



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Dolnośląski Festiwal Biegów Górskich
Fundacja MARATONY GÓRSKIE
2022-07-14
Łądek-Zdrój
68 km

BIEG ULTRA TRAIL - 68 KM

B4SPORT
INTELLIGENTNE ZAWODY SPORTOWE

B4SPORT
INTELLIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0.01km	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
1	MASIAREK Maciej	4270		Senior I M - 20	1	00:00:03	00:51:34	02:13:03	03:09:46	04:23:30	05:29:20	06:31:26.05	06:31:26.05		5:45	10.4 (100%)
2	GLUSNEVS Didzis	4362		Senior II M - 30	1	00:00:04	00:51:37	02:14:26	03:10:40	04:30:43	05:40:57	06:40:04.75	06:40:04.75	+00:08:38 (2.2%)	5:53	10.2 (98.1%)
3	PITUCH Grzegorz	4140	KS WYSOKA	Masters M - 40	1	00:00:03	00:56:20	02:25:08	03:23:22	04:41:32	05:58:55	07:02:37.05	07:02:37.05	+00:31:11 (7.4%)	6:12	9.7 (93.3%)
4	DYBEK Paweł	4414	SALOMON SUUNTO TEAM	Masters M - 40	2	00:00:04	00:56:19	02:27:15	03:27:29	04:49:11	06:02:22	07:09:14.85	07:09:14.85	+00:37:48 (8.8%)	6:18	9.5 (91.3%)
5	PILARSKI Tomasz	4382	IZERY BOGATYNIA	Masters M - 40	3	00:00:03	00:56:08	02:24:56	03:23:14	04:42:15	06:03:12	07:10:23.80	07:10:23.80	+00:38:57 (9.1%)	6:19	9.5 (91.3%)
6	ŚCIESZKA Wojciech	4252	13 ELT KRAKÓW-BALICE	Masters M - 40	4	00:00:04	00:58:08	02:28:30	03:34:54	05:00:17	06:12:55	07:16:43.85	07:16:43.85	+00:45:17 (10.4%)	6:25	9.3 (89.4%)
7	MAZUREK Marcin	4379	FEHLAU RUN TEAM	Masters M - 40	5	00:00:05	00:57:18	02:28:06	03:27:30	04:51:41	06:08:15	07:18:23.55	07:18:23.55	+00:46:57 (10.7%)	6:26	9.3 (89.4%)
8	GOC Paweł	4254	RMT	Senior II M - 30	2	00:00:03	00:57:14	02:27:44	03:27:29	04:51:41	06:11:38	07:22:45.55	07:22:45.55	+00:51:19 (11.6%)	6:30	9.2 (88.5%)
9	SOCHA Seweryn	4286	SII RUNNING TEAM	Senior II M - 30	3	00:00:29	01:00:47	02:36:18	03:40:05	05:07:52	06:25:56	07:35:23.10	07:35:23.10	+01:03:57 (14.0%)	6:41	9 (86.5%)
10	TRULIS Modris	4399	SUPERVARONI	Senior II M - 30	4	00:00:05	00:58:22	02:37:45	03:41:17	05:07:50	06:26:08	07:37:58.05	07:37:58.05	+01:06:32 (14.5%)	6:44	8.9 (85.6%)
11	RUDZIŃSKI Jacek	4081	KB HERMES GRYFINO	Weteran I M - 50	1	00:00:34	01:00:35	02:36:16	03:40:39	05:12:03	06:32:17	07:41:41.65	07:41:41.65	+01:10:15 (15.2%)	6:47	8.8 (84.6%)
12	URBAŃCZYK Grzegorz	4365	FOR RUN TEAM & ADRUNALINE	Senior II M - 30	5	00:00:04	00:58:22	02:30:59	03:38:30	05:06:32	06:36:43	07:46:45.95	07:46:45.95	+01:15:19 (16.1%)	6:51	8.7 (83.7%)
13	WYLEŻAŁEK Alina	4327		Senior II K - 30	1	00:00:05	01:00:52	02:39:03	03:45:58	05:16:02	06:37:59	07:48:09.25	07:48:09.25	+01:16:43 (16.4%)	6:53	8.7 (83.7%)
14	WILK Jacek	4397		Weteran I M - 50	2	00:00:09	01:03:14	02:50:30	03:57:28	05:27:24	06:41:29	07:49:53.10	07:49:53.10	+01:18:27 (16.7%)	6:54	8.7 (83.7%)
15	BAKALARZ Emil	4274		Senior II M - 30	6	00:00:02	01:00:27	02:37:50	03:43:06	05:17:40	06:37:24	07:50:09.55	07:50:09.55	+01:18:43 (16.7%)	6:54	8.7 (83.7%)
16	KOCOUREK Martin	4411	RUNCAT	Masters M - 40	6	00:00:35	01:02:46	02:41:48	03:48:55	05:17:24	06:39:59	07:53:12.15	07:53:12.15	+01:21:46 (17.3%)	6:57	8.6 (82.7%)
17	NARWOJSZ Arkadiusz	4159		Masters M - 40	7	00:00:06	01:00:29	02:42:44	03:54:48	05:28:27	06:50:34	07:55:06.15	07:55:06.15	+01:23:40 (17.6%)	6:59	8.6 (82.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start						Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km					
18	OSTROWSKI Grzegorz	4317		Masters M - 40	8	00:00:07	00:58:12	02:36:16	03:41:16	05:15:24	06:41:02	07:57:39.05	07:57:39.05	+01:26:13 (18.1%)	7:01	8.5 (81.7%)
19	RYCHTER Karol	4418	THE TYCHTERS	Masters M - 40	9	00:00:10	00:58:54	02:36:17	03:44:51	05:17:29	06:41:25	07:57:41.60	07:57:41.60	+01:26:15 (18.1%)	7:01	8.5 (81.7%)
20	MERKWA Wojciech	4325	ZIOMKI	Senior II M - 30	7	00:00:07	01:00:54	02:39:22	03:46:47	05:19:50	06:43:57	07:57:48.95	07:57:48.95	+01:26:22 (18.1%)	7:01	8.5 (81.7%)
21	MAJCHER Piotr	4186	BW BIEGACZE WYMIATACZE	Weteran I M - 50	3	00:00:04	01:00:44	02:37:26	03:44:14	05:23:39	06:47:04	07:59:40.00	07:59:40.00	+01:28:13 (18.4%)	7:03	8.5 (81.7%)
22	MALICKI Grzegorz	4310	ORANGE POLSKA	Masters M - 40	10	00:00:03	00:59:54	02:38:27	03:45:54	05:18:43	06:43:53	08:00:04.35	08:00:04.35	+01:28:38 (18.5%)	7:03	8.5 (81.7%)
23	WARWAS Radosław	4387		Masters M - 40	11	00:00:05	00:59:29	02:38:43	03:46:35	05:22:04	06:46:24	08:01:12.20	08:01:12.20	+01:29:46 (18.7%)	7:04	8.5 (81.7%)
24	JAROWICZ Jakub	4091		Senior II M - 30	8	00:00:05	00:56:05	02:30:46	03:37:29	05:09:32	06:42:38	08:05:20.25	08:05:20.25	+01:33:54 (19.3%)	7:08	8.4 (80.8%)
25	PIETRAKOWSKI Grzegorz	4352		Masters M - 40	12	00:01:02	01:38:21	04:21:18	06:35:18			08:09:48.65	08:09:48.65	+01:38:22 (20.1%)	7:12	8.3 (79.8%)
26	ŠALIGA Jan	4410	ŠALARUN	Senior II M - 30	9	00:00:36	01:04:34	02:48:54	03:58:05	05:35:04	07:00:25	08:16:39.05	08:16:39.05	+01:45:13 (21.2%)	7:18	8.2 (78.8%)
27	MALEC Artur	4096		Masters M - 40	13	00:00:04	01:04:05	02:49:39	03:59:59	05:37:55	07:02:17	08:18:03.75	08:18:03.75	+01:46:37 (21.4%)	7:19	8.2 (78.8%)
28	CIESIELSKI Michał	4328	ADIDAS RUNNERS WARSAW	Senior II M - 30	10	00:00:14	01:00:44	02:46:37	03:56:48	05:30:02	06:57:25	08:18:42.50	08:18:42.50	+01:47:16 (21.5%)	7:20	8.2 (78.8%)
29	SZYMURA Wojciech	4189	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Masters M - 40	14	00:00:05	01:00:16	02:42:43	03:55:21	05:38:38	07:07:26	08:21:13.95	08:21:13.95	+01:49:47 (21.9%)	7:22	8.1 (77.9%)
30	GAŁUSZKA Filip	4112	KOKOSZKA36TEAM	Senior II M - 30	11	00:00:35	01:03:52	02:48:45	03:59:49	05:40:17	07:02:41	08:24:11.05	08:24:11.05	+01:52:45 (22.4%)	7:24	8.1 (77.9%)
31	JANKOWSKI Grzegorz	4073	KGHM ZG RUN	Weteran I M - 50	4	00:00:02	00:57:34	02:36:48	03:41:30	05:24:27	07:07:32	08:24:12.90	08:24:12.90	+01:52:46 (22.4%)	7:24	8.1 (77.9%)
32	POPIEL Andrzej	4194	POPSMART.PL	Senior II M - 30	12	00:00:15	01:05:05	02:50:48	04:02:56	05:42:49	07:10:28	08:25:17.75	08:25:17.75	+01:53:51 (22.5%)	7:25	8.1 (77.9%)
33	JANUSZ Jakub	4126		Senior II M - 30	13	00:00:17	01:13:21	03:02:49	04:13:28	05:50:17	07:14:18	08:28:26.60	08:28:26.60	+01:57:00 (23.0%)	7:28	8 (76.9%)
34	BOGUCKA Emilia	4380	WLKP MOUNTAINS ULTRA	Masters K - 40	1	00:00:15	01:09:28	02:58:34	04:09:24	05:48:09	07:14:49	08:29:06.45	08:29:06.45	+01:57:40 (23.1%)	7:29	8 (76.9%)
35	ŁUKASIEWICZ Ewa	4111	OLAWS ZŁOTORYJA	Weteran K - 50	1	00:00:29	01:16:08	03:01:04	04:09:26	05:43:29	07:14:27	08:29:06.65	08:29:06.65	+01:57:40 (23.1%)	7:29	8 (76.9%)
36	SZARAPANOWSKI Marcin	4202	ULTRA DIABŁY TEAM LUBRZA	Masters M - 40	15	00:00:09	01:05:07	02:50:53	04:01:48	05:41:16	07:09:10	08:30:18.80	08:30:18.80	+01:58:52 (23.3%)	7:30	8 (76.9%)
37	KURACH Paweł	4298	SII RUNNING TEAM	Senior II M - 30	14	00:00:30	01:12:15	03:07:44	04:18:14	05:52:23	07:13:24	08:30:20.15	08:30:20.15	+01:58:54 (23.3%)	7:30	8 (76.9%)
38	BARANOWSKI Jacek	4375	JACEKBIEGA RUNNING TEAM	Masters M - 40	16	00:00:10	01:09:11	02:56:32	04:06:23	05:43:53	07:13:05	08:30:59.65	08:30:59.65	+01:59:33 (23.4%)	7:30	8 (76.9%)
39	JAWORSKA Magdalena	4018	GB WIELKOPOLSCY BIEGACZE/TEAM KGB	Masters K - 40	2	00:00:18	01:11:24	03:05:23	04:16:45	05:59:26	07:21:47	08:33:23.90	08:33:23.90	+02:01:57 (23.8%)	7:32	7.9 (76.0%)
40	WATROS Eryk	4212	31 BAZA LOTNICTWA TAKTYCZNEGO	Senior II M - 30	15	00:00:08	01:04:55	02:53:53	04:05:05	05:50:16	07:22:05	08:34:55.10	08:34:55.10	+02:03:29 (24.0%)	7:34	7.9 (76.0%)
41	MARUCHA Tomasz	4277	DRUŻYNA Ż	Senior II M - 30	16	00:00:53	01:13:34	03:04:10	04:15:10	05:53:56	07:19:12	08:35:06.45	08:35:06.45	+02:03:40 (24.0%)	7:34	7.9 (76.0%)
42	KUŁAGA Sebastian	4371	MIRAZ RACE TEAM	Senior II M - 30	17	00:00:34	01:16:33	03:06:21	04:13:32	05:51:19	07:22:58	08:36:23.50	08:36:23.50	+02:04:57 (24.2%)	7:35	7.9 (76.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start						Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
						0.01km	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km					
43	MOSZKOWICZ Pawel Moszkowicz	4406	NAVIGATOR	Weteran I M - 50	5	00:00:44	01:06:55	02:51:34	04:00:02	05:41:02	07:17:47	08:40:49.35	08:40:49.35	+02:09:23 (24.8%)	7:39	7.8 (75.0%)
44	GRABOŚ Nina	4314		Masters K - 40	3	00:00:16	01:14:02	03:09:36	04:22:05	06:01:38	07:30:13	08:43:09.50	08:43:09.50	+02:11:43 (25.2%)	7:41	7.8 (75.0%)
45	CHWEDCZUK Robert	4232	ŻÓRAWSKI TEAM	Senior II M - 30	18	00:00:15	01:04:36	02:48:47	03:58:06	05:43:21	07:23:55	08:44:17.30	08:44:17.30	+02:12:51 (25.3%)	7:42	7.8 (75.0%)
