



**Wydarzenie:** RUDAWY ZIMOWY FESTIWAL BIEGOWY  
**Organizator:** Fundacja Szczyt za Szczytem  
**Data:** 2022-02-19  
**Miejsce:** Karpniki  
**Dystans:** 21 km

## DWUDZIESTKA

B4SPORT

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Kara/ bonifkata	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	<b>GORZELAŃCZYK Jakub</b>	<b>426</b>	MKS SIECHNICE	M30	1	00:25:08	00:06:00	<b>01:40:38.50</b>	<b>01:40:39.35</b>		4:30	13.3 (100%)
2	<b>LAGNER Sebastian</b>	<b>602</b>	PRZEDWOJEWSKI_TEAM / KBSOBÓTKA	M30	2	00:25:10		<b>01:40:47.10</b>	<b>01:40:47.30</b>	+00:00:07 (0.1%)	4:47	12.5 (94.0%)
3	<b>CZERNAK Paweł</b>	<b>243</b>		M30	3	00:25:29		<b>01:46:18.30</b>	<b>01:46:19.15</b>	+00:05:39 (5.3%)	5:03	11.9 (89.5%)
4	<b>BONIEC Radosław</b>	<b>472</b>		M30	4	00:26:07		<b>01:47:09.75</b>	<b>01:47:09.75</b>	+00:06:30 (6.1%)	5:06	11.8 (88.7%)
5	<b>SIERADZKI Krzysztof</b>	<b>529</b>	PRZEDWOJEWSKI TEAM	M30	5	00:28:19		<b>01:54:58.75</b>	<b>01:54:59.70</b>	+00:14:20 (12.5%)	5:28	11 (82.7%)
6	<b>KŁOSOWSKI Daniel</b>	<b>568</b>	BBŻ WAŁBRZYCH	M30	6	00:28:01		<b>01:55:19.65</b>	<b>01:55:19.65</b>	+00:14:40 (12.7%)	5:29	10.9 (82.0%)
7	<b>NIEPALA Jacek</b>	<b>308</b>		M30	7	00:29:49		<b>01:55:56.00</b>	<b>01:55:56.00</b>	+00:15:16 (13.2%)	5:31	10.9 (82.0%)
8	<b>ŚRODA Michał</b>	<b>467</b>		M30	8	00:30:43		<b>01:57:29.95</b>	<b>01:57:32.40</b>	+00:16:53 (14.4%)	5:35	10.7 (80.5%)
9	<b>WASZEK Sławomir</b>	<b>541</b>	WASZKÓWKA® - POLISH HANDCRAFTED SPIRIT	M40	1	00:29:27		<b>01:57:48.90</b>	<b>01:57:48.90</b>	+00:17:09 (14.6%)	5:36	10.7 (80.5%)
10	<b>KORPALSKI Tomasz</b>	<b>672</b>		M40	2	00:29:17		<b>01:57:49.30</b>	<b>01:57:50.40</b>	+00:17:11 (14.6%)	5:36	10.7 (80.5%)
11	<b>GRABOWY Paweł</b>	<b>302</b>	ULTRA DIABŁY LUBRZA	M20	1	00:29:18		<b>02:00:09.95</b>	<b>02:00:10.30</b>	+00:19:30 (16.2%)	5:43	10.5 (78.9%)
12	<b>TOMASIAK Adam</b>	<b>673</b>	KB HARCOWNIK	M20	2	00:29:36		<b>02:00:22.35</b>	<b>02:00:22.35</b>	+00:19:43 (16.4%)	5:43	10.5 (78.9%)
13	<b>WETHACZ Dariusz</b>	<b>552</b>	ON RUNNING POLSKA/#GANG ULTRABIES	M30	9	00:29:22		<b>02:00:32.90</b>	<b>02:00:33.85</b>	+00:19:54 (16.5%)	5:44	10.5 (78.9%)
14	<b>DEMBSKI Paweł</b>	<b>363</b>	RATE MY TRAIL PRO	M40	3	00:29:10		<b>02:01:07.10</b>	<b>02:01:07.90</b>	+00:20:28 (16.9%)	5:46	10.4 (78.2%)
15	<b>KOZAK Robert</b>	<b>553</b>		M40	4	00:29:52		<b>02:01:27.90</b>	<b>02:01:28.55</b>	+00:20:49 (17.1%)	5:47	10.4 (78.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Kara/ bonifikata	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
16	TROJANOWSKI Artur	398	CARBON SILESIA SPORT	M30	10	00:29:28		02:02:26.00	02:02:30.15	+00:21:50 (17.8%)	5:49	10.3 (77.4%)
17	SAJDUDA Adam	413		M20	3	00:31:17		02:04:09.00	02:04:10.90	+00:23:31 (18.9%)	5:54	10.1 (75.9%)
18	STYPEREK Jakub	561	VEGE RUNNERS	M40	5	00:31:20		02:04:23.40	02:04:25.10	+00:23:45 (19.1%)	5:55	10.1 (75.9%)
19	NOWORYTA Radosław	319	ULTRA DIABŁY TEAM LUBRZA	M40	6	00:30:04		02:04:42.85	02:04:44.40	+00:24:05 (19.3%)	5:56	10.1 (75.9%)
20	BIENIAS Łukasz	392	BIELAWSKA AKADEMIA BIEGANIA	M30	11	00:31:36		02:06:21.40	02:06:26.20	+00:25:46 (20.4%)	6:01	10 (75.2%)
21	NOWAKOWSKA Anna	562	ALPIMADE TEAM	K30	1	00:31:55		02:07:45.45	02:07:47.20	+00:27:07 (21.2%)	6:05	9.9 (74.4%)
22	DUCZMAL Dominika	502		K20	1	00:33:02		02:08:30.15	02:08:32.05	+00:27:52 (21.7%)	6:07	9.8 (73.7%)
23	ŻMIJEWSKI Tomasz	511		M30	12	00:33:06		02:08:40.15	02:08:41.70	+00:28:02 (21.8%)	6:07	9.8 (73.7%)
24	RĄCZKOWSKI Daniel	514	KB ZDYSZAAANI CHOCIANÓW	M30	13	00:32:35		02:09:07.55	02:09:08.80	+00:28:29 (22.1%)	6:08	9.8 (73.7%)
25	ŁUKASIEWICZ Ewa	677		K50	1	00:33:32		02:09:33.35	02:09:36.50	+00:28:57 (22.3%)	6:10	9.7 (72.9%)
26	SZRAMOWIAT Marek	483	BRITA	M40	7	00:32:29		02:10:11.70	02:10:13.70	+00:29:34 (22.7%)	6:11	9.7 (72.9%)
27	RUBIKOWSKI Jacek	613		M30	14	00:33:08		02:10:17.90	02:10:18.10	+00:29:38 (22.8%)	6:12	9.7 (72.9%)
28	EICHNER Tomas	639		M50	1	00:34:06		02:11:07.80	02:11:16.70	+00:30:37 (23.3%)	6:14	9.6 (72.2%)
29	ADAMIAK Jakub	557		M30	15	00:35:31		02:11:20.75	02:11:27.95	+00:30:48 (23.4%)	6:15	9.6 (72.2%)
30	GAŁOSZ Łukasz	329		M30	16	00:31:09		02:12:01.35	02:12:05.85	+00:31:26 (23.8%)	6:17	9.5 (71.4%)
31	GRZEGORZEWSKI Wojciech	424		M20	4	00:34:29		02:12:02.75	02:12:10.60	+00:31:31 (23.8%)	6:17	9.5 (71.4%)
32	BOROWIAK Adam	681	_ZCHARTOWANI_	M40	8	00:33:58		02:13:25.80	02:13:32.55	+00:32:53 (24.6%)	6:21	9.4 (70.7%)
33	DOMIŃSKI Henryk	380		M30	17	00:32:29		02:14:19.55	02:14:28.50	+00:33:49 (25.1%)	6:23	9.4 (70.7%)
34	KOSZAREK Maciej	588		M50	2	00:33:19		02:14:29.45	02:14:31.90	+00:33:52 (25.2%)	6:24	9.4 (70.7%)
35	RYSZAWY Mikołaj	525		M20	5	00:33:39		02:14:12.05	02:14:35.75	+00:33:56 (25.2%)	6:23	9.4 (70.7%)
36	SKRZYPCZYK Paulina	632	TEAM FRUN / 42K PRO TEAM	K30	2	00:33:37		02:14:50.00	02:14:50.00	+00:34:10 (25.3%)	6:25	9.3 (69.9%)
37	ŚNIERZYŃSKI Robert	505		M30	18	00:33:21		02:15:59.10	02:16:01.35	+00:35:22 (26.0%)	6:28	9.3 (69.9%)
38	TELATYNSKA Sylwia	474	STOWARZYSZENIE KLUB SPORTOWY AKTYWNE CHOSZCZNO	K40	1	00:33:27		02:16:28.65	02:16:29.80	+00:35:50 (26.3%)	6:29	9.2 (69.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Kara/ bonifikata	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
39	<b>PIECHOWIAK Bartosz</b>	<b>656</b>	PRAWOFRANKOWICZA.PL	M20	6	00:33:25		<b>02:17:15.25</b>	<b>02:17:22.50</b>	+00:36:43 (26.7%)	6:32	9.2 (69.2%)
