

BTR 25KM

B4SPORT

Wydarzenie: Baran Trail Race
Organizator: Michał Loska
Data: 2025-03-15
Miejsce: Węgierska Górka
Dystans: 25 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Fajkówka 17km	Czas netto 25km	Czas brutto 25km	Różn	Tempo min/km	Tempo km/h
1	KUROPATWA Gabriel	302	SALCO TEAM	OPEN M	1	00:00:01	01:24:59	02:00:24.55	02:00:26.00		4:48	12.5 (100%)
2	MILEWSKI Dominik	300		OPEN M	2	00:00:01	01:29:30	02:05:19.45	02:05:21.10	+00:04:54 (3.9%)	5:00	12 (96.0%)
3	WOŁĄKIEWICZ Piotr	304		OPEN M	3	00:00:01	01:29:32	02:05:37.65	02:05:39.00	+00:05:13 (4.2%)	5:01	11.9 (95.2%)
4	KUNZ Marcin	307		OPEN M	4	00:00:01	01:32:41	02:10:49.85	02:10:51.50	+00:10:25 (8.0%)	5:13	11.5 (92.0%)
5	FICOŃ Szymon	311		OPEN M	5	00:00:01	01:36:25	02:14:54.15	02:14:56.05	+00:14:29 (10.7%)	5:23	11.1 (88.8%)
6	BALIGA Cezary	305	TEAM HOKA GARMIN	OPEN M	6	00:00:01	01:35:50	02:17:08.15	02:17:09.30	+00:16:43 (12.2%)	5:29	10.9 (87.2%)
7	ŻUCHOWSKI Daniel	306	ATTIQ TEAM	OPEN M	7	00:00:01	01:39:03	02:19:12.75	02:19:14.00	+00:18:48 (13.5%)	5:34	10.8 (86.4%)
8	ZYGMUNT Tomasz	394	BORGWARNER RUNNING TEAM	OPEN M	8	00:00:01		02:20:04.50	02:20:06.45	+00:19:39 (14.0%)	5:36	10.7 (85.6%)
9	KNAP Mateusz	310	DYNAFIT	OPEN M	9	00:00:02	01:40:48	02:21:19.95	02:21:22.10	+00:20:55 (14.8%)	5:39	10.6 (84.8%)
10	KONKOL Dominik	263	CARBON SILESIA SPORT BY VITARADE	OPEN M	10	00:00:05	01:40:47	02:21:55.50	02:22:00.95	+00:21:30 (15.2%)	5:40	10.6 (84.8%)
11	KAPUSTA-SZYDŁAK Sylwia	201	TEAM SALCO / DYNAFIT	OPEN K	1	00:00:01	01:44:09	02:26:59.75	02:27:01.05	+00:26:35 (18.1%)	5:52	10.2 (81.6%)
12	GONCZARENKO Jarek	309		OPEN M	11	00:00:01	01:44:06	02:28:24.25	02:28:26.10	+00:27:59 (18.9%)	5:56	10.1 (80.8%)
13	PAPROCKA Urszula	200	SALOMON TEAM	OPEN K	2	00:00:02	01:45:57	02:28:44.00	02:28:46.80	+00:28:19 (19.0%)	5:56	10.1 (80.8%)
14	LESNIAK Michał	285	MUDE TEAM	OPEN M	12	00:00:01	01:47:46	02:30:40.60	02:30:42.55	+00:30:16 (20.1%)	6:01	10 (80.0%)
15	RACZAK Maciej	335	42K PRO TEAM	OPEN M	13	00:00:03	01:48:57	02:32:13.60	02:32:17.10	+00:31:49 (20.9%)	6:05	9.9 (79.2%)

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16	KWIATKOWSKI Paweł	282	SZUKAM	OPEN M	14	00:00:01	01:48:23	02:32:45.35	02:32:47.10	+00:32:20 (21.2%)	6:06	9.8 (78.4%)
17	KOMRAUS Krzysztof	308	PRESSGLASS - BIEGAMY I WSPIERAMY	OPEN M	15	00:00:02	01:48:19	02:33:08.70	02:33:10.90	+00:32:44 (21.4%)	6:07	9.8 (78.4%)
18	DYDEK Kamil	227	CMP ENGINEERING GROUP	OPEN M	16	00:00:02	01:42:46	02:36:08.60	02:36:11.00	+00:35:44 (22.9%)	6:14	9.6 (76.8%)
