



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

CHOJNIK KARKONOSKI FESTIWAL BIEGOWY
Fundacja Szczyt za szczytem
2024-09-07
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	Czas brutto 42km	Różn	Tempo min/km	Tempo km/h
1	GORZELAŃCZYK Jakub	38	JOMA TEAM	M30	1	00:27:49	02:03:08	03:16:41	03:49:38.10	03:49:38.10		5:28	11 (100%)
2	STAWIŃSKI Michał	160	AW SZYBCIEJ TEAM	M30	2	00:30:03	02:19:16	03:46:17	04:26:49.80	04:26:49.80	+00:37:11 (13.9%)	6:21	9.4 (85.5%)
3	SNOWACKI Kamil	146	AW SZYBCIEJ TEAM	M30	3	00:30:07	02:22:20	04:03:03	04:52:19.40	04:52:19.40	+01:02:41 (21.4%)	6:57	8.6 (78.2%)
4	WALCZAK Paweł	175		M30	4	00:31:57	02:31:17	04:15:07	04:57:58.70	04:57:58.70	+01:08:20 (22.9%)	7:05	8.5 (77.3%)
5	KASPRZAK Piotr	64	ŚNIEŻNA PANTERA	M18	1	00:35:02	02:36:22	04:17:14	05:07:04.45	05:07:04.45	+01:17:26 (25.2%)	7:18	8.2 (74.5%)
6	CIBART Piotr	19		M50	1	00:35:43	02:40:58	04:22:23	05:09:08.05	05:09:08.05	+01:19:29 (25.7%)	7:21	8.2 (74.5%)
7	MIKOLAJEWSKI Maciej	109		M30	5	00:36:53	02:36:29	04:18:02	05:09:31.20	05:09:31.20	+01:19:53 (25.8%)	7:22	8.1 (73.6%)
8	STĘSIK Tomasz	161		M30	6	00:37:44	02:44:01	04:23:09	05:09:42.70	05:09:42.70	+01:20:04 (25.9%)	7:22	8.1 (73.6%)
9	MICHAŁOWSKA Agata	107		K18	1	00:35:05	02:42:25	04:25:41	05:11:23.10	05:11:23.10	+01:21:45 (26.3%)	7:24	8.1 (73.6%)
10	KOTARSKI Mariusz	77	PROJEKT 1000UP	M40	1	00:39:13	02:46:48	04:21:09	05:12:31.95	05:12:31.95	+01:22:53 (26.5%)	7:26	8.1 (73.6%)
11	ZAWODNIK Łukasz	194	SZPETNE KASZTANY	M30	7	00:35:29	02:35:34	04:25:10	05:15:35.40	05:15:35.40	+01:25:57 (27.2%)	7:30	8 (72.7%)
12	RUDNICKI Dariusz	135	PROJEKT1000UP/PKO BP BIEGAJMY RAZEM	M30	8	00:39:10	02:48:03	04:29:26	05:15:47.50	05:15:47.50	+01:26:09 (27.3%)	7:31	8 (72.7%)
13	KUBIAK Jagoda	82		K30	1	00:36:01	02:46:27	04:31:39	05:19:17.60	05:19:17.60	+01:29:39 (28.1%)	7:36	7.9 (71.8%)
14	MAJ Marek	99		M30	9	00:36:04	02:41:08	04:30:28	05:24:55.10	05:24:55.10	+01:35:17 (29.3%)	7:44	7.8 (70.9%)
15	KOLENDA Krzysztof	71	FIZJOBIEGACZE SZCZECIN	M40	2	00:35:31	02:42:24	04:29:29	05:25:55.30	05:25:55.30	+01:36:17 (29.5%)	7:45	7.7 (70.0%)

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
16	PETRYKOWSKI Karol	127	SGH! SEKCJA GÓRSKA PŁASKOZIEMCY	M30	10	00:43:35	03:00:57	04:44:05	05:28:57.95	05:28:57.95	+01:39:19 (30.2%)	7:49	7.7 (70.0%)
17	RÓŻYCKI Rafał	134		M30	11	00:35:06	02:45:28	04:39:41	05:31:27.35	05:31:27.35	+01:41:49 (30.7%)	7:53	7.6 (69.1%)
18	NIEMIRO Dominika	116		K40	1	00:38:15	02:52:25	04:43:24	05:33:23.65	05:33:23.65	+01:43:45 (31.1%)	7:56	7.6 (69.1%)
19	GÓRECKI Krzysztof	40		M18	2	00:39:53	02:55:50	04:41:51	05:35:07.70	05:35:07.70	+01:45:29 (31.5%)	7:58	7.5 (68.2%)
20	ZYWERT Antonina	199		K18	2	00:38:43	02:55:14	04:47:41	05:37:39.55	05:37:39.55	+01:48:01 (32.0%)	8:02	7.5 (68.2%)
21	GILEWSKI Bartłomiej	37	#NIEZESRAJSIE	M30	12	00:37:33	02:49:23	04:42:58	05:39:23.40	05:39:23.40	+01:49:45 (32.3%)	8:04	7.4 (67.3%)
22	VESELÝ Pavel	174	HSK HORNÍ ROKYTNICE	M50	2	00:37:43	02:55:04	04:48:13	05:43:32.70	05:43:32.70	+01:53:54 (33.2%)	8:10	7.3 (66.4%)
