



**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

**RUDAWY ZIMOWY FESTIWAL BIEGOWY**  
Fundacja Szczyt za Szczytem  
2025-02-08  
Karpniki  
43.5 km

## CZTERDZIESTKA

B4SPORT  
INTELEKTNE ZAWODY SPORTOWE

**B4SPORT**  
INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szwajcarka 4.5km	Nad Mniszkowem 11.5km	Kolorowe Jeziora 19.5km	Strużnica 32.5km	Czas netto 43.5km	Czas brutto 43.5km	Różn	Tempo min/km	Tempo km/h
1	<b>CZERNIAK Paweł</b>	<b>74</b>	BLACK HAT PRO	M40	1	00:26:11	01:01:11	01:37:45	02:57:29	<b>03:59:49.80</b>	<b>03:59:51.55</b>		5:30	10.9 (100%)
2	<b>MILEWSKI Dominik</b>	<b>121</b>	BAGIENNY GÓRAL TEAM	M20	1	00:26:58	01:06:09	01:45:25	03:05:15	<b>04:03:33.70</b>	<b>04:03:35.95</b>	+00:03:44 (1.5%)	5:35	10.7 (98.2%)
3	<b>BRÝDL Pavel</b>	<b>127</b>	SALOMON CZ	M40	2	00:26:31	01:01:32	01:39:19	03:05:54	<b>04:12:27.00</b>	<b>04:12:28.75</b>	+00:12:37 (5.0%)	5:48	10.3 (94.5%)
4	<b>OTRĘBA Maciej</b>	<b>146</b>		M40	3	00:28:44	01:07:09	01:47:00	03:17:17	<b>04:35:46.80</b>	<b>04:35:49.10</b>	+00:35:57 (13.0%)	6:20	9.5 (87.2%)
5	<b>ŻURAW Wiktor</b>	<b>63</b>		M20	2	00:30:20	01:10:04	01:52:06	03:26:18	<b>04:35:52.75</b>	<b>04:35:55.40</b>	+00:36:03 (13.1%)	6:20	9.5 (87.2%)
6	<b>MOCZULSKA Małgorzata</b>	<b>93</b>	CODETWO	K40	1	00:29:38	01:09:54	01:52:02	03:27:19	<b>04:41:52.45</b>	<b>04:41:55.00</b>	+00:42:03 (14.9%)	6:28	9.3 (85.3%)
7	<b>KAMERDUŁA Łukasz</b>	<b>28</b>		M40	4	00:28:43	01:07:11	01:46:55	03:23:15	<b>04:44:43.00</b>	<b>04:44:46.15</b>	+00:44:54 (15.8%)	6:32	9.2 (84.4%)
8	<b>DYDYŃSKI Dawid</b>	<b>149</b>		M20	3	00:30:53	01:13:43	01:58:14	03:35:33	<b>04:50:41.85</b>	<b>04:50:54.80</b>	+00:51:03 (17.5%)	6:40	9 (82.6%)
9	<b>LIPNICKA Marta</b>	<b>133</b>	ULTRAKOTLINA TEAM	K30	1	00:31:50	01:14:52	01:58:31	03:36:54	<b>04:54:10.35</b>	<b>04:54:13.55</b>	+00:54:22 (18.5%)	6:45	8.9 (81.7%)
10	<b>KASPRZAK Piotr</b>	<b>17</b>		M20	4	00:31:50	01:14:48	01:58:51	03:42:00	<b>05:01:36.85</b>	<b>05:01:40.50</b>	+01:01:48 (20.5%)	6:56	8.7 (79.8%)
11	<b>ZIENTARA Krzysztof</b>	<b>37</b>		M40	5	00:32:04	01:14:40	01:58:29	03:41:24	<b>05:05:02.75</b>	<b>05:05:12.05</b>	+01:05:20 (21.4%)	7:00	8.6 (78.9%)
12	<b>JASTRZĘBSKI Szymon</b>	<b>5</b>		M40	6	00:31:26	01:14:47	01:59:27	03:43:35	<b>05:11:11.25</b>	<b>05:11:15.60</b>	+01:11:24 (22.9%)	7:09	8.4 (77.1%)
13	<b>MIKA Andrzej</b>	<b>32</b>	PRZEDWOJEWSKI TEAM	M30	1	00:31:15	01:14:12	01:58:28	03:46:49	<b>05:13:04.25</b>	<b>05:13:08.00</b>	+01:13:16 (23.4%)	7:11	8.3 (76.1%)
14	<b>OLCZYK Grzegorz</b>	<b>52</b>	DRÄXLMAIER	M30	2	00:33:25	01:17:59	02:03:21	03:52:24	<b>05:13:18.60</b>	<b>05:13:22.40</b>	+01:13:30 (23.5%)	7:12	8.3 (76.1%)
15	<b>KOZIEŁ Tomasz</b>	<b>25</b>		M40	7	00:32:53	01:16:54	02:01:35	03:49:06	<b>05:14:18.70</b>	<b>05:14:21.70</b>	+01:14:30 (23.7%)	7:13	8.3 (76.1%)
