



CZTERNASTKA NA ZAMEK

B4SPORT

Event: CHOJNIK KARKONOSKI FESTIWAL BIEGOWY
Organiser: Fundacja Szczyt za szczytem
Date: 2024-09-07
Place: Sobieszów
Distance: 14 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Classification: All

Place	Participant	Number	Club	Category	MCat	Droga pod Reglami 6km	Net time 14km	Czas brutto 14km	Gap	Pace min/km	Pace km/h
1	ROGALA Patryk	1505	KP PSP KAMIENNA GÓRA / PREVENT	M30	1	00:27:45	01:01:13.50	01:01:13.50		4:22	13.7 (100%)
2	WALKOSZ Mateusz	1531	SOBASTEAM	M30	2	00:29:36	01:03:59.85	01:03:59.85	+00:02:46 (4.3%)	4:34	13.1 (95.6%)
3	KRZYWICKI Stefan Kamil	1466		M40	1	00:31:31	01:07:56.30	01:07:56.30	+00:06:42 (9.9%)	4:51	12.4 (90.5%)
4	PODKAŃSKI Bartosz	1563	GOPR KARKONOSZE	M40	2	00:32:10	01:08:06.25	01:08:06.25	+00:06:52 (10.1%)	4:51	12.3 (89.8%)
5	BEDNARZ Krzysztof	1403	PRZEDWOJEWSKI TEAM	M40	3	00:31:43	01:09:17.45	01:09:17.45	+00:08:03 (11.6%)	4:56	12.1 (88.3%)
6	MARSZAŁEK Kazimierz	1475	ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO	M50	1	00:32:30	01:09:54.50	01:09:54.50	+00:08:41 (12.4%)	4:59	12 (87.6%)
7	BIAŁOBŁOCKA Alicja	1559		K40	1	00:35:08	01:10:39.70	01:10:39.70	+00:09:26 (13.4%)	5:02	11.9 (86.9%)
8	HOJAN Łukasz	1440		M30	3	00:34:09	01:12:16.95	01:12:16.95	+00:11:03 (15.3%)	5:09	11.6 (84.7%)
9	SKUZA Krzysztof	1514	KLINIKA URODY JOLANTA SKUZA LEGNICA	M40	4	00:32:17	01:12:25.40	01:12:25.40	+00:11:11 (15.5%)	5:10	11.6 (84.7%)
10	FILIPIAK Damian	1422		M30	4	00:33:16	01:12:57.80	01:12:57.80	+00:11:44 (16.1%)	5:12	11.5 (83.9%)
11	SZCZĘSNY Paweł	1523		M30	5	00:35:06	01:13:31.35	01:13:31.35	+00:12:17 (16.7%)	5:15	11.4 (83.2%)
12	MODRZYŃSKI Paweł	1483		M30	6	00:35:19	01:13:49.20	01:13:49.20	+00:12:35 (17.1%)	5:16	11.4 (83.2%)
13	RACHAŃSKI Michał	1576	ROCK BALANCING ICE	M30	7	00:35:50	01:14:18.25	01:14:18.25	+00:13:04 (17.6%)	5:18	11.3 (82.5%)
14	JANAS Michał	1442	GLKS RUDAWY	M30	8	00:34:11	01:14:47.80	01:14:47.80	+00:13:34 (18.1%)	5:20	11.2 (81.8%)
15	OLEJNIK Egidiusz	1490		M30	9	00:34:26	01:16:07.55	01:16:07.55	+00:14:54 (19.6%)	5:26	11 (80.3%)

Place	Participant	Number	Club	Category	MCat	Droga pod Reglami		Net time	Czas brutto	Gap	Pace min/km	Pace km/h
						6km	14km					
16	DURKALEC Jagoda	1419	FEIFER TEAM	K30	1	00:36:27		01:16:28.00	01:16:28.00	+00:15:14 (19.9%)	5:27	11 (80.3%)