23	MUSIAŁ Szymon	114		M30	13	00:36:44	02:50:38	04:48:10	05:44:30.00	05:44:30.00	+01:54:51 (33.3%)	8:12	7.3 (66.4%)
24	MANSFELD Krzysztof	103		M30	14	00:37:23	02:52:25	04:50:40	05:45:06.15	05:45:06.15	+01:55:28 (33.5%)	8:13	7.3 (66.4%)
25	WIECZOREK Maria	180	PRZEDWOJEWSKI TEAM	K40	2	00:41:31	02:59:18	04:52:53	05:46:13.15	05:46:13.15	+01:56:35 (33.7%)	8:14	7.3 (66.4%)
26	ŁUKASZEWSKI Kamil	96	GB WIELKOPOLSCY BIEGACZE	M30	15	00:38:52	02:55:26	04:50:08	05:47:01.70	05:47:01.70	+01:57:23 (33.8%)	8:15	7.3 (66.4%)
27	KOWALCZYK Tomasz	78		M40	3	00:38:41	02:49:14	04:51:25	05:47:37.10	05:47:37.10	+01:57:59 (33.9%)	8:16	7.2 (65.5%)
28	STASIW Przemysław	156	ULTRA TRAIL FANATICS	M30	16	00:35:30	02:57:03	04:53:59	05:51:30.15	05:51:30.15	+02:01:52 (34.7%)	8:22	7.2 (65.5%)
29	MIELNIK Michał	108	PANICZE	M30	17	00:39:40	03:03:17	04:59:00	05:51:57.55	05:51:57.55	+02:02:19 (34.8%)	8:22	7.2 (65.5%)
30	KRAKOWSKA Anna	79		K30	2	00:37:04	03:00:22	04:58:44	05:54:20.05	05:54:20.05	+02:04:41 (35.2%)	8:26	7.1 (64.5%)
31	WOJCIECHOWSKI Dariusz	185	KRAKOWIAK ULTRA TEAM / GÓRAL Z MAZUR RUNNING TEAM	M40	4	00:37:47	03:02:50	05:00:34	05:55:21.75	05:55:21.75	+02:05:43 (35.4%)	8:27	7.1 (64.5%)
32	GRABIAS Aleksandra	41		K30	3	00:40:07	03:08:10	05:05:44	05:58:31.15	05:58:31.15	+02:08:53 (35.9%)	8:32	7 (63.6%)
33	BŁASZCZAK Marek	11	AW - SZYBCIEJ - TEAM	M30	18	00:38:23	03:02:31	05:02:55	06:05:30.95	06:05:30.95	+02:15:52 (37.2%)	8:42	6.9 (62.7%)
34	RESPONDEK Anna	133		K40	3	00:41:52	03:14:27	05:14:38	06:07:33.20	06:07:33.20	+02:17:55 (37.5%)	8:45	6.9 (62.7%)
35	KLEINSCHMIDT Łukasz	68	KRIS TRANS MAŁYSZKA	M40	5	00:40:59	03:04:56	05:06:47	06:08:04.45	06:08:04.45	+02:18:26 (37.6%)	8:45	6.8 (61.8%)
36	TRZEBIATOWSKA Kinga	173		K18	3	00:39:32	03:11:07	05:13:06	06:08:13.40	06:08:13.40	+02:18:35 (37.6%)	8:46	6.8 (61.8%)
37	JAROSZ Bartosz	52		M30	19	00:41:18	03:06:28	05:09:54	06:08:45.60	06:08:45.60	+02:19:07 (37.7%)	8:46	6.8 (61.8%)
38	CHLIPAŁA Jakub	18		M18	3	00:44:19	03:11:21	05:11:25	06:11:50.90	06:11:50.90	+02:22:12 (38.2%)	8:51	6.8 (61.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami		Droga pod Reglami		Czas netto 42km	Czas brutto 42km	Różn	Tempo min/km	Tempo km/h
						6km	Trzy Jawory 24km	36km	42km					
39	ORĘZIAK Tomasz	122	TRAIL IS OUR WAY	M18	4	00:35:45	02:57:59	05:06:52	06:13:31.70	06:13:31.70	+02:23:53 (38.5%)	8:53	6.7 (60.9%)	
40	DAJCZAK Mariusz	23		M30	20	00:44:16	03:16:06	05:16:28	06:17:30.55	06:17:30.55	+02:27:52 (39.2%)	8:59	6.7 (60.9%)	
41	BONIARCZYK Łukasz	13		M30	21	00:48:34	03:25:58	05:26:51	06:19:19.90	06:19:19.90	+02:29:41 (39.5%)	9:01	6.6 (60.0%)	
42	JĘDRAŚ Rafał	53	WAWRZYN TEAM BIEGIEM PO MARZENIA	M30	22	00:41:54	03:12:48	05:23:03	06:20:10.40	06:20:10.40	+02:30:32 (39.6%)	9:03	6.6 (60.0%)	
43	ANDRÓSZOWSKI Mateusz	2		M30	23	00:43:02	03:16:42	05:27:00	06:20:25.90	06:20:25.90	+02:30:47 (39.6%)	9:03	6.6 (60.0%)	
44	PAWŁOWSKI Jakub	126		M30	24	00:40:36	03:08:58	05:10:05	06:22:08.85	06:22:08.85	+02:32:30 (39.9%)	9:05	6.6 (60.0%)	