19	TROJANOWSKI Artur	365	CARBON SILESIA SPORT BY VITARADE	OPEN M	17	00:00:06	01:49:04	02:36:18.50	02:36:25.45	+00:35:53 (23.0%)	6:15	9.6 (76.8%)
20	BYRSKA Sylwia	202	WM TRISELF	OPEN K	3	00:00:03	01:50:00	02:36:34.35	02:36:37.70	+00:36:09 (23.1%)	6:15	9.6 (76.8%)
21	WOJCIECH Łukasz	384	ULTRA BESKID SPORT	OPEN M	18	00:00:01	01:48:00	02:37:26.05	02:37:27.65	+00:37:01 (23.5%)	6:17	9.5 (76.0%)
22	ROSIK Robert	340		OPEN M	19	00:00:02	01:51:33	02:39:14.15	02:39:16.25	+00:38:49 (24.4%)	6:22	9.4 (75.2%)
23	BRASSE Krystian	215		OPEN M	20	00:00:05	01:54:37	02:40:10.15	02:40:15.50	+00:39:45 (24.8%)	6:24	9.4 (75.2%)
24	FLĄDRO Daniel	231	BKB CZARNA PERŁA	OPEN M	21	00:00:01		02:43:03.80	02:43:04.80	+00:42:39 (26.2%)	6:31	9.2 (73.6%)
25	GRABSKI Dawid	244	SAGORSI	OPEN M	22	00:00:04	01:57:31	02:45:19.60	02:45:23.85	+00:44:55 (27.2%)	6:36	9.1 (72.8%)
26	MILEWSKI Michał	291	SZCZECIŃSKI KLUB WYSOKOGÓRSKI	OPEN M	23	00:00:03	01:54:36	02:48:46.45	02:48:49.75	+00:48:21 (28.7%)	6:45	8.9 (71.2%)
27	TWORZYDŁO Piotr	368	BEZPASIASTY ESKADRYL FANDANGO	OPEN M	24	00:00:04	01:55:32	02:48:48.75	02:48:53.10	+00:48:24 (28.7%)	6:45	8.9 (71.2%)
28	TWORZYDŁO Piotr	367	MOUNTAIN RUNNING GUIDES	OPEN M	25	00:00:03	02:00:08	02:49:40.35	02:49:43.35	+00:49:15 (29.0%)	6:47	8.8 (70.4%)
29	ROPELEWSKI Tomek	339		OPEN M	26	00:00:06	01:57:07	02:50:57.90	02:51:04.45	+00:50:33 (29.6%)	6:50	8.8 (70.4%)
30	BRUDEREK Tomasz	216	PRIMUM CURRERE	OPEN M	27	00:00:04	02:01:24	02:51:17.15	02:51:21.80	+00:50:52 (29.7%)	6:51	8.8 (70.4%)
31	KOPEĆ Paweł	264	BRZOSTOWA GÓRA	OPEN M	28	00:00:02	02:01:19	02:52:29.55	02:52:31.75	+00:52:05 (30.2%)	6:53	8.7 (69.6%)
32	WYKA Mariusz	388	LEGIA	OPEN M	29	00:00:05	02:01:20	02:52:43.45	02:52:48.65	+00:52:18 (30.3%)	6:54	8.7 (69.6%)
33	KONIK Diana	262	MOUNTAIN RUNNING GUIDES	OPEN K	4	00:00:03	02:03:32	02:53:20.60	02:53:24.20	+00:52:56 (30.5%)	6:56	8.7 (69.6%)
34	TOPOLSKI Marcin	364	CZŁOWIEK KTÓRY NIE BOI SIĘ CHUCKA NORRISA	OPEN M	30	00:00:02	02:02:34	02:55:14.55	02:55:17.30	+00:54:50 (31.3%)	7:00	8.6 (68.8%)
35	BABIŃSKA-POPIŁKA Ewelina	211		OPEN K	5	00:00:03	02:04:01	02:55:29.35	02:55:32.85	+00:55:04 (31.4%)	7:01	8.5 (68.0%)
36	ZAPIÓR Maciej	390	ZET RUNNERS	OPEN M	31	00:00:09	02:04:24	02:55:48.15	02:55:57.25	+00:55:23 (31.5%)	7:01	8.5 (68.0%)
37	PALUCZAK Tadeusz	318		OPEN M	32	00:00:04	02:05:46	02:57:57.20	02:58:01.60	+00:57:32 (32.3%)	7:07	8.4 (67.2%)
38	LEMISIEWICZ Tomasz	284		OPEN M	33	00:00:05	02:06:00	02:58:23.60	02:58:28.75	+00:57:59 (32.5%)	7:08	8.4 (67.2%)

