



Wydarzenie: RUDAWY ZIMOWY FESTIWAL BIEGOWY
Organizator: Fundacja Szczyt za Szczytem
Data: 2022-02-19
Miejsce: Karpniki
Dystans: 43.5 km

CZTERDZIESTKA

B4SPORT

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Kolorowe Jeziorka 19.5km	Kara/ bonifikata	Czas netto 43.5km	Czas brutto 43.5km	Różn	Tempo min/km	Tempo km/h
1	BRÝDL Pavel	249	SPA SCALIANO - KUDOWA ZDROJ	M40	1	00:29:28	02:18:00	-00:10:00	04:37:57.15	04:37:58.00		6:37	9.1 (100%)
1	KARWACZYŃSKI Roger	86		M30	1	00:29:26	02:17:58	-00:10:00	04:37:56.55	04:37:58.00	+00:00:00 (0.0%)	6:37	9.1 (100%)
3	MAŁYGA Grzegorz	43	RMT TEAM PRO	M30	2	00:29:22	02:22:01	-00:10:00	04:58:04.45	04:58:06.20	+00:20:08 (6.8%)	7:04	8.5 (93.4%)
4	KONIECZNY Szymon	153		M30	3	00:30:01	02:23:51	-00:10:00	05:14:31.90	05:14:33.95	+00:36:35 (11.6%)	7:27	8 (87.9%)
5	ADAMCZYK Maciej	158	SKS OBORNIKI	M40	2	00:30:04	02:22:14	-00:10:00	05:17:32.15	05:17:35.55	+00:39:37 (12.5%)	7:31	8 (87.9%)
6	ANTCZAK Adrian	134	IZERY BOGATYNIA	M40	3	00:37:48	02:26:47	-00:10:00	05:21:38.40	05:21:39.25	+00:43:41 (13.6%)	7:37	7.9 (86.8%)
7	MUCHACZOW Jacek	238	DRÄXLMAIER	M40	4	00:33:36	02:28:23	-00:10:00	05:21:49.70	05:21:54.20	+00:43:56 (13.6%)	7:37	7.9 (86.8%)
8	FEDUNIK Karol	75	BIEGNIJ OŁAWO	M30	4	00:40:33	02:21:49	-00:10:00	05:23:13.95	05:23:26.55	+00:45:28 (14.1%)	7:39	7.8 (85.7%)
9	OLCZYK Grzegorz	236	DRÄXLMAIER	M30	5	00:34:25	02:28:23	-00:10:00	05:24:07.85	05:24:12.10	+00:46:14 (14.3%)	7:40	7.8 (85.7%)
10	GARCZYK Rafał	131		M40	5	00:38:20	02:26:19	-00:10:00	05:24:09.25	05:24:12.20	+00:46:14 (14.3%)	7:40	7.8 (85.7%)
11	SZKODA Kasia	6	TATERNIKTEAM	K30	1	00:38:29	02:33:43	-00:10:00	05:35:31.50	05:35:41.50	+00:57:43 (17.2%)	7:56	7.6 (83.5%)
12	WEŁNIAK Przemysław	22	MOGILNO TEAM	M40	6	00:39:23	02:33:42	-00:10:00	05:35:59.05	05:36:10.70	+00:58:12 (17.3%)	7:57	7.5 (82.4%)
13	JANKOWSKI Marcin	91	FU FU FU TEAM	M40	7	00:40:16	02:30:11	-00:10:00	05:36:50.00	05:37:03.65	+00:59:05 (17.5%)	7:58	7.5 (82.4%)
14	STANKIEWICZ Paweł	2	AKTYWNI RAZEM	M40	8	00:36:48	02:32:18	-00:10:00	05:40:20.60	05:40:23.45	+01:02:25 (18.3%)	8:03	7.5 (82.4%)
15	NOWICKI Marcin	135	GO2TRI	M40	9	00:37:01	02:34:28	-00:10:00	05:45:07.30	05:45:12.10	+01:07:14 (19.5%)	8:09	7.3 (80.2%)

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16	HIBNER Jacek	217		M50	1	00:37:13	02:35:32	-00:10:00	05:45:41.15	05:45:43.10	+01:07:45 (19.6%)	8:10	7.3 (80.2%)
17	KUSAL Tomasz	207		M20	1	00:38:02	02:32:31	-00:10:00	05:46:31.15	05:46:35.65	+01:08:37 (19.8%)	8:11	7.3 (80.2%)
18	PŁONOWSKI Maciej	74	PSZCZÓŁKOWSKI TEAM	M30	6	00:35:12	02:34:11	-00:10:00	05:44:32.30	05:47:43.60	+01:09:45 (20.1%)	8:09	7.4 (81.3%)
19	WALASIK Jarosław	152	42K AKADEMIA BIEGANIA	M50	2	00:35:05	02:39:45	-00:10:00	05:47:48.10	05:47:51.50	+01:09:53 (20.1%)	8:13	7.3 (80.2%)
20	WOJCIECHOWSKI Andrzej	76	WOLSZTYŃSKI KLUB BIEGOWY	M50	3	00:35:41	02:37:52	-00:10:00	05:50:45.05	05:50:49.25	+01:12:51 (20.8%)	8:17	7.2 (79.1%)
21	NOSKI Mariusz	105		M40	10	00:37:53	02:37:31	-00:10:00	05:50:27.65	05:50:49.45	+01:12:51 (20.8%)	8:17	7.2 (79.1%)
22	PAWLIK Filip	63		M30	7	00:34:27	02:32:09	-00:10:00	05:51:19.05	05:51:23.00	+01:13:25 (20.9%)	8:18	7.2 (79.1%)
23	KAZUBOWSKA Ola	233		K40	1	00:40:16	02:36:04	-00:10:00	05:55:12.85	05:55:19.20	+01:17:21 (21.8%)	8:23	7.1 (78.0%)