45	MALIGRANDA Mariusz	101		M30	25	00:43:57	03:21:20	05:27:40	06:22:38.10	06:22:38.10	+02:33:00 (40.0%)	9:06	6.6 (60.0%)	
46	ZARĘBA Anna	192		K30	4	00:43:44	03:21:41	05:25:22	06:23:17.15	06:23:17.15	+02:33:39 (40.1%)	9:07	6.6 (60.0%)	
47	WALKOWIAK Dominika	176		K30	5	00:45:12	03:23:40	05:29:47	06:26:10.45	06:26:10.45	+02:36:32 (40.5%)	9:11	6.5 (59.1%)	
48	BORDYCH Andrzej	202	BOREL MARATHON TEAM	M50	3	00:42:09	03:27:14	05:30:11	06:26:20.10	06:26:20.10	+02:36:42 (40.6%)	9:11	6.5 (59.1%)	
49	SZCZEPANIAK Adam	165	DIRTY SPARROWS	M30	26	00:38:09	03:11:12	05:24:22	06:26:32.90	06:26:32.90	+02:36:54 (40.6%)	9:12	6.5 (59.1%)	
50	NOWAK Marek	118	EXPLORADOR	M40	6	00:39:55	03:13:08	05:30:26	06:26:38.80	06:26:38.80	+02:37:00 (40.6%)	9:12	6.5 (59.1%)	
51	SIKORA Malwina	140	DROGA DO ULTRA	K18	4	00:46:12	03:23:16	05:31:19	06:27:15.20	06:27:15.20	+02:37:37 (40.7%)	9:13	6.5 (59.1%)	
52	DORNIAC Radek	26		M40	7	00:45:13	03:24:08	05:29:20	06:27:26.90	06:27:26.90	+02:37:48 (40.7%)	9:13	6.5 (59.1%)	
53	WORONOWICZ Piotr	186	NOTORYCZNI DEBIUTANCI	M30	27	00:39:24	03:14:04	05:38:11	06:29:32.25	06:29:32.25	+02:39:54 (41.0%)	9:16	6.5 (59.1%)	
54	MOKRZYCKA Weronika	111		K30	6	00:45:02	03:26:26	05:37:43	06:31:38.90	06:31:38.90	+02:42:00 (41.4%)	9:19	6.4 (58.2%)	
55	OŻMINKOWSKA Aleksandra	124	DIRTY SPARROWS	K30	7	00:39:30	03:22:24	05:38:07	06:31:51.20	06:31:51.20	+02:42:13 (41.4%)	9:19	6.4 (58.2%)	
56	ZOK Karol	198		M40	8	00:44:30	03:21:56	05:34:02	06:33:12.95	06:33:12.95	+02:43:34 (41.6%)	9:21	6.4 (58.2%)	
57	KARMOWSKI Jakub	62		M40	9	05:40:59			06:34:34.90	06:34:34.90	+02:44:56 (41.8%)	9:23	6.4 (58.2%)	
58	ORĘZIAK Maciej	123		M40	10	00:40:39	03:20:35	05:39:49	06:35:27.60	06:35:27.60	+02:45:49 (41.9%)	9:24	6.4 (58.2%)	
59	STAWIŃSKI Piotr	159	12TRI	M40	11	00:46:35	03:23:10	05:36:46	06:37:59.60	06:37:59.60	+02:48:21 (42.3%)	9:28	6.3 (57.3%)	
60	ZIÓLKOWSKI Konrad	197	KUŹNIA TRIATHLONU	M40	12	00:46:37	03:23:16	05:36:48	06:37:59.75	06:37:59.75	+02:48:21 (42.3%)	9:28	6.3 (57.3%)	
61	WIĘCEK Maria	181	NOTORYCZNI DEBIUTANCI	K30	8	00:45:06	03:29:07	05:38:16	06:38:02.50	06:38:02.50	+02:48:24 (42.3%)	9:28	6.3 (57.3%)	

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62	BIAŁOBRZEWSKA Daria	10		K30	9	05:39:10			06:38:25.30	06:38:25.30	+02:48:47 (42.4%)	9:29	6.3 (57.3%)
63	BUGAJ Alan	15		M30	28	00:45:09	03:29:27	05:41:12	06:39:11.10	06:39:11.10	+02:49:33 (42.5%)	9:30	6.3 (57.3%)
64	ORŁOWSKI Jakub	204	OMP LEGAL	M40	13	00:43:05	03:18:18	05:37:07	06:39:51.80	06:39:51.80	+02:50:13 (42.6%)	9:31	6.3 (57.3%)
65	GRYS Paweł	44		M30	29	00:46:15	03:26:32	05:40:55	06:42:11.10	06:42:11.10	+02:52:33 (42.9%)	9:34	6.3 (57.3%)
66	SPRYSZYŃSKI Michał	149	TRIRODZINKA	M30	30	00:43:40	03:31:03	05:49:27	06:43:30.90	06:43:30.90	+02:53:52 (43.1%)	9:36	6.2 (56.4%)
67	KRZYWDZIŃSKI Bartłomiej	81		M40	14	00:40:44	03:24:32	05:48:00	06:46:24.50	06:46:24.50	+02:56:46 (43.5%)	9:40	6.2 (56.4%)
68	SZEWCZENKO Agnieszka	166		K40	4	00:40:43	03:24:33	05:48:00	06:46:24.65	06:46:24.65	+02:56:46 (43.5%)	9:40	6.2 (56.4%)