46	WOŹNIAK Jerzy	4246	#ZALINIAMETYTEAM	Senior II M - 30	19	00:00:32	01:06:59	02:56:13	04:08:02	05:51:07	07:25:38	08:44:59.45	08:44:59.45	+02:13:33 (25.4%)	7:43	7.8 (75.0%)
47	PARZONKA Sylwester	4165	KS GEPARD KEPNO	Weteran I M - 50	6	00:00:14	01:05:08	02:48:39	03:57:42	05:37:09	07:24:24	08:49:02.75	08:49:02.75	+02:17:36 (26.0%)	7:46	7.7 (74.0%)
48	JAKOWSKI Mateusz	4095		Senior I M - 20	2	00:00:07	00:59:04	02:40:15	03:55:50	05:37:59	07:23:38	08:50:02.65	08:50:02.65	+02:18:36 (26.2%)	7:47	7.7 (74.0%)
49	GOLCZAK Krzysztof	4011	TEAM KGB	Masters M - 40	17	00:00:17	01:11:23	03:05:24	04:16:51	06:01:07	07:33:02	08:51:38.40	08:51:38.40	+02:20:12 (26.4%)	7:49	7.7 (74.0%)
50	FLAGA Iwona	4205	LOS PANTALONES ROJOS	Masters K - 40	4	00:00:08	01:16:43	03:14:56	04:29:34	06:07:05	07:33:33	08:52:10.55	08:52:10.55	+02:20:44 (26.4%)	7:49	7.7 (74.0%)
51	ZIEBA Tomek	4386	JACEKBIEGA RUNNING TEAM	Masters M - 40	18	00:00:10	01:13:15	03:07:01	04:20:29	06:01:16	07:33:43	08:53:04.60	08:53:04.60	+02:21:38 (26.6%)	7:50	7.7 (74.0%)
52	JEZIERSKI Tomasz	4183	SUPADUPAFLY	Masters M - 40	19	00:00:02	01:06:49	02:59:31	04:16:35	06:02:27	07:31:56	08:53:18.50	08:53:18.50	+02:21:52 (26.6%)	7:50	7.7 (74.0%)
53	WOŹNIAK Paweł	4339	W POGONI ZA DUCHEM	Masters M - 40	20	00:00:50	01:16:12	03:08:19	04:18:01	06:00:23	07:32:45	08:55:35.05	08:55:35.05	+02:24:09 (26.9%)	7:52	7.6 (73.1%)
54	JĘDRZEJKO Dominik	4054	BIEGAM SOBIE	Senior II M - 30	20	00:00:03	01:07:00	02:58:45	04:08:53	05:56:02	07:34:53	08:56:12.25	08:56:12.25	+02:24:46 (27.0%)	7:53	7.6 (73.1%)
55	KOŚCIELNIAK Wioletta	4377	RUNNERS TEAM NYSA	Masters K - 40	5	00:00:22	01:11:54	03:02:53	04:19:32	06:04:44	07:34:17	08:58:09.35	08:58:09.35	+02:26:43 (27.3%)	7:54	7.6 (73.1%)
56	GROBOSZ Jan	4312		Senior II M - 30	21	00:00:21	01:15:03	03:06:51	04:14:19	05:53:21	07:33:06	09:02:04.25	09:02:04.25	+02:30:38 (27.8%)	7:58	7.5 (72.1%)
57	JASZKIEWICZ Adrian	4292	LESZNO LIMITS RUNNERS	Masters M - 40	21	00:00:14	01:04:53	02:54:46	04:11:12	05:58:11	07:38:12	09:03:22.10	09:03:22.10	+02:31:56 (28.0%)	7:59	7.5 (72.1%)
58	KRZEPKOWSKI Radosław	4049	ADIDAS RUNNERS WARSAW	Masters M - 40	22	00:01:04	01:20:05	03:15:04	04:30:15	06:15:33	07:44:47	09:03:52.00	09:03:52.00	+02:32:25 (28.0%)	7:59	7.5 (72.1%)
59	VOITIUK Dmytro	4346	SUPADUPAFLY	Senior II M - 30	22	00:00:02	01:06:52	02:57:56	04:15:09	06:10:11	07:47:39	09:05:29.50	09:05:29.50	+02:34:03 (28.2%)	8:01	7.5 (72.1%)
60	WITKE- ORLIKOWSKA Marta	4184		Senior II K - 30	2	00:00:13	01:11:47	03:07:16	04:27:22	06:15:01	07:47:21	09:05:33.35	09:05:33.35	+02:34:07 (28.3%)	8:01	7.5 (72.1%)
61	KOWALCZYK Adam	4369	STS BIEGATON - SEKCJA GÓRSKA	Weteran I M - 50	7	00:00:27	01:10:18	03:02:46	04:16:45	06:01:15	07:38:52	09:05:49.00	09:05:49.00	+02:34:22 (28.3%)	8:01	7.5 (72.1%)
62	ZILGALVIS Matiss	4347	SUPERVARONI	Masters M - 40	23	00:00:10	01:07:36	02:58:49	04:16:50	06:05:56	07:46:36	09:06:52.90	09:06:52.90	+02:35:26 (28.4%)	8:02	7.5 (72.1%)
63	JANCZ Tomasz	4214		Weteran I M - 50	8	00:00:48	01:11:07	03:04:13	04:16:54	06:01:10	07:38:01	09:07:27.50	09:07:27.50	+02:36:01 (28.5%)	8:03	7.5 (72.1%)
64	ROZNIERSKA Dagmara	4152	KB SOBÓTKA	Senior II K - 30	3	00:00:01	01:11:13	03:07:26	04:22:52	06:14:33	07:44:18	09:08:27.05	09:08:27.05	+02:37:01 (28.6%)	8:03	7.4 (71.2%)
65	CZOSNOWSKI Krzysztof	4029	KB HERMES GRYPINO	Masters M - 40	24	00:00:34	01:05:33	02:56:12	04:10:57	06:04:26	07:50:35	09:08:33.10	09:08:33.10	+02:37:07 (28.6%)	8:04	7.4 (71.2%)
66	WAWRZYNIAK Małgorzata	4236	#BIEGIEMWLAS	Masters K - 40	6	00:00:11	01:11:12	03:06:54	04:19:57	06:06:47	07:45:18	09:09:00.90	09:09:00.90	+02:37:34 (28.7%)	8:04	7.4 (71.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start						Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km					
67	JOŃCZYK Rafał	4415	JACEKBIEGA RUNNING TEAM	Masters M - 40	25	00:00:31	01:11:36	03:01:18	04:16:31	06:06:21	07:46:13	09:10:49.50	09:10:49.50	+02:39:23 (28.9%)	8:06	7.4 (71.2%)
68	SOLIŃSKI Olaf	4392		Senior I M - 20	3	00:00:43	01:07:19	02:49:01	04:04:59	05:52:18	07:42:06	09:11:05.65	09:11:05.65	+02:39:39 (29.0%)	8:06	7.4 (71.2%)
69	MIKOŁAJCZYK Krzysztof	4097		Masters M - 40	26	00:00:12	01:08:12	03:03:48	04:17:47	06:08:13	07:48:17	09:11:40.45	09:11:40.45	+02:40:14 (29.0%)	8:06	7.4 (71.2%)
70	WOŁKOWYCKI Paweł	4403	BIEGAM Z KAJĄ	Senior II M - 30	23	00:00:37	01:16:52	03:18:51	04:35:22	06:21:54	07:51:27	09:12:16.95	09:12:16.95	+02:40:50 (29.1%)	8:07	7.4 (71.2%)
71	KUREK Michał	4343		Senior II M - 30	24	00:00:27	01:16:09	03:15:21	04:31:43	06:21:26	07:59:33	09:15:32.90	09:15:32.90	+02:44:06 (29.5%)	8:10	7.3 (70.2%)
72	POLEK Ewa	4241	BW BIEGACZE WYMIATACZE	Senior II K - 30	4	00:00:08	01:13:57	03:12:18	04:30:13	06:22:25	07:54:44	09:15:53.35	09:15:53.35	+02:44:27 (29.6%)	8:10	7.3 (70.2%)
73	LUBAŃSKI Mateusz	4166	KS BARYCZ MILICZ	Senior II M - 30	25	00:00:18	01:13:06	03:09:42	04:26:26	06:16:05	07:55:10	09:19:22.10	09:19:22.10	+02:47:56 (30.0%)	8:13	7.3 (70.2%)
74	CIEMBOROWICZ Karol	4354	#KFD	Senior II M - 30	26	00:00:41	01:19:56	03:19:59	04:37:23	06:21:29	07:56:30	09:19:25.25	09:19:25.25	+02:47:59 (30.0%)	8:13	7.3 (70.2%)
75	ANTKOWIAK Michał	4178	MUAY RUNNING TEAM	Senior II M - 30	27	00:00:33	01:19:49	03:22:51	04:40:33	06:26:12	07:57:28	09:19:28.10	09:19:28.10	+02:48:02 (30.0%)	8:13	7.3 (70.2%)
76	ANTKOWIAK Monika	4177	MUAY RUNNING TEAM	Senior II K - 30	5	00:00:33	01:19:50	03:22:51	04:40:33	06:26:12	07:57:28	09:19:28.20	09:19:28.20	+02:48:02 (30.0%)	8:13	7.3 (70.2%)
77	CHOJKA-BARTOSZKO Karolina	4084		Masters K - 40	7	00:00:26	01:21:55	03:23:43	04:42:26	06:30:11	07:59:16	09:19:46.55	09:19:46.55	+02:48:20 (30.1%)	8:13	7.3 (70.2%)
78	STAROŃ Norbert	4016	DZG RUNNERS	Masters M - 40	27	00:00:06	01:05:58	02:58:45	04:11:10	06:10:09	07:52:22	09:22:04.65	09:22:04.65	+02:50:38 (30.4%)	8:15	7.3 (70.2%)
79	PIKOS Patryk	4136		Senior II M - 30	28	00:00:14	01:12:58	03:06:45	04:25:04	06:21:22	07:56:27	09:23:14.15	09:23:14.15	+02:51:48 (30.5%)	8:16	7.2 (69.2%)
80	BUDZOWSKI Radosław	4116	ROZBIEGANE DOBCZYCE	Senior I M - 20	4	00:00:20	01:12:51	03:09:31	04:26:23	06:19:52	07:56:05	09:24:31.65	09:24:31.65	+02:53:05 (30.7%)	8:18	7.2 (69.2%)
81	BOROWCZYK Marcin	4340	ULTRAS	Masters M - 40	28	00:00:37	01:22:29	03:18:54	04:36:44	06:22:40	08:01:16	09:25:28.50	09:25:28.50	+02:54:02 (30.8%)	8:18	7.2 (69.2%)
82	PIWOWOŃSKI Paweł	4132		Masters M - 40	29	00:00:31	01:07:05	02:57:12	04:16:23	06:14:49	07:54:12	09:25:47.60	09:25:47.60	+02:54:21 (30.8%)	8:19	7.2 (69.2%)
83	KUK Urszula	4174		Masters K - 40	8	00:00:58	01:18:16	03:16:07	04:33:27	06:21:08	08:00:04	09:26:48.35	09:26:48.35	+02:55:22 (30.9%)	8:20	7.2 (69.2%)
84	KRAWCZYK Karol	4373	LENIWY INACZEJ	Senior II M - 30	29	00:00:37	01:09:45	03:02:02	04:18:50	06:24:52	08:02:07	09:28:37.55	09:28:37.55	+02:57:11 (31.2%)	8:21	7.2 (69.2%)
85	PFITZENREUTER Justin	4258		Senior II M - 30	30	00:00:29	01:19:03	03:20:34	04:41:03	06:31:03	08:04:27	09:29:12.05	09:29:12.05	+02:57:46 (31.2%)	8:22	7.2 (69.2%)
86	WOJCIECHOWSKA Maria	4367	JACEKBIEGA RUNNING TEAM	Senior II K - 30	6	00:00:24	01:15:41	03:14:32	04:47:03	06:30:15	08:06:39	09:29:15.00	09:29:15.00	+02:57:48 (31.2%)	8:22	7.2 (69.2%)
87	MAKOWSKA Olga	4368	JACEKBIEGA RUNNING TEAM	Senior II K - 30	7	00:00:01	01:15:44	03:14:33	04:47:13	06:30:15	08:06:40	09:29:17.15	09:29:17.15	+02:57:51 (31.2%)	8:22	7.2 (69.2%)
88	KOMAR Krystian	4192	KOMARKI	Senior II M - 30	31	00:00:09	01:12:07	03:07:59	04:28:00	06:29:25	08:03:42	09:29:59.95	09:29:59.95	+02:58:33 (31.3%)	8:22	7.2 (69.2%)
89	HAMPEL Karolina	4110	LUCKY LUKI	Senior I K - 20	1	00:00:32	01:09:03	03:11:14	04:28:08	06:25:10	08:06:30	09:30:22.05	09:30:22.05	+02:58:56 (31.4%)	8:23	7.2 (69.2%)
90	ZIEMBA Michał	4326	ZIOMKI	Senior II M - 30	32	00:00:08	01:12:40	03:18:13	04:37:13	06:30:23	08:10:44	09:32:12.15	09:32:12.15	+03:00:46 (31.6%)	8:24	7.1 (68.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start						Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km					
91	SOBANIA Tomasz	4268	PIAST GLIWICE	Senior I M - 20	5	00:00:14	01:25:23	03:35:13	04:58:53	06:46:33	08:18:44	09:35:11.40	09:35:11.40	+03:03:45 (31.9%)	8:27	7.1 (68.3%)
92	LANGE Paweł	4137	ALSTOM KATOWICE	Senior II M - 30	33	00:00:24	01:17:20	03:23:00	04:43:36	06:38:44	08:16:23	09:35:31.60	09:35:31.60	+03:04:05 (32.0%)	8:27	7.1 (68.3%)
93	WYSMOLIŃSKI Rafał	4296		Masters M - 40	30	00:00:37	01:21:40	03:23:03	04:43:50	06:38:09	08:13:18	09:35:59.55	09:35:59.55	+03:04:33 (32.0%)	8:28	7.1 (68.3%)
