



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

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

CHOJNIK MARATON

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 24km	Droga pod Reglami 36km	Czas netto 42km	Różn	Tempo min/km	Tempo km/h
1	KARWACZYŃSKI Roger	66		M30	1	00:29:04	02:05:06	03:24:22	04:03:34.80		5:47	10.3 (100%)
2	BOULKHALF Abdellatif	314	KB WIKON NOWA SÓL	M30	2	00:28:28	02:05:19	03:25:11	04:08:40.40	+00:05:05 (2.0%)	5:55	10.1 (98.1%)
3	LULIS Dawid	17	ALTRA TEAM RED	M30	3	00:28:31	02:07:01	03:32:09	04:15:10.40	+00:11:35 (4.5%)	6:04	9.9 (96.1%)
4	ŁYJAK Błażej	396	RATEMYTRAIL.COM	M40	1	00:30:40	02:13:10	03:38:40	04:20:47.10	+00:17:12 (6.6%)	6:12	9.7 (94.2%)
5	BONIEC Radosław	224		M30	4	00:28:29	02:11:14	03:37:41	04:23:36.60	+00:20:01 (7.6%)	6:16	9.6 (93.2%)
6	ŁĘŻNIAK Aleksander	343	MONK SANDALS TEAM	M30	5	00:30:45	02:15:09	03:44:23	04:32:24.05	+00:28:49 (10.6%)	6:29	9.3 (90.3%)
7	PILARSKI Tomasz	363	IZERY BOGATYNIA	M40	2	00:30:48	02:16:15	03:50:16	04:33:44.65	+00:30:09 (11.0%)	6:31	9.2 (89.3%)
8	TERZONI Christian	219	PRZEDWOJEWSKI TEAM	M30	6	00:31:16	02:19:39	03:53:27	04:38:20.20	+00:34:45 (12.5%)	6:37	9.1 (88.3%)
9	LEWANDOWSKI Piotr	196		M30	7	00:32:39	02:22:28	03:58:09	04:46:54.50	+00:43:19 (15.1%)	6:49	8.8 (85.4%)
10	KRASULAK Daniel	138	TRENUJZNAMI.PL	M40	3	00:28:48	02:19:00	03:59:45	04:52:42.05	+00:49:07 (16.8%)	6:58	8.6 (83.5%)
11	SIERADZKI Krzysztof	174	PRZEDWOJEWSKI TEAM	M30	8	00:30:35	02:24:39	04:06:51	04:54:26.05	+00:50:51 (17.3%)	7:00	8.6 (83.5%)
12	WEŁNIAK Przemysław	47	MOGILNO TEAM	M40	4	00:30:29	02:25:47	04:07:50	04:56:42.10	+00:53:07 (17.9%)	7:03	8.5 (82.5%)
13	JAŃCZAK Filip	391	JAŃCZAK RUN	M30	9	00:28:17	02:10:09	03:58:02	04:56:44.15	+00:53:09 (17.9%)	7:03	8.5 (82.5%)
14	ŚLIWIŃSKI Rafał	31		M30	10	00:34:11	02:33:54	04:12:19	04:56:54.65	+00:53:19 (18.0%)	7:04	8.5 (82.5%)
15	MUCKACZOW Jacek	395		M40	5	00:33:38	02:24:15	04:06:42	04:59:01.15	+00:55:26 (18.5%)	7:07	8.4 (81.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod	Trzy	Droga pod	Czas	Różn	Tempo	Tempo
						Reglami	Jawory	Reglami	netto			
						6km	24km	36km	42km			
16	NIEPALA Jacek	14	OBORYGENI	M30	11	00:32:04	02:29:22	04:15:04	05:03:00.20	+00:59:25 (19.6%)	7:12	8.3 (80.6%)
17	TROJANOWSKI Artur	333	KB WIKON NOWA SÓL	M30	12	00:33:01	02:32:18	04:16:03	05:10:21.50	+01:06:46 (21.5%)	7:23	8.1 (78.6%)
18	RINK Jan	85		M40	6	00:35:59	02:36:50	04:24:04	05:14:39.45	+01:11:04 (22.6%)	7:29	8 (77.7%)
19	LUKASZEWSKI Mateusz	155		M18	1	00:31:28	02:32:16	04:20:54	05:19:06.05	+01:15:31 (23.7%)	7:35	7.9 (76.7%)
20	DOBIJA Jacek	172	WAŚ NA TATRZAŃSKIEJ	M18	2	00:38:21	02:44:46	04:26:50	05:20:02.95	+01:16:28 (23.9%)	7:37	7.9 (76.7%)
21	ŻURAWSKI Sławomir	354	PGBSPORTOWAPACZKA	M40	7	00:33:15	02:38:13	04:25:52	05:20:17.40	+01:16:42 (24.0%)	7:37	7.9 (76.7%)
22	WÓJTOWICZ Stefan	376		M30	13	00:34:28	02:41:35	04:30:39	05:24:02.80	+01:20:28 (24.8%)	7:42	7.8 (75.7%)
23	LITWIN Michał	42	LITEWIN	M30	14	00:33:54	02:37:12	04:29:31	05:24:45.80	+01:21:11 (25.0%)	7:43	7.8 (75.7%)
24	SIETKIEWICZ Piotr	178	WCL / GLEIPNIR	M30	15	00:35:47	02:43:26	04:33:04	05:26:16.55	+01:22:41 (25.3%)	7:46	7.7 (74.8%)
25	FILIPEK Wojciech	351		M30	16	00:34:18	02:35:33	04:26:55	05:27:54.90	+01:24:20 (25.7%)	7:48	7.7 (74.8%)
26	SZARAPANOWSKI Marcin	15	ULTRA DIABŁY TEAM LUBRZA	M40	8	00:34:46	02:41:59	04:36:16	05:28:22.95	+01:24:48 (25.8%)	7:49	7.7 (74.8%)
27	MARCINIAK Maciej	383		M30	17	00:37:52	02:46:11	04:34:13	05:28:42.00	+01:25:07 (25.9%)	7:49	7.7 (74.8%)
28	BIAŁY Adam	171		M40	9	00:35:55	02:41:06	04:27:55	05:29:01.25	+01:25:26 (26.0%)	7:50	7.7 (74.8%)
29	MICHALOWSKI Marcin	98	MARCINSWIERCTEAM	M40	10	00:36:53	02:42:09	04:36:12	05:29:58.80	+01:26:24 (26.2%)	7:51	7.6 (73.8%)