69	WATAŁA Krzysztof	178	AW - SZYBCIEJ	M50	4	00:46:06	03:31:58	05:49:10	06:47:12.30	06:47:12.30	+02:57:34 (43.6%)	9:41	6.2 (56.4%)
70	WYRZUCKI Andrzej	190	#DZIKIZPRZYLESIA	M30	31	00:38:27	03:37:54	05:50:29	06:47:23.80	06:47:23.80	+02:57:45 (43.6%)	9:41	6.2 (56.4%)
71	KOS Paulina	74		K30	10	00:49:05	03:35:32	05:48:42	06:47:48.10	06:47:48.10	+02:58:10 (43.7%)	9:42	6.2 (56.4%)
72	BENTKOWSKA Magdalena	9	DIRTY SPARROWS	K30	11	00:44:51	03:35:02	05:52:47	06:49:36.40	06:49:36.40	+02:59:58 (43.9%)	9:45	6.2 (56.4%)
73	SZYMCZYK Michał	169	DRUŻYNA CHROBREGO	M50	5	00:45:08	03:32:14	05:51:19	06:50:07.05	06:50:07.05	+03:00:28 (44.0%)	9:45	6.1 (55.5%)
74	WOJCIECHOWSKI Tadeusz	184	LULINEK	M30	32	00:45:17	03:28:32	05:53:33	06:53:01.65	06:53:01.65	+03:03:23 (44.4%)	9:50	6.1 (55.5%)
75	ZABOROWSKI Kamil	191	#ZALINIAMETY	M30	33	00:41:11	03:21:52	05:54:01	06:54:08.80	06:54:08.80	+03:04:30 (44.6%)	9:51	6.1 (55.5%)
76	JĘDRUŚ Jakub	54	CHSBD W RUCHU	M30	34	00:42:02	03:33:43	05:57:05	06:56:00.60	06:56:00.60	+03:06:22 (44.8%)	9:54	6.1 (55.5%)
77	RZEPECKI Artur	137	4FITER DĄBRÓWKA	M40	15	00:38:37	03:30:59	05:56:50	06:57:48.35	06:57:48.35	+03:08:10 (45.0%)	9:56	6 (54.5%)
78	GRZEGORZEWSKI Konrad	45	4FITER	M40	16	00:38:41	03:31:02	05:56:49	06:57:48.40	06:57:48.40	+03:08:10 (45.0%)	9:56	6 (54.5%)
79	STASZEWSKI Piotr	157		M40	17	00:40:15	03:18:23	05:48:26	06:58:23.90	06:58:23.90	+03:08:45 (45.1%)	9:57	6 (54.5%)
80	SOBOLEWSKI Dariusz	147	BOREL MARATHON TEAM	M40	18	00:42:08	03:27:14	05:54:10	06:58:34.40	06:58:34.40	+03:08:56 (45.1%)	9:57	6 (54.5%)
81	NIEDOPYTALSKI Patryk	115		M18	5	00:43:51	03:28:18	05:53:33	06:59:59.40	06:59:59.40	+03:10:21 (45.3%)	9:59	6 (54.5%)
82	LUBOWIECKA Katarzyna	92		K50	1	05:57:22			07:00:11.90	07:00:11.90	+03:10:33 (45.4%)	10:00	6 (54.5%)
83	ŻACZYK Mateusz	200		M30	35	00:42:48	03:34:41	06:02:52	07:00:16.95	07:00:16.95	+03:10:38 (45.4%)	10:00	6 (54.5%)
84	LUBELCZYK Grzegorz	91	SPELEOCLUB WROCŁAW	M50	6	00:45:58	03:31:56	05:55:06	07:00:39.35	07:00:39.35	+03:11:01 (45.4%)	10:00	6 (54.5%)

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85	KAŃDUŁA Grzegorz	60		M40	19	00:48:29	03:46:20	06:06:25	07:03:48.45	07:03:48.45	+03:14:10 (45.8%)	10:05	5.9 (53.6%)
86	LESIAK Filip	88	TRAIL IS OUR WAY	M40	20	00:48:17	03:43:04	05:59:42	07:03:56.15	07:03:56.15	+03:14:18 (45.8%)	10:05	5.9 (53.6%)
87	NIERADKA Anna	117		K30	12	00:47:44	03:43:06	06:04:01	07:05:16.80	07:05:16.80	+03:15:38 (46.0%)	10:07	5.9 (53.6%)
88	MAROVA Klara	205		K40	5	00:47:07	03:47:16	06:08:14	07:06:24.05	07:06:24.05	+03:16:45 (46.1%)	10:09	5.9 (53.6%)
89	GAJLEWICZ Piotr	34	PGP LEGAL	M40	21	00:43:26	03:35:55	06:08:18	07:06:55.85	07:06:55.85	+03:17:17 (46.2%)	10:09	5.9 (53.6%)
90	LENART Jakub	86		M30	36	00:42:45	03:26:31	06:02:18	07:09:40.50	07:09:40.50	+03:20:02 (46.6%)	10:13	5.9 (53.6%)
91	MĄCZYŃSKI Marcin	106		M30	37	00:48:15	03:41:02	06:04:19	07:10:17.25	07:10:17.25	+03:20:39 (46.6%)	10:14	5.9 (53.6%)
92	SKOWROŃSKI Bartosz	144	KAMIL LEŚNIAK TEAM	M30	38	00:45:00	03:57:29	06:08:21	07:10:46.25	07:10:46.25	+03:21:08 (46.7%)	10:15	5.9 (53.6%)