94	KOPCZYŃSKI Paweł	4329		Masters M - 40	31	00:01:14	01:32:55	03:42:55	05:00:49	06:51:31	08:20:23	09:36:50.55	09:36:50.55	+03:05:24 (32.1%)	8:28	7.1 (68.3%)
95	SAJAK Kamil	4098	ROZBIEGANE DOBCZYCE	Senior II M - 30	34	00:00:19	01:12:52	03:09:32	04:26:24	06:20:31	08:09:42	09:39:42.25	09:39:42.25	+03:08:16 (32.5%)	8:31	7 (67.3%)
96	KAWIK-BARTOSIK Anna	4041		Senior II K - 30	8	00:00:44	01:26:37	03:30:14	04:54:20	06:47:38	08:18:21	09:40:01.00	09:40:01.00	+03:08:34 (32.5%)	8:31	7 (67.3%)
97	DZIOB Grzegorz	4173	NIEPOŁOMICE BIEGAJĄ	Senior II M - 30	35	00:00:22	01:08:13	03:00:55	04:16:34	06:10:34	07:59:50	09:41:06.60	09:41:06.60	+03:09:40 (32.6%)	8:32	7 (67.3%)
98	MIKLAS Jarek	4026	OFF ROAD RUNNERS BENEFIT SYSTEMS	Senior II M - 30	36	00:01:11	01:32:38	03:47:51	05:05:36	06:51:32	08:20:17	09:42:31.35	09:42:31.35	+03:11:05 (32.8%)	8:33	7 (67.3%)
99	HEJZNER Arkadiusz	4217		Senior II M - 30	37	00:00:14	01:09:27	03:06:29	04:22:05	06:13:50	08:08:18	09:42:50.65	09:42:50.65	+03:11:24 (32.8%)	8:34	7 (67.3%)
100	GRZYBEK Sławomir	4106	BARTOSZ GORCZYCA RUNNING TEAM	Senior II M - 30	38	00:00:03	01:14:05	03:19:58	04:43:49	06:39:40	08:18:00	09:45:09.35	09:45:09.35	+03:13:43 (33.1%)	8:36	7 (67.3%)
101	KARNICKA Iwona	4019	DZG RUNNERS	Masters K - 40	9	00:00:05	01:17:49	03:23:49	04:45:20	06:35:50	08:18:52	09:45:09.75	09:45:09.75	+03:13:43 (33.1%)	8:36	7 (67.3%)
102	TRZECIAK Andrzej	4323	PURA VIDA TEAM	Masters M - 40	32	00:00:32	01:17:49	03:20:34	04:43:09	06:38:55	08:21:02	09:45:16.30	09:45:16.30	+03:13:50 (33.1%)	8:36	7 (67.3%)
103	MELON Krzysztof	4398		Senior II M - 30	39	00:00:59	01:25:33	03:27:31	04:46:54	06:39:37	08:16:47	09:45:41.70	09:45:41.70	+03:14:15 (33.2%)	8:36	7 (67.3%)
104	PAWŁOWSKI Paweł	4155		Senior II M - 30	40	00:01:04	01:22:36	03:23:55	04:42:13	06:30:53	08:20:40	09:45:50.15	09:45:50.15	+03:14:24 (33.2%)	8:36	7 (67.3%)
105	SKOKOWSKI Maciej	4144		Masters M - 40	33	00:00:11	01:16:26	03:20:31	04:43:20	06:42:40	08:20:23	09:46:18.95	09:46:18.95	+03:14:52 (33.2%)	8:37	7 (67.3%)
106	SOWIŃSKA-JANECZEK Joanna	4013	KB MARATON TUREK	Senior II K - 30	9	00:00:08	01:13:56	03:18:43	04:41:27	06:33:38	08:18:05	09:48:03.50	09:48:03.50	+03:16:37 (33.4%)	8:38	6.9 (66.3%)
107	RUDNICKI Krzysztof	4306		Senior II M - 30	41	00:00:53	01:19:42	03:20:52	04:41:19	06:35:22	08:21:34	09:48:06.00	09:48:06.00	+03:16:39 (33.4%)	8:38	6.9 (66.3%)
108	WOJCIECHOWSKA Aleksandra	4297		Senior II K - 30	10	00:00:20	01:16:42	03:19:36	04:43:43	06:36:24	08:18:12	09:48:29.80	09:48:29.80	+03:17:03 (33.5%)	8:39	6.9 (66.3%)
109	MATUSZEWSKI Łukasz	4028	BIEGOWY WARIAT RUNNING TEAM	Senior II M - 30	42	00:00:04	01:16:11	03:22:05	04:42:23	06:42:25	08:26:46	09:49:56.45	09:49:56.45	+03:18:30 (33.6%)	8:40	6.9 (66.3%)
110	GAWCZYŃSKI Marcel	4257		Senior II M - 30	43	00:00:38	01:23:43	03:27:46	04:53:16	06:43:35	08:23:30	09:50:11.35	09:50:11.35	+03:18:45 (33.7%)	8:40	6.9 (66.3%)
111	WÓJCIK Michał	4157	GRUPA SUDECKA GOPR	Senior II M - 30	44	00:00:11	01:14:46	03:21:49	04:43:57	06:40:37	08:21:14	09:50:20.15	09:50:20.15	+03:18:54 (33.7%)	8:40	6.9 (66.3%)
112	KARLIK Łukasz	4281	ES TEAM	Senior II M - 30	45	00:00:28	01:17:56	03:23:09	04:46:55	06:45:14	08:22:33	09:52:42.75	09:52:42.75	+03:21:16 (34.0%)	8:42	6.9 (66.3%)
113	PIELATOWSKI Adam	4127	DIRTY SPARROWS	Senior II M - 30	46	00:01:00	01:24:53	03:33:19	04:54:23	06:53:43	08:33:13	09:55:32.85	09:55:32.85	+03:24:06 (34.3%)	8:45	6.9 (66.3%)
114	MAZUREK Łukasz	4027	DZG RUNNERS	Masters M - 40	34	00:00:05	01:12:08	03:12:26	04:35:46	06:43:06	08:27:45	09:55:35.75	09:55:35.75	+03:24:09 (34.3%)	8:45	6.9 (66.3%)
115	DOBROWOLSKI Krzysztof	4100	DZG RUNNERS	Senior II M - 30	47	00:00:06	01:07:47	03:09:25	04:36:21	06:43:06	08:27:42	09:55:35.85	09:55:35.85	+03:24:09 (34.3%)	8:45	6.9 (66.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start						Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km					
116	NOSKI Mariusz	4402		Masters M - 40	35	00:00:55	01:34:21	03:54:55	05:27:04	07:10:35	08:40:43	09:57:20.40	09:57:20.40	+03:25:54 (34.5%)	8:47	6.8 (65.4%)
117	CHRAPLEWSKA Karolina	4342		Masters K - 40	10	00:00:18	01:18:08	03:25:53	04:53:11	06:48:04	08:28:13	09:57:28.80	09:57:28.80	+03:26:02 (34.5%)	8:47	6.8 (65.4%)
118	GOŁĘBIEWSKA Katarzyna	4421	COMFORT ZONE	Masters K - 40	11	00:00:29	01:21:27	03:27:53	04:52:32	06:47:38	08:28:53	09:57:29.05	09:57:29.05	+03:26:03 (34.5%)	8:47	6.8 (65.4%)
119	SYPNIEWSKI Krystian	4139	ZBGB	Masters M - 40	36	00:00:19	01:17:34	03:25:54	04:53:14	06:49:26	08:28:19	09:57:29.65	09:57:29.65	+03:26:03 (34.5%)	8:47	6.8 (65.4%)
120	JAKUBCZAK Konrad	4037	DEBEŚCIAK	Masters M - 40	37	00:00:11	01:07:29	02:59:37	04:16:07	06:26:43	08:31:16	09:57:36.90	09:57:36.90	+03:26:10 (34.5%)	8:47	6.8 (65.4%)
121	NOWAK Krzysztof	4316		Masters M - 40	38	00:00:16	01:13:15	03:18:02	04:36:49	06:38:38	08:28:52	09:57:48.55	09:57:48.55	+03:26:22 (34.5%)	8:47	6.8 (65.4%)
122	GRADZIK Inga	4370		Senior I K - 20	2	00:00:28	01:16:21	03:16:08	04:37:09	06:37:16	08:27:01	09:58:09.65	09:58:09.65	+03:26:43 (34.6%)	8:47	6.8 (65.4%)
123	KALETA Leszek	4074		Senior II M - 30	48	00:00:33	01:23:50	03:25:45	04:45:32	06:39:50	08:26:01	09:58:17.00	09:58:17.00	+03:26:50 (34.6%)	8:47	6.8 (65.4%)
124	JANIK Beata	4156	RUNDOMSKO	Senior II K - 30	11	00:00:13	01:19:43	03:26:39	04:57:07	06:53:31	08:32:12	09:58:19.10	09:58:19.10	+03:26:53 (34.6%)	8:47	6.8 (65.4%)
125	FORMA Paulina	4333		Senior II K - 30	12	00:00:51	01:25:37	03:34:02	04:57:25	06:52:21	08:40:51	09:58:19.75	09:58:19.75	+03:26:53 (34.6%)	8:47	6.8 (65.4%)
126	SUCHODOLA Piotr	4401		Masters M - 40	39	00:00:39	01:26:39	03:33:06	04:54:18	06:46:57	08:24:49	09:58:40.15	09:58:40.15	+03:27:14 (34.6%)	8:48	6.8 (65.4%)
127	MENDYK Maciej	4168		Masters M - 40	40	00:00:19	01:13:15	03:21:46	04:43:55	06:44:41	08:30:40	09:58:49.55	09:58:49.55	+03:27:23 (34.6%)	8:48	6.8 (65.4%)
128	NECKAR Michał	4071	HWBC	Masters M - 40	41	00:00:19	01:12:11	03:09:40	04:28:03	06:31:34	08:24:31	09:58:57.35	09:58:57.35	+03:27:31 (34.6%)	8:48	6.8 (65.4%)
129	SZAFRANIEC Monika	4334		Senior II K - 30	13	00:00:51	01:26:55	03:34:28	04:57:13	06:51:35	08:33:06	10:00:56.20	10:00:56.20	+03:29:30 (34.9%)	8:50	6.8 (65.4%)
130	URBANIK Łukasz	4284	SZAKALE BAŁUT ŁÓDŹ	Masters M - 40	42	00:00:16	01:11:44	03:13:41	04:34:02	06:28:03	08:14:57	10:01:08.25	10:01:08.25	+03:29:42 (34.9%)	8:50	6.8 (65.4%)
131	MUS Paweł	4162	MASATEAM	Senior II M - 30	49	00:00:08	01:12:50	03:15:48	04:37:34	06:39:40	08:34:38	10:03:05.35	10:03:05.35	+03:31:39 (35.1%)	8:52	6.8 (65.4%)
132	CHMAJ Jerzy	4248		Weteran I M - 50	9	00:00:15	01:16:27	03:19:56	04:49:43	06:50:19	08:36:14	10:03:08.35	10:03:08.35	+03:31:42 (35.1%)	8:52	6.8 (65.4%)
133	BRONCZAK Tomasz	4055		Masters M - 40	43	00:00:17	01:13:17	03:20:56	04:41:15	06:41:06	08:29:40	10:03:42.30	10:03:42.30	+03:32:16 (35.2%)	8:52	6.8 (65.4%)
134	ŁAPIŃSKI Adam	4179	AIKIRUNNERS	Weteran I M - 50	10	00:00:40	01:21:25	03:32:42	04:57:15	06:56:22	08:37:23	10:05:22.30	10:05:22.30	+03:33:56 (35.3%)	8:54	6.7 (64.4%)
135	MRÓWKA Michał	4002	OBOZY GÓRSKIE	Senior II M - 30	50	00:00:05	01:12:57	03:15:54	04:35:45	06:33:51	08:40:12	10:05:50.05	10:05:50.05	+03:34:24 (35.4%)	8:54	6.7 (64.4%)
136	WOJNAROWSKI Damian	4149	KS LENIWIEC	Senior I M - 20	6	00:00:43	01:28:21	03:40:39	05:03:42	07:02:45	08:44:17	10:09:37.95	10:09:37.95	+03:38:11 (35.8%)	8:57	6.7 (64.4%)
137	JAMRÓZ Wojciech	4229	KW GLIWICE	Masters M - 40	44	00:00:22	01:16:45	03:27:14	04:52:32	06:51:58	08:34:26	10:09:56.35	10:09:56.35	+03:38:30 (35.8%)	8:58	6.7 (64.4%)
138	PATROŃSKI Adam	4180	ŻARŁOKI	Senior I M - 20	7	00:00:30	01:21:58	03:25:10	04:49:42	06:48:01	08:46:38	10:13:41.05	10:13:41.05	+03:42:15 (36.2%)	9:01	6.6 (63.5%)
139	JÓZEPIAK Beata	4330		Senior II K - 30	14	00:00:32	01:17:34	03:19:46	04:43:37	06:46:49	08:34:52	10:14:04.25	10:14:04.25	+03:42:38 (36.3%)	9:01	6.6 (63.5%)
140	SZANDAŁA Jacek	4092	CAŁA OLEŚNICA BIEGA	Masters M - 40	45	00:00:07	01:16:07	03:23:12	04:50:43	06:56:44	08:47:49	10:14:32.25	10:14:32.25	+03:43:06 (36.3%)	9:02	6.6 (63.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start						Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km					
141	BURA Krystian	4122	#BIEGAJLESZNO	Senior II M - 30	51	00:00:11	01:14:38	03:34:49	05:03:16	07:14:17	08:51:10	10:15:03.35	10:15:03.35	+03:43:37 (36.4%)	9:02	6.6 (63.5%)
