



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

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

CHOJNIK MARATON

B4SPORT

B4SPORT
INTELIGENTNE 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	KARWACZYŃSKI Roger	66		M30	1	00:29:04	02:05:06	03:24:22	04:03:34.80		5:47	10.3 (100%)
2	BOULKHALF Abdellatif	314	KB WIKON NOWA SÓL	M30	2	00:28:28	02:05:19	03:25:11	04:08:40.40	+00:05:05 (2.0%)	5:55	10.1 (98.1%)
3	LULIS Dawid	17	ALTRA TEAM RED	M30	3	00:28:31	02:07:01	03:32:09	04:15:10.40	+00:11:35 (4.5%)	6:04	9.9 (96.1%)
4	ŁYJAK Błażej	396	RATEMYTRAIL.COM	M40	1	00:30:40	02:13:10	03:38:40	04:20:47.10	+00:17:12 (6.6%)	6:12	9.7 (94.2%)
5	BONIEC Radosław	224		M30	4	00:28:29	02:11:14	03:37:41	04:23:36.60	+00:20:01 (7.6%)	6:16	9.6 (93.2%)
6	ŁĘŻNIAK Aleksander	343	MONK SANDALS TEAM	M30	5	00:30:45	02:15:09	03:44:23	04:32:24.05	+00:28:49 (10.6%)	6:29	9.3 (90.3%)
7	PILARSKI Tomasz	363	IZERY BOGATYNIA	M40	2	00:30:48	02:16:15	03:50:16	04:33:44.65	+00:30:09 (11.0%)	6:31	9.2 (89.3%)
8	TERZONI Christian	219	PRZEDWOJEWSKI TEAM	M30	6	00:31:16	02:19:39	03:53:27	04:38:20.20	+00:34:45 (12.5%)	6:37	9.1 (88.3%)
9	LEWANDOWSKI Piotr	196		M30	7	00:32:39	02:22:28	03:58:09	04:46:54.50	+00:43:19 (15.1%)	6:49	8.8 (85.4%)
10	KRASULAK Daniel	138	TRENUJZNAMI.PL	M40	3	00:28:48	02:19:00	03:59:45	04:52:42.05	+00:49:07 (16.8%)	6:58	8.6 (83.5%)
11	SIERADZKI Krzysztof	174	PRZEDWOJEWSKI TEAM	M30	8	00:30:35	02:24:39	04:06:51	04:54:26.05	+00:50:51 (17.3%)	7:00	8.6 (83.5%)
12	WEŁNIAK Przemysław	47	MOGILNO TEAM	M40	4	00:30:29	02:25:47	04:07:50	04:56:42.10	+00:53:07 (17.9%)	7:03	8.5 (82.5%)
13	JAŃCZAK Filip	391	JAŃCZAK RUN	M30	9	00:28:17	02:10:09	03:58:02	04:56:44.15	+00:53:09 (17.9%)	7:03	8.5 (82.5%)
14	ŚLIWIŃSKI Rafał	31		M30	10	00:34:11	02:33:54	04:12:19	04:56:54.65	+00:53:19 (18.0%)	7:04	8.5 (82.5%)
15	BIAŁOBLÓCKA Alicja	71		K30	1	00:33:29	02:31:24	04:11:00	04:57:52.55	+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	MUCKACZOW Jacek	395		M40	5	00:33:38	02:24:15	04:06:42	04:59:01.15	+00:55:26 (18.5%)	7:07	8.4 (81.6%)
17	NIEPALA Jacek	14	OBORYGENI	M30	11	00:32:04	02:29:22	04:15:04	05:03:00.20	+00:59:25 (19.6%)	7:12	8.3 (80.6%)
18	ARDELLI Ewa	93	BIELAWSKA AKADEMIA BIEGANIA	K40	1	00:33:36	02:36:21	04:16:40	05:04:10.20	+01:00:35 (19.9%)	7:14	8.3 (80.6%)
19	BIAŁEK Beata	24	KB HERMES	K40	2	00:34:51	02:33:05	04:17:50	05:07:37.10	+01:04:02 (20.8%)	7:19	8.2 (79.6%)
20	TROJANOWSKI Artur	333	KB WIKON NOWA SÓL	M30	12	00:33:01	02:32:18	04:16:03	05:10:21.50	+01:06:46 (21.5%)	7:23	8.1 (78.6%)
21	GÓRSKA Agnieszka	282		K40	3	00:34:36	02:41:33	04:25:25	05:13:00.20	+01:09:25 (22.2%)	7:27	8.1 (78.6%)
22	RINK Jan	85		M40	6	00:35:59	02:36:50	04:24:04	05:14:39.45	+01:11:04 (22.6%)	7:29	8 (77.7%)
23	LUKASZEWSKI Mateusz	155		M18	1	00:31:28	02:32:16	04:20:54	05:19:06.05	+01:15:31 (23.7%)	7:35	7.9 (76.7%)
24	DOBIJA Jacek	172	WAŚ NA TATRZAŃSKIEJ	M18	2	00:38:21	02:44:46	04:26:50	05:20:02.95	+01:16:28 (23.9%)	7:37	7.9 (76.7%)
25	ŻURAWSKI Sławomir	354	PGBSPORTOWAPACZKA	M40	7	00:33:15	02:38:13	04:25:52	05:20:17.40	+01:16:42 (24.0%)	7:37	7.9 (76.7%)
26	WÓJTOWICZ Stefan	376		M30	13	00:34:28	02:41:35	04:30:39	05:24:02.80	+01:20:28 (24.8%)	7:42	7.8 (75.7%)
27	ANDRZEJEWSKA Magdalena	338	SMYKOFSKI	K40	4	00:36:04	02:43:01	04:30:30	05:24:13.10	+01:20:38 (24.9%)	7:43	7.8 (75.7%)
28	LITWIN Michał	42	LITEWIN	M30	14	00:33:54	02:37:12	04:29:31	05:24:45.80	+01:21:11 (25.0%)	7:43	7.8 (75.7%)
29	SIETKIEWICZ Piotr	178	WCL / GLEIPNIR	M30	15	00:35:47	02:43:26	04:33:04	05:26:16.55	+01:22:41 (25.3%)	7:46	7.7 (74.8%)
30	FILIPEK Wojciech	351		M30	16	00:34:18	02:35:33	04:26:55	05:27:54.90	+01:24:20 (25.7%)	7:48	7.7 (74.8%)
31	SZARAPANOWSKI Marcin	15	ULTRA DIABŁY TEAM LUBRZA	M40	8	00:34:46	02:41:59	04:36:16	05:28:22.95	+01:24:48 (25.8%)	7:49	7.7 (74.8%)
32	MARCINIAK Maciej	383		M30	17	00:37:52	02:46:11	04:34:13	05:28:42.00	+01:25:07 (25.9%)	7:49	7.7 (74.8%)
33	BIAŁY Adam	171		M40	9	00:35:55	02:41:06	04:27:55	05:29:01.25	+01:25:26 (26.0%)	7:50	7.7 (74.8%)
34	MICHALOWSKI Marcin	98	MARCINSWIERCTEAM	M40	10	00:36:53	02:42:09	04:36:12	05:29:58.80	+01:26:24 (26.2%)	7:51	7.6 (73.8%)