40	<b>FIEBIG Stefan</b>	<b>693</b>	WWW.FIEBIG.PL	M50	3	00:35:22		<b>02:17:53.45</b>	<b>02:18:04.50</b>	+00:37:25 (27.1%)	6:33	9.1 (68.4%)
41	<b>SKOWRON Łukasz</b>	<b>559</b>		M30	19	00:35:09		<b>02:18:15.30</b>	<b>02:18:33.15</b>	+00:37:53 (27.4%)	6:35	9.1 (68.4%)
42	<b>SCHRODER Patryk</b>	<b>538</b>	WSK	M40	9	00:35:30		<b>02:18:44.60</b>	<b>02:18:51.80</b>	+00:38:12 (27.5%)	6:36	9.1 (68.4%)
43	<b>MANSFELD Jarosław</b>	<b>599</b>	AGROMEN.PL	M40	10	00:35:07		<b>02:19:14.90</b>	<b>02:19:25.20</b>	+00:38:45 (27.8%)	6:37	9 (67.7%)
44	<b>GRACZ Paweł</b>	<b>338</b>	ULTRA DIABŁY TEAM LUBRZA	M30	20	00:33:43		<b>02:19:28.45</b>	<b>02:19:31.30</b>	+00:38:51 (27.9%)	6:38	9 (67.7%)
45	<b>MORAWSKI Filip</b>	<b>518</b>	KRAKOWIAK ULTRA TEAM	M40	11	00:36:24		<b>02:19:33.90</b>	<b>02:19:39.25</b>	+00:38:59 (27.9%)	6:38	9 (67.7%)
46	<b>IWASZCZYSZYN Tomasz</b>	<b>657</b>	RMT TEAM & PRZYJACIELE	M30	21	00:35:55		<b>02:19:56.60</b>	<b>02:20:00.30</b>	+00:39:20 (28.1%)	6:39	9 (67.7%)
47	<b>POSADOWSKI Szymon</b>	<b>654</b>		M30	22	00:35:47		<b>02:21:30.55</b>	<b>02:21:34.55</b>	+00:40:55 (28.9%)	6:44	8.9 (66.9%)
48	<b>NOWIK Kamil</b>	<b>382</b>	ULTRA DIABŁY TEAM LUBRZA	M40	12	00:35:07		<b>02:21:44.20</b>	<b>02:21:44.20</b>	+00:41:04 (29.0%)	6:44	8.9 (66.9%)
49	<b>SZARAPANOWSKI Damian</b>	<b>333</b>	ULTRA DIABŁY TEAM LUBRZA	M40	13	00:35:38		<b>02:21:40.90</b>	<b>02:21:44.40</b>	+00:41:05 (29.0%)	6:44	8.9 (66.9%)
50	<b>FEDER Marcin</b>	<b>665</b>		M40	14	00:34:15		<b>02:21:52.55</b>	<b>02:21:55.70</b>	+00:41:16 (29.1%)	6:45	8.9 (66.9%)
51	<b>NAGLAK Łukasz</b>	<b>346</b>	KOŹMIN BIEGA ULTRA RUNNERS	M40	15	00:36:01		<b>02:22:44.10</b>	<b>02:22:47.50</b>	+00:42:08 (29.5%)	6:47	8.8 (66.2%)
52	<b>LANGE Szymon</b>	<b>490</b>	SZYMONIX	M40	16	00:35:43		<b>02:23:01.15</b>	<b>02:23:07.60</b>	+00:42:28 (29.7%)	6:48	8.8 (66.2%)
53	<b>KAŁUŻNY Wojciech</b>	<b>667</b>	BIEGOWA ŚWIDNICA	M40	17	00:35:32		<b>02:23:12.40</b>	<b>02:23:16.00</b>	+00:42:36 (29.7%)	6:49	8.8 (66.2%)
54	<b>GAWCZYŃSKI Jakub</b>	<b>598</b>		M30	23	00:35:26		<b>02:23:37.60</b>	<b>02:23:42.55</b>	+00:43:03 (30.0%)	6:50	8.8 (66.2%)
55	<b>SUCHY Roland</b>	<b>391</b>	POGOŃ BYDŁO	M30	24	00:37:28		<b>02:23:25.60</b>	<b>02:23:44.90</b>	+00:43:05 (30.0%)	6:49	8.8 (66.2%)
56	<b>BIHUN Natalia</b>	<b>579</b>	NOA RUN YOUR LIFE	K30	3	00:36:38		<b>02:23:44.70</b>	<b>02:23:46.60</b>	+00:43:07 (30.0%)	6:50	8.8 (66.2%)
57	<b>BIERNACKA Katarzyna</b>	<b>678</b>	SBRT WROCŁAW	K30	4	00:35:04		<b>02:24:04.85</b>	<b>02:24:06.15</b>	+00:43:26 (30.1%)	6:51	8.7 (65.4%)
58	<b>ŁUKACKI Daniel</b>	<b>513</b>		M40	18	00:36:24		<b>02:24:10.45</b>	<b>02:24:18.50</b>	+00:43:39 (30.2%)	6:51	8.7 (65.4%)
59	<b>RADKOWSKA Małgorzata</b>	<b>484</b>	TEAM PARSZCZYŃSKICH/ SŁODKIE PĄCZKI	K30	5	00:37:15		<b>02:24:50.60</b>	<b>02:25:02.45</b>	+00:44:23 (30.6%)	6:53	8.7 (65.4%)
60	<b>KOŹBIELSKI Szymon</b>	<b>587</b>		M30	25	00:35:27		<b>02:25:17.60</b>	<b>02:25:26.80</b>	+00:44:47 (30.8%)	6:55	8.7 (65.4%)
61	<b>GRAMALA Mateusz</b>	<b>315</b>		M20	7	00:37:31		<b>02:25:23.70</b>	<b>02:25:41.05</b>	+00:45:01 (30.9%)	6:55	8.7 (65.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Kara/ bonifikata	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
62	<b>LAMEK Andrzej</b>	<b>697</b>	AKTYWNY OSTRZESZÓW	M50	4	00:35:55		<b>02:25:43.30</b>	<b>02:25:55.55</b>	+00:45:16 (31.0%)	6:56	8.6 (64.7%)
63	<b>NIŻEWSKI Paweł</b>	<b>637</b>	KRAKOWIAK ULTRA TEAM	M40	19	00:37:54		<b>02:25:53.70</b>	<b>02:25:59.30</b>	+00:45:19 (31.1%)	6:56	8.6 (64.7%)
64	<b>BALCERZAK Tomasz</b>	<b>438</b>		M40	20	00:39:39		<b>02:25:56.40</b>	<b>02:26:05.50</b>	+00:45:26 (31.1%)	6:56	8.6 (64.7%)
65	<b>BOĆKO Ewa</b>	<b>383</b>		K40	2	00:37:57		<b>02:26:28.90</b>	<b>02:26:32.30</b>	+00:45:52 (31.3%)	6:58	8.6 (64.7%)
66	<b>KORONA-SIERADZKA Bogusława</b>	<b>530</b>		K30	6	00:37:32		<b>02:26:30.50</b>	<b>02:26:35.90</b>	+00:45:56 (31.3%)	6:58	8.6 (64.7%)
67	<b>MĘŻYKOWSKI Michał</b>	<b>615</b>		M40	21	00:34:39		<b>02:26:59.35</b>	<b>02:27:07.70</b>	+00:46:28 (31.6%)	6:59	8.6 (64.7%)
68	<b>GAŁASZEWSKI Kamil</b>	<b>470</b>	87072213150	M30	26	00:35:37		<b>02:27:07.50</b>	<b>02:27:14.60</b>	+00:46:35 (31.6%)	7:00	8.6 (64.7%)
69	<b>RÓG Krzysztof</b>	<b>497</b>	KB ZDYSZAAANI CHOCIANÓW	M50	5	00:37:33		<b>02:27:16.60</b>	<b>02:27:24.65</b>	+00:46:45 (31.7%)	7:00	8.6 (64.7%)
70	<b>ŚWIERK Seweryn</b>	<b>242</b>		M40	22	00:35:48		<b>02:27:38.50</b>	<b>02:27:45.30</b>	+00:47:05 (31.9%)	7:01	8.5 (63.9%)
71	<b>WALIGÓRA Mateusz</b>	<b>342</b>		M30	27	00:35:32		<b>02:27:52.25</b>	<b>02:28:02.70</b>	+00:47:23 (32.0%)	7:02	8.5 (63.9%)
72	<b>MECAN Magdalena</b>	<b>595</b>		K30	7	00:39:00		<b>02:28:19.75</b>	<b>02:28:26.25</b>	+00:47:46 (32.2%)	7:03	8.5 (63.9%)
73	<b>ZAŁUCKI Maciej</b>	<b>646</b>		M50	6	00:39:01		<b>02:27:30.65</b>	<b>02:28:27.90</b>	+00:47:48 (32.2%)	7:01	8.5 (63.9%)
74	<b>PŁAZA Radosław</b>	<b>495</b>	ULTRASEKUNDS	M40	23	00:35:41		<b>02:28:54.05</b>	<b>02:29:00.70</b>	+00:48:21 (32.5%)	7:05	8.5 (63.9%)
75	<b>NASKRĘT Piotr</b>	<b>462</b>	KOWARY BIEGAJĄ	M40	24	00:36:21		<b>02:29:13.85</b>	<b>02:29:18.35</b>	+00:48:39 (32.6%)	7:06	8.4 (63.2%)
76	<b>ZAGROBELNY Michał</b>	<b>621</b>	KOWARY BIEGAJA	M30	28	00:36:22		<b>02:29:14.25</b>	<b>02:29:18.55</b>	+00:48:39 (32.6%)	7:06	8.4 (63.2%)
77	<b>GOLA Henryk</b>	<b>655</b>		M50	7	00:35:56		<b>02:29:54.60</b>	<b>02:29:56.35</b>	+00:49:17 (32.9%)	7:08	8.4 (63.2%)