142	KRYCH Paweł	4051	MARATOŃCZYK POZNAŃ	Masters M - 40	46	00:00:41	01:19:08	03:34:30	04:57:42	06:57:36	08:43:24	10:15:29.80	10:15:29.80	+03:44:03 (36.4%)	9:03	6.6 (63.5%)
143	KARCZYŃSKA Eliza	4050	MARATOŃCZYK POZNAŃ	Senior II K - 30	15	00:00:41	01:19:55	03:34:29	04:57:49	06:57:38	08:43:41	10:15:29.85	10:15:29.85	+03:44:03 (36.4%)	9:03	6.6 (63.5%)
144	STASIW Przemysław	4407	ULTRA TRAIL FANATICS	Senior II M - 30	52	00:00:18	01:10:16	03:27:53	04:57:26	07:03:19	08:50:02	10:15:48.15	10:15:48.15	+03:44:22 (36.4%)	9:03	6.6 (63.5%)
145	URBAŃSKI Michał	4282	LĄDEK-ZDRÓJ RUNNERS	Senior II M - 30	53	00:00:06	01:17:19	03:27:36	04:51:51	06:52:57	08:42:23	10:16:27.65	10:16:27.65	+03:45:01 (36.5%)	9:03	6.6 (63.5%)
146	SCHÜTZ Michał	4253		Masters M - 40	47	00:00:12	01:10:24	03:20:22	04:42:35	06:46:06	08:45:53	10:17:05.05	10:17:05.05	+03:45:39 (36.6%)	9:04	6.6 (63.5%)
147	HŁASKO Anna	4313		Senior I K - 20	3	00:00:35	01:23:08	03:28:48	04:49:49	06:47:32	08:40:54	10:18:10.90	10:18:10.90	+03:46:44 (36.7%)	9:05	6.6 (63.5%)
148	SZKÓDLIŃSKI Bartosz	4118	ODDYCHAJSWOBODNIE.PL	Masters M - 40	48	00:00:27	01:17:36	03:23:12	04:45:36	06:51:46	08:44:30	10:19:02.55	10:19:02.55	+03:47:36 (36.8%)	9:06	6.6 (63.5%)
149	LIS Paweł	4357	CENTRUM FORMY 58-100 ŚWIDNICA	Masters M - 40	49	00:00:28	01:09:14	03:13:48	04:52:03	07:03:13	08:47:40	10:19:18.85	10:19:18.85	+03:47:52 (36.8%)	9:06	6.6 (63.5%)
150	KANIEWSKA Agnieszka	4416		Masters K - 40	12	00:00:13	01:21:52	03:35:38	05:05:34	07:12:15	08:54:15	10:21:12.65	10:21:12.65	+03:49:46 (37.0%)	9:08	6.6 (63.5%)
151	NASIADKA Michał	4249		Senior I M - 20	8	00:00:22	01:16:22	03:17:37	04:37:08	06:42:35	08:46:25	10:25:02.05	10:25:02.05	+03:53:36 (37.4%)	9:11	6.5 (62.5%)
152	KONDYCKI Adam	4030	DZG RUNNERS	Masters M - 40	50	00:00:06	01:12:59	03:12:29	04:36:11	06:54:09	08:52:51	10:25:30.65	10:25:30.65	+03:54:04 (37.4%)	9:11	6.5 (62.5%)
153	LEWANDOWSKI Rafał	4090	SPC	Masters M - 40	51	00:00:48	01:21:34	03:31:13	05:00:48	07:09:36	08:54:34	10:25:35.70	10:25:35.70	+03:54:09 (37.4%)	9:11	6.5 (62.5%)
154	BARAN Dariusz	4332	RUSZAMY DĄBROWĘ	Masters M - 40	52	00:00:49	01:21:54	03:29:06	04:55:01	06:58:15	08:51:09	10:26:06.95	10:26:06.95	+03:54:40 (37.5%)	9:12	6.5 (62.5%)
155	KUBECZAK Debora	4364		Senior II K - 30	16	00:00:41	01:25:39	03:33:26	04:57:10	06:55:33	08:52:45	10:26:07.25	10:26:07.25	+03:54:41 (37.5%)	9:12	6.5 (62.5%)
156	KWIECIŃSKA Małgorzata	4394	BRAVEHEARTS LEGIONOWO	Senior II K - 30	17	00:00:34	01:26:21	03:37:54	05:02:47	07:00:53	08:52:06	10:26:21.65	10:26:21.65	+03:54:55 (37.5%)	9:12	6.5 (62.5%)
157	SKŁADANOWSKA Beata	4263	EUROCASH	Senior II K - 30	18	00:00:04	01:19:49	03:29:50	04:57:13	07:01:55	08:52:50	10:26:42.15	10:26:42.15	+03:55:16 (37.5%)	9:12	6.5 (62.5%)
158	JABŁOŃSKI Jakub	4198	PRO366	Masters M - 40	53	00:00:41	01:23:15	03:38:29	05:03:40	07:10:47	08:59:26	10:27:33.25	10:27:33.25	+03:56:07 (37.6%)	9:13	6.5 (62.5%)
159	CANDER Piotr	4374		Masters M - 40	54	00:00:14	01:16:01	03:19:01	04:40:55	06:51:02	08:45:25	10:27:55.55	10:27:55.55	+03:56:29 (37.7%)	9:14	6.5 (62.5%)
160	GARCZYŃSKI Darek	4150		Weteran I M - 50	11	00:01:02	01:17:58	03:19:50	04:46:53	06:58:34	08:53:00	10:29:17.90	10:29:17.90	+03:57:51 (37.8%)	9:15	6.5 (62.5%)
161	SALAMON Paweł	4039	KOPEĆ TEAM	Masters M - 40	55	00:00:10	01:12:31	03:14:09	04:41:47	07:00:17	08:55:24	10:29:39.45	10:29:39.45	+03:58:13 (37.8%)	9:15	6.5 (62.5%)
162	WYSMOLIŃSKI Piotr	4302		Weteran I M - 50	12	00:00:26	01:19:41	03:27:11	04:51:35	06:58:18	08:53:24	10:29:55.50	10:29:55.50	+03:58:29 (37.9%)	9:15	6.5 (62.5%)
163	BŁASZCZYK Luiza	4129		Senior I K - 20	4	00:00:24	01:26:22	03:42:11	05:05:40	07:07:06	08:56:51	10:29:56.10	10:29:56.10	+03:58:30 (37.9%)	9:15	6.5 (62.5%)
164	DOMAGAŁA Grażyna	4303		Senior II K - 30	19	00:00:15	01:16:14	03:28:58	04:57:17	06:56:34	08:53:11	10:31:13.45	10:31:13.45	+03:59:47 (38.0%)	9:16	6.5 (62.5%)
165	JOWSA Paweł	4066		Senior II M - 30	54	00:01:05	01:34:40	03:50:18	05:20:28	07:23:09	09:03:36	10:33:27.00	10:33:27.00	+04:02:00 (38.2%)	9:18	6.4 (61.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start						Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km					
166	LISIECKI Tomasz	4060		Senior II M - 30	55	00:00:53	01:27:29	03:33:46	04:57:12	07:05:06	09:01:16	10:33:50.25	10:33:50.25	+04:02:24 (38.2%)	9:19	6.4 (61.5%)
167	HENECZKOWSKI Łukasz	4094	BORN TO RUN	Masters M - 40	56	00:01:02	01:17:53	03:26:01	04:49:50	07:02:28	08:56:39	10:33:57.35	10:33:57.35	+04:02:31 (38.3%)	9:19	6.4 (61.5%)
168	CAPUTA Wojciech	4409		Masters M - 40	57	00:00:12	01:10:17	03:06:06	04:21:38	06:35:40	09:02:08	10:35:15.00	10:35:15.00	+04:03:48 (38.4%)	9:20	6.4 (61.5%)
169	KUDŁA Joanna	4223	KUDŁATE MAKARONY	Senior II K - 30	20	00:00:20	01:16:31	03:28:32	05:00:28	07:06:05	09:02:11	10:35:32.95	10:35:32.95	+04:04:06 (38.4%)	9:20	6.4 (61.5%)
170	DUDA Dariusz	4080	MIRAZ RACE TEAM	Senior II M - 30	56	00:00:38	01:21:30	03:35:15	05:05:04	07:13:24	09:02:40	10:35:45.35	10:35:45.35	+04:04:19 (38.4%)	9:20	6.4 (61.5%)
171	HACUŚ Jacek	4059		Senior II M - 30	57	00:00:09	01:18:07	03:32:10	05:00:39	07:05:37	09:01:34	10:37:32.35	10:37:32.35	+04:06:06 (38.6%)	9:22	6.4 (61.5%)
172	ZAŁUSKA-LIPA Agnieszka	4355		Masters K - 40	13	00:00:34	01:21:40	03:33:35	05:01:14	07:11:06	09:08:39	10:38:42.55	10:38:42.55	+04:07:16 (38.7%)	9:23	6.4 (61.5%)
173	PILARSKI Tomasz	4289		Masters M - 40	58	00:00:42	01:22:47	03:42:15	05:02:52	07:00:48	09:04:22	10:38:53.20	10:38:53.20	+04:07:27 (38.7%)	9:23	6.4 (61.5%)
174	GŁADYKOWSKI Łukasz	4187	PGB SPORTOWA PACZKA	Masters M - 40	59	00:00:13	01:17:37	03:33:55	04:58:31	07:08:25	09:05:02	10:40:57.60	10:40:57.60	+04:09:31 (38.9%)	9:25	6.4 (61.5%)
175	WAWRZYNIAK Damian	4104		Senior I M - 20	9	00:00:35	01:16:53	03:21:26	04:45:30	06:50:37	08:59:57	10:41:28.45	10:41:28.45	+04:10:02 (39.0%)	9:26	6.4 (61.5%)
176	STASIAK Łukasz	4076	LEŚNE DZIKI PRZYJACIELSKA GRUPA BIEGOWA	Masters M - 40	60	00:00:09	01:16:30	03:29:42	05:03:18	07:15:57	09:01:09	10:41:35.20	10:41:35.20	+04:10:09 (39.0%)	9:26	6.4 (61.5%)
177	MASEWICZ Grzegorz	4042	KB ZOFANNA GORZÓW WIELKOPOLSKI	Masters M - 40	61	00:01:14	01:28:51	03:43:46	05:15:22	07:17:44	09:10:41	10:42:04.70	10:42:04.70	+04:10:38 (39.0%)	9:26	6.4 (61.5%)
178	FALBA Karol	4404		Masters M - 40	62	00:00:20	01:21:56	03:33:31	05:03:41	07:15:54	09:09:23	10:42:42.85	10:42:42.85	+04:11:16 (39.1%)	9:27	6.3 (60.6%)
179	KASPROWSKI Michał	4309	ZDOBYWCY GÓRSKICH SZCZYTÓW	Senior II M - 30	58	00:00:55	01:20:38	03:33:25	05:05:35	07:12:06	09:10:57	10:42:51.15	10:42:51.15	+04:11:25 (39.1%)	9:27	6.3 (60.6%)
180	NAWROT Marek	4278	BIEG Z CHRYSUSEM!	Senior II M - 30	59	00:00:25	01:16:03	03:27:39	04:51:02	06:59:35	09:04:17	10:44:36.25	10:44:36.25	+04:13:10 (39.3%)	9:28	6.3 (60.6%)
181	JASICKI Krzysztof	4378	RUNHOGS TYCHY	Masters M - 40	63	00:00:42	01:27:02	03:50:55	05:20:29	07:22:36	09:20:37	10:44:41.00	10:44:41.00	+04:13:14 (39.3%)	9:28	6.3 (60.6%)
182	CHOCIAJ Daniel	4058	ENDORFINY WĄSOSZ	Masters M - 40	64	00:00:45	01:22:53	03:24:28	04:52:29	07:09:14	09:04:43	10:44:57.10	10:44:57.10	+04:13:31 (39.3%)	9:29	6.3 (60.6%)
183	SZULC Krzysztof	4393	ALBATROSY	Weteran I M - 50	13	00:00:31	01:16:30	03:25:08	04:53:15	07:06:07	09:05:30	10:46:22.55	10:46:22.55	+04:14:56 (39.4%)	9:30	6.3 (60.6%)
184	KACZMAREK Mirosław	4372	RUNNER'S POWER ŚREM	Senior II M - 30	60	00:00:25	01:21:28	03:44:20	05:16:27	07:21:46	09:12:30	10:46:37.60	10:46:37.60	+04:15:11 (39.5%)	9:30	6.3 (60.6%)
185	NIEZNAJ Beata	4056	ZABIEGANI MIELEC	Senior II K - 30	21	00:00:18	01:25:36	03:46:12	05:16:14	07:20:36	09:08:25	10:48:18.95	10:48:18.95	+04:16:52 (39.6%)	9:32	6.3 (60.6%)
186	MRÓZ Agata	4025	AFRO FIT WATAHA	Senior II K - 30	22	00:00:20	01:13:50	03:20:20	04:39:00	06:56:03	08:59:02	10:49:33.00	10:49:33.00	+04:18:06 (39.7%)	9:33	6.3 (60.6%)
187	RAKOWSKA Natalia	4350	FOREST GANG BYDGOSZCZ	Senior I K - 20	5	00:01:06	01:29:41	03:47:23	05:17:04	07:24:27	09:16:39	10:50:50.35	10:50:50.35	+04:19:24 (39.9%)	9:34	6.3 (60.6%)
188	JABKOWSKI Łukasz	4007	KHG GROUP	Senior I M - 20	10	00:00:33	01:20:44	03:42:29	05:10:35	07:21:28	09:17:53	10:51:59.35	10:51:59.35	+04:20:33 (40.0%)	9:35	6.3 (60.6%)
189	BŁASZKIEWICZ Klaudia	4335	#ZALINIAMETY	Senior II K - 30	23	00:00:49	01:28:31	03:47:34	05:25:38	07:37:54	09:23:20	10:54:19.70	10:54:19.70	+04:22:53 (40.2%)	9:37	6.2 (59.6%)