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39	JAROSZEK Piotr	251	SPARTAN POLAND	OPEN M	34	00:00:04	02:04:10	02:58:32.80	02:58:37.30	+00:58:08 (32.6%)	7:08	8.4 (67.2%)
40	WOŹNIAK Michał	386	LFK TEAM	OPEN M	35	00:00:04	02:06:17	02:59:48.75	02:59:52.80	+00:59:24 (33.0%)	7:11	8.3 (66.4%)
41	STANISŁAWSKI Michał	352	HIT THE TRAIL - TOMASZ KLISZ	OPEN M	36	00:00:02	02:05:19	03:00:08.25	03:00:10.65	+00:59:43 (33.2%)	7:12	8.3 (66.4%)
42	PRZYBYŁA Amadeusz	331	4DRINKI	OPEN M	37	00:00:00		03:00:22.20	03:00:22.20	+00:59:57 (33.2%)	7:12	8.3 (66.4%)
43	BUSZEWSKI Jakub	217	TRAIL IS OUR WAY	OPEN M	38	00:00:06	02:04:20	03:00:33.20	03:00:39.85	+01:00:08 (33.3%)	7:13	8.3 (66.4%)
44	KRZYSTAŁA Paweł	275		OPEN M	39	00:00:08	02:12:53	03:01:30.30	03:01:38.85	+01:01:05 (33.7%)	7:15	8.3 (66.4%)
45	GRABSKI Michał	243		OPEN M	40	00:00:05		03:03:52.65	03:03:58.20	+01:03:28 (34.5%)	7:21	8.2 (65.6%)
46	DOMERADZKA Beata	226	BIEGAM ŻEBY ŻREĆ WIĘCEJ CIASTKÓW	OPEN K	6	00:00:04	02:10:20	03:04:17.75	03:04:22.05	+01:03:53 (34.7%)	7:22	8.1 (64.8%)
47	THOMKOVA Simona	606	MOUNTAIN RUNNING GUIDES			00:00:04	02:08:49	03:04:46.45	03:04:50.70	+01:04:21 (34.8%)	7:23	8.1 (64.8%)
48	KUBIAK Robert	276		OPEN M	41	00:00:09	02:10:18	03:05:06.45	03:05:15.85	+01:04:41 (35.0%)	7:24	8.1 (64.8%)
49	ZAJĄC Mateusz	389		OPEN M	42	00:00:10	02:11:29	03:06:15.75	03:06:26.50	+01:05:51 (35.4%)	7:27	8.1 (64.8%)
50	KORPAK Piotr	266		OPEN M	43	00:00:05	02:13:32	03:06:53.25	03:06:58.40	+01:06:28 (35.6%)	7:28	8 (64.0%)
51	TYBURSKI Artur	369	ZABIEGANI ŁUBIANKA	OPEN M	44	00:00:04	02:13:34	03:07:47.90	03:07:52.75	+01:07:23 (35.9%)	7:30	8 (64.0%)
52	LINKOWSKI Michał	602				00:00:07	02:16:38	03:08:31.45	03:08:38.55	+01:08:06 (36.1%)	7:32	8 (64.0%)
53	TABIS-HUBKA Rafał	605				00:00:03	02:13:23	03:08:33.50	03:08:36.80	+01:08:08 (36.1%)	7:32	8 (64.0%)
54	WIŚNIEWSKI Wojciech	381	TEAM FOXY	OPEN M	45	00:00:06	02:13:44	03:09:22.05	03:09:28.40	+01:08:57 (36.4%)	7:34	7.9 (63.2%)
55	OKOŃ Tomasz	313	RAPID RUNNERS TEAM	OPEN M	46	00:00:04	02:12:21	03:09:31.85	03:09:36.70	+01:09:07 (36.5%)	7:34	7.9 (63.2%)
56	GILOWSKI Kamil	235	BIEGAM ŻEBY ŻREĆ WIĘCEJ CIASTKÓW	OPEN M	47	00:00:02	02:10:56	03:09:37.55	03:09:40.25	+01:09:13 (36.5%)	7:35	7.9 (63.2%)
57	MACIAS Adam	286	ISKRA GLIWICE	OPEN M	48	00:00:12	02:13:01	03:11:38.20	03:11:50.35	+01:11:13 (37.2%)	7:39	7.8 (62.4%)
58	GORZELANY Rafał	241		OPEN M	49	00:00:10	02:12:57	03:11:39.20	03:11:50.15	+01:11:14 (37.2%)	7:39	7.8 (62.4%)
