



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

CHOJNIK KARKONOSKI FESTIWAL BIEGOWY
FUNDACJA PROFIT MARATON
2022-09-03
Sobieszów
42 km

CHOJNIK MARATON

B4SPORT

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 24km	Droga pod Reglami 36km	Czas netto 42km	Czas brutto 42km	Różn	Tempo min/km	Tempo km/h
1	CZERNAK Paweł	322	KARKONOSZE RUNNING TEAM	M30	1	00:29:09	01:59:24	03:13:21	03:45:12.05	03:45:12.05		5:21	11.2 (100%)
2	BOULKHALF Abdellatif	32	KB WIKON NOWA SÓL	M30	2	00:28:51	02:00:26	03:13:45	03:45:37.20	03:45:37.20	+00:00:25 (0.2%)	5:22	11.2 (100%)
3	SZCZEŚNIEWSKI Miłosz	325	HOKA GARMIN TEAM	M30	3	00:29:11	02:00:19	03:17:29	03:52:07.85	03:52:07.85	+00:06:55 (3.0%)	5:31	10.9 (97.3%)
4	BRÝDL Pavel	34	SALOMON/SUUNTO CZ	M40	1	00:29:09	02:05:10	03:25:04	04:00:11.85	04:00:11.85	+00:14:59 (6.2%)	5:43	10.5 (93.8%)
5	LULIS Dawid	155	ALTRA TEAM RED	M30	4	00:29:14	02:08:05	03:30:52	04:05:32.65	04:05:32.65	+00:20:20 (8.3%)	5:50	10.3 (92.0%)
6	BONIEC Radosław	27	NADLEŚNICTWO LIPINKI/140MINUT.PL	M30	5	00:29:09	02:10:08	03:33:15	04:09:16.45	04:09:16.45	+00:24:04 (9.7%)	5:56	10.1 (90.2%)
7	ŚWIDA Adam	275	FIZJOPASJONACI	M30	6	00:30:06	02:13:31	03:41:10	04:18:09.65	04:18:09.65	+00:32:57 (12.8%)	6:08	9.8 (87.5%)
8	STANKIEWICZ Tomasz	246	PLANYBIEGOWE.PL	M30	7	00:31:33	02:20:21	03:43:44	04:23:07.05	04:23:07.05	+00:37:55 (14.4%)	6:15	9.6 (85.7%)
9	SZCZEPANIAK Witold	255		M40	2	00:34:53	02:20:59	03:49:10	04:25:08.35	04:25:08.35	+00:39:56 (15.1%)	6:18	9.5 (84.8%)
10	MUCHACZOW Jacek	179	DRÄXLMAIER	M40	3	00:32:54	02:17:50	03:45:55	04:27:39.20	04:27:39.20	+00:42:27 (15.9%)	6:22	9.4 (83.9%)
11	HLAVATÍK Jan	81	JUMP SPORT FRÝDEK-MÍSTEK (CZE)	M30	8	00:29:11	02:14:17	03:45:47	04:30:41.05	04:30:41.05	+00:45:29 (16.8%)	6:26	9.3 (83.0%)
12	WIECZORKIEWICZ Zbigniew	295	WEPA PIECHOWICE	M30	9	00:34:00		03:50:51	04:33:21.85	04:33:21.85	+00:48:09 (17.6%)	6:30	9.2 (82.1%)
13	WOLBACH Tomasz	305	WOLNE ŚLIMAKI	M40	4	00:32:22	02:21:53	03:58:31	04:36:31.35	04:36:31.35	+00:51:19 (18.6%)	6:35	9.1 (81.3%)
14	SZKODA Kasia	259	TATERNIK TEAM	K30	1	00:34:03	02:30:23	04:02:21	04:39:41.25	04:39:41.25	+00:54:29 (19.5%)	6:39	9 (80.4%)
15	BORZYSTOWSKI Patryk	31		M30	10	00:30:51	02:14:50	03:52:55	04:40:24.90	04:40:24.90	+00:55:12 (19.7%)	6:40	9 (80.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 24km	Droga pod Reglami 36km	Czas netto 42km	Czas brutto 42km	Różn	Tempo min/km	Tempo km/h
16	FISZER Sebastian	53	LESZ NO LIMITS RUNNERS	M40	5	00:33:04	02:25:46	04:02:20	04:41:24.20	04:41:24.20	+00:56:12 (20.0%)	6:42	9 (80.4%)
17	KURZEJA Jaromir	144	DRAEXLMAIER	M18	1	00:32:13	02:21:53	04:02:23	04:42:01.85	04:42:01.85	+00:56:49 (20.2%)	6:42	8.9 (79.5%)
18	KROGULEC Waldemar	132	HIGHLAND HILL RUNNERS	M30	11	00:32:04	02:23:46	04:00:41	04:43:48.65	04:43:48.65	+00:58:36 (20.7%)	6:45	8.9 (79.5%)
19	SZYMAŃSKI Paweł	271	FIZJOBIEGACZE SZCZECIN	M30	12	00:32:50	02:29:38	04:08:13	04:47:27.80	04:47:27.80	+01:02:15 (21.7%)	6:50	8.8 (78.6%)
20	BIAŁOBLÓCKI Marcin	16	***** **!	M40	6	00:35:58	02:29:58	04:05:14	04:47:27.90	04:47:27.90	+01:02:15 (21.7%)	6:50	8.8 (78.6%)
21	MIELEWCZYK Tomasz	170	VERGE RUNNING TEAM	M40	7	00:33:55	02:26:52	04:06:43	04:49:22.05	04:49:22.05	+01:04:10 (22.2%)	6:53	8.7 (77.7%)
22	CZERCHAWSKI Janusz	41		M50	1	00:34:02	02:33:20	04:10:34	04:51:33.95	04:51:33.95	+01:06:21 (22.8%)	6:56	8.6 (76.8%)
23	TOPOLSKI Marcin	280	CZŁOWIEK KTÓRY NIE BOI SIĘ CHUCKA NORRISA	M40	8	00:35:33	02:36:09	04:15:47	04:58:28.35	04:58:28.35	+01:13:16 (24.5%)	7:06	8.4 (75.0%)
24	ŚNIERZYŃSKI Robert	274		M30	13	00:35:08	02:33:07	04:14:50	04:58:44.00	04:58:44.00	+01:13:31 (24.6%)	7:06	8.4 (75.0%)
25	WEŁNIAK Przemysław	291		M40	9	00:33:21	02:33:26	04:17:33	04:59:33.60	04:59:33.60	+01:14:21 (24.8%)	7:07	8.4 (75.0%)
26	STOŃ Wojciech	249	PACMAN RUNNING TEAM	M30	14	00:39:15	02:44:34	04:20:41	04:59:46.55	04:59:46.55	+01:14:34 (24.9%)	7:08	8.4 (75.0%)
27	BIAŁOBLÓCKA Alicja	15		K30	2	00:34:08	02:37:57	04:19:11	05:00:09.20	05:00:09.20	+01:14:57 (25.0%)	7:08	8.4 (75.0%)
28	WĄCHAŁA Damian	290		M30	15	00:32:49	02:30:29	04:18:11	05:00:56.70	05:00:56.70	+01:15:44 (25.2%)	7:09	8.4 (75.0%)
29	KRZESINSKI Dariusz	133	ORANGE POLSKA	M40	10	00:33:23	02:30:07	04:14:54	05:01:24.85	05:01:24.85	+01:16:12 (25.3%)	7:10	8.4 (75.0%)
30	VESELY Pavel	324	HSK HORNÍ ROKYTNICE	M50	2	00:35:01	02:35:34	04:18:35	05:01:43.45	05:01:43.45	+01:16:31 (25.4%)	7:11	8.4 (75.0%)
31	NOWORYTA Radosław	185	ULTRA DIABŁY TEAM LUBRZA	M40	11	00:34:01	02:28:34	04:16:00	05:01:48.35	05:01:48.35	+01:16:36 (25.4%)	7:11	8.3 (74.1%)
32	ROGÓRZ Piotr	225		M40	12	00:34:03	02:30:04	04:19:05	05:02:19.60	05:02:19.60	+01:17:07 (25.5%)	7:11	8.3 (74.1%)
33	KARPOWICZ Rafal	102		M40	13	00:35:42	02:31:44	04:21:29	05:06:26.80	05:06:26.80	+01:21:14 (26.5%)	7:17	8.2 (73.2%)
34	KLYSZCZ Michał	107	IZBICKO W BIEGU	M18	2	00:37:02	02:39:59	04:27:40	05:10:19.00	05:10:19.00	+01:25:06 (27.4%)	7:23	8.1 (72.3%)
