



**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

CHOJNIK KARKONOSKI FESTIWAL BIEGOWY 2021  
FUNDACJA PROFIT MARATON  
2021-09-04  
Sobieszów  
42 km

# CHOJNIK MARATON

B4SPORT

**B4SPORT**  
INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 24km	Droga pod Reglami 36km	Czas netto 42km	Różn	Tempo min/km	Tempo km/h
1	<b>KARWACZYŃSKI Roger</b>	<b>66</b>		M30	1	00:29:04	02:05:06	03:24:22	<b>04:03:34.80</b>		5:47	10.3 (100%)
2	<b>BOULKHALF Abdellatif</b>	<b>314</b>	KB WIKON NOWA SÓL	M30	2	00:28:28	02:05:19	03:25:11	<b>04:08:40.40</b>	+00:05:05 (2.0%)	5:55	10.1 (98.1%)
3	<b>LULIS Dawid</b>	<b>17</b>	ALTRA TEAM RED	M30	3	00:28:31	02:07:01	03:32:09	<b>04:15:10.40</b>	+00:11:35 (4.5%)	6:04	9.9 (96.1%)
4	<b>ŁYJAK Błażej</b>	<b>396</b>	RATEMYTRAIL.COM	M40	1	00:30:40	02:13:10	03:38:40	<b>04:20:47.10</b>	+00:17:12 (6.6%)	6:12	9.7 (94.2%)
5	<b>BONIEC Radosław</b>	<b>224</b>		M30	4	00:28:29	02:11:14	03:37:41	<b>04:23:36.60</b>	+00:20:01 (7.6%)	6:16	9.6 (93.2%)
6	<b>ŁĘŻNIAK Aleksander</b>	<b>343</b>	MONK SANDALS TEAM	M30	5	00:30:45	02:15:09	03:44:23	<b>04:32:24.05</b>	+00:28:49 (10.6%)	6:29	9.3 (90.3%)
7	<b>PILARSKI Tomasz</b>	<b>363</b>	IZERY BOGATYNIA	M40	2	00:30:48	02:16:15	03:50:16	<b>04:33:44.65</b>	+00:30:09 (11.0%)	6:31	9.2 (89.3%)
8	<b>TERZONI Christian</b>	<b>219</b>	PRZEDWOJEWSKI TEAM	M30	6	00:31:16	02:19:39	03:53:27	<b>04:38:20.20</b>	+00:34:45 (12.5%)	6:37	9.1 (88.3%)
9	<b>LEWANDOWSKI Piotr</b>	<b>196</b>		M30	7	00:32:39	02:22:28	03:58:09	<b>04:46:54.50</b>	+00:43:19 (15.1%)	6:49	8.8 (85.4%)
10	<b>KRASULAK Daniel</b>	<b>138</b>	TRENUJZNAMI.PL	M40	3	00:28:48	02:19:00	03:59:45	<b>04:52:42.05</b>	+00:49:07 (16.8%)	6:58	8.6 (83.5%)
11	<b>SIERADZKI Krzysztof</b>	<b>174</b>	PRZEDWOJEWSKI TEAM	M30	8	00:30:35	02:24:39	04:06:51	<b>04:54:26.05</b>	+00:50:51 (17.3%)	7:00	8.6 (83.5%)
12	<b>WEŁNIAK Przemysław</b>	<b>47</b>	MOGILNO TEAM	M40	4	00:30:29	02:25:47	04:07:50	<b>04:56:42.10</b>	+00:53:07 (17.9%)	7:03	8.5 (82.5%)
13	<b>JAŃCZAK Filip</b>	<b>391</b>	JAŃCZAK RUN	M30	9	00:28:17	02:10:09	03:58:02	<b>04:56:44.15</b>	+00:53:09 (17.9%)	7:03	8.5 (82.5%)
14	<b>ŚLIWIŃSKI Rafał</b>	<b>31</b>		M30	10	00:34:11	02:33:54	04:12:19	<b>04:56:54.65</b>	+00:53:19 (18.0%)	7:04	8.5 (82.5%)
15	<b>BIAŁOBLÓCKA Alicja</b>	<b>71</b>		K30	1	00:33:29	02:31:24	04:11:00	<b>04:57:52.55</b>	+00:54:17 (18.2%)	7:05	8.5 (82.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami		Droga pod Reglami 36km	Czas netto 42km	Różn	Tempo min/km	Tempo km/h
						6km	Trzy Jawory 24km					
16	<b>MUCKACZOW Jacek</b>	<b>395</b>		M40	5	00:33:38	02:24:15	04:06:42	<b>04:59:01.15</b>	+00:55:26 (18.5%)	7:07	8.4 (81.6%)
17	<b>NIEPALA Jacek</b>	<b>14</b>	OBORYGENI	M30	11	00:32:04	02:29:22	04:15:04	<b>05:03:00.20</b>	+00:59:25 (19.6%)	7:12	8.3 (80.6%)
18	<b>ARDELLI Ewa</b>	<b>93</b>	BIELAWSKA AKADEMIA BIEGANIA	K40	1	00:33:36	02:36:21	04:16:40	<b>05:04:10.20</b>	+01:00:35 (19.9%)	7:14	8.3 (80.6%)
19	<b>BIAŁEK Beata</b>	<b>24</b>	KB HERMES	K40	2	00:34:51	02:33:05	04:17:50	<b>05:07:37.10</b>	+01:04:02 (20.8%)	7:19	8.2 (79.6%)
20	<b>TROJANOWSKI Artur</b>	<b>333</b>	KB WIKON NOWA SÓL	M30	12	00:33:01	02:32:18	04:16:03	<b>05:10:21.50</b>	+01:06:46 (21.5%)	7:23	8.1 (78.6%)
21	<b>GÓRSKA Agnieszka</b>	<b>282</b>		K40	3	00:34:36	02:41:33	04:25:25	<b>05:13:00.20</b>	+01:09:25 (22.2%)	7:27	8.1 (78.6%)
22	<b>RINK Jan</b>	<b>85</b>		M40	6	00:35:59	02:36:50	04:24:04	<b>05:14:39.45</b>	+01:11:04 (22.6%)	7:29	8 (77.7%)
23	<b>LUKASZEWSKI Mateusz</b>	<b>155</b>		M18	1	00:31:28	02:32:16	04:20:54	<b>05:19:06.05</b>	+01:15:31 (23.7%)	7:35	7.9 (76.7%)
24	<b>DOBIJA Jacek</b>	<b>172</b>	WAŚ NA TATRZAŃSKIEJ	M18	2	00:38:21	02:44:46	04:26:50	<b>05:20:02.95</b>	+01:16:28 (23.9%)	7:37	7.9 (76.7%)
25	<b>ŻURAWSKI Sławomir</b>	<b>354</b>	PGBSPORTOWAPACZKA	M40	7	00:33:15	02:38:13	04:25:52	<b>05:20:17.40</b>	+01:16:42 (24.0%)	7:37	7.9 (76.7%)
26	<b>WÓJTOWICZ Stefan</b>	<b>376</b>		M30	13	00:34:28	02:41:35	04:30:39	<b>05:24:02.80</b>	+01:20:28 (24.8%)	7:42	7.8 (75.7%)
27	<b>ANDRZEJEWSKA Magdalena</b>	<b>338</b>	SMYKOFSKI	K40	4	00:36:04	02:43:01	04:30:30	<b>05:24:13.10</b>	+01:20:38 (24.9%)	7:43	7.8 (75.7%)
28	<b>LITWIN Michał</b>	<b>42</b>	LITEWIN	M30	14	00:33:54	02:37:12	04:29:31	<b>05:24:45.80</b>	+01:21:11 (25.0%)	7:43	7.8 (75.7%)
29	<b>SIETKIEWICZ Piotr</b>	<b>178</b>	WCL / GLEIPNIR	M30	15	00:35:47	02:43:26	04:33:04	<b>05:26:16.55</b>	+01:22:41 (25.3%)	7:46	7.7 (74.8%)
30	<b>FILIPEK Wojciech</b>	<b>351</b>		M30	16	00:34:18	02:35:33	04:26:55	<b>05:27:54.90</b>	+01:24:20 (25.7%)	7:48	7.7 (74.8%)
31	<b>SZARAPANOWSKI Marcin</b>	<b>15</b>	ULTRA DIABŁY TEAM LUBRZA	M40	8	00:34:46	02:41:59	04:36:16	<b>05:28:22.95</b>	+01:24:48 (25.8%)	7:49	7.7 (74.8%)
32	<b>MARCINIAK Maciej</b>	<b>383</b>		M30	17	00:37:52	02:46:11	04:34:13	<b>05:28:42.00</b>	+01:25:07 (25.9%)	7:49	7.7 (74.8%)
33	<b>BIAŁY Adam</b>	<b>171</b>		M40	9	00:35:55	02:41:06	04:27:55	<b>05:29:01.25</b>	+01:25:26 (26.0%)	7:50	7.7 (74.8%)
34	<b>MICHALOWSKI Marcin</b>	<b>98</b>	MARCINSWIERCTEAM	M40	10	00:36:53	02:42:09	04:36:12	<b>05:29:58.80</b>	+01:26:24 (26.2%)	7:51	7.6 (73.8%)
35	<b>DUDZIŃSKA Maja</b>	<b>311</b>		K40	5	00:35:14	02:44:53	04:38:06	<b>05:30:01.85</b>	+01:26:27 (26.2%)	7:51	7.6 (73.8%)
36	<b>MARGOL Paweł</b>	<b>329</b>		M30	18	00:34:53	02:37:32	04:33:39	<b>05:30:11.25</b>	+01:26:36 (26.2%)	7:51	7.6 (73.8%)
37	<b>IWASZCZYSZYN Tomasz</b>	<b>350</b>	RMT TEAM & PRZYJACIELE / RATEMYTRAIL.COM	M30	19	00:37:18	02:45:49	04:37:33	<b>05:30:35.05</b>	+01:27:00 (26.3%)	7:52	7.6 (73.8%)
38	<b>ANDRZEJEWSKI Tomasz</b>	<b>56</b>	MOGILNO TEAM	M40	11	00:35:21	02:46:57	04:37:36	<b>05:31:04.20</b>	+01:27:29 (26.4%)	7:52	7.6 (73.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami		Droga pod Reglami 36km	Czas netto 42km	Różn	Tempo min/km	Tempo km/h
						6km	Trzy Jawory 24km					
39	<b>KARCZ Tomasz</b>	<b>393</b>		M40	12	00:34:11	02:40:51	04:34:58	<b>05:31:49.75</b>	+01:28:14 (26.6%)	7:54	7.6 (73.8%)
40	<b>ŻBIK Bartosz</b>	<b>107</b>	SMART THERAPY	M30	20	00:36:05	02:41:28	04:37:01	<b>05:32:04.20</b>	+01:28:29 (26.6%)	7:54	7.6 (73.8%)
41	<b>POLACZEK Daniel</b>	<b>90</b>	IZBICKO W BIEGU	M18	3	00:36:01	02:41:37	04:39:38	<b>05:32:45.30</b>	+01:29:10 (26.8%)	7:55	7.6 (73.8%)
