



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

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

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

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
85	<b>ŚWIERZOWSKA Magdalena</b>	<b>138</b>	FIZJOTERAPIA BIEGACZA	K40	3	00:43:59	03:02:14	-00:10:00	<b>06:48:09.85</b>	<b>06:48:18.10</b>	+02:10:20 (31.9%)	9:36	6.2 (68.1%)
86	<b>GLÓRA Aleksandra</b>	<b>247</b>		K40	4	00:43:28	02:58:54	-00:10:00	<b>06:48:43.65</b>	<b>06:49:03.40</b>	+02:11:05 (32.0%)	9:37	6.2 (68.1%)
87	<b>GRACZYK Marcin</b>	<b>49</b>		M40	42	00:44:08	02:56:35	-00:10:00	<b>06:48:58.35</b>	<b>06:49:12.60</b>	+02:11:14 (32.1%)	9:37	6.2 (68.1%)
88	<b>SZULC Tomasz</b>	<b>189</b>		M30	26	00:34:11	02:41:53	-00:10:00	<b>06:49:28.25</b>	<b>06:49:38.70</b>	+02:11:40 (32.1%)	9:38	6.2 (68.1%)
89	<b>WOŹNY Tomasz</b>	<b>25</b>	BŁĘKITNI LUBIĘCIN	M30	27	00:37:55	02:54:38	-00:10:00	<b>06:50:00.90</b>	<b>06:50:08.80</b>	+02:12:10 (32.2%)	9:39	6.2 (68.1%)
90	<b>JURDZIAK Jakub</b>	<b>181</b>		M30	28	00:41:01	03:03:01	-00:10:00	<b>06:52:31.05</b>	<b>06:52:53.45</b>	+02:14:55 (32.7%)	9:42	6.2 (68.1%)
91	<b>ULATOWSKI Andrzej</b>	<b>144</b>	RUNBEARDRUN	M50	9	00:44:31	02:57:44	-00:10:00	<b>06:56:27.70</b>	<b>06:56:41.05</b>	+02:18:43 (33.3%)	9:48	6.1 (67.0%)
92	<b>MIKOŁAJCZAK Arkadiusz</b>	<b>165</b>		M30	29	00:43:46	03:01:30	-00:10:00	<b>06:57:14.10</b>	<b>06:57:31.60</b>	+02:19:33 (33.4%)	9:49	6.1 (67.0%)
93	<b>POLACZEK Daniel</b>	<b>7</b>	IZBICKO W BIEGU	M20	5	00:39:08	02:51:47	-00:10:00	<b>06:57:41.00</b>	<b>06:57:53.75</b>	+02:19:55 (33.5%)	9:49	6.1 (67.0%)
94	<b>BARTKOWIAK Rafał</b>	<b>1</b>		M40	43	00:43:02	03:02:25	-00:10:00	<b>06:57:50.50</b>	<b>06:58:08.80</b>	+02:20:10 (33.5%)	9:50	6.1 (67.0%)
95	<b>SUDUŁ Jarosław</b>	<b>166</b>	WIERZBICKI RUNNING PROJECT	M50	10	00:43:37	03:06:43	-00:10:00	<b>06:58:13.90</b>	<b>06:58:21.60</b>	+02:20:23 (33.6%)	9:50	6.1 (67.0%)
96	<b>STĘŻYCKI Mariusz</b>	<b>30</b>	ŻARY RUNNERS TEAM	M40	44	00:43:32	02:59:15	-00:10:00	<b>06:58:16.05</b>	<b>06:58:36.55</b>	+02:20:38 (33.6%)	9:50	6.1 (67.0%)
97	<b>ORŁOWSKI Bartosz</b>	<b>173</b>		M30	30	00:47:16	02:54:17	-00:10:00	<b>06:59:30.35</b>	<b>06:59:48.10</b>	+02:21:50 (33.8%)	9:52	6.1 (67.0%)