78	<b>KRUŻOŁEK Monika</b>	<b>682</b>		K30	8	00:44:41		<b>02:29:55.40</b>	<b>02:30:13.30</b>	+00:49:33 (33.0%)	7:08	8.4 (63.2%)
79	<b>BATOR Paula</b>	<b>596</b>		K30	9	00:37:59		<b>02:30:14.40</b>	<b>02:30:14.40</b>	+00:49:35 (33.0%)	7:09	8.4 (63.2%)
80	<b>POZNIAK Robert</b>	<b>503</b>		M50	8	00:41:16		<b>02:30:45.25</b>	<b>02:31:03.85</b>	+00:50:24 (33.4%)	7:10	8.4 (63.2%)
81	<b>UPTAS Tomasz</b>	<b>389</b>	CROSS STRACEŃCÓW TEAM	M40	25	00:37:22		<b>02:31:01.80</b>	<b>02:31:14.40</b>	+00:50:35 (33.4%)	7:11	8.3 (62.4%)
82	<b>KMIECIK Marcin</b>	<b>698</b>	2REP	M30	29	00:36:27		<b>02:31:11.95</b>	<b>02:31:19.45</b>	+00:50:40 (33.5%)	7:11	8.3 (62.4%)
83	<b>WEGNER Adrian</b>	<b>439</b>		M30	30	00:42:46		<b>02:31:55.65</b>	<b>02:32:17.25</b>	+00:51:37 (33.9%)	7:14	8.3 (62.4%)
84	<b>KOZAKIEWICZ Tomek</b>	<b>488</b>	CAŁE ŻYCIE NA REDUKCJI	M30	31	00:37:52		<b>02:32:45.70</b>	<b>02:32:51.35</b>	+00:52:12 (34.1%)	7:16	8.2 (61.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Kara/ bonifikata	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
85	<b>FABISIAK Grzegorz</b>	<b>504</b>	RONIN CZERWIEŃSK	M40	26	00:38:22		<b>02:32:52.05</b>	<b>02:32:55.05</b>	+00:52:15 (34.2%)	7:16	8.2 (61.7%)
86	<b>BRODA Dominik</b>	<b>458</b>		M30	32	00:36:16		<b>02:32:59.20</b>	<b>02:33:02.65</b>	+00:52:23 (34.2%)	7:17	8.2 (61.7%)
87	<b>RAJKOWSKI Przemysław</b>	<b>374</b>	FUDU&CO SPORT TEAM	M50	9	00:36:39		<b>02:33:02.50</b>	<b>02:33:06.65</b>	+00:52:27 (34.3%)	7:17	8.2 (61.7%)
88	<b>CIEPŁY Kamil</b>	<b>692</b>	GARMIN WROCŁAW	M30	33	00:39:08		<b>02:32:45.80</b>	<b>02:33:10.30</b>	+00:52:30 (34.3%)	7:16	8.2 (61.7%)
89	<b>KACZOR Marcin</b>	<b>658</b>	ADJ	M40	27	00:39:10		<b>02:33:25.30</b>	<b>02:33:36.05</b>	+00:52:56 (34.5%)	7:18	8.2 (61.7%)
90	<b>JARZEMBOWSKI Tomasz</b>	<b>327</b>		M40	28	00:45:05		<b>02:33:06.45</b>	<b>02:33:44.55</b>	+00:53:05 (34.5%)	7:17	8.2 (61.7%)
91	<b>HARDEL Marek</b>	<b>649</b>	JELEŃ GÓRA	M30	34	00:38:00		<b>02:34:27.90</b>	<b>02:34:30.75</b>	+00:53:51 (34.9%)	7:21	8.2 (61.7%)
92	<b>ANKIEWICZ Stefan</b>	<b>585</b>		M40	29	00:38:12		<b>02:34:20.35</b>	<b>02:34:32.75</b>	+00:53:53 (34.9%)	7:20	8.2 (61.7%)
93	<b>RATAJCZAK Dorota</b>	<b>689</b>		K40	3	00:39:10		<b>02:34:39.90</b>	<b>02:34:39.90</b>	+00:54:00 (34.9%)	7:21	8.1 (60.9%)
94	<b>MARIANOWSKI Krzysztof</b>	<b>663</b>	KWIDZYN BIEGA	M40	30	00:41:03		<b>02:34:48.85</b>	<b>02:34:58.15</b>	+00:54:18 (35.0%)	7:22	8.1 (60.9%)
95	<b>ROZDOLSKI Jarosław</b>	<b>594</b>	ARTEL	M30	35	00:39:09		<b>02:34:49.30</b>	<b>02:35:06.50</b>	+00:54:27 (35.1%)	7:22	8.1 (60.9%)
96	<b>WRÓBLEWSKI Radosław</b>	<b>506</b>	VELUX	M40	31	00:40:58		<b>02:35:04.35</b>	<b>02:35:10.50</b>	+00:54:31 (35.1%)	7:23	8.1 (60.9%)
97	<b>KWIATKOWSKI Przemysław</b>	<b>478</b>		M30	36	00:37:20		<b>02:35:10.20</b>	<b>02:35:16.70</b>	+00:54:37 (35.2%)	7:23	8.1 (60.9%)
98	<b>STARCZEWSKA Izabela</b>	<b>312</b>		K50	2	00:40:58		<b>02:35:08.90</b>	<b>02:35:19.80</b>	+00:54:40 (35.2%)	7:23	8.1 (60.9%)
99	<b>DYSARZ Przemysław</b>	<b>660</b>		M40	32	00:43:05		<b>02:35:26.10</b>	<b>02:35:47.40</b>	+00:55:08 (35.4%)	7:24	8.1 (60.9%)
100	<b>BIELAWSKI Paweł</b>	<b>608</b>		M30	37	00:37:01		<b>02:36:05.00</b>	<b>02:36:07.80</b>	+00:55:28 (35.5%)	7:25	8.1 (60.9%)
101	<b>KŁACZYŃSKA Danuta</b>	<b>322</b>	FARTY PUSZCZY	K40	4	00:40:58		<b>02:36:34.30</b>	<b>02:36:52.35</b>	+00:56:13 (35.8%)	7:27	8 (60.2%)
102	<b>ZIMNY Tomasz</b>	<b>422</b>	FARTY PUSZCZY	M60	1	00:40:14		<b>02:36:48.40</b>	<b>02:37:05.55</b>	+00:56:26 (35.9%)	7:28	8 (60.2%)
103	<b>MEDYNSKI Sławek</b>	<b>581</b>		M50	10	00:40:31		<b>02:37:03.60</b>	<b>02:37:34.40</b>	+00:56:55 (36.1%)	7:28	8 (60.2%)
104	<b>PIASKOWSKI Artur</b>	<b>332</b>		M40	33	00:38:59		<b>02:37:38.15</b>	<b>02:37:52.55</b>	+00:57:13 (36.2%)	7:30	8 (60.2%)
105	<b>KOZIOŁ Krzysztof</b>	<b>666</b>		M30	38	00:39:55		<b>02:38:21.25</b>	<b>02:39:08.70</b>	+00:58:29 (36.8%)	7:32	8 (60.2%)
106	<b>NOWAKOWSKI Damian</b>	<b>674</b>		M40	34	00:41:02		<b>02:39:22.10</b>	<b>02:39:33.45</b>	+00:58:54 (36.9%)	7:35	7.9 (59.4%)
107	<b>KICIŃSKI Grzegorz</b>	<b>675</b>		M40	35	00:40:00		<b>02:39:08.40</b>	<b>02:39:38.20</b>	+00:58:58 (36.9%)	7:34	7.9 (59.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Kara/ bonifikata	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
108	<b>OLEJNIK Egidiusz</b>	<b>618</b>		M30	39	00:40:36		<b>02:39:51.65</b>	<b>02:40:04.80</b>	+00:59:25 (37.1%)	7:36	7.9 (59.4%)
109	<b>JUREK Przemysław</b>	<b>614</b>	KS STASZEWSKY	M40	36	00:40:29		<b>02:40:02.30</b>	<b>02:40:11.20</b>	+00:59:31 (37.2%)	7:37	7.9 (59.4%)
110	<b>MASTERNAK Marta</b>	<b>432</b>		K30	10	00:39:54		<b>02:40:13.20</b>	<b>02:40:26.80</b>	+00:59:47 (37.3%)	7:37	7.9 (59.4%)
111	<b>KURZYNICZAK Łukasz</b>	<b>331</b>		M30	40	00:40:11		<b>02:40:40.25</b>	<b>02:40:42.85</b>	+01:00:03 (37.4%)	7:39	7.8 (58.6%)
112	<b>SZKÓDLIŃSKI Bartosz</b>	<b>442</b>	ODDYCHAJSWOBODNIE.PL	M40	37	00:41:41		<b>02:40:19.55</b>	<b>02:40:46.65</b>	+01:00:07 (37.4%)	7:38	7.9 (59.4%)
113	<b>BONIEC Gabriela</b>	<b>583</b>		K30	11	00:40:41		<b>02:41:00.45</b>	<b>02:41:06.10</b>	+01:00:26 (37.5%)	7:40	7.8 (58.6%)
114	<b>PISARCZYK Grzegorz</b>	<b>455</b>		M30	41	00:42:47		<b>02:41:02.90</b>	<b>02:41:24.20</b>	+01:00:44 (37.6%)	7:40	7.8 (58.6%)
115	<b>CIEKAŃSKI Michał</b>	<b>690</b>		M40	38	00:41:15		<b>02:41:19.15</b>	<b>02:41:29.35</b>	+01:00:50 (37.7%)	7:40	7.8 (58.6%)