35	DUDZIŃSKA Maja	311		K40	5	00:35:14	02:44:53	04:38:06	05:30:01.85	+01:26:27 (26.2%)	7:51	7.6 (73.8%)
36	MARGOL Paweł	329		M30	18	00:34:53	02:37:32	04:33:39	05:30:11.25	+01:26:36 (26.2%)	7:51	7.6 (73.8%)
37	IWASZCZYSZYN Tomasz	350	RMT TEAM & PRZYJACIELE / RATEMYTRAIL.COM	M30	19	00:37:18	02:45:49	04:37:33	05:30:35.05	+01:27:00 (26.3%)	7:52	7.6 (73.8%)
38	ANDRZEJEWSKI Tomasz	56	MOGILNO TEAM	M40	11	00:35:21	02:46:57	04:37:36	05:31:04.20	+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	KARCZ Tomasz	393		M40	12	00:34:11	02:40:51	04:34:58	05:31:49.75	+01:28:14 (26.6%)	7:54	7.6 (73.8%)
40	ŻBIK Bartosz	107	SMART THERAPY	M30	20	00:36:05	02:41:28	04:37:01	05:32:04.20	+01:28:29 (26.6%)	7:54	7.6 (73.8%)
41	POLACZEK Daniel	90	IZBICKO W BIEGU	M18	3	00:36:01	02:41:37	04:39:38	05:32:45.30	+01:29:10 (26.8%)	7:55	7.6 (73.8%)
42	ZAWODNIK Łukasz	388	EKIPA ZAWODNIKA	M30	21	00:34:22	02:33:46	04:36:14	05:34:33.35	+01:30:58 (27.2%)	7:57	7.5 (72.8%)
43	MORAWSKI Filip	121	KRAKOWIAKTEAM	M40	13	00:35:19	02:43:48	04:38:33	05:34:48.45	+01:31:13 (27.2%)	7:58	7.5 (72.8%)
44	SZELA Łukasz	179	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	M30	22	00:36:40	02:45:45	04:39:15	05:36:00.55	+01:32:25 (27.5%)	8:00	7.5 (72.8%)
45	KOWALSKI Tomasz	265	DZIKI ROBIĄ CHRUM	M30	23	00:38:11	02:41:34	04:37:37	05:36:10.25	+01:32:35 (27.5%)	8:00	7.5 (72.8%)
46	BARTKIEWICZ Paweł	307	ADAM DRACZYŃSKI RUNNING TEAM	M50	1	00:34:27	02:46:39	04:41:57	05:36:47.75	+01:33:12 (27.7%)	8:01	7.5 (72.8%)
47	STANUCHIEWICZ Oskar	193		M40	14	00:33:50	02:36:46	04:35:11	05:37:05.15	+01:33:30 (27.7%)	8:01	7.5 (72.8%)
48	IDOWIAK Łukasz	143		M30	24	00:38:01	02:47:18	04:43:25	05:37:20.90	+01:33:46 (27.8%)	8:01	7.5 (72.8%)
49	BUSZMAN Krystian	104	RUMIA TRAIL TEAM	M30	25	00:36:22	02:42:24	04:41:38	05:38:18.65	+01:34:43 (28.0%)	8:03	7.4 (71.8%)
50	GOŁĘBIEWSKA Oliwia	332		K18	1	00:36:35	02:54:37	04:45:36	05:38:32.60	+01:34:57 (28.1%)	8:03	7.4 (71.8%)
51	JASKIEWICZ Adrian	355	LESZNO LIMITS RUNNERS	M40	15	00:35:29	02:42:01	04:43:32	05:38:33.65	+01:34:58 (28.1%)	8:03	7.4 (71.8%)
52	WANDEL Piotr	114	GARY TEAM	M40	16	00:35:36	02:42:52	04:39:54	05:38:43.70	+01:35:08 (28.1%)	8:03	7.4 (71.8%)
53	LAMEK Andrzej	384	AKTYWNY OSTRZESZÓW	M50	2	00:38:05	02:47:07	04:44:17	05:39:03.25	+01:35:28 (28.2%)	8:04	7.4 (71.8%)
54	WIECZOREK Maria	29	PRZEDWOJEWSKI TEAM	K30	2	00:40:18	02:55:20	04:45:04	05:39:58.80	+01:36:24 (28.4%)	8:05	7.4 (71.8%)
55	KORZENIEWSKI Jarosław	339	TEAM KOPEĆ	M40	17	00:34:32	02:41:13	04:42:30	05:40:51.60	+01:37:16 (28.5%)	8:06	7.4 (71.8%)
56	GRANOPS Maciej	242		M40	18	00:42:23	02:54:27	04:46:54	05:42:04.00	+01:38:29 (28.8%)	8:08	7.4 (71.8%)
57	RESPONDEK Anna	94		K30	3	00:39:35	02:57:11	04:50:08	05:43:14.45	+01:39:39 (29.0%)	8:10	7.3 (70.9%)
58	ŚNIERZYŃSKI Robert	164		M30	26	00:38:33	02:47:53	04:45:25	05:43:18.65	+01:39:43 (29.0%)	8:10	7.3 (70.9%)
59	BANDUROWSKI Andrzej	310	KB SPOCENI NOWA SÓL	M40	19	00:34:25	02:46:31	04:48:23	05:44:37.50	+01:41:02 (29.3%)	8:12	7.3 (70.9%)
60	KARPOWICZ Rafal	108		M40	20	00:35:01	02:35:41	04:48:14	05:44:51.45	+01:41:16 (29.4%)	8:12	7.3 (70.9%)
61	PĘKALA Marcin	223	ONEMANRUNTEAM	M40	21	00:37:48	02:47:29	04:49:10	05:45:21.10	+01:41:46 (29.5%)	8:13	7.3 (70.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod	Trzy	Droga pod	Czas	Różn	Tempo min/km	Tempo km/h
						Reglami 6km	Jawory 24km	Reglami 36km	netto 42km			
62	JODŁOWSKI Marek	294	BBL KROSNO ODRZANSKIE	M40	22	00:37:58	02:51:05	04:49:14	05:45:25.80	+01:41:51 (29.5%)	8:13	7.3 (70.9%)
63	HETMAN Łukasz	244		M40	23	00:39:17	02:47:51	04:44:23	05:45:27.55	+01:41:52 (29.5%)	8:13	7.3 (70.9%)
64	SOKULSKI Tomasz	184		M30	27	00:37:41	02:48:53	04:47:31	05:46:32.45	+01:42:57 (29.7%)	8:15	7.3 (70.9%)
65	CIESIELSKI Witold	387		M40	24	00:37:20	02:52:42	04:50:12	05:47:07.90	+01:43:33 (29.8%)	8:15	7.3 (70.9%)
66	BRĄCZKOWSKI Damian	283		M18	4	00:39:53	02:56:15	04:50:06	05:47:45.15	+01:44:10 (30.0%)	8:16	7.2 (69.9%)
67	ZIEMKIEWICZ Jarek	236	2 KROKI DO METY	M40	25	00:37:56	02:50:05	04:48:37	05:47:50.70	+01:44:15 (30.0%)	8:16	7.2 (69.9%)