30	MARGOL Paweł	329		M30	18	00:34:53	02:37:32	04:33:39	05:30:11.25	+01:26:36 (26.2%)	7:51	7.6 (73.8%)
31	IWASZCZYSZYN Tomasz	350	RMT TEAM & PRZYJACIELE / RATEMYTRAIL.COM	M30	19	00:37:18	02:45:49	04:37:33	05:30:35.05	+01:27:00 (26.3%)	7:52	7.6 (73.8%)
32	ANDRZEJEWSKI Tomasz	56	MOGILNO TEAM	M40	11	00:35:21	02:46:57	04:37:36	05:31:04.20	+01:27:29 (26.4%)	7:52	7.6 (73.8%)
33	KARCZ Tomasz	393		M40	12	00:34:11	02:40:51	04:34:58	05:31:49.75	+01:28:14 (26.6%)	7:54	7.6 (73.8%)
34	ŻBIK Bartosz	107	SMART THERAPY	M30	20	00:36:05	02:41:28	04:37:01	05:32:04.20	+01:28:29 (26.6%)	7:54	7.6 (73.8%)
35	POLACZEK Daniel	90	IZBICKO W BIEGU	M18	3	00:36:01	02:41:37	04:39:38	05:32:45.30	+01:29:10 (26.8%)	7:55	7.6 (73.8%)
36	ZAWODNIK Łukasz	388	EKIPA ZAWODNIKA	M30	21	00:34:22	02:33:46	04:36:14	05:34:33.35	+01:30:58 (27.2%)	7:57	7.5 (72.8%)
37	MORAWSKI Filip	121	KRAKOWIAKTEAM	M40	13	00:35:19	02:43:48	04:38:33	05:34:48.45	+01:31:13 (27.2%)	7:58	7.5 (72.8%)
38	SZELA Łukasz	179	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	M30	22	00:36:40	02:45:45	04:39:15	05:36:00.55	+01:32:25 (27.5%)	8:00	7.5 (72.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami			Czas netto 42km	Różn	Tempo min/km	Tempo km/h
						6km	Trzy Jawory 24km	36km				
39	KOWALSKI Tomasz	265	DZIKI ROBIĄ CHRUM	M30	23	00:38:11	02:41:34	04:37:37	05:36:10.25	+01:32:35 (27.5%)	8:00	7.5 (72.8%)
40	BARTKIEWICZ Paweł	307	ADAM DRACZYŃSKI RUNNING TEAM	M50	1	00:34:27	02:46:39	04:41:57	05:36:47.75	+01:33:12 (27.7%)	8:01	7.5 (72.8%)
41	STANUCHIEWICZ Oskar	193		M40	14	00:33:50	02:36:46	04:35:11	05:37:05.15	+01:33:30 (27.7%)	8:01	7.5 (72.8%)
42	IDOWIAK Łukasz	143		M30	24	00:38:01	02:47:18	04:43:25	05:37:20.90	+01:33:46 (27.8%)	8:01	7.5 (72.8%)
43	BUSZMAN Krystian	104	RUMIA TRAIL TEAM	M30	25	00:36:22	02:42:24	04:41:38	05:38:18.65	+01:34:43 (28.0%)	8:03	7.4 (71.8%)
44	JASZKIEWICZ Adrian	355	LESZNO LIMITS RUNNERS	M40	15	00:35:29	02:42:01	04:43:32	05:38:33.65	+01:34:58 (28.1%)	8:03	7.4 (71.8%)
45	WANDEL Piotr	114	GARY TEAM	M40	16	00:35:36	02:42:52	04:39:54	05:38:43.70	+01:35:08 (28.1%)	8:03	7.4 (71.8%)
46	LAMEK Andrzej	384	AKTYWNY OSTRZESZÓW	M50	2	00:38:05	02:47:07	04:44:17	05:39:03.25	+01:35:28 (28.2%)	8:04	7.4 (71.8%)
47	KORZENIEWSKI Jarosław	339	TEAM KOPEĆ	M40	17	00:34:32	02:41:13	04:42:30	05:40:51.60	+01:37:16 (28.5%)	8:06	7.4 (71.8%)
48	GRANOPS Maciej	242		M40	18	00:42:23	02:54:27	04:46:54	05:42:04.00	+01:38:29 (28.8%)	8:08	7.4 (71.8%)
49	ŚNIERZYŃSKI Robert	164		M30	26	00:38:33	02:47:53	04:45:25	05:43:18.65	+01:39:43 (29.0%)	8:10	7.3 (70.9%)
50	BANDUROWSKI Andrzej	310	KB SPOCENI NOWA SÓL	M40	19	00:34:25	02:46:31	04:48:23	05:44:37.50	+01:41:02 (29.3%)	8:12	7.3 (70.9%)
51	KARPOWICZ Rafal	108		M40	20	00:35:01	02:35:41	04:48:14	05:44:51.45	+01:41:16 (29.4%)	8:12	7.3 (70.9%)
52	PĘKALA Marcin	223	ONEMANRUNTEAM	M40	21	00:37:48	02:47:29	04:49:10	05:45:21.10	+01:41:46 (29.5%)	8:13	7.3 (70.9%)
53	JODŁOWSKI Marek	294	BBL KROSNO ODRZANSKIE	M40	22	00:37:58	02:51:05	04:49:14	05:45:25.80	+01:41:51 (29.5%)	8:13	7.3 (70.9%)
54	HETMAN Łukasz	244		M40	23	00:39:17	02:47:51	04:44:23	05:45:27.55	+01:41:52 (29.5%)	8:13	7.3 (70.9%)
55	SOKULSKI Tomasz	184		M30	27	00:37:41	02:48:53	04:47:31	05:46:32.45	+01:42:57 (29.7%)	8:15	7.3 (70.9%)
56	CIESIELSKI Witold	387		M40	24	00:37:20	02:52:42	04:50:12	05:47:07.90	+01:43:33 (29.8%)	8:15	7.3 (70.9%)
57	BRĄCZKOWSKI Damian	283		M18	4	00:39:53	02:56:15	04:50:06	05:47:45.15	+01:44:10 (30.0%)	8:16	7.2 (69.9%)
58	ZIEMKIEWICZ Jarek	236	2 KROKI DO METY	M40	25	00:37:56	02:50:05	04:48:37	05:47:50.70	+01:44:15 (30.0%)	8:16	7.2 (69.9%)
59	OLEJNICZAK Piotr	151		M40	26	00:38:40	02:50:08	04:50:18	05:48:12.75	+01:44:37 (30.0%)	8:17	7.2 (69.9%)
60	KASZKOWIAK Bogumil	315	WRONKI	M40	27	00:45:20	03:02:31	04:55:40	05:48:40.50	+01:45:05 (30.1%)	8:18	7.2 (69.9%)