24	PURA Robert	171		M40	11	00:36:16	02:35:45	-00:10:00	05:55:28.85	05:55:35.80	+01:17:37 (21.8%)	8:24	7.1 (78.0%)
25	LITWIN Michał	145	LITWIN	M40	12	00:34:51	02:40:20	-00:10:00	05:59:10.05	05:59:16.40	+01:21:18 (22.6%)	8:29	7.1 (78.0%)
26	FOLCIK Ziemowit	103	NIGHT RUNNERS WROCŁAW	M40	13	00:36:21	02:38:08	-00:10:00	05:59:54.65	05:59:59.55	+01:22:01 (22.8%)	8:30	7.1 (78.0%)
27	BANDUROWSKI Andrzej	191	KB SPOCENI NOWA SÓL	M50	4	00:40:01	02:36:13	-00:10:00	06:01:15.40	06:01:19.10	+01:23:21 (23.1%)	8:32	7 (76.9%)
28	PRĄDZYŃSKI Marcin	57	AKADEMIAMISTRZOWSPORTU	M40	14	00:38:12	02:37:49	-00:10:00	06:05:31.55	06:05:37.40	+01:27:39 (24.0%)	8:37	7 (76.9%)
29	TOMCZAK Dariusz	51		M30	8	00:40:56	02:51:49	-00:10:00	06:06:01.30	06:06:08.25	+01:28:10 (24.1%)	8:38	6.9 (75.8%)
30	NAPIERAŁA Tomasz	54		M40	15	00:39:30	02:37:44	-00:10:00	06:06:45.80	06:06:53.05	+01:28:55 (24.2%)	8:39	6.9 (75.8%)
31	KICKA Mateusz	218	ULTRA-TRAIL® MAŁOPOLSKA TEAM	M30	9	00:42:16	02:41:08	-00:10:00	06:08:16.75	06:08:32.65	+01:30:34 (24.6%)	8:41	6.9 (75.8%)
32	KOPCZYŃSKI Łukasz	40	K-TEAM	M40	16	00:38:47	02:42:18	-00:10:00	06:08:35.80	06:08:41.10	+01:30:43 (24.6%)	8:42	6.9 (75.8%)
33	SARKA Bartłomiej	213		M30	10	00:45:51	02:50:54	-00:10:00	06:08:43.45	06:08:54.55	+01:30:56 (24.7%)	8:42	6.9 (75.8%)
34	MRÓZ Marcin	104	STR POZNAŃ / DZIKIE BOBRY	M40	17	00:39:22	02:36:27	-00:10:00	06:11:09.15	06:11:17.95	+01:33:19 (25.1%)	8:45	6.8 (74.7%)
35	DROBNIK Błażej	170	OPALENICKI KLUB BIEGACZA	M30	11	00:36:35	02:35:35	-00:10:00	06:11:13.40	06:11:22.20	+01:33:24 (25.2%)	8:45	6.8 (74.7%)
36	KARP Pawel	215	ACCENTURE	M30	12	00:37:41	02:41:10	-00:10:00	06:11:30.40	06:11:40.40	+01:33:42 (25.2%)	8:46	6.8 (74.7%)
37	MICHAŁOWSKI Marcin	198		M40	18	00:37:52	02:41:50	-00:10:00	06:12:17.20	06:12:21.20	+01:34:23 (25.3%)	8:47	6.8 (74.7%)
38	ZERZUT Jarosław	5	FARTY PUSZCZY	M50	5	00:36:04	02:50:35	-00:10:00	06:12:20.65	06:12:25.50	+01:34:27 (25.4%)	8:47	6.8 (74.7%)

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39	MARCINIAK Jakub	10	KOŹMIN BIEGA ULTRA RUNNERS	M30	13	00:37:09	02:41:23	-00:10:00	06:12:51.55	06:12:54.25	+01:34:56 (25.5%)	8:48	6.8 (74.7%)
40	KRÓL Hubert	206	WWW.TRENERTRIATHLONU.PL	M30	14	00:37:51	02:44:43	-00:10:00	06:12:58.45	06:13:00.55	+01:35:02 (25.5%)	8:48	6.8 (74.7%)
41	BRĄCZKOWSKI Damian	147		M20	2	00:35:05	02:42:30	-00:10:00	06:13:27.35	06:13:34.60	+01:35:36 (25.6%)	8:48	6.8 (74.7%)
42	ROZDOLSKI Paweł	175		M40	19	00:38:11	02:42:50	-00:10:00	06:13:39.45	06:13:53.10	+01:35:55 (25.7%)	8:49	6.8 (74.7%)
43	KUREK Tomasz	79	OPALENICKI KLUB BIEGACZA	M40	20	00:44:04	02:52:31	-00:10:00	06:15:21.90	06:15:30.15	+01:37:32 (26.0%)	8:51	6.8 (74.7%)
44	RESPONDEK Anna	82		K30	2	00:43:27	02:51:42	-00:10:00	06:15:25.40	06:15:37.70	+01:37:39 (26.0%)	8:51	6.8 (74.7%)
45	JAKUBOWSKI Andrzej	69		M30	15	00:37:18	02:38:00	-00:10:00	06:15:31.50	06:15:41.20	+01:37:43 (26.0%)	8:51	6.8 (74.7%)
46	SZUKAŁA Piotr	202	VEGE RUNNERS	M30	16	00:37:50	02:35:21	-00:10:00	06:17:41.75	06:17:44.00	+01:39:46 (26.4%)	8:54	6.7 (73.6%)
47	TURBAK Paweł	220	KS TEAM BARYŁA	M20	3	00:36:34	02:41:49	-00:10:00	06:17:49.75	06:17:55.00	+01:39:57 (26.4%)	8:54	6.7 (73.6%)
