁA Paweł</b>	<b>542</b>		M2	1	00:48:51	01:37:48	02:15:09	<b>02:38:56.60</b>	<b>02:39:00.60</b>	+00:15:29 (9.7%)	7:45	7.7 (89.5%)
6	<b>STREIT Dawid</b>	<b>406</b>	NON STOP TRAIL	M2	2	00:44:38	01:35:52	02:11:53	<b>02:41:51.30</b>	<b>02:41:54.75</b>	+00:18:23 (11.4%)	7:53	7.6 (88.4%)
7	<b>ŻWIRSKI Marcin</b>	<b>552</b>		M1	5	00:46:50	01:41:19	02:15:30	<b>02:43:56.45</b>	<b>02:44:01.00</b>	+00:20:30 (12.5%)	7:59	7.5 (87.2%)
8	<b>SZYJKA Jacek</b>	<b>439</b>	KS KANDAHAR	M2	3	00:49:20	01:41:31	02:19:10	<b>02:44:07.55</b>	<b>02:44:12.10</b>	+00:20:41 (12.6%)	8:00	7.5 (87.2%)
9	<b>KOLASA Bartłomiej</b>	<b>354</b>	OBIDOWA GŁUSZEC	M1	6	00:49:28	01:44:16	02:20:09	<b>02:44:13.50</b>	<b>02:44:18.65</b>	+00:20:47 (12.7%)	8:00	7.5 (87.2%)
10	<b>WASIEWICZ Adam</b>	<b>396</b>	NIE MÓJ CYRK, MOJE MAŁPY	M2	4	00:48:02	01:42:40	02:19:56	<b>02:44:35.15</b>	<b>02:44:40.75</b>	+00:21:09 (12.9%)	8:01	7.5 (87.2%)
11	<b>MORAWSKI Przemysław</b>	<b>563</b>	ZACZERPNAĆ STOPĄ	M2	5	00:48:49	01:44:33	02:23:00	<b>02:47:57.80</b>	<b>02:48:01.50</b>	+00:24:30 (14.6%)	8:11	7.3 (84.9%)
12	<b>ŁYJAK Olga</b>	<b>575</b>		K2	1	00:49:43	01:46:40	02:23:02	<b>02:48:12.55</b>	<b>02:48:15.65</b>	+00:24:44 (14.7%)	8:12	7.3 (84.9%)
13	<b>GRUCEL Sławomir</b>	<b>511</b>		M2	6	00:48:05	01:44:50	02:23:03	<b>02:51:24.10</b>	<b>02:51:27.90</b>	+00:27:57 (16.3%)	8:21	7.2 (83.7%)
14	<b>FALANA Sebastian</b>	<b>347</b>		M2	7	00:44:30	01:37:47	02:21:05	<b>02:54:09.60</b>	<b>02:54:15.40</b>	+00:30:44 (17.6%)	8:29	7.1 (82.6%)
15	<b>POKRYWKA Robert</b>	<b>445</b>		M1	7	00:48:08	01:44:03	02:23:54	<b>02:54:45.60</b>	<b>02:54:51.15</b>	+00:31:20 (17.9%)	8:31	7 (81.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Babia 1 4.5km	Markowe 13.2km	Babia 2 15.5km	Czas netto 20.5km	Czas brutto 20.5km	Różn	Tempo min/km	Tempo km/h
16	<b>STANKIEWICZ Tomasz</b>	<b>501</b>	PLANYBIEGOWE.PL	M1	8	00:51:17	01:48:27	02:28:37	<b>02:55:59.75</b>	<b>02:56:04.30</b>	+00:32:33 (18.5%)	8:35	7 (81.4%)
17	<b>CIEŚLAR Michał</b>	<b>540</b>		M1	9	00:49:17	01:45:39	02:25:56	<b>02:56:41.70</b>	<b>02:56:49.40</b>	+00:33:18 (18.8%)	8:37	7 (81.4%)
18	<b>WIELOPOLSKI Jan</b>	<b>486</b>		M2	8	00:50:59	01:52:10	02:32:10	<b>02:58:55.70</b>	<b>02:59:03.95</b>	+00:35:33 (19.9%)	8:43	6.9 (80.2%)
19	<b>KRÓTKI Stanisław</b>	<b>471</b>		M2	9	00:52:03	01:51:38	02:30:34	<b>02:59:13.50</b>	<b>02:59:17.80</b>	+00:35:46 (20.0%)	8:44	6.9 (80.2%)
20	<b>STARZAK Paweł</b>	<b>559</b>	ZŁOŚNIK BIEGA	M2	10	00:46:18	01:43:17	02:30:41	<b>02:59:44.10</b>	<b>02:59:46.35</b>	+00:36:15 (20.2%)	8:46	6.8 (79.1%)
21	<b>SKIBA Maciej</b>	<b>522</b>	GOR3CA TEAM/SKIBASPORT.PL	M1	10	00:51:12	01:50:19	02:31:30	<b>03:00:05.40</b>	<b>03:00:12.70</b>	+00:36:41 (20.4%)	8:47	6.8 (79.1%)
22	<b>TRĄBICKI Adam</b>	<b>509</b>	INBORNMEDIA	M1	11	00:52:12	01:50:24	02:34:04	<b>03:01:01.30</b>	<b>03:01:09.65</b>	+00:37:38 (20.8%)	8:49	6.8 (79.1%)
23	<b>NIWIŃSKI Maciej</b>	<b>487</b>	VEGAN ZABIERZÓW BIEGA	M2	11	00:52:06	01:51:44	02:34:58	<b>03:01:39.20</b>	<b>03:01:43.75</b>	+00:38:12 (21.0%)	8:51	6.8 (79.1%)
24	<b>PACHURA Kinga</b>	<b>666</b>	ULTRA BABIA	K2	2	00:54:03	01:52:49	02:36:07	<b>03:02:13.70</b>	<b>03:02:16.45</b>	+00:38:45 (21.3%)	8:53	6.8 (79.1%)
25	<b>SIEROCIN Jakub</b>	<b>326</b>	KDATP	M2	12	00:53:39	01:52:47	02:35:14	<b>03:02:13.40</b>	<b>03:02:21.95</b>	+00:38:51 (21.3%)	8:53	6.8 (79.1%)
26	<b>KIDOŃ Anna</b>	<b>418</b>	ORAWARUN	K1	1	00:56:57	01:58:16	02:39:04	<b>03:03:29.90</b>	<b>03:03:33.25</b>	+00:40:02 (21.8%)	8:57	6.7 (77.9%)
27	<b>MALECKA-LEŃ Patrycja</b>	<b>498</b>	STAJNIA BALONA / RESOVIA RZESZÓW	K2	3	00:54:34	01:54:36	02:37:23	<b>03:04:03.95</b>	<b>03:04:07.00</b>	+00:40:36 (22.1%)	8:58	6.7 (77.9%)
28	<b>LUZAR Rafal</b>	<b>386</b>		M2	13	00:53:37	01:52:05	02:36:27	<b>03:05:47.90</b>	<b>03:05:50.80</b>	+00:42:19 (22.8%)	9:03	6.6 (76.7%)
29	<b>RADKO Marcin</b>	<b>488</b>	THE MONTAGE	M2	14	00:50:56	01:50:38	02:38:00	<b>03:06:04.65</b>	<b>03:06:12.75</b>	+00:42:41 (22.9%)	9:04	6.6 (76.7%)
30	<b>SZNAJDER Jarosław</b>	<b>564</b>	RUNPROGRESS.PL TEAM	M3	1	00:54:20	01:54:02	02:38:31	<b>03:06:14.30</b>	<b>03:06:19.95</b>	+00:42:49 (23.0%)	9:05	6.6 (76.7%)
31	<b>TOMIK Małgorzata</b>	<b>577</b>		K1	2	00:54:14	01:58:36	02:38:36	<b>03:08:44.35</b>	<b>03:08:48.35</b>	+00:45:17 (24.0%)	9:12	6.5 (75.6%)