61	WALERCZYK Bartosz	218		M30	28	00:40:04	02:47:06	04:45:48	05:49:23.85	+01:45:49 (30.3%)	8:19	7.2 (69.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 24km	Droga pod Reglami 36km	Czas netto 42km	Różn	Tempo min/km	Tempo km/h
62	KRZYWDZIŃSKI Bartłomiej	380		M40	28	00:37:40	02:48:04	04:51:22	05:49:26.85	+01:45:52 (30.3%)	8:19	7.2 (69.9%)
63	LOREK Adam	67	BIEGAM DLA SIEBIE	M40	29	00:35:50	02:51:06	04:55:07	05:50:14.45	+01:46:39 (30.5%)	8:20	7.2 (69.9%)
64	SITEK Andrzej	204		M40	30	00:39:42	02:47:33	04:46:50	05:50:30.35	+01:46:55 (30.5%)	8:20	7.2 (69.9%)
65	WOJEWODA Maciej	227	VEGE RUNNERS	M30	29	00:39:19	02:55:38	04:55:04	05:50:34.25	+01:46:59 (30.5%)	8:20	7.2 (69.9%)
66	MAJEWSKI Krystian	238	RUNEDA	M40	31	00:34:39	02:50:38	04:55:47	05:52:38.95	+01:49:04 (30.9%)	8:23	7.1 (68.9%)
67	HOJAN Lukasz	309		M30	30	00:42:04	03:01:47	04:56:53	05:52:56.35	+01:49:21 (31.0%)	8:24	7.1 (68.9%)
68	KOCJAN Paweł	281	KB I LOVE ZIEMEK / KIDS RUN	M40	32	00:42:48	02:54:34	04:52:30	05:53:07.35	+01:49:32 (31.0%)	8:24	7.1 (68.9%)
69	BROJ Michał	209		M40	33	00:41:57	02:51:10	04:52:21	05:55:43.10	+01:52:08 (31.5%)	8:28	7.1 (68.9%)
70	LASEK Mikołaj	73	PAN WUEFISTA	M30	31	00:39:33	02:51:52	04:54:51	05:56:35.05	+01:53:00 (31.7%)	8:29	7.1 (68.9%)
71	DOMAGAŁA Krzysztof	276	PSARUS '87 / WRZEŚNIA	M30	32	00:37:56	02:48:13	04:54:38	05:57:19.80	+01:53:45 (31.8%)	8:30	7.1 (68.9%)
72	POSADOWSKI Szymon	366		M30	33	00:38:46	02:54:44	04:58:42	05:57:20.55	+01:53:45 (31.8%)	8:30	7.1 (68.9%)
73	MATYJA Rafał	39	LESZNOLIMITS RUNNERS	M30	34	00:39:31	02:59:55	05:04:26	05:58:20.40	+01:54:45 (32.0%)	8:31	7 (68.0%)
74	MARCZAK Tomasz	36	CZYSTA AMATORKA	M40	34	00:38:26	02:52:31	04:56:47	05:58:30.15	+01:54:55 (32.1%)	8:32	7 (68.0%)
75	KUCHARCZYK Kamil	331	TRI NOT TO DIE	M30	35	00:43:33	03:01:59	05:04:36	06:00:58.70	+01:57:23 (32.5%)	8:35	7 (68.0%)
76	POLAK Jacek	267	BIEGUSIEM.PL	M40	35	00:38:44	02:54:21	05:01:46	06:01:30.40	+01:57:55 (32.6%)	8:36	7 (68.0%)
77	MIELNIK Michał	55	PANICZE	M30	36	00:40:59	02:57:24	04:59:25	06:02:34.10	+01:58:59 (32.8%)	8:37	7 (68.0%)
78	ŁUKACKI Daniel	43		M40	36	00:41:51	03:05:40	05:08:51	06:04:00.50	+02:00:25 (33.1%)	8:40	6.9 (67.0%)
79	BLACHA Krzysztof	337	TRASY-BIEGOWE.PL	M30	37	00:37:03	02:54:37	05:06:11	06:04:04.75	+02:00:29 (33.1%)	8:40	6.9 (67.0%)
80	WOJCIECHOWSKI Maciej	324		M40	37	00:38:59	02:59:06	05:03:33	06:04:11.70	+02:00:36 (33.1%)	8:40	6.9 (67.0%)
81	ZERZUT Jarosław	60		M50	3	00:45:10	02:59:22	05:04:41	06:05:04.65	+02:01:29 (33.3%)	8:41	6.9 (67.0%)
82	WYSOCKI Andrzej	305		M40	38	00:41:22	03:03:17	05:06:09	06:05:14.40	+02:01:39 (33.3%)	8:41	6.9 (67.0%)
83	MECHLIŃSKI Łukasz	361	KLUB 42,2	M40	39	00:40:06	03:11:49	05:10:45	06:05:28.20	+02:01:53 (33.4%)	8:42	6.9 (67.0%)
84	PILAREK Wojciech	359		M30	38	00:42:48	03:02:50	05:08:18	06:06:11.90	+02:02:37 (33.5%)	8:43	6.9 (67.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod	Trzy	Droga pod	Czas	Różn	Tempo	Tempo
						Reglami	Jawory	Reglami	netto			
						6km	24km	36km	42km			
85	KODZIS Lesław	286		M40	40	00:39:54	03:01:22	05:06:50	06:07:24.55	+02:03:49 (33.7%)	8:44	6.9 (67.0%)
86	BRUDEREK Tomasz	296	PRIMUM CURRERE	M40	41	00:39:46	03:01:54	05:12:41	06:07:48.15	+02:04:13 (33.8%)	8:45	6.9 (67.0%)
87	ŻABIEREK Tomasz	306		M40	42	00:38:14	03:01:01	05:08:11	06:08:01.15	+02:04:26 (33.8%)	8:45	6.8 (66.0%)
88	SMOLARZ Marek	357		M40	43	00:42:12	02:59:44	04:58:49	06:08:23.55	+02:04:48 (33.9%)	8:46	6.8 (66.0%)
89	TYLIŃSKI Arkadiusz	211	LESZ NO LIMITS RUNNERS	M50	4	00:38:59	03:04:49	05:12:02	06:10:42.95	+02:07:08 (34.3%)	8:49	6.8 (66.0%)
90	WILCZKOWIAK Jan	275	LESZ NO LIMITS RUNNERS	M30	39	05:01:43			06:11:08.35	+02:07:33 (34.4%)	8:50	6.8 (66.0%)