17	SADOWSKI Michał	1509	POWER TRAINING	M30	10	00:36:51		01:17:37.00	01:17:37.00	+00:16:23 (21.1%)	5:32	10.8 (78.8%)
18	CHWIŁKA Krzysztof	1412		M30	11	00:35:17		01:17:41.95	01:17:41.95	+00:16:28 (21.2%)	5:32	10.8 (78.8%)
19	MAJEWICZ Filip	1472		M30	12	00:37:55		01:18:50.25	01:18:50.25	+00:17:36 (22.3%)	5:37	10.7 (78.1%)
20	HEDZIELSKA Weronika	1438	NATURAL BORN RUNNERS	K18	1	00:36:57		01:19:22.55	01:19:22.55	+00:18:09 (22.9%)	5:40	10.6 (77.4%)
21	ZAWISTOWSKI Marek	1544	AW SZYBCIEJ TEAM	M40	5	00:37:07		01:21:41.90	01:21:41.90	+00:20:28 (25.1%)	5:50	10.3 (75.2%)
22	GOŁĘBIEWSKI Tytus	1433	ULTRA FALUBAZ	M30	13	00:36:19		01:22:29.60	01:22:29.60	+00:21:16 (25.8%)	5:53	10.2 (74.5%)
23	NIEMIR Marcin	1485		M40	6	00:39:25		01:22:43.70	01:22:43.70	+00:21:30 (26.0%)	5:54	10.2 (74.5%)
24	GIERUS Agnieszka	1429	PROMUJEMYKARKONOSZE.PL	K40	2	00:38:59		01:23:05.50	01:23:05.50	+00:21:52 (26.3%)	5:56	10.1 (73.7%)
25	KACZMAREK Konrad	1556	STARNERD	M30	14	00:38:09		01:23:13.50	01:23:13.50	+00:22:00 (26.4%)	5:56	10.1 (73.7%)
26	KAWCZYŃSKI Adam	1449		M18	1	00:39:04		01:23:15.45	01:23:15.45	+00:22:01 (26.5%)	5:56	10.1 (73.7%)
27	LEDNICKI Michał	1557	ARVATO S.C. REP	M40	7	00:38:52		01:23:18.40	01:23:18.40	+00:22:04 (26.5%)	5:57	10.1 (73.7%)
28	SYDOR Daniel	1558	ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO	M40	8	00:37:19		01:23:21.70	01:23:21.70	+00:22:08 (26.6%)	5:57	10.1 (73.7%)
29	RZEMIŃSKI Robert	1508		M50	2	00:38:13		01:23:35.80	01:23:35.80	+00:22:22 (26.8%)	5:58	10 (73.0%)
30	KLIMEK Wojciech	1452	ORTHOS TEAM/ PRZEDWOJEWSKI TEAM	M30	15	00:39:00		01:23:57.90	01:23:57.90	+00:22:44 (27.1%)	5:59	10 (73.0%)
31	KOCHMAN Katarzyna	1454	@SOBOTATOSOBOTA	K30	2	00:38:32		01:24:06.90	01:24:06.90	+00:22:53 (27.2%)	6:00	10 (73.0%)
32	FILIP Przemysław	1421		M40	9	00:38:17		01:24:21.90	01:24:21.90	+00:23:08 (27.4%)	6:01	10 (73.0%)
33	SKORUPINSKA Agnieszka	1513		K30	3	00:37:52		01:25:11.60	01:25:11.60	+00:23:58 (28.1%)	6:05	9.9 (72.3%)
34	FRIEDRICH Radosław	1424		M30	16	00:37:05		01:26:27.05	01:26:27.05	+00:25:13 (29.2%)	6:10	9.7 (70.8%)
35	STĘPNIAK Iga	1518		K30	4	00:39:22		01:26:32.00	01:26:32.00	+00:25:18 (29.2%)	6:10	9.7 (70.8%)
36	RYCHLIK Łukasz	1506		M40	10	00:39:51		01:27:01.00	01:27:01.00	+00:25:47 (29.6%)	6:12	9.7 (70.8%)