35	DASZEWSKI Filip	43	ICT POLAND	M18	3	00:34:04	02:35:20	04:23:22	05:10:43.25	05:10:43.25	+01:25:31 (27.5%)	7:23	8.1 (72.3%)
36	KACZOR Piotr	94	SAMOTNY WILK Z KOTOWIC	M40	14	00:36:12	02:37:56	04:26:05	05:12:36.65	05:12:36.65	+01:27:24 (28.0%)	7:26	8.1 (72.3%)
37	ŁUKASIEWICZ Ewa	158		K50	1	00:36:46	02:43:00	04:31:16	05:13:17.00	05:13:17.00	+01:28:04 (28.1%)	7:27	8 (71.4%)
38	KUBIAK Jagoda	138		K30	3	00:38:03	02:46:04	04:32:32	05:13:20.65	05:13:20.65	+01:28:08 (28.1%)	7:27	8 (71.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 24km	Droga pod Reglami 36km	Czas netto 42km	Czas brutto 42km	Różn	Tempo min/km	Tempo km/h
39	MACIEJEWSKI Roman	160		M30	16	00:36:25	02:35:31	04:27:38	05:13:59.30	05:13:59.30	+01:28:47 (28.3%)	7:28	8 (71.4%)
40	ŻYCHSKA Anna	320		K30	4	00:36:03	02:42:20	04:30:16	05:16:49.45	05:16:49.45	+01:31:37 (28.9%)	7:32	8 (71.4%)
41	GALIMSKI Andrzej	329		M50	3	00:37:38	02:43:56	04:28:57	05:17:23.25	05:17:23.25	+01:32:11 (29.0%)	7:33	7.9 (70.5%)
42	BANASIAK Marcin	7	FUJITSU RUNNING TEAM	M40	15	00:38:18	02:40:56	04:30:22	05:17:58.70	05:17:58.70	+01:32:46 (29.2%)	7:34	7.9 (70.5%)
43	POPKO Łukasz	209		M30	17	00:39:52	02:47:03	04:33:19	05:18:41.15	05:18:41.15	+01:33:29 (29.3%)	7:35	7.9 (70.5%)
44	KOPCZYŃSKI Paweł	118		M40	16	00:44:28	02:55:32	04:36:48	05:19:28.50	05:19:28.50	+01:34:16 (29.5%)	7:36	7.9 (70.5%)
45	PIWOWOŃSKI Paweł	200		M40	17	00:38:45	02:43:45	04:34:39	05:20:36.90	05:20:36.90	+01:35:24 (29.8%)	7:38	7.9 (70.5%)
46	BIELECKI Tomasz	17		M30	18	00:39:18	02:44:32	04:31:46	05:20:44.00	05:20:44.00	+01:35:31 (29.8%)	7:38	7.9 (70.5%)
47	BARTKIEWICZ Paweł	11	TEAM DRACZYŃSKI	M50	4	00:35:40	02:40:09	04:35:20	05:20:50.80	05:20:50.80	+01:35:38 (29.8%)	7:38	7.9 (70.5%)
48	HENDEL Mirela	80	IZBICKO W BIEGU	K18	1	00:39:05	02:50:58	04:37:46	05:22:02.75	05:22:02.75	+01:36:50 (30.1%)	7:40	7.8 (69.6%)
49	GOLONKA Paweł	65	KB WIKON NOWA SÓL	M30	19	00:37:33	02:46:10	04:36:52	05:22:35.10	05:22:35.10	+01:37:23 (30.2%)	7:40	7.8 (69.6%)
50	WIECZOREK Maria	294	PRZEDWOJEWSKI TEAM	K30	5	00:41:20	02:52:19	04:37:19	05:24:36.00	05:24:36.00	+01:39:23 (30.6%)	7:43	7.8 (69.6%)
51	GRZĄBA Szymon	75		M40	18	00:34:54	02:39:48	04:35:15	05:26:21.00	05:26:21.00	+01:41:08 (31.0%)	7:46	7.7 (68.8%)
52	GĄSIOROWSKI Jarosław	60		M18	4	00:34:18	02:37:12	04:41:07	05:26:54.35	05:26:54.35	+01:41:42 (31.1%)	7:47	7.7 (68.8%)
53	GRACZ Paweł	71	ULTRA DIABŁY TEAM LUBRZA	M30	20	00:34:30	02:33:45	04:29:14	05:27:49.85	05:27:49.85	+01:42:37 (31.3%)	7:48	7.7 (68.8%)
54	BOĆKO Ewa	24		K40	1	00:37:36	02:46:34	04:40:38	05:28:48.45	05:28:48.45	+01:43:36 (31.5%)	7:49	7.7 (68.8%)
55	NOWAK Wojtek	183	EXPLORADOR	M40	19	00:36:47	02:48:29	04:43:25	05:28:50.70	05:28:50.70	+01:43:38 (31.5%)	7:49	7.7 (68.8%)
56	NOWIK Kamil	184	ULTRA DIABŁY TEAM LUBRZA	M40	20	00:37:48	02:48:43	04:44:14	05:29:40.30	05:29:40.30	+01:44:28 (31.7%)	7:50	7.6 (67.9%)
57	JODŁOWSKI Marek	91		M40	21	00:38:11	02:50:44	04:43:47	05:30:26.45	05:30:26.45	+01:45:14 (31.8%)	7:52	7.6 (67.9%)
58	SZUBERT Przemysław	264		M40	22	00:38:50		04:41:18	05:31:01.95	05:31:01.95	+01:45:49 (32.0%)	7:52	7.6 (67.9%)
59	BUNIKOWSKI Michał	36		M30	21	00:38:08	02:44:32	04:38:12	05:31:38.10	05:31:38.10	+01:46:26 (32.1%)	7:53	7.6 (67.9%)
60	RESPONDEK Anna	222		K30	6	00:39:11	02:52:07	04:47:14	05:32:44.80	05:32:44.80	+01:47:32 (32.3%)	7:55	7.6 (67.9%)
61	RYMARSKI Arkadiusz	226	NOA	M40	23	00:38:53	02:53:40	04:46:37	05:33:42.40	05:33:42.40	+01:48:30 (32.5%)	7:56	7.6 (67.9%)

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62	ZAWADKA Dariusz	347		M30	22	00:41:20	02:54:31	04:46:27	05:34:22.15	05:34:22.15	+01:49:10 (32.6%)	7:57	7.5 (67.0%)
63	POCHYLSKI Przemysław	203	ZGRUPKA TEAM	M40	24	00:39:57	02:57:21	04:49:43	05:34:48.15	05:34:48.15	+01:49:36 (32.7%)	7:58	7.5 (67.0%)
64	WANAT Mateusz	287	PRZEDWOJEWSKI TEAM	M30	23	00:40:01	02:49:16	04:45:40	05:35:54.85	05:35:54.85	+01:50:42 (33.0%)	7:59	7.5 (67.0%)
65	ZIĘBA Jakub	317		M18	5	00:39:52	02:48:38	04:47:05	05:36:28.85	05:36:28.85	+01:51:16 (33.1%)	8:00	7.5 (67.0%)
66	KOWALIK Ewelina	125	FIZJOBIEGACZE SZCZECIN	K30	7	00:38:39	02:57:06	04:50:58	05:37:14.95	05:37:14.95	+01:52:02 (33.2%)	8:01	7.5 (67.0%)
67	ZAJĄCZKOWSKI Paweł	311	POWER TRAINING	M30	24	00:39:04	02:55:54	04:50:35	05:37:46.65	05:37:46.65	+01:52:34 (33.3%)	8:02	7.5 (67.0%)
68	MAGDALENA Mecan	162		K30	8	00:40:59	03:00:47	04:52:25	05:38:26.55	05:38:26.55	+01:53:14 (33.5%)	8:03	7.4 (66.1%)
69	KAŁUŻNY Wojciech	97	BIEGOWA ŚWIDNICA	M40	25	00:38:36	02:49:14	04:48:41	05:39:17.60	05:39:17.60	+01:54:05 (33.6%)	8:04	7.4 (66.1%)
70	MIKOŁAJCZYK Tomasz	171	EXPLORADOR TEAM	M40	26	00:40:39	02:51:27	04:49:48	05:39:35.55	05:39:35.55	+01:54:23 (33.7%)	8:05	7.4 (66.1%)
71	KOCJAN Paweł	111	KIDS RUN TEAM	M40	27	00:41:34	02:53:12	04:51:40	05:40:05.45	05:40:05.45	+01:54:53 (33.8%)	8:05	7.4 (66.1%)
72	SZYMAŃSKA Brygida	269	STRZEGOMSKA DWUNASTKA	K30	9	00:39:40	02:58:22	04:53:34	05:41:10.05	05:41:10.05	+01:55:58 (34.0%)	8:07	7.4 (66.1%)
