



# CZTERNASTKA NA ZAMEK

B4SPORT

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

CHOJNIK KARKONOSKI FESTIWAL BIEGOWY  
FUNDACJA PROFIT MARATON  
2023-09-02  
Sobieszów  
14 km

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 14km	Czas brutto 14km	Różn	Tempo min/km	Tempo km/h
1	<b>SOBAS Jacek</b>	<b>1577</b>		M30	1	<b>00:57:38.30</b>	<b>00:57:38.30</b>		4:07	14.6 (100%)
2	<b>MICHALAK Grzegorz</b>	<b>1493</b>	SPEC KABLE	M18	1	<b>00:58:25.20</b>	<b>00:58:25.20</b>	+00:00:46 (1.3%)	4:10	14.4 (98.6%)
3	<b>GÓRAK Przemysław</b>	<b>1442</b>	BLACK HAT PRO	M40	1	<b>01:01:36.85</b>	<b>01:01:36.85</b>	+00:03:58 (6.5%)	4:24	13.6 (93.2%)
4	<b>SZKOŁA Wojciech</b>	<b>1546</b>	NATURAL BORN RUNNERS	M30	2	<b>01:05:17.55</b>	<b>01:05:17.55</b>	+00:07:39 (11.7%)	4:39	12.9 (88.4%)
5	<b>WIECZOREK Nina</b>	<b>1560</b>	SBG SALCO	K18	1	<b>01:05:25.50</b>	<b>01:05:25.50</b>	+00:07:47 (11.9%)	4:40	12.8 (87.7%)
6	<b>DUL Karolina</b>	<b>1428</b>	SBG SALCO	K18	2	<b>01:05:44.95</b>	<b>01:05:44.95</b>	+00:08:06 (12.3%)	4:41	12.8 (87.7%)
7	<b>KRZYWICKI Stefan Kamil</b>	<b>1472</b>		M40	2	<b>01:10:17.95</b>	<b>01:10:17.95</b>	+00:12:39 (18.0%)	5:01	12 (82.2%)
8	<b>STELMACH Szymon</b>	<b>1540</b>		M30	3	<b>01:10:50.90</b>	<b>01:10:50.90</b>	+00:13:12 (18.6%)	5:03	11.9 (81.5%)
9	<b>RACHAŃSKI Michał</b>	<b>1520</b>		M30	4	<b>01:11:03.90</b>	<b>01:11:03.90</b>	+00:13:25 (18.9%)	5:04	11.8 (80.8%)
10	<b>HOJAN Łukasz</b>	<b>1451</b>	FEHLAU RUN TEAM	M30	5	<b>01:12:24.20</b>	<b>01:12:24.20</b>	+00:14:45 (20.4%)	5:10	11.6 (79.5%)
11	<b>PIENIAŻEK Patryk</b>	<b>1513</b>		M30	6	<b>01:14:04.65</b>	<b>01:14:04.65</b>	+00:16:26 (22.2%)	5:17	11.3 (77.4%)
12	<b>LIS Damian</b>	<b>1483</b>		M18	2	<b>01:15:01.75</b>	<b>01:15:01.75</b>	+00:17:23 (23.2%)	5:21	11.2 (76.7%)
13	<b>MAJEWSKI Maciej</b>	<b>1486</b>		M40	3	<b>01:15:32.20</b>	<b>01:15:32.20</b>	+00:17:53 (23.7%)	5:23	11.1 (76.0%)
14	<b>KUNKEL Mariusz</b>	<b>1476</b>	SMARUJ NA TRENING TEAM	M40	4	<b>01:16:30.00</b>	<b>01:16:30.00</b>	+00:18:51 (24.7%)	5:27	11 (75.3%)
15	<b>BIELAWSKI Marcin</b>	<b>1413</b>		M18	3	<b>01:16:45.15</b>	<b>01:16:45.15</b>	+00:19:06 (24.9%)	5:28	10.9 (74.7%)
16	<b>PERON Anita</b>	<b>1512</b>		K30	1	<b>01:16:49.05</b>	<b>01:16:49.05</b>	+00:19:10 (25.0%)	5:29	10.9 (74.7%)
17	<b>SZUMIŃSKI Artur</b>	<b>1548</b>		M50	1	<b>01:17:09.60</b>	<b>01:17:09.60</b>	+00:19:31 (25.3%)	5:30	10.9 (74.7%)
18	<b>PIETRZAK Sebastian</b>	<b>1514</b>		M30	7	<b>01:17:17.70</b>	<b>01:17:17.70</b>	+00:19:39 (25.4%)	5:31	10.9 (74.7%)