68	OLEJNICZAK Piotr	151		M40	26	00:38:40	02:50:08	04:50:18	05:48:12.75	+01:44:37 (30.0%)	8:17	7.2 (69.9%)
69	KASZKOWIAK Bogumil	315	WRONKI	M40	27	00:45:20	03:02:31	04:55:40	05:48:40.50	+01:45:05 (30.1%)	8:18	7.2 (69.9%)
70	WALERCZYK Bartosz	218		M30	28	00:40:04	02:47:06	04:45:48	05:49:23.85	+01:45:49 (30.3%)	8:19	7.2 (69.9%)
71	KRZYWDZIŃSKI Bartłomiej	380		M40	28	00:37:40	02:48:04	04:51:22	05:49:26.85	+01:45:52 (30.3%)	8:19	7.2 (69.9%)
72	LOREK Adam	67	BIEGAM DLA SIEBIE	M40	29	00:35:50	02:51:06	04:55:07	05:50:14.45	+01:46:39 (30.5%)	8:20	7.2 (69.9%)
73	SITEK Andrzej	204		M40	30	00:39:42	02:47:33	04:46:50	05:50:30.35	+01:46:55 (30.5%)	8:20	7.2 (69.9%)
74	WOJEWODA Maciej	227	VEGE RUNNERS	M30	29	00:39:19	02:55:38	04:55:04	05:50:34.25	+01:46:59 (30.5%)	8:20	7.2 (69.9%)
75	MAJEWSKI Krystian	238	RUNEDA	M40	31	00:34:39	02:50:38	04:55:47	05:52:38.95	+01:49:04 (30.9%)	8:23	7.1 (68.9%)
76	HOJAN Lukasz	309		M30	30	00:42:04	03:01:47	04:56:53	05:52:56.35	+01:49:21 (31.0%)	8:24	7.1 (68.9%)
77	KOCJAN Paweł	281	KB I LOVE ZIEMEK / KIDS RUN	M40	32	00:42:48	02:54:34	04:52:30	05:53:07.35	+01:49:32 (31.0%)	8:24	7.1 (68.9%)
78	ZIOBROWSKA Anna	214	BIEGOSTACJA ULTRA TEAM	K18	2	00:38:03	02:55:11	04:57:19	05:54:05.30	+01:50:30 (31.2%)	8:25	7.1 (68.9%)
79	BROJ Michał	209		M40	33	00:41:57	02:51:10	04:52:21	05:55:43.10	+01:52:08 (31.5%)	8:28	7.1 (68.9%)
80	LASEK Mikołaj	73	PAN WUEFISTA	M30	31	00:39:33	02:51:52	04:54:51	05:56:35.05	+01:53:00 (31.7%)	8:29	7.1 (68.9%)
81	DOMAGAŁA Krzysztof	276	PSARUS '87 / WRZEŚNIA	M30	32	00:37:56	02:48:13	04:54:38	05:57:19.80	+01:53:45 (31.8%)	8:30	7.1 (68.9%)
82	POSADOWSKI Szymon	366		M30	33	00:38:46	02:54:44	04:58:42	05:57:20.55	+01:53:45 (31.8%)	8:30	7.1 (68.9%)
83	MATYJA Rafał	39	LESZNOLIMITS RUNNERS	M30	34	00:39:31	02:59:55	05:04:26	05:58:20.40	+01:54:45 (32.0%)	8:31	7 (68.0%)
84	BRZOZOWSKA Joanna	321	ZADYSZKA	K18	3	00:38:23	02:51:06	04:56:50	05:58:28.85	+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	MARCZAK Tomasz	36	CZYSTA AMATORKA	M40	34	00:38:26	02:52:31	04:56:47	05:58:30.15	+01:54:55 (32.1%)	8:32	7 (68.0%)
86	KUCHARCZYK Kamil	331	TRI NOT TO DIE	M30	35	00:43:33	03:01:59	05:04:36	06:00:58.70	+01:57:23 (32.5%)	8:35	7 (68.0%)
87	POLAK Jacek	267	BIEGUSIEM.PL	M40	35	00:38:44	02:54:21	05:01:46	06:01:30.40	+01:57:55 (32.6%)	8:36	7 (68.0%)
88	MIELNIK Michał	55	PANICZE	M30	36	00:40:59	02:57:24	04:59:25	06:02:34.10	+01:58:59 (32.8%)	8:37	7 (68.0%)
89	ŁUKACKI Daniel	43		M40	36	00:41:51	03:05:40	05:08:51	06:04:00.50	+02:00:25 (33.1%)	8:40	6.9 (67.0%)
90	BLACHA Krzysztof	337	TRASY-BIEGOWE.PL	M30	37	00:37:03	02:54:37	05:06:11	06:04:04.75	+02:00:29 (33.1%)	8:40	6.9 (67.0%)
91	WOJCIECHOWSKI Maciej	324		M40	37	00:38:59	02:59:06	05:03:33	06:04:11.70	+02:00:36 (33.1%)	8:40	6.9 (67.0%)
92	ZERZUT Jarosław	60		M50	3	00:45:10	02:59:22	05:04:41	06:05:04.65	+02:01:29 (33.3%)	8:41	6.9 (67.0%)
93	WYSOCKI Andrzej	305		M40	38	00:41:22	03:03:17	05:06:09	06:05:14.40	+02:01:39 (33.3%)	8:41	6.9 (67.0%)
94	MECHLIŃSKI Łukasz	361	KLUB 42,2	M40	39	00:40:06	03:11:49	05:10:45	06:05:28.20	+02:01:53 (33.4%)	8:42	6.9 (67.0%)
95	PILAREK Wojciech	359		M30	38	00:42:48	03:02:50	05:08:18	06:06:11.90	+02:02:37 (33.5%)	8:43	6.9 (67.0%)
96	KODZIS Lesław	286		M40	40	00:39:54	03:01:22	05:06:50	06:07:24.55	+02:03:49 (33.7%)	8:44	6.9 (67.0%)
97	BRUDEREK Tomasz	296	PRIMUM CURRERE	M40	41	00:39:46	03:01:54	05:12:41	06:07:48.15	+02:04:13 (33.8%)	8:45	6.9 (67.0%)
98	ŻABIEREK Tomasz	306		M40	42	00:38:14	03:01:01	05:08:11	06:08:01.15	+02:04:26 (33.8%)	8:45	6.8 (66.0%)
99	SMOLARZ Marek	357		M40	43	00:42:12	02:59:44	04:58:49	06:08:23.55	+02:04:48 (33.9%)	8:46	6.8 (66.0%)
100	STRAUCHOLD Anna	110	GARY TEAM	K40	6	00:40:22	03:10:01	05:10:45	06:08:29.80	+02:04:55 (33.9%)	8:46	6.8 (66.0%)
101	TYLIŃSKI Arkadiusz	211	LESZ NO LIMITS RUNNERS	M50	4	00:38:59	03:04:49	05:12:02	06:10:42.95	+02:07:08 (34.3%)	8:49	6.8 (66.0%)
102	WILCZKOWIAK Jan	275	LESZ NO LIMITS RUNNERS	M30	39	05:01:43			06:11:08.35	+02:07:33 (34.4%)	8:50	6.8 (66.0%)
103	ALGIERSKI Paweł	362		M18	5	00:37:22	02:55:03	05:05:23	06:11:11.05	+02:07:36 (34.4%)	8:50	6.8 (66.0%)