48	ŚWITAŁA Marcin	194		M50	6	00:40:14	02:39:21	-00:10:00	06:18:26.35	06:18:31.85	+01:40:33 (26.6%)	8:55	6.7 (73.6%)
49	WANDEL Piotr	139	HAPPY RUNNERS	M40	21	00:33:21	03:19:49	-00:20:00	06:22:08.10	06:22:12.30	+01:44:14 (27.3%)	9:14	6.5 (71.4%)
50	PIERZCHALSKI Dawid	122		M40	22	00:37:18	02:50:17	-00:10:00	06:22:40.50	06:22:43.75	+01:44:45 (27.4%)	9:01	6.6 (72.5%)
51	MINDYKOWSKI Zbigniew	120		M40	23	00:37:19	02:50:27	-00:10:00	06:22:41.05	06:22:44.05	+01:44:46 (27.4%)	9:01	6.6 (72.5%)
52	KARPOWICZ Rafal	186		M40	24	00:34:56	02:45:27	-00:10:00	06:22:51.95	06:22:55.70	+01:44:57 (27.4%)	9:01	6.6 (72.5%)
53	ŻABIEREK Tomasz	235		M40	25	00:43:23	02:50:16	-00:10:00	06:23:32.90	06:23:41.05	+01:45:43 (27.6%)	9:02	6.6 (72.5%)
54	STRAUCHOLD Anna	140	HAPPY RUNNERS WROCŁAW	K50	1	00:41:29	02:53:33	-00:10:00	06:24:49.10	06:24:54.50	+01:46:56 (27.8%)	9:04	6.6 (72.5%)
55	NECKAR Michał	162	HWBC	M40	26	00:38:13	02:41:54	-00:10:00	06:25:53.90	06:26:09.50	+01:48:11 (28.0%)	9:06	6.6 (72.5%)
56	BURZEC Tomasz	223	HFB	M40	27	00:37:32	02:40:46	-00:10:00	06:27:49.20	06:28:04.00	+01:50:06 (28.4%)	9:08	6.6 (72.5%)
57	MROWCA Paweł	36		M30	17	00:37:15	02:41:22	-00:10:00	06:27:56.95	06:28:04.20	+01:50:06 (28.4%)	9:08	6.6 (72.5%)
58	GAŁECKI Robert	232	HFB	M30	18	00:37:37	02:40:44	-00:10:00	06:28:34.60	06:28:50.40	+01:50:52 (28.5%)	9:09	6.5 (71.4%)
59	KULLING Hubert	160		M40	28	00:37:39	02:40:51	-00:10:00	06:28:35.50	06:28:50.50	+01:50:52 (28.5%)	9:09	6.5 (71.4%)
60	BALTRUSAITIS Zydrunas	90	NA, PAGAUK!	M40	29	00:39:57	02:43:19	-00:10:00	06:28:59.25	06:29:06.20	+01:51:08 (28.6%)	9:10	6.5 (71.4%)
61	KRUPIANIK Tomasz	78		M30	19	00:44:11	02:54:12	-00:10:00	06:33:54.40	06:34:04.30	+01:56:06 (29.5%)	9:17	6.5 (71.4%)

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62	BORDYCH Jacek	33	BOREL MARATHON TEAM	M50	7	00:43:43	02:52:16	-00:10:00	06:34:29.50	06:34:41.05	+01:56:43 (29.6%)	9:17	6.5 (71.4%)
63	SOBOLEWSKI Dariusz	31	BOREL MARATHON TEAM	M30	20	00:42:44	02:52:17	-00:10:00	06:36:21.00	06:36:32.30	+01:58:34 (29.9%)	9:20	6.4 (70.3%)
64	KLYSZCZ Michał	20	IZBICKO W BIEGU	M20	4	00:38:57	02:49:21	-00:10:00	06:36:32.05	06:36:43.90	+01:58:45 (29.9%)	9:20	6.4 (70.3%)
65	GAWRONSKI Hubert	71	HUGO	M40	30	00:44:20	02:52:56	-00:10:00	06:37:24.25	06:37:37.30	+01:59:39 (30.1%)	9:21	6.4 (70.3%)
66	ADAMUS Rafał	219		M30	21	00:38:30	02:42:53	-00:10:00	06:38:13.50	06:38:20.55	+02:00:22 (30.2%)	9:23	6.4 (70.3%)
67	KOWALSKI Andrzej	224		M60	1	00:45:48	02:54:01	-00:10:00	06:38:49.40	06:39:14.35	+02:01:16 (30.4%)	9:23	6.4 (70.3%)
68	BANASIAK Marcin	112	FUJITSU RUNNING TEAM	M40	31	00:41:33	02:39:06	-00:10:00	06:39:16.55	06:39:28.25	+02:01:30 (30.4%)	9:24	6.4 (70.3%)
69	PATYK Sławomir	137		M40	32	00:41:20	02:53:43	-00:10:00	06:39:25.75	06:39:33.00	+02:01:35 (30.4%)	9:24	6.4 (70.3%)
70	WOJCIESZYŃSKI Tomasz	237		M40	33	00:43:13	03:00:59	-00:10:00	06:39:21.65	06:39:37.45	+02:01:39 (30.4%)	9:24	6.4 (70.3%)
71	POLAK Jacek	87	BIEGUSIEM.PL	M40	34	00:42:23	02:59:40	-00:10:00	06:39:32.45	06:39:43.45	+02:01:45 (30.5%)	9:24	6.4 (70.3%)
72	JAKŚ Grzegorz	159	ALPIMADE TEAM	M40	35	00:36:16	02:49:06	-00:10:00	06:40:25.85	06:40:31.70	+02:02:33 (30.6%)	9:26	6.4 (70.3%)
73	JANKOWSKI Rafał	221		M40	36	00:38:30	02:48:17	-00:10:00	06:41:55.55	06:42:01.70	+02:04:03 (30.9%)	9:28	6.3 (69.2%)