32	<b>TARGOSZ Michał</b>	<b>565</b>	#ADAMCZERWIŃSKITEAM	M2	15	00:48:54	01:51:56	02:33:57	<b>03:09:07.60</b>	<b>03:09:09.70</b>	+00:45:38 (24.1%)	9:13	6.5 (75.6%)
33	<b>WESOŁOWSKI Józef</b>	<b>430</b>		M1	12	00:55:01	01:53:55	02:41:16	<b>03:09:30.40</b>	<b>03:09:33.75</b>	+00:46:02 (24.3%)	9:14	6.5 (75.6%)
34	<b>LELITO Piotr</b>	<b>331</b>		M2	16	00:55:32	01:57:34	02:40:28	<b>03:11:43.55</b>	<b>03:11:49.05</b>	+00:48:18 (25.2%)	9:21	6.4 (74.4%)
35	<b>ORZYŁOWSKI Maciej</b>	<b>515</b>	RUNPASSION	M2	17	00:55:10	01:57:37	02:43:39	<b>03:12:30.60</b>	<b>03:12:35.45</b>	+00:49:04 (25.5%)	9:23	6.4 (74.4%)
36	<b>HETMAŃCZYK Jakub</b>	<b>319</b>	ŚMIERDZĄCA STOPA	M2	18	00:55:15	01:57:31	02:43:01	<b>03:12:40.75</b>	<b>03:12:50.10</b>	+00:49:19 (25.6%)	9:23	6.4 (74.4%)
37	<b>WEŁNA Bartosz</b>	<b>579</b>		M2	19	00:56:44	01:58:39	02:43:42	<b>03:13:05.45</b>	<b>03:13:10.30</b>	+00:49:39 (25.7%)	9:25	6.4 (74.4%)
38	<b>KOZA Janusz</b>	<b>302</b>	SOK Z GÓR	M2	20	00:55:13	01:57:26	02:44:39	<b>03:14:52.30</b>	<b>03:15:09.40</b>	+00:51:38 (26.5%)	9:30	6.3 (73.3%)

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 13.2km	Babia 2 15.5km					
39	ZIELIŃSKA Kinga	441		K1	3	00:53:38	01:59:34	02:43:07	<b>03:17:09.80</b>	<b>03:17:15.45</b>	+00:53:44 (27.2%)	9:37	6.2 (72.1%)
40	SOBIERAJ Grzegorz	567		M2	21	00:56:22	01:58:52	02:49:16	<b>03:18:33.10</b>	<b>03:18:41.70</b>	+00:55:10 (27.8%)	9:41	6.2 (72.1%)
41	CYBA Anna	435		K2	4	00:56:43	02:03:41	02:46:03	<b>03:19:16.20</b>	<b>03:19:21.75</b>	+00:55:50 (28.0%)	9:43	6.2 (72.1%)
42	LESIAK Tomasz	534	ZESPÓŁ BIEGOWY PIOTRA PASZYŃSKIEGO	M2	22	00:55:26	01:58:43	02:44:52	<b>03:21:33.55</b>	<b>03:21:39.15</b>	+00:58:08 (28.8%)	9:49	6.1 (70.9%)
43	PRZYBYŁOWSKI Piotr	453		M2	23	00:54:19	02:01:38	02:46:34	<b>03:22:03.85</b>	<b>03:22:12.40</b>	+00:58:41 (29.0%)	9:51	6.1 (70.9%)
44	ŁYCZAK Artur	387		M3	2	00:59:07	02:04:51	02:52:07	<b>03:22:35.50</b>	<b>03:22:43.15</b>	+00:59:12 (29.2%)	9:52	6.1 (70.9%)
45	KOWALEWSKA Małgorzata	391		K2	5	00:57:45	02:04:47	02:48:13	<b>03:22:42.25</b>	<b>03:22:47.40</b>	+00:59:16 (29.2%)	9:53	6.1 (70.9%)
46	RUSIN Szymon	421		M1	13	00:54:17	01:56:50	02:50:05	<b>03:23:47.35</b>	<b>03:24:04.15</b>	+01:00:33 (29.7%)	9:56	6 (69.8%)
47	BRUS Marcin	334		M2	24	00:57:34	02:01:42	02:50:40	<b>03:25:06.05</b>	<b>03:25:12.50</b>	+01:01:41 (30.1%)	10:00	6 (69.8%)
48	KUBIAK Jagoda	475		K2	6	01:00:04	02:07:32	02:51:22	<b>03:25:07.15</b>	<b>03:25:12.60</b>	+01:01:41 (30.1%)	10:00	6 (69.8%)
49	TARNAWSKI Marcin	429		M2	25	00:55:28	01:59:45	02:51:11	<b>03:25:12.15</b>	<b>03:25:18.75</b>	+01:01:47 (30.1%)	10:00	6 (69.8%)
50	BARTECKI Jakub	368	NORMA STAL AG	M1	14	00:50:55	01:56:39	02:45:00	<b>03:25:43.35</b>	<b>03:25:45.35</b>	+01:02:14 (30.2%)	10:02	6 (69.8%)
51	MIROŚLAW Albert	367	WW TEAM	M3	3	01:00:12	02:07:19	02:53:09	<b>03:26:04.60</b>	<b>03:26:15.25</b>	+01:02:44 (30.4%)	10:03	6 (69.8%)
52	BRZOZOWSKA Joanna	556		K1	4	00:59:42	02:06:32	02:51:38	<b>03:26:16.45</b>	<b>03:26:20.25</b>	+01:02:49 (30.4%)	10:03	6 (69.8%)
53	MARCIN Goleń	482		M1	15	01:00:11	02:06:56	02:55:31	<b>03:27:14.20</b>	<b>03:27:20.70</b>	+01:03:49 (30.8%)	10:06	5.9 (68.6%)
54	KLIMCA Piotr	497	TEAM MILIARDOWICE	M1	16	00:56:39	02:03:52	02:56:47	<b>03:27:27.25</b>	<b>03:27:40.25</b>	+01:04:09 (30.9%)	10:07	5.9 (68.6%)
55	RĘKOSIEWICZ Jakub	459		M2	26	00:56:17	02:05:25	02:53:04	<b>03:28:34.05</b>	<b>03:28:47.05</b>	+01:05:16 (31.3%)	10:10	5.9 (68.6%)
56	KUBIAK Karolina	474		K2	7	01:02:07	02:11:22	03:01:01	<b>03:28:47.85</b>	<b>03:28:55.35</b>	+01:05:24 (31.3%)	10:11	5.9 (68.6%)
57	KOŚLACZ Tomasz	562	MAG	M2	27	00:59:17	02:06:24	03:00:05	<b>03:31:30.00</b>	<b>03:31:39.60</b>	+01:08:08 (32.2%)	10:19	5.8 (67.4%)
58	BIEŃ Magdalena	578		K2	8	00:59:50	02:09:49	02:58:58	<b>03:32:18.25</b>	<b>03:32:22.20</b>	+01:08:51 (32.4%)	10:21	5.8 (67.4%)
59	SZEJKA Leszek	512	RUN PROGRESS TEAM	M2	28	00:57:52	02:05:33	02:58:27	<b>03:32:15.45</b>	<b>03:32:25.50</b>	+01:08:54 (32.4%)	10:21	5.8 (67.4%)
60	DANIELAK Tomasz	455		M1	17	01:01:45	02:05:56	02:58:02	<b>03:30:33.30</b>	<b>03:32:35.85</b>	+01:09:04 (32.5%)	10:16	5.8 (67.4%)
61	SOLKA Maciej	383	GÓRA BIEGA	M1	18	00:55:50	02:00:47	02:56:53	<b>03:32:31.60</b>	<b>03:32:40.00</b>	+01:09:09 (32.5%)	10:22	5.8 (67.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Babia 1	Markowe	Babia 2	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						4.5km	13.2km	15.5km	netto 20.5km	brutto 20.5km			