104	KRZYSZTOŃ Maciej	176	KB GEPARD MUROWANA GOŚLINA	M40	44	00:39:39	02:58:01	05:11:07	06:12:35.15	+02:09:00 (34.6%)	8:52	6.8 (66.0%)
105	NAPIERAŁA Tomasz	336		M40	45	00:39:03	02:55:43	05:13:45	06:12:48.05	+02:09:13 (34.7%)	8:52	6.8 (66.0%)
106	KACZOR Piotr	320	SAMOTNY WILK Z KOTOWIC	M40	46	00:35:57	02:49:11	05:09:16	06:12:58.30	+02:09:23 (34.7%)	8:52	6.8 (66.0%)
107	PIĄTEK Anita	381	FRONTREAR	K30	4	00:38:47	03:08:32	05:13:55	06:13:02.25	+02:09:27 (34.7%)	8:52	6.8 (66.0%)

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
108	GAPIŃSKI Marcin	300	UMYSŁ ULTRASA	M40	47	00:41:24	03:05:03	05:10:29	06:13:18.70	+02:09:43 (34.8%)	8:53	6.8 (66.0%)
109	SMOTER Damian	312		M30	40	00:39:43	03:01:28	05:13:05	06:16:11.60	+02:12:36 (35.3%)	8:57	6.7 (65.0%)
110	GĄSKA Konrad	59	TEAMLUSIA	M30	41	00:39:44	02:55:41	05:09:12	06:17:09.00	+02:13:34 (35.4%)	8:58	6.7 (65.0%)
111	NOWAK Jacek	76		M50	5	00:38:40	03:01:42	05:11:09	06:17:13.50	+02:13:38 (35.4%)	8:58	6.7 (65.0%)
112	WALUŚKIEWICZ Artur	53	SOLA FIDE	M50	6	00:44:10	03:02:45	05:11:51	06:17:22.30	+02:13:47 (35.5%)	8:59	6.7 (65.0%)
113	ROSOŁOWSKI Grzegorz	371	NADAKTYWNI NOWE MIASTECZKO	M40	48	00:38:10	03:02:00	05:16:32	06:22:17.20	+02:18:42 (36.3%)	9:06	6.6 (64.1%)
114	KUBIAK Karolina	292		K40	7	00:44:09	03:11:57	05:21:30	06:23:09.90	+02:19:35 (36.4%)	9:07	6.6 (64.1%)
115	MIKOŁAJCZAK Arkadiusz	92		M30	42	00:40:20	03:07:28	05:21:40	06:24:22.90	+02:20:48 (36.6%)	9:09	6.6 (64.1%)
116	BARCZAK Robert	128	RUN TEAM RYDZYNA	M40	49	00:39:01	03:02:16	05:17:52	06:24:35.45	+02:21:00 (36.7%)	9:09	6.6 (64.1%)
117	BURZYŃSKI Łukasz	12	BGC RUNNERS	M30	43	05:17:49			06:24:39.00	+02:21:04 (36.7%)	9:09	6.6 (64.1%)
118	JAZ Krzysztof	152	KM TEAM	M50	7	05:23:09			06:25:07.25	+02:21:32 (36.8%)	9:10	6.5 (63.1%)
119	MIERZWICKI Krzysztof	358	MAZURSKIE TROPY	M40	50	00:36:37	03:02:37	05:17:11	06:25:53.45	+02:22:18 (36.9%)	9:11	6.5 (63.1%)
120	WOJTKOWIAK Marcin	86	KOŹMIN BIEGA	M40	51	00:34:58	03:00:05	05:17:36	06:26:06.70	+02:22:31 (36.9%)	9:11	6.5 (63.1%)
121	RATAJCZAK Łukasz	279	NIGHT RUNNERS	M40	52	00:37:55	02:54:33	05:20:32	06:26:34.75	+02:22:59 (37.0%)	9:12	6.5 (63.1%)
122	SZYMCZYK Michał	234	DRUŻYNA CHROBREGO	M40	53	00:42:36	03:13:12	05:28:10	06:27:04.75	+02:23:29 (37.1%)	9:12	6.5 (63.1%)
123	KAŻMIERCZAK Oskar	65		M30	44	00:42:20	03:06:42	05:20:17	06:27:06.40	+02:23:31 (37.1%)	9:13	6.5 (63.1%)
124	BARTKOWIAK Rafał	27		M40	54	00:40:49	03:08:30	05:25:10	06:28:16.45	+02:24:41 (37.3%)	9:14	6.5 (63.1%)
125	BURZYŃSKA Ewelina	212	NATURA BIEDRUSKO	K40	8	00:40:39	03:20:56	05:26:01	06:28:26.65	+02:24:51 (37.3%)	9:14	6.5 (63.1%)
126	BIELECKI Robert	316		M50	8	00:43:18	03:16:16	05:27:25	06:29:19.45	+02:25:44 (37.4%)	9:16	6.5 (63.1%)
127	LATOS Sławomir	201		M40	55	00:41:30	03:02:32	05:19:21	06:29:56.35	+02:26:21 (37.5%)	9:17	6.5 (63.1%)
128	GOCAŁ Marek	1		M40	56	00:38:54	03:01:30	05:21:15	06:30:24.20	+02:26:49 (37.6%)	9:17	6.5 (63.1%)
129	WOŹNIAK Paweł	64	KLEP	M40	57	00:38:15	02:58:04	05:25:22	06:31:48.95	+02:28:14 (37.8%)	9:19	6.4 (62.1%)
130	KRUPIANIK Tomasz	203		M30	45	00:47:58	03:23:22	05:30:37	06:32:16.50	+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	WIKLIŃSKI Jarosław	26		M40	58	00:41:21	03:06:13	05:22:38	06:33:16.80	+02:29:42 (38.1%)	9:21	6.4 (62.1%)
132	STEFAŃSKI Marcin	137	PARKRUN DĄBRÓWKA	M40	59	00:42:18	03:14:24	05:28:53	06:33:47.40	+02:30:12 (38.1%)	9:22	6.4 (62.1%)
133	KUJAWSKA Agnieszka	9		K40	9	00:40:55	03:13:14	05:29:46	06:33:52.00	+02:30:17 (38.2%)	9:22	6.4 (62.1%)
134	TONDER Filip	322	WLKP MOUNTAINS ULTRA	M40	60	00:45:01	03:20:41	05:32:32	06:34:05.10	+02:30:30 (38.2%)	9:22	6.4 (62.1%)
135	BARAŃSKA Celestyna	157	ACCENTURE	K30	5	00:44:47	03:30:38	05:38:38	06:35:19.60	+02:31:44 (38.4%)	9:24	6.4 (62.1%)
136	OWCZARZAK Tomasz	6		M30	46	00:47:21	03:26:19	05:35:17	06:35:55.25	+02:32:20 (38.5%)	9:25	6.4 (62.1%)
137	OWCZARZAK Katarzyna	3		K30	6	00:47:20	03:26:26	05:35:16	06:35:55.35	+02:32:20 (38.5%)	9:25	6.4 (62.1%)
138	RADZIKOWSKI Łukasz	197	KS POSNANIA TRIATHLON	M30	47	00:40:58	03:14:52	05:37:12	06:35:56.25	+02:32:21 (38.5%)	9:25	6.4 (62.1%)
139	IWANIUK Maciej	84		M30	48	00:39:59	03:09:30	05:30:01	06:36:25.65	+02:32:50 (38.6%)	9:26	6.4 (62.1%)