74	SADŁO Daniel	28	SOLANKOWA TEAM	M30	22	00:46:04	02:57:38	-00:10:00	06:41:55.20	06:42:12.00	+02:04:14 (30.9%)	9:28	6.3 (69.2%)
75	PAWLIKOWSKA Monika	107		K40	2	00:47:46	03:00:20	-00:10:00	06:43:05.10	06:43:20.20	+02:05:22 (31.1%)	9:29	6.3 (69.2%)
76	KANDULSKI Jakub	156	OPALENICKI KLUB BIEGACZA	M40	37	00:41:27	02:56:33	-00:10:00	06:43:29.50	06:43:39.30	+02:05:41 (31.1%)	9:30	6.3 (69.2%)
77	POPKO Łukasz	72		M30	23	00:40:07	02:46:37	-00:10:00	06:45:02.40	06:45:09.80	+02:07:11 (31.4%)	9:32	6.3 (69.2%)
78	FRYSIAK Artur	99	WIELUŃ ULTRA	M50	8	00:42:27	02:55:09	-00:10:00	06:45:18.30	06:45:24.30	+02:07:26 (31.4%)	9:32	6.3 (69.2%)
79	PARWA Michał	110	MAGAZYN NA SZCZYCIE	M30	24	00:45:52	02:59:39	-00:10:00	06:45:38.85	06:45:48.85	+02:07:50 (31.5%)	9:33	6.3 (69.2%)
80	NOWAK Krzysztof	214		M40	38	00:39:45	02:52:48	-00:10:00	06:45:47.95	06:45:53.95	+02:07:55 (31.5%)	9:33	6.3 (69.2%)
81	STELMACH Krzysztof	97		M40	39	00:45:14	02:59:23	-00:10:00	06:46:40.20	06:47:00.30	+02:09:02 (31.7%)	9:34	6.3 (69.2%)
82	WIERZBA Jacek	174		M40	40	00:39:40	02:50:56	-00:10:00	06:46:58.35	06:47:18.80	+02:09:20 (31.8%)	9:35	6.3 (69.2%)
83	ZIEMKIEWICZ Jarek	65	2 KROKI DO METY	M40	41	00:43:41	02:53:24	-00:10:00	06:47:34.60	06:47:49.60	+02:09:51 (31.8%)	9:35	6.3 (69.2%)
84	GRABOWSKI Damian	24		M30	25	00:39:48	02:48:36	-00:10:00	06:47:56.60	06:48:00.25	+02:10:02 (31.9%)	9:36	6.2 (68.1%)

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85	ŚWIERZOWSKA Magdalena	138	FIZJOTERAPIA BIEGACZA	K40	3	00:43:59	03:02:14	-00:10:00	06:48:09.85	06:48:18.10	+02:10:20 (31.9%)	9:36	6.2 (68.1%)
86	GLÓRA Aleksandra	247		K40	4	00:43:28	02:58:54	-00:10:00	06:48:43.65	06:49:03.40	+02:11:05 (32.0%)	9:37	6.2 (68.1%)
87	GRACZYK Marcin	49		M40	42	00:44:08	02:56:35	-00:10:00	06:48:58.35	06:49:12.60	+02:11:14 (32.1%)	9:37	6.2 (68.1%)
88	SZULC Tomasz	189		M30	26	00:34:11	02:41:53	-00:10:00	06:49:28.25	06:49:38.70	+02:11:40 (32.1%)	9:38	6.2 (68.1%)
89	WOŹNY Tomasz	25	BŁĘKITNI LUBIĘCIN	M30	27	00:37:55	02:54:38	-00:10:00	06:50:00.90	06:50:08.80	+02:12:10 (32.2%)	9:39	6.2 (68.1%)
90	JURDZIAK Jakub	181		M30	28	00:41:01	03:03:01	-00:10:00	06:52:31.05	06:52:53.45	+02:14:55 (32.7%)	9:42	6.2 (68.1%)
91	ULATOWSKI Andrzej	144	RUNBEARDRUN	M50	9	00:44:31	02:57:44	-00:10:00	06:56:27.70	06:56:41.05	+02:18:43 (33.3%)	9:48	6.1 (67.0%)
92	MIKOŁAJCZAK Arkadiusz	165		M30	29	00:43:46	03:01:30	-00:10:00	06:57:14.10	06:57:31.60	+02:19:33 (33.4%)	9:49	6.1 (67.0%)
93	POLACZEK Daniel	7	IZBICKO W BIEGU	M20	5	00:39:08	02:51:47	-00:10:00	06:57:41.00	06:57:53.75	+02:19:55 (33.5%)	9:49	6.1 (67.0%)
94	BARTKOWIAK Rafał	1		M40	43	00:43:02	03:02:25	-00:10:00	06:57:50.50	06:58:08.80	+02:20:10 (33.5%)	9:50	6.1 (67.0%)
95	SUDUŁ Jarosław	166	WIERZBICKI RUNNING PROJECT	M50	10	00:43:37	03:06:43	-00:10:00	06:58:13.90	06:58:21.60	+02:20:23 (33.6%)	9:50	6.1 (67.0%)
96	STĘŻYCKI Mariusz	30	ŻARY RUNNERS TEAM	M40	44	00:43:32	02:59:15	-00:10:00	06:58:16.05	06:58:36.55	+02:20:38 (33.6%)	9:50	6.1 (67.0%)
97	ORŁOWSKI Bartosz	173		M30	30	00:47:16	02:54:17	-00:10:00	06:59:30.35	06:59:48.10	+02:21:50 (33.8%)	9:52	6.1 (67.0%)
98	KISIEL Krzysztof	118	CYKLO KWIDZYN	M40	45	00:46:21	03:02:17	-00:10:00	07:00:04.95	07:00:16.25	+02:22:18 (33.9%)	9:53	6.1 (67.0%)
