



**Wydarzenie:** RUDAWY ZIMOWY FESTIWAL BIEGOWY  
**Organizator:** Fundacja Szczyt za Szczytem  
**Data:** 2024-02-10  
**Miejsce:** Karpniki  
**Dystans:** 43.5 km

## CZTERDZIESTKA

B4SPORT

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szwajcarka 4.5km	Kolorowe Jeziorka 19.5km	Czas netto 43.5km	Czas brutto 43.5km	Różn	Tempo min/km	Tempo km/h
1	<b>JUREK Michał</b>	<b>103</b>	MILMET / SALOMON / SUUNTO	M40	1	00:26:44	01:38:41	<b>03:54:06.10</b>	<b>03:54:09.60</b>		5:22	11.1 (100%)
2	<b>MASIAREK Maciej</b>	<b>154</b>		M30	1	00:26:44	01:38:33	<b>04:00:36.60</b>	<b>04:00:40.70</b>	+00:06:31 (2.7%)	5:31	10.8 (97.3%)
3	<b>OTREBA Maciej</b>	<b>164</b>		M40	2	00:30:47	01:51:03	<b>04:23:21.60</b>	<b>04:23:25.35</b>	+00:29:15 (11.1%)	6:03	9.9 (89.2%)
4	<b>JUDA Witold</b>	<b>149</b>		M50	1	00:31:30	01:53:17	<b>04:36:42.45</b>	<b>04:36:45.75</b>	+00:42:36 (15.4%)	6:21	9.4 (84.7%)
5	<b>BIENIEK Grzegorz</b>	<b>167</b>	W CIAGLYM BIEGU	M30	2	00:32:34	01:55:05	<b>04:51:56.55</b>	<b>04:52:00.20</b>	+00:57:50 (19.8%)	6:42	8.9 (80.2%)
6	<b>KOGUT Stanisław</b>	<b>79</b>	BIEGOWA ŚWIDNICA	M40	3	00:32:59	01:59:39	<b>05:05:42.60</b>	<b>05:05:46.80</b>	+01:11:37 (23.4%)	7:01	8.5 (76.6%)
7	<b>BIELECKI Tomasz</b>	<b>47</b>		M30	3	00:32:35	02:03:45	<b>05:07:35.10</b>	<b>05:07:40.05</b>	+01:13:30 (23.9%)	7:04	8.5 (76.6%)
8	<b>HERCHEL Arkadiusz</b>	<b>44</b>		M40	4	00:33:22	02:05:31	<b>05:10:45.80</b>	<b>05:10:53.10</b>	+01:16:43 (24.7%)	7:08	8.4 (75.7%)
9	<b>KŁÓDKIEWICZ Rafał</b>	<b>78</b>	IZABELIN NA START	M40	5	00:35:33	02:04:34	<b>05:12:57.35</b>	<b>05:13:17.50</b>	+01:19:07 (25.3%)	7:11	8.3 (74.8%)
10	<b>BERNAT Katarzyna</b>	<b>43</b>	BIEGOWA ŚWIDNICA	K50	1	00:35:06	02:06:42	<b>05:14:56.40</b>	<b>05:15:00.15</b>	+01:20:50 (25.7%)	7:14	8.3 (74.8%)
11	<b>CZAJKA Tomasz</b>	<b>145</b>		M50	2	00:35:03	02:08:15	<b>05:16:34.10</b>	<b>05:16:38.65</b>	+01:22:29 (26.0%)	7:16	8.2 (73.9%)
12	<b>PIWOWOŃSKI Paweł</b>	<b>124</b>		M40	6	00:35:10	02:08:09	<b>05:17:16.50</b>	<b>05:17:23.55</b>	+01:23:13 (26.2%)	7:17	8.2 (73.9%)
13	<b>MICHALAK Dawid</b>	<b>138</b>	WOLSZTYŃSKI KLUB BIEGOWY	M40	7	00:33:12	02:04:41	<b>05:19:08.05</b>	<b>05:19:20.85</b>	+01:25:11 (26.7%)	7:20	8.2 (73.9%)
14	<b>WERNO Bartłomiej</b>	<b>42</b>		M40	8	00:34:43	02:03:34	<b>05:22:01.10</b>	<b>05:22:05.20</b>	+01:27:55 (27.3%)	7:24	8.1 (73.0%)
15	<b>MIELEWCZYK Tomasz</b>	<b>156</b>	RUN YOUR TRAIL	M50	3	00:38:42	02:14:07	<b>05:22:43.40</b>	<b>05:22:53.75</b>	+01:28:44 (27.5%)	7:25	8.1 (73.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szwajcarka 4.5km	Kolorowe Jeziorka 19.5km	Czas netto 43.5km	Czas brutto 43.5km	Różn	Tempo min/km	Tempo km/h
16	<b>GAWRON Paweł</b>	<b>17</b>	WEPA PIECHOWICE	M30	4	00:34:51	02:06:46	<b>05:23:00.35</b>	<b>05:23:05.30</b>	+01:28:55 (27.5%)	7:25	8.1 (73.0%)