19	<b>ZDUŃCZYK Szymon</b>	<b>1568</b>	WALKA KOSTRZYN/ JESTEM OD ROMKA	M18	4	<b>01:18:19.05</b>	<b>01:18:19.05</b>	+00:20:40 (26.4%)	5:35	10.7 (73.3%)
20	<b>HEDZIELSKA Weronika</b>	<b>1576</b>	NATURAL BORN RUNNERS	K18	3	<b>01:18:20.65</b>	<b>01:18:20.65</b>	+00:20:42 (26.4%)	5:35	10.7 (73.3%)
21	<b>CZAPLA Łukasz</b>	<b>1421</b>		M40	5	<b>01:18:31.50</b>	<b>01:18:31.50</b>	+00:20:53 (26.6%)	5:36	10.7 (73.3%)
22	<b>CHOLEWIŃSKI Adam</b>	<b>1418</b>	WILKI Z LASU ŚW. ANTONI	M40	6	<b>01:19:28.55</b>	<b>01:19:28.55</b>	+00:21:50 (27.5%)	5:40	10.6 (72.6%)
23	<b>PODSKARBI Dawid</b>	<b>1516</b>		M40	7	<b>01:20:36.95</b>	<b>01:20:36.95</b>	+00:22:58 (28.5%)	5:45	10.4 (71.2%)
24	<b>ULANOWSKI Dawid</b>	<b>1555</b>	PIECHOTĄ PO SCHODACH	M30	8	<b>01:23:12.90</b>	<b>01:23:12.90</b>	+00:25:34 (30.7%)	5:56	10.1 (69.2%)
25	<b>SZUTER Wojciech</b>	<b>1549</b>		M18	5	<b>01:23:25.95</b>	<b>01:23:25.95</b>	+00:25:47 (30.9%)	5:57	10.1 (69.2%)
26	<b>DOBRYŃSKI Krzysztof</b>	<b>1426</b>		M40	8	<b>01:24:51.25</b>	<b>01:24:51.25</b>	+00:27:12 (32.1%)	6:03	9.9 (67.8%)
27	<b>JELEŃ Tomasz</b>	<b>1455</b>	EDI TEAM	M40	9	<b>01:24:59.60</b>	<b>01:24:59.60</b>	+00:27:21 (32.2%)	6:04	9.9 (67.8%)
28	<b>FRIEDRICH Radosław</b>	<b>1437</b>		M30	9	<b>01:26:42.85</b>	<b>01:26:42.85</b>	+00:29:04 (33.5%)	6:11	9.7 (66.4%)
29	<b>NOWOSAD Piotrek</b>	<b>1501</b>		M30	10	<b>01:26:47.30</b>	<b>01:26:47.30</b>	+00:29:09 (33.6%)	6:11	9.7 (66.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 14km	Czas brutto 14km	Różn	Tempo min/km	Tempo km/h
30	<b>OSTAŃSKI Adrian</b>	<b>1507</b>	CROSS TRENING BOX BOLESŁAWIEC	M30	11	<b>01:26:48.15</b>	<b>01:26:48.15</b>	+00:29:09 (33.6%)	6:12	9.7 (66.4%)
31	<b>CHRUŚCIŃSKA Joanna</b>	<b>1420</b>	ADIENT RUNNING TEAM	K18	4	<b>01:26:56.85</b>	<b>01:26:56.85</b>	+00:29:18 (33.7%)	6:12	9.7 (66.4%)
32	<b>GOŁASZEWSKI Marcin</b>	<b>1441</b>	ULTRAZABIEGANI	M40	10	<b>01:27:05.60</b>	<b>01:27:05.60</b>	+00:29:27 (33.8%)	6:13	9.6 (65.8%)
33	<b>TROJANOWSKI Bartosz</b>	<b>1553</b>	TRAIL IS OUR WAY	M18	6	<b>01:27:48.65</b>	<b>01:27:48.65</b>	+00:30:10 (34.4%)	6:16	9.6 (65.8%)
34	<b>NIEWRZENDOWSKA Marzena</b>	<b>1497</b>		K18	5	<b>01:28:37.20</b>	<b>01:28:37.20</b>	+00:30:58 (35.0%)	6:19	9.5 (65.1%)
35	<b>DĄBROWSKI Robert</b>	<b>1424</b>		M40	11	<b>01:28:53.45</b>	<b>01:28:53.45</b>	+00:31:15 (35.2%)	6:20	9.5 (65.1%)
36	<b>GÓRSKI Maciej</b>	<b>1444</b>		M50	2	<b>01:30:19.25</b>	<b>01:30:19.25</b>	+00:32:40 (36.2%)	6:27	9.3 (63.7%)