37	PRZYBYLSKI Piotr	1560		M30	17	00:41:41		01:27:41.30	01:27:41.30	+00:26:27 (30.2%)	6:15	9.6 (70.1%)
38	GŁOWACKI Jarosław	1432		M40	11	00:40:27		01:28:08.95	01:28:08.95	+00:26:55 (30.5%)	6:17	9.5 (69.3%)

Place	Participant	Number	Club	Category	MCat	Droga pod Reglami		Net time	Czas brutto	Gap	Pace min/km	Pace km/h
						6km	14km					
39	BĄCZKIEWICZ Przemysław	1402		M30	18	00:41:27	01:28:15.90	01:28:15.90	+00:27:02 (30.6%)	6:18	9.5 (69.3%)	
40	CIECIOROWSKA Aleksandra	1415	DYNAFIT/ SOBAS TEAM	K18	2	00:39:37	01:28:41.95	01:28:41.95	+00:27:28 (31.0%)	6:20	9.5 (69.3%)	
41	POSPIESZNY Robert	1500		M40	12	00:42:21	01:30:41.90	01:30:41.90	+00:29:28 (32.5%)	6:28	9.3 (67.9%)	
42	KOVBASIUK Myroslava	1552	PLANYBIEGOWE.PL	K18	3	00:43:13	01:31:21.45	01:31:21.45	+00:30:07 (33.0%)	6:31	9.2 (67.2%)	
43	ZAWADZKA Dagmara	1543		K30	5	00:41:57	01:31:57.95	01:31:57.95	+00:30:44 (33.4%)	6:34	9.1 (66.4%)	
44	ZIÓŁEK Karolina	1549		K30	6	00:42:55	01:33:32.80	01:33:32.80	+00:32:19 (34.6%)	6:40	9 (65.7%)	
45	MUCHA Tomasz	1484		M18	2	00:44:12	01:33:53.70	01:33:53.70	+00:32:40 (34.8%)	6:42	8.9 (65.0%)	
46	KARCZEWSKI Daniel	1448		M40	13	00:44:55	01:33:54.25	01:33:54.25	+00:32:40 (34.8%)	6:42	8.9 (65.0%)	
47	SŁOWIK Kamila	1515	TRITOGO	K30	7	00:43:13	01:33:54.40	01:33:54.40	+00:32:40 (34.8%)	6:42	8.9 (65.0%)	
48	KOMAN Iga	1455	FITMAMY	K30	8	00:44:24	01:34:15.20	01:34:15.20	+00:33:01 (35.0%)	6:43	8.9 (65.0%)	
49	WOJCIECHOWICZ Magdalena	1537		K30	9	00:43:45	01:34:34.10	01:34:34.10	+00:33:20 (35.3%)	6:45	8.9 (65.0%)	
50	PETER Andrzej	1495		M50	3	00:44:09	01:34:59.40	01:34:59.40	+00:33:45 (35.5%)	6:47	8.8 (64.2%)	
51	GWOŹDZIK-BŁASZCZYK Karolina	1437		K40	3	00:43:42	01:35:06.85	01:35:06.85	+00:33:53 (35.6%)	6:47	8.8 (64.2%)	
52	SZPACZEK Bogna	1525		K30	10	00:43:23	01:35:25.85	01:35:25.85	+00:34:12 (35.8%)	6:48	8.8 (64.2%)	
53	ZIELIŃSKA Agata	1546	NADAKTYWNI NOWE MIASTECZKO	K40	4	00:42:56	01:35:42.10	01:35:42.10	+00:34:28 (36.0%)	6:50	8.8 (64.2%)	
54	WIĄCEK Jakub	1533		M30	19	00:43:40	01:35:50.45	01:35:50.45	+00:34:36 (36.1%)	6:50	8.8 (64.2%)	
55	MAŁECKA Dorota	1474	CNS NOWA SÓL	K50	1	00:43:18	01:36:22.40	01:36:22.40	+00:35:08 (36.5%)	6:53	8.7 (63.5%)	
56	ZAGROBELNY Radosław	1542		M60	1	00:42:37	01:36:32.80	01:36:32.80	+00:35:19 (36.6%)	6:53	8.7 (63.5%)	
