



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

CHOJNIK KARKONOSKI FESTIWAL BIEGOWY
FUNDACJA PROFIT MARATON
2023-09-02
Sobieszów
42 km

CHOJNIK MARATON

B4SPORT

B4SPORT
INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 23km	Droga pod Reglami 35km	Czas netto 42km	Czas brutto 42km	Różn	Tempo min/km	Tempo km/h
1	BOULKHALF Abdellatif	17	KB WIKON NOWA SÓL	M30	1	00:27:18	02:00:20	03:17:12	03:52:39.30	03:52:39.30		5:32	10.8 (100%)
2	CZERNAK Paweł	27	BLACK HAT PRO	M30	2	00:27:19	02:02:44	03:21:47	03:57:24.20	03:57:24.20	+00:04:44 (2.0%)	5:39	10.6 (98.1%)
3	KOREK Michał	82	MARCIN ŚWIERC TEAM	M40	1	00:27:31	02:06:42	03:27:52	04:04:14.85	04:04:14.85	+00:11:35 (4.7%)	5:48	10.3 (95.4%)
4	LULIS Dawid	102	ALTRA TEAM RED	M30	3	00:27:30	02:10:44	03:40:02	04:21:08.60	04:21:08.60	+00:28:29 (10.9%)	6:13	9.7 (89.8%)
5	BORZYSTOWSKI Patryk	16		M30	4	00:30:17	02:19:30	03:53:39	04:34:51.90	04:34:51.90	+00:42:12 (15.4%)	6:32	9.2 (85.2%)
6	WALCZAK Paweł	200		M30	5	00:30:28	02:24:19	04:01:59	04:44:41.35	04:44:41.35	+00:52:02 (18.3%)	6:46	8.9 (82.4%)
7	SZKODA Kasia	183	NESSI / JESTEMODROMKA	K30	1	00:30:36	02:28:43	04:08:52	04:48:19.60	04:48:19.60	+00:55:40 (19.3%)	6:51	8.7 (80.6%)
8	STACHOWIAK Łukasz	169	KAMIL LEŚNIAK TEAM / CITYTRAIL TEAM	M30	6	00:29:59	02:25:42	04:10:50	04:56:09.40	04:56:09.40	+01:03:30 (21.4%)	7:03	8.5 (78.7%)
9	FISZER Sebastian	40	LESZ NO LIMITS RUNNERS	M40	2	00:31:28	02:30:19	04:17:44	04:59:56.25	04:59:56.25	+01:07:16 (22.4%)	7:08	8.4 (77.8%)
10	RYSZAWY Mikołaj	154		M18	1	00:31:46	02:26:49	04:14:13	05:00:39.50	05:00:39.50	+01:08:00 (22.6%)	7:09	8.4 (77.8%)
11	WANAT Mateusz	202	PRZEDWOJEWSKI TEAM	M30	7	00:35:37	02:33:43	04:18:15	05:06:24.40	05:06:24.40	+01:13:45 (24.1%)	7:17	8.2 (75.9%)
12	RUTKOWSKI Maciej	152	ULTRA DIABŁY TEAM LUBRZA	M30	8	00:31:57	02:35:39	04:18:58	05:08:08.15	05:08:08.15	+01:15:28 (24.5%)	7:20	8.2 (75.9%)
13	CIEŚLA Bartosz	239	MOCNOPRZYGODOWY.PL	M30	9	00:34:07	02:41:34	04:27:47	05:12:19.20	05:12:19.20	+01:19:39 (25.5%)	7:26	8.1 (75.0%)
14	KOCIUBA Przemysław	78	TT SZCZECIN	M30	10	00:33:23	02:34:56	04:24:23	05:13:41.20	05:13:41.20	+01:21:01 (25.8%)	7:28	8 (74.1%)
15	LULIS Anna	103		K40	1	00:34:04	02:41:39	04:27:49	05:14:20.60	05:14:20.60	+01:21:41 (26.0%)	7:29	8 (74.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 23km	Droga pod Reglami 35km	Czas netto 42km	Czas brutto 42km	Różn	Tempo min/km	Tempo km/h
16	GUMIENNY Grzegorz	57	JESTEMODROMKA	M40	3	00:30:29	02:35:15	04:31:16	05:16:16.95	05:16:16.95	+01:23:37 (26.4%)	7:31	8 (74.1%)
17	WOJNAROWICZ Paweł	212		M30	11	00:33:50	02:41:35	04:30:07	05:17:23.35	05:17:23.35	+01:24:44 (26.7%)	7:33	7.9 (73.1%)
18	TOPOLSKI Marcin	195	BRZESKI KLUB BIEGACZA CZARNA PERŁA	M40	4	00:35:36	02:46:19	04:38:33	05:24:46.95	05:24:46.95	+01:32:07 (28.4%)	7:43	7.8 (72.2%)
19	ZAWADZKI Andrzej	220	AW SZYBCIEJ TEAM	M40	5	00:35:09	02:45:02	04:38:17	05:26:13.85	05:26:13.85	+01:33:34 (28.7%)	7:46	7.7 (71.3%)
20	ŁUKASIEWICZ Ewa	105	AW-SZYBCIEJ-TEAM	K50	1	00:37:03	02:53:53	04:39:26	05:26:22.70	05:26:22.70	+01:33:43 (28.7%)	7:46	7.7 (71.3%)
21	HIBNER Waldemar	240		M40	6	00:35:25	02:43:02	04:38:10	05:26:56.25	05:26:56.25	+01:34:16 (28.8%)	7:47	7.7 (71.3%)
22	ORĘZIAK Tomasz	126		M18	2	00:33:48	02:41:08	04:37:40	05:27:55.60	05:27:55.60	+01:35:16 (29.1%)	7:48	7.7 (71.3%)
23	ANDRZEJEWSKA Magdalena	2	SMYKOFSKI	K40	2	00:36:31	02:46:29	04:36:33	05:28:49.35	05:28:49.35	+01:36:10 (29.2%)	7:49	7.7 (71.3%)
24	SZUKALSKI Krzysztof	186		M40	7	00:35:01	02:43:31	04:41:17	05:29:35.90	05:29:35.90	+01:36:56 (29.4%)	7:50	7.6 (70.4%)
25	GOLONKA Paweł	46	KB WIKON NOWA SÓL	M40	8	00:33:54	02:41:47	04:38:26	05:30:28.00	05:30:28.00	+01:37:48 (29.6%)	7:52	7.6 (70.4%)
26	RYBARCZYK Kamil	153	MARMUROWE DZIKI	M30	12	00:35:33	02:50:55	04:42:52	05:31:14.80	05:31:14.80	+01:38:35 (29.8%)	7:53	7.6 (70.4%)