73	SZELIGOWSKI Jarosław	257	CALISIAMED.PL	M30	25	00:39:12	02:46:24	04:51:21	05:43:23.60	05:43:23.60	+01:58:11 (34.4%)	8:10	7.3 (65.2%)
74	ANKIEWICZ Stefan	1	CZYSTA AMATORKA	M40	28	00:40:14	02:54:49	04:53:25	05:44:22.50	05:44:22.50	+01:59:10 (34.6%)	8:11	7.3 (65.2%)
75	KANDULSKI Jakub	99	OPALENICKI KLUB BIEGACZA	M40	29	00:40:54	02:57:50	04:53:28	05:44:23.25	05:44:23.25	+01:59:11 (34.6%)	8:11	7.3 (65.2%)
76	LEWANDOWSKI Wojciech	152		M40	30	00:37:31	02:48:34	04:52:02	05:44:42.90	05:44:42.90	+01:59:30 (34.7%)	8:12	7.3 (65.2%)
77	GAŁECKI Robert	58	HFB	M30	26	00:36:48	02:47:22	04:53:48	05:45:28.15	05:45:28.15	+02:00:16 (34.8%)	8:13	7.3 (65.2%)
78	GONTKO Łukasz	66		M40	31	00:44:11	03:01:00	04:56:33	05:45:45.65	05:45:45.65	+02:00:33 (34.9%)	8:13	7.3 (65.2%)
79	MROWCA Paweł	177		M30	27	00:39:25	02:44:56	04:52:49	05:46:25.95	05:46:25.95	+02:01:13 (35.0%)	8:14	7.3 (65.2%)
80	WITKE-ORLIKOWSKA Marta	300		K30	10	00:39:30		05:00:32	05:46:58.95	05:46:58.95	+02:01:46 (35.1%)	8:15	7.3 (65.2%)
81	KWAŚNIEWSKI Rafał	146	SKL STARGARD	M30	28	00:46:35	03:01:47	05:01:09	05:48:29.60	05:48:29.60	+02:03:17 (35.4%)	8:17	7.2 (64.3%)
82	SIKORSKI Szymon	236		M40	32	00:38:54	02:54:24	04:57:09	05:49:10.20	05:49:10.20	+02:03:58 (35.5%)	8:18	7.2 (64.3%)
83	IŁOWIECKI Dominik	85	NBR TEAM	M40	33	00:39:57	02:55:31	04:58:52	05:49:16.80	05:49:16.80	+02:04:04 (35.5%)	8:18	7.2 (64.3%)
84	ZAŁUSKA-LIPA Agnieszka	312		K40	2	00:43:30	03:05:49	05:04:15	05:51:02.25	05:51:02.25	+02:05:50 (35.8%)	8:21	7.2 (64.3%)

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85	RZEPNIEWSKI Łukasz	228		M40	34	00:40:31	02:57:57	05:00:47	05:51:44.80	05:51:44.80	+02:06:32 (36.0%)	8:22	7.2 (64.3%)
86	ORĘZIAK Tomasz	189		M18	6	00:39:30	02:59:57	05:03:18	05:53:32.60	05:53:32.60	+02:08:20 (36.3%)	8:25	7.1 (63.4%)
87	KŁÓDKIEWICZ Marcin	109		M30	29	00:40:31	02:57:57	05:01:58	05:54:05.65	05:54:05.65	+02:08:53 (36.4%)	8:25	7.1 (63.4%)
88	BARSZCZYK Dawid	10	IZERY BOGATYNIA	M30	30	00:38:24	02:54:46	05:03:52	05:54:38.35	05:54:38.35	+02:09:26 (36.5%)	8:26	7.1 (63.4%)
89	SYCHOWIEC Adrian	252		M40	35	00:41:48	03:01:03	05:01:51	05:54:46.00	05:54:46.00	+02:09:33 (36.5%)	8:26	7.1 (63.4%)
90	SZARAPANOWSKI Damian	254	ULTRA DIABŁY TEAM LUBRZA	M40	36	00:38:13	02:55:56	05:03:06	05:55:04.20	05:55:04.20	+02:09:52 (36.6%)	8:27	7.1 (63.4%)
91	JAKUBCZAK Konrad	87	DEBEŚCIAK	M40	37	00:38:48	02:53:43	05:03:27	05:55:16.30	05:55:16.30	+02:10:04 (36.6%)	8:27	7.1 (63.4%)
92	RATAJCZAK Łukasz	220	NIGHT RUNNERS	M40	38	00:41:18	02:57:56	05:08:18	05:56:04.00	05:56:04.00	+02:10:51 (36.8%)	8:28	7.1 (63.4%)
93	ORŁOWSKI Bartosz	349		M30	31	00:42:34	03:00:03	05:02:27	05:57:29.60	05:57:29.60	+02:12:17 (37.0%)	8:30	7 (62.5%)
94	PODOLAK Urszula	205	PRZEDWOJEWSKI TEAM	K18	2	00:38:51	03:03:10	05:06:04	05:57:58.60	05:57:58.60	+02:12:46 (37.1%)	8:31	7 (62.5%)
95	KULAS Łukasz	141	ZAWSZE SOLO	M40	39	00:40:33	02:59:57	05:04:06	05:58:50.90	05:58:50.90	+02:13:38 (37.2%)	8:32	7 (62.5%)
96	ANTOLIK Arkadiusz	3		M18	7	00:37:49	02:57:27	05:02:58	06:00:41.55	06:00:41.55	+02:15:29 (37.6%)	8:35	7 (62.5%)
97	TURLEJ Dariusz	281	BEZ KONDYCJI	M60	1	00:43:53	03:11:00	05:13:02	06:01:21.05	06:01:21.05	+02:16:09 (37.7%)	8:36	7 (62.5%)
98	MARCINIAK Maciej	163	JESTEM OD ROMKA	M40	40	00:42:23		05:12:21	06:02:16.20	06:02:16.20	+02:17:04 (37.8%)	8:37	7 (62.5%)
99	KUREK Tomasz	142	OPALENICKI KLUB BIEGACZA	M40	41	00:42:53	03:06:36	05:12:21	06:02:19.95	06:02:19.95	+02:17:07 (37.8%)	8:37	7 (62.5%)
100	KWIATKOWSKI Przemysław	147		M40	42	00:45:38	03:11:43	05:12:41	06:03:56.35	06:03:56.35	+02:18:44 (38.1%)	8:39	6.9 (61.6%)
101	STASZEWSKI Piotr	247		M30	32	00:42:40	02:58:25	05:08:28	06:04:28.60	06:04:28.60	+02:19:16 (38.2%)	8:40	6.9 (61.6%)
102	LEWANDOWSKI Bartłomiej	151	MMUU	M40	43	00:39:39	02:59:09	05:08:44	06:04:54.85	06:04:54.85	+02:19:42 (38.3%)	8:41	6.9 (61.6%)
103	SCHWARZ Marek	233	PRO366	M30	33	00:38:57	02:52:34	05:11:24	06:05:02.40	06:05:02.40	+02:19:50 (38.3%)	8:41	6.9 (61.6%)
104	BOIKE Damian	25	MOSIR RUMIA	M40	44	00:44:18	03:11:33	05:11:35	06:07:59.05	06:07:59.05	+02:22:47 (38.8%)	8:45	6.8 (60.7%)
105	WAŁCZYK Mateusz	286	DRÄXLMAIER	M30	34	00:38:27	02:55:20	05:06:20	06:08:06.25	06:08:06.25	+02:22:54 (38.8%)	8:45	6.8 (60.7%)
106	MAGALSKI Tomasz	161		M30	35	00:39:47	03:04:08	05:15:15	06:08:13.90	06:08:13.90	+02:23:01 (38.8%)	8:46	6.8 (60.7%)
107	SZTURO Jan	263	PODGÓRZYN-GMINA PRZYJAZNA Z NATURY	M50	5	00:39:49	03:01:15	05:17:59	06:08:36.60	06:08:36.60	+02:23:24 (38.9%)	8:46	6.8 (60.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 24km	Droga pod Reglami 36km	Czas netto 42km	Czas brutto 42km	Różn	Tempo min/km	Tempo km/h
108	GOLA Henryk	64		M50	6	00:39:36	02:58:48	05:13:26	06:08:58.45	06:08:58.45	+02:23:46 (39.0%)	8:47	6.8 (60.7%)
109	OŹMINKOWSKA Aleksandra	190	DIRTY SPARROWS	K30	11	00:42:45	03:14:09	05:20:16	06:09:35.25	06:09:35.25	+02:24:23 (39.1%)	8:47	6.8 (60.7%)
110	WOLAŃSKI Karol	304		M30	36	00:43:49	03:07:23	05:18:34	06:10:18.25	06:10:18.25	+02:25:06 (39.2%)	8:49	6.8 (60.7%)