57	ZIÓŁEK Błażej	1548		M30	20	00:45:18	01:36:37.15	01:36:37.15	+00:35:23 (36.6%)	6:54	8.7 (63.5%)	
58	CZOPOR Grzegorz	1417		M40	14	00:45:42	01:36:48.30	01:36:48.30	+00:35:34 (36.8%)	6:54	8.7 (63.5%)	
59	PSZCZOŁA Aleksandra	1502		K30	11	00:44:51	01:36:50.10	01:36:50.10	+00:35:36 (36.8%)	6:55	8.7 (63.5%)	
60	SPROGIS Joanna	1516		K40	5	00:44:34	01:37:06.55	01:37:06.55	+00:35:53 (37.0%)	6:56	8.7 (63.5%)	
61	RĄCZKOWIAK Mateusz	1504	USZŁO POWIETRZE Z DĘTKI	M30	21	00:43:27	01:37:32.25	01:37:32.25	+00:36:18 (37.2%)	6:58	8.6 (62.8%)	

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62	KUBIAK Andrzej	1468		M60	2	00:44:26	01:38:26.95	01:38:26.95	+00:37:13 (37.8%)	7:01	8.5 (62.0%)
63	BRĘK Marcin	1408		M30	22		01:38:31.00	01:38:31.00	+00:37:17 (37.9%)	7:02	8.5 (62.0%)
64	KRÓLIKOWSKI Przemysław	1463		M40	15	00:45:44	01:38:43.50	01:38:43.50	+00:37:30 (38.0%)	7:03	8.5 (62.0%)
65	BIELECKI Grzegorz	1406	HAPPY SCHOOL	M40	16	00:44:50	01:38:47.30	01:38:47.30	+00:37:33 (38.0%)	7:03	8.5 (62.0%)
66	LIPNICKA Joanna	1471		K30	12	00:44:18	01:38:47.50	01:38:47.50	+00:37:34 (38.0%)	7:03	8.5 (62.0%)
67	SOBOLCZYK Justyna	1578		K30	13	00:47:40	01:39:41.25	01:39:41.25	+00:38:27 (38.6%)	7:07	8.4 (61.3%)
68	WOŁOSZ Celina	1538		K30	14	00:44:48	01:40:09.90	01:40:09.90	+00:38:56 (38.9%)	7:09	8.4 (61.3%)
69	LORENC Karolina	1551		K30	15	00:46:25	01:40:35.90	01:40:35.90	+00:39:22 (39.1%)	7:11	8.4 (61.3%)
70	ŻMIJEWSKA Dominika	1550	DĘBOWA GÓRA RUN!	K30	16	00:45:02	01:40:49.35	01:40:49.35	+00:39:35 (39.3%)	7:12	8.3 (60.6%)
71	MUCHACZOW Agata	1554		K40	6	00:46:57	01:41:14.65	01:41:14.65	+00:40:01 (39.5%)	7:13	8.3 (60.6%)
72	BIAŁCZAK Emil	1405		M30	23	00:48:01	01:41:16.75	01:41:16.75	+00:40:03 (39.5%)	7:14	8.3 (60.6%)
73	GRABARA Dorota	1434	ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO	K30	17	00:47:25	01:41:29.90	01:41:29.90	+00:40:16 (39.7%)	7:14	8.3 (60.6%)
74	GRZELAK Andrzej	1436	KOMORNIKI MTB TEAM	M40	17	00:46:20	01:41:52.35	01:41:52.35	+00:40:38 (39.9%)	7:16	8.2 (59.9%)
75	POPIOŁEK Agnieszka	1499		K30	18	00:44:21	01:41:58.70	01:41:58.70	+00:40:45 (40.0%)	7:17	8.2 (59.9%)
76	PAWŁOWSKA Ada	1494		K30	19	00:45:17	01:42:36.10	01:42:36.10	+00:41:22 (40.3%)	7:19	8.2 (59.9%)