27	WIECZOREK Maria	207	PRZEDWOJEWSKI TEAM	K30	2	00:38:27	02:51:52	04:41:47	05:31:38.30	05:31:38.30	+01:38:59 (29.8%)	7:53	7.6 (70.4%)
28	BIELECKI Tomasz	11		M30	13	00:34:08	02:42:19	04:38:50	05:32:05.75	05:32:05.75	+01:39:26 (29.9%)	7:54	7.6 (70.4%)
29	WEŁNIAK Przemysław	205	JESTEM OD ROMKA	M40	9	00:30:39	02:38:15	04:43:08	05:32:25.60	05:32:25.60	+01:39:46 (30.0%)	7:54	7.6 (70.4%)
30	WOŹNIAK Łukasz	217		M30	14	00:35:27	02:46:20	04:44:57	05:33:39.35	05:33:39.35	+01:41:00 (30.3%)	7:56	7.6 (70.4%)
31	NELL Rupert	118		M50	1	00:40:04	02:58:27	04:49:27	05:35:27.05	05:35:27.05	+01:42:47 (30.6%)	7:59	7.5 (69.4%)
32	SKRZYPCZYK Paulina	167	42K PRO TEAM	K30	3	00:35:36	02:56:09	04:50:33	05:36:25.70	05:36:25.70	+01:43:46 (30.8%)	8:00	7.5 (69.4%)
33	STANKE Tomasz	171	TOTALNIE BIEGNIĘCI	M30	15	00:35:01	02:46:12	04:45:41	05:36:26.35	05:36:26.35	+01:43:47 (30.8%)	8:00	7.5 (69.4%)
34	MURAWSKA Wioletta	232		K50	2	00:35:29	02:52:00	04:46:45	05:36:59.10	05:36:59.10	+01:44:19 (31.0%)	8:01	7.5 (69.4%)
35	PAWLUS Marcin	136	ULTRA WAY TEAM	M30	16	00:35:35	02:51:23	04:53:03	05:39:19.85	05:39:19.85	+01:46:40 (31.4%)	8:04	7.4 (68.5%)
36	WASIK Robert	203		M40	10	00:37:10	02:55:11	04:51:45	05:44:09.65	05:44:09.65	+01:51:30 (32.4%)	8:11	7.3 (67.6%)
37	MISZCZAK Piotr	114		M30	17	00:36:28	02:54:16	04:54:06	05:46:03.75	05:46:03.75	+01:53:24 (32.8%)	8:14	7.3 (67.6%)
38	WALASIK Jarosław	198	42K PRO TEAM	M50	2	00:37:38	02:56:10	04:53:08	05:46:26.55	05:46:26.55	+01:53:47 (32.8%)	8:14	7.3 (67.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga			Czas netto 42km	Czas brutto 42km	Różn	Tempo min/km	Tempo km/h
						pod Reglami 6km	Trzy Jawory 23km	pod Reglami 35km					
39	PAWLIŃSKI Adam	134	PRO-RUN WROCŁAW	M40	11	00:36:57	02:51:51	04:58:06	05:46:28.55	05:46:28.55	+01:53:49 (32.9%)	8:14	7.3 (67.6%)
40	KUPC Zbigniew	93	TRAIL IS OUR WAY	M40	12	00:37:02	02:56:13	05:00:46	05:47:39.20	05:47:39.20	+01:54:59 (33.1%)	8:16	7.2 (66.7%)
41	JÓZWIAK Michał	243		M50	3	00:36:05	02:51:26	04:55:12	05:49:47.70	05:49:47.70	+01:57:08 (33.5%)	8:19	7.2 (66.7%)
42	DOBIJA Jacek	31		M30	18	00:37:04	02:54:55	05:00:11	05:51:39.10	05:51:39.10	+01:58:59 (33.8%)	8:22	7.2 (66.7%)
43	DOBROWOLSKI Mateusz	32	FIZJOBIEGACZE SZCZECIN	M18	3	00:36:55	02:57:56		05:51:56.75	05:51:56.75	+01:59:17 (33.9%)	8:22	7.2 (66.7%)
44	RESPONDEK Anna	146		K40	3	00:38:06	03:02:43	05:04:58	05:53:20.15	05:53:20.15	+02:00:40 (34.2%)	8:24	7.1 (65.7%)
45	SUCHY Roland	174	POGOŃ BYDŁO	M30	19	00:38:43	02:56:08	04:56:42	05:53:56.55	05:53:56.55	+02:01:17 (34.3%)	8:25	7.1 (65.7%)
46	KURANT Elena	94	BW BIEGACZE WYMIATACZE	K40	4	00:36:48	02:58:55	05:00:03	05:53:56.85	05:53:56.85	+02:01:17 (34.3%)	8:25	7.1 (65.7%)
47	KAMINSKA Paulina	245		K30	4	00:41:05	03:03:50	05:04:05	05:54:08.95	05:54:08.95	+02:01:29 (34.3%)	8:25	7.1 (65.7%)
48	DASZEWSKI Filip	29	ICT POLAND	M18	4	00:35:09	02:55:04	05:06:20	05:54:26.50	05:54:26.50	+02:01:47 (34.4%)	8:26	7.1 (65.7%)
49	ZBOROWSKI Marcin	221	ULTRA DIABŁY TEAM LUBRZA	M30	20	00:37:03	02:54:10	05:04:33	05:55:35.65	05:55:35.65	+02:02:56 (34.6%)	8:27	7.1 (65.7%)
50	GRANOPS Maciej	52		M40	13	00:39:59	03:00:22	05:01:45	05:55:43.25	05:55:43.25	+02:03:03 (34.6%)	8:28	7.1 (65.7%)
51	SZYPULSKI Darek	189		M50	4	00:35:31	02:55:36	05:06:40	05:58:01.75	05:58:01.75	+02:05:22 (35.0%)	8:31	7 (64.8%)
52	KOZAK Tomasz	84		M18	5	00:37:00	02:47:13	05:16:41	05:59:51.55	05:59:51.55	+02:07:12 (35.3%)	8:34	7 (64.8%)
53	NYKIEL Rafał	121	ULTRA DIABŁY TEAM LUBRZA	M40	14	00:38:15	02:54:05	05:04:36	06:01:10.25	06:01:10.25	+02:08:30 (35.6%)	8:35	7 (64.8%)
54	SZUKALSKA Milena	185		K30	5	00:38:45	03:03:36	05:07:32	06:01:25.20	06:01:25.20	+02:08:45 (35.6%)	8:36	7 (64.8%)
55	PIOTROWICZ Michał	244		M30	21	05:11:02			06:04:39.05	06:04:39.05	+02:11:59 (36.2%)	8:40	6.9 (63.9%)