37	<b>PANKOWSKI Przemysław</b>	<b>1578</b>	WIECZNA LUFA	M40	12	<b>01:30:28.80</b>	<b>01:30:28.80</b>	+00:32:50 (36.3%)	6:27	9.3 (63.7%)
38	<b>KACZMAREK-ŚLĄSKA Ewa</b>	<b>1457</b>		K30	2	<b>01:30:34.60</b>	<b>01:30:34.60</b>	+00:32:56 (36.4%)	6:28	9.3 (63.7%)
39	<b>STANIEWSKI Michał</b>	<b>1537</b>		M30	12	<b>01:30:37.00</b>	<b>01:30:37.00</b>	+00:32:58 (36.4%)	6:28	9.3 (63.7%)
40	<b>KARCZEWSKI Daniel</b>	<b>1458</b>		M40	13	<b>01:31:00.65</b>	<b>01:31:00.65</b>	+00:33:22 (36.7%)	6:30	9.2 (63.0%)
41	<b>ZASIADŁY Daniel</b>	<b>1574</b>		M40	14	<b>01:31:04.55</b>	<b>01:31:04.55</b>	+00:33:26 (36.7%)	6:30	9.2 (63.0%)
42	<b>ZAWADZKA Dagmara</b>	<b>1565</b>		K30	3	<b>01:31:34.45</b>	<b>01:31:34.45</b>	+00:33:56 (37.1%)	6:32	9.2 (63.0%)
43	<b>SOCHA Wojciech</b>	<b>1536</b>		M40	15	<b>01:32:45.45</b>	<b>01:32:45.45</b>	+00:35:07 (37.9%)	6:37	9.1 (62.3%)
44	<b>SASS Gabriela</b>	<b>1582</b>		K18	6	<b>01:33:06.55</b>	<b>01:33:06.55</b>	+00:35:28 (38.1%)	6:39	9 (61.6%)
45	<b>KLESZCZYŃSKI Rafał</b>	<b>1461</b>		M30	13	<b>01:33:23.00</b>	<b>01:33:23.00</b>	+00:35:44 (38.3%)	6:40	9 (61.6%)
46	<b>KUCHTA Monika</b>	<b>1474</b>		K40	1	<b>01:33:36.25</b>	<b>01:33:36.25</b>	+00:35:57 (38.4%)	6:41	9 (61.6%)
47	<b>PAULI Maciej</b>	<b>1510</b>		M18	7	<b>01:33:48.55</b>	<b>01:33:48.55</b>	+00:36:10 (38.6%)	6:42	9 (61.6%)
48	<b>GÓRNA Amelia</b>	<b>1443</b>		K50	1	<b>01:34:17.30</b>	<b>01:34:17.30</b>	+00:36:39 (38.9%)	6:44	8.9 (61.0%)
49	<b>POSPIESZNY Robert</b>	<b>1517</b>		M40	16	<b>01:34:26.40</b>	<b>01:34:26.40</b>	+00:36:48 (39.0%)	6:44	8.9 (61.0%)
50	<b>KOWALEWSKI Tomasz</b>	<b>1466</b>	KOWALEWSKI TEAM	M30	14	<b>01:35:11.10</b>	<b>01:35:11.10</b>	+00:37:32 (39.4%)	6:47	8.8 (60.3%)
51	<b>KOWALEWSKI Paweł</b>	<b>1467</b>	KOWALEWSKI TEAM / CNS NOWA SÓL	M30	15	<b>01:35:11.25</b>	<b>01:35:11.25</b>	+00:37:32 (39.4%)	6:47	8.8 (60.3%)
52	<b>RĄCZKOWIAK Mateusz</b>	<b>1521</b>	USZŁO POWIETRZE Z DĘTKI	M30	16	<b>01:36:52.10</b>	<b>01:36:52.10</b>	+00:39:13 (40.5%)	6:55	8.7 (59.6%)
53	<b>JANIAK Magdalena</b>	<b>1452</b>		K18	7	<b>01:37:25.10</b>	<b>01:37:25.10</b>	+00:39:46 (40.8%)	6:57	8.6 (58.9%)
54	<b>GAWRYLUK Łukasz</b>	<b>1438</b>		M30	17	<b>01:38:32.50</b>	<b>01:38:32.50</b>	+00:40:54 (41.5%)	7:02	8.5 (58.2%)
55	<b>NANDE Marcin</b>	<b>1496</b>		M30	18	<b>01:38:51.20</b>	<b>01:38:51.20</b>	+00:41:12 (41.7%)	7:03	8.5 (58.2%)
56	<b>DZIURBEJKO Magdalena</b>	<b>1432</b>		K18	8	<b>01:38:56.00</b>	<b>01:38:56.00</b>	+00:41:17 (41.7%)	7:04	8.5 (58.2%)