17	<b>KŁOPOTEK Marcin</b>	<b>94</b>	EXTREME FAMILY	M40	9	00:35:42	02:14:17	<b>05:24:33.55</b>	<b>05:24:37.00</b>	+01:30:27 (27.9%)	7:27	8 (72.1%)
18	<b>ŁUKACKI Daniel</b>	<b>45</b>		M40	10	00:36:37	02:13:19	<b>05:25:56.15</b>	<b>05:26:02.60</b>	+01:31:53 (28.2%)	7:29	8 (72.1%)
19	<b>DROZDZIOK Marcin</b>	<b>129</b>		M40	11	00:31:56	01:59:57	<b>05:27:07.30</b>	<b>05:27:11.75</b>	+01:33:02 (28.4%)	7:31	8 (72.1%)
20	<b>WANDYCZ Marcin</b>	<b>64</b>	KOLKA TEAM LUBAŃ	M30	5	00:37:02	02:10:37	<b>05:28:14.40</b>	<b>05:28:20.00</b>	+01:34:10 (28.7%)	7:32	8 (72.1%)
21	<b>KLEINSCHMIDT Łukasz</b>	<b>46</b>	KRIS TRANS MAŁYSZKA	M40	12	00:35:14	02:06:34	<b>05:28:31.85</b>	<b>05:28:37.20</b>	+01:34:27 (28.7%)	7:33	7.9 (71.2%)
22	<b>MALEWICZ Grzegorz</b>	<b>58</b>	KOLKA TEAM LUBAŃ	M40	13	00:35:16	02:11:30	<b>05:31:17.80</b>	<b>05:31:23.05</b>	+01:37:13 (29.3%)	7:36	7.9 (71.2%)
23	<b>WANDYCZ Mariusz</b>	<b>37</b>	KOLKA TEAM LUBAŃ	M30	6	00:36:57	02:15:26	<b>05:39:25.95</b>	<b>05:39:37.20</b>	+01:45:27 (31.1%)	7:48	7.7 (69.4%)
24	<b>ANTCZAK Adrian</b>	<b>117</b>	IZERY BOGATYNIA	M40	14	00:37:07	02:14:12	<b>05:41:36.90</b>	<b>05:41:40.10</b>	+01:47:30 (31.5%)	7:51	7.6 (68.5%)
25	<b>STĘSIK Tomasz</b>	<b>9</b>		M30	7	00:41:05	02:25:08	<b>05:41:44.20</b>	<b>05:41:59.75</b>	+01:47:50 (31.5%)	7:51	7.6 (68.5%)
26	<b>KRAWCZYK Michał</b>	<b>93</b>	KG JELONKI	M40	15	00:37:22	02:16:06	<b>05:42:57.75</b>	<b>05:43:01.70</b>	+01:48:52 (31.7%)	7:53	7.6 (68.5%)
27	<b>OSIURAK Łukasz</b>	<b>144</b>	SYN LASU	M30	8	00:37:58	02:12:23	<b>05:46:21.30</b>	<b>05:46:27.50</b>	+01:52:17 (32.4%)	7:57	7.5 (67.6%)
28	<b>SWAŁDEK Konrad</b>	<b>153</b>	TRAIL RUN KRAKÓW	M40	16	00:39:17	02:19:45	<b>05:46:58.65</b>	<b>05:47:24.35</b>	+01:53:14 (32.6%)	7:58	7.5 (67.6%)
29	<b>MIGACZ Jacek</b>	<b>152</b>	TRAIL RUN KRAKÓW	M40	17	00:39:33	02:19:49	<b>05:46:59.40</b>	<b>05:47:24.90</b>	+01:53:15 (32.6%)	7:58	7.5 (67.6%)
30	<b>NOWAK Michał</b>	<b>112</b>	BANICI ULTRA	M40	18	00:37:40	02:18:03	<b>05:49:19.60</b>	<b>05:49:34.35</b>	+01:55:24 (33.0%)	8:01	7.5 (67.6%)
31	<b>ZAJĄC Sebastian</b>	<b>92</b>	BIEGOWA ŚWIDNICA	M40	19	00:39:22	02:16:13	<b>05:51:12.70</b>	<b>05:51:16.75</b>	+01:57:07 (33.3%)	8:04	7.4 (66.7%)
32	<b>MALINA Michał</b>	<b>54</b>	HUTNIK RUN	M40	20	00:43:59	02:26:57	<b>05:52:34.60</b>	<b>05:52:47.40</b>	+01:58:37 (33.6%)	8:06	7.4 (66.7%)
33	<b>BOWSZYS Arkadiusz</b>	<b>143</b>	KAMAR	M40	21	00:35:24	02:12:56	<b>05:53:47.70</b>	<b>05:53:54.75</b>	+01:59:45 (33.8%)	8:07	7.4 (66.7%)
34	<b>LITWIN Michał</b>	<b>105</b>		M40	22	00:35:40	02:13:02	<b>05:54:33.65</b>	<b>05:54:41.45</b>	+02:00:31 (34.0%)	8:09	7.4 (66.7%)