140	SZCZUCKA Róża	170		K30	7	00:44:57	03:21:49	05:36:08	06:38:02.60	+02:34:27 (38.8%)	9:28	6.3 (61.2%)
141	WOJCIESZYŃSKI Tomasz	135	BBL GORZÓW	M40	61	00:41:12	03:11:50	05:33:12	06:39:17.95	+02:35:43 (39.0%)	9:30	6.3 (61.2%)
142	ŁĘTOWSKI Mariusz	146		M40	62	00:50:01	03:33:49	05:39:55	06:39:31.40	+02:35:56 (39.0%)	9:30	6.3 (61.2%)
143	WASIELEWSKA Natalia	91		K30	8	00:46:07	03:25:34	05:39:28	06:40:33.90	+02:36:59 (39.2%)	9:32	6.3 (61.2%)
144	GRYGIER Tomasz	258		M40	63	00:43:01	03:13:26	05:32:16	06:40:50.90	+02:37:16 (39.2%)	9:32	6.3 (61.2%)
145	NOWAK Krystian	228	NKB CHYŻY NOWY TOMYŚL	M18	6	00:38:09	03:10:12	05:29:33	06:41:00.50	+02:37:25 (39.3%)	9:32	6.3 (61.2%)
146	PIOTROWICZ Michał	389	ORTHOS TEAM	M30	49	00:42:34	03:07:03	05:29:52	06:42:27.15	+02:38:52 (39.5%)	9:34	6.3 (61.2%)
147	MECHLIŃSKI Tomasz	360	KLUB 42,2	M40	64	00:40:07	03:20:21	05:36:47	06:43:12.00	+02:39:37 (39.6%)	9:36	6.3 (61.2%)
148	STĘPNOWSKI Jakub	325		M30	50	00:47:52	03:14:40	05:37:22	06:43:20.15	+02:39:45 (39.6%)	9:36	6.2 (60.2%)
149	KACPRZAK Michał	88		M18	7	00:44:58	03:10:22	05:33:52	06:43:21.75	+02:39:46 (39.6%)	9:36	6.2 (60.2%)
150	KOPCZYŃSKI Paweł	368		M40	65	00:47:24	03:17:21	05:24:53	06:43:43.45	+02:40:08 (39.7%)	9:36	6.2 (60.2%)
151	BUĆKO Marcin	206	KLUB BIEGACZA FARTLEK	M40	66	00:39:29	03:07:47	05:36:30	06:43:57.20	+02:40:22 (39.7%)	9:37	6.2 (60.2%)
152	HAŁAS Katarzyna	175	KB GEPARD MUROWANA GOŚLINA	K40	10	00:46:28	03:30:36	05:43:07	06:46:00.55	+02:42:25 (40.0%)	9:40	6.2 (60.2%)
153	PODGÓRSKI Paweł	237	ŚLĘZAK TEAM	M30	51	00:46:46	03:15:13	05:37:02	06:46:29.80	+02:42:55 (40.1%)	9:40	6.2 (60.2%)

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

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

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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami		Czas netto 42km	Różn	Tempo min/km	Tempo km/h	
						6km	Trzy Jawory 24km					36km
223	SUCHOLAS Mateusz	317		M30	77	00:46:35	03:31:42	06:11:12	07:21:38.05	+03:18:03 (44.8%)	10:30	5.7 (55.3%)
224	CZUCHROWSKI Daniel	69		M40	85	00:41:05	03:24:00	06:02:06	07:22:01.10	+03:18:26 (44.9%)	10:31	5.7 (55.3%)
225	PIETRZAKOWSKI Robert	270		M40	86	00:46:33	03:28:20	06:08:17	07:22:16.45	+03:18:41 (44.9%)	10:31	5.7 (55.3%)
226	KARDASZEWSKI Tomasz	268		M30	78	00:42:11	03:36:40	06:15:26	07:22:40.95	+03:19:06 (45.0%)	10:32	5.7 (55.3%)
227	WIĘCŁAWSKI Robert	374		M50	10	00:43:01	03:25:01	06:06:08	07:23:06.45	+03:19:31 (45.0%)	10:33	5.7 (55.3%)
228	ŁUCZKÓW Andrzej	44		M50	11	00:52:07	03:46:33	06:14:36	07:23:28.50	+03:19:53 (45.1%)	10:33	5.7 (55.3%)
229	WIERZBICKA Beata	189	EBIEGI.PL	K30	19	00:46:19	03:49:37	06:18:07	07:24:26.35	+03:20:51 (45.2%)	10:34	5.7 (55.3%)
230	GARSTKA Zbigniew	253	LATAJĄCE DZIKI TEAM	M40	87	00:49:54	03:41:48	06:12:20	07:24:40.60	+03:21:05 (45.2%)	10:35	5.7 (55.3%)
231	MICHALAK Violetta	252	LATAJĄCE DZIKI TEAM	K40	18	00:49:54	03:41:52	06:12:21	07:24:41.15	+03:21:06 (45.2%)	10:35	5.7 (55.3%)
232	LEWANDOWSKI Bartłomiej	70	MMUU	M40	88	00:40:17	03:22:31	06:13:09	07:24:42.70	+03:21:07 (45.2%)	10:35	5.7 (55.3%)
233	WIERZBICKI Daniel	188	EBIEGI.PL	M40	89	00:46:19	03:49:37	06:18:06	07:24:49.35	+03:21:14 (45.2%)	10:35	5.7 (55.3%)
234	GRZELAK Łukasz	13	WWW.GRZELAK-KANCELARIA.PL	M40	90	00:52:16	03:43:23	06:14:07	07:25:22.65	+03:21:47 (45.3%)	10:36	5.7 (55.3%)
235	LEWANDOWSKI Leszek	222	POWSTAŃCY Z KANAPY	M40	91	00:50:46	03:42:00	06:13:48	07:25:41.90	+03:22:07 (45.3%)	10:36	5.7 (55.3%)
236	DĄBROWSKI Maciej	169		M30	79	00:44:59	03:29:13	06:07:26	07:25:52.85	+03:22:18 (45.4%)	10:36	5.7 (55.3%)
237	KWIATKOWSKI Rafał	166		M30	80	00:44:59	03:29:23	06:07:45	07:25:53.10	+03:22:18 (45.4%)	10:36	5.7 (55.3%)
238	JESZKIE Piotr	301		M30	81	00:41:59	03:25:20	06:20:04	07:26:06.05	+03:22:31 (45.4%)	10:37	5.6 (54.4%)
239	KUPISZ Joanna	341		K30	20	00:44:44	03:38:22	06:16:27	07:26:09.75	+03:22:34 (45.4%)	10:37	5.6 (54.4%)
240	CHRZUSZCZ Anna	342		K30	21	00:44:45	03:38:22	06:16:27	07:26:10.05	+03:22:35 (45.4%)	10:37	5.6 (54.4%)
241	KAZIMIERCZAK Filip	261	DZIKIE ŻYCIE RUN TEAM	M30	82	00:47:35	03:31:36	06:15:59	07:28:31.35	+03:24:56 (45.7%)	10:40	5.6 (54.4%)