56	KASZKOWIAK Bogumil	70	WRONKI	M40	15	00:42:41	03:11:41	05:16:52	06:04:43.05	06:04:43.05	+02:12:03 (36.2%)	8:41	6.9 (63.9%)
57	ANDRÓSZOWSKI Mateusz	1		M30	22	00:43:27	03:12:46	05:08:06	06:05:52.55	06:05:52.55	+02:13:13 (36.4%)	8:42	6.9 (63.9%)
58	SYCHOWIEC Adrian	177		M40	16	00:40:15	02:59:26	05:09:24	06:07:28.45	06:07:28.45	+02:14:49 (36.7%)	8:44	6.9 (63.9%)
59	FIEGA Mirosław	38		M40	17	00:40:05	02:57:29	05:10:10	06:09:32.00	06:09:32.00	+02:16:52 (37.0%)	8:47	6.8 (63.0%)
60	JUSZCZAK Łukasz	66	NEVER STOP THE MADNESS	M30	23	00:35:26	02:58:18	05:11:03	06:10:09.10	06:10:09.10	+02:17:29 (37.1%)	8:48	6.8 (63.0%)
61	MUTRYNOWSKI Piotr	247		M40	18	00:47:51	03:22:05	05:22:22	06:11:44.70	06:11:44.70	+02:19:05 (37.4%)	8:51	6.8 (63.0%)

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 23km						
62	WAWIOROWSKI Kamil	204		M40	19	00:38:27	03:05:18	05:21:26	06:12:40.30	06:12:40.30	+02:20:01 (37.6%)	8:52	6.8 (63.0%)
63	KACZOR Piotr	67	SAMOTNY WILK Z KOTOWIC	M40	20	00:36:18	03:00:39	05:20:26	06:12:52.35	06:12:52.35	+02:20:13 (37.6%)	8:52	6.8 (63.0%)
64	GRAMALA Mateusz	51		M18	6	00:38:43	03:04:32	05:18:29	06:13:20.70	06:13:20.70	+02:20:41 (37.7%)	8:53	6.8 (63.0%)
65	GARSTKA Zbigniew	44	LEŚNE DZIADY TEAM	M40	21	00:38:24	03:07:20	05:20:11	06:13:25.55	06:13:25.55	+02:20:46 (37.7%)	8:53	6.7 (62.0%)
66	KODZIS Lesław	79		M50	5	00:41:36	03:05:42	05:18:36	06:15:40.90	06:15:40.90	+02:23:01 (38.1%)	8:56	6.7 (62.0%)
67	SZELIGOWSKI Jarosław	182	WWW.CALISIAMED.PL	M30	24	00:38:17	02:59:43	05:20:06	06:16:18.35	06:16:18.35	+02:23:39 (38.2%)	8:57	6.7 (62.0%)
68	CROZIER John	25		M50	6	00:38:28	03:08:24	05:21:48	06:16:27.85	06:16:27.85	+02:23:48 (38.2%)	8:57	6.7 (62.0%)
69	KLAMA Maciej	74	KKM	M40	22	00:38:23	03:09:31	05:21:20	06:16:45.50	06:16:45.50	+02:24:06 (38.2%)	8:58	6.7 (62.0%)
70	PALCZYŃSKI Krzysztof	129		M30	25	00:38:25	03:07:14	05:21:20	06:16:45.70	06:16:45.70	+02:24:06 (38.2%)	8:58	6.7 (62.0%)
71	SZACHEWICZ Sławomir	179	NOA	M40	23	00:38:15	03:04:28	05:23:48	06:16:54.85	06:16:54.85	+02:24:15 (38.3%)	8:58	6.7 (62.0%)
72	KRAKOWIAK Mikołaj	87	KRAKOWIAK ULTRA TEAM	M18	7	00:37:00	02:56:38	05:15:59	06:17:00.00	06:17:00.00	+02:24:20 (38.3%)	8:58	6.7 (62.0%)
73	LIEBNER Patryk	237	TRIGYM SZCZECIN	M40	24	00:36:14	03:04:28	05:21:36	06:18:05.45	06:18:05.45	+02:25:26 (38.5%)	9:00	6.7 (62.0%)
74	LEMBOWICZ Grzegorz	97	JESTEM OD ROMKA	M40	25	00:40:52	03:13:03	05:22:09	06:18:54.90	06:18:54.90	+02:26:15 (38.6%)	9:01	6.7 (62.0%)
75	ŻYCHSKA Anna	227		K30	6	00:39:23	03:12:06	05:18:18	06:19:20.70	06:19:20.70	+02:26:41 (38.7%)	9:01	6.6 (61.1%)
76	DZIEKANOWSKA Maria	35		K18	1	00:38:37	03:12:41	05:23:49	06:20:09.75	06:20:09.75	+02:27:30 (38.8%)	9:03	6.6 (61.1%)
77	STAWIŃSKI Piotr	173	12TRI	M40	26	00:43:35	03:12:43	05:26:21	06:20:54.70	06:20:54.70	+02:28:15 (38.9%)	9:04	6.6 (61.1%)
78	ZIÓŁKOWSKI Konrad	223	KUŹNIA TRIATHLONU / ORLEN	M40	27	00:44:13	03:13:14	05:26:22	06:20:56.20	06:20:56.20	+02:28:16 (38.9%)	9:04	6.6 (61.1%)
79	LENART Jakub	98		M30	26	00:39:04	03:03:45	05:23:51	06:21:03.00	06:21:03.00	+02:28:23 (38.9%)	9:04	6.6 (61.1%)
80	KRÓLIKOWSKA Emilia	88		K30	7	00:42:24	03:18:46	05:25:39	06:21:46.15	06:21:46.15	+02:29:06 (39.1%)	9:05	6.6 (61.1%)
81	CHILIMONIUK Mariusz	21		M40	28	00:43:07	03:13:53	05:24:12	06:22:37.40	06:22:37.40	+02:29:58 (39.2%)	9:06	6.6 (61.1%)
82	OCIEPA Sabina	122		K40	5	00:43:07	03:22:01	05:28:36	06:22:39.55	06:22:39.55	+02:30:00 (39.2%)	9:06	6.6 (61.1%)
83	GRABIAS Aleksandra	49		K30	8	00:39:55	03:18:02	05:30:57	06:24:47.35	06:24:47.35	+02:32:08 (39.5%)	9:09	6.5 (60.2%)
84	KAYSIEWICZ Maciej	71	NATURAL BORN RUNNERS TEAM	M50	7	00:37:56	03:07:08	05:24:01	06:25:03.30	06:25:03.30	+02:32:24 (39.6%)	9:10	6.5 (60.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 23km	Droga pod Reglami 35km	Czas netto 42km	Czas brutto 42km	Różn	Tempo min/km	Tempo km/h