91	ALGIERSKI Paweł	362		M18	5	00:37:22	02:55:03	05:05:23	06:11:11.05	+02:07:36 (34.4%)	8:50	6.8 (66.0%)
92	KRZYSZTOŃ Maciej	176	KB GEPARD MUROWANA GOŚLINA	M40	44	00:39:39	02:58:01	05:11:07	06:12:35.15	+02:09:00 (34.6%)	8:52	6.8 (66.0%)
93	NAPIERAŁA Tomasz	336		M40	45	00:39:03	02:55:43	05:13:45	06:12:48.05	+02:09:13 (34.7%)	8:52	6.8 (66.0%)
94	KACZOR Piotr	320	SAMOTNY WILK Z KOTOWIC	M40	46	00:35:57	02:49:11	05:09:16	06:12:58.30	+02:09:23 (34.7%)	8:52	6.8 (66.0%)
95	GAPIŃSKI Marcin	300	UMYSŁ ULTRASA	M40	47	00:41:24	03:05:03	05:10:29	06:13:18.70	+02:09:43 (34.8%)	8:53	6.8 (66.0%)
96	SMOTER Damian	312		M30	40	00:39:43	03:01:28	05:13:05	06:16:11.60	+02:12:36 (35.3%)	8:57	6.7 (65.0%)
97	GĄSKA Konrad	59	TEAMLUSIA	M30	41	00:39:44	02:55:41	05:09:12	06:17:09.00	+02:13:34 (35.4%)	8:58	6.7 (65.0%)
98	NOWAK Jacek	76		M50	5	00:38:40	03:01:42	05:11:09	06:17:13.50	+02:13:38 (35.4%)	8:58	6.7 (65.0%)
99	WALUŚKIEWICZ Artur	53	SOLA FIDE	M50	6	00:44:10	03:02:45	05:11:51	06:17:22.30	+02:13:47 (35.5%)	8:59	6.7 (65.0%)
100	ROSOŁOWSKI Grzegorz	371	NADAKTYWNI NOWE MIASTECZKO	M40	48	00:38:10	03:02:00	05:16:32	06:22:17.20	+02:18:42 (36.3%)	9:06	6.6 (64.1%)
101	MIKOŁAJCZAK Arkadiusz	92		M30	42	00:40:20	03:07:28	05:21:40	06:24:22.90	+02:20:48 (36.6%)	9:09	6.6 (64.1%)
102	BARCZAK Robert	128	RUN TEAM RYDZYNA	M40	49	00:39:01	03:02:16	05:17:52	06:24:35.45	+02:21:00 (36.7%)	9:09	6.6 (64.1%)
103	BURZYŃSKI Łukasz	12	BGC RUNNERS	M30	43	05:17:49			06:24:39.00	+02:21:04 (36.7%)	9:09	6.6 (64.1%)
104	JAZ Krzysztof	152	KM TEAM	M50	7	05:23:09			06:25:07.25	+02:21:32 (36.8%)	9:10	6.5 (63.1%)
105	MIERZWICKI Krzysztof	358	MAZURSKIE TROPY	M40	50	00:36:37	03:02:37	05:17:11	06:25:53.45	+02:22:18 (36.9%)	9:11	6.5 (63.1%)
106	WOJTKOWIAK Marcin	86	KOŹMIN BIEGA	M40	51	00:34:58	03:00:05	05:17:36	06:26:06.70	+02:22:31 (36.9%)	9:11	6.5 (63.1%)
107	RATAJCZAK Łukasz	279	NIGHT RUNNERS	M40	52	00:37:55	02:54:33	05:20:32	06:26:34.75	+02:22:59 (37.0%)	9:12	6.5 (63.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod	Trzy	Droga pod	Czas	Różn	Tempo	Tempo
						Reglami	Jawory	Reglami	netto		min/km	km/h
						6km	24km	36km	42km			
108	SZYMCZYK Michał	234	DRUŻYNA CHROBREGO	M40	53	00:42:36	03:13:12	05:28:10	06:27:04.75	+02:23:29 (37.1%)	9:12	6.5 (63.1%)
109	KAŹMIERCZAK Oskar	65		M30	44	00:42:20	03:06:42	05:20:17	06:27:06.40	+02:23:31 (37.1%)	9:13	6.5 (63.1%)
110	BARTKOWIAK Rafał	27		M40	54	00:40:49	03:08:30	05:25:10	06:28:16.45	+02:24:41 (37.3%)	9:14	6.5 (63.1%)
111	BIELECKI Robert	316		M50	8	00:43:18	03:16:16	05:27:25	06:29:19.45	+02:25:44 (37.4%)	9:16	6.5 (63.1%)
112	LATOS Sławomir	201		M40	55	00:41:30	03:02:32	05:19:21	06:29:56.35	+02:26:21 (37.5%)	9:17	6.5 (63.1%)
113	GOCAŁ Marek	1		M40	56	00:38:54	03:01:30	05:21:15	06:30:24.20	+02:26:49 (37.6%)	9:17	6.5 (63.1%)
114	WOŹNIAK Paweł	64	KLEP	M40	57	00:38:15	02:58:04	05:25:22	06:31:48.95	+02:28:14 (37.8%)	9:19	6.4 (62.1%)
115	KRUPIANIK Tomasz	203		M30	45	00:47:58	03:23:22	05:30:37	06:32:16.50	+02:28:41 (37.9%)	9:20	6.4 (62.1%)
116	WIKLIŃSKI Jarosław	26		M40	58	00:41:21	03:06:13	05:22:38	06:33:16.80	+02:29:42 (38.1%)	9:21	6.4 (62.1%)
117	STEFAŃSKI Marcin	137	PARKRUN DĄBRÓWKA	M40	59	00:42:18	03:14:24	05:28:53	06:33:47.40	+02:30:12 (38.1%)	9:22	6.4 (62.1%)
118	TONDER Filip	322	WLKP MOUNTAINS ULTRA	M40	60	00:45:01	03:20:41	05:32:32	06:34:05.10	+02:30:30 (38.2%)	9:22	6.4 (62.1%)
119	OWCZARZAK Tomasz	6		M30	46	00:47:21	03:26:19	05:35:17	06:35:55.25	+02:32:20 (38.5%)	9:25	6.4 (62.1%)
120	RADZIKOWSKI Łukasz	197	KS POSNANIA TRIATHLON	M30	47	00:40:58	03:14:52	05:37:12	06:35:56.25	+02:32:21 (38.5%)	9:25	6.4 (62.1%)
121	IWANIUK Maciej	84		M30	48	00:39:59	03:09:30	05:30:01	06:36:25.65	+02:32:50 (38.6%)	9:26	6.4 (62.1%)