35	<b>DYSARZ Przemysław</b>	<b>16</b>		M40	23	00:41:34	02:25:02	<b>05:55:11.75</b>	<b>05:55:25.75</b>	+02:01:16 (34.1%)	8:09	7.3 (65.8%)
36	<b>GONTKO Łukasz</b>	<b>82</b>		M40	24	00:44:14	02:32:04	<b>05:56:28.85</b>	<b>05:56:40.40</b>	+02:02:30 (34.3%)	8:11	7.3 (65.8%)
37	<b>JĘDRASIAK Adrian</b>	<b>134</b>	ALL OR NOTHING ZIELONA GÓRA	M40	25	00:36:05	02:13:34	<b>05:57:06.75</b>	<b>05:57:38.25</b>	+02:03:28 (34.5%)	8:12	7.3 (65.8%)
38	<b>CZYŻYKOWSKI Łukasz</b>	<b>148</b>		M40	26	00:47:25	02:39:23	<b>06:05:28.95</b>	<b>06:05:45.40</b>	+02:11:35 (36.0%)	8:24	7.1 (64.0%)

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39	ZAWADZKI Karol	61	RADLINIOKI W BIEGU	M30	9	00:39:12	02:21:59	06:06:19.10	06:06:35.75	+02:12:26 (36.1%)	8:25	7.1 (64.0%)
40	PTAK Adam	27	PIĄTKOWO NA BIEGOWO	M50	4	00:39:40	02:25:42	06:06:43.55	06:06:57.55	+02:12:47 (36.2%)	8:25	7.1 (64.0%)
41	RYDLEWSKI Marek	121		M30	10	00:42:18	02:24:43	06:06:43.70	06:07:03.05	+02:12:53 (36.2%)	8:25	7.1 (64.0%)
42	KRAKOWIAK Rafał	111	KRAKOWIAK ULTRA TEAM	M30	11	00:40:50	02:29:02	06:09:04.80	06:09:12.75	+02:15:03 (36.6%)	8:29	7.1 (64.0%)
43	GĄŁKA Jacek	110	ULTRA DZIADY/ PURA VIDA TEAM / VEGE RUNNERS	M40	27	00:42:30	02:28:58	06:09:29.05	06:09:55.50	+02:15:45 (36.7%)	8:29	7.1 (64.0%)
44	GARCZYK Rafał	65		M40	28	00:41:02	02:31:05	06:11:42.95	06:11:52.90	+02:17:43 (37.0%)	8:32	7 (63.1%)
45	LASEK Mikołaj	49	PAN WUEFISTA	M30	12	00:41:03	02:31:04	06:11:43.50	06:11:53.20	+02:17:43 (37.0%)	8:32	7 (63.1%)
46	WASILEWSKI Marcin	1		M30	13	00:39:38	02:22:14	06:13:21.20	06:13:28.85	+02:19:19 (37.3%)	8:34	7 (63.1%)
47	MORAŃSKI Paweł	39		M30	14	00:38:37	02:25:35	06:14:13.15	06:14:20.55	+02:20:10 (37.4%)	8:36	7 (63.1%)
48	NASKRĘT Piotr	31	KOWARY BIEGAJĄ	M40	29	00:39:08	02:20:31	06:17:13.00	06:17:22.25	+02:23:12 (37.9%)	8:40	6.9 (62.2%)
49	HRUSZOWIEC Paweł	75		M50	5	00:45:11	02:32:14	06:16:40.70	06:17:24.35	+02:23:14 (38.0%)	8:39	6.9 (62.2%)
50	WYPYCH Bartosz	24		M40	30	00:40:27	02:22:35	06:17:29.30	06:17:57.50	+02:23:47 (38.0%)	8:40	6.9 (62.2%)
51	KULUS Przemysław	83	WOLSZTYŃSKI KLUB BIEGOWY	M40	31	00:43:25	02:24:46	06:17:25.60	06:17:57.85	+02:23:48 (38.0%)	8:40	6.9 (62.2%)
52	HAJNCE Lech	146	ULTRA DZIADY	M40	32	00:41:18	02:29:00	06:18:08.65	06:18:34.05	+02:24:24 (38.1%)	8:41	6.9 (62.2%)
53	GROBELNY Rafał	73		M40	33	00:44:46	02:35:45	06:18:42.00	06:18:56.95	+02:24:47 (38.2%)	8:42	6.9 (62.2%)
54	WIERZBIŃSKI Kamil	133		M30	15	00:40:48	02:26:36	06:19:24.70	06:19:38.75	+02:25:29 (38.3%)	8:43	6.9 (62.2%)
55	MURAWSKI Michał	136		M40	34	00:44:29	02:35:41	06:20:13.55	06:20:25.85	+02:26:16 (38.4%)	8:44	6.9 (62.2%)
56	PŁAZA Radosław	18	BARUNOWCE	M40	35	00:44:28	02:35:39	06:20:14.15	06:20:26.10	+02:26:16 (38.4%)	8:44	6.9 (62.2%)