57	<b>KRYCZEK Piotr</b>	<b>1470</b>		M60	1	<b>01:39:06.65</b>	<b>01:39:06.65</b>	+00:41:28 (41.8%)	7:04	8.5 (58.2%)
58	<b>ROŚNIAK-STELMACH Marta</b>	<b>1523</b>		K30	4	<b>01:39:17.00</b>	<b>01:39:17.00</b>	+00:41:38 (41.9%)	7:05	8.5 (58.2%)
59	<b>KUBIAK Andrzej</b>	<b>1473</b>		M60	2	<b>01:39:22.85</b>	<b>01:39:22.85</b>	+00:41:44 (42.0%)	7:05	8.5 (58.2%)
60	<b>WICHROWSKI Konrad</b>	<b>1559</b>		M30	19	<b>01:39:28.40</b>	<b>01:39:28.40</b>	+00:41:50 (42.1%)	7:06	8.4 (57.5%)
61	<b>GROMADA Tomasz</b>	<b>1446</b>		M50	3	<b>01:39:43.05</b>	<b>01:39:43.05</b>	+00:42:04 (42.2%)	7:07	8.4 (57.5%)
62	<b>RÓŻAŃSKA Magdalena</b>	<b>1524</b>		K40	2	<b>01:40:06.85</b>	<b>01:40:06.85</b>	+00:42:28 (42.4%)	7:09	8.4 (57.5%)
63	<b>ZAGRODNIK Adrian</b>	<b>1564</b>	#ULTRARUNNINGTOMMY	M18	8	<b>01:40:12.15</b>	<b>01:40:12.15</b>	+00:42:33 (42.5%)	7:09	8.4 (57.5%)
64	<b>MARKIEWICZ Marta</b>	<b>1489</b>		K30	5	<b>01:40:20.65</b>	<b>01:40:20.65</b>	+00:42:42 (42.6%)	7:10	8.4 (57.5%)
65	<b>SZCZERBAL Mariusz</b>	<b>1545</b>	HELIKON-TEX	M18	9	<b>01:40:33.60</b>	<b>01:40:33.60</b>	+00:42:55 (42.7%)	7:10	8.4 (57.5%)
66	<b>STRYCZEK Tomasz</b>	<b>1543</b>	AKTYWNYWEEKEND	M40	17	<b>01:40:47.90</b>	<b>01:40:47.90</b>	+00:43:09 (42.8%)	7:11	8.3 (56.8%)
67	<b>NOWAK Ewa</b>	<b>1499</b>		K40	3	<b>01:41:56.35</b>	<b>01:41:56.35</b>	+00:44:18 (43.5%)	7:16	8.2 (56.2%)
68	<b>ZGODZIŃSKA Marta</b>	<b>1569</b>		K30	6	<b>01:42:22.40</b>	<b>01:42:22.40</b>	+00:44:44 (43.7%)	7:18	8.2 (56.2%)
69	<b>WESOŁOWSKI Łukasz</b>	<b>1558</b>		M40	18	<b>01:42:22.60</b>	<b>01:42:22.60</b>	+00:44:44 (43.7%)	7:18	8.2 (56.2%)
70	<b>REDKIEWICZ Jacek</b>	<b>1522</b>	TEM ZABIEGANE DNI	M60	3	<b>01:42:56.75</b>	<b>01:42:56.75</b>	+00:45:18 (44.0%)	7:21	8.2 (56.2%)
71	<b>DUNOWSKI Przemysław</b>	<b>1430</b>		M50	4	<b>01:43:34.95</b>	<b>01:43:34.95</b>	+00:45:56 (44.4%)	7:23	8.1 (55.5%)
72	<b>ZDUNEK Małgorzata</b>	<b>1567</b>	#NOLIMITS	K40	4	<b>01:43:36.75</b>	<b>01:43:36.75</b>	+00:45:58 (44.4%)	7:24	8.1 (55.5%)
73	<b>KOPCZYŃSKA Aleksandra</b>	<b>1464</b>		K40	5	<b>01:43:39.05</b>	<b>01:43:39.05</b>	+00:46:00 (44.4%)	7:24	8.1 (55.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 14km	Czas brutto 14km	Różn	Tempo min/km	Tempo km/h
74	<b>TOKARCZYK Monika</b>	<b>1552</b>	ORTHOS TEAM	K18	9	<b>01:44:17.25</b>	<b>01:44:17.25</b>	+00:46:38 (44.7%)	7:26	8.1 (55.5%)
75	<b>NOWAK Patrycja</b>	<b>1498</b>		K18	10	<b>01:44:34.50</b>	<b>01:44:34.50</b>	+00:46:56 (44.9%)	7:28	8 (54.8%)
76	<b>BASTA Grzegorz</b>	<b>1408</b>	BASTA TEAM	M50	5	<b>01:44:36.65</b>	<b>01:44:36.65</b>	+00:46:58 (44.9%)	7:28	8 (54.8%)