59	NAWROCKI Szymon	294	DCERP	OPEN M	50	00:00:11	02:17:04	03:12:50.35	03:13:02.30	+01:12:25 (37.6%)	7:42	7.8 (62.4%)
60	RYBARZ Witold	476	OKK OŚWIĘCIM	OPEN M	51	00:00:16	02:18:39	03:15:40.40	03:15:57.25	+01:15:15 (38.5%)	7:49	7.7 (61.6%)
61	POŁĘĆ Tomasz	326		OPEN M	52	00:00:03	02:18:13	03:16:08.00	03:16:11.00	+01:15:43 (38.6%)	7:50	7.6 (60.8%)

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62	MIZIELSKI Maciej	292	JEDNOOSOBOWA GRUPA BIEGOWA WIKING	OPEN M	53	00:00:08	02:17:20	03:16:17.30	03:16:26.25	+01:15:52 (38.7%)	7:51	7.6 (60.8%)
63	MIKOŁAJEWSKA Zofia	290	ORT	OPEN K	7	00:00:04	02:19:36	03:16:42.75	03:16:47.55	+01:16:18 (38.8%)	7:52	7.6 (60.8%)
64	BORDUN Michał	214		OPEN M	54	00:00:14	02:18:10	03:17:59.10	03:18:13.25	+01:17:34 (39.2%)	7:55	7.6 (60.8%)
65	WOCHNIK Marek	383	LUBIĘ BURPEESY	OPEN M	55	00:00:07	02:20:00	03:18:54.10	03:19:01.85	+01:18:29 (39.5%)	7:57	7.5 (60.0%)
66	MARTA Słowik-Bałaś	600				00:00:07	02:22:38	03:22:07.10	03:22:14.15	+01:21:42 (40.4%)	8:05	7.4 (59.2%)
67	WAJDZIK Adam	371		OPEN M	56	00:00:05	02:04:48	03:22:25.25	03:22:31.10	+01:22:00 (40.5%)	8:05	7.4 (59.2%)
68	KUSAK Paweł	281		OPEN M	57	00:00:05	02:22:43	03:23:16.45	03:23:22.20	+01:22:51 (40.8%)	8:07	7.4 (59.2%)
69	STACHURA Magdalena	349	CSC ADVENTURE ACADEMY	OPEN K	8	00:00:05	02:25:03	03:24:33.35	03:24:38.85	+01:24:08 (41.1%)	8:10	7.3 (58.4%)
70	MUC Tomasz	293	42K PRO TEAM	OPEN M	58	00:00:09	02:22:44	03:24:59.90	03:25:09.80	+01:24:35 (41.3%)	8:11	7.3 (58.4%)
71	POŚPIECH Michał	328		OPEN M	59	00:00:06	02:16:32	03:25:48.70	03:25:55.05	+01:25:24 (41.5%)	8:13	7.3 (58.4%)
72	SZALASNY Piotr	355	MARTES SPORT	OPEN M	60	00:00:05	02:23:42	03:26:11.25	03:26:16.70	+01:25:46 (41.6%)	8:14	7.3 (58.4%)
73	SZCZEPAŃSKI Grzegorz	399				00:00:16	02:28:09	03:26:13.15	03:26:29.30	+01:25:48 (41.6%)	8:14	7.3 (58.4%)
74	TOMECKA Aleksandra	363	GRUPA LUKTRANS	OPEN K	9	00:00:03		03:26:35.55	03:26:39.00	+01:26:11 (41.7%)	8:15	7.3 (58.4%)
75	ZIELIŃSKA Wiola	392		OPEN K	10	00:00:02	02:28:17	03:28:01.10	03:28:03.65	+01:27:36 (42.1%)	8:19	7.2 (57.6%)
76	KOWALEWSKA Dagmara	270	RUN RYDUŁTOWY	OPEN K	11	00:00:04	02:28:11	03:28:14.75	03:28:18.85	+01:27:50 (42.2%)	8:19	7.2 (57.6%)
77	GŁOWACKI Jarosław	238		OPEN M	61	00:00:18	02:19:56	03:28:30.85	03:28:48.95	+01:28:06 (42.3%)	8:20	7.2 (57.6%)
78	KIDOŃ Radosław	258	PRO300.PL	OPEN M	62	00:00:09	02:23:48	03:28:44.15	03:28:53.55	+01:28:19 (42.3%)	8:20	7.2 (57.6%)
79	CZAPLA Aleksandra	224		OPEN K	12	00:00:08	02:29:32	03:28:49.20	03:28:57.45	+01:28:24 (42.3%)	8:21	7.2 (57.6%)