99	DOŁĘGOWSKI Marek	44		M50	11	00:47:32	03:08:28	-00:10:00	07:00:46.85	07:01:03.10	+02:23:05 (34.0%)	9:54	6.1 (67.0%)
100	KUBIAK Marcin	45	ZOMBIE TEAM	M50	12	00:37:54	02:54:36	-00:10:00	07:01:15.30	07:01:23.80	+02:23:25 (34.0%)	9:54	6.1 (67.0%)
101	IWACHÓW Sławomir	117	KKM MXTECH KWIDZYN	M40	46	00:46:22	03:06:04	-00:10:00	07:01:35.60	07:01:46.30	+02:23:48 (34.1%)	9:55	6 (65.9%)
102	ANTKIEWICZ Kamil	172		M30	31	00:44:10	03:02:10	-00:10:00	07:03:57.45	07:04:10.70	+02:26:12 (34.5%)	9:58	6 (65.9%)
103	PETRYKOWSKI Karol	200	HASAJTO! SEKCJA GÓRSKA	M30	32	00:42:55	03:01:31	-00:10:00	07:05:18.30	07:05:45.30	+02:27:47 (34.7%)	10:00	6 (65.9%)
104	ADAMCZEWSKI Jakub	95	NIGHT RUNNERS	M30	33	00:45:38	03:06:40	-00:10:00	07:05:38.25	07:05:55.30	+02:27:57 (34.7%)	10:00	6 (65.9%)
105	GAŁKA Jacek	66	VEGE RUNNERS	M40	47	00:47:34	03:04:34	-00:10:00	07:06:01.05	07:06:19.75	+02:28:21 (34.8%)	10:01	6 (65.9%)
105	HAJNCE Lech	229		M30	34	00:48:02	03:04:30	-00:10:00	07:05:57.95	07:06:19.75	+02:28:21 (34.8%)	10:01	6 (65.9%)
107	WROE Agnieszka	125		K40	5	00:44:01	03:01:39	-00:10:00	07:06:41.00	07:06:47.15	+02:28:49 (34.9%)	10:02	6 (65.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Kolorowe Jeziorka 19.5km	Kara/ bonifikata	Czas netto 43.5km	Czas brutto 43.5km	Różn	Tempo min/km	Tempo km/h
108	LATANOWICZ Bernard	182		M30	35	00:41:14	03:05:16	-00:10:00	07:07:11.40	07:07:14.05	+02:29:16 (34.9%)	10:03	6 (65.9%)
109	CWOJDZIŃSKI Piotr	121	NO PROBLAMA TEAM/NIGHT RUNNERS	M40	48	00:45:38	03:06:42	-00:10:00	07:08:30.60	07:08:47.40	+02:30:49 (35.2%)	10:04	6 (65.9%)
110	WAŚCIŃSKI Roman	126	PĘDZI - PARA	M50	13	00:46:47	03:08:30	-00:10:00	07:09:21.25	07:09:40.50	+02:31:42 (35.3%)	10:06	5.9 (64.8%)
111	POPRAWSKI Mateusz	128	KILIŃSKIEGO TEAM	M30	36	00:39:13	03:08:35	-00:10:00	07:09:26.55	07:09:41.65	+02:31:43 (35.3%)	10:06	5.9 (64.8%)
112	SLY Sylwester	185	BIEGAMYRAZEM.PL	M40	49	00:47:40	03:01:50	-00:10:00	07:09:30.70	07:09:47.10	+02:31:49 (35.3%)	10:06	5.9 (64.8%)
113	SUROWIEC Robert	56		M50	14	00:50:04	02:56:32		07:09:45.45	07:09:56.75	+02:31:58 (35.3%)	9:52	6.1 (67.0%)
114	MARCINIAK Maciej	58	JESTEM OD ROMKA	M40	50	00:43:59	03:02:13	-00:10:00	07:11:04.55	07:11:13.60	+02:33:15 (35.5%)	10:08	5.9 (64.8%)
115	LISOWSKI Dariusz	23	POBIEROWO BIEGA	M40	51	00:50:05	02:53:36		07:11:12.90	07:11:29.50	+02:33:31 (35.6%)	9:54	6.1 (67.0%)
116	SROKA Marcin	129	ST RUNNERS	M40	52	00:43:46	03:00:36	-00:10:00	07:11:31.50	07:11:34.55	+02:33:36 (35.6%)	10:08	5.9 (64.8%)
117	SURDACKI Piotr	9		M40	53	00:48:52	03:02:39	-00:10:00	07:11:44.65	07:12:05.65	+02:34:07 (35.7%)	10:09	5.9 (64.8%)
118	ŻYGIEŁO Monika	8	CHOSZCZEŃSKA 10	K40	6	00:48:53	03:02:41	-00:10:00	07:11:46.55	07:12:07.55	+02:34:09 (35.7%)	10:09	5.9 (64.8%)
119	WAJDA Maciej	17	SPELEOCLUB WROCŁAW	M30	37	00:44:28	03:00:02	-00:10:00	07:12:27.10	07:12:51.50	+02:34:53 (35.8%)	10:10	5.9 (64.8%)
120	STYK Marek	124		M30	38	00:43:47	02:59:38	-00:10:00	07:13:13.90	07:13:42.90	+02:35:44 (35.9%)	10:11	5.9 (64.8%)
121	WÓJCIK Monika	114		K40	7	00:49:45	03:06:55		07:16:05.65	07:16:10.75	+02:38:12 (36.3%)	10:01	6 (65.9%)
122	BELKIEWICZ Rafał	3	KABATY ULTRA	M40	54	00:43:38	03:06:51	-00:10:00	07:16:07.30	07:16:13.00	+02:38:15 (36.3%)	10:15	5.9 (64.8%)