42	<b>ZAWODNIK Łukasz</b>	<b>388</b>	EKIPA ZAWODNIKA	M30	21	00:34:22	02:33:46	04:36:14	<b>05:34:33.35</b>	+01:30:58 (27.2%)	7:57	7.5 (72.8%)
43	<b>MORAWSKI Filip</b>	<b>121</b>	KRAKOWIAKTEAM	M40	13	00:35:19	02:43:48	04:38:33	<b>05:34:48.45</b>	+01:31:13 (27.2%)	7:58	7.5 (72.8%)
44	<b>SZELA Łukasz</b>	<b>179</b>	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	M30	22	00:36:40	02:45:45	04:39:15	<b>05:36:00.55</b>	+01:32:25 (27.5%)	8:00	7.5 (72.8%)
45	<b>KOWALSKI Tomasz</b>	<b>265</b>	DZIKI ROBIĄ CHRUM	M30	23	00:38:11	02:41:34	04:37:37	<b>05:36:10.25</b>	+01:32:35 (27.5%)	8:00	7.5 (72.8%)
46	<b>BARTKIEWICZ Paweł</b>	<b>307</b>	ADAM DRACZYŃSKI RUNNING TEAM	M50	1	00:34:27	02:46:39	04:41:57	<b>05:36:47.75</b>	+01:33:12 (27.7%)	8:01	7.5 (72.8%)
47	<b>STANUCHIEWICZ Oskar</b>	<b>193</b>		M40	14	00:33:50	02:36:46	04:35:11	<b>05:37:05.15</b>	+01:33:30 (27.7%)	8:01	7.5 (72.8%)
48	<b>IDOWIAK Łukasz</b>	<b>143</b>		M30	24	00:38:01	02:47:18	04:43:25	<b>05:37:20.90</b>	+01:33:46 (27.8%)	8:01	7.5 (72.8%)
49	<b>BUSZMAN Krystian</b>	<b>104</b>	RUMIA TRAIL TEAM	M30	25	00:36:22	02:42:24	04:41:38	<b>05:38:18.65</b>	+01:34:43 (28.0%)	8:03	7.4 (71.8%)
50	<b>GOŁĘBIEWSKA Oliwia</b>	<b>332</b>		K18	1	00:36:35	02:54:37	04:45:36	<b>05:38:32.60</b>	+01:34:57 (28.1%)	8:03	7.4 (71.8%)
51	<b>JASKIEWICZ Adrian</b>	<b>355</b>	LESZNO LIMITS RUNNERS	M40	15	00:35:29	02:42:01	04:43:32	<b>05:38:33.65</b>	+01:34:58 (28.1%)	8:03	7.4 (71.8%)
52	<b>WANDEL Piotr</b>	<b>114</b>	GARY TEAM	M40	16	00:35:36	02:42:52	04:39:54	<b>05:38:43.70</b>	+01:35:08 (28.1%)	8:03	7.4 (71.8%)
53	<b>LAMEK Andrzej</b>	<b>384</b>	AKTYWNY OSTRZESZÓW	M50	2	00:38:05	02:47:07	04:44:17	<b>05:39:03.25</b>	+01:35:28 (28.2%)	8:04	7.4 (71.8%)
54	<b>WIECZOREK Maria</b>	<b>29</b>	PRZEDWOJEWSKI TEAM	K30	2	00:40:18	02:55:20	04:45:04	<b>05:39:58.80</b>	+01:36:24 (28.4%)	8:05	7.4 (71.8%)
55	<b>KORZENIEWSKI Jarosław</b>	<b>339</b>	TEAM KOPEĆ	M40	17	00:34:32	02:41:13	04:42:30	<b>05:40:51.60</b>	+01:37:16 (28.5%)	8:06	7.4 (71.8%)
56	<b>GRANOPS Maciej</b>	<b>242</b>		M40	18	00:42:23	02:54:27	04:46:54	<b>05:42:04.00</b>	+01:38:29 (28.8%)	8:08	7.4 (71.8%)
57	<b>RESPONDEK Anna</b>	<b>94</b>		K30	3	00:39:35	02:57:11	04:50:08	<b>05:43:14.45</b>	+01:39:39 (29.0%)	8:10	7.3 (70.9%)
58	<b>ŚNIERZYŃSKI Robert</b>	<b>164</b>		M30	26	00:38:33	02:47:53	04:45:25	<b>05:43:18.65</b>	+01:39:43 (29.0%)	8:10	7.3 (70.9%)
59	<b>BANDUROWSKI Andrzej</b>	<b>310</b>	KB SPOCENI NOWA SÓL	M40	19	00:34:25	02:46:31	04:48:23	<b>05:44:37.50</b>	+01:41:02 (29.3%)	8:12	7.3 (70.9%)
60	<b>KARPOWICZ Rafal</b>	<b>108</b>		M40	20	00:35:01	02:35:41	04:48:14	<b>05:44:51.45</b>	+01:41:16 (29.4%)	8:12	7.3 (70.9%)
61	<b>PĘKALA Marcin</b>	<b>223</b>	ONEMANRUNTEAM	M40	21	00:37:48	02:47:29	04:49:10	<b>05:45:21.10</b>	+01:41:46 (29.5%)	8:13	7.3 (70.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami			Czas netto 42km	Różn	Tempo min/km	Tempo km/h
						6km	Trzy Jawory 24km	36km				
62	<b>JODŁOWSKI Marek</b>	<b>294</b>	BBL KROSNO ODRZANSKIE	M40	22	00:37:58	02:51:05	04:49:14	<b>05:45:25.80</b>	+01:41:51 (29.5%)	8:13	7.3 (70.9%)
63	<b>HETMAN Łukasz</b>	<b>244</b>		M40	23	00:39:17	02:47:51	04:44:23	<b>05:45:27.55</b>	+01:41:52 (29.5%)	8:13	7.3 (70.9%)
64	<b>SOKULSKI Tomasz</b>	<b>184</b>		M30	27	00:37:41	02:48:53	04:47:31	<b>05:46:32.45</b>	+01:42:57 (29.7%)	8:15	7.3 (70.9%)
65	<b>CIESIELSKI Witold</b>	<b>387</b>		M40	24	00:37:20	02:52:42	04:50:12	<b>05:47:07.90</b>	+01:43:33 (29.8%)	8:15	7.3 (70.9%)
66	<b>BRĄCZKOWSKI Damian</b>	<b>283</b>		M18	4	00:39:53	02:56:15	04:50:06	<b>05:47:45.15</b>	+01:44:10 (30.0%)	8:16	7.2 (69.9%)
67	<b>ZIEMKIEWICZ Jarek</b>	<b>236</b>	2 KROKI DO METY	M40	25	00:37:56	02:50:05	04:48:37	<b>05:47:50.70</b>	+01:44:15 (30.0%)	8:16	7.2 (69.9%)
68	<b>OLEJNICZAK Piotr</b>	<b>151</b>		M40	26	00:38:40	02:50:08	04:50:18	<b>05:48:12.75</b>	+01:44:37 (30.0%)	8:17	7.2 (69.9%)
69	<b>KASZKOWIAK Bogumil</b>	<b>315</b>	WRONKI	M40	27	00:45:20	03:02:31	04:55:40	<b>05:48:40.50</b>	+01:45:05 (30.1%)	8:18	7.2 (69.9%)
70	<b>WALERCZYK Bartosz</b>	<b>218</b>		M30	28	00:40:04	02:47:06	04:45:48	<b>05:49:23.85</b>	+01:45:49 (30.3%)	8:19	7.2 (69.9%)
71	<b>KRZYWDZIŃSKI Bartłomiej</b>	<b>380</b>		M40	28	00:37:40	02:48:04	04:51:22	<b>05:49:26.85</b>	+01:45:52 (30.3%)	8:19	7.2 (69.9%)
72	<b>LOREK Adam</b>	<b>67</b>	BIEGAM DLA SIEBIE	M40	29	00:35:50	02:51:06	04:55:07	<b>05:50:14.45</b>	+01:46:39 (30.5%)	8:20	7.2 (69.9%)
73	<b>SITEK Andrzej</b>	<b>204</b>		M40	30	00:39:42	02:47:33	04:46:50	<b>05:50:30.35</b>	+01:46:55 (30.5%)	8:20	7.2 (69.9%)
74	<b>WOJEWODA Maciej</b>	<b>227</b>	VEGE RUNNERS	M30	29	00:39:19	02:55:38	04:55:04	<b>05:50:34.25</b>	+01:46:59 (30.5%)	8:20	7.2 (69.9%)
75	<b>MAJEWSKI Krystian</b>	<b>238</b>	RUNEDA	M40	31	00:34:39	02:50:38	04:55:47	<b>05:52:38.95</b>	+01:49:04 (30.9%)	8:23	7.1 (68.9%)
76	<b>HOJAN Łukasz</b>	<b>309</b>		M30	30	00:42:04	03:01:47	04:56:53	<b>05:52:56.35</b>	+01:49:21 (31.0%)	8:24	7.1 (68.9%)
77	<b>KOCJAN Paweł</b>	<b>281</b>	KB I LOVE ZIEMEK / KIDS RUN	M40	32	00:42:48	02:54:34	04:52:30	<b>05:53:07.35</b>	+01:49:32 (31.0%)	8:24	7.1 (68.9%)
78	<b>ZIOBROWSKA Anna</b>	<b>214</b>	BIEGOSTACJA ULTRA TEAM	K18	2	00:38:03	02:55:11	04:57:19	<b>05:54:05.30</b>	+01:50:30 (31.2%)	8:25	7.1 (68.9%)
79	<b>BROJ Michał</b>	<b>209</b>		M40	33	00:41:57	02:51:10	04:52:21	<b>05:55:43.10</b>	+01:52:08 (31.5%)	8:28	7.1 (68.9%)
80	<b>LASEK Mikołaj</b>	<b>73</b>	PAN WUEFISTA	M30	31	00:39:33	02:51:52	04:54:51	<b>05:56:35.05</b>	+01:53:00 (31.7%)	8:29	7.1 (68.9%)
81	<b>DOMAGAŁA Krzysztof</b>	<b>276</b>	PSARUS '87 / WRZEŚNIA	M30	32	00:37:56	02:48:13	04:54:38	<b>05:57:19.80</b>	+01:53:45 (31.8%)	8:30	7.1 (68.9%)
82	<b>POSADOWSKI Szymon</b>	<b>366</b>		M30	33	00:38:46	02:54:44	04:58:42	<b>05:57:20.55</b>	+01:53:45 (31.8%)	8:30	7.1 (68.9%)
83	<b>MATYJA Rafał</b>	<b>39</b>	LESZNOLIMITS RUNNERS	M30	34	00:39:31	02:59:55	05:04:26	<b>05:58:20.40</b>	+01:54:45 (32.0%)	8:31	7 (68.0%)
84	<b>BRZOZOWSKA Joanna</b>	<b>321</b>	ZADYSZKA	K18	3	00:38:23	02:51:06	04:56:50	<b>05:58:28.85</b>	+01:54:54 (32.1%)	8:32	7 (68.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami			Czas netto 42km	Różn	Tempo min/km	Tempo km/h
