

BIEG ULTRA TRAIL - 68 KM

B4SPORT
INTELEKTUJĄCE ZAWODY SPORTOWE

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Stowarzyszenie TKKF Kompas
Data: 2017-07-20
Miejsce: Łądek Zdrój
Dystans: 68 km

B4SPORT
INTELEKTUJĄCE ZAWODY SPORTOWE

Klasyfikacja: OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	D1 24km	B1 34km	B2 46km	A15 56km	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
1	KLECHA Rafał	4232	DACZA TURYSTY I BIEGACZA	Senior II M - 30	1	00:56:05	02:09:44	03:06:39	04:11:23	05:11:59	06:10:28.75	06:10:30.60		5:26	11 (100%)
2	BARTOLO Pau	4264		Senior II M - 30	2	00:56:06	02:09:44	03:06:38	04:13:03	05:21:16	06:27:21.75	06:27:21.85	+00:16:51 (4.4%)	5:41	10.5 (95.5%)
3	GUTT Piotr	4272		Senior I M - 20	1	00:56:30	02:09:43	03:11:48	04:30:00	05:42:38	06:48:42.45	06:48:45.35	+00:38:14 (9.4%)	6:00	10 (90.9%)
4	STARPEK Jan	4274		Masters M - 40	1	00:57:13	02:16:35	03:22:07	04:39:47	05:58:13	07:13:18.15	07:13:20.05	+01:02:49 (14.5%)	6:22	9.4 (85.5%)
5	TOMASIK Stanisław	4222	GORLICKA GRUPA BIEGOWA	Senior I M - 20	2	00:56:04	02:09:50	03:19:00	04:41:25	06:03:07	07:22:17.15	07:22:20.90	+01:11:50 (16.2%)	6:30	9.2 (83.6%)
6	KOCZAJA Artur	4192		Senior II M - 30	3	00:57:33	02:17:09	03:27:02	04:45:50	06:09:20	07:23:22.85	07:23:25.65	+01:12:55 (16.4%)	6:31	9.2 (83.6%)
7	STAWSKI Michał	4169	MBANK	Senior II M - 30	4	00:59:19	02:17:38	03:22:34	04:47:24	06:13:58	07:24:09.60	07:24:13.70	+01:13:43 (16.6%)	6:31	9.2 (83.6%)
8	KORDECKI Łukasz	4199	WCHSZT	Senior II M - 30	5	01:01:13	02:23:28	03:35:44	04:59:47	06:16:26	07:26:35.95	07:26:38.95	+01:16:08 (17.0%)	6:34	9.1 (82.7%)
9	JURGA Marcin	4073	SPEED FEET '16	Senior II M - 30	6	01:02:25	02:24:46	03:37:49	05:04:00		07:31:44.25	07:31:49.10	+01:21:18 (18.0%)	6:38	9 (81.8%)
10	BOSIANEK Rafał	4124	4RUN TEAM PIŁA	Masters M - 40	2	01:02:57	02:25:10	03:37:08	05:06:52	06:33:36	07:47:51.20	07:47:53.90	+01:37:23 (20.8%)	6:52	8.7 (79.1%)
11	WOLBACH Tomasz	4211	WOLNE ŚLIMAKI	Senior II M - 30	7	01:01:51	02:23:31	03:36:04	05:04:00	06:29:56	07:48:05.25	07:48:12.05	+01:37:41 (20.9%)	6:53	8.7 (79.1%)
12	GAWLIK Sławek	4075	MARCINSWIERCTEAM	Senior II M - 30	8	00:57:34	02:17:09	03:27:04	04:56:43	06:24:34	07:48:20.80	07:48:20.80	+01:37:50 (20.9%)	6:53	8.7 (79.1%)
13	DZIUBAN Łukasz	4224	ZAPOROWY MARATON / GOPR BIESZCZADY	Senior II M - 30	9	01:09:17	02:36:47	03:48:22	05:12:44	06:33:24	07:50:05.00	07:50:19.45	+01:39:48 (21.2%)	6:54	8.7 (79.1%)
14	JAROSZ Anna	4030		Senior I K - 20	1	01:10:22	02:38:57	03:49:45	05:15:03	06:35:19	07:50:58.60	07:51:14.45	+01:40:43 (21.4%)	6:55	8.7 (79.1%)
15	BADOWSKI Aleksander	4210	MARCIN ŚWIERC TEAM	Senior II M - 30	10	00:56:04	02:14:30	03:24:40	04:52:34	06:34:22	07:53:26.15	07:53:29.85	+01:42:59 (21.8%)	6:57	8.6 (78.2%)
16	WOJCIECHOWSKI Mateusz	4256	OFF-TRAIL WALSH	Senior II M - 30	11	01:02:50	02:28:00	03:39:42	05:08:10	06:38:46	08:02:39.35	08:02:43.60	+01:52:13 (23.2%)	7:05	8.5 (77.3%)
17	STYPEREK Jakub	4225	VEGE RUNNERS	Senior II M - 30	12	01:02:25	02:26:50	03:41:13	05:07:12	06:38:29	08:06:24.20	08:06:28.75	+01:55:58 (23.8%)	7:09	8.4 (76.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	D1 24km	B1 34km	B2 46km	A15 56km	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
18	GAPSKI Mateusz	4207	PROGRAMISTABIEGA.PL	Senior II M - 30	13	01:01:25	02:22:26	03:49:37	05:14:44	06:47:03	08:08:00.90	08:08:04.35	+01:57:33 (24.1%)	7:10	8.4 (76.4%)
19	LEWANDOWSKI Piotr	4215		Senior I M - 20	3	01:05:40	02:32:58	03:52:57	05:20:17	06:50:23	08:10:06.15	08:10:17.25	+01:59:46 (24.4%)	7:12	8.3 (75.5%)
20	URBAŃCZYK Karol	4028	NIGHT RUNNERS GLIWICE	Senior I M - 20	4	01:06:18	02:37:37	03:55:54	05:24:31	06:56:16	08:14:30.65	08:14:36.75	+02:04:06 (25.1%)	7:16	8.3 (75.5%)
21	BORÓWKA Ryszard	4131		Masters M - 40	3	01:06:12	02:33:19	03:50:10	05:21:12	06:56:22	08:21:37.85	08:21:42.90	+02:11:12 (26.2%)	7:22	8.1 (73.6%)
22	OSTAPCZUK Karol	4271		Senior I M - 20	5	01:03:07	02:27:00	03:47:09	05:19:42	06:57:46	08:22:40.40	08:22:45.55	+02:12:14 (26.3%)	7:23	8.1 (73.6%)
23	PIOTROWSKI Michał	4078	KLUB BIEGACZA JURUND SZCZYTNO	Senior II M - 30	14	01:01:35	02:27:22	03:47:12	05:28:32	07:07:47	08:27:33.50	08:27:36.50	+02:17:05 (27.0%)	7:27	8 (72.7%)
24	SZAŁ Tomasz	4099	NIE ZA DALEKO	Senior II M - 30	15	01:13:59	02:49:35	04:11:29	05:43:36	07:12:22	08:27:27.00	08:27:43.75	+02:17:13 (27.0%)	7:27	8 (72.7%)
25	BULIŃSKI Piotr	4267	NIGHT RUNNERS	Senior II M - 30	16	01:09:00	02:38:44	04:00:08	05:29:12	07:02:19	08:28:16.30	08:28:30.95	+02:18:00 (27.1%)	7:28	8 (72.7%)
26	BAKALARZ Emil	4214		Senior I M - 20	6	01:02:36	02:33:30	03:49:35	05:18:52	06:58:11	08:30:40.65	08:30:43.35	+02:20:12 (27.5%)	7:30	8 (72.7%)
27	MACHUL Ewa	4260	DREAM RUN	Senior II K - 30	1	01:08:36	02:38:54	04:03:35	05:41:20	07:14:51	08:32:01.40	08:32:06.15	+02:21:35 (27.6%)	7:31	8 (72.7%)
28	JĘDRZEJEWSKI Łukasz	4254	WATAHA	Masters M - 40	4	01:06:12	02:35:57	03:56:28	05:33:44	07:09:40	08:35:15.70	08:35:23.00	+02:24:52 (28.1%)	7:34	7.9 (71.8%)