190	ZIĘTEK Katarzyna	4045		Senior II K - 30	24	00:00:52	01:34:43	04:00:10	05:31:25	07:34:02	09:21:12	10:55:29.90	10:55:29.90	+04:24:03 (40.3%)	9:38	6.2 (59.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start						Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km					
191	GIERADA Mateusz	4072		Senior II M - 30	61	00:00:36	01:25:13	03:45:07	05:14:02	07:24:37	09:18:34	10:55:30.30	10:55:30.30	+04:24:04 (40.3%)	9:38	6.2 (59.6%)
192	MOREVA Daria	4322	TRAIL RUNNING SCHOOL	Senior II K - 30	25	00:00:35	01:36:34	03:53:26	05:23:45	07:24:41	09:23:21	10:56:08.70	10:56:08.70	+04:24:42 (40.3%)	9:38	6.2 (59.6%)
193	OLCZYK Andrzej	4015		Weteran I M - 50	14	00:00:45	01:32:38	04:03:08	05:34:35	07:41:01	09:29:21	10:58:11.20	10:58:11.20	+04:26:45 (40.5%)	9:40	6.2 (59.6%)
194	JODŁOWSKI Marek	4114	BBL KROSNO ODRZANSKIE	Masters M - 40	65	00:00:01	01:14:41	03:17:55	04:38:01	06:53:38	08:57:10	10:59:52.70	10:59:52.70	+04:28:26 (40.7%)	9:42	6.2 (59.6%)
195	JANUSZEK Witold	4191	LUBIĘ BIEGAĆ	Weteran I M - 50	15	00:01:06	01:24:42	03:31:59	05:03:46	07:31:21	09:25:54	11:02:22.05	11:02:22.05	+04:30:56 (40.9%)	9:44	6.2 (59.6%)
196	GREGROWSKI Krzysztof	4381	PODGÓRZ TORUŃ	Masters M - 40	66	00:00:48	01:25:58	03:38:03	05:08:52	07:14:30	09:13:32	11:02:42.80	11:02:42.80	+04:31:16 (40.9%)	9:44	6.2 (59.6%)
197	KAŻMIERCZAK Adam	4005		Senior II M - 30	62	00:01:01	01:29:29	03:44:54	05:11:17	07:16:28	09:11:13	11:04:24.60	11:04:24.60	+04:32:58 (41.1%)	9:46	6.1 (58.7%)
198	TURLEJ Dariusz	4204	BEZ KONDYCJI	Weteran II M - 60	1	00:01:05	01:34:06	04:06:39	05:35:57	07:39:44	09:27:58	11:05:04.35	11:05:04.35	+04:33:38 (41.1%)	9:46	6.1 (58.7%)
199	CZECH Dariusz	4227	W POGONI ZA DUCHEM	Weteran I M - 50	16	00:00:48	01:28:40	03:56:52	05:31:21	07:34:02	09:30:07	11:05:07.00	11:05:07.00	+04:33:40 (41.1%)	9:46	6.1 (58.7%)
200	ANSONS Karlis	4193	SUPERVARONI	Senior II M - 30	63	00:00:07	01:22:19	03:44:26	05:16:04	07:31:27	09:27:30	11:05:31.85	11:05:31.85	+04:34:05 (41.2%)	9:47	6.1 (58.7%)
201	SŁOWIK Roman	4235	ORLEN RUNNING TEAM	Weteran I M - 50	17	00:01:00	01:30:14	03:48:51	05:15:21	07:22:54	09:21:17	11:06:40.75	11:06:40.75	+04:35:14 (41.3%)	9:48	6.1 (58.7%)
202	KOTRA Jacek	4383	POLA&GAJA TEAM	Masters M - 40	67	00:00:24	01:17:55	03:34:39	05:03:11	07:11:23	09:11:02	11:06:44.15	11:06:44.15	+04:35:18 (41.3%)	9:48	6.1 (58.7%)
203	PRZYBYTKOWSKI Adam	4308	NIE ZRZESZONY	Weteran I M - 50	18	00:00:27	01:18:15	03:30:04	05:03:31	07:22:08	09:25:09	11:06:47.55	11:06:47.55	+04:35:21 (41.3%)	9:48	6.1 (58.7%)
204	SOCHAJ Anna	4170	FUKUNDA	Senior II K - 30	26	00:00:33	01:27:34	03:47:09	05:15:48	07:27:52	09:23:19	11:07:29.15	11:07:29.15	+04:36:03 (41.4%)	9:48	6.1 (58.7%)
205	GACHOWSKI Łukasz	4078		Masters M - 40	68	00:00:55	01:22:51	03:45:51	05:20:27	07:34:41	09:32:31	11:08:31.80	11:08:31.80	+04:37:05 (41.4%)	9:49	6.1 (58.7%)
206	JASTRZAB-STANDERSKA Joanna	4412		Masters K - 40	14	00:00:27	01:25:55	03:46:28	05:20:26	07:36:03	09:33:33	11:09:15.45	11:09:15.45	+04:37:49 (41.5%)	9:50	6.1 (58.7%)
207	CHOŁOTA Marek	4287		Masters M - 40	69	00:00:27	01:25:56	03:45:13	05:20:22	07:36:04	09:33:19	11:09:15.60	11:09:15.60	+04:37:49 (41.5%)	9:50	6.1 (58.7%)
208	WOJTAL Marcin	4280	#BIEGAJLESZNO	Masters M - 40	70	00:00:11	01:14:39	03:38:51	05:21:03	07:41:07	09:36:09	11:09:41.00	11:09:41.00	+04:38:14 (41.5%)	9:50	6.1 (58.7%)
209	FRAŃSKI Łukasz	4222	NKB CHYŻY NOWY TOMYŚL	Masters M - 40	71	00:00:31	01:23:33	03:39:03	05:13:14	07:34:20	09:31:05	11:11:59.05	11:11:59.05	+04:40:33 (41.7%)	9:52	6.1 (58.7%)
210	SOBCZYK Grzesiu	4167	WIELUŃ BIEGA	Senior II M - 30	64	00:00:09	01:19:25	03:27:08	04:59:53	07:23:52	09:26:03	11:12:12.35	11:12:12.35	+04:40:46 (41.8%)	9:53	6.1 (58.7%)
211	SZAJEK Arkadiusz	4385	ARVATO S.C. REP	Senior II M - 30	65	00:01:08	01:28:56	03:46:31	05:18:08	07:36:31	09:31:18	11:12:23.35	11:12:23.35	+04:40:57 (41.8%)	9:53	6.1 (58.7%)
212	LIS Sebastian	4044	KB DĘBIEC	Senior II M - 30	66	00:00:35	01:19:33	03:37:25	05:08:49	07:31:25	09:33:36	11:12:38.80	11:12:38.80	+04:41:12 (41.8%)	9:53	6.1 (58.7%)
213	OLESIŃSKA Martyna	4220	W POGONI ZA DUCHEM	Senior II K - 30	27	00:00:49	01:28:51	04:07:15	05:36:02	07:41:30	09:33:07	11:12:49.95	11:12:49.95	+04:41:23 (41.8%)	9:53	6.1 (58.7%)
214	NIŻEWSKI Paweł	4405	KRAKOWIAK ULTRA TEAM	Masters M - 40	72	00:00:40	01:21:31	03:37:58	05:13:27	07:34:14	09:29:22	11:12:54.60	11:12:54.60	+04:41:28 (41.8%)	9:53	6.1 (58.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start						Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km					
215	CZERWIŃSKI Łukasz	4040	RAFFLES EUROPEJSKI WARSAW	Masters M - 40	73	00:00:58	01:32:33	03:52:51	05:23:23	07:37:12	09:33:23	11:13:39.10	11:13:39.10	+04:42:13 (41.9%)	9:54	6.1 (58.7%)
216	ŻUKOWSKI Karol	4321		Senior II M - 30	67	00:00:27	01:16:46	03:20:35	04:43:07	07:08:51	09:13:00	11:14:46.05	11:14:46.05	+04:43:20 (42.0%)	9:55	6 (57.7%)
217	KLAWIKOWSKI Mateusz	4348	JACEK BIEGA RUNNINGTEAM	Senior I M - 20	11	00:00:27	01:27:05	03:38:27	05:26:10	07:28:43	09:42:18	11:15:05.45	11:15:05.45	+04:43:39 (42.0%)	9:55	6 (57.7%)
218	KANIEWSKI Michał	4244	ORANGE POLSKA	Masters M - 40	74	00:00:36	01:23:30	03:52:30	05:26:25	07:44:39	09:42:00	11:15:05.65	11:15:05.65	+04:43:39 (42.0%)	9:55	6 (57.7%)
219	KÓZKA Przem	4208	NBR TEAM	Masters M - 40	75	00:00:40	01:21:18	03:34:11	05:13:26	07:41:05	09:35:21	11:16:08.90	11:16:08.90	+04:44:42 (42.1%)	9:56	6 (57.7%)
220	GIBALSKA Marzena	4221	OBORYGENI	Masters K - 40	15	00:01:05	01:37:12	04:03:30	05:32:44	07:38:01	09:30:34	11:18:51.90	11:18:51.90	+04:47:25 (42.3%)	9:58	6 (57.7%)
221	BUDYCH-GÓRZNA Magdalena	4396	GO! GOWARZEWO	Masters K - 40	16	00:00:49	01:28:18	03:49:35	05:23:22	07:37:41	09:35:33	11:19:37.65	11:19:37.65	+04:48:11 (42.4%)	9:59	6 (57.7%)
222	FARION Marzena	4061	THE FARIONS	Masters K - 40	17	00:00:41	01:27:29	03:53:42	05:29:17	07:44:32	09:43:52	11:20:09.85	11:20:09.85	+04:48:43 (42.5%)	10:00	6 (57.7%)
223	BEDARCZYK Bogusław	4360	PRO-RUN WROCŁAW	Weteran I M - 50	19	00:01:12	01:29:47	03:50:28	05:26:08	07:44:33	09:43:52	11:20:22.10	11:20:22.10	+04:48:56 (42.5%)	10:00	6 (57.7%)
224	LEBODA Katarzyna	4315	WILD DOGS TEAM	Senior II K - 30	28	00:00:57	01:28:35	03:44:11	05:13:30	07:20:31	09:39:07	11:21:00.80	11:21:00.80	+04:49:34 (42.5%)	10:00	6 (57.7%)
225	GERUS Wiesław	4390		Weteran I M - 50	20	00:00:54	01:27:20	03:47:37	05:22:27	07:39:39	09:46:36	11:23:54.45	11:23:54.45	+04:52:28 (42.8%)	10:03	6 (57.7%)
226	PASTERNAK Daniel	4338		Senior I M - 20	12	00:00:01	01:26:21	03:46:24	05:19:59	07:44:01	09:38:56	11:24:09.10	11:24:09.10	+04:52:43 (42.8%)	10:03	6 (57.7%)
227	SKROBAŃSKA Katarzyna	4200	SKROBKITEAM	Masters K - 40	18	00:00:19	01:27:07	03:50:39	05:26:07	07:43:29	09:38:11	11:27:43.55	11:27:43.55	+04:56:17 (43.1%)	10:06	5.9 (56.7%)
228	ZAŁUSKI Piotr	4175	PECNA TEAM	Masters M - 40	76	00:00:37	01:29:25	03:46:51	05:22:31	07:48:07	09:51:29	11:27:46.05	11:27:46.05	+04:56:20 (43.1%)	10:06	5.9 (56.7%)
229	FOGT Monika	4262		Masters K - 40	19	00:00:52	01:34:42	03:54:55	05:31:23	07:45:01	09:45:25	11:27:47.95	11:27:47.95	+04:56:21 (43.1%)	10:06	5.9 (56.7%)
230	SIEROCIN Agata	4035		Senior II K - 30	29	00:00:51	01:34:42	03:54:56	05:31:22	07:44:59	09:45:25	11:27:48.30	11:27:48.30	+04:56:22 (43.1%)	10:06	5.9 (56.7%)
231	MORAWSKI Maciej	4331	GULO GULO CLUB POLAND	Senior II M - 30	68	00:00:42	01:27:47	03:52:50	05:34:28	07:52:00	09:47:02	11:28:08.45	11:28:08.45	+04:56:42 (43.1%)	10:07	5.9 (56.7%)
232	JUNIK Łukasz	4031	MOCNA GRUPA CEZARA	Senior II M - 30	69	00:00:56	01:34:30	03:55:01	05:27:18	07:45:03	09:45:29	11:28:31.45	11:28:31.45	+04:57:05 (43.1%)	10:07	5.9 (56.7%)
233	BOROWIK Łukasz	4014	CAŁA OLEŚNICA BIEGA	Masters M - 40	77	00:00:28	01:21:32	03:53:08	05:29:03	07:42:10	09:48:35	11:29:13.15	11:29:13.15	+04:57:47 (43.2%)	10:08	5.9 (56.7%)
234	KUŚ Jakub	4324		Senior II M - 30	70	00:00:45	01:25:40	03:46:37	05:21:58	07:40:19	09:50:47	11:29:26.70	11:29:26.70	+04:58:00 (43.2%)	10:08	5.9 (56.7%)
235	MASŁOWSKI Robert	4171	ANTON TEAM	Masters M - 40	78	00:00:29	01:27:04	03:46:17	05:21:59	07:40:19	09:50:49	11:29:27.00	11:29:27.00	+04:58:00 (43.2%)	10:08	5.9 (56.7%)
236	BAR Aleksandra	4376	GMINA STRZELCE OPOLSKIE	Masters K - 40	20	00:00:30	01:31:31	04:02:46	05:39:18	07:59:41	09:52:23	11:31:15.25	11:31:15.25	+04:59:49 (43.4%)	10:09	5.9 (56.7%)
237	CHORAŻY Izabela	4209		Senior II K - 30	30	00:00:46	01:30:35	04:07:19	05:41:02	08:02:29	09:55:04	11:33:19.95	11:33:19.95	+05:01:53 (43.5%)	10:11	5.9 (56.7%)