98	<b>KISIEL Krzysztof</b>	<b>118</b>	CYKLO KWIDZYN	M40	45	00:46:21	03:02:17	-00:10:00	<b>07:00:04.95</b>	<b>07:00:16.25</b>	+02:22:18 (33.9%)	9:53	6.1 (67.0%)
99	<b>DOŁĘGOWSKI Marek</b>	<b>44</b>		M50	11	00:47:32	03:08:28	-00:10:00	<b>07:00:46.85</b>	<b>07:01:03.10</b>	+02:23:05 (34.0%)	9:54	6.1 (67.0%)
100	<b>KUBIAK Marcin</b>	<b>45</b>	ZOMBIE TEAM	M50	12	00:37:54	02:54:36	-00:10:00	<b>07:01:15.30</b>	<b>07:01:23.80</b>	+02:23:25 (34.0%)	9:54	6.1 (67.0%)
101	<b>IWACHÓW Sławomir</b>	<b>117</b>	KKM MXTECH KWIDZYN	M40	46	00:46:22	03:06:04	-00:10:00	<b>07:01:35.60</b>	<b>07:01:46.30</b>	+02:23:48 (34.1%)	9:55	6 (65.9%)
102	<b>ANTKIEWICZ Kamil</b>	<b>172</b>		M30	31	00:44:10	03:02:10	-00:10:00	<b>07:03:57.45</b>	<b>07:04:10.70</b>	+02:26:12 (34.5%)	9:58	6 (65.9%)
103	<b>PETRYKOWSKI Karol</b>	<b>200</b>	HASAJTO! SEKCJA GÓRSKA	M30	32	00:42:55	03:01:31	-00:10:00	<b>07:05:18.30</b>	<b>07:05:45.30</b>	+02:27:47 (34.7%)	10:00	6 (65.9%)
104	<b>ADAMCZEWSKI Jakub</b>	<b>95</b>	NIGHT RUNNERS	M30	33	00:45:38	03:06:40	-00:10:00	<b>07:05:38.25</b>	<b>07:05:55.30</b>	+02:27:57 (34.7%)	10:00	6 (65.9%)
105	<b>GAŁKA Jacek</b>	<b>66</b>	VEGE RUNNERS	M40	47	00:47:34	03:04:34	-00:10:00	<b>07:06:01.05</b>	<b>07:06:19.75</b>	+02:28:21 (34.8%)	10:01	6 (65.9%)
105	<b>HAJNCE Lech</b>	<b>229</b>		M30	34	00:48:02	03:04:30	-00:10:00	<b>07:05:57.95</b>	<b>07:06:19.75</b>	+02:28:21 (34.8%)	10:01	6 (65.9%)
107	<b>WROE Agnieszka</b>	<b>125</b>		K40	5	00:44:01	03:01:39	-00:10:00	<b>07:06:41.00</b>	<b>07:06:47.15</b>	+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	<b>LATANOWICZ Bernard</b>	<b>182</b>		M30	35	00:41:14	03:05:16	-00:10:00	<b>07:07:11.40</b>	<b>07:07:14.05</b>	+02:29:16 (34.9%)	10:03	6 (65.9%)
109	<b>CWOJDZIŃSKI Piotr</b>	<b>121</b>	NO PROBLAMA TEAM/NIGHT RUNNERS	M40	48	00:45:38	03:06:42	-00:10:00	<b>07:08:30.60</b>	<b>07:08:47.40</b>	+02:30:49 (35.2%)	10:04	6 (65.9%)
110	<b>WAŚCIŃSKI Roman</b>	<b>126</b>	PĘDZI - PARA	M50	13	00:46:47	03:08:30	-00:10:00	<b>07:09:21.25</b>	<b>07:09:40.50</b>	+02:31:42 (35.3%)	10:06	5.9 (64.8%)
111	<b>POPRAWSKI Mateusz</b>	<b>128</b>	KILIŃSKIEGO TEAM	M30	36	00:39:13	03:08:35	-00:10:00	<b>07:09:26.55</b>	<b>07:09:41.65</b>	+02:31:43 (35.3%)	10:06	5.9 (64.8%)