80	ZYGMUNT Paweł	395	ULTRA WYJADACZE	OPEN M	63	00:00:06	01:41:21	03:30:05.60	03:30:12.55	+01:29:41 (42.7%)	8:24	7.1 (56.8%)
81	OPYRCHAŁ Adrian	315		OPEN M	64	00:00:06	02:32:00	03:30:35.65	03:30:42.10	+01:30:11 (42.8%)	8:25	7.1 (56.8%)
82	BARTECKI Tomasz	212		OPEN M	65	00:00:07	02:28:57	03:30:46.75	03:30:54.65	+01:30:22 (42.9%)	8:25	7.1 (56.8%)
83	CZAPLA Marcin	223	KORONA ŻYCIA	OPEN M	66	00:00:08	02:30:44	03:30:52.75	03:31:01.55	+01:30:28 (42.9%)	8:26	7.1 (56.8%)
84	CHROBAK Maciej	218		OPEN M	67	00:00:10	02:28:11	03:31:01.70	03:31:11.80	+01:30:37 (42.9%)	8:26	7.1 (56.8%)

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85	SZYPROWSKA Joanna	359		OPEN K	13	00:00:08	02:28:54	03:31:06.25	03:31:14.75	+01:30:41 (43.0%)	8:26	7.1 (56.8%)
86	WIONCZEK Dawid	380		OPEN M	68	00:00:09	02:18:23	03:31:59.30	03:32:08.30	+01:31:34 (43.2%)	8:28	7.1 (56.8%)
87	PAPRZYCKI Rafał	601				00:00:07	02:31:29	03:32:21.15	03:32:28.25	+01:31:56 (43.3%)	8:29	7.1 (56.8%)
88	GOLEC Paweł	239	CROSSANDACTIVE NYSA	OPEN M	69	00:00:07	02:22:51	03:33:52.65	03:33:59.75	+01:33:28 (43.7%)	8:33	7 (56.0%)
89	ZIELIŃSKI Bartosz	393		OPEN M	70	00:00:03	02:29:33	03:34:23.65	03:34:26.65	+01:33:59 (43.8%)	8:34	7 (56.0%)
90	AMELIA Magdalena	210		OPEN K	14	00:00:11	02:31:32	03:34:31.10	03:34:42.50	+01:34:06 (43.9%)	8:34	7 (56.0%)
91	PAWLIK Wojciech	323		OPEN M	71	00:00:07	02:30:15	03:35:13.20	03:35:20.50	+01:34:48 (44.1%)	8:36	7 (56.0%)
92	VITOLA Alma	491		OPEN K	15	00:00:03	02:34:06	03:35:19.40	03:35:23.35	+01:34:54 (44.1%)	8:36	7 (56.0%)
93	KRZYSTAŁA Łukasz	274	DWÓCH TAKICH	OPEN M	72	00:00:12	02:27:58	03:35:29.50	03:35:42.00	+01:35:04 (44.1%)	8:37	7 (56.0%)
94	POTUSZYŃSKI Dariusz	330		OPEN M	73	00:00:12	02:27:56	03:35:29.65	03:35:41.95	+01:35:05 (44.1%)	8:37	7 (56.0%)
95	KORPAK Adam	268		OPEN M	74	00:00:07	02:35:02	03:37:44.05	03:37:51.50	+01:37:19 (44.7%)	8:42	6.9 (55.2%)
96	KORPAK Maciej	267		OPEN M	75	00:00:13	02:37:15	03:38:07.50	03:38:20.75	+01:37:42 (44.8%)	8:43	6.9 (55.2%)
97	KOSAR Zbigniew	269		OPEN M	76	00:00:05	02:30:01	03:38:08.80	03:38:14.65	+01:37:44 (44.8%)	8:43	6.9 (55.2%)
98	CYBULSKI Paweł	220	POZRUNIACY	OPEN M	77	00:00:15	02:28:40	03:39:28.85	03:39:44.10	+01:39:04 (45.1%)	8:46	6.8 (54.4%)
99	SKULSKI Tomasz	345	KODOKAN GLIWICE	OPEN M	78	00:00:18	02:34:56	03:39:39.10	03:39:57.85	+01:39:14 (45.2%)	8:47	6.8 (54.4%)
100	NIEWIADOMSKI Marek	297	SOBAS TEAM	OPEN M	79	00:00:08	02:33:26	03:39:56.50	03:40:05.00	+01:39:31 (45.3%)	8:47	6.8 (54.4%)