77	FIŚLAK Mateusz	1423		M30	24	00:46:18	01:42:56.20	01:42:56.20	+00:41:42 (40.5%)	7:21	8.2 (59.9%)
78	MAŚLAK Anna	1476	BIEGAMYRAZEM.PL	K50	2	00:47:25	01:43:17.15	01:43:17.15	+00:42:03 (40.7%)	7:22	8.1 (59.1%)
79	MAŚLAK Radosław	1477	BIEGAMYRAZEM.PL	M50	4	00:47:31	01:43:17.45	01:43:17.45	+00:42:03 (40.7%)	7:22	8.1 (59.1%)
80	STĘSIK Magdalena	1519		K30	20	00:47:08	01:43:49.10	01:43:49.10	+00:42:35 (41.0%)	7:24	8.1 (59.1%)
81	NOWAK Hubert	1486		M30	25	00:48:29	01:43:50.75	01:43:50.75	+00:42:37 (41.0%)	7:25	8.1 (59.1%)
82	DUL Wiesław	1418	FAMILY TEAM	M60	3	00:47:53	01:43:59.30	01:43:59.30	+00:42:45 (41.1%)	7:25	8.1 (59.1%)
83	KOZIELEWSKI Antoni	1462		M40	18	00:50:01	01:44:17.30	01:44:17.30	+00:43:03 (41.3%)	7:26	8.1 (59.1%)
84	GAŁĘCKI Krzysztof	1427		M40	19	00:50:00	01:44:31.90	01:44:31.90	+00:43:18 (41.4%)	7:27	8 (58.4%)

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						6km	14km					
85	KOSECKA Agata	1458	OSP JANISZEWICE WWW.BIEGAJZOSP.PL	K30	21	00:49:53	01:44:39.85	01:44:39.85	+00:43:26 (41.5%)	7:28	8 (58.4%)	
86	GAJ Agnieszka	1425		K30	22	00:49:11	01:45:13.00	01:45:13.00	+00:43:59 (41.8%)	7:30	8 (58.4%)	
87	FIERKOWICZ Teresa	1420	ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO	K50	3	00:50:06	01:46:25.05	01:46:25.05	+00:45:11 (42.5%)	7:36	7.9 (57.7%)	
88	KIRCUŃ Paweł	1451		M40	20	00:47:46	01:46:45.85	01:46:45.85	+00:45:32 (42.7%)	7:37	7.9 (57.7%)	
89	CICHOWICZ Tomasz	1414		M18	3	00:50:14	01:46:49.50	01:46:49.50	+00:45:36 (42.7%)	7:37	7.9 (57.7%)	
90	BRZEZIŃSKA Dorota	1409		K40	7	00:51:43	01:47:05.90	01:47:05.90	+00:45:52 (42.8%)	7:38	7.8 (56.9%)	
91	KARBOWSKA Karolina	1446	K S LENIWIEC	K40	8	00:49:34	01:48:01.45	01:48:01.45	+00:46:47 (43.3%)	7:42	7.8 (56.9%)	
92	KARBOWSKI Jarosław	1447	K S LENIWIEC	M40	21	00:50:02	01:48:01.90	01:48:01.90	+00:46:48 (43.3%)	7:42	7.8 (56.9%)	
93	ORŁOWSKA Justyna	1580		K40	9	00:49:41	01:48:19.30	01:48:19.30	+00:47:05 (43.5%)	7:44	7.8 (56.9%)	
94	GAŚSIOR Kacper	1428		M18	4	00:51:12	01:48:30.65	01:48:30.65	+00:47:17 (43.6%)	7:45	7.7 (56.2%)	
95	SANKOWSKA Krzysztofa	1510		K18	4	00:51:29	01:48:48.75	01:48:48.75	+00:47:35 (43.7%)	7:46	7.7 (56.2%)	
96	KOŃ Aleksandra	1456	EKIPA LIPA	K40	10	00:51:15	01:48:57.90	01:48:57.90	+00:47:44 (43.8%)	7:46	7.7 (56.2%)	