						6km	Trzy Jawory 24km	36km				
85	<b>MARCZAK Tomasz</b>	<b>36</b>	CZYSTA AMATORKA	M40	34	00:38:26	02:52:31	04:56:47	<b>05:58:30.15</b>	+01:54:55 (32.1%)	8:32	7 (68.0%)
86	<b>KUCHARCZYK Kamil</b>	<b>331</b>	TRI NOT TO DIE	M30	35	00:43:33	03:01:59	05:04:36	<b>06:00:58.70</b>	+01:57:23 (32.5%)	8:35	7 (68.0%)
87	<b>POLAK Jacek</b>	<b>267</b>	BIEGUSIEM.PL	M40	35	00:38:44	02:54:21	05:01:46	<b>06:01:30.40</b>	+01:57:55 (32.6%)	8:36	7 (68.0%)
88	<b>MIELNIK Michał</b>	<b>55</b>	PANICZE	M30	36	00:40:59	02:57:24	04:59:25	<b>06:02:34.10</b>	+01:58:59 (32.8%)	8:37	7 (68.0%)
89	<b>ŁUKACKI Daniel</b>	<b>43</b>		M40	36	00:41:51	03:05:40	05:08:51	<b>06:04:00.50</b>	+02:00:25 (33.1%)	8:40	6.9 (67.0%)
90	<b>BLACHA Krzysztof</b>	<b>337</b>	TRASY-BIEGOWE.PL	M30	37	00:37:03	02:54:37	05:06:11	<b>06:04:04.75</b>	+02:00:29 (33.1%)	8:40	6.9 (67.0%)
91	<b>WOJCIECHOWSKI Maciej</b>	<b>324</b>		M40	37	00:38:59	02:59:06	05:03:33	<b>06:04:11.70</b>	+02:00:36 (33.1%)	8:40	6.9 (67.0%)
92	<b>ZERZUT Jarosław</b>	<b>60</b>		M50	3	00:45:10	02:59:22	05:04:41	<b>06:05:04.65</b>	+02:01:29 (33.3%)	8:41	6.9 (67.0%)
93	<b>WYSOCKI Andrzej</b>	<b>305</b>		M40	38	00:41:22	03:03:17	05:06:09	<b>06:05:14.40</b>	+02:01:39 (33.3%)	8:41	6.9 (67.0%)
94	<b>MECHLIŃSKI Łukasz</b>	<b>361</b>	KLUB 42,2	M40	39	00:40:06	03:11:49	05:10:45	<b>06:05:28.20</b>	+02:01:53 (33.4%)	8:42	6.9 (67.0%)
95	<b>PILAREK Wojciech</b>	<b>359</b>		M30	38	00:42:48	03:02:50	05:08:18	<b>06:06:11.90</b>	+02:02:37 (33.5%)	8:43	6.9 (67.0%)
96	<b>KODZIS Lesław</b>	<b>286</b>		M40	40	00:39:54	03:01:22	05:06:50	<b>06:07:24.55</b>	+02:03:49 (33.7%)	8:44	6.9 (67.0%)
97	<b>BRUDEREK Tomasz</b>	<b>296</b>	PRIMUM CURRERE	M40	41	00:39:46	03:01:54	05:12:41	<b>06:07:48.15</b>	+02:04:13 (33.8%)	8:45	6.9 (67.0%)
98	<b>ŻABIEREK Tomasz</b>	<b>306</b>		M40	42	00:38:14	03:01:01	05:08:11	<b>06:08:01.15</b>	+02:04:26 (33.8%)	8:45	6.8 (66.0%)
99	<b>SMOLARZ Marek</b>	<b>357</b>		M40	43	00:42:12	02:59:44	04:58:49	<b>06:08:23.55</b>	+02:04:48 (33.9%)	8:46	6.8 (66.0%)
100	<b>STRAUCHOLD Anna</b>	<b>110</b>	GARY TEAM	K40	6	00:40:22	03:10:01	05:10:45	<b>06:08:29.80</b>	+02:04:55 (33.9%)	8:46	6.8 (66.0%)
101	<b>TYLIŃSKI Arkadiusz</b>	<b>211</b>	LESZ NO LIMITS RUNNERS	M50	4	00:38:59	03:04:49	05:12:02	<b>06:10:42.95</b>	+02:07:08 (34.3%)	8:49	6.8 (66.0%)
102	<b>WILCZKOWIAK Jan</b>	<b>275</b>	LESZ NO LIMITS RUNNERS	M30	39	05:01:43			<b>06:11:08.35</b>	+02:07:33 (34.4%)	8:50	6.8 (66.0%)
103	<b>ALGIERSKI Paweł</b>	<b>362</b>		M18	5	00:37:22	02:55:03	05:05:23	<b>06:11:11.05</b>	+02:07:36 (34.4%)	8:50	6.8 (66.0%)
104	<b>KRZYSZTOŃ Maciej</b>	<b>176</b>	KB GEPARD MUROWANA GOŚLINA	M40	44	00:39:39	02:58:01	05:11:07	<b>06:12:35.15</b>	+02:09:00 (34.6%)	8:52	6.8 (66.0%)
105	<b>NAPIERAŁA Tomasz</b>	<b>336</b>		M40	45	00:39:03	02:55:43	05:13:45	<b>06:12:48.05</b>	+02:09:13 (34.7%)	8:52	6.8 (66.0%)
106	<b>KACZOR Piotr</b>	<b>320</b>	SAMOTNY WILK Z KOTOWIC	M40	46	00:35:57	02:49:11	05:09:16	<b>06:12:58.30</b>	+02:09:23 (34.7%)	8:52	6.8 (66.0%)
107	<b>PIĄTEK Anita</b>	<b>381</b>	FRONTREAR	K30	4	00:38:47	03:08:32	05:13:55	<b>06:13:02.25</b>	+02:09:27 (34.7%)	8:52	6.8 (66.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami		Czas netto 42km	Różn	Tempo min/km	Tempo km/h	
						6km	Trzy Jawory 24km					
108	<b>GAPIŃSKI Marcin</b>	<b>300</b>	UMYSŁ ULTRASA	M40	47	00:41:24	03:05:03	05:10:29	<b>06:13:18.70</b>	+02:09:43 (34.8%)	8:53	6.8 (66.0%)
109	<b>SMOTER Damian</b>	<b>312</b>		M30	40	00:39:43	03:01:28	05:13:05	<b>06:16:11.60</b>	+02:12:36 (35.3%)	8:57	6.7 (65.0%)
110	<b>GĄSKA Konrad</b>	<b>59</b>	TEAMLUSIA	M30	41	00:39:44	02:55:41	05:09:12	<b>06:17:09.00</b>	+02:13:34 (35.4%)	8:58	6.7 (65.0%)
111	<b>NOWAK Jacek</b>	<b>76</b>		M50	5	00:38:40	03:01:42	05:11:09	<b>06:17:13.50</b>	+02:13:38 (35.4%)	8:58	6.7 (65.0%)
112	<b>WALUŚKIEWICZ Artur</b>	<b>53</b>	SOLA FIDE	M50	6	00:44:10	03:02:45	05:11:51	<b>06:17:22.30</b>	+02:13:47 (35.5%)	8:59	6.7 (65.0%)
113	<b>ROSOŁOWSKI Grzegorz</b>	<b>371</b>	NADAKTYWNI NOWE MIASTECZKO	M40	48	00:38:10	03:02:00	05:16:32	<b>06:22:17.20</b>	+02:18:42 (36.3%)	9:06	6.6 (64.1%)
114	<b>KUBIAK Karolina</b>	<b>292</b>		K40	7	00:44:09	03:11:57	05:21:30	<b>06:23:09.90</b>	+02:19:35 (36.4%)	9:07	6.6 (64.1%)
115	<b>MIKOŁAJCZAK Arkadiusz</b>	<b>92</b>		M30	42	00:40:20	03:07:28	05:21:40	<b>06:24:22.90</b>	+02:20:48 (36.6%)	9:09	6.6 (64.1%)
116	<b>BARCZAK Robert</b>	<b>128</b>	RUN TEAM RYDZYNA	M40	49	00:39:01	03:02:16	05:17:52	<b>06:24:35.45</b>	+02:21:00 (36.7%)	9:09	6.6 (64.1%)
117	<b>BURZYŃSKI Łukasz</b>	<b>12</b>	BGC RUNNERS	M30	43	05:17:49			<b>06:24:39.00</b>	+02:21:04 (36.7%)	9:09	6.6 (64.1%)
118	<b>JAZ Krzysztof</b>	<b>152</b>	KM TEAM	M50	7	05:23:09			<b>06:25:07.25</b>	+02:21:32 (36.8%)	9:10	6.5 (63.1%)
119	<b>MIERZWICKI Krzysztof</b>	<b>358</b>	MAZURSKIE TROPY	M40	50	00:36:37	03:02:37	05:17:11	<b>06:25:53.45</b>	+02:22:18 (36.9%)	9:11	6.5 (63.1%)
120	<b>WOJTKOWIAK Marcin</b>	<b>86</b>	KOŹMIN BIEGA	M40	51	00:34:58	03:00:05	05:17:36	<b>06:26:06.70</b>	+02:22:31 (36.9%)	9:11	6.5 (63.1%)
121	<b>RATAJCZAK Łukasz</b>	<b>279</b>	NIGHT RUNNERS	M40	52	00:37:55	02:54:33	05:20:32	<b>06:26:34.75</b>	+02:22:59 (37.0%)	9:12	6.5 (63.1%)
122	<b>SZYMCZYK Michał</b>	<b>234</b>	DRUŻYNA CHROBREGO	M40	53	00:42:36	03:13:12	05:28:10	<b>06:27:04.75</b>	+02:23:29 (37.1%)	9:12	6.5 (63.1%)
123	<b>KAŻMIERCZAK Oskar</b>	<b>65</b>		M30	44	00:42:20	03:06:42	05:20:17	<b>06:27:06.40</b>	+02:23:31 (37.1%)	9:13	6.5 (63.1%)
124	<b>BARTKOWIAK Rafał</b>	<b>27</b>		M40	54	00:40:49	03:08:30	05:25:10	<b>06:28:16.45</b>	+02:24:41 (37.3%)	9:14	6.5 (63.1%)
125	<b>BURZYŃSKA Ewelina</b>	<b>212</b>	NATURA BIEDRUSKO	K40	8	00:40:39	03:20:56	05:26:01	<b>06:28:26.65</b>	+02:24:51 (37.3%)	9:14	6.5 (63.1%)
126	<b>BIELECKI Robert</b>	<b>316</b>		M50	8	00:43:18	03:16:16	05:27:25	<b>06:29:19.45</b>	+02:25:44 (37.4%)	9:16	6.5 (63.1%)
127	<b>LATOS Sławomir</b>	<b>201</b>		M40	55	00:41:30	03:02:32	05:19:21	<b>06:29:56.35</b>	+02:26:21 (37.5%)	9:17	6.5 (63.1%)
128	<b>GOCAŁ Marek</b>	<b>1</b>		M40	56	00:38:54	03:01:30	05:21:15	<b>06:30:24.20</b>	+02:26:49 (37.6%)	9:17	6.5 (63.1%)
129	<b>WOŹNIAK Paweł</b>	<b>64</b>	KLEP	M40	57	00:38:15	02:58:04	05:25:22	<b>06:31:48.95</b>	+02:28:14 (37.8%)	9:19	6.4 (62.1%)