77	<b>ŁECHTAŃSKI Mirosław</b>	<b>1484</b>		M40	19	<b>01:44:37.30</b>	<b>01:44:37.30</b>	+00:46:59 (44.9%)	7:28	8 (54.8%)
78	<b>LIPNICKA Joanna</b>	<b>1482</b>		K30	7	<b>01:45:02.50</b>	<b>01:45:02.50</b>	+00:47:24 (45.1%)	7:30	8 (54.8%)
79	<b>PAWŁOWSKA Katarzyna</b>	<b>1511</b>		K30	8	<b>01:45:39.65</b>	<b>01:45:39.65</b>	+00:48:01 (45.4%)	7:32	8 (54.8%)
80	<b>STEFANOWICZ Maciej</b>	<b>1539</b>	KB INTREX	M30	20	<b>01:46:14.35</b>	<b>01:46:14.35</b>	+00:48:36 (45.7%)	7:35	7.9 (54.1%)
80	<b>WALISZEWSKA Adrianna</b>	<b>1572</b>	ROWERY MAŁGOŚKA	K30	9	<b>01:46:14.35</b>	<b>01:46:14.35</b>	+00:48:36 (45.7%)	7:35	7.9 (54.1%)
82	<b>NOWAK Maciej</b>	<b>1500</b>	SPEED FEET 16	M40	20	<b>01:46:22.90</b>	<b>01:46:22.90</b>	+00:48:44 (45.8%)	7:35	7.9 (54.1%)
83	<b>MARCZAK Ola</b>	<b>1488</b>	KB HARCOWNIK JELCZ-LASKOWICE	K30	10	<b>01:46:33.60</b>	<b>01:46:33.60</b>	+00:48:55 (45.9%)	7:36	7.9 (54.1%)
84	<b>GRABARA Dorota</b>	<b>1445</b>		K30	11	<b>01:46:41.60</b>	<b>01:46:41.60</b>	+00:49:03 (46.0%)	7:37	7.9 (54.1%)
85	<b>SZPILA Robert</b>	<b>1547</b>		M40	21	<b>01:47:47.60</b>	<b>01:47:47.60</b>	+00:50:09 (46.5%)	7:41	7.8 (53.4%)
86	<b>KARASIŃSKA Karolina</b>	<b>1575</b>		K40	6	<b>01:47:47.75</b>	<b>01:47:47.75</b>	+00:50:09 (46.5%)	7:41	7.8 (53.4%)
87	<b>STARCZEWSKI Krzysztof</b>	<b>1538</b>	ULTRA DIABŁY TEAM LUBRZA	M50	6	<b>01:48:10.60</b>	<b>01:48:10.60</b>	+00:50:32 (46.7%)	7:43	7.8 (53.4%)
88	<b>KRAKOWIAK Wiesław</b>	<b>1469</b>	KRAKOWIAK TEAM	M50	7	<b>01:49:17.55</b>	<b>01:49:17.55</b>	+00:51:39 (47.3%)	7:48	7.7 (52.7%)
89	<b>SIEMBIEDA Robert</b>	<b>1532</b>		M40	22	<b>01:49:55.75</b>	<b>01:49:55.75</b>	+00:52:17 (47.6%)	7:51	7.6 (52.1%)
90	<b>GRUSZKA Karol</b>	<b>1580</b>		M18	10	<b>01:50:04.25</b>	<b>01:50:04.25</b>	+00:52:25 (47.6%)	7:51	7.6 (52.1%)
91	<b>DIUWE Marzena</b>	<b>1425</b>	PASTERKA PANY	K30	12	<b>01:51:02.15</b>	<b>01:51:02.15</b>	+00:53:23 (48.1%)	7:55	7.6 (52.1%)
92	<b>KATA Wioletta</b>	<b>1459</b>	FIT STYLE ZONE	K50	2	<b>01:51:10.50</b>	<b>01:51:10.50</b>	+00:53:32 (48.2%)	7:56	7.6 (52.1%)
93	<b>KWIATKOWSKI Karol</b>	<b>1480</b>	RYDWANY OGNI	M40	23	<b>01:51:10.95</b>	<b>01:51:10.95</b>	+00:53:32 (48.2%)	7:56	7.6 (52.1%)
94	<b>KWASIUK Karolina</b>	<b>1479</b>		K30	13	<b>01:51:15.00</b>	<b>01:51:15.00</b>	+00:53:36 (48.2%)	7:56	7.6 (52.1%)
95	<b>MISIAK Michał</b>	<b>1495</b>	KB INTREX POZNAŃ	M30	21	<b>01:51:55.30</b>	<b>01:51:55.30</b>	+00:54:17 (48.5%)	7:59	7.5 (51.4%)