85	FLORCZAK Sylwia	41		K40	6	00:40:11	03:18:02	05:32:28	06:26:25.60	06:26:25.60	+02:33:46 (39.8%)	9:12	6.5 (60.2%)
86	RATAJCZAK Łukasz	145	NIGHT RUNNERS	M40	29	00:38:45	03:10:28	05:31:38	06:27:38.30	06:27:38.30	+02:34:59 (40.0%)	9:13	6.5 (60.2%)
87	PIETRZYK Tomasz	138	AW SZYBCIEJ TEAM	M40	30	00:38:31	03:14:09	05:35:12	06:30:52.85	06:30:52.85	+02:38:13 (40.5%)	9:18	6.4 (59.3%)
88	STAROŃ Daniel	172	ZORKA JELONKI RUNNING TEAM	M40	31	00:39:57	03:11:23	05:30:55	06:31:31.35	06:31:31.35	+02:38:52 (40.6%)	9:19	6.4 (59.3%)
89	SZAJN Grzegorz	180		M50	8	00:37:55	03:07:53	05:30:36	06:31:36.95	06:31:36.95	+02:38:57 (40.6%)	9:19	6.4 (59.3%)
90	PROCIAK Krzysztof	141	SKB DZIK	M40	32	00:39:01	03:07:45	05:30:35	06:31:40.75	06:31:40.75	+02:39:01 (40.6%)	9:19	6.4 (59.3%)
91	KUŁAKOWSKA Monika	90		K40	7	00:41:12	03:25:27	05:39:02	06:32:31.30	06:32:31.30	+02:39:52 (40.7%)	9:20	6.4 (59.3%)
92	LUBELCZYK Grzegorz	101	SPELEOCLUB WROCŁAW	M50	9	00:40:52	03:16:13	05:31:19	06:32:46.05	06:32:46.05	+02:40:06 (40.8%)	9:21	6.4 (59.3%)
93	WIKLIŃSKA Iga	209		K18	2	00:41:52	03:24:39	05:37:36	06:33:07.25	06:33:07.25	+02:40:27 (40.8%)	9:21	6.4 (59.3%)
94	KUDŁA Joanna	89	KUDŁATE MAKARONY / GÓRAL Z MAZUR RUNNING TEAM	K30	9	00:40:06	03:19:05	05:35:59	06:34:08.70	06:34:08.70	+02:41:29 (41.0%)	9:23	6.4 (59.3%)
95	SIKORA Malwina	161		K18	3	00:44:47	03:22:38	05:37:12	06:34:44.50	06:34:44.50	+02:42:05 (41.1%)	9:23	6.4 (59.3%)
96	BARTECKI Tomasz	8	#PIGWATRIL	M40	33	00:42:32	03:24:41	05:41:51	06:35:00.80	06:35:00.80	+02:42:21 (41.1%)	9:24	6.4 (59.3%)
97	PATROŃSKA Magdalena	131	ŻARŁOKI	K30	10	00:41:49	03:24:00	05:40:28	06:35:14.20	06:35:14.20	+02:42:34 (41.1%)	9:24	6.4 (59.3%)
98	DUBAS Anna	34	SPRAWDZAMY-NIERUCHOMOSCI.PL	K30	11	05:40:54			06:35:34.60	06:35:34.60	+02:42:55 (41.2%)	9:25	6.4 (59.3%)
99	MARKOWSKI Piotr	110	BLACK HAT TEAM	M40	34	00:40:05	03:19:33	05:41:49	06:37:16.15	06:37:16.15	+02:44:36 (41.4%)	9:27	6.3 (58.3%)
100	SKOLMOWSKI Marcin	238		M40	35	00:40:10	03:04:53	05:37:46	06:37:56.15	06:37:56.15	+02:45:16 (41.5%)	9:28	6.3 (58.3%)
101	SYCHOWSKI Dawid	178		M30	27	00:38:28	03:14:26	05:37:11	06:39:10.45	06:39:10.45	+02:46:31 (41.7%)	9:30	6.3 (58.3%)
102	SZYMCZYK Michał	188	DRUŻYNA CHROBREGO	M50	10	00:43:05	03:23:07	05:43:15	06:39:50.80	06:39:50.80	+02:47:11 (41.8%)	9:31	6.3 (58.3%)
103	WOŹNIAK Sebastian	216		M40	36	00:42:27	03:24:44	05:43:26	06:40:52.65	06:40:52.65	+02:48:13 (42.0%)	9:32	6.3 (58.3%)
104	BARCIK Przemysław	7		M40	37	00:39:36	03:18:54	05:39:44	06:40:56.45	06:40:56.45	+02:48:17 (42.0%)	9:32	6.3 (58.3%)
105	WALKOWIAK Dominika	241		K30	12	00:41:51	03:29:45	05:50:14	06:42:51.65	06:42:51.65	+02:50:12 (42.2%)	9:35	6.3 (58.3%)
106	KRAJ Krzysztof	86		M18	8	00:48:03	03:30:48	05:49:27	06:42:58.55	06:42:58.55	+02:50:19 (42.3%)	9:35	6.3 (58.3%)
107	JÓZEFIAK Beata	236	WLKP MOUNTAINS ULTRA	K30	13	00:40:16	03:15:32	05:40:23	06:44:04.35	06:44:04.35	+02:51:25 (42.4%)	9:37	6.2 (57.4%)

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 23km						
108	BUGAJ Alan	19		M30	28	00:45:08	03:29:15	05:48:06	06:46:43.25	06:46:43.25	+02:54:03 (42.8%)	9:41	6.2 (57.4%)
109	MACHNICKA Wiktoria	106		K18	4	05:49:30			06:47:40.45	06:47:40.45	+02:55:01 (42.9%)	9:42	6.2 (57.4%)
110	PAWLISZ Łukasz	135		M18	9	00:43:56	03:18:46	05:37:30	06:48:14.05	06:48:14.05	+02:55:34 (43.0%)	9:43	6.2 (57.4%)
111	KIEDA Bartek	73		M30	29	00:41:44	03:25:30	05:49:44	06:48:48.30	06:48:48.30	+02:56:09 (43.1%)	9:44	6.2 (57.4%)
112	CIERACH Leszek	23	PARKRUN GORZÓW WLKP.	M30	30	00:40:21	03:21:06	05:53:27	06:49:42.10	06:49:42.10	+02:57:02 (43.2%)	9:45	6.2 (57.4%)
113	GRUDNIEWSKI Jakub	53	KURACJUSZE	M30	31	00:41:51	03:21:31	05:54:00	06:53:23.00	06:53:23.00	+03:00:43 (43.7%)	9:50	6.1 (56.5%)
114	SUCHY Karol	175	POGOŃ BYDŁO	M30	32	00:43:41	03:22:40	05:48:50	06:54:32.80	06:54:32.80	+03:01:53 (43.9%)	9:52	6.1 (56.5%)