62	<b>ANDRÓSZOWSKI Mateusz</b>	<b>494</b>	SUMMIT28.PL	M1	19	01:00:18	02:05:39	02:56:33	<b>03:32:17.85</b>	<b>03:32:40.25</b>	+01:09:09 (32.5%)	10:21	5.8 (67.4%)
63	<b>MAREK Sławomir</b>	<b>500</b>	WILD BUCHAYS	M2	29	00:58:00	02:07:16	02:59:19	<b>03:32:55.80</b>	<b>03:33:01.05</b>	+01:09:30 (32.6%)	10:23	5.8 (67.4%)
64	<b>PŁAZIAK-KOWALSKA Magdalena</b>	<b>530</b>	2K	K2	9	01:00:56	02:11:13	02:59:53	<b>03:33:12.35</b>	<b>03:33:19.25</b>	+01:09:48 (32.7%)	10:24	5.8 (67.4%)
65	<b>SZOT Iwona</b>	<b>394</b>	WW TEAM	K3	1	00:59:41	02:14:21	03:00:20	<b>03:33:23.30</b>	<b>03:33:33.95</b>	+01:10:03 (32.8%)	10:24	5.8 (67.4%)
66	<b>MUTRYNOWSKI Piotr</b>	<b>451</b>		M2	30	01:05:09	02:13:46	03:03:21	<b>03:33:29.40</b>	<b>03:33:50.80</b>	+01:10:19 (32.9%)	10:24	5.8 (67.4%)
67	<b>CZŁONKOWSKI Piotr</b>	<b>452</b>	OLIMPIJCZYK SZCZĘKOCINY	M2	31	00:57:42	02:06:51	02:58:18	<b>03:35:30.25</b>	<b>03:35:39.55</b>	+01:12:08 (33.5%)	10:30	5.7 (66.3%)
68	<b>FORTAK Rafał</b>	<b>308</b>		M1	20	00:54:57	01:58:58	03:01:09	<b>03:36:33.50</b>	<b>03:36:47.25</b>	+01:13:16 (33.8%)	10:33	5.7 (66.3%)
69	<b>SZCZYGIEŁ-SOMMER Ola</b>	<b>414</b>	GRUPA NOMAX	K2	10	01:03:24	02:13:39	03:02:45	<b>03:37:40.30</b>	<b>03:37:46.75</b>	+01:14:15 (34.1%)	10:37	5.7 (66.3%)
70	<b>BRODA Dominik</b>	<b>503</b>		M2	32	00:58:57	02:09:09	03:00:12	<b>03:38:05.55</b>	<b>03:38:18.55</b>	+01:14:47 (34.3%)	10:38	5.6 (65.1%)
71	<b>ZIELIŃSKA Iwona</b>	<b>389</b>		K2	11	01:01:26	02:14:09	03:03:02	<b>03:39:09.80</b>	<b>03:39:15.05</b>	+01:15:44 (34.5%)	10:41	5.6 (65.1%)
72	<b>JANKOWSKI Dawid</b>	<b>397</b>		M2	33	00:59:09	02:10:03	03:01:16	<b>03:41:43.05</b>	<b>03:41:53.25</b>	+01:18:22 (35.3%)	10:48	5.5 (64.0%)
73	<b>MUCHA Agnieszka</b>	<b>359</b>		K2	12	01:00:31	02:18:00	03:09:09	<b>03:43:32.10</b>	<b>03:43:49.65</b>	+01:20:18 (35.9%)	10:54	5.5 (64.0%)
74	<b>LORANC Paweł</b>	<b>526</b>	WILD BUCHAYS	M2	34	01:01:28	02:14:33	03:10:17	<b>03:44:25.75</b>	<b>03:44:31.85</b>	+01:21:00 (36.1%)	10:56	5.5 (64.0%)
75	<b>PORAJ Paweł</b>	<b>476</b>		M1	21	01:03:14	02:15:04	03:10:33	<b>03:44:21.90</b>	<b>03:44:37.45</b>	+01:21:06 (36.1%)	10:56	5.5 (64.0%)
76	<b>KOWALIK Michał</b>	<b>576</b>		M1	22	00:59:22	02:10:06	03:03:51	<b>03:44:53.20</b>	<b>03:45:10.60</b>	+01:21:39 (36.3%)	10:58	5.5 (64.0%)
77	<b>ŻOŁNIERCZYK Stanisław</b>	<b>431</b>		M2	35	00:56:36	02:08:03	03:01:40	<b>03:45:20.25</b>	<b>03:45:35.10</b>	+01:22:04 (36.4%)	10:59	5.5 (64.0%)
78	<b>KANDEFER Beata</b>	<b>510</b>	KB ATHLETIC ZRĘCIN	K3	2	00:59:13	02:10:58	03:03:20	<b>03:45:33.10</b>	<b>03:45:38.30</b>	+01:22:07 (36.4%)	11:00	5.5 (64.0%)
79	<b>KUNC Oliver</b>	<b>508</b>	WARSAW INTERNATIONAL TRIATHLON CLUB	M1	23	01:01:22	02:14:05	03:09:16	<b>03:46:48.90</b>	<b>03:46:53.75</b>	+01:23:22 (36.7%)	11:03	5.4 (62.8%)
80	<b>MUCHA Miłosz</b>	<b>384</b>	KLUB BIEGAJĄCYCH LEŚNIKÓW	M1	24	01:00:50	02:10:01	03:05:08	<b>03:46:56.65</b>	<b>03:47:07.45</b>	+01:23:36 (36.8%)	11:04	5.4 (62.8%)
81	<b>PIELKA Robert</b>	<b>490</b>		M2	36	01:00:25	02:13:26	03:11:50	<b>03:46:59.35</b>	<b>03:47:12.25</b>	+01:23:41 (36.8%)	11:04	5.4 (62.8%)
82	<b>ZIĘBA Łukasz</b>	<b>362</b>	HUSARIA RACE TEAM	M1	25	00:58:49	02:09:10	03:02:33	<b>03:46:58.95</b>	<b>03:47:12.85</b>	+01:23:41 (36.8%)	11:04	5.4 (62.8%)
82	<b>KOZAKIEWICZ Tomek</b>	<b>402</b>	CAŁE ŻYCIE NA REDUKCJI	M1	25	01:00:53	02:15:06	03:09:14	<b>03:47:03.40</b>	<b>03:47:12.85</b>	+01:23:41 (36.8%)	11:04	5.4 (62.8%)
84	<b>DZIADEK Joanna</b>	<b>545</b>		K2	13	00:58:46	02:14:18	03:06:24	<b>03:47:06.20</b>	<b>03:47:14.45</b>	+01:23:43 (36.8%)	11:04	5.4 (62.8%)

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 13.2km	Babia 2 15.5km					
85	<b>KOPIENIAK Emil</b>	<b>504</b>	TRĄBIKI	M1	27	00:59:26	02:13:31	03:08:13	<b>03:47:27.55</b>	<b>03:47:45.90</b>	+01:24:15 (37.0%)	11:05	5.4 (62.8%)
86	<b>STAWIARSKI Jakub</b>	<b>336</b>	ZA LINIĄ METY	M1	28	01:03:45	02:17:51	03:13:20	<b>03:47:52.55</b>	<b>03:48:06.45</b>	+01:24:35 (37.1%)	11:06	5.4 (62.8%)
87	<b>FILIPOWSKI Rafał</b>	<b>351</b>	#KUBAPIECHTEAM	M2	37	00:59:57	02:12:47	03:11:48	<b>03:48:09.95</b>	<b>03:48:26.75</b>	+01:24:55 (37.2%)	11:07	5.4 (62.8%)