116	<b>SYDORCZYK Magdalena</b>	<b>336</b>		K40	5	00:44:09		<b>02:41:13.55</b>	<b>02:41:36.20</b>	+01:00:56 (37.7%)	7:40	7.8 (58.6%)
117	<b>WIECHETEK Artur</b>	<b>696</b>	STG WARSZAWA	M40	39	00:42:35		<b>02:41:01.15</b>	<b>02:41:40.95</b>	+01:01:01 (37.7%)	7:40	7.8 (58.6%)
118	<b>SZCZUCKA Róża</b>	<b>528</b>		K30	12	00:42:41		<b>02:41:31.45</b>	<b>02:41:46.95</b>	+01:01:07 (37.8%)	7:41	7.8 (58.6%)
119	<b>KLIŃSKI Wojciech</b>	<b>367</b>	TRAFICA	M40	40	00:39:38		<b>02:41:40.65</b>	<b>02:41:50.45</b>	+01:01:11 (37.8%)	7:41	7.8 (58.6%)
120	<b>STEFAŃSKI Tomasz</b>	<b>586</b>		M40	41	00:42:49		<b>02:41:36.75</b>	<b>02:42:04.15</b>	+01:01:24 (37.9%)	7:41	7.8 (58.6%)
121	<b>ŚREDNIAWA Paulina</b>	<b>680</b>	_ZCHARTOWANI_	K30	13	00:42:34		<b>02:42:03.25</b>	<b>02:42:13.50</b>	+01:01:34 (38.0%)	7:43	7.8 (58.6%)
122	<b>KACPRZAK Michał</b>	<b>493</b>	MICHAŁ KACPRZAK	M30	42	00:38:41		<b>02:42:03.60</b>	<b>02:42:19.60</b>	+01:01:40 (38.0%)	7:43	7.8 (58.6%)
123	<b>DOMAGAŁA Grażyna</b>	<b>652</b>		K30	14	00:41:29		<b>02:42:44.20</b>	<b>02:42:59.70</b>	+01:02:20 (38.2%)	7:44	7.7 (57.9%)
124	<b>SZKUDŁO Oskar</b>	<b>396</b>	BEZ BALASTU ACTIVE TEAM	M40	42	00:40:51		<b>02:43:01.35</b>	<b>02:43:03.70</b>	+01:02:24 (38.3%)	7:45	7.7 (57.9%)
125	<b>WEGNER Patrycja</b>	<b>550</b>		K30	15	00:41:07		<b>02:42:48.90</b>	<b>02:43:05.15</b>	+01:02:25 (38.3%)	7:45	7.7 (57.9%)
126	<b>REJMAN Grzegorz</b>	<b>482</b>	SLALOMONAMBASSADORPOLAND	M30	43	00:40:33		<b>02:43:16.95</b>	<b>02:43:19.15</b>	+01:02:39 (38.4%)	7:46	7.7 (57.9%)
127	<b>KIDAWA Piotr</b>	<b>679</b>		M30	44	00:42:33		<b>02:43:55.75</b>	<b>02:44:08.00</b>	+01:03:28 (38.7%)	7:48	7.7 (57.9%)
128	<b>KOLAWA Piotr</b>	<b>471</b>	TRENUJZNAMI.PL	M40	43	00:44:52		<b>02:44:40.00</b>	<b>02:44:40.00</b>	+01:04:00 (38.9%)	7:50	7.7 (57.9%)
129	<b>ALGIERSKI Paweł</b>	<b>437</b>		M30	45	00:39:49		<b>02:44:46.05</b>	<b>02:44:53.70</b>	+01:04:14 (39.0%)	7:50	7.6 (57.1%)
130	<b>SKOCZEK Sebastian</b>	<b>640</b>		M40	44	00:39:41		<b>02:44:42.90</b>	<b>02:44:56.70</b>	+01:04:17 (39.0%)	7:50	7.7 (57.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Kara/ bonifikata	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
131	STEFANOWSKI Marcin	317	*****.***	M50	11	00:43:20		02:44:42.80	02:45:08.85	+01:04:29 (39.1%)	7:50	7.7 (57.9%)
132	TOMASZEWSKI Dawid	429	WLKP MOUNTAINS ULTRA	M40	45	00:44:25		02:44:56.05	02:45:42.15	+01:05:02 (39.3%)	7:51	7.6 (57.1%)
133	WRÓBEL Małgorzata	590	OBORYGENI	K30	16	00:42:26		02:46:08.15	02:46:16.45	+01:05:37 (39.5%)	7:54	7.6 (57.1%)
134	OSICA Łukasz	431		M30	46	00:44:06		02:46:40.15	02:46:54.85	+01:06:15 (39.7%)	7:56	7.6 (57.1%)
135	MADEJ Anna	466	VEGE RUNNERS	K40	6	00:44:08		02:46:47.80	02:47:01.80	+01:06:22 (39.7%)	7:56	7.6 (57.1%)
136	OLEJNICZAK Marcin	427	ZAPINDALAMY W GÓRY	M30	47	00:41:46		02:46:55.90	02:47:14.30	+01:06:34 (39.8%)	7:56	7.5 (56.4%)
137	KASPERSKA Sylwia	597	KB ZDYSZAAANI CHOCIANÓW	K40	7	00:40:36		02:47:13.45	02:47:17.75	+01:06:38 (39.8%)	7:57	7.5 (56.4%)
138	WIERTEL Łukasz	509		M30	48	00:45:11		02:46:48.20	02:47:33.90	+01:06:54 (39.9%)	7:56	7.6 (57.1%)
139	BUGAJ Alan	653		M30	49	00:44:46		02:47:18.45	02:47:37.95	+01:06:58 (40.0%)	7:58	7.5 (56.4%)
140	SOBCZAK Mikołaj	328		M40	46	00:46:27		02:47:03.45	02:47:40.60	+01:07:01 (40.0%)	7:57	7.5 (56.4%)
141	KOZŁOWSKI Wojciech	318		M50	12	00:41:06		02:47:50.40	02:47:55.80	+01:07:16 (40.1%)	7:59	7.5 (56.4%)
142	ORTYL Ewelina	326		K40	8	00:41:11		02:47:56.10	02:47:56.10	+01:07:16 (40.1%)	7:59	7.5 (56.4%)
143	KONKOLEWSKI Maciej	425	BROWAR FORTUNA	M40	47	00:44:20		02:48:16.85	02:48:27.70	+01:07:48 (40.3%)	8:00	7.5 (56.4%)
144	POLIMIRSKI Łukasz	662	CZERWONY SMOK WĄGROWIEC	M50	13	00:40:59		02:48:40.35	02:48:53.10	+01:08:13 (40.4%)	8:01	7.5 (56.4%)
145	GRYGLAK Patryk	376		M20	8	00:37:31		02:48:53.25	02:49:13.80	+01:08:34 (40.5%)	8:02	7.5 (56.4%)
146	GRUSZCZYŃSKI Przemysław	316		M40	48	00:46:28		02:48:51.10	02:49:28.45	+01:08:49 (40.6%)	8:02	7.5 (56.4%)
147	CZAJKA Bogumił	584		M50	14	00:44:22		02:49:32.35	02:49:47.15	+01:09:07 (40.7%)	8:04	7.4 (55.6%)
148	WRÓBLEWSKI Wojciech	350		M30	50	00:39:37		02:50:05.90	02:50:11.30	+01:09:31 (40.9%)	8:05	7.4 (55.6%)
149	OLIŃSKI Paweł	351		M30	51	00:44:30		02:50:14.40	02:50:28.80	+01:09:49 (41.0%)	8:06	7.4 (55.6%)
150	NYKIEL Rafał	401	ULTRA DIABŁY TEAM LUBRZA	M40	49	00:42:11		02:50:44.70	02:50:54.70	+01:10:15 (41.1%)	8:07	7.4 (55.6%)
151	NIMSZ Kamila	341		K40	9	00:46:33		02:52:07.80	02:52:26.60	+01:11:47 (41.6%)	8:11	7.3 (54.9%)
152	PEŻYŃSKI Piotr	491	CHUCK ATTACK	M40	50	00:43:17		02:52:20.05	02:52:37.80	+01:11:58 (41.7%)	8:12	7.3 (54.9%)
153	BRUNKE Tomasz	492	RUN BYDGOSZCZ	M50	15	00:43:16		02:52:18.25	02:52:37.85	+01:11:58 (41.7%)	8:12	7.3 (54.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Kara/ bonifikata	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
154	<b>GRABOWA Paulina</b>	<b>311</b>	ULTRA DIABŁY TEAM LUBRZA	K20	2	00:44:13		<b>02:52:32.15</b>	<b>02:52:41.65</b>	+01:12:02 (41.7%)	8:12	7.3 (54.9%)
155	<b>KRYSIEWICZ Marcin</b>	<b>569</b>		M40	51	00:44:37		<b>02:52:20.45</b>	<b>02:52:43.80</b>	+01:12:04 (41.7%)	8:12	7.3 (54.9%)
156	<b>DASZYŃSKI Wojciech</b>	<b>622</b>	MUSLISTUDIO	M30	52	00:42:16		<b>02:53:03.75</b>	<b>02:53:03.75</b>	+01:12:24 (41.8%)	8:14	7.3 (54.9%)
157	<b>DYŃSKI Jacek</b>	<b>607</b>		M30	53	00:45:08		<b>02:52:53.55</b>	<b>02:53:13.30</b>	+01:12:33 (41.9%)	8:13	7.3 (54.9%)