112	<b>SLY Sylwester</b>	<b>185</b>	BIEGAMYRAZEM.PL	M40	49	00:47:40	03:01:50	-00:10:00	<b>07:09:30.70</b>	<b>07:09:47.10</b>	+02:31:49 (35.3%)	10:06	5.9 (64.8%)
113	<b>SUROWIEC Robert</b>	<b>56</b>		M50	14	00:50:04	02:56:32		<b>07:09:45.45</b>	<b>07:09:56.75</b>	+02:31:58 (35.3%)	9:52	6.1 (67.0%)
114	<b>MARCINIAK Maciej</b>	<b>58</b>	JESTEM OD ROMKA	M40	50	00:43:59	03:02:13	-00:10:00	<b>07:11:04.55</b>	<b>07:11:13.60</b>	+02:33:15 (35.5%)	10:08	5.9 (64.8%)
115	<b>LISOWSKI Dariusz</b>	<b>23</b>	POBIEROWO BIEGA	M40	51	00:50:05	02:53:36		<b>07:11:12.90</b>	<b>07:11:29.50</b>	+02:33:31 (35.6%)	9:54	6.1 (67.0%)
116	<b>SROKA Marcin</b>	<b>129</b>	ST RUNNERS	M40	52	00:43:46	03:00:36	-00:10:00	<b>07:11:31.50</b>	<b>07:11:34.55</b>	+02:33:36 (35.6%)	10:08	5.9 (64.8%)
117	<b>SURDACKI Piotr</b>	<b>9</b>		M40	53	00:48:52	03:02:39	-00:10:00	<b>07:11:44.65</b>	<b>07:12:05.65</b>	+02:34:07 (35.7%)	10:09	5.9 (64.8%)
118	<b>ŻYGIEŁO Monika</b>	<b>8</b>	CHOSZCZEŃSKA 10	K40	6	00:48:53	03:02:41	-00:10:00	<b>07:11:46.55</b>	<b>07:12:07.55</b>	+02:34:09 (35.7%)	10:09	5.9 (64.8%)
119	<b>WAJDA Maciej</b>	<b>17</b>	SPELEOCLUB WROCŁAW	M30	37	00:44:28	03:00:02	-00:10:00	<b>07:12:27.10</b>	<b>07:12:51.50</b>	+02:34:53 (35.8%)	10:10	5.9 (64.8%)
120	<b>STYK Marek</b>	<b>124</b>		M30	38	00:43:47	02:59:38	-00:10:00	<b>07:13:13.90</b>	<b>07:13:42.90</b>	+02:35:44 (35.9%)	10:11	5.9 (64.8%)
121	<b>WÓJCIK Monika</b>	<b>114</b>		K40	7	00:49:45	03:06:55		<b>07:16:05.65</b>	<b>07:16:10.75</b>	+02:38:12 (36.3%)	10:01	6 (65.9%)
122	<b>BELKIEWICZ Rafał</b>	<b>3</b>	KABATY ULTRA	M40	54	00:43:38	03:06:51	-00:10:00	<b>07:16:07.30</b>	<b>07:16:13.00</b>	+02:38:15 (36.3%)	10:15	5.9 (64.8%)
123	<b>ROMANIUK Bartosz</b>	<b>151</b>		M30	39	00:48:49	02:58:01	-00:10:00	<b>07:16:25.80</b>	<b>07:16:41.10</b>	+02:38:43 (36.3%)	10:15	5.8 (63.7%)
124	<b>ZDROJEWSKA Magdalena</b>	<b>179</b>		K40	8	00:50:04	03:00:24		<b>07:19:33.90</b>	<b>07:19:43.10</b>	+02:41:45 (36.8%)	10:06	5.9 (64.8%)
125	<b>WALIGÓRSKI Ryszard</b>	<b>164</b>	WOLSZTYŃSKI KLUB BIEGOWY	M60	2	00:47:06	03:09:22	-00:10:00	<b>07:19:48.20</b>	<b>07:19:56.05</b>	+02:41:58 (36.8%)	10:20	5.8 (63.7%)