88	<b>RYBKOWSKI Hubert</b>	<b>309</b>	KTÓRĘDYNADMORSKIEOKO	M2	38	00:59:52	02:10:50	03:06:49	<b>03:48:50.55</b>	<b>03:48:53.45</b>	+01:25:22 (37.3%)	11:09	5.4 (62.8%)
89	<b>LEWNIOWSKI Błażej</b>	<b>546</b>		M2	39	01:03:50	02:20:29	03:16:23	<b>03:50:01.40</b>	<b>03:50:08.70</b>	+01:26:37 (37.6%)	11:13	5.3 (61.6%)
90	<b>ANTOŃCZYK Krzysztof</b>	<b>398</b>		M3	4	01:00:27	02:16:23	03:10:07	<b>03:50:05.70</b>	<b>03:50:12.90</b>	+01:26:42 (37.7%)	11:13	5.3 (61.6%)
91	<b>OLSZEWSKI Artur</b>	<b>483</b>		M2	40	01:03:11	02:16:08	03:15:31	<b>03:50:06.85</b>	<b>03:50:14.35</b>	+01:26:43 (37.7%)	11:13	5.3 (61.6%)
92	<b>KOŁODZIEJ Tomasz</b>	<b>517</b>		M2	41	01:02:29	02:17:38	03:14:21	<b>03:50:44.90</b>	<b>03:50:51.60</b>	+01:27:20 (37.8%)	11:15	5.3 (61.6%)
93	<b>DZIEWOŃSKI Konrad</b>	<b>549</b>		M2	42	01:00:34	02:13:37	03:10:30	<b>03:50:45.50</b>	<b>03:51:01.50</b>	+01:27:30 (37.9%)	11:15	5.3 (61.6%)
94	<b>GIERUSZKA Dariusz</b>	<b>375</b>	AKTYWNA PSZCZYNA RUNNERS TEAM	M3	5	01:01:14	02:15:02	03:14:22	<b>03:50:55.30</b>	<b>03:51:04.75</b>	+01:27:33 (37.9%)	11:15	5.3 (61.6%)
95	<b>WOJTALA Bartłomiej</b>	<b>528</b>	UWAGA NA DZIADA!	M2	43	01:01:32	02:09:21	03:13:48	<b>03:51:17.45</b>	<b>03:51:25.10</b>	+01:27:54 (38.0%)	11:16	5.3 (61.6%)
96	<b>SZYSZKA Ryszard</b>	<b>324</b>		M2	44	00:58:18	02:10:47	03:06:18	<b>03:51:33.35</b>	<b>03:51:37.60</b>	+01:28:06 (38.0%)	11:17	5.3 (61.6%)
97	<b>SKOWRONEK Robert</b>	<b>342</b>		M2	45	01:03:12	02:15:18	03:11:59	<b>03:51:30.00</b>	<b>03:51:43.00</b>	+01:28:12 (38.1%)	11:17	5.3 (61.6%)
98	<b>SADO Tomasz</b>	<b>485</b>	AZS AWF KRAKÓW MASTERS	M1	29	00:58:04	02:04:50	02:59:38	<b>03:51:50.00</b>	<b>03:52:01.60</b>	+01:28:30 (38.1%)	11:18	5.3 (61.6%)
99	<b>SOBEL-ADAMSKA Dorota</b>	<b>436</b>	STARA KOCIARA	K2	14	01:00:45	02:20:30	03:12:57	<b>03:53:51.10</b>	<b>03:54:04.10</b>	+01:30:33 (38.7%)	11:24	5.3 (61.6%)
100	<b>PALUCH Karol</b>	<b>518</b>		M2	46	00:58:35	02:14:13	03:06:47	<b>03:54:16.80</b>	<b>03:54:31.50</b>	+01:31:00 (38.8%)	11:25	5.3 (61.6%)
101	<b>WOŁOSZYN Piotr</b>	<b>480</b>	A NA CO TO KOMU POTRZEBNE	M2	47	00:57:49	02:08:22	03:18:13	<b>03:55:12.25</b>	<b>03:55:23.45</b>	+01:31:52 (39.0%)	11:28	5.2 (60.5%)
102	<b>GRABSKI Konrad</b>	<b>380</b>	NIEPOŁOMICE BIEGAJĄ	M2	48	01:07:13	02:26:54	03:21:57	<b>03:55:20.25</b>	<b>03:55:43.35</b>	+01:32:12 (39.1%)	11:28	5.2 (60.5%)
103	<b>SOKÓŁ Dominika</b>	<b>469</b>		K1	5	01:06:07	02:17:45	03:18:48	<b>03:56:02.60</b>	<b>03:56:13.90</b>	+01:32:43 (39.2%)	11:30	5.2 (60.5%)
104	<b>SIKLUCKI Grzegorz</b>	<b>412</b>	ONE WAY TICKET	M3	6	01:05:56	02:19:02	03:20:10	<b>03:56:17.40</b>	<b>03:56:28.30</b>	+01:32:57 (39.3%)	11:31	5.2 (60.5%)
105	<b>RYBKOWSKA Ewa</b>	<b>329</b>	KTÓRĘDYNADMORSKIEOKO	K2	15	01:06:18	02:26:16	03:20:14	<b>03:56:26.65</b>	<b>03:56:30.75</b>	+01:32:59 (39.3%)	11:32	5.2 (60.5%)
106	<b>NOWAK Sławomir</b>	<b>357</b>	RUNNING TEAM MILICZ	M2	49	01:03:28	02:18:09	03:16:33	<b>03:57:52.45</b>	<b>03:58:03.95</b>	+01:34:33 (39.7%)	11:36	5.2 (60.5%)
107	<b>ŚLIŻ Lucyna</b>	<b>356</b>	KUŹNIA TRIATHLONU	K2	16	00:58:57	02:14:57	03:08:50	<b>03:58:16.85</b>	<b>03:58:32.80</b>	+01:35:01 (39.8%)	11:37	5.2 (60.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Babia 1 4.5km	Markowe 13.2km	Babia 2 15.5km	Czas netto 20.5km	Czas brutto 20.5km	Różn	Tempo min/km	Tempo km/h
108	<b>ŚLIŹ Piotr</b>	<b>352</b>		M2	50	00:58:55	02:13:36	03:08:44	<b>03:58:17.30</b>	<b>03:58:32.90</b>	+01:35:02 (39.8%)	11:37	5.2 (60.5%)
109	<b>CZAJKOWSKI Marek</b>	<b>523</b>	WARSZAWA-ŻOLIBORZ	M2	51	00:56:52	02:13:21	03:08:32	<b>03:58:32.45</b>	<b>03:58:36.40</b>	+01:35:05 (39.9%)	11:38	5.2 (60.5%)
110	<b>KORZENIOWSKA Magdalena</b>	<b>449</b>	NIEPOŁOMICE BIEGAJĄ	K2	17	01:08:26	02:24:14	03:20:49	<b>03:58:18.10</b>	<b>03:58:39.90</b>	+01:35:09 (39.9%)	11:37	5.2 (60.5%)
111	<b>GOTKIEWICZ- CICHONŃ Edyta</b>	<b>419</b>		K2	18	01:03:17	02:17:58	03:19:35	<b>03:59:30.55</b>	<b>03:59:41.00</b>	+01:36:10 (40.1%)	11:40	5.1 (59.3%)
112	<b>KĄKOL Jarosław</b>	<b>484</b>	SUSKA GRUPA BIEGOWA	M1	30	01:18:36	02:31:51	03:24:11	<b>04:02:35.85</b>	<b>04:02:45.80</b>	+01:39:14 (40.9%)	11:50	5.1 (59.3%)
113	<b>BIT Wojciech</b>	<b>377</b>	KREJZI PICZES	M2	52	01:08:40	02:28:14	03:23:20	<b>04:02:31.85</b>	<b>04:02:51.90</b>	+01:39:21 (40.9%)	11:49	5.1 (59.3%)