158	<b>DZIETCZYK Kamil</b>	<b>473</b>	AKTYWNE CHOSZCZNO	M30	54	00:44:22		<b>02:53:14.95</b>	<b>02:53:17.95</b>	+01:12:38 (41.9%)	8:14	7.3 (54.9%)
159	<b>FRYDRYCH Mateusz</b>	<b>418</b>		M30	55	00:39:05		<b>02:54:10.70</b>	<b>02:54:10.70</b>	+01:13:31 (42.2%)	8:17	7.2 (54.1%)
160	<b>NAJDEK Michał</b>	<b>445</b>		M30	56	00:44:57		<b>02:54:22.45</b>	<b>02:54:29.80</b>	+01:13:50 (42.3%)	8:18	7.2 (54.1%)
161	<b>ŚRODA Maciej</b>	<b>461</b>	MACIEJ ŚRODA MSD	M30	57	00:43:23		<b>02:54:21.35</b>	<b>02:54:40.10</b>	+01:14:00 (42.4%)	8:18	7.2 (54.1%)
162	<b>FUŁAWKA Tomasz</b>	<b>352</b>	NOCNE WILKI JAWOR	M40	52	00:45:11		<b>02:54:26.15</b>	<b>02:54:46.80</b>	+01:14:07 (42.4%)	8:18	7.2 (54.1%)
163	<b>LITEWKA Grzegorz</b>	<b>344</b>	JTC TEAM	M50	16	00:45:09		<b>02:55:17.95</b>	<b>02:55:40.00</b>	+01:15:00 (42.7%)	8:20	7.2 (54.1%)
164	<b>BŁĘDKOWSKA Katarzyna</b>	<b>687</b>	AGROAS TEAM	K30	17	00:45:44		<b>02:56:06.05</b>	<b>02:56:06.05</b>	+01:15:26 (42.8%)	8:23	7.2 (54.1%)
165	<b>ZABORSKA KONKOLEWSKA Agnieszka</b>	<b>604</b>	BROWAR FORTUNA	K40	10	00:44:19		<b>02:55:55.95</b>	<b>02:56:07.50</b>	+01:15:28 (42.8%)	8:22	7.2 (54.1%)
166	<b>KACZMAREK Mateusz</b>	<b>605</b>		M30	58	00:44:51		<b>02:56:57.40</b>	<b>02:57:09.40</b>	+01:16:30 (43.2%)	8:25	7.1 (53.4%)
167	<b>SUCHY Aron</b>	<b>412</b>	POGOŃ BYDŁO	M30	59	00:42:40		<b>02:56:55.75</b>	<b>02:57:15.65</b>	+01:16:36 (43.2%)	8:25	7.1 (53.4%)
168	<b>JARZĄBEK Magdalena</b>	<b>627</b>		K30	18	00:46:14		<b>02:56:37.85</b>	<b>02:57:22.35</b>	+01:16:43 (43.3%)	8:24	7.1 (53.4%)
169	<b>WIECZOREK Piotr</b>	<b>647</b>	CZYSTA AMATORKA	M40	53	00:42:59		<b>02:57:19.25</b>	<b>02:57:30.60</b>	+01:16:51 (43.3%)	8:26	7.1 (53.4%)
170	<b>SAMEK Aleksander</b>	<b>360</b>		M40	54	00:44:32		<b>02:57:29.25</b>	<b>02:57:47.15</b>	+01:17:07 (43.4%)	8:27	7.1 (53.4%)
171	<b>SZARADOWSKI Piotr</b>	<b>524</b>	140 MINUT	M50	17	00:40:21		<b>02:57:36.00</b>	<b>02:57:59.10</b>	+01:17:19 (43.4%)	8:27	7.1 (53.4%)
172	<b>SKOKOWSKI Jacek</b>	<b>304</b>	FARTY SZCZECIN	M50	18	00:45:19		<b>02:57:46.20</b>	<b>02:58:03.35</b>	+01:17:24 (43.5%)	8:27	7.1 (53.4%)
173	<b>JACKOWIAK Szymon</b>	<b>610</b>	RUNNER'S POWER	M40	55	00:46:27		<b>02:58:06.95</b>	<b>02:58:12.00</b>	+01:17:32 (43.5%)	8:28	7.1 (53.4%)
174	<b>JACKOWIAK Agnieszka</b>	<b>611</b>		K30	19	00:46:25		<b>02:58:08.25</b>	<b>02:58:13.00</b>	+01:17:33 (43.5%)	8:28	7.1 (53.4%)
175	<b>IGNASZEWSKI Krzysztof</b>	<b>612</b>	RUNNER'S POWER	M40	56	00:46:27		<b>02:58:09.25</b>	<b>02:58:13.55</b>	+01:17:34 (43.5%)	8:29	7.1 (53.4%)
176	<b>TRZEPACZ Dorota</b>	<b>417</b>	KB LUPUS OLEŚNICA	K40	11	00:44:05		<b>02:58:26.30</b>	<b>02:58:39.00</b>	+01:17:59 (43.7%)	8:29	7.1 (53.4%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Kara/ bonifikata	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
177	<b>JANKOWSKI Marek</b>	<b>441</b>	TEAM LIPTON	M40	57	00:44:10		<b>02:58:23.65</b>	<b>02:58:44.00</b>	+01:18:04 (43.7%)	8:29	7.1 (53.4%)
178	<b>SZCZĘSNY Paweł</b>	<b>436</b>		M30	60	00:41:54		<b>02:59:05.15</b>	<b>02:59:13.45</b>	+01:18:34 (43.8%)	8:31	7 (52.6%)
179	<b>DUDEK Krzysztof</b>	<b>402</b>	STRZEGOMSKA DWUNASTKA	M40	58	00:45:41		<b>02:59:06.40</b>	<b>02:59:29.05</b>	+01:18:49 (43.9%)	8:31	7 (52.6%)
180	<b>GAŁKOWSKI Paweł</b>	<b>469</b>		M40	59	00:41:59		<b>02:59:10.55</b>	<b>02:59:30.15</b>	+01:18:50 (43.9%)	8:31	7 (52.6%)
181	<b>RUDNIK Jarosław</b>	<b>368</b>		M40	60	00:45:26		<b>02:59:17.25</b>	<b>02:59:36.25</b>	+01:18:56 (44.0%)	8:32	7 (52.6%)
182	<b>DUBAS Anna</b>	<b>453</b>	SPRAWDZAMY-NIERUCHOMOSCI.PL	K30	20	00:45:08		<b>02:59:41.20</b>	<b>02:59:57.75</b>	+01:19:18 (44.1%)	8:33	7 (52.6%)
183	<b>CHRZĄSZCZ Damian</b>	<b>349</b>		M40	61	00:45:29		<b>02:59:42.05</b>	<b>02:59:59.10</b>	+01:19:19 (44.1%)	8:33	7 (52.6%)
184	<b>CHRZĄSZCZ Mariusz</b>	<b>353</b>		M40	62	00:45:36		<b>02:59:47.20</b>	<b>03:00:03.45</b>	+01:19:24 (44.1%)	8:33	7 (52.6%)
185	<b>WALA Patryk</b>	<b>555</b>	ZAŁOGA GÓRSKA / BIEG OPOLSKI	M30	61	00:45:46		<b>03:00:04.90</b>	<b>03:00:18.45</b>	+01:19:39 (44.2%)	8:34	7 (52.6%)
186	<b>GRELAK Adam</b>	<b>573</b>	WOLSZTYN BIEGA	M30	62	00:50:05		<b>02:59:55.60</b>	<b>03:00:21.40</b>	+01:19:42 (44.2%)	8:34	7 (52.6%)
187	<b>WALIGÓRSKI Łukasz</b>	<b>578</b>		M30	63	00:50:04		<b>02:59:56.35</b>	<b>03:00:22.10</b>	+01:19:42 (44.2%)	8:34	7 (52.6%)
188	<b>DECHNIK Łukasz</b>	<b>512</b>		M40	63	00:46:54		<b>03:01:00.50</b>	<b>03:01:09.30</b>	+01:20:29 (44.4%)	8:37	7 (52.6%)
189	<b>ROGÓZ Elżbieta</b>	<b>638</b>	ULTRATRACK	K40	12	00:46:18		<b>03:01:37.60</b>	<b>03:01:47.10</b>	+01:21:07 (44.6%)	8:38	6.9 (51.9%)
190	<b>LUBELCZYK Grzegorz</b>	<b>357</b>	SPELEOCLUB WROCŁAW	M50	19	00:49:22		<b>03:01:21.30</b>	<b>03:02:01.40</b>	+01:21:22 (44.7%)	8:38	6.9 (51.9%)
191	<b>KUŚWIK Beata</b>	<b>489</b>	CAŁE ŻYCIE NA REDUKCJI	K30	21	00:44:37		<b>03:02:04.40</b>	<b>03:02:10.25</b>	+01:21:30 (44.7%)	8:40	6.9 (51.9%)
192	<b>WAWRZY尼亚K Krystian</b>	<b>634</b>	KB ODRA OPOLE	M20	9	00:46:46		<b>03:01:41.80</b>	<b>03:02:26.55</b>	+01:21:47 (44.8%)	8:39	6.9 (51.9%)
193	<b>BOŻEK Grzegorz</b>	<b>577</b>	KB ZDYSZAAANI CHOCIANÓW	M40	64	00:47:18		<b>03:02:32.25</b>	<b>03:02:51.55</b>	+01:22:12 (45.0%)	8:41	6.9 (51.9%)
194	<b>SWOROWSKI Maciej</b>	<b>400</b>	WOLSZTYŃSKI KLUB BIEGOWY	M50	20	00:46:34		<b>03:02:54.25</b>	<b>03:02:58.55</b>	+01:22:19 (45.0%)	8:42	6.9 (51.9%)
195	<b>PLIS Jordan</b>	<b>337</b>		M30	64	00:43:31		<b>03:02:46.10</b>	<b>03:03:00.50</b>	+01:22:21 (45.0%)	8:42	6.9 (51.9%)