96	<b>KACZAN Wojciech</b>	<b>1456</b>		M18	11	<b>01:52:28.00</b>	<b>01:52:28.00</b>	+00:54:49 (48.8%)	8:02	7.5 (51.4%)
97	<b>GRZEGORSKA Karolina</b>	<b>1449</b>		K30	14	<b>01:53:37.75</b>	<b>01:53:37.75</b>	+00:55:59 (49.3%)	8:06	7.4 (50.7%)
98	<b>CHMIELEWSKI Sławomir</b>	<b>1417</b>		M50	8	<b>01:54:08.45</b>	<b>01:54:08.45</b>	+00:56:30 (49.5%)	8:09	7.4 (50.7%)
99	<b>BIAŁA Małgorzata</b>	<b>1410</b>		K30	15	<b>01:54:31.60</b>	<b>01:54:31.60</b>	+00:56:53 (49.7%)	8:10	7.3 (50.0%)
100	<b>CHOŁODY Marek</b>	<b>1419</b>		M30	22	<b>01:54:31.85</b>	<b>01:54:31.85</b>	+00:56:53 (49.7%)	8:10	7.3 (50.0%)
101	<b>WYSOCKA Paulina</b>	<b>1563</b>		K18	11	<b>01:55:11.40</b>	<b>01:55:11.40</b>	+00:57:33 (50.0%)	8:13	7.3 (50.0%)
102	<b>OKOŃSKI Rafał</b>	<b>1502</b>		M18	12	<b>01:55:11.50</b>	<b>01:55:11.50</b>	+00:57:33 (50.0%)	8:13	7.3 (50.0%)
103	<b>KRZESZEWSKI Krzysztof</b>	<b>1471</b>		M40	24	<b>01:55:46.45</b>	<b>01:55:46.45</b>	+00:58:08 (50.2%)	8:16	7.3 (50.0%)
104	<b>MACHNICKA Katarzyna</b>	<b>1485</b>		K50	3	<b>01:56:41.70</b>	<b>01:56:41.70</b>	+00:59:03 (50.6%)	8:20	7.2 (49.3%)
105	<b>JASTRZĘBSKA Moniśka</b>	<b>1454</b>	BBL GORZÓW WIELKOPOLSKI	K30	16	<b>01:57:02.35</b>	<b>01:57:02.35</b>	+00:59:24 (50.8%)	8:21	7.2 (49.3%)
106	<b>OSADNIK Monika</b>	<b>1506</b>	BBL BOGDANIEC	K30	17	<b>01:57:02.50</b>	<b>01:57:02.50</b>	+00:59:24 (50.8%)	8:21	7.2 (49.3%)
107	<b>DUNOWSKA Ilona</b>	<b>1429</b>		K50	4	<b>01:57:02.55</b>	<b>01:57:02.55</b>	+00:59:24 (50.8%)	8:21	7.2 (49.3%)
107	<b>SAMULSKA Agata</b>	<b>1528</b>	BLLASYBOGDANIEC / MORSY ESKIMO	K50	4	<b>01:57:02.55</b>	<b>01:57:02.55</b>	+00:59:24 (50.8%)	8:21	7.2 (49.3%)
109	<b>CZAPLICKI Bartłomiej</b>	<b>1422</b>		M30	23	<b>01:57:26.80</b>	<b>01:57:26.80</b>	+00:59:48 (50.9%)	8:23	7.2 (49.3%)
110	<b>PUTANS Wiesława</b>	<b>1519</b>		K60	1	<b>01:57:29.45</b>	<b>01:57:29.45</b>	+00:59:51 (50.9%)	8:23	7.1 (48.6%)
111	<b>BANACH-SKOWRONEK Joanna</b>	<b>1404</b>	OJ NIEFAJNIE	K30	18	<b>01:57:49.70</b>	<b>01:57:49.70</b>	+01:00:11 (51.1%)	8:24	7.1 (48.6%)
112	<b>KURKOWIAK Krzysztof</b>	<b>1477</b>	KOCI_KURNIK	M40	25	<b>01:58:53.80</b>	<b>01:58:53.80</b>	+01:01:15 (51.5%)	8:29	7.1 (48.6%)
113	<b>MAZIARZ Jowita</b>	<b>1491</b>		K40	7	<b>01:59:32.00</b>	<b>01:59:32.00</b>	+01:01:53 (51.8%)	8:32	7 (47.9%)
114	<b>ORLIK Małgorzata</b>	<b>1504</b>		K40	8	<b>01:59:32.30</b>	<b>01:59:32.30</b>	+01:01:54 (51.8%)	8:32	7 (47.9%)
115	<b>BIAŁAS Elwira</b>	<b>1411</b>		K40	9	<b>02:01:07.70</b>	<b>02:01:07.70</b>	+01:03:29 (52.4%)	8:39	6.9 (47.3%)