123	ROMANIUK Bartosz	151		M30	39	00:48:49	02:58:01	-00:10:00	07:16:25.80	07:16:41.10	+02:38:43 (36.3%)	10:15	5.8 (63.7%)
124	ZDROJEWSKA Magdalena	179		K40	8	00:50:04	03:00:24		07:19:33.90	07:19:43.10	+02:41:45 (36.8%)	10:06	5.9 (64.8%)
125	WALIGÓRSKI Ryszard	164	WOLSZTYŃSKI KLUB BIEGOWY	M60	2	00:47:06	03:09:22	-00:10:00	07:19:48.20	07:19:56.05	+02:41:58 (36.8%)	10:20	5.8 (63.7%)
126	SZYRNER Szymon	102	KS KROTOSZ KROTOSZYN	M40	55	00:43:56	03:06:45	-00:10:00	07:20:10.20	07:20:15.05	+02:42:17 (36.9%)	10:20	5.8 (63.7%)
127	TRZPIOLA Tycjan	29		M30	40	00:44:18	03:06:05	-00:10:00	07:20:31.40	07:20:41.00	+02:42:43 (36.9%)	10:21	5.8 (63.7%)
128	NOWAK Sebastian	225		M40	56	00:49:34	02:54:34		07:20:53.60	07:21:14.90	+02:43:16 (37.0%)	10:08	5.9 (64.8%)
129	JANCAK Piotr	226		M40	57	00:49:35	02:54:33		07:21:08.15	07:21:29.60	+02:43:31 (37.0%)	10:08	5.9 (64.8%)
130	ANDRZEJCZAK Paweł	83		M40	58	00:43:53	03:06:58	-00:10:00	07:24:32.00	07:24:32.00	+02:46:34 (37.5%)	10:26	5.7 (62.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Kolorowe Jeziorka 19.5km	Kara/ bonifikata	Czas netto 43.5km	Czas brutto 43.5km	Różn	Tempo min/km	Tempo km/h
131	ROŻKO Sebastian	130		M30	41	00:49:00	03:03:52	-00:10:00	07:25:23.30	07:25:44.35	+02:47:46 (37.6%)	10:28	5.7 (62.6%)
132	KASPERSKA Barbara	157	BBL GORZÓW	K40	9	00:45:06	03:02:10	-00:10:00	07:26:42.10	07:26:50.85	+02:48:52 (37.8%)	10:29	5.7 (62.6%)
133	JEZIORNY Ryszard	167	WIELUŃ BIEGA	M50	15	00:47:19	03:06:41	-00:10:00	07:27:00.90	07:27:24.35	+02:49:26 (37.9%)	10:30	5.7 (62.6%)
134	KAJA Robert	98	WIELUŃ BIEGA	M50	16	00:47:20	03:06:41	-00:10:00	07:27:01.90	07:27:24.50	+02:49:26 (37.9%)	10:30	5.7 (62.6%)
135	WIKLIŃSKI Jarosław	47	CZYSTA AMATORKA	M40	59	00:47:05	03:02:30	-00:10:00	07:28:01.30	07:28:22.00	+02:50:24 (38.0%)	10:31	5.7 (62.6%)
136	PARUCKI Michał	250		M40	60	00:40:58	03:02:13	-00:10:00	07:28:48.20	07:28:51.30	+02:50:53 (38.1%)	10:32	5.7 (62.6%)
137	MAŚNICA-SZYMAŃSKA Joanna	61	WOLSZTYŃSKI KLUB BIEGOWY	K40	10	00:47:07	03:10:03	-00:10:00	07:29:50.15	07:29:56.60	+02:51:58 (38.2%)	10:34	5.7 (62.6%)
137	SWOROWSKA Izabela	59	WOLSZTYŃSKI KLUB BIEGOWY	K50	2	00:47:06	03:09:59	-00:10:00	07:29:49.00	07:29:56.60	+02:51:58 (38.2%)	10:34	5.7 (62.6%)
139	STELMACH Piotr	108	VEGE RUNNERS	M40	61	00:48:19	03:02:23	-00:10:00	07:30:19.30	07:30:21.70	+02:52:23 (38.3%)	10:34	5.7 (62.6%)
140	KUBIAK Karolina	234		K40	11	00:43:57	03:08:47	-00:10:00	07:30:25.30	07:30:35.75	+02:52:37 (38.3%)	10:35	5.7 (62.6%)
141	KUCZYŃSKI Adam	19	VIKING	M30	42	00:43:34	03:08:55	-00:10:00	07:34:50.35	07:35:08.00	+02:57:10 (38.9%)	10:41	5.6 (61.5%)
142	KRÓLICKI Zbigniew	201		M40	62	00:48:26	03:11:05	-00:10:00	07:35:51.70	07:36:10.10	+02:58:12 (39.1%)	10:42	5.6 (61.5%)
143	ŁOPOKA Przemek	204	ABY DO METY	M20	6	00:51:05	02:54:23		07:36:22.90	07:36:41.75	+02:58:43 (39.1%)	10:29	5.7 (62.6%)
144	HALINIAK Marek	133	NKB CHYŻY NOWY TOMYŚL	M40	63	00:46:08	03:08:58	-00:10:00	07:40:47.90	07:40:57.30	+03:02:59 (39.7%)	10:49	5.5 (60.4%)
144	DOKOWICZ Jarek	132	TEAM BEROTU	M40	63	00:47:33	03:08:59	-00:10:00	07:40:47.80	07:40:57.30	+03:02:59 (39.7%)	10:49	5.5 (60.4%)
146	GÓRALSKI Piotr	67		M40	65	00:43:04	03:08:21	-00:10:00	07:41:26.95	07:41:33.40	+03:03:35 (39.8%)	10:50	5.5 (60.4%)