101	KLUBA-KWIT Magdalena	260	FALSTART RUDNIKI	OPEN K	16	00:00:03	02:35:57	03:40:03.55	03:40:07.45	+01:39:39 (45.3%)	8:48	6.8 (54.4%)
102	LEGIEĆ-KWAŚNY Monika	283	WILD BUCHAYS	OPEN K	17	00:00:12		03:40:14.50	03:40:27.30	+01:39:49 (45.3%)	8:48	6.8 (54.4%)
103	WARDZYŃSKI Mateusz	378		OPEN M	80	00:00:14	02:34:33	03:41:44.50	03:41:59.45	+01:41:19 (45.7%)	8:52	6.8 (54.4%)
104	RĄB Łukasz	472		OPEN M	81	00:00:09	02:35:42	03:41:56.10	03:42:05.85	+01:41:31 (45.7%)	8:52	6.8 (54.4%)
105	RĄB Agnieszka	338	OBA Z GLIWIC	OPEN K	18	00:00:12	02:37:59	03:42:51.40	03:43:04.25	+01:42:26 (46.0%)	8:54	6.7 (53.6%)
106	MAZUR Dawid	455		OPEN M	82	00:00:09	02:31:36	03:43:06.55	03:43:16.10	+01:42:42 (46.0%)	3:43	16.1 (128.8%)
107	JURASZEK Andrzej	254		OPEN M	83	00:00:03		03:43:16.15	03:43:19.75	+01:42:51 (46.1%)	8:55	6.7 (53.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Fajkówka 17km	Czas netto 25km	Czas brutto 25km	Różn	Tempo min/km	Tempo km/h
108	SOŁTYSIAK Marta	348	SZAKALE BAŁUT ŁÓDŹ	OPEN K	19	00:00:12	02:34:23	03:45:00.85	03:45:13.40	+01:44:36 (46.5%)	9:00	6.7 (53.6%)
109	SZOTA Magdalena	357	DCWRP	OPEN K	20	00:00:11	02:37:02	03:46:32.35	03:46:44.05	+01:46:07 (46.8%)	9:03	6.6 (52.8%)
110	TULIK Przemysław	366		OPEN M	84	00:00:06	02:37:49	03:48:16.90	03:48:22.95	+01:47:52 (47.3%)	9:07	6.6 (52.8%)
111	RÓŻYCKA Anna	341		OPEN K	21	00:00:04		03:49:24.30	03:49:28.70	+01:48:59 (47.5%)	9:10	6.5 (52.0%)
112	USZYŃSKI Grzegorz	370	WEBER ACTIVE TEAM	OPEN M	85	00:00:17	02:40:22	03:50:05.80	03:50:23.15	+01:49:41 (47.7%)	9:12	6.5 (52.0%)
113	SZYMAŃSKI Kamil	358	CSC ADVENTURE ACADEMY	OPEN M	86	00:00:12	02:47:00	03:50:16.55	03:50:28.90	+01:49:52 (47.7%)	9:12	6.5 (52.0%)
114	IGNASZEWSKA Marta	250	KAMIL LEŚNIAK TEAM	OPEN K	22	00:00:05	02:41:48	03:50:16.90	03:50:22.55	+01:49:52 (47.7%)	9:12	6.5 (52.0%)
115	WALKOWSKI Tomasz	377		OPEN M	87	00:00:13	02:45:18	03:51:03.10	03:51:16.20	+01:50:38 (47.9%)	9:14	6.5 (52.0%)
116	TOCHOWICZ Bartosz	362		OPEN M	88	00:00:07	02:41:28	03:56:20.70	03:56:28.40	+01:55:56 (49.1%)	9:27	6.3 (50.4%)
117	SERMAK Paulina	342		OPEN K	23	00:00:08		03:57:34.65	03:57:43.45	+01:57:10 (49.3%)	9:30	6.3 (50.4%)
118	ŻELIŃSKI Marek	396	CSC ADVENTURE ACADEMY	OPEN M	89	00:00:14	02:52:15	03:58:34.55	03:58:48.85	+01:58:10 (49.5%)	9:32	6.3 (50.4%)
119	POPCZYK Ewelina	327	HEALTHY BODY ŻELAZNY & ŻELAZNY	OPEN K	24	00:00:07	02:45:05	03:59:51.90	03:59:59.80	+01:59:27 (49.8%)	9:35	6.3 (50.4%)