126	<b>SZYRNER Szymon</b>	<b>102</b>	KS KROTOSZ KROTOSZYN	M40	55	00:43:56	03:06:45	-00:10:00	<b>07:20:10.20</b>	<b>07:20:15.05</b>	+02:42:17 (36.9%)	10:20	5.8 (63.7%)
127	<b>TRZPIOLA Tycjan</b>	<b>29</b>		M30	40	00:44:18	03:06:05	-00:10:00	<b>07:20:31.40</b>	<b>07:20:41.00</b>	+02:42:43 (36.9%)	10:21	5.8 (63.7%)
128	<b>NOWAK Sebastian</b>	<b>225</b>		M40	56	00:49:34	02:54:34		<b>07:20:53.60</b>	<b>07:21:14.90</b>	+02:43:16 (37.0%)	10:08	5.9 (64.8%)
129	<b>JANCZAK Piotr</b>	<b>226</b>		M40	57	00:49:35	02:54:33		<b>07:21:08.15</b>	<b>07:21:29.60</b>	+02:43:31 (37.0%)	10:08	5.9 (64.8%)
130	<b>ANDRZEJCZAK Paweł</b>	<b>83</b>		M40	58	00:43:53	03:06:58	-00:10:00	<b>07:24:32.00</b>	<b>07:24:32.00</b>	+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	<b>ROŹKO Sebastian</b>	<b>130</b>		M30	41	00:49:00	03:03:52	-00:10:00	<b>07:25:23.30</b>	<b>07:25:44.35</b>	+02:47:46 (37.6%)	10:28	5.7 (62.6%)
132	<b>KASPERSKA Barbara</b>	<b>157</b>	BBL GORZÓW	K40	9	00:45:06	03:02:10	-00:10:00	<b>07:26:42.10</b>	<b>07:26:50.85</b>	+02:48:52 (37.8%)	10:29	5.7 (62.6%)
133	<b>JEZIORNY Ryszard</b>	<b>167</b>	WIELUŃ BIEGA	M50	15	00:47:19	03:06:41	-00:10:00	<b>07:27:00.90</b>	<b>07:27:24.35</b>	+02:49:26 (37.9%)	10:30	5.7 (62.6%)
134	<b>KAJA Robert</b>	<b>98</b>	WIELUŃ BIEGA	M50	16	00:47:20	03:06:41	-00:10:00	<b>07:27:01.90</b>	<b>07:27:24.50</b>	+02:49:26 (37.9%)	10:30	5.7 (62.6%)
135	<b>WIKLIŃSKI Jarosław</b>	<b>47</b>	CZYSTA AMATORKA	M40	59	00:47:05	03:02:30	-00:10:00	<b>07:28:01.30</b>	<b>07:28:22.00</b>	+02:50:24 (38.0%)	10:31	5.7 (62.6%)
136	<b>PARUCKI Michał</b>	<b>250</b>		M40	60	00:40:58	03:02:13	-00:10:00	<b>07:28:48.20</b>	<b>07:28:51.30</b>	+02:50:53 (38.1%)	10:32	5.7 (62.6%)
137	<b>MAŚNICA-SZYMAŃSKA Joanna</b>	<b>61</b>	WOLSZTYŃSKI KLUB BIEGOWY	K40	10	00:47:07	03:10:03	-00:10:00	<b>07:29:50.15</b>	<b>07:29:56.60</b>	+02:51:58 (38.2%)	10:34	5.7 (62.6%)
137	<b>SWOROWSKA Izabela</b>	<b>59</b>	WOLSZTYŃSKI KLUB BIEGOWY	K50	2	00:47:06	03:09:59	-00:10:00	<b>07:29:49.00</b>	<b>07:29:56.60</b>	+02:51:58 (38.2%)	10:34	5.7 (62.6%)
139	<b>STELMACH Piotr</b>	<b>108</b>	VEGE RUNNERS	M40	61	00:48:19	03:02:23	-00:10:00	<b>07:30:19.30</b>	<b>07:30:21.70</b>	+02:52:23 (38.3%)	10:34	5.7 (62.6%)