147	ŻESŁAWSKI Łukasz	113		M40	66	00:50:50	03:03:40		07:44:01.00	07:44:22.15	+03:06:24 (40.1%)	10:40	5.6 (61.5%)
148	KOŁODZIEJ Mariusz	50	FUNTRI	M40	67	00:45:07	03:10:16	-00:10:00	07:44:20.75	07:44:35.15	+03:06:37 (40.2%)	10:54	5.5 (60.4%)
149	SYCHOWSKI Dawid	38		M30	43	00:43:17	03:02:46	-00:10:00	07:46:53.70	07:47:02.35	+03:09:04 (40.5%)	10:57	5.5 (60.4%)
150	POLIWKA Adam	123	INSTALL GROUP ADAM POLIWKA	M30	44	00:44:54	03:18:02	-00:10:00	07:49:52.65	07:49:56.50	+03:11:58 (40.9%)	11:01	5.4 (59.3%)
151	KOCOŃ Mariusz	239		M50	17	00:54:00	03:08:12		07:52:05.95	07:52:29.25	+03:14:31 (41.2%)	10:51	5.5 (60.4%)
152	KUCHMECKI Maciej	73		M30	45	00:51:58	03:07:17		07:52:21.90	07:52:49.40	+03:14:51 (41.2%)	10:51	5.5 (60.4%)
153	CHRZANOWSKA Agnieszka	109		K40	12	01:05:55	03:19:18		07:52:48.65	07:53:12.10	+03:15:14 (41.3%)	10:52	5.5 (60.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Kolorowe Jeziorka 19.5km	Kara/ bonifikata	Czas netto 43.5km	Czas brutto 43.5km	Różn	Tempo min/km	Tempo km/h
154	KOPCZYŃSKA Marta	96	KWIATY U BEATY	K30	3	00:51:58	03:07:14		07:53:06.90	07:53:34.95	+03:15:36 (41.3%)	10:52	5.5 (60.4%)
155	POLAŃSKI Paweł	180	#KASZANIENAMOKA	M30	46	00:57:19	03:20:39		07:56:21.10	07:56:47.05	+03:18:49 (41.7%)	10:57	5.5 (60.4%)
156	WITKOWSKA Beata	168		K40	13	00:57:18	03:20:44		07:56:20.90	07:56:47.40	+03:18:49 (41.7%)	10:57	5.5 (60.4%)
157	WITKOWSKI Marcin	208	ZASZYCI	M50	18	00:54:48	03:10:06		07:58:06.95	07:58:29.35	+03:20:31 (41.9%)	10:59	5.5 (60.4%)
158	GAWLIK Sylwia	222		K40	14	00:53:34	03:15:29		08:00:10.60	08:00:27.80	+03:22:29 (42.1%)	11:02	5.4 (59.3%)
159	OLECHNOWICZ Magda	187		K40	15	00:55:03	03:09:40		08:01:56.65	08:02:07.95	+03:24:09 (42.3%)	11:04	5.4 (59.3%)
160	SZYMCZAK Paweł	178		M40	68	00:47:42	03:16:51	-00:10:00	08:05:48.45	08:06:05.60	+03:28:07 (42.8%)	11:23	5.3 (58.2%)
161	MARCINKOWSKI Jacek	136		M50	19	00:49:28	02:58:53		08:06:36.45	08:07:01.80	+03:29:03 (42.9%)	11:11	5.4 (59.3%)
162	KOSECKA Justyna	4		K40	16	00:59:50	03:22:22		08:12:29.25	08:12:48.90	+03:34:50 (43.6%)	11:19	5.3 (58.2%)
163	CIĘŻKOWSKI Michał	197		M40	69	00:49:54	03:03:41		08:14:08.65	08:14:17.50	+03:36:19 (43.8%)	11:21	5.3 (58.2%)
164	PRUSIEWICZ Beata	12		K50	3	00:53:20	03:14:55		08:14:45.10	08:15:01.40	+03:37:03 (43.8%)	11:22	5.3 (58.2%)
165	OSTACH Daria	11		K40	17	00:53:59	03:14:51		08:14:46.00	08:15:01.55	+03:37:03 (43.8%)	11:22	5.3 (58.2%)
166	SIKORSKI Grzegorz	155		M50	20	00:57:00	03:12:53		08:14:56.55	08:15:10.10	+03:37:12 (43.9%)	11:22	5.3 (58.2%)
167	MALICKA Małgorzata	42		K40	18	00:57:21	03:19:08		08:23:51.80	08:24:04.60	+03:46:06 (44.9%)	11:34	5.2 (57.1%)
168	ZASADA Iwona	41		K40	19	00:57:21	03:19:08		08:23:51.50	08:24:05.25	+03:46:07 (44.9%)	11:34	5.2 (57.1%)
169	KRZYŻYK Agnieszka	146	TRIO FORTIS	K40	20	00:57:22	03:19:03		08:23:51.55	08:24:05.35	+03:46:07 (44.9%)	11:34	5.2 (57.1%)
170	SUWAJ Roman	46	ZOMBIE	M60	3	00:57:26	03:19:02		08:23:52.45	08:24:05.55	+03:46:07 (44.9%)	11:34	5.2 (57.1%)
171	SZYSZKOWSKI Włodzimierz	81	DUKE NUKEM PRINCE OF WARSAW	M50	21	00:56:52	03:19:00		08:24:04.90	08:24:24.20	+03:46:26 (44.9%)	11:35	5.2 (57.1%)
172	PTAK Adam	169	PIĄTKOWO NA BIEGOWO	M50	22	00:49:10	02:57:43	-00:10:00	08:27:06.70	08:27:30.95	+03:49:32 (45.2%)	11:53	5 (54.9%)