115	SZARADOWSKI Piotr	181	AW-SZYBCIEJ-TEAM	M50	11	00:42:13	03:28:15	05:57:48	06:55:49.60	06:55:49.60	+03:03:10 (44.1%)	9:54	6.1 (56.5%)
116	KUNKEL Anna	92	PGB SPORTOWA PACZKA	K40	8	00:44:46	03:38:26	05:58:22	06:56:12.20	06:56:12.20	+03:03:32 (44.1%)	9:54	6.1 (56.5%)
117	WALCZAK Łukasz	201	BYLE DO PRZODUQ	M30	33	00:39:38	03:31:31	05:58:15	06:56:20.95	06:56:20.95	+03:03:41 (44.1%)	9:54	6.1 (56.5%)
118	BENTKOWSKA Magdalena	9	DIRTY SPARROWS	K30	14	00:40:51	03:33:27	06:02:56	06:56:32.75	06:56:32.75	+03:03:53 (44.1%)	9:55	6 (55.6%)
119	JANKOWSKI Krzysztof	63		M30	34	00:41:41	03:17:38	05:48:35	06:57:04.60	06:57:04.60	+03:04:25 (44.2%)	9:55	6 (55.6%)
120	ZARĘBA Anna	219		K30	15	00:42:31	03:30:11	05:59:47	06:58:03.30	06:58:03.30	+03:05:24 (44.3%)	9:57	6 (55.6%)
121	ZARĘBA Adam	218		M30	35	00:42:38	03:30:13	05:59:48	06:58:04.40	06:58:04.40	+03:05:25 (44.4%)	9:57	6 (55.6%)
122	LEWKOWICZ Marta	100		K30	16	00:47:47	03:57:38	06:03:33	06:58:35.60	06:58:35.60	+03:05:56 (44.4%)	9:57	6 (55.6%)
123	SULIKOWSKI Rafał	176		M30	36	00:43:26	03:36:36	05:57:15	06:59:40.25	06:59:40.25	+03:07:00 (44.6%)	9:59	6 (55.6%)
124	SOLARSKI Robert	168	STRĄKMAN ADAM SUŁOWSKI	M30	37	00:41:49	03:23:59	05:53:10	07:00:43.10	07:00:43.10	+03:08:03 (44.7%)	10:01	6 (55.6%)
125	WIERZCHOŃ Michał	208	MR. DOC	M40	38	00:40:07	03:24:41	06:03:19	07:01:13.15	07:01:13.15	+03:08:33 (44.8%)	10:01	6 (55.6%)
126	DREWNIAK Mariusz	33		M40	39	00:39:25	03:21:31	06:00:38	07:01:25.90	07:01:25.90	+03:08:46 (44.8%)	10:02	6 (55.6%)
127	GYREK Jacek	45		M40	40	00:43:03	03:30:31	06:02:22	07:03:51.75	07:03:51.75	+03:11:12 (45.1%)	10:05	5.9 (54.6%)
128	BARANOWSKI Adam	6		M40	41	00:42:09	03:35:46	06:02:38	07:04:54.40	07:04:54.40	+03:12:15 (45.2%)	10:07	5.9 (54.6%)
129	JASIŃSKI Patryk	233		M30	38	00:41:35	03:27:06	06:02:01	07:08:09.65	07:08:09.65	+03:15:30 (45.7%)	10:11	5.9 (54.6%)
130	MEISSNER Mikołaj	112		M18	10	00:39:31	03:13:57	06:03:26	07:10:36.75	07:10:36.75	+03:17:57 (46.0%)	10:15	5.9 (54.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 23km	Droga pod Reglami 35km	Czas netto 42km	Czas brutto 42km	Różn	Tempo min/km	Tempo km/h
131	WOLNIEWICZ Marcin	215		M40	42	00:42:37	03:39:13	06:09:54	07:10:56.40	07:10:56.40	+03:18:17 (46.0%)	10:15	5.8 (53.7%)
132	WOJTASZCZYK Mateusz	213		M40	43	00:45:21	03:40:59	06:08:45	07:11:09.65	07:11:09.65	+03:18:30 (46.0%)	10:15	5.8 (53.7%)
133	MOSPINEK Jacek	116	SZAKALE BAŁUT ŁÓDŹ	M40	44	00:48:04	03:44:53	06:12:15	07:13:31.50	07:13:31.50	+03:20:52 (46.3%)	10:19	5.8 (53.7%)
134	FURMANOWSKI Paweł	42		M18	11	00:43:05	03:30:15	06:09:12	07:15:29.15	07:15:29.15	+03:22:49 (46.6%)	10:22	5.8 (53.7%)
135	TALIKADZE Dawid	191	ARVATO S.C.REP	M30	39	00:46:14	03:43:46	06:10:50	07:15:46.55	07:15:46.55	+03:23:07 (46.6%)	10:22	5.8 (53.7%)
136	MARCINKOWSKA Martyna	108		K30	17	00:49:49	03:52:14	06:15:11	07:16:20.80	07:16:20.80	+03:23:41 (46.7%)	10:23	5.8 (53.7%)
137	LEŚNIAK Grzegorz	99	DIRTY SPARROWS	M40	45	00:41:03	03:39:15	06:13:26	07:17:29.15	07:17:29.15	+03:24:49 (46.8%)	10:24	5.8 (53.7%)
138	JĘDRZEJCZAK Artur	65	WLKP MOUNTAINS ULTRA TEAM	M30	40	00:40:12	03:26:34	06:12:24	07:17:47.60	07:17:47.60	+03:25:08 (46.9%)	10:25	5.8 (53.7%)
139	WNUK Ewelina	210		K30	18	00:43:55	03:38:36	06:11:58	07:18:20.20	07:18:20.20	+03:25:40 (46.9%)	10:26	5.7 (52.8%)
140	DĘBSKA-ZEŃCZAK Agnieszka	30		K30	19	00:43:54	03:38:37	06:11:58	07:18:20.45	07:18:20.45	+03:25:41 (46.9%)	10:26	5.7 (52.8%)
141	KOZUBSKI Maciej	85	ARVATO S.C. REP	M30	41	00:40:29	03:31:24	06:15:50	07:20:37.65	07:20:37.65	+03:27:58 (47.2%)	10:29	5.7 (52.8%)
142	GRABOWSKA Zuzanna	50	IZBICKO W BIEGU	K18	5	00:47:25	03:47:09	06:20:39	07:21:25.75	07:21:25.75	+03:28:46 (47.3%)	10:30	5.7 (52.8%)
143	JAŚKOWIEC Michał	64		M18	12	00:43:31	03:20:44	06:08:57	07:21:43.50	07:21:43.50	+03:29:04 (47.3%)	10:31	5.7 (52.8%)