57	LISOWSKI Grzegorz	101		M40	36	00:39:47	02:28:00	06:20:31.30	06:20:40.15	+02:26:30 (38.5%)	8:44	6.9 (62.2%)
58	MIKOŁAJCZYK Tomasz	157	EXPLORADOR TEAM / INTALIO	M40	37	00:40:53	02:27:15	06:23:15.30	06:23:22.15	+02:29:12 (38.9%)	8:48	6.8 (61.3%)
59	BOROWSKI Adam	86		M40	38	00:39:17	02:26:33	06:23:51.15	06:24:04.40	+02:29:54 (39.0%)	8:49	6.8 (61.3%)
60	SADOWSKI Krzysztof	60	OCHOTNICZA STRAŻ POŻARNA JANOWICE WIELKIE	M20	1	00:36:18	02:12:10	06:24:59.15	06:25:27.85	+02:31:18 (39.3%)	8:51	6.8 (61.3%)
61	PIETROŃ Jerzy	113	ULTRA DZIADY	M40	39	00:42:29	02:28:59	06:25:26.00	06:25:52.55	+02:31:42 (39.3%)	8:51	6.8 (61.3%)

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								netto 43.5km	brutto 43.5km			
62	<b>KOŁODZIEJ Roman</b>	<b>140</b>	MARCIN ŚWIERC TEAM	M40	40	00:32:34	02:06:39	<b>06:26:12.65</b>	<b>06:26:16.00</b>	+02:32:06 (39.4%)	8:52	6.8 (61.3%)
63	<b>ŚWIEŻAWSKA- AMBROZIAK Katarzyna</b>	<b>120</b>	ULTRA KUTNO	K40	1	00:44:26	02:34:38	<b>06:29:46.15</b>	<b>06:29:59.25</b>	+02:35:49 (40.0%)	8:57	6.7 (60.4%)
64	<b>KOSIOROWSKI Leszek</b>	<b>163</b>		M50	6	00:47:03	02:34:55	<b>06:29:50.95</b>	<b>06:30:19.00</b>	+02:36:09 (40.0%)	8:57	6.7 (60.4%)
65	<b>SUDUŁ Jarek</b>	<b>147</b>	WIERZBICKI RUNNING PROJECT	M50	7	00:39:47	02:26:33	<b>06:35:47.55</b>	<b>06:35:56.65</b>	+02:41:47 (40.9%)	9:05	6.6 (59.5%)
66	<b>KAŻMIERCZAK Mikołaj</b>	<b>66</b>	LESZCZYŃSKIE BYCZKI	M20	2	00:41:40	02:33:07	<b>06:39:21.70</b>	<b>06:39:34.55</b>	+02:45:24 (41.4%)	9:10	6.5 (58.6%)
67	<b>GAWLICKI Aleksander</b>	<b>118</b>	LESZCZYŃSKIE BYCZKI	M20	3	00:41:40	02:33:05	<b>06:39:21.40</b>	<b>06:39:34.85</b>	+02:45:25 (41.4%)	9:10	6.5 (58.6%)
68	<b>ABRAMOWICZ Agata</b>	<b>108</b>		K30	1	00:46:11	02:47:33	<b>06:39:38.75</b>	<b>06:39:50.15</b>	+02:45:40 (41.4%)	9:11	6.5 (58.6%)
69	<b>CWIAKALA Wojciech</b>	<b>76</b>		M60	1	00:44:40	02:36:10	<b>06:41:20.65</b>	<b>06:41:48.20</b>	+02:47:38 (41.7%)	9:13	6.5 (58.6%)
70	<b>AMBROZIAK Rafał</b>	<b>119</b>	ULTRA KUTNO	M40	41	00:44:23	02:36:20	<b>06:42:03.35</b>	<b>06:42:17.20</b>	+02:48:07 (41.8%)	9:14	6.5 (58.6%)
71	<b>MADEJ Anna</b>	<b>95</b>	VEGE RUNNERS	K40	2	00:43:59	02:36:25	<b>06:42:12.25</b>	<b>06:42:34.30</b>	+02:48:24 (41.8%)	9:14	6.5 (58.6%)
72	<b>KUBIAK Karolina</b>	<b>135</b>	9FORCES	K40	3	00:44:37	02:44:28	<b>06:42:48.55</b>	<b>06:42:56.95</b>	+02:48:47 (41.9%)	9:15	6.5 (58.6%)
73	<b>SOBOLEWSKI Dariusz</b>	<b>160</b>	BOREL MARATHON TEAM	M40	42	00:43:58	02:34:22	<b>06:44:15.75</b>	<b>06:44:35.10</b>	+02:50:25 (42.1%)	9:17	6.5 (58.6%)
74	<b>SMOLARA Krzysztof</b>	<b>77</b>	HASTE TEAM	M40	43	00:46:35	02:35:16	<b>06:43:58.20</b>	<b>06:44:36.35</b>	+02:50:26 (42.1%)	9:17	6.5 (58.6%)
75	<b>WĄCHNICKI Marcin</b>	<b>67</b>	HYBRYDA NA GAZ	M40	44	00:44:37	02:31:25	<b>06:44:45.45</b>	<b>06:45:09.60</b>	+02:51:00 (42.2%)	9:18	6.4 (57.7%)