140	<b>KUBIAK Karolina</b>	<b>234</b>		K40	11	00:43:57	03:08:47	-00:10:00	<b>07:30:25.30</b>	<b>07:30:35.75</b>	+02:52:37 (38.3%)	10:35	5.7 (62.6%)
141	<b>KUCZYŃSKI Adam</b>	<b>19</b>	VIKING	M30	42	00:43:34	03:08:55	-00:10:00	<b>07:34:50.35</b>	<b>07:35:08.00</b>	+02:57:10 (38.9%)	10:41	5.6 (61.5%)
142	<b>KRÓLICKI Zbigniew</b>	<b>201</b>		M40	62	00:48:26	03:11:05	-00:10:00	<b>07:35:51.70</b>	<b>07:36:10.10</b>	+02:58:12 (39.1%)	10:42	5.6 (61.5%)
143	<b>ŁOPOKA Przemek</b>	<b>204</b>	ABY DO METY	M20	6	00:51:05	02:54:23		<b>07:36:22.90</b>	<b>07:36:41.75</b>	+02:58:43 (39.1%)	10:29	5.7 (62.6%)
144	<b>HALINIAK Marek</b>	<b>133</b>	NKB CHYŻY NOWY TOMYŚL	M40	63	00:46:08	03:08:58	-00:10:00	<b>07:40:47.90</b>	<b>07:40:57.30</b>	+03:02:59 (39.7%)	10:49	5.5 (60.4%)
144	<b>DOKOWICZ Jarek</b>	<b>132</b>	TEAM BEROTU	M40	63	00:47:33	03:08:59	-00:10:00	<b>07:40:47.80</b>	<b>07:40:57.30</b>	+03:02:59 (39.7%)	10:49	5.5 (60.4%)
146	<b>GÓRALSKI Piotr</b>	<b>67</b>		M40	65	00:43:04	03:08:21	-00:10:00	<b>07:41:26.95</b>	<b>07:41:33.40</b>	+03:03:35 (39.8%)	10:50	5.5 (60.4%)
147	<b>ŻESŁAWSKI Łukasz</b>	<b>113</b>		M40	66	00:50:50	03:03:40		<b>07:44:01.00</b>	<b>07:44:22.15</b>	+03:06:24 (40.1%)	10:40	5.6 (61.5%)
148	<b>KOŁODZIEJ Mariusz</b>	<b>50</b>	FUNTRI	M40	67	00:45:07	03:10:16	-00:10:00	<b>07:44:20.75</b>	<b>07:44:35.15</b>	+03:06:37 (40.2%)	10:54	5.5 (60.4%)
149	<b>SYCHOWSKI Dawid</b>	<b>38</b>		M30	43	00:43:17	03:02:46	-00:10:00	<b>07:46:53.70</b>	<b>07:47:02.35</b>	+03:09:04 (40.5%)	10:57	5.5 (60.4%)
150	<b>POLIWKA Adam</b>	<b>123</b>	INSTALL GROUP ADAM POLIWKA	M30	44	00:44:54	03:18:02	-00:10:00	<b>07:49:52.65</b>	<b>07:49:56.50</b>	+03:11:58 (40.9%)	11:01	5.4 (59.3%)
151	<b>KOCOŃ Mariusz</b>	<b>239</b>		M50	17	00:54:00	03:08:12		<b>07:52:05.95</b>	<b>07:52:29.25</b>	+03:14:31 (41.2%)	10:51	5.5 (60.4%)
152	<b>KUCHMECKI Maciej</b>	<b>73</b>		M30	45	00:51:58	03:07:17		<b>07:52:21.90</b>	<b>07:52:49.40</b>	+03:14:51 (41.2%)	10:51	5.5 (60.4%)
153	<b>CHRZANOWSKA Agnieszka</b>	<b>109</b>		K40	12	01:05:55	03:19:18		<b>07:52:48.65</b>	<b>07:53:12.10</b>	+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	<b>KOPCZYŃSKA Marta</b>	<b>96</b>	KWIATY U BEATY	K30	3	00:51:58	03:07:14		<b>07:53:06.90</b>	<b>07:53:34.95</b>	+03:15:36 (41.3%)	10:52	5.5 (60.4%)