29	KARCZYŃSKI Dariusz	4275	CAŁA OLEŚNICA BIEGA	Masters M - 40	5	01:09:04	02:38:52	04:00:57	05:36:09	07:10:29	08:35:17.10	08:35:23.20	+02:24:52 (28.1%)	7:34	7.9 (71.8%)
30	BUKOWSKI Marcin	4262	SPARTANIE DZIECIOM	Senior II M - 30	17	01:14:19	02:50:12	04:16:06	05:50:45	07:18:08	08:35:00.80	08:35:29.50	+02:24:58 (28.1%)	7:34	7.9 (71.8%)
31	KUCA Szymon	4180	OLAWS ZŁOTORYJA	Senior II M - 30	18	01:14:07	02:53:40	04:14:15	05:39:52	07:12:24	08:37:58.50	08:38:00.60	+02:27:30 (28.5%)	7:37	7.9 (71.8%)
32	PIECUCH Marcin	4117	LACHO TEAM	Senior II M - 30	19	01:05:46	02:33:26	04:01:24	05:43:11	07:18:29	08:44:59.00	08:45:13.70	+02:34:43 (29.5%)	7:43	7.8 (70.9%)
33	URAMEK Grzegorz	4280		Masters M - 40	6	01:06:31	02:37:46	03:59:42	05:40:57	07:16:33	08:45:15.70	08:45:19.45	+02:34:48 (29.5%)	7:43	7.8 (70.9%)
34	SITEK Andrzej	4008		Masters M - 40	7	01:09:17	02:39:03	04:05:23	05:43:55	07:16:24	08:45:51.60	08:45:55.20	+02:35:24 (29.6%)	7:44	7.8 (70.9%)
35	BUCHLA Marcin	4082	GT RAT	Masters M - 40	8	01:12:38	02:50:07	04:10:46	05:45:42	07:19:31	08:50:45.20	08:51:00.90	+02:40:30 (30.2%)	7:48	7.7 (70.0%)
36	WOŹNIAK Marcin	4152	KW P(OZNAŃ)	Masters M - 40	9	01:07:45	02:39:00	04:12:43	05:51:04	07:28:59	08:55:17.85	08:55:25.45	+02:44:54 (30.8%)	7:52	7.6 (69.1%)
37	TITZ KOZA Julita	4184		Senior II K - 30	2	01:14:03	02:49:54	04:15:59	05:54:56		08:56:20.95	08:56:28.30	+02:45:57 (30.9%)	7:53	7.6 (69.1%)
38	OBRADOVIĆ Paweł	4070		Masters M - 40	10	01:08:31	02:44:59	04:08:40	05:48:18	07:27:36	08:56:35.05	08:56:59.05	+02:46:28 (31.0%)	7:53	7.6 (69.1%)
39	WILK Jacek	4239		Masters M - 40	11	01:09:05	02:44:32	04:08:13	05:56:39	07:33:06	08:56:53.60	08:57:23.30	+02:46:52 (31.1%)	7:53	7.6 (69.1%)
40	KLATKA Michał	4007	BBL TOMASZÓW MAZOWIECKI	Masters M - 40	12	01:09:36	02:50:14	04:19:07	05:55:05	07:37:21	08:58:47.10	08:58:56.90	+02:48:26 (31.3%)	7:55	7.6 (69.1%)
41	BUDNIOK Rafał	4123	POCZTOWA GRUPA BIEGOWA/4RUN TEAM PIŁA	Masters M - 40	13	01:07:13	02:40:20	04:08:08	05:53:43	07:31:05	09:00:20.95	09:00:24.05	+02:49:53 (31.4%)	7:56	7.6 (69.1%)
42	WUJEK Marcin	4183	AKANTREH-GOSTYŃ	Masters M - 40	14	01:09:45	02:49:53	04:20:36	05:56:06	07:34:02	09:00:48.15	09:00:57.45	+02:50:26 (31.5%)	7:57	7.5 (68.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						A1 10km	D1 24km	B1 34km	B2 46km	A15 56km	68km	68km			
43	MARCINIAK Maciej	4013	NIGHT RUNNERS	Senior II M - 30	20	01:07:56	02:41:49	04:09:40	05:53:24	07:30:19	09:01:23.50	09:01:28.20	+02:50:57 (31.6%)	7:57	7.5 (68.2%)
44	PRUCIAK Krzysztof	4112	RUN-LOG.COM / WKURW_TEAM	Senior II M - 30	21	01:08:59	02:39:31	04:07:05	05:51:09	07:31:48	09:02:51.90	09:02:55.20	+02:52:24 (31.8%)	7:59	7.5 (68.2%)
45	SŁOCIAK Rafał	4032	RAJSPOORT ACTIVE	Senior I M - 20	7	01:03:31	02:33:21	03:57:26	05:36:20	07:23:58	09:02:59.65	09:03:07.70	+02:52:37 (31.8%)	7:59	7.5 (68.2%)
46	BUŁA Jan	4248		Senior I M - 20	8	01:15:41	02:53:24	04:20:30	05:58:20	07:40:52	09:04:03.45	09:04:16.35	+02:53:45 (31.9%)	8:00	7.5 (68.2%)
47	SOŁOWIEJ Łukasz	4227	OIRP WARSZAWA	Senior II M - 30	22	01:09:29	02:38:45	04:09:04	05:45:36	07:28:37	09:04:20.70	09:04:40.85	+02:54:10 (32.0%)	8:00	7.5 (68.2%)
48	BIERNACKA Edyta	4097	FUNFIT	Senior II K - 30	3	01:15:41	02:57:58	04:27:45	06:07:16	07:40:21	09:05:07.45	09:05:23.00	+02:54:52 (32.1%)	8:01	7.5 (68.2%)
49	GUZOWSKI Andrzej	4231		Weteran I M - 50	1	01:20:20	03:02:29	04:33:16	06:10:58	07:43:37	09:05:06.85	09:05:25.20	+02:54:54 (32.1%)	8:00	7.5 (68.2%)
50	WARSKI Patryk	4204		Senior II M - 30	23	01:17:35	02:54:39	04:20:51	05:56:39	07:34:19	09:05:41.60	09:05:54.45	+02:55:23 (32.1%)	8:01	7.5 (68.2%)
51	BAR Tomasz	4206	ALIPLAST TEAM1	Senior II M - 30	24	01:16:58	02:54:40	04:20:51	05:56:40	07:34:21	09:06:33.55	09:06:46.25	+02:56:15 (32.2%)	8:02	7.5 (68.2%)
52	BARTOSIŃSKI Mariusz	4005		Masters M - 40	15	01:13:14	02:51:30	04:22:49	06:01:58	07:43:20	09:09:03.10	09:09:14.80	+02:58:44 (32.5%)	8:04	7.4 (67.3%)
53	WALACIK Adam	4135	WIERUNSZÓW	Senior I M - 20	9	01:07:52	02:40:39	04:10:14	05:54:46	07:37:08	09:10:34.20	09:10:41.50	+03:00:10 (32.7%)	8:05	7.4 (67.3%)
54	NOWAK Katarzyna	4165	TKKF HADES MIKOŁÓW	Senior II K - 30	4	01:15:19	02:54:35	04:25:38	06:07:26	07:48:14	09:10:21.15	09:10:52.60	+03:00:22 (32.7%)	8:05	7.4 (67.3%)
55	SZCZEPAŃSKI Andrzej	4234	WILD SKUNKS	Masters M - 40	16	01:06:35	02:37:24	04:16:58	06:01:30	07:42:17	09:11:48.50	09:12:07.40	+03:01:36 (32.9%)	8:06	7.4 (67.3%)
56	LACHOWICZ Jacek	4068		Masters M - 40	17	01:14:18	02:54:57	04:24:38	06:03:25	07:40:21	09:12:28.15	09:12:37.15	+03:02:06 (33.0%)	8:07	7.4 (67.3%)
57	MORAWA Mateusz	4200	LACHO TEAM	Senior II M - 30	25	01:05:46	02:33:31	04:01:25	05:46:48	07:43:35	09:12:39.25	09:12:53.25	+03:02:22 (33.0%)	8:07	7.4 (67.3%)
58	BANDUROWSKI Andrzej	4084	KB SPOCENI NOWA SÓL	Masters M - 40	18	01:17:03	02:54:39	04:27:36	06:02:29	07:40:05	09:12:46.15	09:13:12.55	+03:02:41 (33.0%)	8:07	7.4 (67.3%)