93	GALASIŃSKI Andrzej	35	WLKP MOUNTAINS ULTRA	M60	1	00:51:33	03:40:44	06:03:52	07:11:58.95	07:11:58.95	+03:22:20 (46.8%)	10:17	5.8 (52.7%)
94	KASHCHEEV Andrei	63		M30	39	00:45:58	03:37:53	06:04:38	07:12:40.90	07:12:40.90	+03:23:02 (46.9%)	10:18	5.8 (52.7%)
95	MAKLES Paweł	100	BOXING GUBIN	M18	6	00:49:04	03:58:13	06:20:52	07:16:01.65	07:16:01.65	+03:26:23 (47.3%)	10:22	5.8 (52.7%)
96	HYCZKO Kinga	48	TRAIL IS OUR WAY	K30	13	00:51:05	03:48:04	06:13:50	07:16:25.55	07:16:25.55	+03:26:47 (47.4%)	10:23	5.8 (52.7%)
97	WYRWAS-ZYGARŁOWSKA Izabela	189	WLKP MOUNTAINS ULTRA	K40	6	00:50:41	03:49:27	06:14:38	07:16:49.15	07:16:49.15	+03:27:11 (47.4%)	10:24	5.8 (52.7%)
98	CHABER Tomasz	16		M30	40	00:43:28	03:48:09	06:19:33	07:18:35.40	07:18:35.40	+03:28:57 (47.6%)	10:26	5.7 (51.8%)
99	STANISZEWSKA Joanna	154	SPC	K40	7	00:46:56	03:52:32	06:15:42	07:19:45.65	07:19:45.65	+03:30:07 (47.8%)	10:28	5.7 (51.8%)
100	LEWANDOWSKI Łukasz	89	BUDCHEM	M40	22	00:42:54	03:34:48	06:14:50	07:21:19.60	07:21:19.60	+03:31:41 (48.0%)	10:30	5.7 (51.8%)
101	KOISZEWSKI Krzysztof	70	KLUB 42,2 LĘBORK	M50	7	00:46:30	03:44:37	06:01:35	07:25:44.90	07:25:44.90	+03:36:06 (48.5%)	10:36	5.7 (51.8%)
102	WĄTROBA Marek	179	KLUB 42,2 LĘBORK	M40	23	00:46:28	03:44:35	06:01:36	07:25:45.00	07:25:45.00	+03:36:06 (48.5%)	10:36	5.7 (51.8%)
103	MARCHWAT Daniel	104		M30	41	00:47:18	03:45:29	06:22:42	07:27:54.90	07:27:54.90	+03:38:16 (48.7%)	10:39	5.6 (50.9%)
104	PTAK Patryk	129	CHSBD "W RUCHU"	M30	42	00:50:09	03:46:10	06:19:19	07:28:05.70	07:28:05.70	+03:38:27 (48.8%)	10:40	5.6 (50.9%)
105	KIEDA Bartek	67		M30	43	00:43:43	03:37:05	06:21:42	07:28:30.60	07:28:30.60	+03:38:52 (48.8%)	10:40	5.6 (50.9%)
106	NOŻEWNIK Patryk	119	TMLP	M40	24	00:57:12	03:59:46	06:30:01	07:31:01.60	07:31:01.60	+03:41:23 (49.1%)	10:44	5.6 (50.9%)

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
107	BALIŃSKI Wiktor	5		M18	7	00:42:02	03:24:07	06:12:34	07:31:32.25	07:31:32.25	+03:41:54 (49.1%)	10:45	5.6 (50.9%)
108	PAŚ Tomasz	206		M40	25	00:44:49	03:55:54	06:24:26	07:31:59.95	07:31:59.95	+03:42:21 (49.2%)	10:45	5.6 (50.9%)
109	BARGIEL Paweł	7		M40	26	00:47:50	03:50:43	06:24:49	07:32:19.75	07:32:19.75	+03:42:41 (49.2%)	10:46	5.6 (50.9%)
110	BANACH Artur	6	NSZZ SOLIDARNOŚĆ VWMP	M40	27	00:44:56	03:40:54	06:19:45	07:32:26.70	07:32:26.70	+03:42:48 (49.2%)	10:46	5.6 (50.9%)
111	MŁYNARCZYK Adam	110		M30	44	00:51:30	03:52:44	06:19:36	07:33:29.30	07:33:29.30	+03:43:51 (49.4%)	10:47	5.6 (50.9%)
112	KOPYRA Tomasz	73	#BIEGAMWOLNOALEDOKŁADNIE	M40	28	00:50:09	03:55:20	06:26:24	07:33:55.00	07:33:55.00	+03:44:16 (49.4%)	10:48	5.6 (50.9%)
113	GROBELNY Sebastian	43	TEAM BEROTU	M50	8	00:42:05	03:27:05	06:10:54	07:35:39.30	07:35:39.30	+03:46:01 (49.6%)	10:50	5.5 (50.0%)
114	WRZESZCZ Jakub	188		M30	45	00:46:20	03:40:06	06:23:56	07:35:52.35	07:35:52.35	+03:46:14 (49.6%)	10:51	5.5 (50.0%)
115	KROSZCZYŃSKA Jowita	80		K18	5	00:46:10	03:55:31	06:32:42	07:37:05.70	07:37:05.70	+03:47:27 (49.8%)	10:52	5.5 (50.0%)
116	SKWAREK Jędrzej	145		M30	46	00:46:20	03:43:10	06:26:53	07:38:19.00	07:38:19.00	+03:48:40 (49.9%)	10:54	5.5 (50.0%)