97	KOPEĆ Agnieszka	1457		K40	11	00:51:37	01:49:11.55	01:49:11.55	+00:47:58 (43.9%)	7:47	7.7 (56.2%)	
98	KRECHOWIECKA Małgorzata	1555		K30	23	00:54:50	01:50:10.20	01:50:10.20	+00:48:56 (44.4%)	7:52	7.6 (55.5%)	
99	SZCZĘSNA Agata	1522		K18	5	00:54:34	01:51:55.30	01:51:55.30	+00:50:41 (45.3%)	7:59	7.5 (54.7%)	
100	MIŚKIEWICZ Magdalena	1482	MIŚTEAM	K40	12	00:53:08	01:54:51.10	01:54:51.10	+00:53:37 (46.7%)	8:12	7.3 (53.3%)	
101	BIENEK Krzysztof	1407		M40	22	00:57:40	01:54:53.50	01:54:53.50	+00:53:40 (46.7%)	8:12	7.3 (53.3%)	
102	SZCZEPANIAK Jakub	1521		M30	26	01:00:29	01:55:36.00	01:55:36.00	+00:54:22 (47.0%)	8:15	7.3 (53.3%)	
103	SZOTT Magdalena	1524	ORTHOS TEAM	K30	24	00:53:14	01:56:24.15	01:56:24.15	+00:55:10 (47.4%)	8:18	7.2 (52.6%)	
104	MATUSIAK Adriana	1478	WS & B	K50	4	00:50:48	01:56:37.90	01:56:37.90	+00:55:24 (47.5%)	8:19	7.2 (52.6%)	
105	MATUSIAK Mariusz	1479	WS & B	M50	5	00:52:59	01:56:38.00	01:56:38.00	+00:55:24 (47.5%)	8:19	7.2 (52.6%)	
106	SZAFRANEK Agnieszka	1520		K30	25	00:55:34	01:56:54.70	01:56:54.70	+00:55:41 (47.6%)	8:21	7.2 (52.6%)	
107	BEDNARZ Piotr	1553		M30	27	00:58:03	01:57:08.50	01:57:08.50	+00:55:55 (47.7%)	8:22	7.2 (52.6%)	

Place	Participant	Number	Club	Category	MCat	Droga pod Reglami		Net time	Czas brutto	Gap	Pace min/km	Pace km/h
						6km	14km					
108	PRĘTNICKI Michał	1501	DRUŻYNA STASIA	M40	23	00:51:51	01:57:31.80	01:57:31.80	+00:56:18 (47.9%)	8:23	7.1 (51.8%)	
109	KRZESZEWSKI Krzysztof	1464		M40	24	00:53:30	01:57:47.30	01:57:47.30	+00:56:33 (48.0%)	8:24	7.1 (51.8%)	
110	OLSZAK Kuba	1491		M30	28	01:00:29	01:57:52.20	01:57:52.20	+00:56:38 (48.1%)	8:25	7.1 (51.8%)	
111	WĄTROBA Dorota	1532	KLUB 42,2 LĘBORK	K40	13	00:57:14	01:58:14.40	01:58:14.40	+00:57:00 (48.2%)	8:26	7.1 (51.8%)	
112	NOWICKA Katarzyna	1487		K50	5	00:52:15	01:58:16.40	01:58:16.40	+00:57:02 (48.2%)	8:26	7.1 (51.8%)	
113	KIERSNOWSKA Agnieszka	1450		K50	6	00:52:18	01:59:44.60	01:59:44.60	+00:58:31 (48.9%)	8:33	7 (51.1%)	
114	OSUCH Grażyna	1492	CNS	K40	14	00:53:34	01:59:54.55	01:59:54.55	+00:58:41 (48.9%)	8:33	7 (51.1%)	
115	OZGOWICZ Sylwia	1493	CNS NOWA SÓL	K30	26	00:53:34	01:59:54.65	01:59:54.65	+00:58:41 (48.9%)	8:33	7 (51.1%)	
116	PUTANS Wiesława	1503		K60	1	00:52:19	02:00:14.30	02:00:14.30	+00:59:00 (49.1%)	8:35	7 (51.1%)	