122	WOJCISZYŃSKI Tomasz	135	BBL GORZÓW	M40	61	00:41:12	03:11:50	05:33:12	06:39:17.95	+02:35:43 (39.0%)	9:30	6.3 (61.2%)
123	ŁĘTOWSKI Mariusz	146		M40	62	00:50:01	03:33:49	05:39:55	06:39:31.40	+02:35:56 (39.0%)	9:30	6.3 (61.2%)
124	GRYGIER Tomasz	258		M40	63	00:43:01	03:13:26	05:32:16	06:40:50.90	+02:37:16 (39.2%)	9:32	6.3 (61.2%)
125	NOWAK Krystian	228	NKB CHYŻY NOWY TOMYŚL	M18	6	00:38:09	03:10:12	05:29:33	06:41:00.50	+02:37:25 (39.3%)	9:32	6.3 (61.2%)
126	PIOTROWICZ Michał	389	ORTHOS TEAM	M30	49	00:42:34	03:07:03	05:29:52	06:42:27.15	+02:38:52 (39.5%)	9:34	6.3 (61.2%)
127	MECHLIŃSKI Tomasz	360	KLUB 42,2	M40	64	00:40:07	03:20:21	05:36:47	06:43:12.00	+02:39:37 (39.6%)	9:36	6.3 (61.2%)
128	STĘPNOWSKI Jakub	325		M30	50	00:47:52	03:14:40	05:37:22	06:43:20.15	+02:39:45 (39.6%)	9:36	6.2 (60.2%)
129	KACPRZAK Michał	88		M18	7	00:44:58	03:10:22	05:33:52	06:43:21.75	+02:39:46 (39.6%)	9:36	6.2 (60.2%)
130	KOPCZYŃSKI Paweł	368		M40	65	00:47:24	03:17:21	05:24:53	06:43:43.45	+02:40:08 (39.7%)	9:36	6.2 (60.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod	Trzy	Droga pod	Czas	Różn	Tempo	Tempo
						Reglami	Jawory	Reglami	netto			
						6km	24km	36km	42km			
131	BUĆKO Marcin	206	KLUB BIEGACZA FARTLEK	M40	66	00:39:29	03:07:47	05:36:30	06:43:57.20	+02:40:22 (39.7%)	9:37	6.2 (60.2%)
132	PODGÓRSKI Paweł	237	ŚLĘZAK TEAM	M30	51	00:46:46	03:15:13	05:37:02	06:46:29.80	+02:42:55 (40.1%)	9:40	6.2 (60.2%)
133	BOREK Grzegorz	291		M30	52	00:46:47	03:15:15	05:37:04	06:46:31.25	+02:42:56 (40.1%)	9:40	6.2 (60.2%)
134	SZWARC Grzegorz	230	ARVATO S.C. REP	M30	53	00:47:11	03:23:30	05:39:02	06:47:45.35	+02:44:10 (40.3%)	9:42	6.2 (60.2%)
135	KAŁUSKI Łukasz	263	CYKLOFAN	M40	67	00:41:57	03:02:02	05:39:54	06:48:02.60	+02:44:27 (40.3%)	9:42	6.2 (60.2%)
136	PAWLISZ Łukasz	18		M18	8	00:52:57	03:27:14	05:43:14	06:48:08.90	+02:44:34 (40.3%)	9:43	6.2 (60.2%)
137	LISIAK Bartosz	142	KB GEPARD MUROWANA GOŚLINA	M30	54	00:38:36	03:07:24	05:36:18	06:48:12.65	+02:44:37 (40.3%)	9:43	6.2 (60.2%)
138	KAMIŃSKI Arkadiusz	207	1ON1TEAM	M40	68	00:46:25	03:17:49	05:38:33	06:48:16.50	+02:44:41 (40.3%)	9:43	6.2 (60.2%)
139	BRODA Dominik	75		M30	55	00:38:37	03:08:44	05:36:53	06:48:27.25	+02:44:52 (40.4%)	9:43	6.2 (60.2%)
140	GIEL Jarosław	226	NKB CHYŻY	M30	56	00:41:22	03:25:11	05:46:31	06:49:11.40	+02:45:36 (40.5%)	9:44	6.2 (60.2%)
141	FRĄSKI Łukasz	225	NKB CHYŻY NOWY TOMYŚL	M40	69	00:41:15	03:25:14	05:46:28	06:49:35.20	+02:46:00 (40.5%)	9:45	6.2 (60.2%)
142	WIERTEL Łukasz	34		M30	57	00:41:27	03:07:00	05:34:28	06:49:44.85	+02:46:10 (40.6%)	9:45	6.2 (60.2%)
143	PIOTROWSKI Kamil	21		M40	70	00:34:52	03:02:57	05:41:11	06:50:13.20	+02:46:38 (40.6%)	9:46	6.1 (59.2%)
144	SKAŁECKI Przemysław	373	HIAB SPORT TEAM	M30	58	00:48:02	03:21:09	05:46:38	06:52:25.30	+02:48:50 (40.9%)	9:49	6.1 (59.2%)
145	ARENDT Michał	375		M30	59	00:40:27	03:13:41	05:43:18	06:52:27.80	+02:48:53 (40.9%)	9:49	6.1 (59.2%)
146	ŚMICHURSKI Krzysztof	102	FIZJOTERAPIA BIEGACZA	M30	60	00:46:33	03:24:12	05:42:33	06:52:36.90	+02:49:02 (41.0%)	9:49	6.1 (59.2%)
147	ODWAŻNY Mariusz	185	KUŹNIA TALENTÓW KAMIENIEC	M30	61	00:39:24	03:10:47	05:42:00	06:52:58.75	+02:49:23 (41.0%)	9:49	6.1 (59.2%)
148	LEDNICKI Michał	250	ARVATO S.C. REP	M30	62	00:49:04	03:25:37	05:43:38	06:53:18.85	+02:49:44 (41.1%)	9:50	6.1 (59.2%)
149	SURDAKCI Piotr	240		M40	71	00:43:54	03:26:13	05:48:18	06:54:02.85	+02:50:28 (41.2%)	9:51	6.1 (59.2%)
150	NOWAK Michał	378		M30	63	00:44:59	03:20:23	05:43:06	06:54:09.40	+02:50:34 (41.2%)	9:51	6.1 (59.2%)
151	LIPIEC Łukasz	41		M40	72	00:43:22	03:25:55	05:47:04	06:55:19.35	+02:51:44 (41.4%)	9:53	6.1 (59.2%)
152	WAKOR Paweł	87		M30	64	00:42:15	03:07:45	05:35:12	06:55:22.85	+02:51:48 (41.4%)	9:53	6.1 (59.2%)