173	LEBODA Katarzyna	84	WILD DOGS TEAM	K30	4	00:49:01	03:24:23	-00:10:00	08:28:48.90	08:29:18.20	+03:51:20 (45.4%)	11:55	5 (54.9%)
174	KWIASOWSKA Aleksandra	100	690202689	K30	5	00:49:02	03:24:24	-00:10:00	08:28:52.10	08:29:21.65	+03:51:23 (45.4%)	11:55	5 (54.9%)
175	KRZYSZTOFIK Jaromir	150	WIKING	M50	23	00:52:01	02:59:18		08:29:03.15	08:29:32.10	+03:51:34 (45.4%)	11:42	5.1 (56.0%)
176	GAJDOWSKI Przemysław	89		M30	47	00:50:29	03:20:04		08:29:55.70	08:30:11.10	+03:52:13 (45.5%)	11:43	5.1 (56.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Kolorowe Jeziorka 19.5km	Kara/ bonifikata	Czas netto 43.5km	Czas brutto 43.5km	Różn	Tempo min/km	Tempo km/h
177	SERAFIN Michał	163	HWBC	M40	70	00:47:23	03:09:02	-00:10:00	08:35:26.00	08:35:42.55	+03:57:44 (46.1%)	12:04	5 (54.9%)
178	URBANIAK Piotr	190		M40	71	00:49:13	02:57:44		08:37:06.95	08:37:31.30	+03:59:33 (46.3%)	11:53	5 (54.9%)
179	PĘKAŁA Dawid	115	DZIKI Z AFRYKI	M40	72	00:54:53	03:23:11		08:41:00.95	08:41:30.80	+04:03:32 (46.7%)	11:58	5 (54.9%)
180	KARAŚ Anna	209		K40	21	00:54:52	03:23:13		08:41:53.85	08:42:24.15	+04:04:26 (46.8%)	11:59	5 (54.9%)
181	RZECZYŃSKA Anna	188		K40	22	00:55:00	03:30:29		08:47:08.55	08:47:20.70	+04:09:22 (47.3%)	12:07	5 (54.9%)
182	SZELAĞ Piotr	195	TURBO JEZE TEAM	M40	73	00:49:26	03:12:37		08:57:00.25	08:57:23.10	+04:19:25 (48.3%)	12:20	4.9 (53.8%)
183	CZUBA Michał	227		M30	48	00:57:59	03:34:29		09:01:53.00	09:02:04.20	+04:24:06 (48.7%)	12:27	4.8 (52.7%)
184	KWASIK Marek	228		M40	74	00:58:00	03:34:31		09:01:53.70	09:02:04.45	+04:24:06 (48.7%)	12:27	4.8 (52.7%)
185	BARTKOWIAK Tomasz	26		M30	49	00:53:04	03:21:23		09:06:11.45	09:06:32.85	+04:28:34 (49.1%)	12:33	4.8 (52.7%)
186	SPYCHAŁA Jakub	37		M40	75	00:53:04	03:21:22		09:06:11.15	09:06:33.05	+04:28:35 (49.1%)	12:33	4.8 (52.7%)
187	WŁODARCZYK Anna	116		K40	23	00:54:30	03:29:28		09:18:50.60	09:18:56.20	+04:40:58 (50.3%)	12:50	4.7 (51.6%)
188	WAŚCIŃSKA Edyta	127	PĘDZI - PARA	K50	4	00:59:13	03:34:22		09:21:02.30	09:21:21.60	+04:43:23 (50.5%)	12:53	4.7 (51.6%)
189	KAZUBOWSKA Małgorzata	176		K40	24	00:58:50	03:55:18		09:22:36.00	09:22:48.15	+04:44:50 (50.6%)	12:56	4.6 (50.5%)
190	SADŁO Jarosław	248		M30	50	00:58:04	03:47:15		09:25:56.10	09:26:16.20	+04:48:18 (50.9%)	13:00	4.6 (50.5%)
191	HAUSMAN Magdalena	210	PARKRUN GRUDZIĄDZ	K40	25	00:57:00	03:40:55		09:27:18.10	09:27:30.55	+04:49:32 (51.0%)	13:02	4.6 (50.5%)
192	KOCHAŃSKI Tomasz	211		M30	51	00:58:11	03:40:47		09:27:17.15	09:27:30.95	+04:49:32 (51.0%)	13:02	4.6 (50.5%)
193	ŚWIĄTEK Monika	111		K20	1	01:09:14	04:04:30		09:28:54.70	09:29:08.95	+04:51:10 (51.2%)	13:04	4.6 (50.5%)
194	SZOKALAK Milena	141		K20	2	01:09:16	04:04:46		09:28:55.65	09:29:09.20	+04:51:11 (51.2%)	13:04	4.6 (50.5%)
	STACHOWIAK Adam	196	LESZ NO LIMITS RUNNERS	M30		00:31:49 DNF	02:28:21	DNF	-00:10:00	DNF	DNF	-	- (0.0%)
	MARGOL Paweł	177		M30		00:39:48 DNF	02:38:45	DNF		DNF	DNF	-	- (0.0%)
	MARCZAK Tomasz	48	CZYSTA AMATORKA	M40		00:39:39 DNF	02:44:05	DNF		DNF	DNF	-	- (0.0%)
	MAŃCZAK Filip	14	AKTYWNI RAZEM	M40		00:33:20 DNF	DNF	-00:10:00	DNF	DNF		-	- (0.0%)
	ŻAK Piotr	18	FARTY PUSZCZY	M30		DNF	DNF		DNF	DNF		-	- (0.0%)

Znaleziono 199 wynik(ów)