238	GÓRECKI Marcin	4250	WIR	Masters M - 40	79	00:01:07	01:27:03	03:54:51	05:33:54	07:48:38	09:55:09	11:33:48.05	11:33:48.05	+05:02:22 (43.6%)	10:12	5.9 (56.7%)
239	IWASZKOWSKI Andrzej	4053		Weteran I M - 50	21	00:00:52	01:21:13	03:24:51	05:04:54	07:38:05	09:42:05	11:35:30.65	11:35:30.65	+05:04:04 (43.7%)	10:13	5.9 (56.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start						Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km					
240	PODBIELSKA Gosia	4161	OSPRO OCR TEAM	Senior II K - 30	31	00:01:16	01:35:29	04:07:30	05:43:00	07:55:08	09:58:07	11:36:13.25	11:36:13.25	+05:04:47 (43.8%)	10:14	5.9 (56.7%)
241	POGORZELSKI Mariusz	4269	HARDCOROWE WYCHYLYLYBYMY	Masters M - 40	80	00:00:34	01:21:26	03:38:35	05:13:31	07:21:33	09:40:10	11:37:09.25	11:37:09.25	+05:05:43 (43.9%)	10:15	5.9 (56.7%)
242	BASIAK Michał	4265		Senior II M - 30	71	00:00:34	01:21:27	03:38:35	05:13:30	07:21:33	09:39:09	11:37:09.50	11:37:09.50	+05:05:43 (43.9%)	10:15	5.9 (56.7%)
243	CHOMICZ Andrzej	4261	NADAKTYWNI NOWE MIASTECZKO	Senior II M - 30	72	00:01:00	01:36:18	04:13:22	05:46:02	07:55:52	09:50:19	11:37:34.55	11:37:34.55	+05:06:08 (43.9%)	10:15	5.8 (55.8%)
244	RYŚNIK Błażej	4260		Senior II M - 30	73	00:00:52	01:33:24	03:58:40	05:36:56	07:54:24	09:50:20	11:38:33.55	11:38:33.55	+05:07:07 (44.0%)	10:16	5.8 (55.8%)
245	SZWARC Grzegorz	4196	ARVATO S.C. REP	Senior II M - 30	74	00:01:09	01:34:28	04:00:11	05:31:26	07:52:45	09:49:26	11:40:50.80	11:40:50.80	+05:09:24 (44.1%)	10:18	5.8 (55.8%)
246	KROCZYŃSKA Kinga	4320		Masters K - 40	21	00:00:15	01:25:36	03:56:00	05:33:23	07:49:56	09:56:03	11:42:07.05	11:42:07.05	+05:10:41 (44.2%)	10:19	5.8 (55.8%)
247	KUROWSKI Aleksander	4089		Masters M - 40	81	00:00:19	01:18:44	03:40:05	05:16:40	07:43:21	09:48:41	11:43:05.70	11:43:05.70	+05:11:39 (44.3%)	10:20	5.8 (55.8%)
248	RADWANSKI Tomasz	4267	PIECHOTĄ PO SCHODACH	Masters M - 40	82	00:01:08	01:27:06	03:54:53	05:33:54	07:51:32	09:59:55	11:43:50.20	11:43:50.20	+05:12:24 (44.4%)	10:21	5.8 (55.8%)
249	CHYLIŃSKI Łukasz	4004	CLOCKWORK DRUID	Senior II M - 30	75	00:00:21	01:25:20	04:01:25	05:37:56	08:03:24	10:08:56	11:45:02.35	11:45:02.35	+05:13:36 (44.5%)	10:22	5.8 (55.8%)
250	DWORNIK Małgorzata	4188	WARCZĄCE SZPRYCHY	Senior II K - 30	32	00:00:23	01:27:00	03:50:29	05:26:05	07:57:19	10:09:04	11:45:08.25	11:45:08.25	+05:13:42 (44.5%)	10:22	5.8 (55.8%)
251	CHOMISZCZAK Bogdan	4147	POZYTYWNIIE ZABIEGANI SANOK	Weteran I M - 50	22	00:00:36	01:28:45	03:57:02	05:34:33	08:01:14	10:09:51	11:45:32.30	11:45:32.30	+05:14:06 (44.5%)	10:22	5.8 (55.8%)
252	GLINA-KRAWCZYK Małgorzata	4213	GÓRYLASY	Masters K - 40	22	00:00:57	01:34:33	04:07:49	05:48:20	08:05:49	10:05:56	11:46:44.20	11:46:44.20	+05:15:18 (44.6%)	10:23	5.8 (55.8%)
253	JAKUBIAK Anna	4070	RAZ SZCZECIN	Weteran K - 50	2	00:00:39	01:34:51	04:09:48	05:46:48	08:05:43	10:03:43	11:46:51.65	11:46:51.65	+05:15:25 (44.6%)	10:23	5.8 (55.8%)
254	WACHNIENKO Błażej	4021	ŚLĘZAK TEAM	Senior II M - 30	76	00:00:32	01:27:33	03:49:01	05:22:58	07:43:32	09:55:19	11:47:01.85	11:47:01.85	+05:15:35 (44.6%)	10:23	5.8 (55.8%)
255	BOMBA Alina	4363		Senior II K - 30	33	00:00:15	01:23:46	03:51:04	05:30:22	07:55:15	10:01:13	11:47:42.25	11:47:42.25	+05:16:16 (44.7%)	10:24	5.8 (55.8%)
256	MROZIK Mariusz	4146		Masters M - 40	83	00:00:21	01:28:48	03:58:29	05:40:01	07:58:38	09:59:19	11:48:04.85	11:48:04.85	+05:16:38 (44.7%)	10:24	5.8 (55.8%)
257	KOLEJ Monika	4120	DZIKIE DZIKI GORZOW	Masters K - 40	23	00:00:20	01:28:47	03:58:29	05:39:56	07:58:38	09:59:18	11:48:04.95	11:48:04.95	+05:16:38 (44.7%)	10:24	5.8 (55.8%)
258	TOMCZAK Rafał	4169		Masters M - 40	84	00:00:25	01:27:32	03:59:27	05:37:14	08:00:54	10:02:43	11:48:07.25	11:48:07.25	+05:16:41 (44.7%)	10:24	5.8 (55.8%)
259	WOJTYCZKA Katarzyna	4228	GÓRAL Z MAZUR RUNNIG TEAM	Senior II K - 30	34	00:00:20	01:26:01	03:53:30	05:29:18	07:48:39	09:55:08	11:49:49.35	11:49:49.35	+05:18:23 (44.9%)	10:26	5.7 (54.8%)
260	ANACZKOWSKI Mirosław	4295	ZANTYR SZTUM	Weteran II M - 60	2	00:00:26	01:32:22	04:06:47	05:44:11	08:10:58	10:15:46	11:49:53.95	11:49:53.95	+05:18:27 (44.9%)	10:26	5.7 (54.8%)
261	DANOWSKI Jakub	4273		Senior II M - 30	77	00:00:45	01:37:24	04:14:57	05:48:53	08:10:52	10:12:25	11:50:42.75	11:50:42.75	+05:19:16 (44.9%)	10:27	5.7 (54.8%)
262	KRAWIEC Dominik	4123		Senior II M - 30	78	00:00:35	01:27:28	03:54:53	05:30:26	07:46:08	10:13:04	11:51:20.15	11:51:20.15	+05:19:54 (45.0%)	10:27	5.7 (54.8%)
263	ROZNEFSKI Łukasz	4153	KB SOBÓTKA	Senior II M - 30	79	00:00:30	01:34:04	04:08:01	05:45:02	08:08:18	10:13:54	11:52:21.10	11:52:21.10	+05:20:55 (45.1%)	10:28	5.7 (54.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start						Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km					
264	MURASOVAITE Viktorija	4300		Senior II K - 30	35	00:01:10	01:41:30	04:22:45	05:58:45	08:16:28	10:18:51	11:54:38.40	11:54:38.40	+05:23:12 (45.2%)	10:30	5.7 (54.8%)
265	DA COSTA Kamila	4299		Senior I K - 20	6	00:01:10	01:41:31	04:22:46	05:58:47	08:16:29	10:18:51	11:54:40.15	11:54:40.15	+05:23:14 (45.2%)	10:30	5.7 (54.8%)
266	DOMINIAK Bartosz	4012		Masters M - 40	85	00:00:53	01:30:48	03:57:22	05:32:41	08:01:35	10:17:14	11:55:10.05	11:55:10.05	+05:23:44 (45.3%)	10:31	5.7 (54.8%)
267	KRECHOWIEC Marcin	4131		Masters M - 40	86	00:00:50	01:27:37	03:51:18	05:30:20	07:55:27	10:04:56	11:56:14.20	11:56:14.20	+05:24:48 (45.3%)	10:31	5.7 (54.8%)
268	BOSY Hubert	4417	DRUŻYNA SZPIKU	Masters M - 40	87	00:00:09	01:16:18	03:56:07	05:34:06	08:00:33	10:04:56	11:56:20.95	11:56:20.95	+05:24:54 (45.4%)	10:32	5.7 (54.8%)
269	JERCZYŃSKI Tomasz	4240	NOWOCZESNA	Masters M - 40	88	00:00:40	01:37:34	04:10:30	05:40:02	08:00:53	10:04:53	11:56:24.10	11:56:24.10	+05:24:58 (45.4%)	10:32	5.7 (54.8%)
270	DĄBROWSKI Artur	4400		Senior II M - 30	80	00:00:47	01:47:45	04:20:48	05:55:12	08:13:38	10:08:24	11:57:39.30	11:57:39.30	+05:26:13 (45.5%)	10:33	5.7 (54.8%)
271	LEDNICKI Michał	4384	ARVATO S.C. REP	Masters M - 40	89	00:01:09	01:34:09	04:06:34	05:44:59	08:08:45	10:22:31	12:01:35.75	12:01:35.75	+05:30:09 (45.8%)	10:36	5.7 (54.8%)
272	HELWICH Agnieszka	4085		Masters K - 40	24	00:00:26	01:28:16	04:12:37	05:55:26	08:20:12	10:19:43	12:02:11.85	12:02:11.85	+05:30:45 (45.8%)	10:37	5.6 (53.8%)
273	RUTKOWSKI Mateusz	4022	WAKACYJNA DEMOLKA	Senior II M - 30	81	00:00:55	01:22:52	03:45:52	05:30:21	08:18:19	10:19:50	12:02:44.85	12:02:44.85	+05:31:18 (45.8%)	10:37	5.6 (53.8%)
274	IWANIEK Przemysław	4001	BHU	Senior II M - 30	82	00:00:42	01:25:32	03:42:29	05:17:03	07:51:21	10:12:54	12:03:02.10	12:03:02.10	+05:31:36 (45.9%)	10:37	5.6 (53.8%)
275	MUSIAŁ Paweł	4133	BIEGAJĄCY WARIACI BEZ GACI	Masters M - 40	90	00:00:01	01:34:20	04:16:37	05:53:42	08:19:50	10:28:52	12:04:29.15	12:04:29.15	+05:33:03 (46.0%)	10:39	5.6 (53.8%)
276	CYMBORSKA Jolanta	4134		Masters K - 40	25	00:00:17	01:34:21	04:16:39	05:53:41	08:19:49	10:28:51	12:04:29.25	12:04:29.25	+05:33:03 (46.0%)	10:39	5.6 (53.8%)
277	CISZEWSKI Maciej	4307	SAINT-GOBAIN SQUAD	Weteran I M - 50	23	00:00:29	01:25:10	03:58:50	05:39:06	08:08:19	10:18:42	12:04:34.75	12:04:34.75	+05:33:08 (46.0%)	10:39	5.6 (53.8%)
278	ZAŁUSKI Dominik	4176	PECNA TEAM	Senior I M - 20	13	00:00:38	01:29:59	04:00:07	05:34:35	08:06:45	10:09:55	12:05:12.20	12:05:12.20	+05:33:46 (46.0%)	10:39	5.6 (53.8%)
279	ANTKOWICZ Marcin	4088	PROZAC TEAM NYSA	Masters M - 40	91	00:00:13	01:25:51	03:57:16	05:36:49	08:00:34	10:19:07	12:05:24.85	12:05:24.85	+05:33:58 (46.0%)	10:40	5.6 (53.8%)
280	WIŚNIEWSKI Tomasz	4211	METAL CHERRY	Masters M - 40	92	00:00:50	01:35:48	04:20:37	06:02:12	08:18:54	10:21:22	12:06:39.60	12:06:39.60	+05:35:13 (46.1%)	10:41	5.6 (53.8%)
281	CZESNY Bartosz	4043	BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ	Senior I M - 20	14	00:00:18	01:22:49	03:46:20	05:16:44	07:55:24	10:09:05	12:06:58.25	12:06:58.25	+05:35:32 (46.2%)	10:41	5.6 (53.8%)
282	POPRAWA Przemysław	4391	PIOMAT TEAM	Masters M - 40	93	00:00:31	01:21:53	03:41:46	05:21:04	07:59:23	10:11:24	12:08:59.35	12:08:59.35	+05:37:33 (46.3%)	10:43	5.6 (53.8%)
283	ZAWADA Maciej	4251	KLUCZBORSKA GRUPA BIEGOWA	Masters M - 40	94	00:00:54	01:34:23	04:06:59	05:48:41	08:26:15	10:28:10	12:10:46.00	12:10:46.00	+05:39:19 (46.4%)	10:44	5.6 (53.8%)
284	SOLAREWICZ Andrzej	4216	KGB KLUCZBORK	Masters M - 40	95	00:00:56	01:34:41	04:06:58	05:48:40	08:26:14	10:28:13	12:10:48.85	12:10:48.85	+05:39:22 (46.4%)	10:44	5.6 (53.8%)