16	<b>KŁOPOTEK Marcin</b>	<b>33</b>	EXTREMALNE FAMILY	M50	1	00:34:28	01:22:51	02:12:30	04:04:32	<b>05:27:48.15</b>	<b>05:27:51.00</b>	+01:27:59 (26.8%)	7:32	8 (73.4%)
17	<b>KRZYŻAŃSKI Mieszko</b>	<b>73</b>		M20	5	00:41:41	01:33:57	02:25:50	04:14:11	<b>05:33:22.50</b>	<b>05:33:29.10</b>	+01:33:37 (28.1%)	7:39	7.8 (71.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Nad				Kolorowe		Czas netto 43.5km	Czas brutto 43.5km	Różn	Tempo min/km	Tempo km/h
						Szwajcarka 4.5km	Mniszkowem 11.5km	Jeziorka 19.5km	Strużnica 32.5km	43.5km	43.5km					
18	<b>GABACZEWSKI Gracjan</b>	<b>147</b>		M20	6	00:33:20	01:20:17	02:15:29	04:09:18	<b>05:39:48.15</b>	<b>05:40:00.35</b>	+01:40:08 (29.5%)	7:48	7.7 (70.6%)		
19	<b>SMOLARA Krzysztof</b>	<b>38</b>	PASMO TEAM	M40	8	00:40:12	01:29:27	02:17:30	04:11:52	<b>05:40:35.05</b>	<b>05:40:46.90</b>	+01:40:55 (29.6%)	7:49	7.7 (70.6%)		
20	<b>GARCZYK Rafał</b>	<b>106</b>	ULTRA PEFRON TEAM	M40	9	00:39:30	01:29:59	02:20:23	04:17:55	<b>05:44:50.65</b>	<b>05:44:55.20</b>	+01:45:03 (30.5%)	7:55	7.6 (69.7%)		
21	<b>BILSKI Piotr</b>	<b>109</b>	WI RUN	M30	3	00:37:08	01:27:47	02:15:51	04:13:13	<b>05:45:29.85</b>	<b>05:45:35.05</b>	+01:45:43 (30.6%)	7:56	7.6 (69.7%)		
22	<b>MISTYGACZ Jakub</b>	<b>145</b>	ANTONTEAM	M40	10	00:35:50	01:28:10	02:18:25	04:15:55	<b>05:47:00.10</b>	<b>05:47:05.40</b>	+01:47:13 (30.9%)	7:58	7.5 (68.8%)		
23	<b>SZONDA Istvan</b>	<b>96</b>		M40	11	00:38:55	01:25:31			<b>05:49:38.80</b>	<b>05:49:57.55</b>	+01:50:06 (31.5%)	8:02	7.5 (68.8%)		
24	<b>KŁODNICKI Krzysztof</b>	<b>107</b>		M40	12	00:32:52	01:20:36	02:09:59	04:14:22	<b>05:52:47.80</b>	<b>05:52:53.75</b>	+01:53:02 (32.0%)	8:06	7.4 (67.9%)		
25	<b>ŻOŁDAK Magdalena</b>	<b>61</b>	ADIDAS RUNNERS POZNAŃ	K40	2	00:38:04	01:28:13	02:18:10	04:19:12	<b>05:52:58.30</b>	<b>05:53:03.05</b>	+01:53:11 (32.1%)	8:06	7.4 (67.9%)		
26	<b>GŁOWIŃSKI Robert</b>	<b>72</b>	KOMORNICKA GRUPA BIEGOWA GRZMOT	M50	2	00:38:08	01:28:20	02:18:03	04:18:59	<b>05:53:19.45</b>	<b>05:53:27.05</b>	+01:53:35 (32.1%)	8:07	7.4 (67.9%)		
27	<b>JANKOWSKI Marcin</b>	<b>84</b>	FUFUFU TEAM	M40	13	00:37:11	01:27:01	02:16:53	04:21:52	<b>05:53:47.55</b>	<b>05:53:52.20</b>	+01:54:00 (32.2%)	8:07	7.4 (67.9%)		
28	<b>CZERNIAK Wioleta</b>	<b>138</b>		K40	3	00:40:07	01:29:02	02:20:25	04:26:05	<b>05:57:32.05</b>	<b>05:57:38.40</b>	+01:57:46 (32.9%)	8:13	7.3 (67.0%)		
29	<b>KOWALCZYK Tomasz</b>	<b>48</b>		M40	14	00:35:17	01:24:53	02:13:09	04:20:15	<b>05:57:43.05</b>	<b>05:57:49.70</b>	+01:57:58 (33.0%)	8:13	7.3 (67.0%)		
30	<b>JANKOWSKI Krzysztof</b>	<b>148</b>		M30	4	00:35:37	01:26:51	02:18:58	04:20:32	<b>05:59:19.05</b>	<b>05:59:29.90</b>	+01:59:38 (33.3%)	8:15	7.3 (67.0%)		
31	<b>RESPONDEK Anna</b>	<b>16</b>		K40	4	00:39:30	01:33:09	02:25:34	04:28:45	<b>06:03:00.20</b>	<b>06:03:10.90</b>	+02:03:19 (34.0%)	8:20	7.2 (66.1%)		
32	<b>RZECKI Radosław</b>	<b>44</b>		M30	5	00:35:17	01:26:44	02:16:59	04:28:47	<b>06:08:16.50</b>	<b>06:08:23.00</b>	+02:08:31 (34.9%)	8:27	7.1 (65.1%)		