155	<b>POLAŃSKI Paweł</b>	<b>180</b>	#KASZANIENAMOKA	M30	46	00:57:19	03:20:39		<b>07:56:21.10</b>	<b>07:56:47.05</b>	+03:18:49 (41.7%)	10:57	5.5 (60.4%)
156	<b>WITKOWSKA Beata</b>	<b>168</b>		K40	13	00:57:18	03:20:44		<b>07:56:20.90</b>	<b>07:56:47.40</b>	+03:18:49 (41.7%)	10:57	5.5 (60.4%)
157	<b>WITKOWSKI Marcin</b>	<b>208</b>	ZASZYCI	M50	18	00:54:48	03:10:06		<b>07:58:06.95</b>	<b>07:58:29.35</b>	+03:20:31 (41.9%)	10:59	5.5 (60.4%)
158	<b>GAWLIK Sylwia</b>	<b>222</b>		K40	14	00:53:34	03:15:29		<b>08:00:10.60</b>	<b>08:00:27.80</b>	+03:22:29 (42.1%)	11:02	5.4 (59.3%)
159	<b>OLECHNOWICZ Magda</b>	<b>187</b>		K40	15	00:55:03	03:09:40		<b>08:01:56.65</b>	<b>08:02:07.95</b>	+03:24:09 (42.3%)	11:04	5.4 (59.3%)
160	<b>SZYMCZAK Paweł</b>	<b>178</b>		M40	68	00:47:42	03:16:51	-00:10:00	<b>08:05:48.45</b>	<b>08:06:05.60</b>	+03:28:07 (42.8%)	11:23	5.3 (58.2%)
161	<b>MARCINKOWSKI Jacek</b>	<b>136</b>		M50	19	00:49:28	02:58:53		<b>08:06:36.45</b>	<b>08:07:01.80</b>	+03:29:03 (42.9%)	11:11	5.4 (59.3%)
162	<b>KOSECKA Justyna</b>	<b>4</b>		K40	16	00:59:50	03:22:22		<b>08:12:29.25</b>	<b>08:12:48.90</b>	+03:34:50 (43.6%)	11:19	5.3 (58.2%)
163	<b>CIĘŻKOWSKI Michał</b>	<b>197</b>		M40	69	00:49:54	03:03:41		<b>08:14:08.65</b>	<b>08:14:17.50</b>	+03:36:19 (43.8%)	11:21	5.3 (58.2%)
164	<b>PRUSIEWICZ Beata</b>	<b>12</b>		K50	3	00:53:20	03:14:55		<b>08:14:45.10</b>	<b>08:15:01.40</b>	+03:37:03 (43.8%)	11:22	5.3 (58.2%)
165	<b>OSTACH Daria</b>	<b>11</b>		K40	17	00:53:59	03:14:51		<b>08:14:46.00</b>	<b>08:15:01.55</b>	+03:37:03 (43.8%)	11:22	5.3 (58.2%)
166	<b>SIKORSKI Grzegorz</b>	<b>155</b>		M50	20	00:57:00	03:12:53		<b>08:14:56.55</b>	<b>08:15:10.10</b>	+03:37:12 (43.9%)	11:22	5.3 (58.2%)
167	<b>MALICKA Małgorzata</b>	<b>42</b>		K40	18	00:57:21	03:19:08		<b>08:23:51.80</b>	<b>08:24:04.60</b>	+03:46:06 (44.9%)	11:34	5.2 (57.1%)
168	<b>ZASADA Iwona</b>	<b>41</b>		K40	19	00:57:21	03:19:08		<b>08:23:51.50</b>	<b>08:24:05.25</b>	+03:46:07 (44.9%)	11:34	5.2 (57.1%)
169	<b>KRZYŻYK Agnieszka</b>	<b>146</b>	TRIO FORTIS	K40	20	00:57:22	03:19:03		<b>08:23:51.55</b>	<b>08:24:05.35</b>	+03:46:07 (44.9%)	11:34	5.2 (57.1%)