285	DEMBY Michał	4290		Senior II M - 30	83	00:00:20	01:22:34	03:50:15	05:30:23	07:58:02	10:04:14	12:12:16.95	12:12:16.95	+05:40:50 (46.5%)	10:46	5.6 (53.8%)
286	SERAFIN Michał	4087	HWBC	Masters M - 40	96	00:00:19	01:30:18	04:05:30	05:45:24	08:20:48	10:24:02	12:13:43.60	12:13:43.60	+05:42:17 (46.7%)	10:47	5.6 (53.8%)
287	KUSTRA Klaudia	4119		Senior II K - 30	36	00:00:13	01:25:50	03:57:17	05:36:50	08:00:34	10:19:07	12:15:34.15	12:15:34.15	+05:44:08 (46.8%)	10:49	5.5 (52.9%)
288	WOŹNIAK Andrzej	4010		Weteran I M - 50	24	00:00:42	01:29:21	04:04:22	05:44:50	08:19:44	10:33:28	12:15:51.05	12:15:51.05	+05:44:25 (46.8%)	10:49	5.5 (52.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start						Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km					
289	SKWIERCZYŃSKI Sylwester	4224		Senior I M - 20	15	00:00:46	01:36:38	04:09:41	05:47:00	08:14:30	10:25:56	12:16:04.20	12:16:04.20	+05:44:38 (46.8%)	10:49	5.5 (52.9%)
290	ZDUNEK Mariusz	4283	ROXY	Masters M - 40	97	00:00:58	01:34:40	04:07:06	05:41:51	08:13:13	10:26:33	12:18:29.40	12:18:29.40	+05:47:03 (47.0%)	10:51	5.5 (52.9%)
291	OCIEPA Dariusz	4142		Masters M - 40	98	00:01:10	01:41:19	04:18:03	05:58:40	08:27:46	10:37:09	12:18:57.85	12:18:57.85	+05:47:31 (47.0%)	10:52	5.5 (52.9%)
292	STRONIKOWSKI Wojciech	4190	DRUŻYNA STASIA	Senior II M - 30	84	00:01:03	01:38:22	04:21:35	06:04:48	08:35:48	10:38:51	12:19:31.45	12:19:31.45	+05:48:05 (47.1%)	10:52	5.5 (52.9%)
293	GOSPODAREK Łukasz	4102	DRUŻYNA STASIA	Masters M - 40	99	00:01:03	01:37:56	04:20:58	06:04:47	08:38:45	10:35:09	12:19:32.75	12:19:32.75	+05:48:06 (47.1%)	10:52	5.5 (52.9%)
294	SOSZYŃSKA Katarzyna	4301	ULTRA WAY TEAM	Masters K - 40	26	00:00:04	01:29:56	04:04:37	05:50:38	08:19:44	10:27:52	12:20:42.95	12:20:42.95	+05:49:16 (47.2%)	10:53	5.5 (52.9%)
295	KACZMAREK Magdalena	4062		Masters K - 40	27	00:00:54	01:34:07	04:13:38	06:00:13	08:36:17	10:27:34	12:21:28.50	12:21:28.50	+05:50:02 (47.2%)	10:54	5.5 (52.9%)
296	HEJNA Łukasz	4389		Masters M - 40	100	00:00:38	01:37:15	04:26:29	06:11:27	08:32:10	10:29:12	12:23:14.70	12:23:14.70	+05:51:48 (47.3%)	10:55	5.5 (52.9%)
297	BUSS Jakub	4069	KUDOWIANKA RUN	Weteran I M - 50	25	00:01:11	01:38:50	04:16:40	05:55:36	08:32:10	10:25:22	12:23:21.10	12:23:21.10	+05:51:55 (47.3%)	10:55	5.5 (52.9%)
298	PLEWA Piotr	4356	4 RUN TEAM PIŁA	Masters M - 40	101	00:00:25	01:25:23	03:55:08	05:33:56	08:14:30	10:27:50	12:24:37.10	12:24:37.10	+05:53:11 (47.4%)	10:57	5.5 (52.9%)
299	KURZACZ Orfeusz	4304	4RUN TEAM PIŁA	Weteran I M - 50	26	00:00:25	01:25:37	03:49:59	05:30:17	08:12:01	10:27:45	12:24:37.25	12:24:37.25	+05:53:11 (47.4%)	10:57	5.5 (52.9%)
300	FROŃ Kamila	4008		Senior II K - 30	37	00:00:28	01:34:32	04:17:29	06:04:11	08:32:49	10:29:06	12:24:50.55	12:24:50.55	+05:53:24 (47.4%)	10:57	5.5 (52.9%)
301	PODHAJNY Piotr	4160	ROZBIEGANI CHOJNÓW	Masters M - 40	102	00:00:38	01:29:10	04:12:20	05:53:10	08:32:04	10:35:21	12:25:13.95	12:25:13.95	+05:53:47 (47.5%)	10:57	5.5 (52.9%)
302	DELSLEY Stephen	4305		Weteran I M - 50	27	00:01:10	01:42:30	04:20:45	06:04:13	08:28:43	10:27:41	12:25:16.35	12:25:16.35	+05:53:50 (47.5%)	10:57	5.5 (52.9%)
303	ALBIGOWSKA Magdalena	4388	POZYTYWNIEMIE_ROZBIEGANIA	Senior II K - 30	38	00:00:17	01:27:27	03:59:59	05:48:16	08:26:10	10:31:15	12:25:39.45	12:25:39.45	+05:54:13 (47.5%)	10:57	5.5 (52.9%)
304	LAJTER Jerzy	4172	4 RUN TEAM PIŁA	Weteran II M - 60	3	00:01:04	01:41:30	04:20:58	06:07:58	08:36:18	10:41:39	12:28:42.65	12:28:42.65	+05:57:16 (47.7%)	11:00	5.4 (51.9%)
305	KOS Wojciech	4124	PARKRUN KALISZ	Weteran I M - 50	28	00:00:58	01:39:53	04:16:53	06:02:23	08:37:49	10:29:13	12:29:33.60	12:29:33.60	+05:58:07 (47.8%)	11:01	5.4 (51.9%)
306	DUDA Marcin	4420		Masters M - 40	103	00:00:56	01:27:40	04:01:08	05:34:12	08:06:46	10:29:12	12:31:05.30	12:31:05.30	+05:59:39 (47.9%)	11:02	5.4 (51.9%)
307	HAUSMAN Magdalena	4009	PARKRUN GRUDZIĄDZ	Masters K - 40	28	00:00:11	01:32:13	04:14:21	06:02:14	08:28:26	10:27:29	12:31:08.20	12:31:08.20	+05:59:42 (47.9%)	11:02	5.4 (51.9%)
308	KOCHAŃSKI Tomasz	4033	PARKRUN GRUDZIĄDZ	Senior II M - 30	85	00:00:11	01:32:12	04:16:41	06:02:15	08:26:36	10:27:28	12:31:08.75	12:31:08.75	+05:59:42 (47.9%)	11:02	5.4 (51.9%)
309	ŁESKE Jan	4017	ZA LINIĄ METY	Masters M - 40	104	00:00:08	01:22:28	03:50:29	05:39:53	08:29:04	10:39:30	12:31:14.15	12:31:14.15	+05:59:48 (47.9%)	11:02	5.4 (51.9%)
310	BURLIGA Mariusz	4099	STALLENTIS ACTIVE TEAM	Masters M - 40	105	00:00:12	01:35:46	04:27:57	06:11:22	08:47:14	10:30:32	12:32:59.90	12:32:59.90	+06:01:33 (48.0%)	11:04	5.4 (51.9%)
311	BURLIGA Marzena	4038	BP RUNNING TEAM GLIWICE	Masters K - 40	29	00:00:12	01:35:45	04:27:59	06:11:22	08:47:15	10:30:33	12:33:00.25	12:33:00.25	+06:01:34 (48.0%)	11:04	5.4 (51.9%)
312	DOMAGAŁA Konrad	4219	KLUCZBORSKA GRUPA BIEGOWA	Senior II M - 30	86	00:00:57	01:37:40	04:17:31	05:54:44	08:26:28	10:40:33	12:33:37.30	12:33:37.30	+06:02:11 (48.1%)	11:04	5.4 (51.9%)
313	MISTUR Szymon	4023		Senior II M - 30	87	00:00:23	01:30:28	04:06:53	05:51:04	08:22:18	10:28:28	12:34:42.30	12:34:42.30	+06:03:16 (48.1%)	11:05	5.4 (51.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start						Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km					
314	KOSTRZEWSKI Maciej	4003	AAM RUNNING TEAM	Senior II M - 30	88	00:00:47	01:32:37	04:15:32	06:02:21	08:27:47	10:39:30	12:34:56.65	12:34:56.65	+06:03:30 (48.2%)	11:06	5.4 (51.9%)
315	JANKOWSKI Tom	4083	QCE	Masters M - 40	106	00:00:46	01:41:56	04:21:04	05:59:04	08:23:59	10:26:48	12:35:16.05	12:35:16.05	+06:03:50 (48.2%)	11:06	5.4 (51.9%)
316	STONOGA Tomasz	4349	KITE TEAM	Masters M - 40	107	00:00:44	01:28:50	04:13:24	05:55:30	08:31:59	10:26:56	12:36:16.35	12:36:16.35	+06:04:50 (48.2%)	11:07	5.4 (51.9%)
317	SEREK Roman	4109	SUPADUPAFLY	Masters M - 40	108	00:00:44	01:28:29	04:10:40	05:55:25	08:43:30	10:34:32	12:36:29.15	12:36:29.15	+06:05:03 (48.3%)	11:07	5.4 (51.9%)
318	CHOLEWIŃSKI Rafał	4182	SUPADUPAFLY	Senior II M - 30	89	00:00:43	01:31:37	04:10:44	05:55:28	08:43:36	10:43:57	12:36:29.35	12:36:29.35	+06:05:03 (48.3%)	11:07	5.4 (51.9%)
319	PAKUŁA Włodzimierz	4151		Masters M - 40	109	00:00:33	01:27:59	04:07:48	05:34:34	07:56:44	10:27:12	12:36:55.70	12:36:55.70	+06:05:29 (48.3%)	11:07	5.4 (51.9%)
320	KOŚCIELNIAK Marek	4163	MUAY RUNNING TEAM	Masters M - 40	110	00:00:53	01:39:43	04:27:00	06:09:52	08:34:51	10:28:28	12:36:59.25	12:36:59.25	+06:05:33 (48.3%)	11:07	5.4 (51.9%)
321	HOJDA Mariusz	4419	COOL GUYS CAPITAL	Masters M - 40	111	00:01:15	01:39:51	04:17:48	06:05:39	08:44:00	10:38:17	12:37:09.75	12:37:09.75	+06:05:43 (48.3%)	11:08	5.4 (51.9%)
322	CZOSZYK-KAWALA Olga	4201	ŚWIERCZEWO RUN	Masters K - 40	30	00:00:51	01:40:42	04:26:59	06:16:21	08:50:22	10:49:26	12:38:55.10	12:38:55.10	+06:07:29 (48.4%)	11:09	5.4 (51.9%)
323	PRZYBYSZEWSKA Dominika	4199	ŚWIERCZEWO RUN	Senior II K - 30	39	00:00:52	01:40:42	04:27:30	06:16:45	08:50:23	10:49:48	12:38:57.05	12:38:57.05	+06:07:31 (48.4%)	11:09	5.4 (51.9%)
324	PALUSZKIEWICZ Rafał	4141	SPP TEAM / ŚWIERCZEWO RUN	Masters M - 40	112	00:00:51	01:40:43	04:27:29	06:15:57	08:50:22	10:49:43	12:38:58.55	12:38:58.55	+06:07:32 (48.4%)	11:09	5.4 (51.9%)
325	MITEK Dorota	4293	KBSUKCES ŻMIGRÓD	Weteran K - 50	3	00:00:31	01:34:38	04:16:59	06:01:18	08:36:09	10:40:12	12:40:59.70	12:40:59.70	+06:09:33 (48.6%)	11:11	5.4 (51.9%)
326	MITEK Andrzej	4247	KB SUKCES ŻMIGRÓD	Weteran I M - 50	29	00:00:31	01:34:39	04:17:00	06:01:19	08:36:10	10:40:13	12:41:01.35	12:41:01.35	+06:09:35 (48.6%)	11:11	5.4 (51.9%)
327	NEUMANN Beata	4115	CENTRUM ŁĄKOWA 1	Weteran K - 50	4	00:00:23	01:35:12	04:23:07	06:12:07	08:44:11	10:43:54	12:41:25.35	12:41:25.35	+06:09:59 (48.6%)	11:11	5.4 (51.9%)
328	WIELICZKO Dagmara	4068	ZONE RUNNERS	Senior II K - 30	40	00:00:55	01:42:09	04:27:18	06:13:58	08:37:49	10:29:18	12:41:36.65	12:41:36.65	+06:10:10 (48.6%)	11:12	5.4 (51.9%)
329	WIELICZKO Rafał	4067	ZONE RUNNERS	Senior II M - 30	90	00:00:55	01:42:01	04:27:16	06:13:58	08:37:47	10:28:50	12:41:36.80	12:41:36.80	+06:10:10 (48.6%)	11:12	5.4 (51.9%)
330	GORCZYCA Łukasz	4239	NADAKTYWNI NOWE MIASTECZKO	Masters M - 40	113	00:00:59	01:36:18	04:13:21	05:46:04	08:21:55	10:32:11	12:43:01.05	12:43:01.05	+06:11:35 (48.7%)	11:13	5.3 (51.0%)
331	SYNOWIEC Dawid	4218		Senior I M - 20	16	00:00:47	01:26:19	03:46:24	05:20:21	08:09:11	10:20:57	12:43:10.65	12:43:10.65	+06:11:44 (48.7%)	11:13	5.3 (51.0%)