117	DĘBSKA-ZEŃCZAK Agnieszka	25		K40	8	00:48:20	03:57:07	06:28:19	07:39:52.60	07:39:52.60	+03:50:14 (50.1%)	10:56	5.5 (50.0%)
118	WNUK Ewelina	182		K30	14	00:48:21	03:57:07	06:27:51	07:39:52.90	07:39:52.90	+03:50:14 (50.1%)	10:56	5.5 (50.0%)
119	DANILUK-DUPLA Ewa	24	WIECZORNE BIEGANIE W SZCZECINIE	K40	9	00:47:26	03:58:49	06:33:35	07:42:04.00	07:42:04.00	+03:52:25 (50.3%)	11:00	5.5 (50.0%)
120	GRAF Joanna	42		K30	15	00:47:39	03:56:22	06:31:46	07:42:40.20	07:42:40.20	+03:53:02 (50.4%)	11:00	5.4 (49.1%)
121	ZDROJEWSKA Magdalena	195		K40	10	00:49:03	03:59:12	06:33:57	07:44:14.30	07:44:14.30	+03:54:36 (50.5%)	11:03	5.4 (49.1%)
122	LEWANDOWSKI Mateusz	90	LEVEL-GEO TEAM	M30	47	00:48:50	03:55:15	06:35:20	07:45:02.90	07:45:02.90	+03:55:24 (50.6%)	11:04	5.4 (49.1%)
123	HEJMOWSKI Sylwester	47	BIEGAMYRAZEM.PL	M50	9	00:48:36	04:09:08	06:32:41	07:46:34.50	07:46:34.50	+03:56:56 (50.8%)	11:06	5.4 (49.1%)
124	FIEGA Mirosław	31		M40	29	00:41:25	03:57:31	06:44:03	07:50:03.80	07:50:03.80	+04:00:25 (51.1%)	11:11	5.4 (49.1%)
125	KAŃDUŁA Klaudia	59		K40	11	00:50:52	04:08:33	06:45:07	07:50:29.50	07:50:29.50	+04:00:51 (51.2%)	11:12	5.4 (49.1%)
126	HADAM Michał	46	#BIEGIEMWLAS/KB MANIAC POZNAŃ	M40	30	00:44:42	03:49:29	06:35:05	07:51:35.40	07:51:35.40	+04:01:57 (51.3%)	11:13	5.3 (48.2%)
127	WOJCIECHOWSKI Maciej	183		M40	31	00:41:25	03:57:32	06:44:02	07:52:17.70	07:52:17.70	+04:02:39 (51.4%)	11:14	5.3 (48.2%)
128	WÓJCIK Jacek	187		M40	32	00:44:32	03:54:38	06:37:14	07:52:56.05	07:52:56.05	+04:03:17 (51.4%)	11:15	5.3 (48.2%)

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 24km						
129	JANIK Damian	50		M30	48	00:48:06	03:47:25	06:43:45	07:57:50.10	07:57:50.10	+04:08:12 (51.9%)	11:22	5.3 (48.2%)
130	STROCZYŃSKI Paweł	162	TYSKIE SINICE	M40	33	00:48:12	03:47:25	06:31:31	07:57:50.40	07:57:50.40	+04:08:12 (51.9%)	11:22	5.3 (48.2%)
131	SCHULZE Jörg	139	DAV ZITTAU	M60	2	00:50:48	04:06:51	06:48:34	07:58:26.55	07:58:26.55	+04:08:48 (52.0%)	11:23	5.3 (48.2%)
132	KAŻMIERCZAK-MOLIK Anna	66		K30	16	00:50:21	04:00:18	06:35:49	07:59:05.75	07:59:05.75	+04:09:27 (52.1%)	11:24	5.3 (48.2%)
133	KWAPISZEWSKI Marcin	84		M40	34	00:45:41	03:58:16	06:39:43	07:59:24.30	07:59:24.30	+04:09:46 (52.1%)	11:24	5.3 (48.2%)
134	KWITOWSKI Maciej	85		M40	35	00:45:41	03:58:14	06:39:51	08:03:04.10	08:03:04.10	+04:13:26 (52.5%)	11:30	5.2 (47.3%)
135	CIMOSZKO Katarzyna	20	BR - W STRONĘ ULTRA	K40	12	00:49:09	04:10:22	06:53:53	08:06:04.95	08:06:04.95	+04:16:26 (52.8%)	11:34	5.2 (47.3%)
136	DZIELENDZIAK Damian	30		M30	49	00:48:06	03:52:30	06:50:12	08:08:22.70	08:08:22.70	+04:18:44 (53.0%)	11:37	5.2 (47.3%)
137	CHAJDYS Maciej	17	SKOSZEWEY RUNNERS	M40	36	00:46:04	03:56:30	06:50:15	08:08:30.60	08:08:30.60	+04:18:52 (53.0%)	11:37	5.2 (47.3%)
138	COULON Agata	22		K30	17	00:52:40	04:20:28	06:58:00	08:09:39.10	08:09:39.10	+04:20:01 (53.1%)	11:39	5.1 (46.4%)
139	ŁABĘDZKI Mariusz	93		M40	37	00:52:13	04:18:54	06:58:10	08:09:39.15	08:09:39.15	+04:20:01 (53.1%)	11:39	5.1 (46.4%)