76	<b>DUSZYŃSKA Ewa</b>	<b>165</b>		K30	2	00:43:50	02:41:22	<b>06:46:19.80</b>	<b>06:46:29.85</b>	+02:52:20 (42.4%)	9:20	6.4 (57.7%)
77	<b>SZYMCZYK Michał</b>	<b>162</b>	DRUŻYNA CHROBREGA	M50	8	00:45:07	02:39:30	<b>06:46:53.40</b>	<b>06:47:08.95</b>	+02:52:59 (42.5%)	9:21	6.4 (57.7%)
78	<b>DEJA Dariusz</b>	<b>36</b>	AGRO AS TEAM	M40	45	00:43:55	02:40:50	<b>06:49:11.60</b>	<b>06:49:20.25</b>	+02:55:10 (42.8%)	9:24	6.4 (57.7%)
79	<b>BUGAJ Krzysztof</b>	<b>155</b>	NIENAŻARTE MISIE	M30	16	00:50:16	02:55:46	<b>06:51:55.25</b>	<b>06:52:02.35</b>	+02:57:52 (43.2%)	9:28	6.3 (56.8%)
80	<b>TOPOROWSKI Dariusz</b>	<b>151</b>		M30	17	00:39:59	02:35:57	<b>06:54:32.05</b>	<b>06:54:37.90</b>	+03:00:28 (43.5%)	9:31	6.3 (56.8%)
81	<b>BARCIK Przemek</b>	<b>63</b>		M40	46	00:44:31	02:34:42	<b>06:54:27.30</b>	<b>06:54:38.15</b>	+03:00:28 (43.5%)	9:31	6.3 (56.8%)
82	<b>SZYMAŃSKI Paweł</b>	<b>98</b>		M50	9	00:47:08	02:42:58	<b>06:56:30.55</b>	<b>06:57:02.50</b>	+03:02:52 (43.9%)	9:34	6.3 (56.8%)
83	<b>SAMPIR Mariusz</b>	<b>33</b>		M40	47	00:51:31	02:51:25	<b>07:00:30.85</b>	<b>07:01:05.15</b>	+03:06:55 (44.4%)	9:40	6.2 (55.9%)
84	<b>WALIGÓRSKI Ryszard</b>	<b>109</b>	WOLSZTYŃSKI KLUB BIEGOWY	M60	2	00:48:16	02:51:23	<b>07:05:26.40</b>	<b>07:05:56.00</b>	+03:11:46 (45.0%)	9:46	6.1 (55.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szwajcarka 4.5km	Kolorowe Jeziora 19.5km	Czas netto 43.5km	Czas brutto 43.5km	Różn	Tempo min/km	Tempo km/h
85	<b>CHADUŁA Adrian</b>	<b>137</b>	NIENAŻERTE MISIE	M30	18	00:48:27	02:52:20	<b>07:07:16.60</b>	<b>07:07:23.10</b>	+03:13:13 (45.2%)	9:49	6.1 (55.0%)
86	<b>NOWAK Sebastian</b>	<b>125</b>		M40	48	00:46:47	02:40:12	<b>07:08:02.20</b>	<b>07:08:25.85</b>	+03:14:16 (45.3%)	9:50	6.1 (55.0%)
87	<b>TAJCHERT Marcin</b>	<b>51</b>	WOLSZTYŃSKI KLUB BIEGOWY	M40	49	00:48:11	02:51:26	<b>07:08:00.55</b>	<b>07:08:28.15</b>	+03:14:18 (45.3%)	9:50	6.1 (55.0%)
88	<b>JANCZAK Piotr</b>	<b>126</b>		M40	50	00:46:42	02:40:13	<b>07:12:31.75</b>	<b>07:12:55.55</b>	+03:18:45 (45.9%)	9:56	6 (54.1%)
89	<b>PTAK Dorota</b>	<b>20</b>		K50	2	00:47:59	02:56:34	<b>07:12:56.60</b>	<b>07:13:10.35</b>	+03:19:00 (45.9%)	9:57	6 (54.1%)
90	<b>SREJ Balazs</b>	<b>159</b>	KSW GROMADZKA	M40	51	00:46:06	02:50:21	<b>07:12:54.65</b>	<b>07:13:17.55</b>	+03:19:07 (46.0%)	9:57	6 (54.1%)
91	<b>MROWCA Paweł</b>	<b>59</b>	KOLKA TEAM LUBAŃ	M40	52	00:45:09	02:39:19	<b>07:14:34.20</b>	<b>07:14:45.60</b>	+03:20:36 (46.1%)	9:59	6 (54.1%)
92	<b>WOJCIESZYŃSKI Tomasz</b>	<b>161</b>	BBL GORZÓW WLKP.	M50	10	00:45:06	02:44:57	<b>07:15:19.75</b>	<b>07:15:28.25</b>	+03:21:18 (46.2%)	10:00	6 (54.1%)
93	<b>ŻAK Piotr</b>	<b>6</b>		M30	19	00:46:58	02:47:17	<b>07:16:46.60</b>	<b>07:16:56.55</b>	+03:22:46 (46.4%)	10:02	6 (54.1%)