144	KOBA Ania	77		K40	9	00:45:06	03:41:18	06:14:04	07:22:32.45	07:22:32.45	+03:29:53 (47.4%)	10:32	5.7 (52.8%)
145	WESOŁOWSKA Iwona	206		K30	20	00:46:21	03:44:06	06:16:06	07:23:06.35	07:23:06.35	+03:30:27 (47.5%)	10:33	5.7 (52.8%)
146	KOPYRA Tomasz	81	#BIEGAMWOLNOALEDOKŁADNIE	M40	46	00:47:39	03:42:00	06:18:26	07:23:31.40	07:23:31.40	+03:30:52 (47.5%)	10:33	5.7 (52.8%)
147	SKOWRON Marek	165	DRÄXLMAIER	M40	47	00:40:53	03:28:21	06:23:24	07:23:56.05	07:23:56.05	+03:31:16 (47.6%)	10:34	5.7 (52.8%)
148	KWASIUK Wojciech	95		M30	42	00:45:39	03:39:23	06:23:52	07:26:47.00	07:26:47.00	+03:34:07 (47.9%)	10:38	5.6 (51.9%)
149	SKORUPSKI Szymon	163	KURACJUSZE	M30	43	00:41:33	03:30:33	06:16:46	07:27:02.85	07:27:02.85	+03:34:23 (48.0%)	10:38	5.6 (51.9%)
150	ŻEBRACKI Wojtek	225	ILE SIĘ MOGŁO TYLE SIĘ BIEGŁO!	M30	44	00:47:33	03:42:16	06:25:31	07:29:07.45	07:29:07.45	+03:36:28 (48.2%)	10:41	5.6 (51.9%)
151	DOMAGAŁA Andrzej	246		M50	12	00:40:44	03:35:57	06:23:08	07:29:41.10	07:29:41.10	+03:37:01 (48.3%)	10:42	5.6 (51.9%)
152	MACIEJEWSKI Wojciech	107		M30	45	00:43:37	03:41:11	06:23:21	07:30:22.50	07:30:22.50	+03:37:43 (48.3%)	10:43	5.6 (51.9%)
153	BRZOZOWSKA Katarzyna	18		K40	10	00:45:17	03:46:44	06:25:27	07:30:27.15	07:30:27.15	+03:37:47 (48.4%)	10:43	5.6 (51.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 23km	Droga pod Reglami 35km	Czas netto 42km	Czas brutto 42km	Różn	Tempo min/km	Tempo km/h
154	NOSZCZYK Tomasz	119	#ULTRARUNNINGTOMMY	M18	13	00:41:52	03:38:43	06:25:40	07:31:43.90	07:31:43.90	+03:39:04 (48.5%)	10:45	5.6 (51.9%)
155	TOMYŚLAK Magdalena	194	TAKE CONTROL	K30	21	00:42:56	03:45:09	06:27:48	07:34:43.95	07:34:43.95	+03:42:04 (48.8%)	10:49	5.5 (50.9%)
156	BIAŁEK Mirosław	10	WRONIECKI KLUB BIEGACZA	M30	46	00:45:34	03:48:39	06:27:17	07:34:49.90	07:34:49.90	+03:42:10 (48.8%)	10:49	5.5 (50.9%)
157	MARKOWSKA Ewa	109	SZAKALE BAŁUT ŁÓDŹ	K40	11	00:46:34	03:53:06	06:30:50	07:35:06.20	07:35:06.20	+03:42:26 (48.9%)	10:50	5.5 (50.9%)
158	TENDAJ Daniel	192		M50	13	00:46:41	03:41:28	06:25:00	07:35:41.20	07:35:41.20	+03:43:01 (48.9%)	10:50	5.5 (50.9%)
159	ROKSELA-MIELNIK Iwona	149		K30	22	00:43:24	03:47:05	06:36:28	07:38:12.10	07:38:12.10	+03:45:32 (49.2%)	10:54	5.5 (50.9%)
160	CICHA Małgorzata	22		K30	23	00:43:17	03:47:05	06:36:27	07:38:12.40	07:38:12.40	+03:45:33 (49.2%)	10:54	5.5 (50.9%)
161	ROKSELA Wojciech	148		M60	1	00:43:21	03:47:06	06:36:27	07:38:13.65	07:38:13.65	+03:45:34 (49.2%)	10:54	5.5 (50.9%)
162	GRZEGORCZYK Wojciech	55	KONDYCJA	M50	14	00:47:03	03:49:12	06:31:34	07:39:20.30	07:39:20.30	+03:46:41 (49.3%)	10:56	5.5 (50.9%)
163	PIEKARSKI Piotr	137	WQRW_TEAM	M40	48	00:46:02	03:48:48	06:33:36	07:39:32.55	07:39:32.55	+03:46:53 (49.4%)	10:56	5.5 (50.9%)
164	PIÓRKO Piotr	139		M40	49	00:44:05	03:38:44	06:29:35	07:42:16.80	07:42:16.80	+03:49:37 (49.7%)	11:00	5.5 (50.9%)
165	GALIŃSKI Michał	43		M30	47	00:38:56	03:41:30	06:41:33	07:45:15.55	07:45:15.55	+03:52:36 (50.0%)	11:04	5.4 (50.0%)
166	PAWELEC Krystyna	132	DOGOŃ GRODZISK MAZOWIECKI	K60	1	00:48:38	03:57:10	06:41:12	07:48:09.05	07:48:09.05	+03:55:29 (50.3%)	11:08	5.4 (50.0%)
167	OZDOBA Marek	127		M40	50	00:41:11	03:50:08	06:45:44	07:52:09.05	07:52:09.05	+03:59:29 (50.7%)	11:14	5.3 (49.1%)
168	CZACHOWSKI Michał	26		M50	15	00:51:06	04:06:10	06:50:23	07:52:28.00	07:52:28.00	+03:59:48 (50.8%)	11:14	5.3 (49.1%)
169	BOCHAN Lidia	14		K40	12	00:46:27	03:57:23	06:48:42	07:54:05.10	07:54:05.10	+04:01:25 (50.9%)	11:17	5.3 (49.1%)
170	BORÓWKO Kinga	15		K40	13	00:46:27	03:57:23	06:48:42	07:55:15.45	07:55:15.45	+04:02:36 (51.0%)	11:18	5.3 (49.1%)
171	MROZIK Magdalena	117	POWER TRAINING	K30	24	00:49:07	04:04:10	06:50:21	07:55:31.50	07:55:31.50	+04:02:52 (51.1%)	11:19	5.3 (49.1%)
172	BOBINSKA Marta	13		K30	25	00:49:07	04:04:11	06:50:21	07:55:31.75	07:55:31.75	+04:02:52 (51.1%)	11:19	5.3 (49.1%)