117	NOWIK Jarosław	1488		M40	25	00:57:28	02:00:57.05	02:00:57.05	+00:59:43 (49.4%)	8:38	6.9 (50.4%)	
118	GŁOWACKA Emilia	1431		K40	15	00:55:31	02:02:18.85	02:02:18.85	+01:01:05 (49.9%)	8:44	6.9 (50.4%)	
119	STAWUJAK Jacek	1517	BIEGAJĄCE KREJZOLE	M40	26	00:58:31	02:03:57.35	02:03:57.35	+01:02:43 (50.6%)	8:51	6.8 (49.6%)	
120	PODSIEDLIK Wioletta	1498		K40	16	00:55:53	02:04:00.75	02:04:00.75	+01:02:47 (50.6%)	8:51	6.8 (49.6%)	
121	WALENTYN Katarzyna	1530	RUNCROSS ROZGARTY	K40	17	00:58:01	02:05:43.40	02:05:43.40	+01:04:29 (51.3%)	8:58	6.7 (48.9%)	
122	MAJEWSKA Marta	1473	SPIN FORCE RUNNERS	K40	18	00:58:33	02:06:24.80	02:06:24.80	+01:05:11 (51.6%)	9:01	6.6 (48.2%)	
123	PIOTROWSKI Krzysztof	1496		M60	4	00:56:55	02:06:51.60	02:06:51.60	+01:05:38 (51.7%)	9:03	6.6 (48.2%)	
124	KOTARSKA Kamila	1460		K40	19	00:58:51	02:06:58.65	02:06:58.65	+01:05:45 (51.8%)	9:04	6.6 (48.2%)	
125	WINCENCIAK Jan	1535		M18	5	01:00:37	02:06:59.90	02:06:59.90	+01:05:46 (51.8%)	9:04	6.6 (48.2%)	
126	SĘK Julianna	1512		K18	6	01:00:37	02:07:00.30	02:07:00.30	+01:05:46 (51.8%)	9:04	6.6 (48.2%)	
127	KALEMBA Ania	1445		K30	27	01:00:27	02:07:34.05	02:07:34.05	+01:06:20 (52.0%)	9:06	6.6 (48.2%)	
128	KOSIOR Katarzyna	1459		K40	20	01:00:27	02:07:34.20	02:07:34.20	+01:06:20 (52.0%)	9:06	6.6 (48.2%)	
129	WYDRO Zuzanna	1540		K30	28	00:59:33	02:08:07.95	02:08:07.95	+01:06:54 (52.2%)	9:09	6.6 (48.2%)	
130	KOWALSKI Andrzej	1461	NAPRZÓD MŁOCINY	M40	27	00:58:40	02:09:09.70	02:09:09.70	+01:07:56 (52.6%)	9:13	6.5 (47.4%)	

Place	Participant	Number	Club	Category	MCat	Droga pod Reglami		Net time	Czas brutto	Gap	Pace min/km	Pace km/h
						6km	14km					
131	TARLOWSKI Hubert	1527		M40	28	01:03:39	02:09:17.90	02:09:17.90	+01:08:04 (52.6%)	9:14	6.5 (47.4%)	
132	TĘSIOROWSKA Paulina	1528		K30	29	00:51:55	02:09:30.20	02:09:30.20	+01:08:16 (52.7%)	9:15	6.5 (47.4%)	
133	GRYGIER Joanna	1435		K40	21	00:59:28	02:09:46.30	02:09:46.30	+01:08:32 (52.8%)	9:16	6.5 (47.4%)	
133	RYŻYŃSKA Agnieszka	1507	CHEŁM BIEGA	K40	21	01:01:05	02:09:46.30	02:09:46.30	+01:08:32 (52.8%)	9:16	6.5 (47.4%)	
135	CZERWIK Patrycja	1416		K40	23	00:59:36	02:12:09.55	02:12:09.55	+01:10:56 (53.7%)	9:26	6.4 (46.7%)	
136	WYPYCH Tomasz	1541	ZAKOCHANI ZABIEGANI	M50	6	00:56:49	02:12:49.05	02:12:49.05	+01:11:35 (53.9%)	9:29	6.3 (46.0%)	