153	KATRYCZ Krzysztof	328		M18	9	00:47:04	03:13:58	05:43:58	06:55:25.35	+02:51:50 (41.4%)	9:53	6.1 (59.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod	Trzy	Droga pod	Czas	Różn	Tempo	Tempo
						Reglami	Jawory	Reglami	netto		min/km	km/h
						6km	24km	36km	42km			
154	LISOWSKI Dariusz	120	POBIEROWO BIEGA	M40	73	00:49:26	03:27:25	05:44:09	06:56:03.55	+02:52:28 (41.5%)	9:54	6.1 (59.2%)
155	DĄBROWSKI Michał	239		M30	65	00:45:55	03:30:03	05:48:51	06:56:05.35	+02:52:30 (41.5%)	9:54	6.1 (59.2%)
156	SOBSTYL Michał	165	ZWARTA BOJOWA GRUPA BIEGACZY	M30	66	00:41:47	03:17:51	05:47:48	06:56:22.30	+02:52:47 (41.5%)	9:54	6.1 (59.2%)
157	WALKOWIAK Mateusz	89		M30	67	00:41:30	03:20:26	05:53:36	06:56:53.05	+02:53:18 (41.6%)	9:55	6 (58.3%)
158	ZAWISTOWSKI Marek	141		M40	74	00:47:02	03:25:51	05:49:10	06:56:58.15	+02:53:23 (41.6%)	9:55	6 (58.3%)
159	KRZYŻAŃSKI Jacek	233	ARVATO S.C. REP.	M18	10	00:42:39	03:15:29	05:46:15	06:57:11.60	+02:53:36 (41.6%)	9:55	6 (58.3%)
160	KOŚMIDER Tomasz	81		M40	75	00:44:32	03:15:42	05:37:59	06:57:22.80	+02:53:48 (41.6%)	9:56	6 (58.3%)
161	DECHNIK Łukasz	48	I W GÓRĘ I W DÓŁ	M40	76	00:48:24	03:28:43	05:48:49	06:57:28.35	+02:53:53 (41.7%)	9:56	6 (58.3%)
162	SKOCZYLAS Mateusz	347		M30	68	00:49:05	03:35:11	05:54:59	06:57:32.95	+02:53:58 (41.7%)	9:56	6 (58.3%)
163	WOŹNIAK Łukasz	40		M30	69	00:43:48	03:21:47	05:48:49	06:57:33.15	+02:53:58 (41.7%)	9:56	6 (58.3%)
164	IZDEBSKI Mariusz	262	OSV TEAM	M50	9	00:42:18	03:20:13	05:41:40	06:57:40.95	+02:54:06 (41.7%)	9:56	6 (58.3%)
165	STANISŁAWEK Tomasz	132		M40	77	00:39:31	03:15:34	05:46:05	06:57:49.70	+02:54:14 (41.7%)	9:56	6 (58.3%)
166	KWASIUK Wojciech	100		M30	70	00:51:24	03:29:56	05:49:05	06:59:40.45	+02:56:05 (42.0%)	9:59	6 (58.3%)
167	JAŚKIEWICZ Oskar	386		M30	71	00:53:39	03:31:11	05:56:40	07:02:16.95	+02:58:42 (42.3%)	10:03	6 (58.3%)
168	SITEK Piotr	99		M40	78	00:45:50	03:25:25	05:50:59	07:05:32.75	+03:01:57 (42.8%)	10:07	5.9 (57.3%)
169	WORONOWICZ Przemek	68		M30	72	00:44:40	03:20:04	05:53:13	07:06:33.95	+03:02:59 (42.9%)	10:09	5.9 (57.3%)
170	KOZIELEWSKI Antoni	293		M40	79	00:45:56	03:26:51	06:02:03	07:10:44.10	+03:07:09 (43.5%)	10:15	5.9 (57.3%)
171	KLUKOWSKI Kamil	299	BUDDHA AKBAR	M40	80	00:41:58	03:25:18	06:08:38	07:12:57.15	+03:09:22 (43.7%)	10:18	5.8 (56.3%)
172	LIS Paweł	259	BOX74	M40	81	00:38:46	03:23:48	05:56:41	07:13:27.65	+03:09:52 (43.8%)	10:19	5.8 (56.3%)
173	ŻAK Piotr	72		M30	73	00:44:25	03:14:52	05:55:46	07:15:03.25	+03:11:28 (44.0%)	10:21	5.8 (56.3%)
174	KANTOREK Piotr	192		M40	82	00:46:25	03:30:03	06:06:42	07:15:36.25	+03:12:01 (44.1%)	10:22	5.8 (56.3%)
175	KONIECZNY Przemysław	80		M30	74	00:43:34	03:17:37	06:04:52	07:18:16.75	+03:14:41 (44.4%)	10:26	5.7 (55.3%)
176	BROŻYNA Miłosz	208		M18	11	00:42:11	03:27:20	06:03:24	07:18:23.20	+03:14:48 (44.4%)	10:26	5.7 (55.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod	Trzy	Droga pod	Czas	Różn	Tempo	Tempo
						Reglami	Jawory	Reglami	netto			
						6km	24km	36km	42km			
177	MAKLES Paweł	303		M18	12	00:44:50	03:41:03	06:08:33	07:19:12.40	+03:15:37 (44.5%)	10:27	5.7 (55.3%)
178	KANCELARZ Rafał	352		M18	13	00:44:51	03:40:55	06:09:48	07:19:12.60	+03:15:37 (44.5%)	10:27	5.7 (55.3%)
179	PURCZYŃSKI Grzegorz	122		M40	83	00:48:50	03:38:37	06:10:44	07:19:33.60	+03:15:58 (44.6%)	10:27	5.7 (55.3%)
180	KACZMARCZYK Bogdan	133	KB GEPARD MUROWANA GOŚLINA	M40	84	00:46:07	03:31:22	06:06:54	07:19:37.35	+03:16:02 (44.6%)	10:28	5.7 (55.3%)
181	IWANEK Przemysław	173		M30	75	00:44:37	03:17:22	05:58:51	07:21:32.60	+03:17:57 (44.8%)	10:30	5.7 (55.3%)
182	STRZAŁKA Grzegorz	221		M30	76	00:46:00	03:20:14	06:03:51	07:21:37.35	+03:18:02 (44.8%)	10:30	5.7 (55.3%)
183	SUCHOLAS Mateusz	317		M30	77	00:46:35	03:31:42	06:11:12	07:21:38.05	+03:18:03 (44.8%)	10:30	5.7 (55.3%)