130	<b>KRUPIANIK Tomasz</b>	<b>203</b>		M30	45	00:47:58	03:23:22	05:30:37	<b>06:32:16.50</b>	+02:28:41 (37.9%)	9:20	6.4 (62.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 24km	Droga pod Reglami 36km	Czas netto 42km	Różn	Tempo min/km	Tempo km/h
131	<b>WIKLIŃSKI Jarosław</b>	<b>26</b>		M40	58	00:41:21	03:06:13	05:22:38	<b>06:33:16.80</b>	+02:29:42 (38.1%)	9:21	6.4 (62.1%)
132	<b>STEFAŃSKI Marcin</b>	<b>137</b>	PARKRUN DĄBRÓWKA	M40	59	00:42:18	03:14:24	05:28:53	<b>06:33:47.40</b>	+02:30:12 (38.1%)	9:22	6.4 (62.1%)
133	<b>KUJAWSKA Agnieszka</b>	<b>9</b>		K40	9	00:40:55	03:13:14	05:29:46	<b>06:33:52.00</b>	+02:30:17 (38.2%)	9:22	6.4 (62.1%)
134	<b>TONDER Filip</b>	<b>322</b>	WLKP MOUNTAINS ULTRA	M40	60	00:45:01	03:20:41	05:32:32	<b>06:34:05.10</b>	+02:30:30 (38.2%)	9:22	6.4 (62.1%)
135	<b>BARAŃSKA Celestyna</b>	<b>157</b>	ACCENTURE	K30	5	00:44:47	03:30:38	05:38:38	<b>06:35:19.60</b>	+02:31:44 (38.4%)	9:24	6.4 (62.1%)
136	<b>OWCZARZAK Tomasz</b>	<b>6</b>		M30	46	00:47:21	03:26:19	05:35:17	<b>06:35:55.25</b>	+02:32:20 (38.5%)	9:25	6.4 (62.1%)
137	<b>OWCZARZAK Katarzyna</b>	<b>3</b>		K30	6	00:47:20	03:26:26	05:35:16	<b>06:35:55.35</b>	+02:32:20 (38.5%)	9:25	6.4 (62.1%)
138	<b>RADZIKOWSKI Łukasz</b>	<b>197</b>	KS POSNANIA TRIATHLON	M30	47	00:40:58	03:14:52	05:37:12	<b>06:35:56.25</b>	+02:32:21 (38.5%)	9:25	6.4 (62.1%)
139	<b>IWANIUK Maciej</b>	<b>84</b>		M30	48	00:39:59	03:09:30	05:30:01	<b>06:36:25.65</b>	+02:32:50 (38.6%)	9:26	6.4 (62.1%)
140	<b>SZCZUCKA Róża</b>	<b>170</b>		K30	7	00:44:57	03:21:49	05:36:08	<b>06:38:02.60</b>	+02:34:27 (38.8%)	9:28	6.3 (61.2%)
141	<b>WOJCIESZYŃSKI Tomasz</b>	<b>135</b>	BBL GORZÓW	M40	61	00:41:12	03:11:50	05:33:12	<b>06:39:17.95</b>	+02:35:43 (39.0%)	9:30	6.3 (61.2%)
142	<b>ŁĘTOWSKI Mariusz</b>	<b>146</b>		M40	62	00:50:01	03:33:49	05:39:55	<b>06:39:31.40</b>	+02:35:56 (39.0%)	9:30	6.3 (61.2%)
143	<b>WASIELEWSKA Natalia</b>	<b>91</b>		K30	8	00:46:07	03:25:34	05:39:28	<b>06:40:33.90</b>	+02:36:59 (39.2%)	9:32	6.3 (61.2%)
144	<b>GRYGIER Tomasz</b>	<b>258</b>		M40	63	00:43:01	03:13:26	05:32:16	<b>06:40:50.90</b>	+02:37:16 (39.2%)	9:32	6.3 (61.2%)
145	<b>NOWAK Krystian</b>	<b>228</b>	NKB CHYŻY NOWY TOMYŚL	M18	6	00:38:09	03:10:12	05:29:33	<b>06:41:00.50</b>	+02:37:25 (39.3%)	9:32	6.3 (61.2%)
146	<b>PIOTROWICZ Michał</b>	<b>389</b>	ORTHOS TEAM	M30	49	00:42:34	03:07:03	05:29:52	<b>06:42:27.15</b>	+02:38:52 (39.5%)	9:34	6.3 (61.2%)
147	<b>MECHLIŃSKI Tomasz</b>	<b>360</b>	KLUB 42,2	M40	64	00:40:07	03:20:21	05:36:47	<b>06:43:12.00</b>	+02:39:37 (39.6%)	9:36	6.3 (61.2%)
148	<b>STĘPNOWSKI Jakub</b>	<b>325</b>		M30	50	00:47:52	03:14:40	05:37:22	<b>06:43:20.15</b>	+02:39:45 (39.6%)	9:36	6.2 (60.2%)
149	<b>KACPRZAK Michał</b>	<b>88</b>		M18	7	00:44:58	03:10:22	05:33:52	<b>06:43:21.75</b>	+02:39:46 (39.6%)	9:36	6.2 (60.2%)
150	<b>KOPCZYŃSKI Paweł</b>	<b>368</b>		M40	65	00:47:24	03:17:21	05:24:53	<b>06:43:43.45</b>	+02:40:08 (39.7%)	9:36	6.2 (60.2%)
151	<b>BUĆKO Marcin</b>	<b>206</b>	KLUB BIEGACZA FARTLEK	M40	66	00:39:29	03:07:47	05:36:30	<b>06:43:57.20</b>	+02:40:22 (39.7%)	9:37	6.2 (60.2%)
152	<b>HAŁAS Katarzyna</b>	<b>175</b>	KB GEPARD MUROWANA GOŚLINA	K40	10	00:46:28	03:30:36	05:43:07	<b>06:46:00.55</b>	+02:42:25 (40.0%)	9:40	6.2 (60.2%)
153	<b>PODGÓRSKI Paweł</b>	<b>237</b>	ŚLĘZAK TEAM	M30	51	00:46:46	03:15:13	05:37:02	<b>06:46:29.80</b>	+02:42:55 (40.1%)	9:40	6.2 (60.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami		Czas netto 42km	Różn	Tempo min/km	Tempo km/h	
						6km	Trzy Jawory 24km					
154	<b>BOREK Grzegorz</b>	<b>291</b>		M30	52	00:46:47	03:15:15	05:37:04	<b>06:46:31.25</b>	+02:42:56 (40.1%)	9:40	6.2 (60.2%)
155	<b>KARCZYŃSKA Eliza</b>	<b>11</b>	MARATOŃCZYK POZNAŃ	K30	9	00:36:58	03:22:11	05:39:20	<b>06:46:44.25</b>	+02:43:09 (40.1%)	9:41	6.2 (60.2%)
156	<b>SZWARC Grzegorz</b>	<b>230</b>	ARVATO S.C. REP	M30	53	00:47:11	03:23:30	05:39:02	<b>06:47:45.35</b>	+02:44:10 (40.3%)	9:42	6.2 (60.2%)
157	<b>KAŁUSKI Łukasz</b>	<b>263</b>	CYKLOFAN	M40	67	00:41:57	03:02:02	05:39:54	<b>06:48:02.60</b>	+02:44:27 (40.3%)	9:42	6.2 (60.2%)
158	<b>PAWLISZ Łukasz</b>	<b>18</b>		M18	8	00:52:57	03:27:14	05:43:14	<b>06:48:08.90</b>	+02:44:34 (40.3%)	9:43	6.2 (60.2%)
159	<b>LISIAK Bartosz</b>	<b>142</b>	KB GEPARD MUROWANA GOŚLINA	M30	54	00:38:36	03:07:24	05:36:18	<b>06:48:12.65</b>	+02:44:37 (40.3%)	9:43	6.2 (60.2%)
160	<b>KAMIŃSKI Arkadiusz</b>	<b>207</b>	1ON1TEAM	M40	68	00:46:25	03:17:49	05:38:33	<b>06:48:16.50</b>	+02:44:41 (40.3%)	9:43	6.2 (60.2%)
161	<b>BRODA Dominik</b>	<b>75</b>		M30	55	00:38:37	03:08:44	05:36:53	<b>06:48:27.25</b>	+02:44:52 (40.4%)	9:43	6.2 (60.2%)
162	<b>GIEL Jarosław</b>	<b>226</b>	NKB CHYŻY	M30	56	00:41:22	03:25:11	05:46:31	<b>06:49:11.40</b>	+02:45:36 (40.5%)	9:44	6.2 (60.2%)
163	<b>KOZICZAK Katarzyna</b>	<b>111</b>		K30	10	00:43:06	03:25:09	05:42:06	<b>06:49:24.70</b>	+02:45:49 (40.5%)	9:44	6.2 (60.2%)
164	<b>FRĄSKI Łukasz</b>	<b>225</b>	NKB CHYŻY NOWY TOMYŚL	M40	69	00:41:15	03:25:14	05:46:28	<b>06:49:35.20</b>	+02:46:00 (40.5%)	9:45	6.2 (60.2%)
165	<b>WIERTEL Łukasz</b>	<b>34</b>		M30	57	00:41:27	03:07:00	05:34:28	<b>06:49:44.85</b>	+02:46:10 (40.6%)	9:45	6.2 (60.2%)
166	<b>PIOTROWSKI Kamil</b>	<b>21</b>		M40	70	00:34:52	03:02:57	05:41:11	<b>06:50:13.20</b>	+02:46:38 (40.6%)	9:46	6.1 (59.2%)
167	<b>MICHALIK Izabela</b>	<b>37</b>		K40	11	00:41:44	03:24:43	05:47:42	<b>06:50:17.85</b>	+02:46:43 (40.6%)	9:46	6.1 (59.2%)
168	<b>REMBACZ Agnieszka</b>	<b>183</b>	RUNEDA	K40	12	00:45:33	03:32:11	05:50:04	<b>06:50:24.85</b>	+02:46:50 (40.7%)	9:46	6.1 (59.2%)
169	<b>KRYSZTOFOWICZ Dominika</b>	<b>74</b>		K30	11	00:41:50	03:16:56	05:43:24	<b>06:50:51.25</b>	+02:47:16 (40.7%)	9:46	6.1 (59.2%)
170	<b>SKAŁECKI Przemysław</b>	<b>373</b>	HIAB SPORT TEAM	M30	58	00:48:02	03:21:09	05:46:38	<b>06:52:25.30</b>	+02:48:50 (40.9%)	9:49	6.1 (59.2%)
171	<b>ARENDET Michał</b>	<b>375</b>		M30	59	00:40:27	03:13:41	05:43:18	<b>06:52:27.80</b>	+02:48:53 (40.9%)	9:49	6.1 (59.2%)
172	<b>ŚMICHURSKI Krzysztof</b>	<b>102</b>	FIZJOTERAPIA BIEGACZA	M30	60	00:46:33	03:24:12	05:42:33	<b>06:52:36.90</b>	+02:49:02 (41.0%)	9:49	6.1 (59.2%)