59	KRÓL Marcin	4279		Senior II M - 30	26	01:15:30	02:54:27	04:19:35	06:00:37	07:40:17	09:16:00.85	09:16:20.25	+03:05:49 (33.4%)	8:10	7.3 (66.4%)
60	KRAMER Rafał	4164	LUG TEAM	Masters M - 40	19	01:15:45	02:55:38	04:25:02	06:05:14	07:45:53	09:20:54.80	09:21:14.40	+03:10:43 (34.0%)	8:14	7.3 (66.4%)
61	FOĆ Grzegorz	4216	VOLKSWAGEN POZNAŃ	Masters M - 40	20	01:06:06	02:35:45	04:09:40	05:55:02	07:46:10	09:24:48.30	09:24:59.30	+03:14:28 (34.4%)	8:18	7.2 (65.5%)
62	DĄBROWSKI Jacek	4009	DĄBROWSKI BROTHERS	Senior II M - 30	27	01:07:59	02:43:25	04:10:11	05:57:14	07:42:16	09:25:52.00	09:25:56.25	+03:15:25 (34.5%)	8:19	7.2 (65.5%)
63	KMIEĆ Norbert	4236	COMP TEAM	Senior II M - 30	28	01:00:44	02:24:11	04:00:11	05:48:07	07:45:32	09:26:04.10	09:26:08.45	+03:15:37 (34.6%)	8:19	7.2 (65.5%)
64	STABLA Katarzyna	4026	LUXTORPEDA CZERWIONKA	Masters K - 40	1	01:17:06	02:59:48	04:37:49	06:22:57	07:59:44	09:26:55.55	09:27:16.10	+03:16:45 (34.7%)	8:20	7.2 (65.5%)
65	ZYDRONŃ Tymoteusz	4012	VISEGRAD MARATON RYTRO	Masters M - 40	21	01:21:31	03:10:43	04:42:48	06:22:50	07:59:47	09:28:24.85	09:28:41.00	+03:18:10 (34.8%)	8:21	7.2 (65.5%)
66	KUSZTELAK Jacek	4237		Senior II M - 30	29	01:19:13	03:02:44	04:36:51	06:16:18	07:57:28	09:29:17.55	09:29:30.45	+03:18:59 (34.9%)	8:22	7.2 (65.5%)
67	SOJKA Jakub	4001		Senior II M - 30	30	01:12:33	02:53:43	04:32:16	06:16:41	08:03:02	09:30:11.55	09:30:17.35	+03:19:46 (35.0%)	8:23	7.2 (65.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	B1	B2	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10km	24km	34km	46km	56km	68km	68km			
68	PABICH Krzysztof	4116	4 RUN TEAM PIŁA	Masters M - 40	22	01:14:24	02:55:48	04:26:22	06:01:34	07:53:09	09:30:36.70	09:30:43.50	+03:20:12 (35.1%)	8:23	7.2 (65.5%)
69	CHRZAŚCIK Anna	4251	PŁOMYK OLKUSZ HARMONIA FITNESS	Senior II K - 30	5	01:15:25	02:56:21	04:27:44	06:14:53	07:58:30	09:31:03.65	09:31:09.70	+03:20:39 (35.1%)	8:23	7.1 (64.5%)
70	LULIŃSKI Paweł	4181	WWAA	Senior II M - 30	31	01:08:13	02:46:52	04:23:11	06:04:32	07:51:35	09:32:22.85	09:32:29.00	+03:21:58 (35.3%)	8:25	7.1 (64.5%)
71	KŁOSOWSKI Piotr	4266	STRZEGOMSKA DWUNASTKA	Masters M - 40	23	01:12:45	02:53:35	04:28:01	06:07:46	07:55:29	09:32:44.20	09:32:51.90	+03:22:21 (35.3%)	8:25	7.1 (64.5%)
72	GRYCMAN Łukasz	4238	SPARTA LASKI ULTRA TEAM	Senior II M - 30	32	01:20:26	02:56:13	04:22:51	06:08:15	07:55:21	09:33:31.25	09:34:03.80	+03:23:33 (35.5%)	8:26	7.1 (64.5%)
73	GOLDMAN Agata	4141		Senior II K - 30	6	01:15:35	02:54:09	04:23:22	06:07:39	07:55:11	09:34:42.70	09:35:08.15	+03:24:37 (35.6%)	8:27	7.1 (64.5%)
74	MATYJASEK Paulina	4137		Senior II K - 30	7	01:21:22	03:12:19	04:42:01	06:27:42	08:11:06	09:37:09.20	09:37:14.70	+03:26:44 (35.8%)	8:29	7.1 (64.5%)
75	SCHRODER Patryk	4132		Senior II M - 30	33	01:21:12	03:05:05	04:37:46	06:19:03	08:01:08	09:37:39.35	09:38:08.45	+03:27:37 (35.9%)	8:29	7.1 (64.5%)
76	MEDEJSZO Mariusz	4110	NOWOSOLSKA GRUPA BIEGOWA	Masters M - 40	24	01:17:01	02:54:39	04:37:36	06:22:30	08:01:34	09:39:01.25	09:39:27.80	+03:28:57 (36.1%)	8:30	7 (63.6%)
77	GRYSKA Piotr	4049	BRAK	Masters M - 40	25	01:20:47	03:02:48	04:36:51	06:18:25	08:01:19	09:39:14.25	09:39:53.15	+03:29:22 (36.1%)	8:31	7 (63.6%)
78	KWIATKOWSKI Paweł	4085		Senior II M - 30	34	01:08:53	02:51:55	04:30:02	06:14:54	08:04:45	09:41:18.45	09:41:30.10	+03:30:59 (36.3%)	8:32	7 (63.6%)
79	HOROWSKI Tomasz	4022	URODZENI BIEGACZE WWW.BORNRUNNERS.PL	Masters M - 40	26	01:26:24	03:13:00	04:41:37	06:27:24	08:12:04	09:41:27.25	09:41:53.30	+03:31:22 (36.3%)	8:33	7 (63.6%)
80	WAWER Piotr	4175		Senior II M - 30	35	01:16:01	02:59:42	04:31:53	06:17:41	08:03:25	09:44:36.90	09:44:56.40	+03:34:25 (36.7%)	8:35	7 (63.6%)
81	KAYSIEWICZ Maciej	4004	NATURAL BORN RUNNERS	Masters M - 40	27	01:24:01	03:10:41	04:39:47	06:27:32	08:13:13	09:45:23.10	09:45:45.10	+03:35:14 (36.7%)	8:36	7 (63.6%)
82	FERCHMIN Aleksander	4122	JESUS IS MY LEADER	Masters M - 40	28	01:09:26	02:40:12	04:09:43	06:02:16	08:01:27	09:46:12.55	09:46:19.65	+03:35:49 (36.8%)	8:37	7 (63.6%)
83	ZAPADKA Elżbieta	4244	MARCINŚWIERCTEAM	Senior II K - 30	8	01:22:27	03:06:54	04:41:09	06:28:33	08:14:59	09:47:56.05	09:48:07.80	+03:37:37 (37.0%)	8:38	6.9 (62.7%)
84	SOBOCIŃSKI Marcin	4059	ZG RUN	Senior II M - 30	36	01:19:10	02:56:40	04:29:37	06:24:13	08:16:15	09:47:45.15	09:48:12.70	+03:37:42 (37.0%)	8:38	6.9 (62.7%)
85	KUSZEL Bartłomiej	4018		Senior II M - 30	37	01:22:14	03:06:25	04:37:02	06:18:44	08:10:43	09:48:30.65	09:48:52.30	+03:38:21 (37.1%)	8:39	6.9 (62.7%)
86	BIELECKI Sławomir	4190		Weteran I M - 50	2	01:21:08	03:03:04	04:32:45	06:15:01	08:12:11	09:49:40.05	09:49:55.15	+03:39:24 (37.2%)	8:40	6.9 (62.7%)
87	KAPALKA Adrian	4044	BBL MIKOŁÓW	Senior II M - 30	38	01:17:24	03:04:19	04:43:33	06:32:48	08:18:52	09:54:59.75	09:55:30.75	+03:45:00 (37.8%)	8:44	6.9 (62.7%)
88	KOPACKI Grzegorz	4038	FOLLOWME - ZMIENIAMYFINANSE.PL	Senior II M - 30	39	01:21:32	03:06:10	04:44:54	06:30:26	08:20:37	09:55:49.95	09:55:58.85	+03:45:28 (37.8%)	8:45	6.8 (61.8%)