184	CZUCHROWSKI Daniel	69		M40	85	00:41:05	03:24:00	06:02:06	07:22:01.10	+03:18:26 (44.9%)	10:31	5.7 (55.3%)
185	PIETRZAKOWSKI Robert	270		M40	86	00:46:33	03:28:20	06:08:17	07:22:16.45	+03:18:41 (44.9%)	10:31	5.7 (55.3%)
186	KARDASZEWSKI Tomasz	268		M30	78	00:42:11	03:36:40	06:15:26	07:22:40.95	+03:19:06 (45.0%)	10:32	5.7 (55.3%)
187	WIĘCŁAWSKI Robert	374		M50	10	00:43:01	03:25:01	06:06:08	07:23:06.45	+03:19:31 (45.0%)	10:33	5.7 (55.3%)
188	ŁUCZKÓW Andrzej	44		M50	11	00:52:07	03:46:33	06:14:36	07:23:28.50	+03:19:53 (45.1%)	10:33	5.7 (55.3%)
189	GARSTKA Zbigniew	253	LATAJĄCE DZIKI TEAM	M40	87	00:49:54	03:41:48	06:12:20	07:24:40.60	+03:21:05 (45.2%)	10:35	5.7 (55.3%)
190	LEWANDOWSKI Bartłomiej	70	MMUU	M40	88	00:40:17	03:22:31	06:13:09	07:24:42.70	+03:21:07 (45.2%)	10:35	5.7 (55.3%)
191	WIERZBICKI Daniel	188	EBIEGI.PL	M40	89	00:46:19	03:49:37	06:18:06	07:24:49.35	+03:21:14 (45.2%)	10:35	5.7 (55.3%)
192	GRZELAK Łukasz	13	WWW.GRZELAK-KANCELARIA.PL	M40	90	00:52:16	03:43:23	06:14:07	07:25:22.65	+03:21:47 (45.3%)	10:36	5.7 (55.3%)
193	LEWANDOWSKI Leszek	222	POWSTAŃCY Z KANAPY	M40	91	00:50:46	03:42:00	06:13:48	07:25:41.90	+03:22:07 (45.3%)	10:36	5.7 (55.3%)
194	DĄBROWSKI Maciej	169		M30	79	00:44:59	03:29:13	06:07:26	07:25:52.85	+03:22:18 (45.4%)	10:36	5.7 (55.3%)
195	KWIATKOWSKI Rafał	166		M30	80	00:44:59	03:29:23	06:07:45	07:25:53.10	+03:22:18 (45.4%)	10:36	5.7 (55.3%)
196	JESZKIE Piotr	301		M30	81	00:41:59	03:25:20	06:20:04	07:26:06.05	+03:22:31 (45.4%)	10:37	5.6 (54.4%)
197	KAZIMIERCZAK Filip	261	DZIKIE ŻYCIE RUN TEAM	M30	82	00:47:35	03:31:36	06:15:59	07:28:31.35	+03:24:56 (45.7%)	10:40	5.6 (54.4%)
198	KURPIK Piotr	335		M40	92	00:52:39	03:47:22	06:16:57	07:28:42.45	+03:25:07 (45.7%)	10:41	5.6 (54.4%)
199	KURZYNIEC Łukasz	217		M30	83	00:51:45	03:48:31	06:24:31	07:32:35.80	+03:29:01 (46.2%)	10:46	5.6 (54.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod	Trzy	Droga pod	Czas	Różn	Tempo	Tempo
						Reglami	Jawory	Reglami	netto			
						6km	24km	36km	42km			
200	CIERACH Leszek	127	PARKRUN GORZÓW WIELKOPOLSKI	M30	84	00:51:33	03:41:04	06:17:50	07:33:28.60	+03:29:53 (46.3%)	10:47	5.6 (54.4%)
201	KOCHANOWSKI Marek	105		M40	93	00:39:16	03:36:40	06:20:17	07:35:31.25	+03:31:56 (46.5%)	10:50	5.5 (53.4%)
202	CIESIELSKI Przemysław	295		M30	85	00:49:50	03:40:28	06:19:30	07:36:11.15	+03:32:36 (46.6%)	10:51	5.5 (53.4%)
203	MATYLA Roman	216		M30	86	00:51:45	03:48:37	06:24:31	07:36:30.75	+03:32:55 (46.6%)	10:52	5.5 (53.4%)
204	PIKUŁA Sebastian	340		M30	87	00:48:55	04:13:06	06:29:30	07:37:14.70	+03:33:39 (46.7%)	10:53	5.5 (53.4%)
205	PIETRZAK Krzysztof	5	BIEGAMBOLUBIĘ - GORZÓW	M30	88	00:45:24	03:41:52	06:26:51	07:40:58.45	+03:37:23 (47.2%)	10:58	5.5 (53.4%)
206	RYŚNIK Błażej	101		M30	89	00:51:40	03:29:54	06:29:53	07:41:39.40	+03:38:04 (47.2%)	10:59	5.5 (53.4%)
207	KONDRAKIEWICZ Rafał	369	KB HARCOWNIK JELCZ-LASKOWICE	M40	94	00:48:41	03:38:40	06:26:32	07:43:16.55	+03:39:41 (47.4%)	11:01	5.4 (52.4%)
208	IGNASZEWSKI Łukasz	349		M30	90	00:49:07	03:46:20	06:30:26	07:46:49.55	+03:43:14 (47.8%)	11:06	5.4 (52.4%)
209	SOBSTYL Roman	153	SOBSTYL.COM	M40	95	00:41:52	03:25:09	06:24:20	07:47:36.35	+03:44:01 (47.9%)	11:08	5.4 (52.4%)
210	SAMPIR Mariusz	4	WWW.ARNEON.COM	M40	96	00:51:24	03:39:44	06:32:19	07:53:11.55	+03:49:36 (48.5%)	11:15	5.3 (51.5%)
211	CHLUDZIŃSKI Patryk	229	ARVATO S.C.REP	M30	91	00:49:04	03:34:40	06:33:36	07:53:24.15	+03:49:49 (48.5%)	11:16	5.3 (51.5%)
212	LENKIEWICZ Aleksander	158	WKURW_TEAM	M40	97	00:47:08	03:40:07	06:33:22	07:55:11.85	+03:51:37 (48.7%)	11:18	5.3 (51.5%)
213	RZEPNIEWSKI Łukasz	159		M40	98	00:48:49	03:40:33	06:33:49	07:55:42.20	+03:52:07 (48.8%)	11:19	5.3 (51.5%)
214	MAKOWSKI Dariusz	52	KM TEAM	M50	12	00:51:17	03:56:28	06:37:14	07:55:43.50	+03:52:08 (48.8%)	11:19	5.3 (51.5%)