120	KURKOWSKI Sławomir	280		OPEN M	90	00:00:07	02:45:16	04:00:09.55	04:00:17.50	+01:59:45 (49.9%)	9:36	6.2 (49.6%)
121	ŚLIWKA Arkadiusz	360	OLZA CIESZYN	OPEN M	91	00:00:11	02:55:13	04:04:43.20	04:04:55.15	+02:04:18 (50.8%)	9:47	6.1 (48.8%)
122	NEUMANN Piotr	295		OPEN M	92	00:00:13	02:50:03	04:07:22.90	04:07:36.80	+02:06:58 (51.3%)	9:53	6.1 (48.8%)
123	ŚMIGIELSKI Marek	361		OPEN M	93	00:00:15	02:55:03	04:07:37.70	04:07:52.70	+02:07:13 (51.4%)	9:54	6.1 (48.8%)
124	PASŁAWSKA Katarzyna	320	KOBIETY NA 5+	OPEN K	25	00:00:10	02:52:37	04:10:37.95	04:10:48.05	+02:10:13 (52.0%)	10:01	6 (48.0%)
125	KULCZYK Adam	277	SAINT-GOBAIN SWISSPACER	OPEN M	94	00:00:09	02:56:13	04:17:29.15	04:17:39.05	+02:17:04 (53.2%)	10:17	5.8 (46.4%)
126	KOZAK Kamil	272		OPEN M	95	00:00:08		04:18:20.20	04:18:28.55	+02:17:55 (53.4%)	10:20	5.8 (46.4%)
127	KOZAK Marek	271		OPEN M	96	00:00:07		04:18:21.45	04:18:28.85	+02:17:56 (53.4%)	10:20	5.8 (46.4%)
128	KULCZYK Anna	278		OPEN K	26	00:00:10	02:56:15	04:19:56.70	04:20:06.85	+02:19:32 (53.7%)	10:23	5.8 (46.4%)
129	NOWIŃSKA Marta	312		OPEN K	27	00:00:11	03:03:05	04:24:38.70	04:24:50.35	+02:24:14 (54.5%)	10:35	5.7 (45.6%)
130	KAPTUR Jarosław	255		OPEN M	97	00:00:11	03:03:14	04:24:39.30	04:24:50.55	+02:24:14 (54.5%)	10:35	5.7 (45.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Fajkówka 17km	Czas netto 25km	Czas brutto 25km	Różn	Tempo min/km	Tempo km/h
131	WLIZŁO Aleksandra	382		OPEN K	28	00:00:10	03:03:11	04:24:39.45	04:24:50.20	+02:24:14 (54.5%)	10:35	5.7 (45.6%)
132	STACHURSKA Marta	350	SZAKALE BAŁUT ŁÓDŹ	OPEN K	29	00:00:12	03:11:07	04:26:55.30	04:27:07.45	+02:26:30 (54.9%)	10:40	5.6 (44.8%)
133	WÓJCIAK Ewelina	387		OPEN K	30	00:00:09	03:07:16	04:28:12.00	04:28:21.15	+02:27:47 (55.1%)	10:43	5.6 (44.8%)
134	KIDOŃ Beata	257	PRO300.PL	OPEN K	31	00:00:10	03:12:27	04:28:45.05	04:28:55.15	+02:28:20 (55.2%)	10:45	5.6 (44.8%)
135	SZELAĞIEWICZ Patrycja	356		OPEN K	32	00:00:04	03:12:44	04:30:58.65	04:31:03.55	+02:30:34 (55.6%)	10:50	5.5 (44.0%)
136	FUSIARZ Przem	232		OPEN M	98	00:00:13	03:12:40	04:31:10.10	04:31:23.80	+02:30:45 (55.6%)	10:50	5.5 (44.0%)
137	KARCZEWSKA-RĄCZKA Justyna	256	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	OPEN K	33	00:00:15	03:10:57	04:31:25.60	04:31:41.25	+02:31:01 (55.6%)	10:51	5.5 (44.0%)
138	GROMADZKA Justyna	245	KOBIETY WATAHY	OPEN K	34	00:00:11	03:05:36	04:31:52.30	04:32:03.55	+02:31:27 (55.7%)	10:52	5.5 (44.0%)
139	ZAPIÓR Marek	391	ZET RUNNERS	OPEN M	99	00:00:09	03:10:51	04:32:50.15	04:32:59.90	+02:32:25 (55.9%)	10:54	5.5 (44.0%)