173	<b>ODWAŻNY Mariusz</b>	<b>185</b>	KUŹNIA TALENTÓW KAMIENIEC	M30	61	00:39:24	03:10:47	05:42:00	<b>06:52:58.75</b>	+02:49:23 (41.0%)	9:49	6.1 (59.2%)
174	<b>LEDNICKI Michał</b>	<b>250</b>	ARVATO S.C. REP	M30	62	00:49:04	03:25:37	05:43:38	<b>06:53:18.85</b>	+02:49:44 (41.1%)	9:50	6.1 (59.2%)
175	<b>SURDAKCI Piotr</b>	<b>240</b>		M40	71	00:43:54	03:26:13	05:48:18	<b>06:54:02.85</b>	+02:50:28 (41.2%)	9:51	6.1 (59.2%)
176	<b>ŻYGIEŁO Monika</b>	<b>241</b>	CH10	K40	13	00:43:56	03:26:14	05:48:38	<b>06:54:04.10</b>	+02:50:29 (41.2%)	9:51	6.1 (59.2%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 24km	Droga pod Reglami 36km	Czas netto 42km	Różn	Tempo min/km	Tempo km/h
177	<b>NOWAK Michał</b>	<b>378</b>		M30	63	00:44:59	03:20:23	05:43:06	<b>06:54:09.40</b>	+02:50:34 (41.2%)	9:51	6.1 (59.2%)
178	<b>LIPIEC Łukasz</b>	<b>41</b>		M40	72	00:43:22	03:25:55	05:47:04	<b>06:55:19.35</b>	+02:51:44 (41.4%)	9:53	6.1 (59.2%)
179	<b>WAKOR Paweł</b>	<b>87</b>		M30	64	00:42:15	03:07:45	05:35:12	<b>06:55:22.85</b>	+02:51:48 (41.4%)	9:53	6.1 (59.2%)
180	<b>KATRYCZ Krzysztof</b>	<b>328</b>		M18	9	00:47:04	03:13:58	05:43:58	<b>06:55:25.35</b>	+02:51:50 (41.4%)	9:53	6.1 (59.2%)
181	<b>LISOWSKI Dariusz</b>	<b>120</b>	POBIEROWO BIEGA	M40	73	00:49:26	03:27:25	05:44:09	<b>06:56:03.55</b>	+02:52:28 (41.5%)	9:54	6.1 (59.2%)
182	<b>DĄBROWSKI Michał</b>	<b>239</b>		M30	65	00:45:55	03:30:03	05:48:51	<b>06:56:05.35</b>	+02:52:30 (41.5%)	9:54	6.1 (59.2%)
183	<b>SOBSTYL Michał</b>	<b>165</b>	ZWARTA BOJOWA GRUPA BIEGACZY	M30	66	00:41:47	03:17:51	05:47:48	<b>06:56:22.30</b>	+02:52:47 (41.5%)	9:54	6.1 (59.2%)
184	<b>WALKOWIAK Mateusz</b>	<b>89</b>		M30	67	00:41:30	03:20:26	05:53:36	<b>06:56:53.05</b>	+02:53:18 (41.6%)	9:55	6 (58.3%)
185	<b>KOPACKA Edyta</b>	<b>82</b>	KB SOBÓTKA	K30	12	00:44:33	03:15:40	05:24:05	<b>06:56:55.45</b>	+02:53:20 (41.6%)	9:55	6 (58.3%)
186	<b>ZAWISTOWSKI Marek</b>	<b>141</b>		M40	74	00:47:02	03:25:51	05:49:10	<b>06:56:58.15</b>	+02:53:23 (41.6%)	9:55	6 (58.3%)
187	<b>KRZYŻAŃSKI Jacek</b>	<b>233</b>	ARVATO S.C. REP.	M18	10	00:42:39	03:15:29	05:46:15	<b>06:57:11.60</b>	+02:53:36 (41.6%)	9:55	6 (58.3%)
188	<b>KOŚMIDER Tomasz</b>	<b>81</b>		M40	75	00:44:32	03:15:42	05:37:59	<b>06:57:22.80</b>	+02:53:48 (41.6%)	9:56	6 (58.3%)
189	<b>DECHNIK Łukasz</b>	<b>48</b>	I W GÓRĘ I W DÓŁ	M40	76	00:48:24	03:28:43	05:48:49	<b>06:57:28.35</b>	+02:53:53 (41.7%)	9:56	6 (58.3%)
190	<b>SKOCZYŁAS Mateusz</b>	<b>347</b>		M30	68	00:49:05	03:35:11	05:54:59	<b>06:57:32.95</b>	+02:53:58 (41.7%)	9:56	6 (58.3%)
191	<b>WOŹNIAK Łukasz</b>	<b>40</b>		M30	69	00:43:48	03:21:47	05:48:49	<b>06:57:33.15</b>	+02:53:58 (41.7%)	9:56	6 (58.3%)
192	<b>IZDEBSKI Mariusz</b>	<b>262</b>	OSV TEAM	M50	9	00:42:18	03:20:13	05:41:40	<b>06:57:40.95</b>	+02:54:06 (41.7%)	9:56	6 (58.3%)
193	<b>STANISŁAWEK Tomasz</b>	<b>132</b>		M40	77	00:39:31	03:15:34	05:46:05	<b>06:57:49.70</b>	+02:54:14 (41.7%)	9:56	6 (58.3%)
194	<b>KWASIUK Wojciech</b>	<b>100</b>		M30	70	00:51:24	03:29:56	05:49:05	<b>06:59:40.45</b>	+02:56:05 (42.0%)	9:59	6 (58.3%)
195	<b>WOJCIESZAK Klaudia</b>	<b>235</b>	BRAVEHEARTS LEGIONOWO	K40	14	00:44:50	03:31:59	05:53:25	<b>07:00:20.85</b>	+02:56:46 (42.1%)	10:00	6 (58.3%)
196	<b>BORUTA Emilia</b>	<b>148</b>	PRO RUN WROCŁAW	K30	13	00:46:12	03:35:06	05:56:55	<b>07:01:21.05</b>	+02:57:46 (42.2%)	10:01	6 (58.3%)
197	<b>JAŚKIEWICZ Oskar</b>	<b>386</b>		M30	71	00:53:39	03:31:11	05:56:40	<b>07:02:16.95</b>	+02:58:42 (42.3%)	10:03	6 (58.3%)
198	<b>NARKUN Ewa</b>	<b>232</b>		K30	14	00:46:32	03:37:57	05:58:52	<b>07:02:19.90</b>	+02:58:45 (42.3%)	10:03	6 (58.3%)
199	<b>SITEK Piotr</b>	<b>99</b>		M40	78	00:45:50	03:25:25	05:50:59	<b>07:05:32.75</b>	+03:01:57 (42.8%)	10:07	5.9 (57.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami		Droga pod Reglami 36km	Czas netto 42km	Różn	Tempo min/km	Tempo km/h
						6km	Trzy Jawory 24km					
200	<b>WORONOWICZ Przemek</b>	<b>68</b>		M30	72	00:44:40	03:20:04	05:53:13	<b>07:06:33.95</b>	+03:02:59 (42.9%)	10:09	5.9 (57.3%)
201	<b>AMBROZIAK Anna</b>	<b>58</b>		K30	15	00:50:44	03:31:19	05:56:48	<b>07:08:09.20</b>	+03:04:34 (43.1%)	10:11	5.9 (57.3%)
202	<b>KOZIELEWSKI Antoni</b>	<b>293</b>		M40	79	00:45:56	03:26:51	06:02:03	<b>07:10:44.10</b>	+03:07:09 (43.5%)	10:15	5.9 (57.3%)
203	<b>ŁABĘCKA Agata</b>	<b>182</b>	KLUB BIEGACZA RTV EURO AGD	K30	16	00:44:32	03:31:18	06:01:19	<b>07:11:27.20</b>	+03:07:52 (43.5%)	10:16	5.8 (56.3%)
204	<b>BRONOWSKA Justa</b>	<b>7</b>		K40	15	00:45:39	03:35:27	06:03:20	<b>07:12:19.25</b>	+03:08:44 (43.7%)	10:17	5.8 (56.3%)
205	<b>SZEJKA Katarzyna</b>	<b>272</b>		K40	16	00:44:31	03:31:16	06:01:19	<b>07:12:38.75</b>	+03:09:03 (43.7%)	10:18	5.8 (56.3%)
206	<b>KLUKOWSKI Kamil</b>	<b>299</b>	BUDDHA AKBAR	M40	80	00:41:58	03:25:18	06:08:38	<b>07:12:57.15</b>	+03:09:22 (43.7%)	10:18	5.8 (56.3%)
207	<b>BENTKOWSKA Magdalena</b>	<b>344</b>	DIRTY SPARROWS	K30	17	00:43:58	03:25:38	06:05:05	<b>07:12:57.80</b>	+03:09:23 (43.7%)	10:18	5.8 (56.3%)
208	<b>LIS Paweł</b>	<b>259</b>	BOX74	M40	81	00:38:46	03:23:48	05:56:41	<b>07:13:27.65</b>	+03:09:52 (43.8%)	10:19	5.8 (56.3%)
209	<b>ŻAK Piotr</b>	<b>72</b>		M30	73	00:44:25	03:14:52	05:55:46	<b>07:15:03.25</b>	+03:11:28 (44.0%)	10:21	5.8 (56.3%)
210	<b>KANTOREK Piotr</b>	<b>192</b>		M40	82	00:46:25	03:30:03	06:06:42	<b>07:15:36.25</b>	+03:12:01 (44.1%)	10:22	5.8 (56.3%)
211	<b>RATAJSKA Monika</b>	<b>385</b>		K18	4	00:45:37	03:31:56	06:08:16	<b>07:15:56.15</b>	+03:12:21 (44.1%)	10:22	5.8 (56.3%)
212	<b>KONIECZNY Przemysław</b>	<b>80</b>		M30	74	00:43:34	03:17:37	06:04:52	<b>07:18:16.75</b>	+03:14:41 (44.4%)	10:26	5.7 (55.3%)
213	<b>BROŻYNA Miłosz</b>	<b>208</b>		M18	11	00:42:11	03:27:20	06:03:24	<b>07:18:23.20</b>	+03:14:48 (44.4%)	10:26	5.7 (55.3%)
214	<b>OLEJNICZAK Urszula</b>	<b>302</b>	CSGT GŁOGÓW	K18	5	00:44:51	03:41:07	06:09:49	<b>07:19:12.35</b>	+03:15:37 (44.5%)	10:27	5.7 (55.3%)
215	<b>MAKLES Paweł</b>	<b>303</b>		M18	12	00:44:50	03:41:03	06:08:33	<b>07:19:12.40</b>	+03:15:37 (44.5%)	10:27	5.7 (55.3%)
216	<b>KANCELARZ Rafał</b>	<b>352</b>		M18	13	00:44:51	03:40:55	06:09:48	<b>07:19:12.60</b>	+03:15:37 (44.5%)	10:27	5.7 (55.3%)