173	CHABER Tomasz	20	CHABERTEAM	M30	48	00:42:32	03:43:57	06:21:03	07:56:54.90	07:56:54.90	+04:04:15 (51.2%)	11:21	5.3 (49.1%)
174	ŚWIDERSKI Marcin	190	NEVER STOP THE MADNESS	M30	49	00:45:14	03:53:17	06:45:45	07:56:55.10	07:56:55.10	+04:04:15 (51.2%)	11:21	5.3 (49.1%)
174	MITASZEWSKI Przemysław	115	VULCAN JAWOR	M40	51	00:42:56	03:40:26	06:21:08	07:56:55.10	07:56:55.10	+04:04:15 (51.2%)	11:21	5.3 (49.1%)
176	WALCZAK Anna	199		K40	14	00:48:10	04:05:03	06:52:07	07:57:11.60	07:57:11.60	+04:04:32 (51.2%)	11:21	5.3 (49.1%)

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 23km						
177	PABIJAŃCZYK Damian	228		M30	50	00:46:22	03:53:27	06:52:55	07:57:43.85	07:57:43.85	+04:05:04 (51.3%)	11:22	5.3 (49.1%)
178	SADOWSKA Natalia	157		K30	26	00:49:19	03:59:44	06:51:43	07:58:50.95	07:58:50.95	+04:06:11 (51.4%)	11:24	5.3 (49.1%)
179	KUŁAKOWSKI Piotr	91		M60	2	00:48:50	04:03:54	06:51:20	07:59:02.85	07:59:02.85	+04:06:23 (51.4%)	11:24	5.3 (49.1%)
180	SIKORSKA Agnieszka	162		K40	15	00:49:09	04:01:41	06:51:19	07:59:04.75	07:59:04.75	+04:06:25 (51.4%)	11:24	5.3 (49.1%)
181	KADZIDŁOWSKA Aleksandra	68		K40	16	00:46:07	04:00:00	06:50:30	07:59:51.30	07:59:51.30	+04:07:12 (51.5%)	11:25	5.3 (49.1%)
182	PYREK Iwona	142		K40	17	00:46:36	04:09:04	06:59:46	08:01:51.80	08:01:51.80	+04:09:12 (51.7%)	11:28	5.2 (48.1%)
183	SERAFIN Michał	160	HWBC	M40	52	00:47:56	04:00:09	06:53:38	08:02:21.15	08:02:21.15	+04:09:41 (51.8%)	11:29	5.2 (48.1%)
184	PYTEL Roman	143	IZBICKO W BIEGU	M40	53	00:45:10	03:56:22	06:36:01	08:03:12.30	08:03:12.30	+04:10:33 (51.9%)	11:30	5.2 (48.1%)
185	PYZIO Magda	144		K30	27	00:42:56	03:45:39	06:55:07	08:03:24.25	08:03:24.25	+04:10:44 (51.9%)	11:30	5.2 (48.1%)
186	GRYGIER Tomasz	54		M40	54	00:48:03	03:57:04	06:55:06	08:05:14.05	08:05:14.05	+04:12:34 (52.1%)	11:33	5.2 (48.1%)
187	OZIMEK Przemysław	128		M30	51	00:48:01	04:01:08	06:58:00	08:07:09.10	08:07:09.10	+04:14:29 (52.2%)	11:35	5.2 (48.1%)
188	TYCNER Paweł	197		M30	52	00:41:31	03:42:07	06:48:57	08:07:32.35	08:07:32.35	+04:14:53 (52.3%)	11:36	5.2 (48.1%)
189	KLUZA-HOWIL Lila	76	BIEGOWE KAIZEN	K40	18	00:50:17	04:00:46	06:56:02	08:08:06.40	08:08:06.40	+04:15:27 (52.3%)	11:37	5.2 (48.1%)
190	LEDNICKA Lidia	229		K40	19	00:51:13	04:00:44	06:55:10	08:09:50.30	08:09:50.30	+04:17:11 (52.5%)	11:39	5.1 (47.2%)
191	HEJMOWSKI Sylwester	60	BIEGAMYRAZEM PL	M40	55	00:48:25	03:54:35	07:04:52	08:10:59.10	08:10:59.10	+04:18:19 (52.6%)	11:41	5.1 (47.2%)
192	ZYCH Marcin	224		M40	56	00:44:32	04:00:41	07:01:17	08:11:13.45	08:11:13.45	+04:18:34 (52.6%)	11:41	5.1 (47.2%)
193	KOTULA Weronika	83		K30	28	00:50:05	04:11:59	07:04:00	08:12:39.35	08:12:39.35	+04:20:00 (52.8%)	11:43	5.1 (47.2%)
194	DZIURBEJKO Tomasz	36		M50	16	00:45:25	03:52:10	06:55:08	08:13:24.70	08:13:24.70	+04:20:45 (52.8%)	11:44	5.1 (47.2%)
195	OLECH Zbigniew	123		M40	57	00:45:31	04:04:30	07:03:26	08:14:01.65	08:14:01.65	+04:21:22 (52.9%)	11:45	5.1 (47.2%)
196	JĘDRZEJCZAK Anna	230		K50	3	00:47:12	04:01:45	07:01:13	08:15:13.20	08:15:13.20	+04:22:33 (53.0%)	11:47	5.1 (47.2%)
197	KUCHARSKI Adam	231		M40	58	00:47:13	04:01:45	07:01:14	08:15:13.25	08:15:13.25	+04:22:33 (53.0%)	11:47	5.1 (47.2%)
198	HANGIEL Urszula	58	ŻWAWĘ ŻÓŁWIE	K40	20	00:50:52	04:14:27	07:07:02	08:18:10.85	08:18:10.85	+04:25:31 (53.3%)	11:51	5.1 (47.2%)
199	BALCERZAK Krysia	5	DROGA DO ULTRA / SZAKALE BAŁUT ŁÓDŹ	K40	21	00:48:28	04:10:23	07:08:31	08:18:12.40	08:18:12.40	+04:25:33 (53.3%)	11:51	5.1 (47.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 23km	Droga pod Reglami 35km	Czas netto 42km	Czas brutto 42km	Różn	Tempo min/km	Tempo km/h
200	FAFARA Agnieszka	37	PIETRZYK RUNNING TEAM	K40	22	00:50:44	04:10:23	07:08:31	08:18:12.55	08:18:12.55	+04:25:33 (53.3%)	11:51	5.1 (47.2%)
201	OLECHNOWICZ Magda	124	BBL GORZÓW WIELKOPOLSKI	K40	23	00:51:28	04:14:46	07:08:52	08:22:10.75	08:22:10.75	+04:29:31 (53.7%)	11:57	5 (46.3%)