94	<b>GŁOWIŃSKI Cezary</b>	<b>90</b>	TIM	M40	53	00:47:04	02:36:49	<b>07:18:55.05</b>	<b>07:19:18.65</b>	+03:25:09 (46.7%)	10:05	5.9 (53.2%)
95	<b>GRZESIAK Mateusz</b>	<b>130</b>	PHO3NIX GVT TEAM	M30	20	00:44:59	02:53:31	<b>07:20:35.35</b>	<b>07:20:45.75</b>	+03:26:36 (46.9%)	10:07	5.9 (53.2%)
96	<b>LEŚNIAK Grzegorz</b>	<b>142</b>	DIRTY SPARROWS	M40	54	00:39:54	02:46:27	<b>07:23:06.00</b>	<b>07:23:09.75</b>	+03:29:00 (47.2%)	10:11	5.9 (53.2%)
97	<b>BARANOWSKI Adam</b>	<b>107</b>		M40	55	00:44:15	02:42:45	<b>07:24:42.00</b>	<b>07:24:59.70</b>	+03:30:50 (47.4%)	10:13	5.9 (53.2%)
98	<b>KÓZKA Przemó</b>	<b>123</b>	NATURAL BORN RUNNERS	M50	11	00:47:35	03:00:56	<b>07:24:46.95</b>	<b>07:25:03.40</b>	+03:30:53 (47.4%)	10:13	5.9 (53.2%)
99	<b>GRZELAK Łukasz</b>	<b>32</b>	KANCELARIA I RADCY PRAWNEGO ŁUKASZ GRZELAK	M40	56	00:51:33	02:51:49	<b>07:25:43.55</b>	<b>07:26:18.05</b>	+03:32:08 (47.5%)	10:14	5.9 (53.2%)
100	<b>LEBODA Katarzyna</b>	<b>15</b>	WILD DOGS TEAM	K30	3	00:47:46	02:51:23	<b>07:26:29.25</b>	<b>07:27:09.45</b>	+03:32:59 (47.6%)	10:15	5.8 (52.3%)
101	<b>SKORUPA Tomasz</b>	<b>41</b>	WYZWANIA SPACEROWE & BIEGOWE	M40	57	00:50:42	02:56:23	<b>07:26:52.90</b>	<b>07:27:11.05</b>	+03:33:01 (47.6%)	10:16	5.8 (52.3%)
102	<b>BRAC Paweł</b>	<b>40</b>	WYZWANIA SPACEROWE & BIEGOWE	M40	58	00:50:46	02:56:36	<b>07:26:55.90</b>	<b>07:27:11.25</b>	+03:33:01 (47.6%)	10:16	5.8 (52.3%)
103	<b>KUC Patryk</b>	<b>48</b>		M30	21	00:44:43	02:43:04	<b>07:27:33.05</b>	<b>07:27:47.75</b>	+03:33:38 (47.7%)	10:17	5.8 (52.3%)
104	<b>KĘDZIORA Alicja</b>	<b>38</b>	BBL BOGDANIEC	K30	4	00:48:09	02:53:51	<b>07:27:56.25</b>	<b>07:28:13.50</b>	+03:34:03 (47.8%)	10:17	5.8 (52.3%)
105	<b>ZABRZEWSKI Patryk</b>	<b>89</b>	KLUB BIEGACZA FARTLEK	M40	59	00:44:27	02:50:10	<b>07:28:05.65</b>	<b>07:28:13.85</b>	+03:34:04 (47.8%)	10:18	5.8 (52.3%)
106	<b>KŁOCZKO Marcin</b>	<b>99</b>		M30	22	00:47:54	02:53:24	<b>07:28:43.65</b>	<b>07:29:08.05</b>	+03:34:58 (47.9%)	10:18	5.8 (52.3%)
107	<b>SZCZUREK Mariusz</b>	<b>62</b>	AGROAS TEAM	M40	60	00:43:44	02:47:24	<b>07:33:38.90</b>	<b>07:33:48.00</b>	+03:39:38 (48.4%)	10:25	5.8 (52.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szwajcarka 4.5km	Kolorowe Jeziora 19.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 43.5km	brutto 43.5km			
108	MARAVA Klara	166		K40	4	00:47:51	02:54:45	<b>07:34:23.75</b>	<b>07:34:42.05</b>	+03:40:32 (48.5%)	10:26	5.7 (51.4%)
109	STĘPIEŃ Marek	88	KOKO	M30	23	00:48:00	02:38:28	<b>07:36:28.65</b>	<b>07:36:51.55</b>	+03:42:41 (48.7%)	10:29	5.7 (51.4%)
110	SZYMAŃSKI Łukasz	11		M30	24	00:52:43	03:00:26	<b>07:38:40.85</b>	<b>07:39:05.55</b>	+03:44:55 (49.0%)	10:32	5.7 (51.4%)