114	<b>LEJA Wojciech</b>	<b>470</b>	MATNER RUNNING TEAM	M1	31	01:00:23	02:15:45	03:15:43	<b>04:03:32.80</b>	<b>04:03:39.70</b>	+01:40:08 (41.1%)	11:52	5.1 (59.3%)
115	<b>SKWARNECKI Damian</b>	<b>337</b>	ŁODZIANKA TEAM	M2	53	01:05:20	02:22:55	03:23:28	<b>04:03:35.70</b>	<b>04:03:44.45</b>	+01:40:13 (41.1%)	11:52	5 (58.1%)
116	<b>WEINBERG Kamil</b>	<b>535</b>	DROGA DO ULTRA/BIEGIEM PO PIWO	M3	7	01:08:55	02:27:55	03:27:35	<b>04:04:04.10</b>	<b>04:04:17.00</b>	+01:40:46 (41.3%)	11:54	5 (58.1%)
117	<b>WRÓBEL Jakub</b>	<b>505</b>	TROŁBIKI	M2	54	00:59:39	02:20:52	03:19:07	<b>04:04:09.15</b>	<b>04:04:28.70</b>	+01:40:57 (41.3%)	11:54	5 (58.1%)
118	<b>LASOTA Arkadiusz</b>	<b>360</b>		M3	8	01:06:30	02:24:43	03:24:08	<b>04:04:23.05</b>	<b>04:04:32.35</b>	+01:41:01 (41.3%)	11:55	5 (58.1%)
119	<b>STEFANIUK Marzena</b>	<b>479</b>	A NA CO TO KOMU POTRZEBNE	K2	19	01:07:12	02:26:12	03:24:31	<b>04:04:20.30</b>	<b>04:04:33.45</b>	+01:41:02 (41.3%)	11:55	5 (58.1%)
120	<b>KOT Tomasz</b>	<b>348</b>		M2	55	01:04:40	02:21:08	03:27:39	<b>04:05:18.35</b>	<b>04:05:31.20</b>	+01:42:00 (41.5%)	11:57	5 (58.1%)
121	<b>BEDNARZ Małgorzata</b>	<b>314</b>	OTM.B	K2	20	01:07:56	02:30:26	03:27:51	<b>04:05:40.05</b>	<b>04:05:46.80</b>	+01:42:15 (41.6%)	11:59	5 (58.1%)
122	<b>LEJA Michał</b>	<b>513</b>		M1	32	00:56:33	02:00:45	03:20:54	<b>04:06:51.70</b>	<b>04:07:00.85</b>	+01:43:29 (41.9%)	12:02	5 (58.1%)
123	<b>FIGIEL Bartosz</b>	<b>390</b>		M2	56	01:05:17	02:25:19	03:22:44	<b>04:07:04.50</b>	<b>04:07:14.55</b>	+01:43:43 (42.0%)	12:03	5 (58.1%)
124	<b>TOKARZEWSKA Katarzyna</b>	<b>378</b>	NBR TEAM	K2	21	01:08:00	02:30:26	03:29:25	<b>04:07:38.40</b>	<b>04:07:44.20</b>	+01:44:13 (42.1%)	12:04	5 (58.1%)
125	<b>GĘSIAREK Grzegorz</b>	<b>507</b>		M2	57	01:07:59	02:26:54	03:23:58	<b>04:07:50.30</b>	<b>04:07:58.00</b>	+01:44:27 (42.1%)	12:05	5 (58.1%)
126	<b>DANIELAK Roman</b>	<b>405</b>		M3	9	01:11:41	02:33:04	03:28:14	<b>04:07:52.75</b>	<b>04:08:12.75</b>	+01:44:41 (42.2%)	12:05	5 (58.1%)
127	<b>BARANOWSKI Michał</b>	<b>506</b>		M2	58	01:04:24	02:19:39	03:16:33	<b>04:08:35.00</b>	<b>04:08:55.25</b>	+01:45:24 (42.3%)	12:07	4.9 (57.0%)
128	<b>KOPACZ Kamil</b>	<b>372</b>	MIECHOWICKA GRUPA BIEGOWA	M1	33	01:03:25	02:19:44	03:19:15	<b>04:09:29.00</b>	<b>04:09:38.45</b>	+01:46:07 (42.5%)	12:10	4.9 (57.0%)
129	<b>FRAŃSKI Łukasz</b>	<b>382</b>	NKB CHYŻY NOWY TOMYŚL	M2	59	01:11:07	02:31:13	03:30:36	<b>04:09:56.20</b>	<b>04:10:08.40</b>	+01:46:37 (42.6%)	12:11	4.9 (57.0%)
130	<b>SYCHOWSKI Dawid</b>	<b>310</b>		M2	60	01:03:52	02:25:43	03:20:11	<b>04:09:55.60</b>	<b>04:10:13.50</b>	+01:46:42 (42.6%)	12:11	4.9 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Babia			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						4.5km	13.2km	15.5km	20.5km	20.5km			
131	<b>SWAT Damian</b>	<b>339</b>		M1	34	01:03:15	02:29:31	03:34:24	<b>04:06:37.85</b>	<b>04:11:00.15</b>	+01:47:29 (42.8%)	12:01	5 (58.1%)
132	<b>LASOŃCZYK Karol</b>	<b>415</b>		M1	35	01:02:19	02:15:53	03:19:38	<b>04:10:58.75</b>	<b>04:11:17.70</b>	+01:47:46 (42.9%)	12:14	4.9 (57.0%)
133	<b>MROWKA Malgorzata</b>	<b>532</b>		K2	22	01:11:49	02:32:56	03:30:31	<b>04:11:17.20</b>	<b>04:11:23.60</b>	+01:47:52 (42.9%)	12:15	4.9 (57.0%)
134	<b>MRÓWKA Michał</b>	<b>533</b>	OBOZY GÓRSKIE	M2	61	01:10:11	02:32:48	03:28:33	<b>04:11:51.50</b>	<b>04:11:58.50</b>	+01:48:27 (43.0%)	12:17	4.9 (57.0%)
135	<b>FILIPEK Przemysław</b>	<b>456</b>	KB MCKIS JAWORZNO	M2	62	01:05:28	02:23:54	03:27:36	<b>04:12:40.20</b>	<b>04:12:47.95</b>	+01:49:17 (43.2%)	12:19	4.9 (57.0%)
136	<b>KRÓL Tomasz</b>	<b>447</b>		M1	36	01:06:55	02:25:37	03:25:15	<b>04:13:54.00</b>	<b>04:14:15.70</b>	+01:50:44 (43.6%)	12:23	4.8 (55.8%)
137	<b>PALUCH Piotr</b>	<b>519</b>		M2	63	01:03:01	02:24:40	03:28:53	<b>04:14:33.10</b>	<b>04:14:47.65</b>	+01:51:16 (43.7%)	12:25	4.8 (55.8%)
138	<b>BOCZKOWSKA Justyna</b>	<b>401</b>		K3	3	01:08:11	02:29:23	03:34:10	<b>04:16:10.65</b>	<b>04:16:19.20</b>	+01:52:48 (44.0%)	12:29	4.8 (55.8%)
139	<b>MUNIAK Krzysztof</b>	<b>561</b>		M2	64	01:02:02	02:19:15	03:34:59	<b>04:16:15.40</b>	<b>04:16:29.95</b>	+01:52:59 (44.0%)	12:30	4.8 (55.8%)
140	<b>WÓJCIK Marta</b>	<b>426</b>	KBKS RADOMSKO	K1	6	01:14:01	02:32:54	03:36:24	<b>04:16:25.65</b>	<b>04:16:30.20</b>	+01:52:59 (44.0%)	12:30	4.8 (55.8%)