89	GŁOWACKI Artur	4118	ZZPPM O/ZG RUDNA	Masters M - 40	29	01:15:57	02:53:12	04:26:24	06:14:39	08:12:17	09:57:54.90	09:58:21.20	+03:47:50 (38.1%)	8:47	6.8 (61.8%)
90	LASEK Mikołaj	4089	PAN WUEFISTA	Senior II M - 30	40	01:13:15	02:52:33	04:26:47	06:10:28	08:01:23	09:59:11.55	09:59:23.10	+03:48:52 (38.2%)	8:48	6.8 (61.8%)
91	KINECKI Norbert	4177		Senior II M - 30	41	01:13:16	02:51:34	04:26:48	06:09:40	07:58:27	09:59:11.70	09:59:23.45	+03:48:52 (38.2%)	8:48	6.8 (61.8%)
92	KRYM Katarzyna	4062	MATNER RUNNING TEAM/NIGHT RUNNERS WROCŁAW	Masters K - 40	2	01:24:03	03:04:22	04:34:02	06:17:48	08:04:01	09:59:09.60	09:59:23.50	+03:48:52 (38.2%)	8:48	6.8 (61.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	B1	B2	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10km	24km	34km	46km	56km	68km	68km			
92	GARCZYK Rafał	4265		Senior II M - 30	42	01:10:03	02:43:38	04:12:13	06:08:41	08:05:24	09:59:13.25	09:59:23.50	+03:48:52 (38.2%)	8:48	6.8 (61.8%)
94	PRZYSIWEK Patryk	4179		Senior II M - 30	43	01:27:12	03:21:59	05:03:19	06:49:27	08:32:37	10:01:32.35	10:02:00.20	+03:51:29 (38.5%)	8:50	6.8 (61.8%)
95	KOSOWSKI Mateusz	4247	ANTYLEWAK	Senior II M - 30	44	01:23:29	03:06:17	04:41:19	06:31:57	08:24:55	10:04:49.85	10:05:26.25	+03:54:55 (38.8%)	8:53	6.7 (60.9%)
96	NAUDZIUNAS Agnieszka	4067	NATURAL BORN RUNNERS	Senior II K - 30	9	01:27:00	03:20:58	04:59:43	06:38:45	08:28:23	10:06:15.25	10:06:37.50	+03:56:06 (38.9%)	8:54	6.7 (60.9%)
97	CZAJKOWSKI Rafał	4039	EKOBIEGI	Masters M - 40	30	01:20:56	03:09:28	04:44:04	06:33:56	08:29:59	10:07:51.00	10:08:04.15	+03:57:33 (39.1%)	8:56	6.7 (60.9%)
98	PANEK Michał	4218		Senior I M - 20	10	01:16:45	03:00:16	04:46:51	06:32:39	08:37:11	10:08:59.55	10:09:35.25	+03:59:04 (39.2%)	8:57	6.7 (60.9%)
99	ŻMUDZIŃSKI Krzysztof	4087	'PI'	Senior I M - 20	11	01:21:03	03:09:47	04:48:39	06:40:02	08:27:46	10:09:31.30	10:09:50.10	+03:59:19 (39.2%)	8:57	6.7 (60.9%)
100	KOPACZ Mirosław	4188		Weteran II M - 60	1	01:20:57	03:10:51	04:47:56	06:35:28	08:32:57	10:09:51.25	10:10:02.95	+03:59:32 (39.3%)	8:58	6.7 (60.9%)
101	MARCINIAK Izabela	4101	KOBIETY BIEGAJĄ	Senior I K - 20	2	01:24:04	03:15:12	04:56:30	06:48:31	08:38:01	10:11:23.75	10:11:55.80	+04:01:25 (39.5%)	8:59	6.7 (60.9%)
102	PALACZ Anna	4156	PRO-RUN WROCŁAW	Senior I K - 20	3	01:34:18	03:30:50	05:09:05	06:58:22	08:39:32	10:13:47.35	10:14:09.40	+04:03:38 (39.7%)	9:01	6.6 (60.0%)
103	SKUDLARSKI Jakub	4157	PRO-RUN WROCŁAW	Senior I M - 20	12	01:34:20	03:30:48	05:09:05	06:58:22	08:39:32	10:13:47.30	10:14:09.75	+04:03:39 (39.7%)	9:01	6.6 (60.0%)
104	PĘDZIK Renata	4185	NYSA BIEGA	Masters K - 40	3	01:21:22	03:12:10	04:56:18	06:47:34	08:38:05	10:15:21.55	10:15:30.35	+04:04:59 (39.8%)	9:02	6.6 (60.0%)
105	KOZA Rafał	4046	ARA	Masters M - 40	31	01:20:25	03:15:40	04:56:03	06:46:19	08:34:40	10:14:55.40	10:15:30.50	+04:04:59 (39.8%)	9:02	6.6 (60.0%)
106	MRÓZ Marcin	4217	STR POZNAŃ / DZIKIE BOBRY	Senior II M - 30	45	01:18:22	03:04:31	04:47:04	06:38:56	08:37:46	10:16:30.45	10:16:41.10	+04:06:10 (39.9%)	9:03	6.6 (60.0%)
107	MASALSKA-PAWLAK Agata	4021		Senior II K - 30	10	01:25:27	03:18:54	04:59:22	06:52:09	08:39:45	10:18:09.70	10:18:22.55	+04:07:51 (40.1%)	9:05	6.6 (60.0%)
108	TURLEJ Dariusz	4061	KONDYCJA	Weteran II M - 60	2	01:27:47	03:22:44	05:05:00	06:55:46	08:45:50	10:19:28.20	10:19:53.55	+04:09:22 (40.2%)	9:06	6.6 (60.0%)
109	KONIECZNY Tomasz	4079		Senior II M - 30	46	01:20:49	03:05:33	04:46:03	06:40:04	08:30:50	10:20:06.75	10:20:19.65	+04:09:49 (40.3%)	9:07	6.6 (60.0%)
110	KUCHARSKI Waldemar	4220		Masters M - 40	32	01:25:41	03:17:57	05:00:46	06:50:24	08:39:42	10:19:43.25	10:20:20.80	+04:09:50 (40.3%)	9:06	6.6 (60.0%)
111	LEŃCZUK Waldemar	4201		Weteran I M - 50	3	01:19:15	03:04:11	04:45:38	06:40:44	08:34:13	10:20:41.45	10:21:04.65	+04:10:34 (40.3%)	9:07	6.6 (60.0%)
112	SKÓRA Mirosław	4051	SPARTAUSTRATEAM	Masters M - 40	33	01:14:05	02:59:45	04:41:15	06:29:49	08:33:37	10:20:47.05	10:21:04.75	+04:10:34 (40.3%)	9:07	6.6 (60.0%)
113	PARZONKA Paweł	4053	K.S. LENIWIEC	Masters M - 40	34	01:14:01	02:56:23	04:32:56	06:26:08	08:24:58	10:20:43.70	10:21:05.20	+04:10:34 (40.3%)	9:07	6.6 (60.0%)
114	KNAPP Janusz	4063	NETBOX BIEGA / LESZ NO LIMITS RUNNERS	Senior II M - 30	47	01:15:32	03:00:26	04:38:25	06:28:33	08:39:52	10:21:32.85	10:21:48.60	+04:11:18 (40.4%)	9:08	6.6 (60.0%)
115	OLSCHIMKE-MARMUROWICZ Barbara	4041	NIGHT RUNNERS ŚLĄSK	Masters K - 40	4	01:29:55	03:24:48	05:02:24	06:53:25	08:43:36	10:22:43.90	10:23:11.95	+04:12:41 (40.5%)	9:09	6.6 (60.0%)
116	CHRZĄSZCZ Bartłomiej	4245	PRUSZCZ BIEGA	Senior II M - 30	48	01:25:41	03:17:35	04:57:41	06:49:26	08:40:03	10:23:47.55	10:24:08.30	+04:13:37 (40.6%)	9:10	6.5 (59.1%)
117	KRAWCZYŃSKA Anna	4208		Senior I K - 20	4	01:26:46	03:20:37	05:20:50	07:08:31	08:54:07	10:25:15.00	10:25:34.50	+04:15:03 (40.8%)	9:11	6.5 (59.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	B1	B2	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10km	24km	34km	46km	56km	68km	68km			