111	CWOJDZIŃSKI Piotr	106	NIGHT RUNNERS/NOPROBLLAMATEAM/NBR	M40	61	00:46:50	03:00:36	<b>07:38:47.80</b>	<b>07:39:24.10</b>	+03:45:14 (49.0%)	10:32	5.7 (51.4%)
112	ADAMCZEWSKI Jakub	114	NIGHT RUNNERS	M30	25	00:46:47	03:00:37	<b>07:39:03.75</b>	<b>07:39:41.00</b>	+03:45:31 (49.1%)	10:33	5.7 (51.4%)
113	OSICA Łukasz	127		M40	62	00:45:03	02:50:04	<b>07:40:06.10</b>	<b>07:40:28.85</b>	+03:46:19 (49.1%)	10:34	5.7 (51.4%)
114	STANISŁAWEK Tomasz	72	GITT DRUŻYNA	M40	63	00:42:26	02:49:18	<b>07:40:38.95</b>	<b>07:41:02.45</b>	+03:46:52 (49.2%)	10:35	5.7 (51.4%)
115	GORZUCH Justyna	158	KW WARSZAWA	K40	5	00:49:34	03:00:04	<b>07:43:00.15</b>	<b>07:43:05.35</b>	+03:48:55 (49.4%)	10:38	5.6 (50.5%)
116	POCHYLSKI Przemysław	132	ZGRUPKA TEAM	M50	12	00:47:39	03:00:57	<b>07:45:52.50</b>	<b>07:46:10.60</b>	+03:52:01 (49.8%)	10:42	5.6 (50.5%)
117	RUBCZYŃSKI Wojciech	56		M30	26	00:50:30	02:58:13	<b>07:46:34.25</b>	<b>07:47:07.50</b>	+03:52:57 (49.9%)	10:43	5.6 (50.5%)
118	WALIGÓRA Aleksandra	50	WOLSZTYŃSKI KLUB BIEGOWY	K30	5	00:50:30	02:58:15	<b>07:46:34.65</b>	<b>07:47:08.10</b>	+03:52:58 (49.9%)	10:43	5.6 (50.5%)
119	DOMAGAŁA Andrzej	12		M50	13	00:48:35	02:57:22	<b>07:46:50.95</b>	<b>07:47:10.85</b>	+03:53:01 (49.9%)	10:43	5.6 (50.5%)
120	KŁAPEĆ Adam	5		M40	64	00:46:04	02:52:55	<b>07:47:02.10</b>	<b>07:47:32.45</b>	+03:53:22 (49.9%)	10:44	5.6 (50.5%)
121	FILIPOWICZ Dominik	102		M30	27	00:53:27	03:07:56	<b>07:47:58.40</b>	<b>07:48:13.15</b>	+03:54:03 (50.0%)	10:45	5.6 (50.5%)
122	WOLNIEWICZ Marcin	74	ADIDAS RUNNERS POZNAŃ	M40	65	00:48:44	02:56:32	<b>07:52:21.45</b>	<b>07:52:39.30</b>	+03:58:29 (50.5%)	10:51	5.5 (49.5%)
123	KOLCZYŃSKI Jarosław	115	1ON1 RUNNING TEAM	M40	66	00:50:37	03:09:07	<b>07:52:51.90</b>	<b>07:53:11.10</b>	+03:59:01 (50.5%)	10:52	5.5 (49.5%)
124	WNUK Ewelina	25		K30	6	00:52:07	03:08:46	<b>07:53:39.35</b>	<b>07:53:50.05</b>	+03:59:40 (50.6%)	10:53	5.5 (49.5%)
125	DĘBSKA-ZEŃCZAK Agnieszka	7		K40	6	00:52:06	03:08:46	<b>07:53:39.10</b>	<b>07:53:50.20</b>	+03:59:40 (50.6%)	10:53	5.5 (49.5%)
126	FRAĆKOWIAK Dominik	26		M30	28	00:48:31	02:58:26	<b>07:54:57.10</b>	<b>07:55:13.95</b>	+04:01:04 (50.7%)	10:55	5.5 (49.5%)
127	PAWELEC Krystyna	3	DOGOŃ GRODZISK MAZOWIECKI	K60	1	00:55:40	03:10:12	<b>07:57:35.35</b>	<b>07:58:04.85</b>	+04:03:55 (51.0%)	10:58	5.5 (49.5%)
128	STAMM Tomasz	52		M50	14	00:49:16	03:04:13	<b>08:02:51.35</b>	<b>08:03:16.35</b>	+04:09:06 (51.5%)	11:06	5.4 (48.6%)
129	OZIMEK Przemysław	34		M30	29	00:49:44	03:06:52	<b>08:09:45.25</b>	<b>08:10:10.55</b>	+04:16:00 (52.2%)	11:15	5.3 (47.7%)
130	PLIS Jordan	30		M30	30	00:50:21	03:08:17	<b>08:14:35.50</b>	<b>08:15:05.55</b>	+04:20:55 (52.7%)	11:22	5.3 (47.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kolorowe		Czas		Różn	Tempo min/km	Tempo km/h