217	<b>PURCZYŃSKI Grzegorz</b>	<b>122</b>		M40	83	00:48:50	03:38:37	06:10:44	<b>07:19:33.60</b>	+03:15:58 (44.6%)	10:27	5.7 (55.3%)
218	<b>KACZMARCZYK Bogdan</b>	<b>133</b>	KB GEPARD MUROWANA GOŚLINA	M40	84	00:46:07	03:31:22	06:06:54	<b>07:19:37.35</b>	+03:16:02 (44.6%)	10:28	5.7 (55.3%)
219	<b>JAKUBOWSKA Kamila</b>	<b>125</b>	KB GEPARD MUROWANA GOŚLINA	K30	18	00:47:04	03:38:39	06:08:13	<b>07:20:16.95</b>	+03:16:42 (44.7%)	10:28	5.7 (55.3%)
220	<b>CHRZANOWSKA Agnieszka</b>	<b>181</b>		K40	17	00:44:25	03:26:02	06:01:26	<b>07:20:22.25</b>	+03:16:47 (44.7%)	10:29	5.7 (55.3%)
221	<b>IWANEK Przemysław</b>	<b>173</b>		M30	75	00:44:37	03:17:22	05:58:51	<b>07:21:32.60</b>	+03:17:57 (44.8%)	10:30	5.7 (55.3%)
222	<b>STRZAŁKA Grzegorz</b>	<b>221</b>		M30	76	00:46:00	03:20:14	06:03:51	<b>07:21:37.35</b>	+03:18:02 (44.8%)	10:30	5.7 (55.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod	Trzy	Droga pod	Czas	Różn	Tempo	Tempo
						Reglami	Jawory	Reglami	netto			
						6km	24km	36km	42km			
223	<b>SUCHOLAS Mateusz</b>	<b>317</b>		M30	77	00:46:35	03:31:42	06:11:12	<b>07:21:38.05</b>	+03:18:03 (44.8%)	10:30	5.7 (55.3%)
224	<b>CZUCHROWSKI Daniel</b>	<b>69</b>		M40	85	00:41:05	03:24:00	06:02:06	<b>07:22:01.10</b>	+03:18:26 (44.9%)	10:31	5.7 (55.3%)
225	<b>PIETRZAKOWSKI Robert</b>	<b>270</b>		M40	86	00:46:33	03:28:20	06:08:17	<b>07:22:16.45</b>	+03:18:41 (44.9%)	10:31	5.7 (55.3%)
226	<b>KARDASZEWSKI Tomasz</b>	<b>268</b>		M30	78	00:42:11	03:36:40	06:15:26	<b>07:22:40.95</b>	+03:19:06 (45.0%)	10:32	5.7 (55.3%)
227	<b>WIĘCŁAWSKI Robert</b>	<b>374</b>		M50	10	00:43:01	03:25:01	06:06:08	<b>07:23:06.45</b>	+03:19:31 (45.0%)	10:33	5.7 (55.3%)
228	<b>ŁUCZKÓW Andrzej</b>	<b>44</b>		M50	11	00:52:07	03:46:33	06:14:36	<b>07:23:28.50</b>	+03:19:53 (45.1%)	10:33	5.7 (55.3%)
229	<b>WIERZBICKA Beata</b>	<b>189</b>	EBIEGI.PL	K30	19	00:46:19	03:49:37	06:18:07	<b>07:24:26.35</b>	+03:20:51 (45.2%)	10:34	5.7 (55.3%)
230	<b>GARSTKA Zbigniew</b>	<b>253</b>	LATAJĄCE DZIKI TEAM	M40	87	00:49:54	03:41:48	06:12:20	<b>07:24:40.60</b>	+03:21:05 (45.2%)	10:35	5.7 (55.3%)
231	<b>MICHALAK Violetta</b>	<b>252</b>	LATAJĄCE DZIKI TEAM	K40	18	00:49:54	03:41:52	06:12:21	<b>07:24:41.15</b>	+03:21:06 (45.2%)	10:35	5.7 (55.3%)
232	<b>LEWANDOWSKI Bartłomiej</b>	<b>70</b>	MMUU	M40	88	00:40:17	03:22:31	06:13:09	<b>07:24:42.70</b>	+03:21:07 (45.2%)	10:35	5.7 (55.3%)
233	<b>WIERZBICKI Daniel</b>	<b>188</b>	EBIEGI.PL	M40	89	00:46:19	03:49:37	06:18:06	<b>07:24:49.35</b>	+03:21:14 (45.2%)	10:35	5.7 (55.3%)
234	<b>GRZELAK Łukasz</b>	<b>13</b>	WWW.GRZELAK-KANCELARIA.PL	M40	90	00:52:16	03:43:23	06:14:07	<b>07:25:22.65</b>	+03:21:47 (45.3%)	10:36	5.7 (55.3%)
235	<b>LEWANDOWSKI Leszek</b>	<b>222</b>	POWSTAŃCY Z KANAPY	M40	91	00:50:46	03:42:00	06:13:48	<b>07:25:41.90</b>	+03:22:07 (45.3%)	10:36	5.7 (55.3%)
236	<b>DĄBROWSKI Maciej</b>	<b>169</b>		M30	79	00:44:59	03:29:13	06:07:26	<b>07:25:52.85</b>	+03:22:18 (45.4%)	10:36	5.7 (55.3%)
237	<b>KWIATKOWSKI Rafał</b>	<b>166</b>		M30	80	00:44:59	03:29:23	06:07:45	<b>07:25:53.10</b>	+03:22:18 (45.4%)	10:36	5.7 (55.3%)
238	<b>JESZKIE Piotr</b>	<b>301</b>		M30	81	00:41:59	03:25:20	06:20:04	<b>07:26:06.05</b>	+03:22:31 (45.4%)	10:37	5.6 (54.4%)
239	<b>KUPISZ Joanna</b>	<b>341</b>		K30	20	00:44:44	03:38:22	06:16:27	<b>07:26:09.75</b>	+03:22:34 (45.4%)	10:37	5.6 (54.4%)
240	<b>CHRZUSZCZ Anna</b>	<b>342</b>		K30	21	00:44:45	03:38:22	06:16:27	<b>07:26:10.05</b>	+03:22:35 (45.4%)	10:37	5.6 (54.4%)
241	<b>KAZIMIERCZAK Filip</b>	<b>261</b>	DZIKIE ŻYCIE RUN TEAM	M30	82	00:47:35	03:31:36	06:15:59	<b>07:28:31.35</b>	+03:24:56 (45.7%)	10:40	5.6 (54.4%)
242	<b>KURPIK Piotr</b>	<b>335</b>		M40	92	00:52:39	03:47:22	06:16:57	<b>07:28:42.45</b>	+03:25:07 (45.7%)	10:41	5.6 (54.4%)
243	<b>SZYMANEK Edyta</b>	<b>63</b>	CROSS STRACEŃCÓW TEAM	K40	19	00:45:31	03:41:27	06:17:12	<b>07:28:42.55</b>	+03:25:07 (45.7%)	10:41	5.6 (54.4%)
244	<b>MAZUR Katarzyna</b>	<b>290</b>	UMLAUT	K40	20	00:48:42	03:48:27	06:21:19	<b>07:28:53.05</b>	+03:25:18 (45.7%)	10:41	5.6 (54.4%)
245	<b>JARCZYŃSKA Katarzyna</b>	<b>180</b>	DRUŻYNA BELGUSA	K40	21	00:46:48	03:51:34	06:24:29	<b>07:30:29.20</b>	+03:26:54 (45.9%)	10:43	5.6 (54.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami		Czas netto 42km	Różn	Tempo min/km	Tempo km/h	
						6km	Trzy Jawory 24km					
246	<b>BARAŃSKA Monika</b>	<b>248</b>		K50	1	00:50:03	03:50:59	06:18:18	<b>07:31:06.60</b>	+03:27:31 (46.0%)	10:44	5.6 (54.4%)
247	<b>KURZYNIEC Łukasz</b>	<b>217</b>		M30	83	00:51:45	03:48:31	06:24:31	<b>07:32:35.80</b>	+03:29:01 (46.2%)	10:46	5.6 (54.4%)
248	<b>CIERACH Leszek</b>	<b>127</b>	PARKRUN GORZÓW WIELKOPOLSKI	M30	84	00:51:33	03:41:04	06:17:50	<b>07:33:28.60</b>	+03:29:53 (46.3%)	10:47	5.6 (54.4%)
249	<b>KOCHANOWSKI Marek</b>	<b>105</b>		M40	93	00:39:16	03:36:40	06:20:17	<b>07:35:31.25</b>	+03:31:56 (46.5%)	10:50	5.5 (53.4%)
250	<b>CIESIELSKI Przemysław</b>	<b>295</b>		M30	85	00:49:50	03:40:28	06:19:30	<b>07:36:11.15</b>	+03:32:36 (46.6%)	10:51	5.5 (53.4%)
251	<b>MATYLA Roman</b>	<b>216</b>		M30	86	00:51:45	03:48:37	06:24:31	<b>07:36:30.75</b>	+03:32:55 (46.6%)	10:52	5.5 (53.4%)
252	<b>PIKUŁA Sebastian</b>	<b>340</b>		M30	87	00:48:55	04:13:06	06:29:30	<b>07:37:14.70</b>	+03:33:39 (46.7%)	10:53	5.5 (53.4%)
253	<b>JAKÓBCZYK Ewelina</b>	<b>271</b>		K18	6	00:48:55	04:13:07	06:29:30	<b>07:37:14.95</b>	+03:33:40 (46.7%)	10:53	5.5 (53.4%)
254	<b>CYBULSKA Monika</b>	<b>280</b>		K40	22	00:46:32	03:43:26	06:20:50	<b>07:38:09.70</b>	+03:34:34 (46.8%)	10:54	5.5 (53.4%)
255	<b>SZEWCZENKO Agnieszka</b>	<b>231</b>	KLUB BIEGACZA BOLESŁAWIEC	K30	22	00:42:13	03:37:29	06:24:58	<b>07:39:40.25</b>	+03:36:05 (47.0%)	10:56	5.5 (53.4%)
256	<b>PIETRZAK Krzysztof</b>	<b>5</b>	BIEGAMBOLUBIĘ - GORZÓW	M30	88	00:45:24	03:41:52	06:26:51	<b>07:40:58.45</b>	+03:37:23 (47.2%)	10:58	5.5 (53.4%)
257	<b>RYŚNIK Błażej</b>	<b>101</b>		M30	89	00:51:40	03:29:54	06:29:53	<b>07:41:39.40</b>	+03:38:04 (47.2%)	10:59	5.5 (53.4%)
258	<b>KOLEJ Monika</b>	<b>131</b>	DZIKIE DZIKI GORZOW	K40	23	00:50:30	04:13:50	06:30:40	<b>07:42:00.30</b>	+03:38:25 (47.3%)	11:00	5.5 (53.4%)
259	<b>SMURA Ewa</b>	<b>33</b>		K30	23	00:49:23	03:49:25	06:30:33	<b>07:42:42.00</b>	+03:39:07 (47.4%)	11:01	5.4 (52.4%)