118	ŁYSIAK Sylwia	4130	ROZBIEGANY RAWICZ	Masters K - 40	5	01:21:24	03:12:51	04:56:36	06:52:51	08:45:52	10:25:23.35	10:25:37.05	+04:15:06 (40.8%)	9:11	6.5 (59.1%)
119	GRAMZA Katarzyna	4024	EUFORIABIEGACZA.PL	Senior II K - 30	11	01:21:15	03:11:11	04:56:37	06:52:36	08:46:10	10:25:24.65	10:25:38.85	+04:15:08 (40.8%)	9:11	6.5 (59.1%)
120	WOŻNA Magdalena	4153	STOWARZYSZENIE NOWE GRANICE	Masters K - 40	6	01:27:16	03:26:26	05:09:39	07:06:45	08:54:33	10:26:18.65	10:26:38.65	+04:16:08 (40.9%)	9:12	6.5 (59.1%)
121	JURA Mariusz	4219		Senior II M - 30	49	01:21:23	03:09:13	04:47:50	06:45:40	08:42:15	10:26:46.30	10:27:09.50	+04:16:38 (40.9%)	9:13	6.5 (59.1%)
122	TOMAN Andrzej	4025	LUXTORPEDA CZERWIONKA	Weteran I M - 50	4	01:21:29	03:11:48	04:48:36	06:46:28	08:36:51	10:28:16.45	10:28:37.05	+04:18:06 (41.1%)	9:14	6.5 (59.1%)
123	KOŁODZIEJSKI Michał	4252		Masters M - 40	35	01:17:56	03:03:20	04:49:11	06:40:35	08:38:27	10:29:05.40	10:29:22.45	+04:18:51 (41.1%)	9:15	6.5 (59.1%)
124	BAUGÄRTNER Marcin	4182	KLUBSILESIA.PL	Masters M - 40	36	01:27:25	03:19:12	04:57:08	06:51:15	08:42:17	10:29:24.75	10:29:57.90	+04:19:27 (41.2%)	9:15	6.5 (59.1%)
125	ROWIŃSKI Marek	4228		Masters M - 40	37	01:21:47	03:12:32	04:56:16	06:49:25	08:41:30	10:31:21.10	10:31:30.55	+04:20:59 (41.3%)	9:17	6.5 (59.1%)
126	SAWICKI Krzysztof	4273		Senior I M - 20	13	01:23:10	03:13:27	04:51:47	06:48:16	08:44:01	10:31:52.70	10:32:07.40	+04:21:36 (41.4%)	9:17	6.5 (59.1%)
127	CHWAŁOWSKA Agnieszka	4015	FUDU&CO. SPORT TEAM	Senior II K - 30	12	01:28:35	03:27:35	05:10:18	07:04:34	08:53:08	10:32:33.50	10:32:49.10	+04:22:18 (41.5%)	9:18	6.4 (58.2%)
128	KADECKI Marek	4196		Masters M - 40	38	01:26:07	03:19:24	05:05:42	06:58:00	08:44:27	10:33:01.65	10:33:18.75	+04:22:48 (41.5%)	9:18	6.4 (58.2%)
129	ŚWIATOWIEC Anna	4102	I LOVE MY ROTTWEILER	Masters K - 40	7	01:30:01	03:24:24	05:15:10	07:13:13	09:00:42	10:34:15.05	10:34:43.95	+04:24:13 (41.6%)	9:19	6.4 (58.2%)
130	CEGLARZ Jacek	4240	JACEK I RADEK	Senior II M - 30	50	01:20:48	03:04:26	04:41:02	06:36:20	08:39:52	10:34:24.25	10:34:56.60	+04:24:26 (41.6%)	9:19	6.4 (58.2%)
130	WIERZUCH Radosław	4259		Senior II M - 30	51	01:20:56	03:04:28	04:41:15	06:36:20	08:39:53	10:34:23.90	10:34:56.60	+04:24:26 (41.6%)	9:19	6.4 (58.2%)
132	SIEKIERA Paweł	4158		Senior II M - 30	52	01:20:57	02:58:27	04:47:18	06:47:44	08:45:31	10:34:45.95	10:35:06.40	+04:24:35 (41.7%)	9:20	6.4 (58.2%)
133	SKORUPINSKI Piotr	4171		Senior II M - 30	53	01:17:36	03:00:39	04:48:45	06:41:04	08:36:26	10:35:15.95	10:35:32.70	+04:25:02 (41.7%)	9:20	6.4 (58.2%)
134	GORGOL Tomasz	4241	LP 500	Senior II M - 30	54	01:16:02	03:04:17	04:46:15	06:50:55	08:46:15	10:35:36.70	10:36:03.00	+04:25:32 (41.7%)	9:20	6.4 (58.2%)
135	ORDON Zbigniew	4193	KM TRUCHCIK ŁUBIANKA	Masters M - 40	39	01:20:07	03:04:22	04:45:37	06:43:15	08:39:18	10:36:17.15	10:36:26.90	+04:25:56 (41.8%)	9:21	6.4 (58.2%)
136	WYSMOLIŃSKI Rafał	4139		Masters M - 40	40	01:17:25	03:03:34	04:47:39	06:45:14	08:44:23	10:40:37.90	10:41:12.45	+04:30:41 (42.2%)	9:25	6.4 (58.2%)
137	STRONIKOWSKI Kamil	4058	SZCZECIN BIEGA	Senior II M - 30	55	01:25:39	03:17:58	04:59:16	06:59:30	09:03:04	10:44:17.75	10:44:54.75	+04:34:24 (42.5%)	9:28	6.3 (57.3%)
138	PLEWA Tomasz	4091		Masters M - 40	41	01:08:41	02:46:11	04:25:18	06:24:44	08:38:07	10:44:51.40	10:45:01.90	+04:34:31 (42.6%)	9:28	6.3 (57.3%)
139	KOWALEWSKI Grzegorz	4047		Masters M - 40	42	01:23:33	03:17:39	04:56:15	06:52:42	08:54:53	10:44:39.85	10:45:13.40	+04:34:42 (42.6%)	9:28	6.3 (57.3%)
140	TARGIEL Damian	4212	INVICTUS 3CITY	Senior I M - 20	14	01:10:48	02:55:11	04:59:15	06:50:42	08:54:50	10:45:42.15	10:45:49.75	+04:35:19 (42.6%)	9:29	6.3 (57.3%)
141	SZCZEPANIAK Karol	4125	CROSS STRACEŃCÓW TEAM	Masters M - 40	43	01:21:38	03:16:20	05:04:36	06:59:01	08:51:41	10:45:54.40	10:45:59.85	+04:35:29 (42.6%)	9:29	6.3 (57.3%)
142	TOMCZAK Mariusz	4048	FIGHTERS MOSINA	Masters M - 40	44	01:18:11	03:11:37	04:51:19	06:51:11	08:55:55	10:45:52.50	10:46:01.00	+04:35:30 (42.6%)	9:29	6.3 (57.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						A1 10km	D1 24km	B1 34km	B2 46km	A15 56km	68km	68km			
143	KLATKA Arleta	4010	BBL TOMASZÓW MAZOWIECKI	Masters K - 40	8	01:22:03	03:19:16	05:02:33	06:59:15	08:56:09	10:46:45.40	10:46:56.10	+04:36:25 (42.7%)	9:30	6.3 (57.3%)
144	NUŻ Jacek	4221	STRASZYN ULTRA TEAM	Masters M - 40	45	01:25:40	03:17:33	05:06:07	07:07:07	09:07:59	10:50:30.45	10:50:51.50	+04:40:20 (43.1%)	9:33	6.3 (57.3%)
145	KUCNER Monika	4072	ALBERTS SP Z O.O.	Masters K - 40	9	01:29:53	03:29:14	05:15:04	07:15:39	09:08:45	10:51:22.55	10:51:52.45	+04:41:21 (43.2%)	9:34	6.3 (57.3%)
146	KAZIMIERUK Grzegorz	4167		Senior II M - 30	56	01:24:27	03:22:37	05:09:52	07:04:37	09:03:49	10:55:04.65	10:55:12.05	+04:44:41 (43.5%)	9:38	6.2 (56.4%)