111	KUROWSKI Artur	143	PURAVIDATEAM	M30	37	00:43:35	03:08:15	05:19:56	06:12:55.25	06:12:55.25	+02:27:43 (39.6%)	8:52	6.8 (60.7%)
112	SZKÓDLIŃSKI Bartosz	260	ODDYCHAJSWOBODNIE.PL	M40	45	00:40:50	03:08:10	05:19:34	06:13:07.70	06:13:07.70	+02:27:55 (39.6%)	8:53	6.8 (60.7%)
113	CHWAŁA Przemysław	38	POWOLNY	M40	46	00:39:32	03:00:10	05:16:22	06:14:03.65	06:14:03.65	+02:28:51 (39.8%)	8:54	6.7 (59.8%)
114	ŁOZIŃSKI Wojciech	157		M40	47	00:44:25	03:18:20	05:30:18	06:15:05.55	06:15:05.55	+02:29:53 (40.0%)	8:55	6.7 (59.8%)
115	SZELA Łukasz	256	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	M30	38	00:38:59	03:03:36	05:20:16	06:15:50.80	06:15:50.80	+02:30:38 (40.1%)	8:56	6.7 (59.8%)
116	KRAKOWIAK Mikołaj	130	KRAKOWIAK ULTRA TEAM	M18	8	00:42:47	03:05:51	05:19:36	06:16:19.30	06:16:19.30	+02:31:07 (40.2%)	8:57	6.7 (59.8%)
117	SKRĘTEK Monika	239	BIEGAMDLAZDROWIA. PL	K50	2	00:46:38	03:19:24	05:26:51	06:17:53.80	06:17:53.80	+02:32:41 (40.4%)	8:59	6.7 (59.8%)
118	NOWAK Michał	182	STABILNY GRUNT TUNING TEAM	M30	39	00:44:17	03:15:03	05:23:46	06:17:54.90	06:17:54.90	+02:32:42 (40.4%)	8:59	6.7 (59.8%)
119	TONDER Filip	279	BIEGAJĄCE KREJZOLE	M40	48	00:44:17	03:15:04	05:23:47	06:17:55.10	06:17:55.10	+02:32:43 (40.4%)	8:59	6.7 (59.8%)
120	SZYPULSKI Darek	273		M40	49	00:39:33	03:16:11	05:26:52	06:18:01.50	06:18:01.50	+02:32:49 (40.4%)	9:00	6.7 (59.8%)
121	SOBOLEWSKI Dariusz	241	BOREL MARATHON TEAM	M30	40	00:39:14	03:00:58	05:20:05	06:18:36.95	06:18:36.95	+02:33:24 (40.5%)	9:00	6.7 (59.8%)
122	POLAK Jacek	207	BIEGUSIEM.PL	M40	50	00:45:40	03:08:37	05:22:38	06:18:43.65	06:18:43.65	+02:33:31 (40.5%)	9:01	6.7 (59.8%)
123	KUBIAK Karolina	136	EXCALIBUR	K40	3	00:45:59	03:14:20	05:24:53	06:18:51.50	06:18:51.50	+02:33:39 (40.6%)	9:01	6.7 (59.8%)
124	WOJCIESZYŃSKI Tomasz	302	BBL GORZÓW	M40	51	00:40:22	03:04:58	05:17:54	06:19:11.60	06:19:11.60	+02:33:59 (40.6%)	9:01	6.6 (58.9%)
125	GAŁEK Wojciech	59		M40	52	00:47:26	03:19:09	05:31:02	06:21:24.00	06:21:24.00	+02:36:11 (41.0%)	9:04	6.6 (58.9%)
126	SKOWRON Marek	238	DRÄXLMAIER	M40	53	00:41:28	03:08:13	05:24:06	06:22:52.50	06:22:52.50	+02:37:40 (41.2%)	9:06	6.6 (58.9%)
127	PAWLISZ Łukasz	193		M18	9	00:48:16	03:18:41	05:27:12	06:24:00.45	06:24:00.45	+02:38:48 (41.4%)	9:08	6.6 (58.9%)
128	SZYMCZYK Michał	272	DRUŻYNA CHROBREGO	M50	7	00:43:46	03:21:20	05:31:12	06:24:34.95	06:24:34.95	+02:39:22 (41.4%)	9:09	6.6 (58.9%)
129	SOBEL-ADAMSKA Dorota	240	STARA KOCIARA	K30	12	00:43:46	03:17:28	05:29:11	06:24:50.55	06:24:50.55	+02:39:38 (41.5%)	9:09	6.5 (58.0%)
130	SZEWCZENKO Agnieszka	258	KLUB BIEGACZA BOLESŁAWIEC	K30	13	00:41:14	03:20:01	05:29:18	06:24:56.30	06:24:56.30	+02:39:44 (41.5%)	9:09	6.5 (58.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 24km	Droga pod Reglami 36km	Czas netto 42km	Czas brutto 42km	Różn	Tempo min/km	Tempo km/h
131	KUBIAK Adam	137	KOTWICA BRZEG	M30	41	00:41:26	03:11:16	05:29:59	06:25:01.50	06:25:01.50	+02:39:49 (41.5%)	9:10	6.5 (58.0%)
132	WALKOWIAK Dominika	284	BIEGAJLESZNO	K30	14	00:43:29	03:16:38	05:31:50	06:25:27.05	06:25:27.05	+02:40:15 (41.6%)	9:10	6.5 (58.0%)
133	PIOTROWICZ Michał	199	ORTHOS TEAM	M30	42	00:46:10	03:19:20	05:32:02	06:26:04.25	06:26:04.25	+02:40:52 (41.7%)	9:11	6.5 (58.0%)
134	SURDAKCI Piotr	250		M40	54	00:44:40	03:19:22	05:31:49	06:26:59.30	06:26:59.30	+02:41:47 (41.8%)	9:12	6.5 (58.0%)
135	ŻYGIEŁO Monika	321	#CH10	K40	4	00:44:40	03:19:23	05:31:50	06:26:59.65	06:26:59.65	+02:41:47 (41.8%)	9:12	6.5 (58.0%)
136	KWASIUK Wojciech	145		M30	43	00:47:56	03:24:57	05:33:50	06:27:08.55	06:27:08.55	+02:41:56 (41.8%)	9:13	6.5 (58.0%)
137	RADECKI Marcin	215		M40	55	00:44:02	03:13:07	05:29:15	06:27:56.55	06:27:56.55	+02:42:44 (41.9%)	9:14	6.5 (58.0%)
138	REDKIEWICZ Agnieszka	221		K30	15	00:46:04	03:22:41	05:31:26	06:28:22.95	06:28:22.95	+02:43:10 (42.0%)	9:14	6.5 (58.0%)
139	DUDKO Marcin	48		M18	10	00:45:24	03:03:14	05:23:32	06:28:50.00	06:28:50.00	+02:43:37 (42.1%)	9:15	6.5 (58.0%)
140	BRODA Dominik	33		M30	44	00:40:24	03:04:49	05:24:45	06:29:46.75	06:29:46.75	+02:44:34 (42.2%)	9:16	6.5 (58.0%)
141	IWASZCZYSZYN Tomasz	86	RMT TEAM & PRZYJACIELE	M30	45	00:41:25	03:04:33	05:24:44	06:29:47.10	06:29:47.10	+02:44:35 (42.2%)	9:16	6.5 (58.0%)
142	NYKIEL Rafał	186	ULTRA DIABŁY TEAM LUBRZA	M40	56	00:42:27	03:19:15	05:37:21	06:30:13.75	06:30:13.75	+02:45:01 (42.3%)	9:17	6.5 (58.0%)
143	SYCHOWSKI Dawid	253		M30	46	00:41:59	03:16:39	05:31:25	06:30:15.80	06:30:15.80	+02:45:03 (42.3%)	9:17	6.5 (58.0%)
144	SZYGENDA Sebastian	268	TIGER TEAM	M40	57	00:46:06	03:19:10	05:33:53	06:30:22.15	06:30:22.15	+02:45:10 (42.3%)	9:17	6.5 (58.0%)
145	MAZUR Katarzyna	167	UMLAUT	K40	5	00:46:18	03:26:07	05:38:38	06:32:02.70	06:32:02.70	+02:46:50 (42.6%)	9:20	6.4 (57.1%)
146	WALIGÓRSKI Ryszard	283	WOLSZTYŃSKI KLUB BIEGOWY	M60	2	00:45:18	03:16:54	05:34:48	06:32:02.85	06:32:02.85	+02:46:50 (42.6%)	9:20	6.4 (57.1%)