140	CZERWIŃSKI Mateusz	225		OPEN M	100	00:00:03	03:05:02	04:33:36.65	04:33:40.15	+02:33:12 (56.0%)	10:56	5.5 (44.0%)
141	KOZIEŁ Łukasz	273	ING BANK ŚLĄSKI	OPEN M	101	00:00:03	03:05:18	04:33:47.50	04:33:50.50	+02:33:22 (56.0%)	10:57	5.5 (44.0%)
142	KULCZYK Paweł	279		OPEN M	102	00:00:10	02:48:30	04:34:08.65	04:34:19.05	+02:33:44 (56.1%)	10:57	5.5 (44.0%)
143	GŁOWACKA Karolina	236		OPEN K	35	00:00:16	03:11:55	04:35:18.00	04:35:34.15	+02:34:53 (56.3%)	11:00	5.4 (43.2%)
144	MAŁODOBRY Krzysztof	287	KASZTANOWE LUDZIKI	OPEN M	103	00:00:14	03:06:24	04:38:22.20	04:38:36.80	+02:37:57 (56.7%)	11:08	5.4 (43.2%)
145	KIEŁBUS Mirosław	259		OPEN M	104	00:00:15	03:13:39	04:40:01.20	04:40:16.95	+02:39:36 (57.0%)	11:12	5.4 (43.2%)
146	PASTERNAK Aneta	321		OPEN K	36	00:00:06	03:12:35	04:40:53.60	04:40:59.65	+02:40:29 (57.1%)	11:14	5.3 (42.4%)
147	CIELUCH Michał	219	SAINT-GOBAIN SQUAD	OPEN M	105	00:00:16	03:14:58	04:41:25.35	04:41:41.85	+02:41:00 (57.2%)	11:15	5.3 (42.4%)
148	SURZYN Aleksandra	353		OPEN K	37	00:00:11	03:15:48	04:41:52.65	04:42:04.05	+02:41:28 (57.3%)	11:16	5.3 (42.4%)
149	GŁOWACKA Emilia	237		OPEN K	38	00:00:18	03:30:02	05:02:44.10	05:03:02.25	+03:02:19 (60.2%)	12:06	5 (40.0%)
150	WALCZYŃSKA Katarzyna	373		OPEN K	39	00:00:05	03:28:40	05:10:07.40	05:10:12.55	+03:09:42 (61.2%)	12:24	4.8 (38.4%)
151	JĘDRZEJEWSKA Beata	252	MIRAZ RACE TEAM	OPEN K	40	00:00:11	03:53:53	05:15:00.00	05:15:11.00	+03:14:35 (61.8%)	12:36	4.8 (38.4%)
152	DYRDA Radosław	229		OPEN M	106	00:00:06	03:35:40	05:17:07.20	05:17:13.65	+03:16:42 (62.0%)	12:41	4.7 (37.6%)
153	DYRDA Magdalena	228		OPEN K	41	00:00:06	03:35:37	05:17:07.55	05:17:13.90	+03:16:43 (62.0%)	12:41	4.7 (37.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Fajkówka 17km	Czas netto 25km	Czas brutto 25km	Różn	Tempo min/km	Tempo km/h
154	GOŁDA Piotr	240	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	OPEN M	107	00:00:14	03:35:39	05:33:09.35	05:33:23.95	+03:32:44 (63.9%)	13:19	4.5 (36.0%)
155	HRABAŃSKA-RACZAK Beata	248		OPEN K	42	00:00:13	04:02:02	05:47:26.75	05:47:40.15	+03:47:02 (65.3%)	13:53	4.3 (34.4%)
	PLOCH Jakub	325		OPEN M		DNF	01:54:46 DNF	DNF	DNF		-	- (0.0%)
	OKRUCH Jakub	314		OPEN M		DNF	02:01:21 DNF	DNF	DNF		-	- (0.0%)
	WALCZYK Grzegorz	372		OPEN M		DNF	02:13:24 DNF	DNF	DNF		-	- (0.0%)
	WALKOWIAK Jacek	375	SZAKALE BAŁUT ŁÓDŹ	OPEN M		DNF	02:37:20 DNF	DNF	DNF		-	- (0.0%)
	FIDELUS Jacek	230	WCHSZT	OPEN M		DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 160 wynik(ów)