141	<b>BEDNARZ Sebastian</b>	<b>304</b>	OTM.B	M3	10	01:07:50	02:38:14	03:27:44	<b>04:17:57.25</b>	<b>04:18:12.30</b>	+01:54:41 (44.4%)	12:34	4.8 (55.8%)
142	<b>KUCIEL Dawid</b>	<b>531</b>		M1	37	01:10:00	02:31:17	03:32:42	<b>04:18:33.25</b>	<b>04:18:51.45</b>	+01:55:20 (44.6%)	12:36	4.8 (55.8%)
143	<b>BĄK Paulina</b>	<b>538</b>	SISTERS	K2	23	01:08:36	02:34:15	03:38:00	<b>04:18:36.25</b>	<b>04:18:53.45</b>	+01:55:22 (44.6%)	12:36	4.8 (55.8%)
144	<b>RYPUŁA Maria</b>	<b>442</b>	ZEN RUNNING TEAM	K2	24	01:08:59	02:33:53	03:40:42	<b>04:19:16.90</b>	<b>04:19:32.50</b>	+01:56:01 (44.7%)	12:38	4.7 (54.7%)
145	<b>PONIATOWSKI Krzysztof</b>	<b>374</b>	RODZINNA GRUPA ROWEROWA	M2	65	01:12:21	02:34:22	03:39:34	<b>04:19:38.95</b>	<b>04:19:45.55</b>	+01:56:14 (44.8%)	12:39	4.7 (54.7%)
146	<b>TYLKA Gosia</b>	<b>425</b>		K1	7	01:12:17	02:36:51	03:38:46	<b>04:19:48.05</b>	<b>04:20:03.35</b>	+01:56:32 (44.8%)	12:40	4.7 (54.7%)
147	<b>RYPUŁA Jacek</b>	<b>443</b>	ZEN RUNNING TEAM	M2	66	01:08:58	02:34:48	03:41:04	<b>04:20:27.50</b>	<b>04:20:43.45</b>	+01:57:12 (45.0%)	12:42	4.7 (54.7%)
148	<b>CICHOŃ Konrad</b>	<b>514</b>		M1	38	01:11:56	02:38:35	03:39:08	<b>04:23:12.95</b>	<b>04:23:27.20</b>	+01:59:56 (45.5%)	12:50	4.7 (54.7%)
149	<b>WROŃSKI Franciszek</b>	<b>568</b>	VIVA PASKRZYN	M1	39	01:13:53	02:32:43	03:35:19	<b>04:23:36.70</b>	<b>04:23:49.70</b>	+02:00:18 (45.6%)	12:51	4.7 (54.7%)
150	<b>BŁĄŻEJOWSKI Krzysztof</b>	<b>399</b>		M3	11	01:14:05	02:42:53	03:41:56	<b>04:23:59.15</b>	<b>04:24:18.10</b>	+02:00:47 (45.7%)	12:52	4.7 (54.7%)
151	<b>GRZĘDA Szymon</b>	<b>416</b>		M1	40	01:02:20	02:17:53	03:20:59	<b>04:24:10.10</b>	<b>04:24:29.65</b>	+02:00:58 (45.7%)	12:53	4.7 (54.7%)
152	<b>KOCIUBA Katarzyna</b>	<b>349</b>		K2	25	01:19:31	02:45:26	03:48:28	<b>04:25:25.60</b>	<b>04:25:31.80</b>	+02:02:00 (46.0%)	12:56	4.6 (53.5%)
153	<b>KAWUŁOK Łukasz</b>	<b>373</b>	VSOFTTEAM	M2	67	01:12:27	02:39:50	03:42:05	<b>04:25:34.25</b>	<b>04:25:47.25</b>	+02:02:16 (46.0%)	12:57	4.6 (53.5%)

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 13.2km	Babia 2 15.5km					
154	<b>KUŚWIK Beata</b>	<b>403</b>	CAŁE ŻYCIE NA REDUKCJI	K1	8	01:10:06	02:35:08	03:40:34	<b>04:25:49.60</b>	<b>04:25:59.40</b>	+02:02:28 (46.0%)	12:58	4.6 (53.5%)
155	<b>RZESZOTARSKI Tomasz</b>	<b>315</b>	KTÓRĘDY NAD MORSKIE OKO	M2	68	01:03:17	02:18:56	03:21:20	<b>04:26:02.05</b>	<b>04:26:05.40</b>	+02:02:34 (46.1%)	12:58	4.6 (53.5%)
156	<b>NOCULAK Krystian</b>	<b>548</b>		M2	69	00:59:10	02:18:23	03:10:40	<b>04:27:39.65</b>	<b>04:27:59.25</b>	+02:04:28 (46.4%)	13:03	4.6 (53.5%)
157	<b>BĄK Piotr</b>	<b>499</b>	WILD BUCHAYS	M2	70	01:11:11	02:40:06	03:41:31	<b>04:28:15.50</b>	<b>04:28:20.35</b>	+02:04:49 (46.5%)	13:05	4.6 (53.5%)
158	<b>CIECHALSKA Ola</b>	<b>521</b>		K2	26	01:10:25	02:32:15	03:37:17	<b>04:28:14.20</b>	<b>04:28:27.35</b>	+02:04:56 (46.5%)	13:05	4.6 (53.5%)
159	<b>PIEKARSKI Ryszard</b>	<b>395</b>		M1	41	01:10:04	02:33:09	03:44:34	<b>04:30:10.05</b>	<b>04:30:19.05</b>	+02:06:48 (46.9%)	13:10	4.6 (53.5%)
160	<b>BESZTOCHA Jadwiga</b>	<b>461</b>	ZEN RUNNING TEAM	K2	27	01:13:07	02:42:49	03:46:37	<b>04:30:51.60</b>	<b>04:31:06.75</b>	+02:07:35 (47.1%)	13:12	4.5 (52.3%)
161	<b>NIELEPIEC Artur</b>	<b>550</b>		M2	71	01:01:51	02:25:25	03:32:52	<b>04:33:04.55</b>	<b>04:33:16.55</b>	+02:09:45 (47.5%)	13:19	4.5 (52.3%)
162	<b>WNUK Mirosław</b>	<b>321</b>		M3	12	01:09:17	02:39:57	03:47:27	<b>04:33:31.35</b>	<b>04:33:42.35</b>	+02:10:11 (47.6%)	13:20	4.5 (52.3%)
163	<b>MIKULSKI Wojciech</b>	<b>437</b>	4F RUNNING TEAM	M2	72	01:12:57	02:40:28	03:48:01	<b>04:33:29.30</b>	<b>04:33:51.80</b>	+02:10:20 (47.6%)	13:20	4.5 (52.3%)
164	<b>TKACZ Przemysław</b>	<b>438</b>	PRZEMYSKI KLUB BIEGACZA	M2	73	01:13:09	02:40:29	03:47:53	<b>04:33:29.40</b>	<b>04:33:52.30</b>	+02:10:21 (47.6%)	13:20	4.5 (52.3%)
165	<b>SIESS Małgorzata</b>	<b>363</b>		K1	9	01:15:20	02:42:57	03:45:38	<b>04:33:43.50</b>	<b>04:34:03.35</b>	+02:10:32 (47.6%)	13:21	4.5 (52.3%)
166	<b>ZIĘBA Dawid</b>	<b>385</b>	IDEOAKTYWNI	M1	42	01:12:23	02:41:40	03:53:48	<b>04:37:50.85</b>	<b>04:38:05.70</b>	+02:14:34 (48.4%)	13:33	4.4 (51.2%)
167	<b>ŁATKA Maciej</b>	<b>433</b>		M1	43	01:09:00	02:48:21	03:57:12	<b>04:42:31.20</b>	<b>04:42:48.80</b>	+02:19:17 (49.3%)	13:46	4.4 (51.2%)