147	SZUSTEK Adam	265	SZUSTY TEAM :-)	M40	58	00:44:16	03:17:56	05:37:28	06:32:47.20	06:32:47.20	+02:47:35 (42.7%)	9:21	6.4 (57.1%)
148	MAZUR Anna	166		K40	6	00:45:17	03:21:00	05:44:03	06:36:32.80	06:36:32.80	+02:51:20 (43.2%)	9:26	6.4 (57.1%)
149	SOSZYŃSKA-PSTROKOŃSKA Joanna	242	PSTROLMOWSKIE	K40	7	00:43:45	03:13:35	05:37:10	06:37:04.70	06:37:04.70	+02:51:52 (43.3%)	9:27	6.3 (56.3%)
150	KAMIŃSKI Arkadiusz	98	1ON1 TEAM	M40	59	00:51:56	03:23:18	05:41:47	06:37:14.80	06:37:14.80	+02:52:02 (43.3%)	9:27	6.3 (56.3%)
151	MOWNY Adam	176		M50	8	00:43:05	03:17:18	05:38:24	06:38:25.15	06:38:25.15	+02:53:13 (43.5%)	9:29	6.3 (56.3%)
152	DRAGANEK Ewelina	46		K40	8	00:45:27	03:26:46	05:45:25	06:39:45.35	06:39:45.35	+02:54:33 (43.7%)	9:31	6.3 (56.3%)
153	SUSZCZYŃSKI Michał	251		M40	60	00:46:41	03:20:25	05:41:47	06:40:21.65	06:40:21.65	+02:55:09 (43.8%)	9:31	6.3 (56.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 24km	Droga pod Reglami 36km	Czas netto 42km	Czas brutto 42km	Różn	Tempo min/km	Tempo km/h
154	ANTKIEWICZ Kamil	348		M30	47	00:46:12	03:18:24	05:42:10	06:40:28.85	06:40:28.85	+02:55:16 (43.8%)	9:32	6.3 (56.3%)
155	KRZESZEWSKA Dorota	134		K40	9	00:45:19	03:29:55	05:45:23	06:40:51.60	06:40:51.60	+02:55:39 (43.8%)	9:32	6.3 (56.3%)
156	WAWRZY尼亚K Krystian	289	OKB ODRA OPOLE	M30	48	00:50:38	03:25:42	05:40:48	06:41:00.45	06:41:00.45	+02:55:48 (43.8%)	9:32	6.3 (56.3%)
157	CZURYŃSKA Wioletka	42	POKOCHAJ BIEGANIE	K40	10	00:46:49	03:32:43	05:47:04	06:42:40.00	06:42:40.00	+02:57:27 (44.1%)	9:35	6.3 (56.3%)
158	GÓRNICKI Tomasz	68		M40	61	00:46:25	03:22:37	05:47:32	06:42:53.65	06:42:53.65	+02:57:41 (44.1%)	9:35	6.3 (56.3%)
159	POPIELA Sebastian	208	OPTYK BARTKOWIAK TEAM	M30	49	00:43:29	03:16:50	05:42:29	06:43:30.45	06:43:30.45	+02:58:18 (44.2%)	9:36	6.2 (55.4%)
160	PODGÓRSKI Paweł	204	DALEKO JESZCZE?	M30	50	00:43:38	03:16:22	05:41:59	06:43:45.70	06:43:45.70	+02:58:33 (44.2%)	9:36	6.2 (55.4%)
161	ROGOWSKI Tomasz	224	UMLAUT	M30	51	00:46:13	03:23:25	05:45:08	06:44:14.15	06:44:14.15	+02:59:02 (44.3%)	9:37	6.2 (55.4%)
162	GAJTKOWSKA- CHOJNICKA Magdalena	56		K30	16	00:51:41	03:33:45	05:51:40	06:45:16.25	06:45:16.25	+03:00:04 (44.4%)	9:38	6.2 (55.4%)
163	WALKOWIAK Maciej	285	POLONIA ŚRODA	M30	52	00:51:06	03:28:33	05:49:19	06:49:32.15	06:49:32.15	+03:04:20 (45.0%)	9:45	6.2 (55.4%)
164	ANTOLIK Aneta	2		K30	17	00:48:31	03:26:04	05:48:30	06:50:13.75	06:50:13.75	+03:05:01 (45.1%)	9:46	6.1 (54.5%)
165	WIECZOREK Piotr	293	CZYSTA AMATORKA	M40	62	00:45:17	03:24:32	05:49:11	06:50:39.65	06:50:39.65	+03:05:27 (45.2%)	9:46	6.1 (54.5%)
166	RADZIWANOWSKI Leszek	218		M40	63	00:43:30	03:19:35	05:48:41	06:55:22.20	06:55:22.20	+03:10:10 (45.8%)	9:53	6.1 (54.5%)
167	GRZELIŃSKI Michał	77	□	M30	53	00:52:46	03:32:44	05:54:47	06:56:54.50	06:56:54.50	+03:11:42 (46.0%)	9:55	6 (53.6%)
168	SCHULZE Jörg	232		M60	3	00:47:08	03:35:28	06:00:29	06:57:17.85	06:57:17.85	+03:12:05 (46.0%)	9:56	6 (53.6%)
169	WABERSKI Przemysław	282	MUSZIX TEAM	M30	54	00:51:29	03:38:12	05:54:58	06:58:33.45	06:58:33.45	+03:13:21 (46.2%)	9:57	6 (53.6%)
170	GRONEK Magdalena	72	BIEGAMDLAZDROWIA. PL	K40	11	00:46:39	03:25:22	05:57:54	06:58:47.90	06:58:47.90	+03:13:35 (46.2%)	9:58	6 (53.6%)
171	SZWARC Grzegorz	266	ARVATO S.C. REP	M30	55	00:52:51	03:35:11	05:57:29	06:59:19.35	06:59:19.35	+03:14:07 (46.3%)	9:59	6 (53.6%)
172	BŁĘDKOWSKA Katarzyna	21		K30	18	00:47:21	03:30:57	06:04:25	07:01:08.60	07:01:08.60	+03:15:56 (46.5%)	10:01	6 (53.6%)
173	DEAKI Oktawiusz	44		M40	64	00:49:18	03:22:48	05:51:45	07:01:57.50	07:01:57.50	+03:16:45 (46.6%)	10:02	6 (53.6%)
174	BUHL Tobiasz	35	OKB ODRA OPOLE	M18	11	00:50:38	03:21:37	05:52:06	07:03:22.50	07:03:22.50	+03:18:10 (46.8%)	10:04	6 (53.6%)
175	KOWALEWSKI Krzysztof	123		M40	65	00:43:13	03:36:16	06:10:37	07:04:25.75	07:04:25.75	+03:19:13 (46.9%)	10:06	5.9 (52.7%)
176	KUC Patryk	139		M30	56	00:45:02	03:23:23	06:00:06	07:04:51.75	07:04:51.75	+03:19:39 (47.0%)	10:06	5.9 (52.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 24km	Droga pod Reglami 36km	Czas netto 42km	Czas brutto 42km	Różn	Tempo min/km	Tempo km/h
177	CIERACH Leszek	39	PARKRUN GORZÓW WIELKOPOLSKI	M30	57	00:47:19	03:34:43	06:02:48	07:06:09.80	07:06:09.80	+03:20:57 (47.2%)	10:08	5.9 (52.7%)
178	BARANOWSKI Adam	9		M40	66	00:46:56	03:36:45	06:04:57	07:07:14.55	07:07:14.55	+03:22:02 (47.3%)	10:10	5.9 (52.7%)
179	BERNHARD Paweł	14		M50	9	00:48:09	03:33:08	05:57:49	07:08:06.25	07:08:06.25	+03:22:54 (47.4%)	10:11	5.9 (52.7%)
180	RADOMSKI Bartosz	217		M30	58	00:49:02	03:44:20	06:08:23	07:08:38.15	07:08:38.15	+03:23:26 (47.5%)	10:12	5.9 (52.7%)
181	STAJNIAK-STELIGA Izabela	245		K40	12	00:44:01	03:29:05	06:08:51	07:11:53.55	07:11:53.55	+03:26:41 (47.9%)	10:16	5.8 (51.8%)
181	SZYDŁOWSKI Robert	267		M40	67	00:44:01	03:29:05	06:08:51	07:11:53.55	07:11:53.55	+03:26:41 (47.9%)	10:16	5.8 (51.8%)
183	LEFEK Kamil	149	PROROWERY LEGNICA	M40	68	00:47:30	03:32:26	06:06:39	07:12:10.75	07:12:10.75	+03:26:58 (47.9%)	10:17	5.8 (51.8%)