196	<b>BRONOWSKA Justyna</b>	<b>545</b>		K40	13	00:46:25		<b>03:02:54.90</b>	<b>03:03:02.10</b>	+01:22:22 (45.0%)	8:42	6.9 (51.9%)
197	<b>CHOJNICKA Magdalena</b>	<b>343</b>		K30	22	00:48:50		<b>03:02:54.25</b>	<b>03:03:18.55</b>	+01:22:39 (45.1%)	8:42	6.9 (51.9%)
198	<b>KĄDZIOŁKA Łukasz</b>	<b>480</b>		M30	65	00:51:39		<b>03:03:12.00</b>	<b>03:03:38.55</b>	+01:22:59 (45.2%)	8:43	6.9 (51.9%)
199	<b>SOBAŃSKI Bartosz</b>	<b>423</b>		M30	66	00:51:50		<b>03:03:06.10</b>	<b>03:03:44.85</b>	+01:23:05 (45.2%)	8:43	6.9 (51.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Kara/ bonifikata	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
200	<b>BANDUROWSKA Agnieszka</b>	<b>616</b>	KB WIKON NOWA SÓL	K40	14	00:44:28		<b>03:03:44.45</b>	<b>03:03:50.35</b>	+01:23:11 (45.2%)	8:44	6.9 (51.9%)
201	<b>JUDKIEWICZ Piotr</b>	<b>459</b>		M50	21	00:44:22		<b>03:03:49.90</b>	<b>03:04:00.20</b>	+01:23:20 (45.3%)	8:45	6.9 (51.9%)
202	<b>JAKUBOWSKA Ewelina</b>	<b>414</b>	NOA	K40	15	00:49:26		<b>03:03:46.50</b>	<b>03:04:20.75</b>	+01:23:41 (45.4%)	8:45	6.9 (51.9%)
203	<b>ERET Marzena</b>	<b>566</b>		K40	16	00:46:28		<b>03:04:16.25</b>	<b>03:04:21.85</b>	+01:23:42 (45.4%)	8:46	6.8 (51.1%)
204	<b>DRAJER Sebastian</b>	<b>487</b>		M40	65	00:44:24		<b>03:05:05.40</b>	<b>03:05:20.85</b>	+01:24:41 (45.7%)	8:48	6.8 (51.1%)
205	<b>PIEKIELNA Angelika</b>	<b>635</b>		K30	23	00:45:59		<b>03:05:31.65</b>	<b>03:05:47.90</b>	+01:25:08 (45.8%)	8:50	6.8 (51.1%)
206	<b>WASILEWSKA Agata</b>	<b>407</b>	AKADEMIA MISTRZÓW SPORTU	K40	17	00:46:50		<b>03:05:32.70</b>	<b>03:06:01.40</b>	+01:25:22 (45.9%)	8:50	6.8 (51.1%)
207	<b>DUMIŃSKI Tomasz</b>	<b>544</b>	PLOTERTOM RUNNER STRZEGOM	M40	66	00:44:44		<b>03:08:35.50</b>	<b>03:08:35.50</b>	+01:27:56 (46.6%)	8:58	6.7 (50.4%)
208	<b>SUCHY Katarzyna</b>	<b>393</b>	POGOŃ BYDŁO	K30	24	00:47:00		<b>03:08:45.25</b>	<b>03:09:04.25</b>	+01:28:24 (46.8%)	8:59	6.7 (50.4%)
209	<b>DZIĘGIELEWSKA Dominika</b>	<b>334</b>		K30	25	00:48:43		<b>03:08:58.95</b>	<b>03:09:12.75</b>	+01:28:33 (46.8%)	8:59	6.7 (50.4%)
210	<b>ANDRZEJEWICZ Paweł</b>	<b>593</b>		M40	67	00:48:46		<b>03:09:01.40</b>	<b>03:09:12.80</b>	+01:28:33 (46.8%)	9:00	6.7 (50.4%)
211	<b>TYLKA Gosia</b>	<b>403</b>		K30	26	00:47:23		<b>03:09:08.45</b>	<b>03:09:25.30</b>	+01:28:45 (46.9%)	9:00	6.7 (50.4%)
212	<b>KACZMAREK Dorota</b>	<b>519</b>	RADZIKI	K40	18	00:48:23		<b>03:09:48.20</b>	<b>03:10:09.70</b>	+01:29:30 (47.1%)	9:02	6.6 (49.6%)
213	<b>KACZMAREK Radosław</b>	<b>520</b>	RADZIKI	M50	22	00:48:23		<b>03:09:48.05</b>	<b>03:10:09.80</b>	+01:29:30 (47.1%)	9:02	6.6 (49.6%)
214	<b>KĄDZIOŁKA Jan</b>	<b>428</b>	K2	M50	23	00:51:39		<b>03:09:58.00</b>	<b>03:10:25.10</b>	+01:29:45 (47.1%)	9:02	6.6 (49.6%)
215	<b>KĘPSKI Grzegorz</b>	<b>676</b>		M30	67	00:47:28		<b>03:10:37.30</b>	<b>03:10:59.35</b>	+01:30:20 (47.3%)	9:04	6.6 (49.6%)
216	<b>SZUMSKI Zbigniew</b>	<b>335</b>		M50	24	00:50:07		<b>03:10:42.35</b>	<b>03:11:04.40</b>	+01:30:25 (47.3%)	9:04	6.6 (49.6%)
217	<b>TOMYŚLAK Magdalena</b>	<b>457</b>		K30	27	00:46:03		<b>03:10:50.75</b>	<b>03:11:08.20</b>	+01:30:28 (47.3%)	9:05	6.6 (49.6%)
218	<b>ROZWADOWSKI Robert</b>	<b>624</b>	DRUŻYNA SZPIKU	M40	68	00:47:49		<b>03:11:08.35</b>	<b>03:11:20.00</b>	+01:30:40 (47.4%)	9:06	6.6 (49.6%)
219	<b>BESZTOCHA Jadwiga</b>	<b>548</b>	ZEN RUNNING TEAM	K30	28	00:46:35		<b>03:11:55.05</b>	<b>03:12:01.70</b>	+01:31:22 (47.6%)	9:08	6.6 (49.6%)
220	<b>PACIULON Krzysztof</b>	<b>575</b>	ONE MAN RUNNING	M40	69	00:46:17		<b>03:12:01.65</b>	<b>03:12:36.85</b>	+01:31:57 (47.7%)	9:08	6.6 (49.6%)
221	<b>SKULIMA Szymon</b>	<b>310</b>		M20	10	00:45:44		<b>03:12:41.45</b>	<b>03:13:13.75</b>	+01:32:34 (47.9%)	9:10	6.5 (48.9%)
222	<b>BEDNAREK Remigiusz</b>	<b>619</b>		M30	68	00:48:15		<b>03:13:41.65</b>	<b>03:14:15.95</b>	+01:33:36 (48.2%)	9:13	6.5 (48.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Kara/ bonifikata	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
223	<b>PTAK Dorota</b>	<b>582</b>	PIĄTKOWO NA BIEGOWO	K50	3	00:50:31		<b>03:13:55.40</b>	<b>03:14:16.60</b>	+01:33:37 (48.2%)	9:14	6.5 (48.9%)
224	<b>MARCINIAK Anna</b>	<b>617</b>		K40	19	00:50:46		<b>03:14:10.60</b>	<b>03:14:25.90</b>	+01:33:46 (48.2%)	9:14	6.5 (48.9%)
225	<b>KRAWIEC Marcin</b>	<b>452</b>		M40	70	00:51:45		<b>03:14:26.75</b>	<b>03:14:58.60</b>	+01:34:19 (48.4%)	9:15	6.5 (48.9%)
226	<b>ZIENKIEWICZ Justyna</b>	<b>669</b>		K40	20	00:57:33		<b>03:14:50.35</b>	<b>03:15:26.60</b>	+01:34:47 (48.5%)	9:16	6.5 (48.9%)
227	<b>ZIENKIEWICZ Agata</b>	<b>507</b>	PIASECZNO RUNNING	K40	21	00:57:34		<b>03:14:51.30</b>	<b>03:15:26.70</b>	+01:34:47 (48.5%)	9:16	6.5 (48.9%)
228	<b>MECH Grzegorz</b>	<b>339</b>		M40	71	00:49:58		<b>03:15:56.05</b>	<b>03:16:35.20</b>	+01:35:55 (48.8%)	9:19	6.4 (48.1%)
229	<b>PISTL Jacek</b>	<b>571</b>		M30	69	00:47:16		<b>03:16:33.20</b>	<b>03:16:55.90</b>	+01:36:16 (48.9%)	9:21	6.4 (48.1%)
230	<b>MAZUR Katarzyna</b>	<b>683</b>	UMLAUT	K40	22	00:50:37		<b>03:16:57.35</b>	<b>03:17:05.75</b>	+01:36:26 (48.9%)	9:22	6.4 (48.1%)
231	<b>ROGOWSKI Tomasz</b>	<b>684</b>	UMLAUT	M30	70	00:50:36		<b>03:16:56.05</b>	<b>03:17:05.95</b>	+01:36:26 (48.9%)	9:22	6.4 (48.1%)
232	<b>KOZICZAK Katarzyna</b>	<b>347</b>		K30	29	00:49:39		<b>03:16:56.85</b>	<b>03:17:11.25</b>	+01:36:31 (49.0%)	9:22	6.4 (48.1%)
233	<b>DOBROCHOWSKA Ilona</b>	<b>476</b>	STRZEGOMSKA DWUNASTKA	K40	23	00:50:27		<b>03:16:53.00</b>	<b>03:17:16.65</b>	+01:36:37 (49.0%)	9:22	6.4 (48.1%)