137	JEDYNAK-WYPYCH Anna	1443		K40	24	00:59:57	02:15:11.60	02:15:11.60	+01:13:58 (54.7%)	9:39	6.2 (45.3%)	
138	TRZCIŃSKA Jolanta	1577		K40	25	01:04:38	02:16:22.00	02:16:22.00	+01:15:08 (55.1%)	9:44	6.2 (45.3%)	
139	GIGOŃ Barbara	1430	ROCK BALANCING ICE	K50	7	01:04:37	02:16:22.05	02:16:22.05	+01:15:08 (55.1%)	9:44	6.2 (45.3%)	
140	KUCHARCZAK Beata	1470		K40	26	01:02:31	02:16:45.00	02:16:45.00	+01:15:31 (55.2%)	9:46	6.1 (44.5%)	
141	KUCHARCZAK Maciej	1469		M40	29	01:02:30	02:16:51.75	02:16:51.75	+01:15:38 (55.3%)	9:46	6.1 (44.5%)	
142	BENDKA Sebastian	1579		M40	30	01:03:15	02:22:02.75	02:22:02.75	+01:20:49 (56.9%)	10:08	5.9 (43.1%)	
143	WINIARCZYK Iwona	1536		K40	27	01:05:12	02:23:32.25	02:23:32.25	+01:22:18 (57.3%)	10:15	5.9 (43.1%)	
144	PIWOWARSKI Damian	1497		M40	31	01:06:23	02:23:52.65	02:23:52.65	+01:22:39 (57.4%)	10:16	5.8 (42.3%)	
145	CICHOWICZ Barbara	1413		K40	28	01:04:54	02:26:38.70	02:26:38.70	+01:25:25 (58.2%)	10:28	5.7 (41.6%)	
146	SZPERLING Magdalena	1526		K40	29	01:04:54	02:26:38.90	02:26:38.90	+01:25:25 (58.3%)	10:28	5.7 (41.6%)	
147	CHAJEC Patrycja	1411	DIRTY SPARROWS	K30	30	01:05:42	02:26:54.25	02:26:54.25	+01:25:40 (58.3%)	10:29	5.7 (41.6%)	
148	BENTKOWSKI Lesław	1404		M60	5	01:05:42	02:26:54.55	02:26:54.55	+01:25:41 (58.3%)	10:29	5.7 (41.6%)	
149	MENZEL Zofia	1480		K60	2	00:54:25	02:29:11.70	02:29:11.70	+01:27:58 (59.0%)	10:39	5.6 (40.9%)	
150	ZBOROWSKA Joanna	1545	ULTRA DIABŁY TEAM LUBRZA	K30	31	01:07:35	02:29:13.70	02:29:13.70	+01:28:00 (59.0%)	10:39	5.6 (40.9%)	
151	JEZIOREK Agnieszka	1444		K40	30	01:01:07	02:30:16.55	02:30:16.55	+01:29:03 (59.3%)	10:44	5.6 (40.9%)	
152	KRZYWDZIŃSKA Lidia	1465	RUNCROSS ROZGARTY	K40	31	01:06:37	02:30:22.45	02:30:22.45	+01:29:08 (59.3%)	10:44	5.6 (40.9%)	
153	WILGOSZ-FILIPEK Lidia	1534	SZKLARSKA SZTAB SZKOLENIOWY	K30	32	01:08:16	02:33:03.10	02:33:03.10	+01:31:49 (60.0%)	10:55	5.5 (40.1%)	

Place	Participant	Number	Club	Category	MCat	Droga pod Reglami 6km	Net time 14km	Czas brutto 14km	Gap	Pace min/km	Pace km/h
154	WREMBEL Karolina	1539	ROZBIEGANY LWÓWEK	K40	32	01:21:11	03:04:30.30	03:04:30.30	+02:03:16 (66.8%)	13:10	4.6 (33.6%)
155	GALĄZKA Magdalena	1426	BBL BOGDANIEC	K40	33	01:21:11	03:04:32.80	03:04:32.80	+02:03:19 (66.8%)	13:10	4.6 (33.6%)

Total 155 results.