33	<b>NASKRĘT Piotr</b>	<b>22</b>	KOWARY BIEGAJĄ	M40	15	00:38:09	01:28:16	02:19:01	04:29:31	<b>06:09:20.50</b>	<b>06:09:25.00</b>	+02:09:33 (35.1%)	8:29	7.1 (65.1%)		
34	<b>HRUSZOWIEC Paweł</b>	<b>42</b>	PAN COGITO S.C.	M50	3			02:23:38	04:37:10	<b>06:10:15.00</b>	<b>06:10:16.00</b>	+02:10:24 (35.2%)	8:30	7 (64.2%)		
35	<b>LITWIN Monika</b>	<b>102</b>		K40	5	00:37:19	01:26:24		04:34:08	<b>06:11:03.30</b>	<b>06:11:12.60</b>	+02:11:21 (35.4%)	8:31	7 (64.2%)		
36	<b>DEJA Dariusz</b>	<b>69</b>	BIDFOOD FARUTEX	M40	16	00:39:08	01:32:28	02:25:06	04:30:19	<b>06:12:04.00</b>	<b>06:12:10.50</b>	+02:12:18 (35.6%)	8:33	7 (64.2%)		
37	<b>ADAMSKI Tomasz</b>	<b>2</b>	GITT DRUŻYNA	M40	17	00:36:08	01:24:55	02:12:48	04:23:19	<b>06:12:54.40</b>	<b>06:13:09.05</b>	+02:13:17 (35.7%)	8:34	7 (64.2%)		
38	<b>BENTKOWSKA Magdalena</b>	<b>126</b>	DIRTY SPARROWS	K30	2	00:39:22	01:35:41	02:28:54	04:38:10	<b>06:13:15.20</b>	<b>06:13:22.65</b>	+02:13:31 (35.8%)	8:34	7 (64.2%)		
39	<b>SZYMAŃSKI Paweł</b>	<b>88</b>		M30	6	00:37:26	01:27:48	02:18:30	04:28:52	<b>06:14:16.65</b>	<b>06:14:23.05</b>	+02:14:31 (35.9%)	8:36	7 (64.2%)		
40	<b>IDCZAK Agnieszka</b>	<b>132</b>		K30	3	00:38:39	01:29:10	02:23:34	04:37:09	<b>06:17:40.80</b>	<b>06:17:48.00</b>	+02:17:56 (36.5%)	8:40	6.9 (63.3%)		
41	<b>MIELNIK Michał</b>	<b>83</b>	PANICZE	M30	7	00:38:32	01:29:07	02:21:16	04:29:39	<b>06:20:04.40</b>	<b>06:20:10.30</b>	+02:20:18 (36.9%)	8:44	6.9 (63.3%)		
42	<b>PETER Maciej</b>	<b>27</b>		M20	7	00:33:29	01:18:02	02:16:46	04:42:09	<b>06:21:40.05</b>	<b>06:21:55.30</b>	+02:22:03 (37.2%)	8:46	6.8 (62.4%)		

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Nad		Kolorowe		Czas		Różn	Tempo min/km	Tempo km/h
						Szwajcarka 4.5km	Mniszkowem 11.5km	Jeziorka 19.5km	Strużnica 32.5km	netto 43.5km	brutto 43.5km			
43	WIKTOROWICZ Tomasz	77		M50	4	00:39:22	01:33:55	02:27:31	04:38:18	06:21:42.75	06:21:56.65	+02:22:05 (37.2%)	8:46	6.8 (62.4%)
44	WASILEWSKI Marcin	4		M30	8	00:38:26	01:31:14	02:23:52	04:37:33	06:24:08.20	06:24:11.85	+02:24:20 (37.6%)	8:49	6.8 (62.4%)
45	RABIEJ-OLSZEWSKA Hanna	131	SOBAS TEAM	K40	6	00:39:17	01:32:12	02:26:41	04:42:23	06:24:30.95	06:24:34.40	+02:24:42 (37.6%)	8:50	6.8 (62.4%)
46	MÁROVÁ Klára	56		K40	7	00:42:34	01:35:41	02:31:37	04:43:19	06:25:04.25	06:25:07.25	+02:25:15 (37.7%)	8:51	6.8 (62.4%)
47	OLSZEWSKI Artur	122	FRAM	M40	18	00:44:30	01:46:49	02:45:50	04:55:22	06:25:33.30	06:25:43.50	+02:25:51 (37.8%)	8:51	6.8 (62.4%)
48	SZCZERBAKOWICZ Kamil	76		M30	9	00:40:32	01:33:29	02:25:59	04:43:28	06:26:02.50	06:26:13.00	+02:26:21 (37.9%)	8:52	6.8 (62.4%)
49	PATROŃSKI Adam	117	ŻARŁOKI	M30	10	00:42:44	01:37:40	02:32:26	04:48:41	06:29:20.45	06:29:30.60	+02:29:39 (38.4%)	8:57	6.7 (61.5%)