140	GAJEWSKI Sebastian	33		M40	38	00:51:51	04:18:56	06:58:17	08:09:39.40	08:09:39.40	+04:20:01 (53.1%)	11:39	5.1 (46.4%)
141	MARCINIAK Paulina	105		K30	18	00:50:45	04:17:07	07:02:22	08:10:10.65	08:10:10.65	+04:20:32 (53.2%)	11:40	5.1 (46.4%)
142	KOSIOROWSKI Leszek	75		M50	10	00:56:44	04:08:22	06:54:52	08:10:48.10	08:10:48.10	+04:21:10 (53.2%)	11:41	5.1 (46.4%)
143	STANKE Łukasz	155	4FITER	M40	39	00:46:53	04:07:37	06:59:44	08:16:07.70	08:16:07.70	+04:26:29 (53.7%)	11:48	5.1 (46.4%)
144	LENKIEWICZ Aleksander	87	WKURWTEAM	M40	40	00:50:53	04:13:58	07:06:17	08:17:07.25	08:17:07.25	+04:27:29 (53.8%)	11:50	5.1 (46.4%)
145	RZEPNIEWSKI Łukasz	203		M40	41	00:51:44	04:14:01	07:01:27	08:17:08.05	08:17:08.05	+04:27:29 (53.8%)	11:50	5.1 (46.4%)
146	KUCIA Szymon	83		M30	50	00:51:14	04:25:31	07:04:22	08:17:29.50	08:17:29.50	+04:27:51 (53.8%)	11:50	5.1 (46.4%)
146	STAFIJ-KUCIA Stenia	152		K30	19	00:51:17	04:25:29	07:04:22	08:17:29.50	08:17:29.50	+04:27:51 (53.8%)	11:50	5.1 (46.4%)
148	TOMASZEWSKI Krzysztof	172	SPC	M40	42	00:48:31	04:14:12	07:00:00	08:21:58.15	08:21:58.15	+04:32:20 (54.3%)	11:57	5 (45.5%)
149	RAK Bartosz	132		M30	51	00:55:06	04:08:43	07:05:47	08:23:58.40	08:23:58.40	+04:34:20 (54.4%)	11:59	5 (45.5%)
149	KNUROWSKI Marcin	69		M50	11	00:55:08	04:08:44	07:05:47	08:23:58.40	08:23:58.40	+04:34:20 (54.4%)	11:59	5 (45.5%)
151	BOKSZCZANIN Aneta	12	LION NIERUCHOMOŚCI	K40	13	00:57:35	04:20:36	07:10:59	08:27:21.50	08:27:21.50	+04:37:43 (54.7%)	12:04	5 (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
152	BORECKI Michał	14		M30	52	00:54:42	04:12:52	07:13:01	08:27:30.10	08:27:30.10	+04:37:52 (54.8%)	12:05	5 (45.5%)
153	DRYWA Ewelina	27	LEVEL-GEO TEAM	K30	20	00:48:50	04:19:20	07:17:06	08:32:20.10	08:32:20.10	+04:42:42 (55.2%)	12:11	4.9 (44.5%)
154	BASTA Grzegorz	8	BIEGAM BO LUBIĘ LASY BOGDANIEC	M50	12	00:50:54	04:25:01	07:17:58	08:33:13.95	08:33:13.95	+04:43:35 (55.3%)	12:13	4.9 (44.5%)
155	ŁASEK Jarosław	94		M50	13	00:50:11	04:23:20	07:14:56	08:39:47.65	08:39:47.65	+04:50:09 (55.8%)	12:22	4.8 (43.6%)
156	SADEL Krzysztof	138	CAGNOLINO MAXI	M50	14	00:53:30	04:14:02	07:13:23	08:41:53.35	08:41:53.35	+04:52:15 (56.0%)	12:25	4.8 (43.6%)
157	MRUCZYŃSKA-PIETRUCZANIS Katarzyna	112	DEVI HIMAL TEAM	K40	14	00:56:37	04:42:48	07:34:07	08:43:12.00	08:43:12.00	+04:53:33 (56.1%)	12:27	4.8 (43.6%)
158	STRONIKOWSKI Kamil	163	DRUŻYNA STASIA	M40	43	00:51:34	04:27:17	07:23:10	08:46:28.10	08:46:28.10	+04:56:50 (56.4%)	12:32	4.8 (43.6%)
159	ŻOŁYNIAK Szymon	201		M40	44	00:56:52	04:49:02	07:42:26	08:53:09.05	08:53:09.05	+05:03:30 (56.9%)	12:41	4.7 (42.7%)
160	RADECKI Wojciech	131	DZIKI Z CYTADELI	M40	45	00:57:20	04:50:18	07:37:30	08:54:55.85	08:54:55.85	+05:05:17 (57.1%)	12:44	4.7 (42.7%)
161	PRZETAKIEWICZ Magdalena	128		K40	15	01:06:01	04:56:49	07:42:25	08:55:28.35	08:55:28.35	+05:05:50 (57.1%)	12:44	4.7 (42.7%)
Przekroczony limit czasu: 09:00:00													
162	GOSPODAREK Łukasz	39		M40	46	00:55:31	04:38:46	07:43:48	09:00:28.15	09:00:28.15	+05:10:50 (57.5%)	12:52	4.7 (42.7%)