116	<b>SOBIERAJSKA Paulina</b>	<b>1535</b>		K40	10	<b>02:01:09.90</b>	<b>02:01:09.90</b>	+01:03:31 (52.4%)	8:39	6.9 (47.3%)
117	<b>WAWRYSZEWICZ Agata</b>	<b>1557</b>		K40	11	<b>02:01:43.75</b>	<b>02:01:43.75</b>	+01:04:05 (52.7%)	8:41	6.9 (47.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 14km	Czas brutto 14km	Różn	Tempo min/km	Tempo km/h
118	<b>KUŁAKOWSKI Grzegorz</b>	<b>1475</b>		M40	26	<b>02:04:20.95</b>	<b>02:04:20.95</b>	+01:06:42 (53.6%)	8:52	6.8 (46.6%)
119	<b>MUNIAK Ewa</b>	<b>1579</b>		K40	12	<b>02:04:55.55</b>	<b>02:04:55.55</b>	+01:07:17 (53.9%)	8:55	6.7 (45.9%)
120	<b>GROŃ Rafał</b>	<b>1447</b>	RUN WITH TRENER DRZEWIECKA	M40	27	<b>02:05:11.45</b>	<b>02:05:11.45</b>	+01:07:33 (54.0%)	8:56	6.7 (45.9%)
121	<b>KRAJEWSKI Krzysiek</b>	<b>1468</b>		M30	24	<b>02:05:11.55</b>	<b>02:05:11.55</b>	+01:07:33 (54.0%)	8:56	6.7 (45.9%)
122	<b>KOPACZEWSKA Agnieszka</b>	<b>1600</b>		K50	6	<b>02:05:28.35</b>	<b>02:05:28.35</b>	+01:07:50 (54.1%)	8:57	6.7 (45.9%)
123	<b>STOŁOWSKA Natalia</b>	<b>1541</b>		K40	13	<b>02:05:51.10</b>	<b>02:05:51.10</b>	+01:08:12 (54.2%)	8:59	6.7 (45.9%)
124	<b>PARTYKA Agnieszka</b>	<b>1508</b>	KB HARCOWNIK JELCZ-LASKOWICE	K40	14	<b>02:06:40.60</b>	<b>02:06:40.60</b>	+01:09:02 (54.5%)	9:02	6.6 (45.2%)
125	<b>BIEGAŃSKI Michał</b>	<b>1412</b>	KB INTREX POZNAŃ	M30	25	<b>02:08:27.00</b>	<b>02:08:27.00</b>	+01:10:48 (55.1%)	9:10	6.5 (44.5%)
126	<b>BASTA Joanna</b>	<b>1407</b>	BASTA TEAM	K50	7	<b>02:08:55.55</b>	<b>02:08:55.55</b>	+01:11:17 (55.3%)	9:12	6.5 (44.5%)
127	<b>WOJTECZEK Teresa</b>	<b>1561</b>	BIEGAM BO LUBIĘ BOLESŁAWIEC	K50	8	<b>02:09:02.80</b>	<b>02:09:02.80</b>	+01:11:24 (55.3%)	9:13	6.5 (44.5%)
128	<b>MALINOWSKA Agnieszka</b>	<b>1487</b>		K50	9	<b>02:12:23.80</b>	<b>02:12:23.80</b>	+01:14:45 (56.5%)	9:27	6.3 (43.2%)
129	<b>RÓZANSKI Robert</b>	<b>1573</b>		M50	9	<b>02:14:12.00</b>	<b>02:14:12.00</b>	+01:16:33 (57.1%)	9:35	6.3 (43.2%)
130	<b>DOŁKOWSKI Michał</b>	<b>1427</b>	ŻÓŁTOKRÓLEWSCY	M40	28	<b>02:14:30.45</b>	<b>02:14:30.45</b>	+01:16:52 (57.1%)	9:36	6.2 (42.5%)
131	<b>MICHALAK Violetta</b>	<b>1492</b>		K40	15	<b>02:16:21.15</b>	<b>02:16:21.15</b>	+01:18:42 (57.7%)	9:44	6.2 (42.5%)
132	<b>RYBARCZYK Maria</b>	<b>1525</b>		K40	16	<b>02:16:21.25</b>	<b>02:16:21.25</b>	+01:18:42 (57.7%)	9:44	6.2 (42.5%)
133	<b>JARMUŁO Agnieszka</b>	<b>1453</b>		K40	17	<b>02:16:46.45</b>	<b>02:16:46.45</b>	+01:19:08 (57.9%)	9:46	6.1 (41.8%)