50	NAPIERAŁA Marcin	34	GB WIELKOPOLSCY BIEGACZE / BIEGAJĄCE KREJZOLE	M40	19	00:38:05	01:29:52	02:26:33	04:46:33	06:29:34.45	06:29:39.65	+02:29:48 (38.4%)	8:57	6.7 (61.5%)
51	PATROŃSKA Magdalena	116	ŻARŁOKI	K30	4	00:42:45	01:37:40	02:32:32	04:48:04	06:29:57.95	06:30:07.60	+02:30:16 (38.5%)	8:57	6.7 (61.5%)
52	SIKORA Malwina	1	DROGA DO ULTRA	K30	5	00:45:37	01:40:52	02:37:07	04:47:25	06:30:15.50	06:30:24.30	+02:30:32 (38.6%)	8:58	6.7 (61.5%)
53	CIEŚLIK Sławomir	53	ANTONTEAM	M40	20	00:41:55	01:36:59	02:31:03	04:48:16	06:30:59.65	06:31:05.45	+02:31:13 (38.7%)	8:59	6.7 (61.5%)
54	DEM CZUK Marek	49		M40	21	00:42:16	01:38:13	02:37:06	04:46:53	06:33:28.15	06:33:34.35	+02:33:42 (39.1%)	9:02	6.6 (60.6%)
55	KORZYCKI Tadeusz	113	AMATOR	M60	1	00:41:12	01:33:42	02:30:38	04:48:11	06:37:59.30	06:38:07.95	+02:38:16 (39.8%)	9:08	6.6 (60.6%)
56	ŁATKA Mateusz	20		M30	11	00:40:37	01:33:43	02:27:20	04:48:42	06:39:29.50	06:39:37.30	+02:39:45 (40.0%)	9:11	6.5 (59.6%)
57	WOLSKI Krzysztof	23		M30	12	00:39:50	01:35:29	02:33:38	04:57:42	06:41:41.45	06:41:49.60	+02:41:58 (40.3%)	9:14	6.5 (59.6%)
58	KOWALCZUK Anna	19		K40	8	00:41:29	01:36:22	02:31:05	04:57:21	06:41:54.50	06:42:09.90	+02:42:18 (40.4%)	9:14	6.5 (59.6%)
59	SZKUDLAREK Karol	105	LUSÓWKO	M40	22	00:39:18	01:35:12	02:30:36	04:53:57	06:42:28.95	06:42:33.90	+02:42:42 (40.4%)	9:15	6.5 (59.6%)
60	SUDUŁ Jarek	128	WIERZBICKI RUNNING PROJECT	M50	5	00:39:30	01:34:30	02:29:38	04:53:01	06:43:53.60	06:44:00.85	+02:44:09 (40.6%)	9:17	6.5 (59.6%)
61	DĄBROWSKI Bartosz	124		M40	23	00:41:17	01:34:03	02:27:38	04:53:32	06:44:33.75	06:44:44.60	+02:44:53 (40.7%)	9:18	6.5 (59.6%)
62	SZNURA Dominik	104	WI RUN	M30	13	00:40:49	01:36:17	02:29:36	04:52:20	06:45:34.95	06:45:40.05	+02:45:48 (40.9%)	9:19	6.4 (58.7%)
63	BRYŁKOWSKA Alicja	114		K30	6	00:44:54	01:43:46	02:42:11	05:06:42	06:47:11.10	06:47:21.80	+02:47:30 (41.1%)	9:21	6.4 (58.7%)
64	KOZIAROWSKI Michał	13	#DZIKIZPRZYLESIA	M40	24	00:40:57	01:35:04	02:31:22	04:54:10	06:47:35.35	06:47:45.25	+02:47:53 (41.2%)	9:22	6.4 (58.7%)
65	SREJ Balazs	142		M40	25	00:44:26	01:41:27	02:41:02	05:03:01	06:48:18.60	06:48:27.75	+02:48:36 (41.3%)	9:23	6.4 (58.7%)
66	WOJCIESZYŃSKI Tomasz	137	BBL GORZÓW	M50	6	00:39:45	01:34:30	02:29:30	04:57:21	06:48:53.45	06:49:01.05	+02:49:09 (41.4%)	9:23	6.4 (58.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Nad				Kolorowe		Czas netto 43.5km	Czas brutto 43.5km	Różn	Tempo min/km	Tempo km/h
						Szwajcarka 4.5km	Mniszkowem 11.5km	Jeziorka 19.5km	Strużnica 32.5km	Jeziorka	Strużnica					
67	<b>NIEDZIELA Marcin</b>	<b>136</b>	FAT MAMA'S SPORT CLUB	M50	7	00:44:40	01:42:54	02:40:50	05:04:50	<b>06:51:38.45</b>	<b>06:51:56.10</b>	+02:52:04 (41.8%)	9:27	6.3 (57.8%)		
68	<b>MARCELA Marcin</b>	<b>30</b>	FAT MAMA'S SPORT CLUB	M40	26	00:44:40	01:42:59	02:40:47	05:04:53	<b>06:51:38.70</b>	<b>06:51:56.35</b>	+02:52:04 (41.8%)	9:27	6.3 (57.8%)		