215	KORECKI Marcin	215	4FI16	M40	99	00:49:08	03:52:46	06:38:08	07:56:32.55	+03:52:57 (48.9%)	11:20	5.3 (51.5%)
216	SOWA Mikołaj	273	ŁAZARZ TEAM	M18	14	00:55:44	04:17:52	06:48:14	07:56:43.45	+03:53:08 (48.9%)	11:21	5.3 (51.5%)
217	SADŁO Daniel	28	SOLANKOWA TEAM	M30	92	00:48:40	03:27:19	06:30:55	07:57:21.60	+03:53:46 (49.0%)	11:21	5.3 (51.5%)
218	GALEWSKI Mariusz	140	KOTLIN	M50	13	00:51:52	03:57:20	06:39:53	07:58:28.35	+03:54:53 (49.1%)	11:23	5.3 (51.5%)
219	TETERYCZ Dariusz	274		M40	100	00:50:22	03:55:25	06:45:15	08:00:07.80	+03:56:33 (49.3%)	11:25	5.2 (50.5%)
220	ŻUREK Mariusz	109		M50	14	00:40:09	03:46:50	06:43:36	08:03:51.30	+04:00:16 (49.7%)	11:31	5.2 (50.5%)
221	PIOTROWIAK Tomasz	112	PARKRUN SKIERNIEWICE	M30	93	00:47:28	03:45:05	06:46:12	08:03:55.20	+04:00:20 (49.7%)	11:31	5.2 (50.5%)
222	GROSSY Pawel	194		M40	101	00:44:14	03:38:21	06:50:55	08:04:02.90	+04:00:28 (49.7%)	11:31	5.2 (50.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 24km	Droga pod Reglami 36km	Czas netto 42km	Różn	Tempo min/km	Tempo km/h
223	JURKIEWICZ Dominik	277		M30	94	00:51:49	03:47:57	06:40:31	08:04:59.35	+04:01:24 (49.8%)	11:32	5.2 (50.5%)
224	--	198		M30	95	00:43:49	03:42:48	06:41:48	08:11:03.25	+04:07:28 (50.4%)	11:41	5.1 (49.5%)
225	KUCZYŃSKI Adam	356	VIKING	M30	96	00:48:41	03:48:47	06:46:57	08:11:55.85	+04:08:21 (50.5%)	11:42	5.1 (49.5%)
226	FREJ Marcin	353		M30	97	00:45:33	03:43:42	06:50:43	08:13:29.45	+04:09:54 (50.6%)	11:44	5.1 (49.5%)
227	PYTKO Jacek	195		M50	15	00:49:28	03:34:03		08:15:31.50	+04:11:56 (50.8%)	11:47	5.1 (49.5%)
228	PASEK Łukasz	330		M40	102	00:48:14	04:13:00	07:09:35	08:15:39.90	+04:12:05 (50.9%)	11:48	5.1 (49.5%)
229	WREMBEL Przemysław	254		M40	103	00:49:57	03:52:56	06:51:13	08:18:29.75	+04:14:54 (51.1%)	11:52	5.1 (49.5%)
230	PNIEWSKI Rafał	78	1ON1 RUNNING TEAM	M50	16	00:52:35	04:11:15	07:00:24	08:19:46.80	+04:16:12 (51.3%)	11:53	5 (48.5%)
231	KOWALSKI Andrzej	149	NAPRZÓD MŁOCINY	M40	104	00:47:33	03:56:22	07:04:09	08:25:40.25	+04:22:05 (51.8%)	12:02	5 (48.5%)
232	JANOWSKI Jerzy	20	RONIN	M60	1	00:48:44	03:58:07	07:02:03	08:27:27.15	+04:23:52 (52.0%)	12:04	5 (48.5%)
233	CZEKALSKI Tomasz	130	NARAMOWICE BIEGAJĄ	M40	105	00:47:33	04:09:56	07:12:09	08:38:23.60	+04:34:48 (53.0%)	12:20	4.9 (47.6%)
234	PASTERNAK Stanisław	379	OLKUSZBIEGA.PL	M50	17	00:49:42	03:52:36	07:08:13	08:44:49.55	+04:41:14 (53.6%)	12:29	4.8 (46.6%)
235	KOZIOŁ Paweł	245		M40	106	00:52:11	04:13:40	07:09:48	08:45:00.40	+04:41:25 (53.6%)	12:30	4.8 (46.6%)
236	BIS Marcin	10		M30	98	00:52:32	04:19:02	07:23:09	08:47:55.00	+04:44:20 (53.9%)	12:34	4.8 (46.6%)
237	TUTAK Tomasz	49	KLUB 42.2 LĘBORK	M40	107	00:52:57	04:23:46	07:33:50	08:54:09.85	+04:50:35 (54.4%)	12:43	4.7 (45.6%)
238	KAMOLA Maciej	213	WYBIEGAĆ MARZENIA TEAM	M30	99	00:50:37	04:19:31	07:29:16	08:57:59.75	+04:54:24 (54.7%)	12:48	4.7 (45.6%)
239	SMIGIELSKI Rafal	289		M40	108	00:50:18	04:03:09	07:32:44	08:58:56.05	+04:55:21 (54.8%)	12:49	4.7 (45.6%)
240	PAWEŁ Gmerek	346		M40	109	00:57:17	04:27:56	07:33:39	08:59:00.80	+04:55:26 (54.8%)	12:50	4.7 (45.6%)
241	KLIKS Adam	345		M40	110	00:57:18	04:27:58	07:33:41	08:59:01.60	+04:55:26 (54.8%)	12:50	4.7 (45.6%)
Przekroczony limit czasu: 09:00:00												
242	MISIAK Artur	318		M30	100	00:52:07	04:19:16	07:29:04	09:06:25.60	+05:02:50 (55.4%)	13:00	4.6 (44.7%)
243	WASZAK Marek	367		M50	18	00:53:29	04:19:30	07:35:07	09:11:37.40	+05:08:02 (55.8%)	13:08	4.6 (44.7%)
244	KOBUSZEWSKI Maciej	129		M40	111	00:52:27	04:18:38	07:44:18	09:30:07.30	+05:26:32 (57.3%)	13:34	4.4 (42.7%)
245	SMORAĞIEWICZ Marcin	62		M40	112	00:58:30	04:34:50	08:01:12	09:32:02.85	+05:28:28 (57.4%)	13:37	4.4 (42.7%)

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

Znaleziono 253 wynik(ów)