147	PORĘBA Tomasz	4055	MTS DRUŻYNA SZPIKU KGHM	Masters M - 40	46	01:24:40	03:17:26	04:59:54	06:58:14	09:07:24	10:54:58.90	10:55:30.40	+04:44:59 (43.5%)	9:37	6.2 (56.4%)
148	RYBACKI Dariusz	4029	NAUCZYCIEL	Masters M - 40	47	01:19:57	03:12:19	05:07:09	07:09:32	09:08:19	10:55:45.70	10:56:08.90	+04:45:38 (43.5%)	9:38	6.2 (56.4%)
149	PIETRASZEWSKI Witold	4003	NETBOX BIEGA / LESZNO LIMITS RUNNERS	Senior II M - 30	57	01:15:39	03:00:52	04:42:20	06:46:21	09:00:15	10:58:46.40	10:59:02.30	+04:48:31 (43.8%)	9:41	6.2 (56.4%)
150	NAĆKIEWICZ Justyna	4019		Masters K - 40	10	01:31:04	03:37:18	05:30:02	07:25:45	09:16:41	10:59:05.20	10:59:11.20	+04:48:40 (43.8%)	9:41	6.2 (56.4%)
151	SZUMLEWICZ Sebastian	4083		Masters M - 40	48	01:26:10	03:18:13	05:04:52	07:03:06	09:04:46	10:59:40.30	10:59:58.00	+04:49:27 (43.9%)	9:42	6.2 (56.4%)
152	MISIAK Artur	4257	TEAM BAZYL	Weteran I M - 50	5	01:29:57	03:32:29	05:15:38	07:25:11	09:19:45	11:02:22.55	11:02:57.65	+04:52:27 (44.1%)	9:44	6.2 (56.4%)
153	STEFAŃCZYK Monika	4138	LES FEMMES COURANT DANS LES FORETS	Senior II K - 30	13	01:30:40	03:24:56	05:08:03	07:03:55	09:06:29	10:54:54.35	11:03:37.05	+04:53:06 (44.2%)	9:37	6.2 (56.4%)
154	PARTYKA Andrzej	4242	RZESZOWSKIE GAZELE I GEPARDY	Senior II M - 30	58	01:32:48	03:27:51	05:16:51	07:21:12	09:11:33	11:03:23.25	11:03:54.70	+04:53:24 (44.2%)	9:45	6.2 (56.4%)
155	KARBOWSKI Jarosław	4043	K.S.LENIWIEC	Masters M - 40	49	01:14:52	03:03:04	04:49:04	06:51:07	09:07:26	11:04:11.55	11:04:30.75	+04:54:00 (44.2%)	9:46	6.1 (55.5%)
156	SILSKA Sylwia	4146		Masters K - 40	11	01:25:53	03:20:21	05:18:31	07:14:47	09:16:01	11:04:48.90	11:04:59.10	+04:54:28 (44.3%)	9:46	6.1 (55.5%)
157	JUCHA Michał	4170	RYSIOTEAM	Masters M - 40	50	01:15:55	03:02:11	04:48:40	06:57:11	08:57:18	11:05:00.95	11:05:07.60	+04:54:37 (44.3%)	9:46	6.1 (55.5%)
158	POMIANOWSKI Szymon	4106	KURACJUSZE	Senior II M - 30	59	01:14:34	03:09:55	05:04:45	07:04:38	09:09:42	11:06:47.35	11:07:21.55	+04:56:50 (44.5%)	9:48	6.1 (55.5%)
159	ROGAŁA Anna	4105		Senior I K - 20	5	01:34:15	03:40:52	05:33:55	07:32:37	09:28:30	11:07:15.20	11:07:45.50	+04:57:14 (44.5%)	9:48	6.1 (55.5%)
160	HALBTUCH Grzegorz	4142		Senior II M - 30	60	01:20:30	03:19:42	05:15:45	07:08:15	09:12:14	11:07:46.25	11:08:21.05	+04:57:50 (44.6%)	9:49	6.1 (55.5%)
161	SZYMAŁA Marcin	4258		Masters M - 40	51	01:21:48	03:19:34	05:12:18	07:08:25	09:10:18	11:08:48.65	11:09:01.45	+04:58:30 (44.6%)	9:50	6.1 (55.5%)
162	SZYMAŁA Mateusz	4226	KLUCZBORSKA GRUPA BIEGOWA	Senior II M - 30	61	01:22:45	03:19:35	05:12:17	07:08:24	09:10:26	11:08:49.00	11:09:01.50	+04:58:30 (44.6%)	9:50	6.1 (55.5%)
163	ZAWADA Maciej	4235	KLUCZBORSKA GRUPA BIEGOWA	Masters M - 40	52	01:22:47	03:19:40	05:12:18	07:08:25	09:11:44	11:08:50.05	11:09:01.80	+04:58:31 (44.6%)	9:50	6.1 (55.5%)
164	FOLEGA Justyna	4100		Senior II K - 30	14	01:21:15	03:11:48	05:02:50	06:57:10	09:11:36	11:09:39.10	11:10:03.30	+04:59:32 (44.7%)	9:50	6.1 (55.5%)
165	KACZYŃSKI Artur	4145	NC+	Masters M - 40	53	01:24:09	03:18:55	05:13:13	07:15:04	09:18:34	11:10:23.70	11:10:57.40	+05:00:26 (44.8%)	9:51	6.1 (55.5%)
166	MARCINKIEWICZ Marta	4014	MATNER RUNNING TEAM	Masters K - 40	12	01:34:28	03:39:56	05:29:52	07:29:26	09:27:23	11:11:06.20	11:11:21.50	+05:00:50 (44.8%)	9:52	6.1 (55.5%)
167	HEJZA Michał	4033	KAMIL LEŚNIAK FANPAGE TEAM	Senior I M - 20	15	01:10:00	02:49:34	04:23:56	06:29:58	08:44:06	11:14:16.05	11:14:30.85	+05:04:00 (45.1%)	9:54	6.1 (55.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto					Czas brutto		Różn	Tempo min/km	Tempo km/h
						A1 10km	D1 24km	B1 34km	B2 46km	A15 56km	68km	68km			
168	PACANOWSKI Robert	4186	WEŁNICA BIEGA	Masters M - 40	54	01:24:14	03:19:26	05:10:26	07:13:57	09:14:50	11:15:21.15	11:15:35.05	+05:05:04 (45.2%)	9:55	6 (54.5%)
169	KRZEMIŃSKI Jacek	4148	KW OPOLE	Senior II M - 30	62	01:27:43	03:23:02	05:12:06	07:13:33	09:19:58	11:15:30.45	11:15:46.90	+05:05:16 (45.2%)	9:56	6 (54.5%)
170	KRZEMIŃSKA Aleksandra	4149	KW OPOLE	Senior II K - 30	15	01:27:44	03:23:02	05:12:07	07:13:32	09:19:58	11:15:30.95	11:15:47.15	+05:05:16 (45.2%)	9:56	6 (54.5%)
171	MIZERA Joanna	4002	SUTTON RUNNERS	Senior II K - 30	16	01:26:40	03:27:36	05:17:56	07:23:47	09:22:42	11:15:27.50	11:15:56.30	+05:05:25 (45.2%)	9:56	6 (54.5%)
172	SKOKOWSKI Tomasz Skokowski	4006	SUTTON RUNNERS	Senior II M - 30	63	01:26:39	03:27:33	05:17:55	07:23:44	09:22:16	11:15:28.50	11:15:57.50	+05:05:26 (45.2%)	9:56	6 (54.5%)
173	MORGA Cezary	4189	WIATROŁAPY	Senior II M - 30	64	01:23:27	03:16:08	05:05:15	06:59:01	09:04:46	11:16:19.35	11:16:25.75	+05:05:55 (45.2%)	9:56	6 (54.5%)
174	MAZEPA Tomasz	4115	OŁAWSKA GRUPA BIEGOWA	Masters M - 40	55	01:29:04	03:23:11	05:24:53	07:26:39	09:24:26	11:17:00.60	11:17:23.20	+05:06:52 (45.3%)	9:57	6 (54.5%)
175	KIRKIEWICZ Ireneusz	4108	KOLEGA MAĆKA OŁAWA	Masters M - 40	56	01:29:00	03:23:08	05:24:51	07:26:36	09:24:21	11:16:58.25	11:17:23.40	+05:06:52 (45.3%)	9:57	6 (54.5%)