168	<b>PAWLIKOWSKA Anna</b>	<b>413</b>		K2	28	01:10:03	02:44:26	03:47:53	<b>04:42:46.05</b>	<b>04:42:58.70</b>	+02:19:27 (49.3%)	13:47	4.3 (50.0%)
169	<b>IZDEBSKI Adrian</b>	<b>417</b>		M2	74	01:15:59	02:44:22	03:53:22	<b>04:43:49.40</b>	<b>04:44:08.70</b>	+02:20:37 (49.5%)	13:50	4.3 (50.0%)
170	<b>KULIGA Michał</b>	<b>317</b>	EASYRUN RACIBÓRZ	M2	75	01:12:28	02:47:00	03:53:51	<b>04:47:03.05</b>	<b>04:47:20.00</b>	+02:23:49 (50.1%)	14:00	4.3 (50.0%)
171	<b>KULIGA Ewa</b>	<b>311</b>	EASYRUN RACIBÓRZ	K2	29	01:12:31	02:46:40	03:54:31	<b>04:47:03.60</b>	<b>04:47:20.10</b>	+02:23:49 (50.1%)	14:00	4.3 (50.0%)
172	<b>DAMASZEK Grzegorz</b>	<b>491</b>		M2	76	01:10:22	02:46:44	04:00:49	<b>04:49:16.55</b>	<b>04:49:31.05</b>	+02:26:00 (50.4%)	14:06	4.3 (50.0%)
173	<b>SZAREK Robert</b>	<b>340</b>		M3	13	01:12:31	02:43:09	03:57:18	<b>04:50:00.00</b>	<b>04:50:12.20</b>	+02:26:41 (50.5%)	14:08	4.2 (48.8%)
174	<b>ROGÓŻ Elżbieta</b>	<b>325</b>	#ULTRATRACK	K2	30	01:09:58	02:47:07	03:54:45	<b>04:51:38.00</b>	<b>04:51:50.30</b>	+02:28:19 (50.8%)	14:13	4.2 (48.8%)
175	<b>DULIBAN-NOWAK Gabriela</b>	<b>543</b>	STREET KRAV MAGA MEHRSTEIN PRZEWORSK	K2	31	01:16:10	02:48:48	04:05:27	<b>04:51:56.55</b>	<b>04:52:09.70</b>	+02:28:38 (50.9%)	14:14	4.2 (48.8%)
176	<b>GRAJDEK Wiktor</b>	<b>322</b>		M1	44	01:17:34	02:55:35	03:56:32	<b>04:54:29.75</b>	<b>04:54:51.15</b>	+02:31:20 (51.3%)	14:21	4.2 (48.8%)



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 13.2km	Babia 2 15.5km					
177	<b>OSINSKI Norbert</b>	<b>388</b>		M1	45	01:09:36	02:42:49	03:55:21	<b>04:55:54.35</b>	<b>04:56:05.85</b>	+02:32:34 (51.5%)	14:26	4.2 (48.8%)
178	<b>ŁUGOWSKI Sebastian</b>	<b>381</b>		M2	77	01:12:29	02:46:47	04:05:13	<b>04:56:35.50</b>	<b>04:56:55.70</b>	+02:33:24 (51.7%)	14:28	4.1 (47.7%)
179	<b>KASKA Krzysztof</b>	<b>432</b>		M3	14	01:13:48	02:49:55	03:59:13	<b>04:57:21.60</b>	<b>04:57:36.75</b>	+02:34:05 (51.8%)	14:30	4.1 (47.7%)
180	<b>LEŚNIEWICZ Danuta</b>	<b>392</b>	MINIONSSPEEDTEAM	K2	32	01:05:27	02:40:57	04:09:56	<b>05:01:33.75</b>	<b>05:01:52.50</b>	+02:38:21 (52.5%)	14:42	4.1 (47.7%)
181	<b>PARASZKA Łukasz</b>	<b>393</b>	MINIONSSPEEDTEAM	M1	46	01:05:21	02:40:58	04:09:56	<b>05:01:33.90</b>	<b>05:01:52.70</b>	+02:38:21 (52.5%)	14:42	4.1 (47.7%)
182	<b>PIĄTEK Tomasz</b>	<b>525</b>	WILDBUHAYS	M2	78	01:16:02	02:46:20	04:11:58	<b>05:01:50.25</b>	<b>05:01:56.65</b>	+02:38:25 (52.5%)	14:43	4.1 (47.7%)
183	<b>PODLEWSKI Wojciech</b>	<b>333</b>	KS SPORTIVA	M3	15	01:13:44	02:53:43	04:03:54	<b>05:02:29.65</b>	<b>05:02:34.70</b>	+02:39:03 (52.6%)	14:45	4.1 (47.7%)
184	<b>PODSTAWSKA Justyna</b>	<b>495</b>		K1	10	01:24:24	03:01:00	04:12:07	<b>05:02:42.50</b>	<b>05:03:03.30</b>	+02:39:32 (52.6%)	14:45	4.1 (47.7%)
185	<b>FRANEK Sebastian</b>	<b>307</b>	WLKP MOUNTAINS ULTRA	M2	79	01:11:09	02:42:34	04:03:04	<b>05:03:27.15</b>	<b>05:03:39.05</b>	+02:40:08 (52.7%)	14:48	4.1 (47.7%)
186	<b>PYREK Iwona</b>	<b>303</b>		K2	33	01:22:09	03:05:04	04:17:55	<b>05:05:31.45</b>	<b>05:05:44.30</b>	+02:42:13 (53.1%)	14:54	4 (46.5%)
187	<b>WALCZAK Jakub</b>	<b>496</b>		M3	16	01:12:22	02:52:36	04:02:24	<b>05:06:09.95</b>	<b>05:06:22.95</b>	+02:42:52 (53.2%)	14:56	4 (46.5%)
188	<b>STEFANIAK Bożena</b>	<b>424</b>		K3	4	01:14:04	02:55:08	04:17:49	<b>05:06:57.60</b>	<b>05:07:13.60</b>	+02:43:42 (53.3%)	14:58	4 (46.5%)
189	<b>URBAŃCZYK Paweł</b>	<b>529</b>		M1	47	01:23:42	02:58:57	04:15:40	<b>05:07:58.20</b>	<b>05:08:15.70</b>	+02:44:44 (53.4%)	15:01	4 (46.5%)
190	<b>SZCZEŚNIAK Agnieszka</b>	<b>318</b>	SB SOBOLE	K2	34	01:20:52	03:06:06	04:16:43	<b>05:09:31.90</b>	<b>05:09:43.95</b>	+02:46:13 (53.7%)	15:05	4 (46.5%)
191	<b>SOBULSKI Karol</b>	<b>327</b>	SB SOBOLE	M2	80	01:19:51	03:05:57	04:16:27	<b>05:09:32.35</b>	<b>05:09:44.35</b>	+02:46:13 (53.7%)	15:05	4 (46.5%)
192	<b>MORAWSKA Anna</b>	<b>316</b>		K3	5	01:23:38	03:06:49	04:17:32	<b>05:10:31.70</b>	<b>05:10:51.85</b>	+02:47:20 (53.8%)	15:08	4 (46.5%)
193	<b>ŁATKA Dorota</b>	<b>407</b>		K2	35	01:29:00	03:11:15	04:26:19	<b>05:16:16.30</b>	<b>05:16:32.40</b>	+02:53:01 (54.7%)	15:25	3.9 (45.3%)
194	<b>DOROŻAŁA Natalia</b>	<b>428</b>		K2	36	01:28:08	03:20:46	04:28:24	<b>05:18:01.75</b>	<b>05:18:25.90</b>	+02:54:55 (54.9%)	15:30	3.9 (45.3%)
195	<b>ADRIAN Maciej</b>	<b>477</b>		M1	48	01:11:40	02:41:00	04:27:44	<b>05:16:45.85</b>	<b>05:18:30.40</b>	+02:54:59 (54.9%)	15:27	3.9 (45.3%)