69	<b>CZAJKA Elżbieta</b>	<b>118</b>	CEBULA TEAM	K30	7	00:46:57	01:44:33	02:40:53	05:02:36	<b>06:54:36.10</b>	<b>06:54:43.55</b>	+02:54:52 (42.2%)	9:31	6.3 (57.8%)		
70	<b>KUC Patryk</b>	<b>97</b>		M30	14	00:41:52	01:37:26	02:37:00	05:08:09	<b>06:55:27.35</b>	<b>06:55:36.00</b>	+02:55:44 (42.3%)	9:33	6.3 (57.8%)		
71	<b>KUZAK Bożena</b>	<b>82</b>		K40	9	00:43:51	01:39:43	02:41:07	05:08:01	<b>06:57:14.40</b>	<b>06:57:26.10</b>	+02:57:34 (42.5%)	9:35	6.3 (57.8%)		
72	<b>LAGUTKO Mikołai</b>	<b>144</b>		M30	15	00:45:00	01:43:17	02:41:20	05:04:35	<b>06:57:21.50</b>	<b>06:57:33.10</b>	+02:57:41 (42.6%)	9:35	6.3 (57.8%)		
73	<b>PRZYBYLSKA Aleksandra</b>	<b>111</b>		K30	8	00:46:45	01:46:32	02:45:05	05:08:03	<b>06:58:39.60</b>	<b>06:58:57.75</b>	+02:59:06 (42.7%)	9:37	6.2 (56.9%)		
74	<b>WOŹNIAK Sebastian</b>	<b>101</b>		M40	27	00:43:37	01:43:10	02:41:15	05:02:34	<b>06:59:44.75</b>	<b>06:59:57.40</b>	+03:00:05 (42.9%)	9:38	6.2 (56.9%)		
75	<b>MIODEK Adrian</b>	<b>112</b>	DIRTY SPARROWS	M40	28	00:39:27	01:38:08	02:34:18	05:06:55	<b>06:59:52.70</b>	<b>06:59:59.80</b>	+03:00:08 (42.9%)	9:39	6.2 (56.9%)		
76	<b>SZYMCZYK Michał</b>	<b>60</b>		M50	8	00:41:51	01:37:26	02:36:57	05:08:20	<b>07:00:49.55</b>	<b>07:00:58.55</b>	+03:01:07 (43.0%)	9:40	6.2 (56.9%)		
77	<b>SKIBIŃSKA Aldona</b>	<b>67</b>		K50	1	00:41:14	01:36:41	02:33:53		<b>07:02:44.85</b>	<b>07:02:51.95</b>	+03:03:00 (43.3%)	9:43	6.2 (56.9%)		
78	<b>KUBIAK Karolina</b>	<b>123</b>	FRAM	K40	10	00:44:28	01:46:36	02:48:19	05:15:48	<b>07:03:43.80</b>	<b>07:03:55.00</b>	+03:04:03 (43.4%)	9:44	6.2 (56.9%)		
79	<b>BURAK Olga</b>	<b>87</b>		K30	9	00:43:06	01:42:52	02:42:27	05:15:03	<b>07:03:55.35</b>	<b>07:04:48.10</b>	+03:04:56 (43.5%)	9:44	6.2 (56.9%)		
80	<b>KOZŁOWSKI Rafał</b>	<b>58</b>	RUNNERS KONIN	M40	29	00:46:13	01:46:39	02:46:56	05:17:01	<b>07:11:39.45</b>	<b>07:11:53.60</b>	+03:12:02 (44.5%)	9:55	6 (55.0%)		
81	<b>KOBYŁKA Marek</b>	<b>40</b>	SUPERMARATON KALISZ	M50	9	00:45:09	01:45:24	02:42:17	05:16:51	<b>07:13:41.15</b>	<b>07:14:00.25</b>	+03:14:08 (44.7%)	9:58	6 (55.0%)		
82	<b>SAMEK Aleksander</b>	<b>35</b>		M40	30	00:42:22	01:38:26	02:39:35	05:16:09	<b>07:14:26.75</b>	<b>07:14:32.65</b>	+03:14:41 (44.8%)	9:59	6 (55.0%)		
83	<b>SZELAĞIEWICZ Arek</b>	<b>47</b>	CI OD RUDEGO KOTA	M50	10	00:42:28	01:43:47	02:42:11	05:20:59	<b>07:15:10.65</b>	<b>07:15:24.20</b>	+03:15:32 (44.9%)	10:00	6 (55.0%)		
84	<b>BUSZKOWSKI Filip</b>	<b>108</b>	SPORTOWY KAŻMIERZ	M50	11	00:44:27	01:45:43	02:43:12	05:21:43	<b>07:15:46.70</b>	<b>07:15:59.95</b>	+03:16:08 (45.0%)	10:01	6 (55.0%)		
85	<b>BARTOSIEWICZ Adam</b>	<b>50</b>		M40	31	00:47:26	01:50:02	02:53:31	05:24:27	<b>07:17:51.60</b>	<b>07:18:05.60</b>	+03:18:14 (45.2%)	10:03	6 (55.0%)		
86	<b>KOSTOWSKI Roman</b>	<b>99</b>		M30	16	00:43:37	01:43:08	02:42:00	05:19:59	<b>07:19:15.35</b>	<b>07:19:28.60</b>	+03:19:37 (45.4%)	10:05	5.9 (54.1%)		