332	NAJDUK Daniel	4034	ROZBIEGANI CHOJNÓW	Senior II M - 30	91	00:00:39	01:29:11	04:12:18	05:53:11	08:32:04	10:45:54	12:43:18.25	12:43:18.25	+06:11:52 (48.7%)	11:13	5.3 (51.0%)
333	RYNG Jakub	4195	KLUCZBORSKA GRUPA BIEGOWA	Masters M - 40	114	00:00:56	01:34:26	04:12:13	06:02:11	08:36:07	10:40:39	12:43:24.85	12:43:24.85	+06:11:58 (48.7%)	11:13	5.3 (51.0%)
334	JERCZYŃSKI Radosław	4226		Masters M - 40	115	00:00:41	01:38:55	04:30:35	06:25:26	08:54:24	10:52:38	12:43:59.00	12:43:59.00	+06:12:32 (48.8%)	11:14	5.3 (51.0%)
335	JERCZYŃSKA Beata	4225		Masters K - 40	31	00:00:40	01:38:51	04:30:34	06:25:23	08:54:23	10:52:38	12:43:59.25	12:43:59.25	+06:12:33 (48.8%)	11:14	5.3 (51.0%)
336	KOLASA Andrzej	4154	KLUB J.SŁOWACKIEGO	Weteran II M - 60	4	00:00:03	01:29:01	04:14:07	06:04:06	08:40:38	10:49:00	12:44:55.95	12:44:55.95	+06:13:29 (48.8%)	11:14	5.3 (51.0%)
337	GWOŹDZIEWICZ Tomasz	4337		Masters M - 40	116	00:00:23	01:28:31	04:15:40	06:02:03	08:37:14	10:53:46	12:46:43.10	12:46:43.10	+06:15:17 (48.9%)	11:16	5.3 (51.0%)
338	SUCHOCKI Grzegorz	4238	NADAKTYWNI NOWE MIASTECZKO	Weteran I M - 50	30	00:01:01	01:36:19	04:13:21	06:00:03	08:55:09	10:56:09	12:47:12.75	12:47:12.75	+06:15:46 (49.0%)	11:16	5.3 (51.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start	A1	D1	B1	B2	A15	Czas	Czas	Różn	Tempo	Tempo
						Lądek	10km	24km	34km	46km	57km	netto	brutto			
339	GIŻEWSKI Grzegorz	4158		Masters M - 40	117	00:00:32	01:34:48	04:26:18	06:11:40	08:46:39	10:54:27	12:47:47.25	12:47:47.25	+06:16:21 (49.0%)	11:17	5.3 (51.0%)
340	PIOTROWSKA Anna	4108		Masters K - 40	32	00:00:56	01:40:03	04:16:24	06:13:52	08:51:11	11:08:08	12:51:23.45	12:51:23.45	+06:19:57 (49.3%)	11:20	5.3 (51.0%)
340	MILEWSKI Andrzej	4107	#TEAMKALDUN/#SRO-BIKE-TEAM	Senior II M - 30	92	00:00:57	01:40:02	04:16:24	06:13:54	08:51:11	11:08:09	12:51:23.45	12:51:23.45	+06:19:57 (49.3%)	11:20	5.3 (51.0%)
342	CHYLIŃSKI Sławomir	4237	NADAKTYWNI NOWE MIASTECZKO	Weteran I M - 50	31	00:00:01				08:55:37		12:52:18.00	12:52:18.00	+06:20:51 (49.3%)	11:21	5.3 (51.0%)
343	MASZKOWSKI Piotr	4215	OBORYGENI	Masters M - 40	118	00:01:05	01:36:00	04:17:16	05:58:43	08:37:47	10:51:22	12:52:53.25	12:52:53.25	+06:21:27 (49.4%)	11:21	5.3 (51.0%)
344	SKORNIAK Katarzyna	4413	WOLNE ŚLIMAKI	Senior II K - 30	41	00:00:52	01:33:39	04:26:56	06:18:57	08:46:28	10:40:26	12:53:36.05	12:53:36.05	+06:22:10 (49.4%)	11:22	5.3 (51.0%)
345	BOKSA Małgorzata	4351	NIEZRZESZONA	Weteran II K - 60	1	00:00:24	01:36:06	04:23:36	06:20:24	08:54:47	11:02:00	12:54:40.15	12:54:40.15	+06:23:14 (49.5%)	11:23	5.3 (51.0%)
346	KRAWCZYK Mirosław	4101	MJ METAL OŚWIĘCIM	Weteran II M - 60	5	00:01:04	01:39:59	04:16:27	06:13:53	08:53:16	10:57:21	12:56:59.45	12:56:59.45	+06:25:33 (49.6%)	11:25	5.3 (51.0%)
347	HERDZINA Wojciech	4057	MIRAZ RACE TEAM	Masters M - 40	119	00:00:41	01:35:06	04:30:23	06:21:36	08:53:36	11:02:12	12:57:26.65	12:57:26.65	+06:26:00 (49.7%)	11:25	5.2 (50.0%)
348	CEBO Agnieszka	4077	MIRAZ RACE TEAM	Senior II K - 30	42	00:00:40	01:36:13	04:28:11	06:18:56	08:53:36	11:02:12	12:57:43.25	12:57:43.25	+06:26:17 (49.7%)	11:26	5.2 (50.0%)
349	SADOWSKI Marek	4181	MUKS SZOK BOJANOWO	Weteran I M - 50	32	00:01:01	01:28:07	03:56:08	05:40:52	08:32:41	10:50:05	13:16:07.90	13:16:07.90	+06:44:41 (50.8%)	11:42	5.1 (49.0%)
350	SZCZERBICKI Bartłomiej	4197		Masters M - 40	120	00:01:00	01:55:51	04:48:32	06:36:45	09:14:07	11:39:13	13:35:17.40	13:35:17.40	+07:03:51 (52.0%)	11:59	5 (48.1%)
351	ŻRÓDLEWSKA Anna	4271		Senior II K - 30	43	00:00:59	01:55:51	04:48:32	06:36:44	09:14:04	11:39:13	13:35:17.70	13:35:17.70	+07:03:51 (52.0%)	11:59	5 (48.1%)
352	MAŁEK Paweł	4148	PGB SPORTOWAPACZKA	Weteran I M - 50	33	00:00:51	01:34:14	04:25:02	06:11:07	09:05:11	12:05:07	14:16:21.45	14:16:21.45	+07:44:55 (54.3%)	12:35	4.8 (46.2%)
DNC	CZACHOWSKI Michał	4353	SEGMENT 25 M5	Weteran I M - 50		05:03:06			06:55:59			08:13:54.90	08:13:54.90		0:00	8.3 (79.8%)
DNC	HANGIEL Urszula	4336	ŻWAWE ŻÓŁWIE	Senior II K - 30		05:03:06			06:59:39			08:24:08.30	08:24:08.30		0:00	8.1 (77.9%)
	TERZONI Christian	4117	PRZEDWOJEWSKI TEAM	Masters M - 40		00:00:02 DNF	00:57:00 DNF	02:27:47 DNF	03:32:18 DNF	05:14:39 DNF	DNF	DNF	DNF		-	- (0.0%)
	GRUSZKA Aleksandra	4291		Senior II K - 30		00:00:07 DNF	01:08:59 DNF	02:57:00 DNF	04:10:55 DNF	06:05:51 DNF	DNF	DNF	DNF		-	- (0.0%)
	KLEINSCHMIDT Łukasz	4086	KRIS TRANS MAŁYSZKA	Masters M - 40		00:00:06 DNF	01:04:29 DNF	02:56:26 DNF	04:09:39 DNF	06:35:40 DNF	DNF	DNF	DNF		-	- (0.0%)
	PROSZAK Sebastian	4245	TEAM KURORT ŁĄDEK-ZDRÓJ	Weteran I M - 50		00:00:06 DNF	01:10:15 DNF	03:07:59 DNF	04:25:16 DNF	07:08:39 DNF	DNF	DNF	DNF		-	- (0.0%)
	KARAŚ Marek	4242	PODGÓRZ TORUŃ	Weteran II M - 60		00:00:48 DNF	01:26:41 DNF	03:38:07 DNF	05:15:14 DNF	07:56:56 DNF	DNF	DNF	DNF		-	- (0.0%)
	RYCHŁOWSKI Ryszard	4020		Weteran I M - 50		00:00:25 DNF	01:29:24 DNF	04:29:09 DNF	06:23:41 DNF	08:58:51 DNF	DNF	DNF	DNF		-	- (0.0%)
	JAGODZIŃSKA Paulina	4036	ZABIEGANI MIELEC/ WKURW_TEAM	Masters K - 40		00:00:18 DNF	01:38:32 DNF	04:20:40 DNF	06:16:46 DNF	09:11:24 DNF	DNF	DNF	DNF		-	- (0.0%)
	OWCZARZAK Daria	4311		Senior II K - 30		00:01:06 DNF	01:42:19 DNF	04:42:08 DNF	06:29:34 DNF	09:11:29 DNF	DNF	DNF	DNF		-	- (0.0%)
	GILEWSKI Bartłomiej	4079		Senior II M - 30		00:01:13 DNF	01:41:21 DNF	04:41:24 DNF	06:39:10 DNF	09:25:59 DNF	DNF	DNF	DNF		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Ładek 0.01km	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
	MAŁGORZATA Modelska	4341	AZS AWF MASTERS	Senior II K - 30		00:00:21 DNF	01:51:01 DNF	04:44:14 DNF	06:43:05 DNF	09:26:41 DNF	DNF	DNF	DNF		-	- (0.0%)
	CHOJNOWSKA Dominika	4047		Senior I K - 20		00:01:09 DNF	01:41:21 DNF	04:41:26 DNF	06:39:13 DNF	09:29:43 DNF	DNF	DNF	DNF		-	- (0.0%)
	GAJ-JURCZYK Renata	4046	STAN UMYSŁU LEWIN BIEGA	Masters K - 40		00:01:03 DNF	01:48:43 DNF	04:52:38 DNF	06:39:29 DNF	09:32:53 DNF	DNF	DNF	DNF		-	- (0.0%)
	PIETRZAK Anna	4233		Masters K - 40		00:00:39 DNF	01:41:20 DNF	04:38:23 DNF	06:39:18 DNF	09:35:01 DNF	DNF	DNF	DNF		-	- (0.0%)
	BRZĄKAŁSKI Krzysiek	4052	PRZEDWOJEWSKI TEAM	Senior II M - 30		DNF	00:57:28 DNF	02:33:27 DNF	03:54:52 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	JERMAK Kamil	4105		Masters M - 40		00:00:07 DNF	01:09:25 DNF	03:05:03 DNF	04:28:18 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	GARUS Łukasz	4264	EUROCASH	Masters M - 40		00:00:04 DNF	01:16:12 DNF	03:25:47 DNF	04:57:26 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	WIERZBIŃSKA Karolina	4366	JACEKBIEGA RUNNING TEAM	Senior II K - 30		00:00:23 DNF	01:15:45 DNF	03:14:34 DNF	05:39:32 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	PODSADNY Bartosz	4203		Senior II M - 30		00:00:33 DNF	01:30:25 DNF	04:23:54 DNF	06:18:09 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KOZERA Kamil	4103	HARPAGAN SOSNOWIEC	Senior II M - 30		00:00:56 DNF	01:41:43 DNF	04:43:21 DNF	06:46:07 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	CHOJNOWSKA Barbara	4075		Weteran K - 50		00:01:09 DNF	01:53:14 DNF	05:01:50 DNF	07:00:50 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	SZAŁAJSKA Monika	4006		Senior I K - 20		00:01:03 DNF	01:54:10 DNF	04:57:30 DNF	07:06:52 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	HRYCAJ Mariusz	4065	REBELLION OF FREE RUNNERS	Masters M - 40		00:00:47 DNF	01:35:02 DNF	04:17:58 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	PODLECKI Wojciech	4143	ROKIETNICA BIEGA	Senior II M - 30		00:00:46 DNF	01:26:02 DNF	04:29:51 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	PELC Tomasz	4145	DTR BIEGA / MARIO TEAM	Senior II M - 30		00:00:47 DNF	01:31:10 DNF	04:31:29 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	WASILKOWSKI Jerzy	4135	CYSTIC FIBROSIS RUNNING TEAM	Weteran I M - 50		00:00:16 DNF	01:54:07 DNF	04:58:10 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	RURKA Grzegorz	4138	SAMBIEGAM	Weteran I M - 50		00:01:07 DNF	02:04:02 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	TOMASZEWSKI Mariusz	4210		Masters M - 40		00:00:01 DNF	02:06:45 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	RZECZYŃSKA Anna	4121	BBL GORZÓW WIELKOPOLSKI	Masters K - 40		00:00:09 DNF	02:06:46 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KLINOWSKI Mirosław	4259		Masters M - 40		00:01:01 DNF	02:06:46 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 383 wynik(ów)