163	JANAS Marcin	49		M40	47	00:54:41	04:40:33	07:51:32	09:05:04.10	09:05:04.10	+05:15:26 (57.9%)	12:58	4.6 (41.8%)
164	SZREJBROWSKI Błażej	168		M40	48	00:58:46	04:50:45	07:55:20	09:07:49.85	09:07:49.85	+05:18:11 (58.1%)	13:02	4.6 (41.8%)
165	ŁASKAWSKA Justyna	95		K40	16	00:56:52	04:49:01	07:46:14	09:08:09.20	09:08:09.20	+05:18:31 (58.1%)	13:03	4.6 (41.8%)
166	GAŁĄZKA Jarosław	36	BBL BOGDANIEC	M40	49	00:54:41	04:25:06	07:30:21	09:08:53.10	09:08:53.10	+05:19:15 (58.2%)	13:04	4.6 (41.8%)
167	MACIEJEWSKA Beata	97		K30	21	01:07:47	05:12:07	08:04:31	09:12:41.25	09:12:41.25	+05:23:03 (58.5%)	13:09	4.6 (41.8%)
168	SIKORA Malgorzata	141		K50	2	01:06:11	04:57:09	08:00:01	09:14:04.70	09:14:04.70	+05:24:26 (58.6%)	13:11	4.5 (40.9%)
169	SZEWczyk Radosław	167		M50	15	00:56:04	04:57:49	08:02:37	09:16:22.10	09:16:22.10	+05:26:44 (58.7%)	13:14	4.5 (40.9%)
170	WARLIKOWSKA Karolina	177	SPC	K18	6	00:52:56	05:03:11	08:04:37	09:16:48.10	09:16:48.10	+05:27:10 (58.8%)	13:15	4.5 (40.9%)
171	RUTKOWSKA Ewelina	136		K40	17	00:52:37	05:10:38	08:07:17	09:21:50.15	09:21:50.15	+05:32:12 (59.1%)	13:22	4.5 (40.9%)
172	KAŁŁAUR Krzysztof	57		M40	50	00:57:37	04:51:08	08:03:44	09:27:19.45	09:27:19.45	+05:37:41 (59.5%)	13:30	4.4 (40.0%)
173	OKONIEWSKA Agnieszka	121		K40	18	00:58:30	05:02:31	08:04:59	09:30:33.95	09:30:33.95	+05:40:55 (59.8%)	13:35	4.4 (40.0%)

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
174	KACZMAREK Michał	56	TEACH!	M40	51	00:55:04	04:35:16	07:37:23	09:31:59.90	09:31:59.90	+05:42:21 (59.9%)	13:37	4.4 (40.0%)
175	MACIEJEWSKI Tomasz	98		M40	52	00:53:50	04:51:21	08:06:43	09:32:36.85	09:32:36.85	+05:42:58 (59.9%)	13:38	4.4 (40.0%)
176	JĘDRZEJCZAK Dawid	55		M30	53	00:57:05	04:49:10	08:07:20	09:49:16.80	09:49:16.80	+05:59:38 (61.0%)	14:01	4.3 (39.1%)
177	SIWA Michał	143		M30	54	01:01:38	05:03:59	08:25:25	09:54:28.35	09:54:28.35	+06:04:50 (61.4%)	14:09	4.2 (38.2%)
178	DUNOWSKA Ilona	28	BBL LASY BOGDANIEC	K50	3	00:58:07	05:05:48	08:12:08	09:54:28.40	09:54:28.40	+06:04:50 (61.4%)	14:09	4.2 (38.2%)
179	DUNOWSKI Przemysław	29		M50	16	00:58:06	05:06:10	08:12:51	09:54:28.45	09:54:28.45	+06:04:50 (61.4%)	14:09	4.2 (38.2%)
180	SREBRO Kacper	151	DZIKI Z CYTADELI	M18	8	00:59:38	05:06:18	08:57:31	10:45:35.65	10:45:35.65	+06:55:57 (64.4%)	15:22	3.9 (35.5%)
	PACHOLEWICZ Alicja	125		K30		00:51:00 DNF	04:22:40 DNF	06:56:42 DNF	DNF	DNF	-	-	- (0.0%)
	ZIMNY Tomasz	196	FARTY PUSZCZY	M60		00:41:50 DNF	03:18:09 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	ŚLUSAREK Rafał	171		M30		00:57:04 DNF	05:06:50 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	KAWAŁKO Ryszard	65	WOLNY RYŚ	M50		00:59:25 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	SREBRO Michał	150	DZIKI Z CYTADELI	M50		01:01:24 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	PUSZ Jakub	130		M18		DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	MANSFELD Anita	102		K30		DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	CIŻYŃSKA Katarzyna	21		K18		DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)

Znaleziono 188 wynik(ów)