134	<b>FRANKOWSKA Weronika</b>	<b>1436</b>		K30	19	<b>02:16:54.60</b>	<b>02:16:54.60</b>	+01:19:16 (57.9%)	9:46	6.1 (41.8%)
135	<b>FRANKOWSKA Julia</b>	<b>1435</b>		K18	12	<b>02:16:54.70</b>	<b>02:16:54.70</b>	+01:19:16 (57.9%)	9:46	6.1 (41.8%)
136	<b>SIEGIEŃCZUK Piotr</b>	<b>1531</b>	HELIKON-TEX	M30	26	<b>02:18:39.35</b>	<b>02:18:39.35</b>	+01:21:01 (58.4%)	9:54	6.1 (41.8%)
137	<b>STRYCHAL Damian</b>	<b>1581</b>		M18	13	<b>02:19:37.90</b>	<b>02:19:37.90</b>	+01:21:59 (58.7%)	9:58	6 (41.1%)
138	<b>DZIĘCIELSKA Agnieszka</b>	<b>1431</b>		K40	18	<b>02:20:06.65</b>	<b>02:20:06.65</b>	+01:22:28 (58.9%)	10:00	6 (41.1%)
139	<b>KOSTULSKA Olga</b>	<b>1465</b>	WKURW_TEAM	K30	20	<b>02:20:20.00</b>	<b>02:20:20.00</b>	+01:22:41 (58.9%)	10:01	6 (41.1%)
140	<b>GIGOŃ Barbara</b>	<b>1439</b>	ROCK BALANCING ICE	K50	10	<b>02:21:05.05</b>	<b>02:21:05.05</b>	+01:23:26 (59.1%)	10:04	6 (41.1%)
141	<b>TRZCIŃSKA Jolanta</b>	<b>1554</b>	ROCK BALANCING ICD	K40	19	<b>02:21:05.95</b>	<b>02:21:05.95</b>	+01:23:27 (59.2%)	10:04	6 (41.1%)
142	<b>FLAK Monika</b>	<b>1434</b>		K30	21	<b>02:21:06.10</b>	<b>02:21:06.10</b>	+01:23:27 (59.2%)	10:04	6 (41.1%)
143	<b>SENETRA Malgorzata</b>	<b>1530</b>		K40	20	<b>02:21:06.20</b>	<b>02:21:06.20</b>	+01:23:27 (59.2%)	10:04	6 (41.1%)
144	<b>KURKOWIAK Anna</b>	<b>1478</b>	KOCI_KURNIK	K30	22	<b>02:24:05.40</b>	<b>02:24:05.40</b>	+01:26:27 (60.0%)	10:17	5.8 (39.7%)
145	<b>FERET Zbigniew</b>	<b>1433</b>		M60	4	<b>02:26:40.10</b>	<b>02:26:40.10</b>	+01:29:01 (60.7%)	10:28	5.7 (39.0%)
146	<b>SMRECZYŃSKA Karolina</b>	<b>1534</b>		K30	23	<b>02:26:40.45</b>	<b>02:26:40.45</b>	+01:29:02 (60.7%)	10:28	5.7 (39.0%)
147	<b>BENTKOWSKI Lesław</b>	<b>1409</b>	FORBET RUNNERS	M60	5	<b>02:28:47.15</b>	<b>02:28:47.15</b>	+01:31:08 (61.3%)	10:37	5.6 (38.4%)
148	<b>PASIEKA Magda</b>	<b>1509</b>		K40	21	<b>02:30:56.90</b>	<b>02:30:56.90</b>	+01:33:18 (61.8%)	10:46	5.6 (38.4%)
149	<b>RYBKA Aldona</b>	<b>1526</b>	ŻÓŁTOKRÓLEWSCY	K40	22	<b>02:33:17.70</b>	<b>02:33:17.70</b>	+01:35:39 (62.4%)	10:56	5.5 (37.7%)
150	<b>ZBOROWSKA Joanna</b>	<b>1566</b>	ULTRA DIABŁY TEAM LUBRZA	K18	13	<b>02:33:52.15</b>	<b>02:33:52.15</b>	+01:36:13 (62.5%)	10:59	5.5 (37.7%)
151	<b>PRZYBYŁ Jolanta</b>	<b>1518</b>	EASY RUNNERS	K40	23	<b>03:04:14.55</b>	<b>03:04:14.55</b>	+02:06:36 (68.7%)	13:09	4.6 (31.5%)
152	<b>ORŁOWSKA Justyna</b>	<b>1505</b>		K40	24	<b>04:04:42.05</b>	<b>04:04:42.05</b>	+03:07:03 (76.4%)	17:28	3.4 (23.3%)
153	<b>KAZULA Jakub</b>	<b>1583</b>		M18	14			+00:00:01	33:20	1.8 (12.3%)

Znaleziono 153 wynik(ów)