170	<b>SUWAJ Roman</b>	<b>46</b>	ZOMBIE	M60	3	00:57:26	03:19:02		<b>08:23:52.45</b>	<b>08:24:05.55</b>	+03:46:07 (44.9%)	11:34	5.2 (57.1%)
171	<b>SZYSZKOWSKI Włodzimierz</b>	<b>81</b>	DUKE NUKEM PRINCE OF WARSAW	M50	21	00:56:52	03:19:00		<b>08:24:04.90</b>	<b>08:24:24.20</b>	+03:46:26 (44.9%)	11:35	5.2 (57.1%)
172	<b>PTAK Adam</b>	<b>169</b>	PIĄTKOWO NA BIEGOWO	M50	22	00:49:10	02:57:43	-00:10:00	<b>08:27:06.70</b>	<b>08:27:30.95</b>	+03:49:32 (45.2%)	11:53	5 (54.9%)
173	<b>LEBODA Katarzyna</b>	<b>84</b>	WILD DOGS TEAM	K30	4	00:49:01	03:24:23	-00:10:00	<b>08:28:48.90</b>	<b>08:29:18.20</b>	+03:51:20 (45.4%)	11:55	5 (54.9%)
174	<b>KWIASOWSKA Aleksandra</b>	<b>100</b>	690202689	K30	5	00:49:02	03:24:24	-00:10:00	<b>08:28:52.10</b>	<b>08:29:21.65</b>	+03:51:23 (45.4%)	11:55	5 (54.9%)
175	<b>KRZYSZTOFIK Jaromir</b>	<b>150</b>	WIKING	M50	23	00:52:01	02:59:18		<b>08:29:03.15</b>	<b>08:29:32.10</b>	+03:51:34 (45.4%)	11:42	5.1 (56.0%)
176	<b>GAJDOWSKI Przemysław</b>	<b>89</b>		M30	47	00:50:29	03:20:04		<b>08:29:55.70</b>	<b>08:30:11.10</b>	+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	<b>SERAFIN Michał</b>	<b>163</b>	HWBC	M40	70	00:47:23	03:09:02	-00:10:00	<b>08:35:26.00</b>	<b>08:35:42.55</b>	+03:57:44 (46.1%)	12:04	5 (54.9%)
178	<b>URBANIAK Piotr</b>	<b>190</b>		M40	71	00:49:13	02:57:44		<b>08:37:06.95</b>	<b>08:37:31.30</b>	+03:59:33 (46.3%)	11:53	5 (54.9%)
179	<b>PĘKAŁA Dawid</b>	<b>115</b>	DZIKI Z AFRYKI	M40	72	00:54:53	03:23:11		<b>08:41:00.95</b>	<b>08:41:30.80</b>	+04:03:32 (46.7%)	11:58	5 (54.9%)
180	<b>KARAŚ Anna</b>	<b>209</b>		K40	21	00:54:52	03:23:13		<b>08:41:53.85</b>	<b>08:42:24.15</b>	+04:04:26 (46.8%)	11:59	5 (54.9%)
181	<b>RZECZYŃSKA Anna</b>	<b>188</b>		K40	22	00:55:00	03:30:29		<b>08:47:08.55</b>	<b>08:47:20.70</b>	+04:09:22 (47.3%)	12:07	5 (54.9%)
182	<b>SZELAĞ Piotr</b>	<b>195</b>	TURBO JEZE TEAM	M40	73	00:49:26	03:12:37		<b>08:57:00.25</b>	<b>08:57:23.10</b>	+04:19:25 (48.3%)	12:20	4.9 (53.8%)
183	<b>CZUBA Michał</b>	<b>227</b>		M30	48	00:57:59	03:34:29		<b>09:01:53.00</b>	<b>09:02:04.20</b>	+04:24:06 (48.7%)	12:27	4.8 (52.7%)