176	WABERSKI Przemysław	4140	MUSZIX TEAM	Senior I M - 20	16	01:27:02	03:21:59	05:13:27	07:10:39	09:18:22	11:19:29.40	11:19:56.90	+05:09:26 (45.5%)	9:59	6 (54.5%)
177	MORAWSKA Anna	4060		Weteran II K - 60	1	01:30:45	03:34:42	05:25:04	07:28:02	09:28:56	11:20:39.40	11:21:04.40	+05:10:33 (45.6%)	10:00	6 (54.5%)
178	LENKOWSKA Adrianna	4187	BIEGAM BO NIE LUBIE	Senior I K - 20	6	01:25:50	03:19:38	04:56:36	07:02:24	09:11:47	11:21:50.80	11:22:20.70	+05:11:50 (45.7%)	10:01	6 (54.5%)
179	PERZ Marzenna	4178	NKB CHYŻY NOWY TOMYŚL	Masters K - 40	13	01:34:46	03:42:08	05:23:05	07:29:40	09:27:14	11:22:18.15	11:22:27.90	+05:11:57 (45.7%)	10:02	6 (54.5%)
180	JANECKI Przemysław	4263		Senior II M - 30	65	01:25:27	03:20:12	05:21:11	07:25:26	09:31:33	11:22:45.65	11:23:13.80	+05:12:43 (45.8%)	10:02	6 (54.5%)
181	KOWALSKI Maciej	4194	LOTOS RUNNING TEAM	Masters M - 40	57	01:26:01	03:19:28	05:01:50	07:11:38	09:22:19	11:27:21.95	11:27:37.30	+05:17:06 (46.1%)	10:06	5.9 (53.6%)
182	FRANEK Sebastian	4020	WLKP MOUNTAINS ULTRA	Masters M - 40	58	01:24:01	03:21:21	05:25:52	07:33:03	09:42:23	11:31:11.70	11:31:44.05	+05:21:13 (46.4%)	10:09	5.9 (53.6%)
183	GORCZYCA Aneta	4151		Senior II K - 30	17	01:30:02	03:31:46	05:22:50	07:38:13	09:38:53	11:31:54.75	11:32:19.25	+05:21:48 (46.5%)	10:10	5.9 (53.6%)
184	STAFIEJ Anna	4150		Masters K - 40	14	01:30:00	03:31:44	05:22:49	07:38:12	09:38:55	11:31:54.40	11:32:19.50	+05:21:48 (46.5%)	10:10	5.9 (53.6%)
185	WIĘCKOWSKA Marta	4134	MLB	Senior II K - 30	18	01:26:56	03:27:04	05:24:50	07:23:36	09:27:05	11:32:10.10	11:32:41.40	+05:22:10 (46.5%)	10:10	5.9 (53.6%)
186	KOZIOŁ Krzysztof	4133	MLB	Senior II M - 30	66	01:27:25	03:27:06	05:24:52	07:23:45	09:27:04	11:32:12.15	11:32:42.80	+05:22:12 (46.5%)	10:10	5.9 (53.6%)
187	KOŁODZIEJ Mariusz	4031	TRIATHLON MIETKÓW TEAM	Masters M - 40	59	01:24:25	03:21:15	05:24:52	07:37:56	09:42:46	11:33:24.60	11:33:49.00	+05:23:18 (46.6%)	10:11	5.9 (53.6%)
188	OLSZEWSKI Łukasz	4249		Senior I M - 20	17	01:20:57	03:10:53	05:01:52	07:07:54	09:16:55	11:33:46.90	11:33:55.50	+05:23:24 (46.6%)	10:12	5.9 (53.6%)
189	CZESKA Karolina	4027	MOSINA BIEGA	Senior I K - 20	7	01:28:54	03:29:22	05:26:48	07:27:20	09:36:48	11:33:56.45	11:34:20.95	+05:23:50 (46.6%)	10:12	5.9 (53.6%)
190	WAGNER Ewa	4034		Senior II K - 30	19	01:29:23	03:34:09	05:25:07	07:32:37	09:36:37	11:34:34.10	11:34:59.25	+05:24:28 (46.7%)	10:12	5.9 (53.6%)
191	JAZY Szymon	4159	POMIOTY SZATANA	Senior II M - 30	67	01:26:46	03:20:30	05:20:49	07:30:38	09:35:54	11:35:07.40	11:35:27.70	+05:24:57 (46.7%)	10:13	5.9 (53.6%)
192	GRZESZCZUK Grzegorz	4095	KB GALERIA WARSZAWA	Weteran I M - 50	6	01:27:44	03:33:50	05:20:50	07:26:28	09:35:25	11:35:52.50	11:36:11.30	+05:25:40 (46.8%)	10:14	5.9 (53.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						A1 10km	D1 24km	B1 34km	B2 46km	A15 56km	68km	68km			
193	DZIDEK Marcin	4109	MK-TEAM	Masters M - 40	60	01:28:46	03:26:58	05:21:49	07:28:19	09:42:40	11:36:02.90	11:36:39.35	+05:26:08 (46.8%)	10:14	5.9 (53.6%)
194	WALCZYŃSKA Karolina	4144		Senior II K - 30	20	01:38:59	03:51:40	05:45:17	07:51:26	09:52:34	11:36:43.25	11:37:09.50	+05:26:38 (46.9%)	10:14	5.9 (53.6%)
195	KOJDER Grzegorz	4094		Senior I M - 20	18	01:23:21	03:18:05	05:10:08	07:23:51	09:35:05	11:37:56.40	11:38:01.55	+05:27:30 (46.9%)	10:15	5.8 (52.7%)
196	DŁUGOSZ Marek	4098	KB GEOTERMIA UNIEJÓW	Weteran I M - 50	7	01:22:36	03:27:37	05:16:45	07:31:15	09:31:34	11:37:53.90	11:38:06.05	+05:27:35 (46.9%)	10:15	5.8 (52.7%)
197	DARSKI Rafał	4114	RECAMIERE	Weteran I M - 50	8	01:20:52	03:15:04	05:09:23	07:30:04	09:42:40	11:37:37.80	11:38:08.20	+05:27:37 (46.9%)	10:15	5.8 (52.7%)
198	JAWORSKI Jarosław	4223	BBL MIKOŁÓW	Senior II M - 30	68	01:20:45	03:13:45	05:00:35	07:08:24	09:30:04	11:37:52.30	11:38:23.45	+05:27:52 (46.9%)	10:15	5.8 (52.7%)
199	POLAKOWSKI Tomasz	4143	BIEGIEM RADOM!	Masters M - 40	61	01:24:04	03:15:25	05:14:17	07:30:47	09:35:35	11:39:07.95	11:39:29.60	+05:28:59 (47.0%)	10:16	5.8 (52.7%)
200	KUŁAKOWSKI Piotr	4076	CZŁAPACZE	Weteran II M - 60	3	01:33:45	03:39:43	05:31:22	07:37:41	09:48:08	11:41:13.80	11:41:49.35	+05:31:18 (47.2%)	10:18	5.8 (52.7%)
201	KRYZA Agnieszka	4037	ŻYCIE JEST PIĘKNE	Senior II K - 30	21	01:27:33	03:35:43	05:43:36	07:49:22	09:49:59	11:42:11.60	11:42:38.90	+05:32:08 (47.3%)	10:19	5.8 (52.7%)
202	SIKORSKA Agnieszka	4107		Masters K - 40	15	01:31:34	03:35:14	05:30:19	07:38:56	09:43:22	11:42:37.35	11:42:51.05	+05:32:20 (47.3%)	10:19	5.8 (52.7%)
203	HATALSKI Wojciech	4126	KEREMEFESY	Senior II M - 30	69	01:32:50	03:30:06	05:18:30	07:33:55	09:42:35	11:43:05.65	11:43:39.30	+05:33:08 (47.3%)	10:20	5.8 (52.7%)
204	MACHOWSKA Joanna	4209	BEZ GRANIC	Senior II K - 30	22	01:28:09	03:31:50	05:28:16	07:40:26	09:51:50	11:44:42.85	11:45:06.40	+05:34:35 (47.5%)	10:21	5.8 (52.7%)
205	KRYZA Grzegorz	4036	ŻYCIE JEST PIĘKNE	Masters M - 40	62	01:27:32	03:35:43	05:43:35	07:50:43	09:50:02	11:46:59.85	11:47:26.90	+05:36:56 (47.6%)	10:23	5.8 (52.7%)