87	<b>ZASADA Iwona</b>	<b>10</b>	GITT DRUŻYNA	K40	11	00:42:55	01:48:52	02:51:53	05:24:49	<b>07:21:49.55</b>	<b>07:22:04.75</b>	+03:22:13 (45.7%)	10:09	5.9 (54.1%)		
88	<b>MARCHWAT Daniel</b>	<b>41</b>		M30	17	00:41:48	01:42:57	02:42:37	05:16:51	<b>07:21:58.85</b>	<b>07:22:21.45</b>	+03:22:29 (45.8%)	10:09	5.9 (54.1%)		
89	<b>PTAK Dorota</b>	<b>141</b>	PIĄTKOWO NA BIEGOWO	K50	2	00:47:03	01:52:08	02:58:13	05:30:39	<b>07:22:51.75</b>	<b>07:23:05.45</b>	+03:23:13 (45.9%)	10:10	5.9 (54.1%)		
90	<b>PTAK Adam</b>	<b>140</b>	PIĄTKOWO NA BIEGOWO	M50	12	00:47:01	01:52:06	02:58:10	05:30:13	<b>07:22:51.25</b>	<b>07:23:05.60</b>	+03:23:14 (45.9%)	10:10	5.9 (54.1%)		
91	<b>BUJAK Paweł</b>	<b>103</b>	WI RUN	M30	18	00:41:47	01:38:17	02:37:18	05:21:20	<b>07:24:16.30</b>	<b>07:24:22.00</b>	+03:24:30 (46.0%)	10:12	5.9 (54.1%)		

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Nad				Kolorowe		Czas netto 43.5km	Czas brutto 43.5km	Różn	Tempo min/km	Tempo km/h
						Szwajcarka 4.5km	Mniszkowem 11.5km	Jeziorka 19.5km	Strużnica 32.5km	Strużnica 32.5km	Strużnica 32.5km					
92	<b>BINKOWSKA Marta</b>	<b>24</b>	ŚWIERCZEWO RUN	K30	10	00:43:05	01:44:39	02:46:00	05:30:44	<b>07:25:16.65</b>	<b>07:25:31.45</b>	+03:25:39 (46.2%)	10:14	5.9 (54.1%)		
93	<b>BURZYŃSKA Emilia</b>	<b>36</b>	BIEGAJĄCE KREJZOLE	K30	11	00:43:48	01:45:41	02:44:27	05:30:35	<b>07:25:58.40</b>	<b>07:26:08.25</b>	+03:26:16 (46.2%)	10:15	5.9 (54.1%)		
94	<b>CHMIELEWSKA Karolina</b>	<b>143</b>	PTTK TERAZ SUDETY	K40	12	00:43:48	01:45:41	02:44:24	05:30:38	<b>07:25:58.25</b>	<b>07:26:08.30</b>	+03:26:16 (46.2%)	10:15	5.9 (54.1%)		
95	<b>BARANOWSKI Adam</b>	<b>8</b>	TEMMPO WAŁBRZYCH	M50	13	00:41:35	01:40:25	02:47:11	05:28:22	<b>07:27:27.20</b>	<b>07:27:34.95</b>	+03:27:43 (46.4%)	10:17	5.8 (53.2%)		
96	<b>SYCHOWSKI Dawid</b>	<b>15</b>		M40	32	00:42:54	01:44:12	02:47:22	05:30:16	<b>07:28:38.55</b>	<b>07:28:48.15</b>	+03:28:56 (46.6%)	10:18	5.8 (53.2%)		
97	<b>LIS Wojciech</b>	<b>21</b>	WIERZBICKI RUNNING PROJECT	M40	33	00:44:19	01:47:11	02:49:34	05:24:52	<b>07:29:06.85</b>	<b>07:29:22.85</b>	+03:29:31 (46.6%)	10:19	5.8 (53.2%)		
98	<b>TOPOROWSKI Dariusz</b>	<b>129</b>	GRUPA BIEGOWA TRISTONE WAŁBRZYCH	M30	19	00:42:14	01:41:16	02:42:07	05:21:21	<b>07:32:09.70</b>	<b>07:32:21.40</b>	+03:32:29 (47.0%)	10:23	5.8 (53.2%)		
99	<b>ZIEMNIAK Marcin</b>	<b>59</b>		M30	20	00:46:03	01:47:52	02:53:44	05:30:25	<b>07:35:03.60</b>	<b>07:35:16.05</b>	+03:35:24 (47.3%)	10:27	5.7 (52.3%)		
100	<b>BORECKI Michał</b>	<b>29</b>		M30	21	00:46:20	01:47:39	02:47:37	05:31:17	<b>07:35:15.45</b>	<b>07:35:36.35</b>	+03:35:44 (47.4%)	10:27	5.7 (52.3%)		
101	<b>KAMELA-KRÓL Iwona</b>	<b>86</b>	BRACTWO BIEGOWE BGK	K40	13	00:45:34	01:53:34	02:56:57	05:35:28	<b>07:36:03.35</b>	<b>07:36:14.75</b>	+03:36:23 (47.4%)	10:29	5.7 (52.3%)		