242	KURPIK Piotr	335		M40	92	00:52:39	03:47:22	06:16:57	07:28:42.45	+03:25:07 (45.7%)	10:41	5.6 (54.4%)
243	SZYMANEK Edyta	63	CROSS STRACEŃCÓW TEAM	K40	19	00:45:31	03:41:27	06:17:12	07:28:42.55	+03:25:07 (45.7%)	10:41	5.6 (54.4%)
244	MAZUR Katarzyna	290	UMLAUT	K40	20	00:48:42	03:48:27	06:21:19	07:28:53.05	+03:25:18 (45.7%)	10:41	5.6 (54.4%)
245	JARCZYŃSKA Katarzyna	180	DRUŻYNA BELGUSA	K40	21	00:46:48	03:51:34	06:24:29	07:30:29.20	+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	BARAŃSKA Monika	248		K50	1	00:50:03	03:50:59	06:18:18	07:31:06.60	+03:27:31 (46.0%)	10:44	5.6 (54.4%)
247	KURZYNIEC Łukasz	217		M30	83	00:51:45	03:48:31	06:24:31	07:32:35.80	+03:29:01 (46.2%)	10:46	5.6 (54.4%)
248	CIERACH Leszek	127	PARKRUN GORZÓW WIELKOPOLSKI	M30	84	00:51:33	03:41:04	06:17:50	07:33:28.60	+03:29:53 (46.3%)	10:47	5.6 (54.4%)
249	KOCHANOWSKI Marek	105		M40	93	00:39:16	03:36:40	06:20:17	07:35:31.25	+03:31:56 (46.5%)	10:50	5.5 (53.4%)
250	CIESIELSKI Przemysław	295		M30	85	00:49:50	03:40:28	06:19:30	07:36:11.15	+03:32:36 (46.6%)	10:51	5.5 (53.4%)
251	MATYLA Roman	216		M30	86	00:51:45	03:48:37	06:24:31	07:36:30.75	+03:32:55 (46.6%)	10:52	5.5 (53.4%)
252	PIKUŁA Sebastian	340		M30	87	00:48:55	04:13:06	06:29:30	07:37:14.70	+03:33:39 (46.7%)	10:53	5.5 (53.4%)
253	JAKÓBCZYK Ewelina	271		K18	6	00:48:55	04:13:07	06:29:30	07:37:14.95	+03:33:40 (46.7%)	10:53	5.5 (53.4%)
254	CYBULSKA Monika	280		K40	22	00:46:32	03:43:26	06:20:50	07:38:09.70	+03:34:34 (46.8%)	10:54	5.5 (53.4%)
255	SZEWCZENKO Agnieszka	231	KLUB BIEGACZA BOLESŁAWIEC	K30	22	00:42:13	03:37:29	06:24:58	07:39:40.25	+03:36:05 (47.0%)	10:56	5.5 (53.4%)
256	PIETRZAK Krzysztof	5	BIEGAMBOLUBIĘ - GORZÓW	M30	88	00:45:24	03:41:52	06:26:51	07:40:58.45	+03:37:23 (47.2%)	10:58	5.5 (53.4%)
257	RYŚNIK Błażej	101		M30	89	00:51:40	03:29:54	06:29:53	07:41:39.40	+03:38:04 (47.2%)	10:59	5.5 (53.4%)
258	KOLEJ Monika	131	DZIKIE DZIKI GORZOW	K40	23	00:50:30	04:13:50	06:30:40	07:42:00.30	+03:38:25 (47.3%)	11:00	5.5 (53.4%)
259	SMURA Ewa	33		K30	23	00:49:23	03:49:25	06:30:33	07:42:42.00	+03:39:07 (47.4%)	11:01	5.4 (52.4%)
260	WÓJCIK Izabela	326		K30	24	00:49:24	03:49:26	06:30:32	07:42:42.80	+03:39:08 (47.4%)	11:01	5.4 (52.4%)
261	KONDRAKIEWICZ Rafał	369	KB HARCOWNIK JELCZ-LASKOWICE	M40	94	00:48:41	03:38:40	06:26:32	07:43:16.55	+03:39:41 (47.4%)	11:01	5.4 (52.4%)
262	IGNASZEWSKI Łukasz	349		M30	90	00:49:07	03:46:20	06:30:26	07:46:49.55	+03:43:14 (47.8%)	11:06	5.4 (52.4%)
263	SOBSTYL Roman	153	SOBSTYL.COM	M40	95	00:41:52	03:25:09	06:24:20	07:47:36.35	+03:44:01 (47.9%)	11:08	5.4 (52.4%)
264	SAMPIR Mariusz	4	WWW.ARNEON.COM	M40	96	00:51:24	03:39:44	06:32:19	07:53:11.55	+03:49:36 (48.5%)	11:15	5.3 (51.5%)
265	CHLUDZIŃSKI Patryk	229	ARVATO S.C.REP	M30	91	00:49:04	03:34:40	06:33:36	07:53:24.15	+03:49:49 (48.5%)	11:16	5.3 (51.5%)
266	LENKIEWICZ Aleksander	158	WKURW_TEAM	M40	97	00:47:08	03:40:07	06:33:22	07:55:11.85	+03:51:37 (48.7%)	11:18	5.3 (51.5%)
267	RZEPNIEWSKI Łukasz	159		M40	98	00:48:49	03:40:33	06:33:49	07:55:42.20	+03:52:07 (48.8%)	11:19	5.3 (51.5%)
268	MAKOWSKI Dariusz	52	KM TEAM	M50	12	00:51:17	03:56:28	06:37:14	07:55:43.50	+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	KORECKI Marcin	215	4FI16	M40	99	00:49:08	03:52:46	06:38:08	07:56:32.55	+03:52:57 (48.9%)	11:20	5.3 (51.5%)
270	SOWA Mikołaj	273	ŁAZARZ TEAM	M18	14	00:55:44	04:17:52	06:48:14	07:56:43.45	+03:53:08 (48.9%)	11:21	5.3 (51.5%)
271	SADŁO Daniel	28	SOLANKOWA TEAM	M30	92	00:48:40	03:27:19	06:30:55	07:57:21.60	+03:53:46 (49.0%)	11:21	5.3 (51.5%)
272	GÓRNA Małgorzata	16		K40	24	00:49:02	03:46:27	06:43:30	07:57:29.95	+03:53:55 (49.0%)	11:22	5.3 (51.5%)
273	GALEWSKI Mariusz	140	KOTLIN	M50	13	00:51:52	03:57:20	06:39:53	07:58:28.35	+03:54:53 (49.1%)	11:23	5.3 (51.5%)
274	KAWECKA Małgorzata	285	DRÄXLMAIER	K40	25	00:53:13	04:06:23	06:45:13	07:59:00.75	+03:55:25 (49.1%)	11:24	5.3 (51.5%)
275	KASZEWSKA Agnieszka	287	DRAEXELMAIER	K40	26	00:53:14	04:06:27	06:45:13	07:59:01.35	+03:55:26 (49.2%)	11:24	5.3 (51.5%)
276	TETERYCZ Dariusz	274		M40	100	00:50:22	03:55:25	06:45:15	08:00:07.80	+03:56:33 (49.3%)	11:25	5.2 (50.5%)