						Szwajcarka 4.5km	Jeziorka 19.5km	netto 43.5km	brutto 43.5km			
131	<b>BORKOWSKI Krzysztof</b>	<b>19</b>	BBL LASY BOGDANIEC	M40	67	00:49:59	03:10:10	<b>08:17:40.10</b>	<b>08:17:56.70</b>	+04:23:47 (53.0%)	11:26	5.2 (46.8%)
132	<b>ZAPLATA Ania</b>	<b>96</b>	BBL LEGNICA	K40	7	00:55:39	03:13:59	<b>08:22:37.20</b>	<b>08:23:04.25</b>	+04:28:54 (53.5%)	11:33	5.2 (46.8%)
133	<b>MARCINIAK Anna</b>	<b>57</b>	BBL LEGNICA	K40	8	00:55:36	03:14:01	<b>08:22:39.15</b>	<b>08:23:05.30</b>	+04:28:55 (53.5%)	11:33	5.2 (46.8%)
134	<b>RUBCZYŃSKI Mateusz</b>	<b>55</b>		M30	31	00:50:31	02:58:17	<b>08:23:12.00</b>	<b>08:23:48.00</b>	+04:29:38 (53.5%)	11:34	5.2 (46.8%)
135	<b>KOSTYK Grzegorz</b>	<b>53</b>		M40	68	00:53:27	03:08:38	<b>08:27:22.40</b>	<b>08:27:34.70</b>	+04:33:25 (53.9%)	11:39	5.1 (45.9%)
136	<b>GOŁĘBIOWSKI Marcin</b>	<b>10</b>	KOWARY BIEGAJĄ	M40	69	00:53:18	03:12:23	<b>08:28:43.20</b>	<b>08:29:11.15</b>	+04:35:01 (54.0%)	11:41	5.1 (45.9%)
137	<b>RYSZCZYK Adam</b>	<b>2</b>		M40	70	00:49:11	03:05:58	<b>08:30:42.05</b>	<b>08:31:01.75</b>	+04:36:52 (54.2%)	11:44	5.1 (45.9%)
138	<b>DUNOWSKA Ilona</b>	<b>21</b>	BBL LASY BOGDANIEC	K50	3	00:53:36	03:28:42	<b>08:53:37.50</b>	<b>08:54:08.75</b>	+04:59:59 (56.2%)	12:16	4.9 (44.1%)
139	<b>DUNOWSKI Przemysław</b>	<b>22</b>	BBL LASY BAGDANIEC	M50	15	00:53:36	03:28:36	<b>08:55:34.05</b>	<b>08:56:04.25</b>	+05:01:54 (56.3%)	12:18	4.9 (44.1%)
140	<b>CIOSEK Beata</b>	<b>71</b>	AUGUSTEAM	K50	4	00:58:25	03:38:31	<b>08:58:49.00</b>	<b>08:59:10.10</b>	+05:05:00 (56.6%)	12:23	4.8 (43.2%)
140	<b>MURCHA Paweł</b>	<b>70</b>	AUGUSTEAM	M50	16	00:58:26	03:38:32	<b>08:58:48.70</b>	<b>08:59:10.10</b>	+05:05:00 (56.6%)	12:23	4.8 (43.2%)
142	<b>MISIAK Dorota</b>	<b>69</b>		K30	7	00:59:07	03:30:47	<b>09:14:12.05</b>	<b>09:14:19.85</b>	+05:20:10 (57.8%)	12:44	4.7 (42.3%)
143	<b>MISIAK Artur</b>	<b>68</b>		M40	71	01:00:04	03:28:03	<b>09:14:12.60</b>	<b>09:14:20.25</b>	+05:20:10 (57.8%)	12:44	4.7 (42.3%)
144	<b>KOCIEMBA Adrianna</b>	<b>13</b>		K40	9	00:56:00	03:31:43	<b>09:14:24.25</b>	<b>09:14:29.40</b>	+05:20:19 (57.8%)	12:44	4.7 (42.3%)
145	<b>PASZEK Krystyna</b>	<b>4</b>	WOLNI BIEGACZE SLOW JOGGING GRODZISK MAZOWIECKI	K60	2	01:01:21	03:33:02	<b>09:18:30.60</b>	<b>09:18:51.75</b>	+05:24:42 (58.1%)	12:50	4.7 (42.3%)
146	<b>PAŁASZYŃSKA Beata</b>	<b>100</b>	MUD FOXES	K40	10	01:00:29	03:38:29	<b>09:23:26.05</b>	<b>09:23:54.60</b>	+05:29:45 (58.5%)	12:57	4.6 (41.4%)
	<b>DURKOWSKI Marcin</b>	<b>85</b>	SOBOTATOSOBOTA	M30		00:27:51 DNF	01:47:13 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>POZNIAK Robert</b>	<b>81</b>	OD JEZIORA DO JEZIORA	M50		DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 148 wynik(ów)