202	SZYMANKIEWICZ Edyta	187	CROSS STRACEŃCÓW TEAM / ŚLEZAK TEAM	K50	4	00:47:49	04:15:08	07:14:07	08:22:31.70	08:22:31.70	+04:29:52 (53.7%)	11:57	5 (46.3%)
203	HOWIL Waldemar	61	EDUKACYJNE KAIZEN	M40	59	00:45:38	03:42:56	07:06:22	08:24:01.85	08:24:01.85	+04:31:22 (53.8%)	12:00	5 (46.3%)
204	TRUSS Magdalena	196		K50	5	00:47:58	04:09:10	07:13:32	08:25:20.65	08:25:20.65	+04:32:41 (54.0%)	12:01	5 (46.3%)
205	JANKOWSKA Marzena	62	FU FU FU TEAM	K40	24	00:51:00	04:19:12	07:14:41	08:29:22.20	08:29:22.20	+04:36:42 (54.3%)	12:07	4.9 (45.4%)
206	KĘSIK Michał	72	ZDARTE PODESZWY	M40	60	00:53:06	04:15:08	07:21:38	08:33:20.15	08:33:20.15	+04:40:40 (54.7%)	12:13	4.9 (45.4%)
207	MARCINIAK Maciej	242	ŻARY	M40	61	00:42:58	03:43:26	06:51:01	08:33:35.25	08:33:35.25	+04:40:55 (54.7%)	12:13	4.9 (45.4%)
208	RZECZYŃSKA Anna	156	BBL GORZÓW WLKP	K40	25	00:52:05	04:27:18	07:24:55	08:39:03.75	08:39:03.75	+04:46:24 (55.2%)	12:21	4.9 (45.4%)
209	GRZEGRZÓŁKA Anna	56	ZABIEGANI Z LEŚNEJ	K40	26	00:47:58	04:19:48	07:24:59	08:43:53.25	08:43:53.25	+04:51:13 (55.6%)	12:28	4.8 (44.4%)
210	BAKA Marcin	3		M50	17	00:52:10	04:18:06	07:26:50	08:44:59.10	08:44:59.10	+04:52:19 (55.7%)	12:29	4.8 (44.4%)
211	MIŁOSZEWSKA Katarzyna	113	IZERY BOGATYNIA	K40	27	00:47:57	04:19:51	07:25:00	08:45:21.05	08:45:21.05	+04:52:41 (55.7%)	12:30	4.8 (44.4%)
212	WOJTECZEK Józef	214		M50	18	00:44:30	04:27:17	07:36:52	08:47:05.20	08:47:05.20	+04:54:25 (55.9%)	12:32	4.8 (44.4%)
213	NOWAK Marcin	120	SZAKALE BAŁUT ŁÓDŹ	M50	19	00:48:09	04:11:41	07:32:19	08:47:55.10	08:47:55.10	+04:55:15 (55.9%)	12:34	4.8 (44.4%)
214	BALCERZAK Mariusz	4	DROGA DO ULTRA / SZAKALE BAŁUT ŁÓDŹ	M40	62	00:48:27	04:11:39	07:32:17	08:47:55.25	08:47:55.25	+04:55:15 (55.9%)	12:34	4.8 (44.4%)
215	SKOWROŃSKI Bartosz	166		M30	53	00:52:23	04:27:15	07:32:33	08:48:52.55	08:48:52.55	+04:56:13 (56.0%)	12:35	4.8 (44.4%)
216	BILAS-HETMAN Anna	12		K40	28	00:53:02	04:38:16	07:34:06	08:49:29.70	08:49:29.70	+04:56:50 (56.1%)	12:36	4.8 (44.4%)
217	GÓRNY Robert	48	THE-SKY-IS-THE-LIMIT	M30	54	00:49:18	04:24:38	07:43:14	08:51:28.40	08:51:28.40	+04:58:49 (56.2%)	12:39	4.7 (43.5%)
218	GORCZYCA Jerzy	47	KLUB WYSOKOGÓRSKI WROCŁAW	M50	20	00:49:42	04:10:54	07:41:48	08:54:28.75	08:54:28.75	+05:01:49 (56.5%)	12:43	4.7 (43.5%)
219	LARWA Katarzyna	96		K30	29	00:52:30	04:29:49	07:38:28	08:54:35.50	08:54:35.50	+05:01:56 (56.5%)	12:43	4.7 (43.5%)
220	PASZEK Krystyna	130	WOLNI BIEGACZE SLOW JOGGING GRODZISK MAZ.	K60	2	00:52:04	04:30:04	07:42:03	08:59:28.65	08:59:28.65	+05:06:49 (56.9%)	12:50	4.7 (43.5%)
Przekroczony limit czasu: 09:00:00													
221	RUDZIEWICZ Urszula	151		K40	29	00:47:23	04:13:23	07:41:16	09:03:29.90	09:03:29.90	+05:10:50 (57.2%)	12:56	4.6 (42.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 23km	Droga pod Reglami 35km	Czas netto 42km	Czas brutto 42km	Różn	Tempo min/km	Tempo km/h
222	HARASZCZUK Krystian	59		M30	55	00:47:24	04:14:09	07:41:17	09:03:30.25	09:03:30.25	+05:10:50 (57.2%)	12:56	4.6 (42.6%)
223	CIMOSZKO Katarzyna	24	WATAHA MKW TEAM	K40	30	00:55:23	04:42:58	08:00:35	09:12:20.10	09:12:20.10	+05:19:40 (57.9%)	13:09	4.6 (42.6%)
224	KLOC Maciej	75	ORTHOS TEAM	M18	14	00:56:10	04:48:50	08:24:50	09:55:56.65	09:55:56.65	+06:03:17 (61.0%)	14:11	4.2 (38.9%)
225	RYŚNIK Błażej	155		M30	56	06:11:19					+05:44:00	61:53	1 (9.3%)
226	MATKOWSKI Wiktor	111	RENA WYKROTY	M40	63	11:18:35					+10:51:16	113:05	0.5 (4.6%)
	ROGUSZKA Marcin	147		M40		00:35:37 DNF	03:43:22 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	BŁĘDKOWSKA Katarzyna	235		K30		00:44:56 DNF	03:59:20 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	WOJCIECHOWSKI Maciej	211		M40		00:48:36 DNF	04:01:28 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	KAPŁON Anna	69		K40		00:53:38 DNF	04:38:27 DNF	DNF	DNF	DNF	-	-	- (0.0%)

Znaleziono 230 wynik(ów)