277	OLECHNOWICZ Magda	167		K40	27	00:51:31	04:08:46	06:50:57	08:03:12.65	+03:59:37 (49.6%)	11:30	5.2 (50.5%)
278	ŻUREK Mariusz	109		M50	14	00:40:09	03:46:50	06:43:36	08:03:51.30	+04:00:16 (49.7%)	11:31	5.2 (50.5%)
279	PIOTROWIAK Anna	113	PARKRUN SKIERNIEWICE	K30	25	00:47:24	03:45:05	06:46:11	08:03:54.95	+04:00:20 (49.7%)	11:31	5.2 (50.5%)
280	PIOTROWIAK Tomasz	112	PARKRUN SKIERNIEWICE	M30	93	00:47:28	03:45:05	06:46:12	08:03:55.20	+04:00:20 (49.7%)	11:31	5.2 (50.5%)
281	JANKOWSKA Barbara	390		K40	28	00:48:30	04:01:18	06:49:58	08:03:58.00	+04:00:23 (49.7%)	11:31	5.2 (50.5%)
282	GROSSY Pawel	194		M40	101	00:44:14	03:38:21	06:50:55	08:04:02.90	+04:00:28 (49.7%)	11:31	5.2 (50.5%)
283	JURKIEWICZ Dominik	277		M30	94	00:51:49	03:47:57	06:40:31	08:04:59.35	+04:01:24 (49.8%)	11:32	5.2 (50.5%)
284	UNIEJEWSKA Marzena	22		K40	29	00:52:42	04:02:58	06:44:30	08:07:20.35	+04:03:45 (50.0%)	11:36	5.2 (50.5%)
285	CZEKALSKA Magdalena	123	NARAMOWICKA BIEGAJĄ	K30	26	00:47:32	04:06:32	06:53:40	08:08:47.75	+04:05:12 (50.2%)	11:38	5.2 (50.5%)
286	TOROŃCZAK Elżbieta	365		K30	27	00:48:16	04:01:57	06:55:10	08:09:42.95	+04:06:08 (50.3%)	11:39	5.1 (49.5%)
287	MAZUR Anna	364		K30	28	00:48:13	04:01:57	06:55:10	08:09:44.05	+04:06:09 (50.3%)	11:39	5.1 (49.5%)
288	- -	198		M30	95	00:43:49	03:42:48	06:41:48	08:11:03.25	+04:07:28 (50.4%)	11:41	5.1 (49.5%)
289	JĘDRZEJCZAK Renata	269	NIAGARA FITNESS KLUB	K30	29	00:45:12	03:48:00	06:54:57	08:11:21.20	+04:07:46 (50.4%)	11:41	5.1 (49.5%)
290	KUCZYŃSKI Adam	356	VIKING	M30	96	00:48:41	03:48:47	06:46:57	08:11:55.85	+04:08:21 (50.5%)	11:42	5.1 (49.5%)
291	MILEWSKA Beata	147	HOP DOG	K30	30	00:38:59	03:40:41	06:42:39	08:12:16.70	+04:08:41 (50.5%)	11:43	5.1 (49.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod	Trzy	Droga pod	Czas	Różn	Tempo	Tempo
						Reglami	Jawory	Reglami	netto			
						6km	24km	36km	42km			
292	FREJ Marcin	353		M30	97	00:45:33	03:43:42	06:50:43	08:13:29.45	+04:09:54 (50.6%)	11:44	5.1 (49.5%)
293	GRABOWSKA Zuzanna	334	IZBICKO W BIEGU	K18	7	01:01:04	04:26:45	07:01:42	08:14:48.30	+04:11:13 (50.8%)	11:46	5.1 (49.5%)
294	WOJTON Malgorzata	260	PORANNY PATROL	K40	30	00:52:17	04:12:09	06:57:55	08:15:26.35	+04:11:51 (50.8%)	11:47	5.1 (49.5%)
295	PYTKO Jacek	195		M50	15	00:49:28	03:34:03		08:15:31.50	+04:11:56 (50.8%)	11:47	5.1 (49.5%)
296	PASEK Łukasz	330		M40	102	00:48:14	04:13:00	07:09:35	08:15:39.90	+04:12:05 (50.9%)	11:48	5.1 (49.5%)
297	OŻMINKOWSKA Aleksandra	284	DIRTY SAPRROWS	K30	31	00:42:10	03:20:33		08:15:57.90	+04:12:23 (50.9%)	11:48	5.1 (49.5%)
298	WREMBEL Przemysław	254		M40	103	00:49:57	03:52:56	06:51:13	08:18:29.75	+04:14:54 (51.1%)	11:52	5.1 (49.5%)
299	PNIEWSKI Rafał	78	1ON1 RUNNING TEAM	M50	16	00:52:35	04:11:15	07:00:24	08:19:46.80	+04:16:12 (51.3%)	11:53	5 (48.5%)
300	FILIP-PASEK Kasia	145		K40	31	00:48:28	04:13:00	07:09:44	08:20:59.95	+04:17:25 (51.4%)	11:55	5 (48.5%)
301	KACIUPA Agnieszka	25		K40	32	00:51:02	04:17:40	07:08:43	08:23:12.00	+04:19:37 (51.6%)	11:58	5 (48.5%)
302	RZECZYŃSKA Anna	168	BBL GORZÓW WLKP.	K40	33	00:51:51	04:26:26	07:10:25	08:23:54.15	+04:20:19 (51.7%)	11:59	5 (48.5%)
303	IWANIEC Ewa	79		K40	34	00:53:17	04:11:41	07:04:33	08:24:47.55	+04:21:12 (51.7%)	12:01	5 (48.5%)
304	KOWALSKI Andrzej	149	NAPRZÓD MŁOCINY	M40	104	00:47:33	03:56:22	07:04:09	08:25:40.25	+04:22:05 (51.8%)	12:02	5 (48.5%)
305	JANOWSKI Jerzy	20	RONIN	M60	1	00:48:44	03:58:07	07:02:03	08:27:27.15	+04:23:52 (52.0%)	12:04	5 (48.5%)
306	KOSECKA Justyna	32		K40	35	00:50:23	04:17:50	07:12:24	08:28:24.40	+04:24:49 (52.1%)	12:06	5 (48.5%)
307	CZEKALSKI Tomasz	130	NARAMOWICE BIEGAJĄ	M40	105	00:47:33	04:09:56	07:12:09	08:38:23.60	+04:34:48 (53.0%)	12:20	4.9 (47.6%)
308	PASTERNAK Stanisław	379	OLKUSZBIEGA.PL	M50	17	00:49:42	03:52:36	07:08:13	08:44:49.55	+04:41:14 (53.6%)	12:29	4.8 (46.6%)
309	KOZIOŁ Paweł	245		M40	106	00:52:11	04:13:40	07:09:48	08:45:00.40	+04:41:25 (53.6%)	12:30	4.8 (46.6%)
310	ZIĘBA Anna	246		K40	36	00:52:12	04:13:38	07:09:45	08:45:00.55	+04:41:25 (53.6%)	12:30	4.8 (46.6%)