260	<b>WÓJCIK Izabela</b>	<b>326</b>		K30	24	00:49:24	03:49:26	06:30:32	<b>07:42:42.80</b>	+03:39:08 (47.4%)	11:01	5.4 (52.4%)
261	<b>KONDRAKIEWICZ Rafał</b>	<b>369</b>	KB HARCOWNIK JELCZ-LASKOWICE	M40	94	00:48:41	03:38:40	06:26:32	<b>07:43:16.55</b>	+03:39:41 (47.4%)	11:01	5.4 (52.4%)
262	<b>IGNASZEWSKI Łukasz</b>	<b>349</b>		M30	90	00:49:07	03:46:20	06:30:26	<b>07:46:49.55</b>	+03:43:14 (47.8%)	11:06	5.4 (52.4%)
263	<b>SOBSTYL Roman</b>	<b>153</b>	SOBSTYL.COM	M40	95	00:41:52	03:25:09	06:24:20	<b>07:47:36.35</b>	+03:44:01 (47.9%)	11:08	5.4 (52.4%)
264	<b>SAMPIR Mariusz</b>	<b>4</b>	WWW.ARNEON.COM	M40	96	00:51:24	03:39:44	06:32:19	<b>07:53:11.55</b>	+03:49:36 (48.5%)	11:15	5.3 (51.5%)
265	<b>CHLUDZIŃSKI Patryk</b>	<b>229</b>	ARVATO S.C.REP	M30	91	00:49:04	03:34:40	06:33:36	<b>07:53:24.15</b>	+03:49:49 (48.5%)	11:16	5.3 (51.5%)
266	<b>LENKIEWICZ Aleksander</b>	<b>158</b>	WKURW_TEAM	M40	97	00:47:08	03:40:07	06:33:22	<b>07:55:11.85</b>	+03:51:37 (48.7%)	11:18	5.3 (51.5%)
267	<b>RZEPNIEWSKI Łukasz</b>	<b>159</b>		M40	98	00:48:49	03:40:33	06:33:49	<b>07:55:42.20</b>	+03:52:07 (48.8%)	11:19	5.3 (51.5%)
268	<b>MAKOWSKI Dariusz</b>	<b>52</b>	KM TEAM	M50	12	00:51:17	03:56:28	06:37:14	<b>07:55:43.50</b>	+03:52:08 (48.8%)	11:19	5.3 (51.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami			Czas netto 42km	Różn	Tempo min/km	Tempo km/h
						6km	Trzy Jawory 24km	36km				
269	<b>KORECKI Marcin</b>	<b>215</b>	4FI16	M40	99	00:49:08	03:52:46	06:38:08	<b>07:56:32.55</b>	+03:52:57 (48.9%)	11:20	5.3 (51.5%)
270	<b>SOWA Mikołaj</b>	<b>273</b>	ŁAZARZ TEAM	M18	14	00:55:44	04:17:52	06:48:14	<b>07:56:43.45</b>	+03:53:08 (48.9%)	11:21	5.3 (51.5%)
271	<b>SADŁO Daniel</b>	<b>28</b>	SOLANKOWA TEAM	M30	92	00:48:40	03:27:19	06:30:55	<b>07:57:21.60</b>	+03:53:46 (49.0%)	11:21	5.3 (51.5%)
272	<b>GÓRNA Małgorzata</b>	<b>16</b>		K40	24	00:49:02	03:46:27	06:43:30	<b>07:57:29.95</b>	+03:53:55 (49.0%)	11:22	5.3 (51.5%)
273	<b>GALEWSKI Mariusz</b>	<b>140</b>	KOTLIN	M50	13	00:51:52	03:57:20	06:39:53	<b>07:58:28.35</b>	+03:54:53 (49.1%)	11:23	5.3 (51.5%)
274	<b>KAWECKA Małgorzata</b>	<b>285</b>	DRÄXLMAIER	K40	25	00:53:13	04:06:23	06:45:13	<b>07:59:00.75</b>	+03:55:25 (49.1%)	11:24	5.3 (51.5%)
275	<b>KASZEWSKA Agnieszka</b>	<b>287</b>	DRAEXELMAIER	K40	26	00:53:14	04:06:27	06:45:13	<b>07:59:01.35</b>	+03:55:26 (49.2%)	11:24	5.3 (51.5%)
276	<b>TETERYCZ Dariusz</b>	<b>274</b>		M40	100	00:50:22	03:55:25	06:45:15	<b>08:00:07.80</b>	+03:56:33 (49.3%)	11:25	5.2 (50.5%)
277	<b>OLECHNOWICZ Magda</b>	<b>167</b>		K40	27	00:51:31	04:08:46	06:50:57	<b>08:03:12.65</b>	+03:59:37 (49.6%)	11:30	5.2 (50.5%)
278	<b>ŻUREK Mariusz</b>	<b>109</b>		M50	14	00:40:09	03:46:50	06:43:36	<b>08:03:51.30</b>	+04:00:16 (49.7%)	11:31	5.2 (50.5%)
279	<b>PIOTROWIAK Anna</b>	<b>113</b>	PARKRUN SKIERNIEWICE	K30	25	00:47:24	03:45:05	06:46:11	<b>08:03:54.95</b>	+04:00:20 (49.7%)	11:31	5.2 (50.5%)
280	<b>PIOTROWIAK Tomasz</b>	<b>112</b>	PARKRUN SKIERNIEWICE	M30	93	00:47:28	03:45:05	06:46:12	<b>08:03:55.20</b>	+04:00:20 (49.7%)	11:31	5.2 (50.5%)
281	<b>JANKOWSKA Barbara</b>	<b>390</b>		K40	28	00:48:30	04:01:18	06:49:58	<b>08:03:58.00</b>	+04:00:23 (49.7%)	11:31	5.2 (50.5%)
282	<b>GROSSY Pawel</b>	<b>194</b>		M40	101	00:44:14	03:38:21	06:50:55	<b>08:04:02.90</b>	+04:00:28 (49.7%)	11:31	5.2 (50.5%)
283	<b>JURKIEWICZ Dominik</b>	<b>277</b>		M30	94	00:51:49	03:47:57	06:40:31	<b>08:04:59.35</b>	+04:01:24 (49.8%)	11:32	5.2 (50.5%)
284	<b>UNIEJEWSKA Marzena</b>	<b>22</b>		K40	29	00:52:42	04:02:58	06:44:30	<b>08:07:20.35</b>	+04:03:45 (50.0%)	11:36	5.2 (50.5%)
285	<b>CZEKALSKA Magdalena</b>	<b>123</b>	NARAMOWICKA BIEGAJĄ	K30	26	00:47:32	04:06:32	06:53:40	<b>08:08:47.75</b>	+04:05:12 (50.2%)	11:38	5.2 (50.5%)
286	<b>TOROŃCZAK Elżbieta</b>	<b>365</b>		K30	27	00:48:16	04:01:57	06:55:10	<b>08:09:42.95</b>	+04:06:08 (50.3%)	11:39	5.1 (49.5%)
287	<b>MAZUR Anna</b>	<b>364</b>		K30	28	00:48:13	04:01:57	06:55:10	<b>08:09:44.05</b>	+04:06:09 (50.3%)	11:39	5.1 (49.5%)
288	- -	<b>198</b>		M30	95	00:43:49	03:42:48	06:41:48	<b>08:11:03.25</b>	+04:07:28 (50.4%)	11:41	5.1 (49.5%)
289	<b>JĘDRZEJCZAK Renata</b>	<b>269</b>	NIAGARA FITNESS KLUB	K30	29	00:45:12	03:48:00	06:54:57	<b>08:11:21.20</b>	+04:07:46 (50.4%)	11:41	5.1 (49.5%)
290	<b>KUCZYŃSKI Adam</b>	<b>356</b>	VIKING	M30	96	00:48:41	03:48:47	06:46:57	<b>08:11:55.85</b>	+04:08:21 (50.5%)	11:42	5.1 (49.5%)
291	<b>MILEWSKA Beata</b>	<b>147</b>	HOP DOG	K30	30	00:38:59	03:40:41	06:42:39	<b>08:12:16.70</b>	+04:08:41 (50.5%)	11:43	5.1 (49.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami		Droga pod Reglami 36km	Czas netto 42km	Różn	Tempo min/km	Tempo km/h
						6km	Trzy Jawory 24km					
292	<b>FREJ Marcin</b>	<b>353</b>		M30	97	00:45:33	03:43:42	06:50:43	<b>08:13:29.45</b>	+04:09:54 (50.6%)	11:44	5.1 (49.5%)
293	<b>GRABOWSKA Zuzanna</b>	<b>334</b>	IZBICKO W BIEGU	K18	7	01:01:04	04:26:45	07:01:42	<b>08:14:48.30</b>	+04:11:13 (50.8%)	11:46	5.1 (49.5%)
294	<b>WOJTON Malgorzata</b>	<b>260</b>	PORANNY PATROL	K40	30	00:52:17	04:12:09	06:57:55	<b>08:15:26.35</b>	+04:11:51 (50.8%)	11:47	5.1 (49.5%)
295	<b>PYTKO Jacek</b>	<b>195</b>		M50	15	00:49:28	03:34:03		<b>08:15:31.50</b>	+04:11:56 (50.8%)	11:47	5.1 (49.5%)
296	<b>PASEK Łukasz</b>	<b>330</b>		M40	102	00:48:14	04:13:00	07:09:35	<b>08:15:39.90</b>	+04:12:05 (50.9%)	11:48	5.1 (49.5%)
297	<b>OŹMINKOWSKA Aleksandra</b>	<b>284</b>	DIRTY SAPRROWS	K30	31	00:42:10	03:20:33		<b>08:15:57.90</b>	+04:12:23 (50.9%)	11:48	5.1 (49.5%)
298	<b>WREMBEL Przemysław</b>	<b>254</b>		M40	103	00:49:57	03:52:56	06:51:13	<b>08:18:29.75</b>	+04:14:54 (51.1%)	11:52	5.1 (49.5%)
299	<b>PNIEWSKI Rafał</b>	<b>78</b>	1ON1 RUNNING TEAM	M50	16	00:52:35	04:11:15	07:00:24	<b>08:19:46.80</b>	+04:16:12 (51.3%)	11:53	5 (48.5%)
300	<b>FILIP-PASEK Kasia</b>	<b>145</b>		K40	31	00:48:28	04:13:00	07:09:44	<b>08:20:59.95</b>	+04:17:25 (51.4%)	11:55	5 (48.5%)
301	<b>KACIUPA Agnieszka</b>	<b>25</b>		K40	32	00:51:02	04:17:40	07:08:43	<b>08:23:12.00</b>	+04:19:37 (51.6%)	11:58	5 (48.5%)
302	<b>RZECZYŃSKA Anna</b>	<b>168</b>	BBL GORZÓW WLKP.	K40	33	00:51:51	04:26:26	07:10:25	<b>08:23:54.15</b>	+04:20:19 (51.7%)	11:59	5 (48.5%)