196	<b>TOMCZYK Rafał</b>	<b>369</b>		M3	17	01:16:02	03:01:08	04:23:39	<b>05:19:42.60</b>	<b>05:20:04.60</b>	+02:56:33 (55.2%)	15:35	3.8 (44.2%)
197	<b>KARLIŃSKI Łukasz</b>	<b>370</b>		M2	81	01:17:52	03:01:10	04:23:37	<b>05:20:21.65</b>	<b>05:20:44.25</b>	+02:57:13 (55.3%)	15:37	3.8 (44.2%)
198	<b>NAWROCKA Natalia</b>	<b>353</b>		K1	11	01:24:52	03:07:35	04:23:08	<b>05:20:33.90</b>	<b>05:20:47.45</b>	+02:57:16 (55.3%)	15:38	3.8 (44.2%)
199	<b>PICHER RÓŻYŁO Joanna</b>	<b>313</b>		K2	37	01:29:01	03:15:57	04:29:43	<b>05:21:18.40</b>	<b>05:21:42.35</b>	+02:58:11 (55.4%)	15:40	3.8 (44.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat				Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						Babia 1 4.5km	Markowe 13.2km	Babia 2 15.5km	20.5km	20.5km			
200	<b>WOŹNIAK Radosław</b>	<b>323</b>		M3	18	01:28:55	03:15:45	04:29:49	<b>05:21:18.85</b>	<b>05:21:42.70</b>	+02:58:11 (55.4%)	15:40	3.8 (44.2%)
201	<b>ZAGÓRSKA Beata</b>	<b>536</b>		K2	38	01:23:10	03:08:41	04:28:41	<b>05:22:24.25</b>	<b>05:22:40.80</b>	+02:59:09 (55.5%)	15:43	3.8 (44.2%)
202	<b>ZIMNY Marcin</b>	<b>400</b>	LEGIA WARSZAWA	M2	82	01:23:11	03:05:25	04:27:29	<b>05:22:59.90</b>	<b>05:23:25.65</b>	+02:59:54 (55.6%)	15:45	3.8 (44.2%)
203	<b>ZIMNY Łukasz</b>	<b>410</b>	JELONKI RUNNING CLUB	M1	49	01:26:54	03:05:20	04:27:40	<b>05:23:00.80</b>	<b>05:23:26.15</b>	+02:59:55 (55.6%)	15:45	3.8 (44.2%)
204	<b>SZYMAŃSKI Kamil</b>	<b>404</b>		M1	50	01:16:10	02:55:17	04:16:55	<b>05:25:14.70</b>	<b>05:25:25.25</b>	+03:01:54 (55.9%)	15:51	3.8 (44.2%)
205	<b>RYGUŁA Mikołaj</b>	<b>555</b>		M1	51	01:21:31	02:59:10	04:21:41	<b>05:25:19.40</b>	<b>05:25:25.30</b>	+03:01:54 (55.9%)	15:52	3.8 (44.2%)
206	<b>MARCINIAK Agata</b>	<b>338</b>	ŁODZIANKA TEAM	K2	39	01:29:53	03:14:43	04:38:03	<b>05:29:09.65</b>	<b>05:29:33.00</b>	+03:06:02 (56.5%)	16:03	3.7 (43.0%)
207	<b>PELCNER Marcin</b>	<b>467</b>		M3	19	01:21:22	03:05:07	04:37:41	<b>05:34:55.45</b>	<b>05:35:08.45</b>	+03:11:37 (57.2%)	16:20	3.7 (43.0%)
208	<b>HOLONA Bożena</b>	<b>560</b>		K3	6	01:33:23	03:20:34	04:46:08	<b>05:37:04.75</b>	<b>05:37:22.30</b>	+03:13:51 (57.5%)	16:26	3.6 (41.9%)
209	<b>STANISZEWSKI Rafał</b>	<b>464</b>	TURBODZIKI	M2	83	01:23:41	03:20:05	04:36:56	<b>05:39:58.05</b>	<b>05:40:10.45</b>	+03:16:39 (57.8%)	16:35	3.6 (41.9%)
210	<b>GOLA Karolina</b>	<b>539</b>	SISTERS	K2	40	01:38:45	03:28:38	04:53:53	<b>05:40:27.15</b>	<b>05:40:44.45</b>	+03:17:13 (57.9%)	16:36	3.6 (41.9%)
211	<b>HOLONA Julia</b>	<b>569</b>		K1	12	01:28:13	03:23:32	04:44:12	<b>05:44:11.65</b>	<b>05:44:29.70</b>	+03:20:58 (58.3%)	16:47	3.6 (41.9%)
212	<b>DOROŻAŁA Lechosław</b>	<b>427</b>		M3	20	01:28:21	03:28:20	04:52:28	<b>05:48:06.05</b>	<b>05:48:31.30</b>	+03:25:00 (58.8%)	16:58	3.5 (40.7%)
213	<b>RYPUŁA Grażyna</b>	<b>462</b>	ZEN RUNNING TEAM	K3	7	01:32:11	03:23:23	04:48:48	<b>05:51:12.55</b>	<b>05:51:28.75</b>	+03:27:57 (59.2%)	17:07	3.5 (40.7%)
214	<b>CISICKA Daria</b>	<b>358</b>		K1	13	01:29:00	03:32:49	05:04:12	<b>05:58:45.75</b>	<b>05:59:00.10</b>	+03:35:29 (60.0%)	17:30	3.4 (39.5%)
<b>Przekroczony limit czasu: 06:00:00</b>													
215	<b>SYPNIEWSKA Hanna</b>	<b>537</b>	SPARTANIE DZIECIOM	K3	8	01:41:19	03:55:24	05:24:33	<b>06:22:39.05</b>	<b>06:23:00.10</b>	+03:59:29 (62.5%)	18:39	3.2 (37.2%)
216	<b>BAROSZ Natalia Paulina</b>	<b>547</b>		K1	14								(0.0%)
DNC	<b>PARIS Nicola</b>	<b>450</b>	LA RECASTELLO	K1		00:42:23	00:59:20						(0.0%)
	<b>ŚLESICKI Konstanty</b>	<b>544</b>		M1		01:15:20 DNF	03:00:34 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>MROZIK Magdalena</b>	<b>345</b>	POWER TRAINING	K2		01:24:30 DNF	03:20:22 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>RYPUŁA Zenon</b>	<b>466</b>	ZEN RUNNING TEAM	M3		01:33:15 DNF	03:36:12 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>PACHUT Jerzy</b>	<b>328</b>	MY ENDURANCE COACHING TEAM	M1		00:56:31 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>WIECZOREK Wojciech</b>	<b>554</b>		M2		01:28:24 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Babia 1 4.5km	Markowe 13.2km	Babia 2 15.5km	Czas netto 20.5km	Czas brutto 20.5km	Różn	Tempo min/km	Tempo km/h
	<b>MAREK Dariusz</b>	<b>301</b>	MONK SANDALS TEAM	M2		DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 223 wynik(ów)