234	<b>DURA Zofia</b>	<b>463</b>		K20	3	00:50:45		<b>03:17:51.15</b>	<b>03:18:04.35</b>	+01:37:25 (49.2%)	9:25	6.4 (48.1%)
235	<b>MIELCARZ Tomasz</b>	<b>397</b>	BIEGOWE DZIKI OCR	M30	71	00:44:42		<b>03:18:01.75</b>	<b>03:18:06.80</b>	+01:37:27 (49.2%)	9:25	6.4 (48.1%)
236	<b>GOLUBIŃSKI Przemysław</b>	<b>355</b>	VERGE	M30	72	00:52:43		<b>03:17:53.80</b>	<b>03:18:41.05</b>	+01:38:01 (49.3%)	9:25	6.4 (48.1%)
237	<b>MECH Bogdan</b>	<b>642</b>		M50	25	00:52:18		<b>03:18:20.30</b>	<b>03:18:58.75</b>	+01:38:19 (49.4%)	9:26	6.4 (48.1%)
238	<b>KĘDZIORA Alicja</b>	<b>626</b>		K30	30	00:51:06		<b>03:19:08.80</b>	<b>03:19:14.85</b>	+01:38:35 (49.5%)	9:28	6.3 (47.4%)
239	<b>POTERSKI Mateusz</b>	<b>536</b>		M40	72	00:51:11		<b>03:19:12.75</b>	<b>03:19:18.45</b>	+01:38:39 (49.5%)	9:29	6.3 (47.4%)
240	<b>ŚMIECHOWSKA Małgorzata</b>	<b>629</b>	ŚDS RECZ	K40	24	00:49:45		<b>03:19:42.05</b>	<b>03:19:47.05</b>	+01:39:07 (49.6%)	9:30	6.3 (47.4%)
241	<b>ZDYB Grzegorz</b>	<b>330</b>	44 WOJSKOWY ODDZIAŁ GOSPODARCZY	M40	73	00:51:23		<b>03:19:44.95</b>	<b>03:20:29.30</b>	+01:39:49 (49.8%)	9:30	6.3 (47.4%)
242	<b>MORAWSKI Marcin</b>	<b>320</b>	RANGER SURVIVAL CLUB	M40	74	00:50:11		<b>03:20:11.05</b>	<b>03:20:39.95</b>	+01:40:00 (49.8%)	9:31	6.3 (47.4%)
243	<b>FANAJŁO Wojtek</b>	<b>508</b>		M30	73	00:52:34		<b>03:20:53.25</b>	<b>03:21:06.25</b>	+01:40:26 (49.9%)	9:33	6.3 (47.4%)
244	<b>WIŚNIEWSKI Tomasz</b>	<b>465</b>		M40	75	00:50:36		<b>03:21:04.70</b>	<b>03:21:17.85</b>	+01:40:38 (50.0%)	9:34	6.3 (47.4%)
245	<b>MISIAK Artur</b>	<b>564</b>		M40	76	00:52:18		<b>03:20:46.95</b>	<b>03:21:18.50</b>	+01:40:39 (50.0%)	9:33	6.3 (47.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Kara/ bonifikata	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
246	MISIAK Dorota	421		K30	31	00:52:19		03:20:47.75	03:21:19.10	+01:40:39 (50.0%)	9:33	6.3 (47.4%)
247	DAWIDZIAK Paweł	371		M30	74	00:51:11		03:21:35.40	03:21:40.50	+01:41:01 (50.1%)	9:35	6.3 (47.4%)
248	SŁOWIKOWSKI Tomasz	531		M40	77	00:49:06		03:21:32.20	03:21:47.05	+01:41:07 (50.1%)	9:35	6.3 (47.4%)
249	GRABOWSKA Zuzanna	523	IZBICKO W BIEGU	K20	4	00:59:25		03:21:45.45	03:22:25.75	+01:41:46 (50.3%)	9:36	6.2 (46.6%)
250	SYNOWIEC-JUDA Agata	373		K40	25	00:52:47		03:22:15.45	03:22:36.15	+01:41:56 (50.3%)	9:37	6.2 (46.6%)
251	NOLBRZYK Adrian	406		M40	78	00:47:32		03:22:10.70	03:22:37.50	+01:41:58 (50.3%)	9:37	6.2 (46.6%)
252	KOŃ Aleksandra	345	EKIPA LIPA	K40	26	00:51:08		03:23:50.15	03:24:04.70	+01:43:25 (50.7%)	9:42	6.2 (46.6%)
253	KRAKOWCZYK Tomasz	630		M40	79	00:50:24		03:25:00.75	03:25:07.55	+01:44:28 (50.9%)	9:45	6.1 (45.9%)
254	BORKOWSKI Marcel	451		M30	75	00:53:42		03:25:28.70	03:26:08.60	+01:45:29 (51.2%)	9:47	6.1 (45.9%)
255	PAWLAK Sławomir	671	#PAWLAKTEAM	M40	80	00:50:41		03:25:27.30	03:26:08.70	+01:45:29 (51.2%)	9:47	6.1 (45.9%)
256	RAJTAR Robert	440	BRYGADA RR	M40	81	00:57:09		03:25:34.55	03:26:11.90	+01:45:32 (51.2%)	9:47	6.1 (45.9%)
257	WANAT Kasia	354	VERGE	K30	32	00:52:44		03:26:10.75	03:26:57.85	+01:46:18 (51.4%)	9:49	6.1 (45.9%)
258	JAWORSKA Magdalena	570	GB WIELKOPOLSCY BIEGACZE/TEAM KGB	K40	27	00:53:37		03:26:34.60	03:27:17.90	+01:46:38 (51.4%)	9:50	6.1 (45.9%)
259	SIWIASZCZYK Tomasz	567		M40	82	00:53:40		03:26:43.70	03:27:26.00	+01:46:46 (51.5%)	9:50	6.1 (45.9%)
260	SZERSZEŃ Agata	628	DTR BIEGA / MARIO TEAM	K30	33	00:57:10		03:26:50.80	03:27:39.45	+01:47:00 (51.5%)	9:50	6.1 (45.9%)
261	FANAJŁO Kasia	362	ZGZB	K30	34	00:52:35		03:28:48.95	03:29:02.10	+01:48:22 (51.8%)	9:56	6 (45.1%)
262	KRYSIAK Łukasz	532	PIĄTKOWO NA BIEGOWO	M40	83	00:50:09		03:30:22.60	03:30:56.40	+01:50:17 (52.3%)	10:01	6 (45.1%)
263	PISZ Ewelina	420	POBIEROWO BIEGA	K40	28	00:58:15		03:30:28.05	03:31:00.40	+01:50:21 (52.3%)	10:01	6 (45.1%)
264	MODRAK Maciej	475	PARKRUN GRUDZIĄDZ	M50	26	00:54:00		03:30:53.30	03:31:23.10	+01:50:43 (52.4%)	10:02	6 (45.1%)
265	OLEŚ Ewa	443		K30	35	00:54:45		03:31:51.65	03:32:34.25	+01:51:54 (52.6%)	10:05	5.9 (44.4%)
265	OLEŚ Daniel	688		M30	76	00:54:45		03:31:50.65	03:32:34.25	+01:51:54 (52.6%)	10:05	5.9 (44.4%)
267	ŚLUSARCZYK Tomasz	580	BIEGUSY CZAPLE	M40	84	00:51:55		03:32:25.75	03:32:40.75	+01:52:01 (52.7%)	10:06	5.9 (44.4%)
268	BURMAN Beata	314	AKTYWNI RAZEM	K40	29	00:51:08		03:32:26.50	03:32:56.50	+01:52:17 (52.7%)	10:06	5.9 (44.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Kara/ bonifikata	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
269	<b>PRZYBYSZEWSKA Lidia</b>	<b>390</b>	ULTRA DIABŁY TEAM LUBRZA	K40	30	00:54:11		<b>03:33:14.00</b>	<b>03:33:24.45</b>	+01:52:45 (52.8%)	10:09	5.9 (44.4%)
270	<b>KOPYRA Tomasz</b>	<b>365</b>	#BIEGAMWOLNOALEDOKŁADNIE	M40	85	00:56:56		<b>03:32:48.60</b>	<b>03:33:34.80</b>	+01:52:55 (52.9%)	10:08	5.9 (44.4%)
271	<b>RĄCZKOWIAK Mateusz</b>	<b>408</b>	USZŁO POWIETRZE Z DĘTKI	M30	77	00:51:24		<b>03:34:11.50</b>	<b>03:34:23.65</b>	+01:53:44 (53.1%)	10:11	5.9 (44.4%)
272	<b>KOZŁOWSKI Tomasz</b>	<b>576</b>		M50	27	00:53:04		<b>03:34:26.30</b>	<b>03:34:54.55</b>	+01:54:15 (53.2%)	10:12	5.9 (44.4%)
273	<b>KOZŁOWSKA Alicja</b>	<b>572</b>		K50	4	00:53:04		<b>03:34:26.05</b>	<b>03:34:54.60</b>	+01:54:15 (53.2%)	10:12	5.9 (44.4%)
274	<b>WINNICKA Edyta</b>	<b>388</b>	ADIDAS RUNNERS WARSAW SŁODKIE PĄCZKI	K30	36	00:54:17		<b>03:34:42.90</b>	<b>03:35:11.10</b>	+01:54:31 (53.2%)	10:13	5.9 (44.4%)