184	<b>KWASIK Marek</b>	<b>228</b>		M40	74	00:58:00	03:34:31		<b>09:01:53.70</b>	<b>09:02:04.45</b>	+04:24:06 (48.7%)	12:27	4.8 (52.7%)
185	<b>BARTKOWIAK Tomasz</b>	<b>26</b>		M30	49	00:53:04	03:21:23		<b>09:06:11.45</b>	<b>09:06:32.85</b>	+04:28:34 (49.1%)	12:33	4.8 (52.7%)
186	<b>SPYCHAŁA Jakub</b>	<b>37</b>		M40	75	00:53:04	03:21:22		<b>09:06:11.15</b>	<b>09:06:33.05</b>	+04:28:35 (49.1%)	12:33	4.8 (52.7%)
187	<b>WŁODARCZYK Anna</b>	<b>116</b>		K40	23	00:54:30	03:29:28		<b>09:18:50.60</b>	<b>09:18:56.20</b>	+04:40:58 (50.3%)	12:50	4.7 (51.6%)
188	<b>WAŚCIŃSKA Edyta</b>	<b>127</b>	PĘDZI - PARA	K50	4	00:59:13	03:34:22		<b>09:21:02.30</b>	<b>09:21:21.60</b>	+04:43:23 (50.5%)	12:53	4.7 (51.6%)
189	<b>KAZUBOWSKA Małgorzata</b>	<b>176</b>		K40	24	00:58:50	03:55:18		<b>09:22:36.00</b>	<b>09:22:48.15</b>	+04:44:50 (50.6%)	12:56	4.6 (50.5%)
190	<b>SADŁO Jarosław</b>	<b>248</b>		M30	50	00:58:04	03:47:15		<b>09:25:56.10</b>	<b>09:26:16.20</b>	+04:48:18 (50.9%)	13:00	4.6 (50.5%)
191	<b>HAUSMAN Magdalena</b>	<b>210</b>	PARKRUN GRUDZIĄDZ	K40	25	00:57:00	03:40:55		<b>09:27:18.10</b>	<b>09:27:30.55</b>	+04:49:32 (51.0%)	13:02	4.6 (50.5%)
192	<b>KOCHAŃSKI Tomasz</b>	<b>211</b>		M30	51	00:58:11	03:40:47		<b>09:27:17.15</b>	<b>09:27:30.95</b>	+04:49:32 (51.0%)	13:02	4.6 (50.5%)
193	<b>ŚWIĄTEK Monika</b>	<b>111</b>		K20	1	01:09:14	04:04:30		<b>09:28:54.70</b>	<b>09:29:08.95</b>	+04:51:10 (51.2%)	13:04	4.6 (50.5%)
194	<b>SZOKALAK Milena</b>	<b>141</b>		K20	2	01:09:16	04:04:46		<b>09:28:55.65</b>	<b>09:29:09.20</b>	+04:51:11 (51.2%)	13:04	4.6 (50.5%)
	<b>STACHOWIAK Adam</b>	<b>196</b>	LESZ NO LIMITS RUNNERS	M30		00:31:49 DNF	02:28:21 DNF	-00:10:00	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>MARGOL Paweł</b>	<b>177</b>		M30		00:39:48 DNF	02:38:45 DNF		<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>MARCZAK Tomasz</b>	<b>48</b>	CZYSTA AMATORKA	M40		00:39:39 DNF	02:44:05 DNF		<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>MAŃCZAK Filip</b>	<b>14</b>	AKTYWNI RAZEM	M40		00:33:20 DNF	DNF	-00:10:00	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>ŻAK Piotr</b>	<b>18</b>	FARTY PUSZCZY	M30		DNF	DNF		<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 199 wynik(ów)