184	GAJDA Michał	55		M30	59	00:51:52	03:30:00	06:04:27	07:13:22.05	07:13:22.05	+03:28:10 (48.0%)	10:19	5.8 (51.8%)
185	POKRYWIECKI Łukasz	206	STOWARZYSZENIE MARATON DĘBNO	M30	60	00:43:49	03:40:40	06:12:56	07:14:41.35	07:14:41.35	+03:29:29 (48.2%)	10:20	5.8 (51.8%)
186	DROŃ Jakub	47	AMA PROFIL ULTRA TEAM	M30	61	00:51:26	03:44:51	06:12:47	07:15:56.75	07:15:56.75	+03:30:44 (48.3%)	10:22	5.8 (51.8%)
187	KOZIEŁ Tadeusz	127	SZCZĘŚCIARZBIEGA	M30	62	00:50:37	03:37:20	06:15:35	07:16:48.85	07:16:48.85	+03:31:36 (48.4%)	10:24	5.8 (51.8%)
188	SZPYTMA Remigiusz	262		M30	63	00:46:55	03:32:39	06:11:16	07:17:58.90	07:17:58.90	+03:32:46 (48.6%)	10:25	5.8 (51.8%)
189	PIETRZAK Krzysztof	198	BIEGAMBOLUBIĘ GORZÓW	M30	64	00:48:51	03:41:12	06:15:27	07:20:08.10	07:20:08.10	+03:34:56 (48.8%)	10:28	5.7 (50.9%)
190	GRABOWSKA Zuzanna	70	IZBICKO W BIEGU	K18	3	00:55:08	03:46:58	06:17:44	07:20:19.15	07:20:19.15	+03:35:07 (48.9%)	10:29	5.7 (50.9%)
191	GRABOWA Paulina	69	ULTRA DIABŁY TEAM LUBRZA	K18	4	00:43:00	03:37:09	06:15:23	07:20:25.25	07:20:25.25	+03:35:13 (48.9%)	10:29	5.7 (50.9%)
192	SIERADZ Mariusz	234		M40	69	00:44:32	03:28:52	06:12:35	07:20:26.90	07:20:26.90	+03:35:14 (48.9%)	10:29	5.7 (50.9%)
193	KARCZEWSKA Izabela	101		K30	19	00:49:45	03:37:36	06:18:58	07:20:37.05	07:20:37.05	+03:35:25 (48.9%)	10:29	5.7 (50.9%)
194	CHLUDZIŃSKI Patryk	37	ARVATO S.C. REP	M30	65	00:50:59	03:37:00	06:18:31	07:21:20.55	07:21:20.55	+03:36:08 (49.0%)	10:30	5.7 (50.9%)
195	BORKOWSKI Mariusz	29		M50	10	00:45:17	03:30:51	06:12:35	07:21:51.75	07:21:51.75	+03:36:39 (49.0%)	10:31	5.7 (50.9%)
196	ŻAK Robert	350	CZECH SKYRRUNING TEAM	M40	70	00:59:07	04:09:57	06:18:25	07:22:09.95	07:22:09.95	+03:36:57 (49.1%)	10:31	5.7 (50.9%)
197	GŁOWACKI Radosław	63		M18	12	00:46:16	03:41:52	06:17:14	07:22:11.70	07:22:11.70	+03:36:59 (49.1%)	10:31	5.7 (50.9%)
198	GRYGIER Tomasz	74		M40	71	00:49:04	03:47:49	06:15:06	07:22:25.70	07:22:25.70	+03:37:13 (49.1%)	10:32	5.7 (50.9%)
199	KUCIA Szymon	140		M30	66	00:47:48	03:42:07	06:23:53	07:23:02.15	07:23:02.15	+03:37:50 (49.2%)	10:32	5.7 (50.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami		Czas netto 42km	Czas brutto 42km	Różn	Tempo min/km	Tempo km/h	
						6km	Trzy Jawory 24km						36km
200	KOZIOŁ Paweł	128	ZSANDS	M40	72	00:50:43	03:53:13	06:21:20	07:23:19.45	07:23:19.45	+03:38:07 (49.2%)	10:33	5.7 (50.9%)
201	ŁĘKAWA Sebastian	156	140MINUT.PL	M40	73	00:45:44	03:43:12	06:21:55	07:24:11.15	07:24:11.15	+03:38:59 (49.3%)	10:34	5.7 (50.9%)
202	BOCHAN Lidia	23		K40	13	00:49:40	03:53:50	06:24:27	07:28:46.10	07:28:46.10	+03:43:34 (49.8%)	10:41	5.6 (50.0%)
203	BOCHAN Lesław	22		M40	74	00:49:42	03:53:48	06:24:31	07:28:47.95	07:28:47.95	+03:43:35 (49.8%)	10:41	5.6 (50.0%)
204	GDOWSKA Ewa	61		K40	14	00:49:07	03:43:54	06:24:11	07:30:09.75	07:30:09.75	+03:44:57 (50.0%)	10:43	5.6 (50.0%)
205	TALIKADZE Dawid	276	ARVATO S.C.REP	M30	67	00:50:55		06:25:42	07:31:04.65	07:31:04.65	+03:45:52 (50.1%)	10:44	5.6 (50.0%)
206	LENKIEWICZ Aleksander	150	WKURW_TEAM	M40	75	00:47:24	03:41:40	06:25:01	07:32:22.30	07:32:22.30	+03:47:10 (50.2%)	10:46	5.6 (50.0%)
207	ZIĘBA Anna	316		K40	15	00:50:42	03:53:13	06:25:58	07:32:48.90	07:32:48.90	+03:47:36 (50.3%)	10:46	5.6 (50.0%)
208	MONCZYŃSKA Małgorzata	174		K30	20	00:52:46	03:54:21	06:33:09	07:34:00.30	07:34:00.30	+03:48:48 (50.4%)	10:48	5.6 (50.0%)
209	KAZUBOWSKA Małgorzata	105		K40	16	00:46:03	03:45:01	06:29:11	07:34:05.20	07:34:05.20	+03:48:53 (50.4%)	10:48	5.5 (49.1%)
210	MARCINIAK Maciej	165	MM-PROJEKT	M40	76	00:47:50	03:42:21	06:25:38	07:35:12.00	07:35:12.00	+03:49:59 (50.5%)	10:50	5.5 (49.1%)
211	KOCHANOWSKI Marek	110		M40	77	00:40:02	03:44:42	06:30:59	07:35:33.65	07:35:33.65	+03:50:21 (50.6%)	10:50	5.5 (49.1%)
212	ZIELENDĄ Andrzej	315	WOLSZTYŃSKI KLUB BIEGOWY	M60	4	00:44:36	03:22:39	06:11:22	07:37:29.55	07:37:29.55	+03:52:17 (50.8%)	10:53	5.5 (49.1%)
213	KRAWIETZ Tomasz	131		M40	78	00:50:53	03:55:13	06:27:30	07:38:20.55	07:38:20.55	+03:53:08 (50.9%)	10:54	5.5 (49.1%)
214	SIKORSKI Cezary	235	BBL GUBIN	M50	11	00:46:19	03:45:01	06:29:12	07:39:24.30	07:39:24.30	+03:54:12 (51.0%)	10:56	5.5 (49.1%)
215	GRABOWY Krzysztof	328		M30	68	00:50:28	03:39:15	06:18:12	07:41:04.75	07:41:04.75	+03:55:52 (51.2%)	10:58	5.5 (49.1%)
216	KOJDER Grzegorz	112		M40	79	00:50:30	03:39:20	06:18:15	07:41:06.25	07:41:06.25	+03:55:54 (51.2%)	10:58	5.5 (49.1%)
217	FRAĆKOWIAK Dominik	54		M30	69	00:45:22	03:46:20	06:30:30	07:41:16.95	07:41:16.95	+03:56:04 (51.2%)	10:58	5.5 (49.1%)
218	ZAWADZKI Bartosz	314		M40	80	00:48:06	03:46:15	06:29:52	07:41:32.60	07:41:32.60	+03:56:20 (51.2%)	10:59	5.5 (49.1%)
219	KOSIOROWSKI Leszek	122		M50	12	00:56:36	03:59:06	06:43:06	07:41:59.85	07:41:59.85	+03:56:47 (51.3%)	10:59	5.5 (49.1%)
220	ŻAK Dominika	319	FARTY PUSZCZY	K30	21	00:51:49	03:56:30	06:38:00	07:43:47.95	07:43:47.95	+03:58:35 (51.4%)	11:02	5.4 (48.2%)