206	LEŚNIK Wojciech	4092		Weteran I M - 50	9	01:30:31	03:39:49	05:43:24	07:52:36	09:59:53	11:47:49.50	11:48:06.95	+05:37:36 (47.7%)	10:24	5.8 (52.7%)
207	STROCZYŃSKI Paweł	4086		Senior II M - 30	70	01:31:19	03:30:24	05:45:41	07:51:36	09:54:57	11:47:57.50	11:48:28.05	+05:37:57 (47.7%)	10:24	5.8 (52.7%)
208	STOLARZ Paweł	4093	ŻYWCEM ZABIEGANI	Weteran I M - 50	10	01:26:38	03:27:16	05:45:54	07:51:50	09:55:09	11:48:11.00	11:48:28.35	+05:37:57 (47.7%)	10:24	5.8 (52.7%)
209	BRZEZOWSKA Beata	4205	POLSKA BIEGA	Weteran K - 50	1	01:35:17	03:40:21	05:45:10	07:41:57	09:54:40	11:49:41.75	11:50:15.15	+05:39:44 (47.8%)	10:26	5.7 (51.8%)
210	GALIŃSKI Rafał	4250		Masters M - 40	63	01:28:01	03:34:56	05:39:06	07:50:32	10:07:54	11:56:58.40	11:57:26.50	+05:46:55 (48.4%)	10:32	5.7 (51.8%)
211	GRYGORUK Cezary	4128		Weteran I M - 50	11	01:30:29	03:39:59	05:43:37	07:52:48	10:00:07	12:05:31.20	12:05:37.95	+05:55:07 (48.9%)	10:40	5.6 (50.9%)
212	STROIŃSKA Iwona	4277		Masters K - 40	16	01:31:35	03:42:37	05:44:33	07:52:35	10:12:06	12:17:26.25	12:17:48.30	+06:07:17 (49.8%)	10:50	5.5 (50.0%)
213	GÓRNY Sławomir	4119	GÓRNY TEAM	Weteran I M - 50	12	01:26:50	03:39:51	05:49:01	08:03:06	10:15:13	12:26:02.15	12:26:12.50	+06:15:41 (50.3%)	10:58	5.5 (50.0%)
214	ABRAMEK Tomasz	4268		Senior II M - 30	71	01:32:40	03:35:55	05:44:41	08:02:22	10:11:17	12:25:42.55	12:26:16.20	+06:15:45 (50.4%)	10:57	5.5 (50.0%)
215	GÓRNY Jakub	4120	GÓRNY TEAM	Senior I M - 20	19	01:26:49	03:40:02	05:49:12	08:03:32	10:16:09	12:26:06.95	12:26:18.10	+06:15:47 (50.4%)	10:58	5.5 (50.0%)
216	MOŃKA Łukasz	4191	SPARTA ULTRA TEAM	Senior II M - 30	72	01:19:07	03:30:21	05:30:25	08:02:56	10:33:30	12:53:55.60	12:54:13.90	+06:43:43 (52.1%)	11:22	5.3 (48.2%)
217	SPYCHAŁA Marek	4066	NIE ZA DALEKO	Masters M - 40	64	01:27:45	03:33:33	05:23:38	07:45:02	10:00:04	12:59:14.30	12:59:31.75	+06:49:01 (52.5%)	11:27	5.2 (47.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	D1 24km	B1 34km	B2 46km	A15 56km	Czas netto 68km	Czas brutto 68km	Różn	Tempo min/km	Tempo km/h
218	CAPY Thierry	4161		Masters M - 40	65	01:27:57	03:40:49	05:51:47	08:08:10	10:38:39	13:06:36.60	13:06:54.40	+06:56:23 (52.9%)	11:34	5.2 (47.3%)
219	GEZELA Joanna	4054	EUFORIABIEGACZA.PL	Masters K - 40	17	01:40:45	04:05:18	06:15:56	08:34:43		13:12:07.45	13:12:21.45	+07:01:50 (53.2%)	11:38	5.2 (47.3%)
	KURAS-SMOLNIK Magdalena	4071	SIERADZBIEGA.PL	Senior II K - 30		01:37:25	03:49:29	05:56:09	08:09:08	10:21:53				-	- (0.0%)
	ZAJĄC Leszek	4040	-	Senior II M - 30		01:02:27 DNF	02:28:25 DNF	04:32:03 DNF	06:56:01 DNF	09:32:12 DNF	DNF	DNF		-	- (0.0%)
	KROSNY Sebastian	4080	BODY DRY TEAM - STS BIEGATON MIKOŁÓW	Senior II M - 30		00:57:48 DNF	02:18:16 DNF	03:31:36 DNF	05:17:15 DNF	DNF	DNF	DNF		-	- (0.0%)
	TERZONI Christian	4253	MARCIN ŚWIERC TEAM	Senior II M - 30		01:01:16 DNF	02:24:45 DNF	03:47:11 DNF	05:29:39 DNF	DNF	DNF	DNF		-	- (0.0%)
	KAMINSKA Karolina	4136	SHELL KRAKÓW / LES FAMES COURANT DANS LES FORETS	Senior II K - 30		01:24:37 DNF	03:30:07 DNF	05:30:43 DNF	07:42:26 DNF	DNF	DNF	DNF		-	- (0.0%)
	GRYCZKA Tomasz	4173		Senior II M - 30		01:11:05 DNF	02:59:17 DNF	05:25:29 DNF	07:42:54 DNF	DNF	DNF	DNF		-	- (0.0%)
	GALLARDO Lina	4269		Masters K - 40		01:22:38 DNF	03:40:53 DNF	05:28:52 DNF	07:49:30 DNF	DNF	DNF	DNF		-	- (0.0%)
	AGOSTINI Juan Gustavo	4270		Masters M - 40		01:34:36 DNF	03:43:48 DNF	05:28:57 DNF	07:55:27 DNF	DNF	DNF	DNF		-	- (0.0%)
	CZUBA Michał	4255	LIGOTA ZAMECKA	Senior II M - 30		01:29:46 DNF	03:33:48 DNF	05:39:51 DNF	08:13:04 DNF	DNF	DNF	DNF		-	- (0.0%)
	PIETRAKOWSKI Grzegorz	4042	TT SZCZECIN	Senior II M - 30		01:25:38 DNF	03:19:55 DNF	05:45:15 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	RURKA Grzegorz	4195	MR	Weteran I M - 50		01:37:21 DNF	03:48:40 DNF	05:56:07 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	MORAWSKI Filip	4166	MARCINŚWIERCTEAM	Masters M - 40		01:07:34 DNF	02:42:15 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	PŁÓCIENNICZAK Jakub	4261	DREAM RUN	Masters M - 40		01:08:36 DNF	02:42:42 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	CABAJ Przemysław	4276		Senior II M - 30		01:14:14 DNF	03:06:59 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	BANERT Adam	4045	ARA	Masters M - 40		01:21:47 DNF	03:29:29 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	STROIŃSKI Wojciech	4278		Masters M - 40		01:31:32 DNF	03:42:36 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	MATUZIŁK Mateusz	4088	NIGHT RUNNERS	Senior II M - 30		01:28:41 DNF	03:49:17 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	DŁUGOSZ Agata	4246	BIEGAM Z PASJA/NESSI TEAM	Senior II K - 30		01:20:37 DNF	03:51:36 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KONKIEWICZ Katarzyna	4229	GRODZISKI KLUB BIEGACZA	Masters K - 40		01:47:21 DNF	04:15:44 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 238 wynik(ów)