102	<b>RAJEWSKA Magdalena</b>	<b>85</b>	BANICI ULTRA / NIGHT RUNNERS POZNAŃ	K30	12	00:45:34	01:53:32	02:56:54	05:35:15	<b>07:36:03.60</b>	<b>07:36:14.90</b>	+03:36:23 (47.4%)	10:29	5.7 (52.3%)		
103	<b>TERETYKA Dorota</b>	<b>70</b>	BANICI ULTRA	K50	3	00:45:34	01:53:35	02:56:52	05:35:14	<b>07:36:04.35</b>	<b>07:36:15.15</b>	+03:36:23 (47.4%)	10:29	5.7 (52.3%)		
104	<b>STAMM Tomasz</b>	<b>78</b>		M50	14	00:44:41	01:49:37	02:56:31	05:36:09	<b>07:38:02.55</b>	<b>07:38:11.10</b>	+03:38:19 (47.7%)	10:31	5.7 (52.3%)		
105	<b>STRONIKOWSKI Kamil</b>	<b>6</b>	DRUŻYNA STASIA	M40	34	00:48:19	01:52:06	02:56:53	05:38:52	<b>07:46:37.15</b>	<b>07:46:55.00</b>	+03:47:03 (48.6%)	10:43	5.6 (51.4%)		
106	<b>ZIÓŁKOWSKI Robert</b>	<b>62</b>		M40	35	00:48:52	01:51:39	02:54:04	05:42:14	<b>07:47:50.35</b>	<b>07:48:13.70</b>	+03:48:22 (48.8%)	10:45	5.6 (51.4%)		
107	<b>MILLER Agnieszka</b>	<b>14</b>	BBL LASY BOGDANIEC	K30	13	00:45:50	01:50:11	02:55:30	05:42:37	<b>07:48:58.10</b>	<b>07:49:14.50</b>	+03:49:22 (48.9%)	10:46	5.6 (51.4%)		
108	<b>OLEKSIAK Paweł</b>	<b>130</b>	SAMOTNY WILK	M40	36	00:44:10	01:44:28	02:46:51	05:38:07	<b>07:54:09.60</b>	<b>07:54:25.70</b>	+03:54:34 (49.4%)	10:54	5.5 (50.5%)		
109	<b>STANEK Bartosz</b>	<b>94</b>	PLEWISKA BIEGAJĄ	M30	22	00:44:15	01:43:01	02:42:58	05:40:19	<b>07:55:27.40</b>	<b>07:55:40.15</b>	+03:55:48 (49.6%)	10:55	5.5 (50.5%)		
110	<b>KORBANEK Emilia</b>	<b>55</b>	OWOC BIEGA TEAM	K50	4	00:50:53	01:56:43	03:05:41	05:57:38	<b>07:57:04.05</b>	<b>07:57:18.90</b>	+03:57:27 (49.7%)	10:58	5.5 (50.5%)		
111	<b>MAZUREK Wojciech</b>	<b>139</b>		M40	37	00:46:14	01:45:40	02:47:58	05:38:05	<b>07:57:08.85</b>	<b>07:57:24.50</b>	+03:57:32 (49.8%)	10:58	5.5 (50.5%)		
112	<b>LIS Sebastian</b>	<b>71</b>		M30	23	00:45:25	01:44:39	02:47:20	05:42:16	<b>07:57:14.00</b>	<b>07:57:29.15</b>	+03:57:37 (49.8%)	10:58	5.5 (50.5%)		
113	<b>KLUKOWSKI Kamil</b>	<b>39</b>		M40	38	00:41:07	01:38:29	02:40:07	05:40:10	<b>07:58:17.40</b>	<b>07:58:25.45</b>	+03:58:33 (49.9%)	10:59	5.5 (50.5%)		
114	<b>BIELEŃ Agnieszka</b>	<b>46</b>	OWOCBIEGA TEAM	K30	14	00:49:43	01:56:48	03:05:55	05:59:58	<b>08:00:32.45</b>	<b>08:00:42.00</b>	+04:00:50 (50.1%)	11:02	5.4 (49.5%)		
115	<b>CIĘŻKOWSKI Michał</b>	<b>120</b>		M40	39	00:49:30	01:53:31	03:03:47	05:54:20	<b>08:03:15.50</b>	<b>08:03:37.80</b>	+04:03:46 (50.4%)	11:06	5.4 (49.5%)		
116	<b>BOHDZIEWICZ Izabela</b>	<b>80</b>		K30	15	00:51:52	01:54:12	03:00:20	06:01:27	<b>08:09:34.75</b>	<b>08:09:54.10</b>	+04:10:02 (51.0%)	11:15	5.3 (48.6%)		

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Nad		Kolorowe		Czas		Różn	Tempo min/km	Tempo km/h
						Szwajcarka 4.5km	Mniszkowem 11.5km	Jeziorka 19.5km	Strużnica 32.5km	netto 43.5km	brutto 43.5km			
117	<b>MAJOWSKI Marcin</b>	<b>89</b>		M40	40	00:48:59	01:54:50	03:04:47	06:07:42	<b>08:18:10.85</b>	<b>08:18:27.95</b>	+04:18:36 (51.9%)	11:27	5.2 (47.7%)