221	GĘSICKA Marta	62		K30	22	00:53:54		06:35:17	07:44:11.50	07:44:11.50	+03:58:59 (51.5%)	11:03	5.4 (48.2%)
222	OLEŚ Ewa	188		K30	23	00:53:54	03:59:35	06:35:17	07:44:11.85	07:44:11.85	+03:58:59 (51.5%)	11:03	5.4 (48.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 24km	Droga pod Reglami 36km	Czas netto 42km	Czas brutto 42km	Różn	Tempo min/km	Tempo km/h
223	KONARSKA Aleksandra	116	BBL GORZÓW WLKP.	K30	24	00:50:18	04:01:25	06:35:41	07:44:23.65	07:44:23.65	+03:59:11 (51.5%)	11:03	5.4 (48.2%)
224	PAPLICKA Katarzyna	192	DZIKIE DZIKI GORZÓW	K40	17	00:50:18	04:02:50	06:35:30	07:44:25.50	07:44:25.50	+03:59:13 (51.5%)	11:03	5.4 (48.2%)
225	DYCZKA Jakub	49		M30	70	00:51:33	04:01:25	06:35:26	07:44:25.55	07:44:25.55	+03:59:13 (51.5%)	11:03	5.4 (48.2%)
226	KONDRAKIEWICZ Rafał	117	HARCOWNIK JELCZ-LASKOWICE	M40	81	00:50:41	03:49:26	06:41:33	07:46:12.15	07:46:12.15	+04:01:00 (51.7%)	11:06	5.4 (48.2%)
227	FIEGA Mirosław	52		M40	82	00:47:41		06:47:48	07:48:16.35	07:48:16.35	+04:03:04 (51.9%)	11:08	5.4 (48.2%)
228	WIETRZYŃSKA Agnieszka	296	SZTUKA RUCHU	K40	18	00:52:49	03:58:44	06:41:20	07:49:22.75	07:49:22.75	+04:04:10 (52.0%)	11:10	5.4 (48.2%)
229	MAGDA Iwona	327		K40	19	00:45:40	03:46:59	06:39:13	07:49:23.20	07:49:23.20	+04:04:11 (52.0%)	11:10	5.4 (48.2%)
230	WRÓBLEWSKI Tomek	308		M30	71	00:48:01	03:42:16	06:37:47	07:50:08.30	07:50:08.30	+04:04:56 (52.1%)	11:11	5.4 (48.2%)
231	MARCINIAK Katarzyna	164		K40	20	00:52:47	03:57:08	06:39:40	07:51:22.85	07:51:22.85	+04:06:10 (52.2%)	11:13	5.3 (47.3%)
232	BENTKOWSKA Magdalena	13	DIRTY SPARROWS	K30	25	00:47:39	03:57:19	06:47:48	07:51:54.40	07:51:54.40	+04:06:42 (52.3%)	11:14	5.3 (47.3%)
233	KŁONOWSKI Marek	108		M40	83	00:51:07	03:45:49	06:37:30	07:53:21.15	07:53:21.15	+04:08:09 (52.4%)	11:16	5.3 (47.3%)
234	WILCZEWSKI Piotr	297	GORZOWSKIE BIEGANIE CZWARTKOWE	M30	72	00:51:54	04:03:14	06:46:25	07:53:25.95	07:53:25.95	+04:08:13 (52.4%)	11:16	5.3 (47.3%)
235	WOJCIECHOWSKI Maciej	323		M40	84	00:47:41	03:57:20	06:47:52	07:56:03.90	07:56:03.90	+04:10:51 (52.7%)	11:20	5.3 (47.3%)
236	WITLICKI Kacper	301		M18	13	00:46:30	03:40:04	06:46:16	07:59:19.15	07:59:19.15	+04:14:07 (53.0%)	11:24	5.3 (47.3%)
237	GALEWSKI Mariusz	57	KOTLIN	M50	13	00:50:36	03:57:27	06:46:32	07:59:39.45	07:59:39.45	+04:14:27 (53.0%)	11:25	5.3 (47.3%)
238	LACH Agnieszka	148		K40	21	00:53:34		07:00:38	08:00:44.80	08:00:44.80	+04:15:32 (53.2%)	11:26	5.2 (46.4%)
239	PIENIAŻEK Justyna	196		K30	26	00:55:56	04:15:27	06:49:41	08:01:12.65	08:01:12.65	+04:16:00 (53.2%)	11:27	5.2 (46.4%)
240	KORNACKI Piotr	121		M40	85	00:51:48	03:57:59	06:56:08	08:07:44.20	08:07:44.20	+04:22:32 (53.8%)	11:36	5.2 (46.4%)
241	KORNACKA Monika	120		K40	22	00:51:48	04:10:57	07:02:59	08:07:44.25	08:07:44.25	+04:22:32 (53.8%)	11:36	5.2 (46.4%)
242	KACZOR Elżbieta	95		K40	23	00:55:22	04:17:24	06:58:37	08:08:09.55	08:08:09.55	+04:22:57 (53.9%)	11:37	5.2 (46.4%)
243	KACZOR Sebastian	96		M40	86	00:55:48	04:17:24	06:58:33	08:08:09.95	08:08:09.95	+04:22:57 (53.9%)	11:37	5.2 (46.4%)
244	MISIAK Artur	172		M40	87	00:50:19	04:01:58	07:02:50	08:11:02.45	08:11:02.45	+04:25:50 (54.1%)	11:41	5.1 (45.5%)
245	MISIAK Dorota	173		K30	27	00:50:20	04:03:20	07:02:46	08:11:03.20	08:11:03.20	+04:25:51 (54.1%)	11:41	5.1 (45.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 24km	Droga pod Reglami 36km	Czas netto 42km	Czas brutto 42km	Różn	Tempo min/km	Tempo km/h
246	PYTKO Elżbieta	214	ION1 TEAM	K50	3	00:54:38	04:14:50	07:08:02	08:12:44.20	08:12:44.20	+04:27:32 (54.3%)	11:43	5.1 (45.5%)
247	STEFANIAK Emilia	248	BBL	K40	24	00:51:54	04:02:38	07:06:14	08:13:29.30	08:13:29.30	+04:28:17 (54.4%)	11:44	5.1 (45.5%)
248	RYPIŃSKA Magdalena	227		K40	25	00:52:55	04:09:39	07:14:56	08:13:58.45	08:13:58.45	+04:28:46 (54.4%)	11:45	5.1 (45.5%)
249	CIURASZKIEWICZ Andrzej	40		M40	88	00:52:55		07:14:57	08:13:59.70	08:13:59.70	+04:28:47 (54.4%)	11:45	5.1 (45.5%)
250	KATA Wioletta	104		K50	4	00:50:25	04:03:22	07:02:53	08:14:05.55	08:14:05.55	+04:28:53 (54.4%)	11:45	5.1 (45.5%)
251	WOJTON Malgorzata	303	PORANNY PATROL	K40	26	00:53:03	04:09:41	07:02:46	08:14:37.95	08:14:37.95	+04:29:25 (54.5%)	11:46	5.1 (45.5%)
252	KOWALSKI Andrzej	126	NAPRZÓD MŁOCINY	M40	89	00:51:19	04:11:06	07:12:09	08:18:14.15	08:18:14.15	+04:33:02 (54.8%)	11:51	5.1 (45.5%)
253	JANKOWSKA Marzena	88	FU FU FU TEAM	K40	27	00:56:37	04:18:52	07:08:14	08:21:05.70	08:21:05.70	+04:35:53 (55.1%)	11:55	5 (44.6%)
254	SAWICKI Krzysztof	230		M30	73	00:51:50	04:16:11	07:11:55	08:23:44.65	08:23:44.65	+04:38:32 (55.3%)	11:59	5 (44.6%)
255	PNIEWSKI Rafał	202	ION1 TEAM	M50	14	00:52:45	04:18:36	07:14:10	08:23:50.60	08:23:50.60	+04:38:38 (55.3%)	11:59	5 (44.6%)
256	BOJARSKA Beata	26	BW BIEGACZE WYMIATACZE	K30	28	00:56:39	04:30:48	07:18:02	08:23:53.50	08:23:53.50	+04:38:41 (55.3%)	11:59	5 (44.6%)
257	MICHAŁKIEWICZ Marek	169		M40	90	00:52:09	04:19:33	07:10:48	08:23:57.00	08:23:57.00	+04:38:44 (55.3%)	11:59	5 (44.6%)