311	BIS Marcin	10		M30	98	00:52:32	04:19:02	07:23:09	08:47:55.00	+04:44:20 (53.9%)	12:34	4.8 (46.6%)
312	TERKA Barbara	163		K40	37	00:53:49	04:22:29	07:31:20	08:51:30.15	+04:47:55 (54.2%)	12:39	4.7 (45.6%)
313	KAWĘCKA Kinga	118		K40	38	00:53:50	04:22:29	07:31:20	08:51:30.85	+04:47:56 (54.2%)	12:39	4.7 (45.6%)
314	MAGDA Iwona	160		K40	39	00:52:02	04:22:37	07:32:40	08:52:30.55	+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	HUGETH Agnieszka	154		K40	40	00:52:00	04:22:36	07:32:41	08:52:31.15	+04:48:56 (54.3%)	12:40	4.7 (45.6%)
316	FIDOR Małgorzata	392	STAN UMYSŁU LEWIN BIEGA	K40	41	00:54:02	04:24:39	07:31:29	08:53:43.70	+04:50:08 (54.4%)	12:42	4.7 (45.6%)
317	CIMOSZKO Katarzyna	57	WATAHA WMK	K40	42	00:52:21	04:20:07	07:30:54	08:53:58.55	+04:50:23 (54.4%)	12:42	4.7 (45.6%)
318	TUTAK Tomasz	49	KLUB 42.2 LĘBORK	M40	107	00:52:57	04:23:46	07:33:50	08:54:09.85	+04:50:35 (54.4%)	12:43	4.7 (45.6%)
319	PAZDERSKA-KIPIEL Agnieszka	264	EVIL TEAM	K30	32	00:56:44	04:38:21	07:43:27	08:55:25.85	+04:51:51 (54.5%)	12:44	4.7 (45.6%)
320	KOISZEWSKA Izabela	35	STOWARZYSZENIE 42,2	K40	43	00:56:45	04:27:31	07:47:20	08:57:22.35	+04:53:47 (54.7%)	12:47	4.7 (45.6%)
321	KAMOLA Maciej	213	WYBIEGAĆ MARZENIA TEAM	M30	99	00:50:37	04:19:31	07:29:16	08:57:59.75	+04:54:24 (54.7%)	12:48	4.7 (45.6%)
322	JANKOWSKA Daria	297		K18	8	00:50:17	04:03:30	07:32:43	08:58:55.45	+04:55:20 (54.8%)	12:49	4.7 (45.6%)
323	SMIGIELSKI Rafal	289		M40	108	00:50:18	04:03:09	07:32:44	08:58:56.05	+04:55:21 (54.8%)	12:49	4.7 (45.6%)
324	PAWEŁ Gmerek	346		M40	109	00:57:17	04:27:56	07:33:39	08:59:00.80	+04:55:26 (54.8%)	12:50	4.7 (45.6%)
325	KLIKS Adam	345		M40	110	00:57:18	04:27:58	07:33:41	08:59:01.60	+04:55:26 (54.8%)	12:50	4.7 (45.6%)
326	JABŁOŃSKA Anita	370	TRAWERS TEAM NAKŁO	K40	44	00:51:21	04:25:50	07:39:53	08:59:16.00	+04:55:41 (54.8%)	12:50	4.7 (45.6%)
327	MISIAK Dorota	319		K30	33	00:52:07	04:19:14	07:28:57	08:59:37.70	+04:56:02 (54.9%)	12:50	4.7 (45.6%)
Przekroczony limit czasu: 09:00:00												
328	MISIAK Artur	318		M30	100	00:52:07	04:19:16	07:29:04	09:06:25.60	+05:02:50 (55.4%)	13:00	4.6 (44.7%)
329	VALAIŠIENĖ Lina	249	#UNBREAKABLE	K40	45	00:54:13	04:25:06	07:42:16	09:06:53.75	+05:03:18 (55.5%)	13:01	4.6 (44.7%)
330	WĄTROBA Dorota	45	KLUB 42,2 LĘBORK	K40	46	00:56:45	04:27:31	07:47:19	09:10:37.30	+05:07:02 (55.8%)	13:06	4.6 (44.7%)
331	WASZAK Marek	367		M50	18	00:53:29	04:19:30	07:35:07	09:11:37.40	+05:08:02 (55.8%)	13:08	4.6 (44.7%)
332	RUDNICKA Agata	23		K50	2	00:53:20	04:44:44	08:04:29	09:27:52.95	+05:24:18 (57.1%)	13:31	4.4 (42.7%)
333	KOBUSZEWSKI Maciej	129		M40	111	00:52:27	04:18:38	07:44:18	09:30:07.30	+05:26:32 (57.3%)	13:34	4.4 (42.7%)
334	PIETRZYKOWSKA Monika	116		K40	47	00:52:27	04:18:35	07:44:18	09:30:09.55	+05:26:34 (57.3%)	13:34	4.4 (42.7%)
335	KATA Wioletta	106		K50	3	00:51:43	04:45:52	08:01:27	09:31:30.90	+05:27:56 (57.4%)	13:36	4.4 (42.7%)
336	SMORAŃGIEWICZ Marcin	62		M40	112	00:58:30	04:34:50	08:01:12	09:32:02.85	+05:28:28 (57.4%)	13:37	4.4 (42.7%)
337	SOWIŃSKA Anetta	278		K40	48	00:50:27	04:24:59	08:01:21	09:32:10.95	+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	BUBEL Alina	77		K50	4	01:00:20	04:42:01	08:05:34	09:40:06.05	+05:36:31 (58.0%)	13:48	4.3 (41.7%)
339	ZELMANOWICZ - SZŁAPA Ewa	304	IZBICKO W BIEGU	K40	49	01:01:03	04:57:22	08:12:12	09:43:05.00	+05:39:30 (58.2%)	13:52	4.3 (41.7%)
340	NOWAK Marcin	327	KLUB BIEGACZA RTV EURO AGD	M18	15	00:53:52	04:17:56	07:51:31	09:47:56.60	+05:44:21 (58.6%)	13:59	4.3 (41.7%)
341	RZEPKA Mirek	61		M60	2	00:58:36	05:01:25	08:41:57	10:20:47.00	+06:17:12 (60.8%)	14:46	4.1 (39.8%)
	KUCZYŃSKI Michał	382	FRONTREAR	M30		00:38:48 DNF	DNF	DNF	DNF		-	- (0.0%)
	NOWAK Przemysław	251		M30		00:28:28 DNF	02:13:48 DNF	DNF	DNF		-	- (0.0%)
	RATYMIRSKI Wojtek	38		M40		00:39:18 DNF	03:17:44 DNF	DNF	DNF		-	- (0.0%)
	LASOCKI Marcin	210	12TRI.PL / TEAM ZABIEGANEDNI	M40		00:33:57 DNF	DNF	DNF	DNF		-	- (0.0%)
	SZTURO Jan	136	PODGÓRZYN-GMINA PRZYJAZNA Z NATURY	M50		00:35:49 DNF	DNF	DNF	DNF		-	- (0.0%)
	POPŁAWSKI Dariusz	124	GEPARD MUROWANA GOSLINA	M40		DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 347 wynik(ów)