303	<b>IWANIEC Ewa</b>	<b>79</b>		K40	34	00:53:17	04:11:41	07:04:33	<b>08:24:47.55</b>	+04:21:12 (51.7%)	12:01	5 (48.5%)
304	<b>KOWALSKI Andrzej</b>	<b>149</b>	NAPRZÓD MŁOCINY	M40	104	00:47:33	03:56:22	07:04:09	<b>08:25:40.25</b>	+04:22:05 (51.8%)	12:02	5 (48.5%)
305	<b>JANOWSKI Jerzy</b>	<b>20</b>	RONIN	M60	1	00:48:44	03:58:07	07:02:03	<b>08:27:27.15</b>	+04:23:52 (52.0%)	12:04	5 (48.5%)
306	<b>KOSECKA Justyna</b>	<b>32</b>		K40	35	00:50:23	04:17:50	07:12:24	<b>08:28:24.40</b>	+04:24:49 (52.1%)	12:06	5 (48.5%)
307	<b>CZEKALSKI Tomasz</b>	<b>130</b>	NARAMOWICE BIEGAJĄ	M40	105	00:47:33	04:09:56	07:12:09	<b>08:38:23.60</b>	+04:34:48 (53.0%)	12:20	4.9 (47.6%)
308	<b>PASTERNAK Stanisław</b>	<b>379</b>	OLKUSZBIEGA.PL	M50	17	00:49:42	03:52:36	07:08:13	<b>08:44:49.55</b>	+04:41:14 (53.6%)	12:29	4.8 (46.6%)
309	<b>KOZIOŁ Paweł</b>	<b>245</b>		M40	106	00:52:11	04:13:40	07:09:48	<b>08:45:00.40</b>	+04:41:25 (53.6%)	12:30	4.8 (46.6%)
310	<b>ZIĘBA Anna</b>	<b>246</b>		K40	36	00:52:12	04:13:38	07:09:45	<b>08:45:00.55</b>	+04:41:25 (53.6%)	12:30	4.8 (46.6%)
311	<b>BIS Marcin</b>	<b>10</b>		M30	98	00:52:32	04:19:02	07:23:09	<b>08:47:55.00</b>	+04:44:20 (53.9%)	12:34	4.8 (46.6%)
312	<b>TERKA Barbara</b>	<b>163</b>		K40	37	00:53:49	04:22:29	07:31:20	<b>08:51:30.15</b>	+04:47:55 (54.2%)	12:39	4.7 (45.6%)
313	<b>KAWĘCKA Kinga</b>	<b>118</b>		K40	38	00:53:50	04:22:29	07:31:20	<b>08:51:30.85</b>	+04:47:56 (54.2%)	12:39	4.7 (45.6%)
314	<b>MAGDA Iwona</b>	<b>160</b>		K40	39	00:52:02	04:22:37	07:32:40	<b>08:52:30.55</b>	+04:48:55 (54.3%)	12:40	4.7 (45.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 24km	Droga pod Reglami 36km	Czas netto 42km	Różn	Tempo min/km	Tempo km/h
315	<b>HUGETH Agnieszka</b>	<b>154</b>		K40	40	00:52:00	04:22:36	07:32:41	<b>08:52:31.15</b>	+04:48:56 (54.3%)	12:40	4.7 (45.6%)
316	<b>FIDOR Małgorzata</b>	<b>392</b>	STAN UMYSŁU LEWIN BIEGA	K40	41	00:54:02	04:24:39	07:31:29	<b>08:53:43.70</b>	+04:50:08 (54.4%)	12:42	4.7 (45.6%)
317	<b>CIMOSZKO Katarzyna</b>	<b>57</b>	WATAHA WMK	K40	42	00:52:21	04:20:07	07:30:54	<b>08:53:58.55</b>	+04:50:23 (54.4%)	12:42	4.7 (45.6%)
318	<b>TUTAK Tomasz</b>	<b>49</b>	KLUB 42.2 LĘBORK	M40	107	00:52:57	04:23:46	07:33:50	<b>08:54:09.85</b>	+04:50:35 (54.4%)	12:43	4.7 (45.6%)
319	<b>PAZDERSKA-KIPIEL Agnieszka</b>	<b>264</b>	EVIL TEAM	K30	32	00:56:44	04:38:21	07:43:27	<b>08:55:25.85</b>	+04:51:51 (54.5%)	12:44	4.7 (45.6%)
320	<b>KOISZEWSKA Izabela</b>	<b>35</b>	STOWARZYSZENIE 42,2	K40	43	00:56:45	04:27:31	07:47:20	<b>08:57:22.35</b>	+04:53:47 (54.7%)	12:47	4.7 (45.6%)
321	<b>KAMOLA Maciej</b>	<b>213</b>	WYBIEGAĆ MARZENIA TEAM	M30	99	00:50:37	04:19:31	07:29:16	<b>08:57:59.75</b>	+04:54:24 (54.7%)	12:48	4.7 (45.6%)
322	<b>JANKOWSKA Daria</b>	<b>297</b>		K18	8	00:50:17	04:03:30	07:32:43	<b>08:58:55.45</b>	+04:55:20 (54.8%)	12:49	4.7 (45.6%)
323	<b>SMIGIELSKI Rafal</b>	<b>289</b>		M40	108	00:50:18	04:03:09	07:32:44	<b>08:58:56.05</b>	+04:55:21 (54.8%)	12:49	4.7 (45.6%)
324	<b>PAWEŁ Gmerek</b>	<b>346</b>		M40	109	00:57:17	04:27:56	07:33:39	<b>08:59:00.80</b>	+04:55:26 (54.8%)	12:50	4.7 (45.6%)
325	<b>KLIKS Adam</b>	<b>345</b>		M40	110	00:57:18	04:27:58	07:33:41	<b>08:59:01.60</b>	+04:55:26 (54.8%)	12:50	4.7 (45.6%)
326	<b>JABŁOŃSKA Anita</b>	<b>370</b>	TRAWERS TEAM NAKŁO	K40	44	00:51:21	04:25:50	07:39:53	<b>08:59:16.00</b>	+04:55:41 (54.8%)	12:50	4.7 (45.6%)
327	<b>MISIAK Dorota</b>	<b>319</b>		K30	33	00:52:07	04:19:14	07:28:57	<b>08:59:37.70</b>	+04:56:02 (54.9%)	12:50	4.7 (45.6%)
<b>Przekroczony limit czasu: 09:00:00</b>												
328	<b>MISIAK Artur</b>	<b>318</b>		M30	100	00:52:07	04:19:16	07:29:04	<b>09:06:25.60</b>	+05:02:50 (55.4%)	13:00	4.6 (44.7%)
329	<b>VALAIŠIENĖ Lina</b>	<b>249</b>	#UNBREAKABLE	K40	45	00:54:13	04:25:06	07:42:16	<b>09:06:53.75</b>	+05:03:18 (55.5%)	13:01	4.6 (44.7%)
330	<b>WĄTROBA Dorota</b>	<b>45</b>	KLUB 42,2 LĘBORK	K40	46	00:56:45	04:27:31	07:47:19	<b>09:10:37.30</b>	+05:07:02 (55.8%)	13:06	4.6 (44.7%)
331	<b>WASZAK Marek</b>	<b>367</b>		M50	18	00:53:29	04:19:30	07:35:07	<b>09:11:37.40</b>	+05:08:02 (55.8%)	13:08	4.6 (44.7%)
332	<b>RUDNICKA Agata</b>	<b>23</b>		K50	2	00:53:20	04:44:44	08:04:29	<b>09:27:52.95</b>	+05:24:18 (57.1%)	13:31	4.4 (42.7%)
333	<b>KOBUSZEWSKI Maciej</b>	<b>129</b>		M40	111	00:52:27	04:18:38	07:44:18	<b>09:30:07.30</b>	+05:26:32 (57.3%)	13:34	4.4 (42.7%)
334	<b>PIETRZYKOWSKA Monika</b>	<b>116</b>		K40	47	00:52:27	04:18:35	07:44:18	<b>09:30:09.55</b>	+05:26:34 (57.3%)	13:34	4.4 (42.7%)
335	<b>KATA Wioletta</b>	<b>106</b>		K50	3	00:51:43	04:45:52	08:01:27	<b>09:31:30.90</b>	+05:27:56 (57.4%)	13:36	4.4 (42.7%)
336	<b>SMORAŃGIEWICZ Marcin</b>	<b>62</b>		M40	112	00:58:30	04:34:50	08:01:12	<b>09:32:02.85</b>	+05:28:28 (57.4%)	13:37	4.4 (42.7%)
337	<b>SOWIŃSKA Anetta</b>	<b>278</b>		K40	48	00:50:27	04:24:59	08:01:21	<b>09:32:10.95</b>	+05:28:36 (57.4%)	13:37	4.4 (42.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 24km	Droga pod Reglami 36km	Czas netto 42km	Różn	Tempo min/km	Tempo km/h
338	<b>BUBEL Alina</b>	<b>77</b>		K50	4	01:00:20	04:42:01	08:05:34	<b>09:40:06.05</b>	+05:36:31 (58.0%)	13:48	4.3 (41.7%)
339	<b>ZELMANOWICZ - SZŁAPA Ewa</b>	<b>304</b>	IZBICKO W BIEGU	K40	49	01:01:03	04:57:22	08:12:12	<b>09:43:05.00</b>	+05:39:30 (58.2%)	13:52	4.3 (41.7%)
340	<b>NOWAK Marcin</b>	<b>327</b>	KLUB BIEGACZA RTV EURO AGD	M18	15	00:53:52	04:17:56	07:51:31	<b>09:47:56.60</b>	+05:44:21 (58.6%)	13:59	4.3 (41.7%)
341	<b>RZEPKA Mirek</b>	<b>61</b>		M60	2	00:58:36	05:01:25	08:41:57	<b>10:20:47.00</b>	+06:17:12 (60.8%)	14:46	4.1 (39.8%)
	<b>KUCZYŃSKI Michał</b>	<b>382</b>	FRONTREAR	M30		00:38:48 DNF	DNF	DNF	<b>DNF</b>		-	- (0.0%)
	<b>NOWAK Przemysław</b>	<b>251</b>		M30		00:28:28 DNF	02:13:48 DNF	DNF	<b>DNF</b>		-	- (0.0%)
	<b>RATYMIRSKI Wojtek</b>	<b>38</b>		M40		00:39:18 DNF	03:17:44 DNF	DNF	<b>DNF</b>		-	- (0.0%)
	<b>LASOCKI Marcin</b>	<b>210</b>	12TRI.PL / TEAM ZABIEGANEDNI	M40		00:33:57 DNF	DNF	DNF	<b>DNF</b>		-	- (0.0%)
	<b>SZTURO Jan</b>	<b>136</b>	PODGÓRZYN-GMINA PRZYJAZNA Z NATURY	M50		00:35:49 DNF	DNF	DNF	<b>DNF</b>		-	- (0.0%)
	<b>POPŁAWSKI Dariusz</b>	<b>124</b>	GEPARD MUROWANA GOSLINA	M40		DNF	DNF	DNF	<b>DNF</b>		-	- (0.0%)

Znaleziono 347 wynik(ów)