118	<b>FRĄCKOWIAK Michał</b>	<b>64</b>		M30	24	00:52:03	01:58:00	03:07:47	06:06:27	<b>08:20:05.70</b>	<b>08:20:18.00</b>	+04:20:26 (52.1%)	11:29	5.2 (47.7%)
119	<b>DRYWA Ewelina</b>	<b>115</b>	LEVEL-GEO TEAM	K30	16	00:48:48	01:53:33	03:01:20	06:03:46	<b>08:34:41.35</b>	<b>08:34:52.75</b>	+04:35:01 (53.4%)	11:49	5.1 (46.8%)
120	<b>BASTA Grzegorz</b>	<b>3</b>	BIEGAM BO LUBIĘ LASY BOGDANIEC	M50	15	00:51:11	02:01:22	03:14:19	06:27:06	<b>08:43:47.70</b>	<b>08:44:03.90</b>	+04:44:12 (54.2%)	12:02	5 (45.9%)
121	<b>DUSZYŃSKI Jacek</b>	<b>68</b>	EDIT TEAM ZGORZELEC	M50	16	00:47:41	01:53:54	03:04:49	06:17:13	<b>08:48:36.50</b>	<b>08:48:45.45</b>	+04:48:53 (54.6%)	12:09	4.9 (45.0%)
122	<b>KOLCZYŃSKI Jarosław</b>	<b>51</b>	1ON1 RUNNING TEAM	M40	41	00:49:27	01:57:57	03:08:49	06:16:53	<b>08:50:18.15</b>	<b>08:50:34.90</b>	+04:50:43 (54.8%)	12:11	4.9 (45.0%)
123	<b>RYSZCZYK Adam</b>	<b>92</b>		M40	42	00:52:31	02:01:21	03:17:01		<b>08:55:41.65</b>	<b>08:55:57.75</b>	+04:56:06 (55.2%)	12:18	4.9 (45.0%)
124	<b>OZIMEK Przemysław</b>	<b>11</b>		M30	25	00:53:11	02:04:46	03:23:23	06:40:05	<b>09:02:18.15</b>	<b>09:02:35.35</b>	+05:02:43 (55.8%)	12:28	4.8 (44.0%)
125	<b>WIECZOREK Monika</b>	<b>12</b>	KILOMETRY POMOCY	K40	14	00:51:11	02:03:19	03:24:30	06:50:07	<b>09:22:07.20</b>	<b>09:22:13.10</b>	+05:22:21 (57.3%)	12:55	4.6 (42.2%)
126	<b>DONAJ Adam</b>	<b>9</b>		M50	17	00:57:18	02:07:16	03:24:35	06:50:52	<b>09:22:15.40</b>	<b>09:22:35.65</b>	+05:22:44 (57.4%)	12:55	4.6 (42.2%)
127	<b>NESVADBA Michal</b>	<b>134</b>		M40	43	01:03:52	02:28:28	03:51:04	06:56:36	<b>09:24:09.75</b>	<b>09:24:25.00</b>	+05:24:33 (57.5%)	12:58	4.6 (42.2%)
128	<b>PIETRZYKOWSKA Monika</b>	<b>45</b>		K50	5	00:59:48	02:23:09	03:41:22	06:52:54	<b>09:25:53.85</b>	<b>09:26:10.65</b>	+05:26:19 (57.6%)	13:00	4.6 (42.2%)
129	<b>PLASZCZYK Bartłomiej</b>	<b>135</b>		M40	44	00:53:59	02:13:36	03:43:05	07:03:56	<b>09:31:57.35</b>	<b>09:32:07.65</b>	+05:32:16 (58.1%)	13:08	4.6 (42.2%)
130	<b>MERKLINGHAUS-KOBER Monika</b>	<b>66</b>	SPEED FEET '16 / MIEJSKA KONDYCJA	K50	6	01:03:27	02:24:21	03:43:07	07:10:12	<b>09:39:42.60</b>	<b>09:39:56.60</b>	+05:40:05 (58.6%)	13:19	4.5 (41.3%)
131	<b>NOWAK Maciej</b>	<b>75</b>	MIEJSKA KONDYCJA/ SPEED FEET 16	M50	18	01:03:27	02:24:25	03:43:11	07:05:39	<b>09:39:51.45</b>	<b>09:40:05.00</b>	+05:40:13 (58.7%)	13:19	4.5 (41.3%)
	<b>BUGAJNY Damian</b>	<b>110</b>	SUPERMARATON KALISZ	M50		00:51:44 DNF	01:57:21 DNF	03:00:40 DNF	05:55:54 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>MAŁEK Tomasz</b>	<b>119</b>	GORZELAS RUNNING CLUB	M30		00:32:13 DNF	01:17:15 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>ZDEBSKA Magdalena</b>	<b>54</b>		K30		00:35:49 DNF	01:28:23 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>DWOJAK Filip</b>	<b>98</b>	TOMICA COACHING	M20		00:31:47 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Znaleziono 135 wynik(ów)