258	KOLAŚNIEWSKI Marek	113		M40	91	00:51:28	04:19:33	07:10:47	08:23:58.65	08:23:58.65	+04:38:46 (55.3%)	11:59	5 (44.6%)
259	PYTEL Roman	213	IZBICKO W BIEGU	M40	92	00:55:11	03:59:01	07:03:27	08:26:31.25	08:26:31.25	+04:41:19 (55.5%)	12:03	5 (44.6%)
260	SCHLAPPA Sebastian	231	IZBICKO W BIEGU	M40	93	00:55:38	04:06:37	07:03:27	08:26:31.30	08:26:31.30	+04:41:19 (55.5%)	12:03	5 (44.6%)
261	PIECUCH Małgorzata	195		K60	1	00:54:03	04:20:25	07:18:30	08:27:06.20	08:27:06.20	+04:41:54 (55.6%)	12:04	5 (44.6%)
262	BIEŃ Piotr	18		M30	74	00:51:06	04:18:54	07:23:14	08:33:08.95	08:33:08.95	+04:47:56 (56.1%)	12:13	4.9 (43.8%)
263	BIEŃ Małgorzata	19		K40	28	00:51:05	04:18:41	07:23:10	08:33:09.15	08:33:09.15	+04:47:57 (56.1%)	12:13	4.9 (43.8%)
264	JANOWSKI Jerzy	89	RONIN	M60	5	00:50:23	04:11:09	07:14:36	08:36:24.05	08:36:24.05	+04:51:12 (56.4%)	12:17	4.9 (43.8%)
265	MUCHA Aleksandra	178		K40	29	00:55:21	04:20:04	07:27:07	08:41:14.80	08:41:14.80	+04:56:02 (56.8%)	12:24	4.8 (42.9%)
266	KOZIOŁ Ewa	129		K40	30	00:55:13	04:26:57	07:27:07	08:41:16.35	08:41:16.35	+04:56:04 (56.8%)	12:24	4.8 (42.9%)
267	GORCZYCA Jerzy	67	SERCE KARKONOSZE	M50	15	00:48:45		07:26:00	08:42:34.30	08:42:34.30	+04:57:22 (56.9%)	12:26	4.8 (42.9%)
268	A Agnieszka	326		K40	31	00:49:49	04:20:15	07:30:08	08:44:40.65	08:44:40.65	+04:59:28 (57.1%)	12:29	4.8 (42.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 24km	Droga pod Reglami 36km	Czas netto 42km	Czas brutto 42km	Różn	Tempo min/km	Tempo km/h
269	GUGAŁA Michał	78	CZARNE STOPY	M40	94	00:56:15	04:36:32	07:40:52	08:47:19.65	08:47:19.65	+05:02:07 (57.3%)	12:33	4.8 (42.9%)
270	KANIA Aleksandra	100		K40	32	00:56:01	04:37:05	07:40:53	08:47:19.80	08:47:19.80	+05:02:07 (57.3%)	12:33	4.8 (42.9%)
271	WIECZOREK Marta	292	ROZBIEGANE WIECZORKI	K40	33	01:00:16	04:36:57	07:40:31	08:53:33.95	08:53:33.95	+05:08:21 (57.8%)	12:42	4.7 (42.0%)
272	ERBEL Anna	51		K30	29	00:59:32	04:34:08	07:41:11	08:54:14.05	08:54:14.05	+05:09:02 (57.8%)	12:43	4.7 (42.0%)
273	HOFFMANN Grzegorz	82	KOŚCIAN TEAM	M40	95	00:53:14	04:24:12	07:43:31	08:56:39.20	08:56:39.20	+05:11:27 (58.0%)	12:46	4.7 (42.0%)
Przekroczony limit czasu: 09:00:00													
274	BĄDZIUL Dorota	12		K30	30	01:03:26	04:38:32	07:47:14	09:05:34.75	09:05:34.75	+05:20:22 (58.7%)	12:59	4.6 (41.1%)
275	KOWALIK Mariusz	124		M30	75	01:03:27	04:38:32	07:47:14	09:05:35.45	09:05:35.45	+05:20:23 (58.7%)	12:59	4.6 (41.1%)
276	JEDYNAK-WYPYCH Anna	90		K30	31	00:53:23	04:38:00	07:57:07	09:07:09.70	09:07:09.70	+05:21:57 (58.8%)	13:01	4.6 (41.1%)
277	WYPYCH Tomasz	309	ZAKOCHANI - ZABIEGANI	M50	16	00:53:23	04:37:41	07:57:06	09:07:10.30	09:07:10.30	+05:21:58 (58.8%)	13:01	4.6 (41.1%)
278	ZAJĄC Kazimierz	310	EKIPA ZAJĄCA	M60	6	00:49:53	04:20:18	07:47:42	09:07:46.40	09:07:46.40	+05:22:34 (58.9%)	13:02	4.6 (41.1%)
279	WITAK Piotr	299		M40	96	01:02:55	04:42:33	07:55:48	09:10:27.80	09:10:27.80	+05:25:15 (59.1%)	13:06	4.6 (41.1%)
280	SZYMAŃSKI Jarosław	270	1ON1 TEAM	M30	76	01:00:09	04:44:07	07:57:52	09:19:58.85	09:19:58.85	+05:34:46 (59.8%)	13:19	4.5 (40.2%)
281	TOMASZEWSKA Marta	277	SMOK TRÓJGŁOWY	K30	32	01:00:58	04:42:13	07:52:46	09:21:36.40	09:21:36.40	+05:36:24 (59.9%)	13:22	4.5 (40.2%)
282	TOMASZEWSKI Bartosz	278	SMOK TRÓJGŁOWY	M30	77	01:00:58	04:42:13	07:50:09	09:21:36.70	09:21:36.70	+05:36:24 (59.9%)	13:22	4.5 (40.2%)
283	GRUBICH Damian	73	PARKRUN GRUDZIĄDZ	M40	97	00:59:49	04:44:43	08:09:59	10:03:26.90	10:03:26.90	+06:18:14 (62.7%)	14:22	4.2 (37.5%)
283	WASILEWSKA Joanna	288	PARKRUN GRUDZIĄDZ	K30	33	00:59:49	04:44:44	08:10:00	10:03:26.90	10:03:26.90	+06:18:14 (62.7%)	14:22	4.2 (37.5%)
	SOWIŃSKA Anetta	243		K40		00:55:16 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	MEDEJSZO Mariusz	168	NOWOSOLSKA GRUPA BIEGOWA	M40		00:39:54 DNF	03:28:34 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	POWAŁKO Wojciech	210		M40		01:00:15 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	PYSZEL Florian	212	PIEKIELNI WARSZAWA	M18		00:28:30 DNF	02:01:46 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	ZIMNY Tomasz	318	RARTY PUSZCZY	M60		00:44:08 DNF	03:08:41 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	BŁASZCZAK Łukasz	20	PRZEDWOJEWSKI TEAM	M40		00:44:27 DNF	03:13:41 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	BOROWIAK Łukasz	30	#BIEGAJLESZNO	M40		00:41:21 DNF	03:40:15 DNF	DNF	DNF	DNF	-	-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 24km	Droga pod Reglami 36km	Czas netto 42km	Czas brutto 42km	Różn	Tempo min/km	Tempo km/h
	PLUTA Rafał	201		M40		00:54:39 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	SIWIASZCZYK Tomasz	237		M40		00:54:40 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	IGNASZEWSKA Marta	84		K40		01:00:04 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	HOREŻGA Dorota	83		K30		01:03:15 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	KOPYRA Tomasz	119	#BIEGAMWOLNOALEDOKŁADNIE	M40		DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)

Znaleziono 296 wynik(ów)