275	<b>BORODYN Andrzej</b>	<b>303</b>	FARTY PUSZCZY	M40	86	00:52:09		<b>03:34:53.10</b>	<b>03:35:26.55</b>	+01:54:47 (53.3%)	10:13	5.9 (44.4%)
276	<b>KOŁODZIEJ Tomasz</b>	<b>623</b>		M50	28	00:58:14		<b>03:35:24.95</b>	<b>03:36:02.75</b>	+01:55:23 (53.4%)	10:15	5.8 (43.6%)
277	<b>JÓZWIAK Mikołaj</b>	<b>699</b>	STG WARSZAWA	M30	78	00:54:30		<b>03:36:03.80</b>	<b>03:36:03.80</b>	+01:55:24 (53.4%)	10:17	5.8 (43.6%)
278	<b>JANKOWSKA Marzena</b>	<b>449</b>	FU FU FU TEAM	K40	31	00:55:58		<b>03:36:42.75</b>	<b>03:36:52.45</b>	+01:56:13 (53.6%)	10:19	5.8 (43.6%)
279	<b>MALINOWSKA Zyta</b>	<b>309</b>	ULTRA DIABŁY LUBRZA	K40	32	00:53:28		<b>03:37:03.60</b>	<b>03:37:15.00</b>	+01:56:35 (53.7%)	10:20	5.8 (43.6%)
280	<b>PYZIO Magdalena</b>	<b>454</b>	SPRAWDZAMY NIERUCHOMOŚCI	K30	37	00:52:15		<b>03:37:00.50</b>	<b>03:37:18.10</b>	+01:56:38 (53.7%)	10:20	5.8 (43.6%)
281	<b>MICHALIK Iwona</b>	<b>592</b>		K30	38	00:55:49		<b>03:37:32.20</b>	<b>03:37:49.35</b>	+01:57:10 (53.8%)	10:21	5.8 (43.6%)
282	<b>CHWALISZ Paweł</b>	<b>700</b>		M40	87	00:53:13		<b>03:37:51.15</b>	<b>03:38:15.95</b>	+01:57:36 (53.9%)	10:22	5.8 (43.6%)
283	<b>ŻAK Dominika</b>	<b>366</b>	FARTY PUSZCZY	K30	39	00:56:22		<b>03:37:50.35</b>	<b>03:38:24.45</b>	+01:57:45 (53.9%)	10:22	5.8 (43.6%)
284	<b>FRAĆKOWIAK Elżbieta</b>	<b>539</b>		K40	33	00:55:30		<b>03:38:35.55</b>	<b>03:38:43.65</b>	+01:58:04 (54.0%)	10:24	5.8 (43.6%)
285	<b>GRUDNIEWSKI Jakub</b>	<b>668</b>		M30	79	01:02:28		<b>03:38:02.10</b>	<b>03:38:51.40</b>	+01:58:12 (54.0%)	10:22	5.8 (43.6%)
286	<b>HUGETH Agnieszka</b>	<b>434</b>	BBL BOLESŁAWIEC	K40	34	00:59:23		<b>03:38:50.30</b>	<b>03:39:21.60</b>	+01:58:42 (54.1%)	10:25	5.8 (43.6%)
287	<b>MAGDA Iwona</b>	<b>496</b>	EKIPA ZAJĄCA	K40	35	00:59:22		<b>03:38:50.50</b>	<b>03:39:21.85</b>	+01:58:42 (54.1%)	10:25	5.8 (43.6%)
288	<b>GZULA Beata</b>	<b>589</b>	TEAM PARSZCZYŃSKICH	K40	36	01:03:11		<b>03:39:48.55</b>	<b>03:40:18.85</b>	+01:59:39 (54.3%)	10:28	5.7 (42.9%)
289	<b>BOGACKA Aneta</b>	<b>479</b>	ZGZB	K30	40	00:56:07		<b>03:40:49.25</b>	<b>03:41:30.25</b>	+02:00:50 (54.6%)	10:30	5.7 (42.9%)
290	<b>GRABOWIECKA Marta</b>	<b>485</b>	ZIELONA GÓRA ZACZNIJ BIEGAĆ	K40	37	00:56:02		<b>03:40:50.10</b>	<b>03:41:30.30</b>	+02:00:50 (54.6%)	10:30	5.7 (42.9%)
291	<b>GODYŃ Sylwiusz</b>	<b>323</b>	DZIEWIĘĆSIŁ	M50	29	00:51:13		<b>03:41:14.75</b>	<b>03:41:36.10</b>	+02:00:56 (54.6%)	10:32	5.7 (42.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Kara/ bonifikata	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
292	<b>SZYMANKIEWICZ Edyta</b>	<b>381</b>	CROSS STRACEŃCÓW TEAM	K40	38	00:59:42		<b>03:41:24.80</b>	<b>03:41:44.40</b>	+02:01:05 (54.6%)	10:32	5.7 (42.9%)
293	<b>FRĄCZAK Ireneusz</b>	<b>565</b>	KRZYWE RYJE	M40	88	00:54:42		<b>03:41:51.10</b>	<b>03:42:00.90</b>	+02:01:21 (54.7%)	10:33	5.7 (42.9%)
294	<b>GRZESIAK Rafał</b>	<b>563</b>	EMERYT	M40	89	00:54:42		<b>03:42:21.70</b>	<b>03:42:30.60</b>	+02:01:51 (54.8%)	10:35	5.7 (42.9%)
295	<b>STACHOWIAK Magda</b>	<b>527</b>	RUN TEAM RYDZYNA	K30	41	00:54:21		<b>03:42:35.65</b>	<b>03:42:56.60</b>	+02:02:17 (54.9%)	10:35	5.7 (42.9%)
296	<b>MECH Marta</b>	<b>643</b>		K40	39	01:01:56		<b>03:42:23.85</b>	<b>03:43:00.90</b>	+02:02:21 (54.9%)	10:35	5.7 (42.9%)
297	<b>FINKOWIAT - SZYMCZAK Katarzyna</b>	<b>307</b>	FARTY PUSZCZY	K30	42	00:56:24		<b>03:42:55.35</b>	<b>03:43:27.80</b>	+02:02:48 (55.0%)	10:36	5.7 (42.9%)
298	<b>SCHRAPPA Sebastian</b>	<b>549</b>	IZBICKO W BIEGU	M40	90	01:00:05		<b>03:43:21.70</b>	<b>03:44:02.40</b>	+02:03:23 (55.1%)	10:38	5.6 (42.1%)
299	<b>ZIEMKOWSKA Monika</b>	<b>301</b>		K40	40	00:57:46		<b>03:43:55.75</b>	<b>03:44:21.90</b>	+02:03:42 (55.1%)	10:39	5.6 (42.1%)
300	<b>BARTKIEWICZ Halina</b>	<b>430</b>	KRWIOBIEGANIE, ZGZB	K40	41	00:56:23		<b>03:43:48.55</b>	<b>03:44:29.70</b>	+02:03:50 (55.2%)	10:39	5.6 (42.1%)
301	<b>ZELMANOWICZ - SZŁAPA Ewa</b>	<b>558</b>		K40	42	00:59:22		<b>03:45:42.15</b>	<b>03:46:23.15</b>	+02:05:43 (55.5%)	10:44	5.6 (42.1%)
302	<b>WALIŃSKA Agata</b>	<b>456</b>	WWW.SPRAWDZAMY-NIERUCHOMOSCI.PL	K30	43	00:55:24		<b>03:46:37.60</b>	<b>03:46:37.60</b>	+02:05:58 (55.6%)	10:47	5.6 (42.1%)
303	<b>ZAJĄC Kazimierz</b>	<b>435</b>	BBL BOLESŁAWIEC	M60	2	00:59:23		<b>03:47:45.80</b>	<b>03:48:18.40</b>	+02:07:39 (55.9%)	10:50	5.5 (41.4%)
304	<b>GÓRNA Aldona</b>	<b>547</b>	ŻÓŁWICE W BIEGU	K40	43	01:01:02		<b>03:48:21.10</b>	<b>03:48:28.50</b>	+02:07:49 (55.9%)	10:52	5.5 (41.4%)
305	<b>LANGE Hanna</b>	<b>546</b>	ŻÓŁWICE W BIEGU	K40	44	01:01:02		<b>03:48:22.45</b>	<b>03:48:29.10</b>	+02:07:49 (55.9%)	10:52	5.5 (41.4%)
306	<b>GRELA Paweł</b>	<b>659</b>		M30	80	00:59:42		<b>03:48:56.35</b>	<b>03:49:41.40</b>	+02:09:02 (56.2%)	10:54	5.5 (41.4%)
307	<b>WITLICKI Kacper</b>	<b>631</b>	KROŚNIEŃSKIE WYDARZENIA	M20	11	00:52:34		<b>03:51:27.70</b>	<b>03:52:08.70</b>	+02:11:29 (56.6%)	11:01	5.4 (40.6%)
308	<b>DOJS Aleksandra</b>	<b>340</b>	NIGHT RUNNERS	K40	45	01:02:21		<b>03:52:21.65</b>	<b>03:52:33.75</b>	+02:11:54 (56.7%)	11:03	5.4 (40.6%)
309	<b>MATYSIAK Jakub</b>	<b>620</b>	STG WARSZAWA	M30	81	00:58:25		<b>03:52:35.85</b>	<b>03:53:11.35</b>	+02:12:32 (56.8%)	11:04	5.4 (40.6%)
310	<b>SZYMCZAK Łukasz</b>	<b>313</b>	FARTY PUSZCZY	M40	91	00:56:24		<b>03:53:06.90</b>	<b>03:53:39.95</b>	+02:13:00 (56.9%)	11:06	5.4 (40.6%)
311	<b>OCHNIO Ewa</b>	<b>359</b>	DALEKA DROGA	K40	46	01:03:06		<b>03:53:34.90</b>	<b>03:54:10.40</b>	+02:13:31 (57.0%)	11:07	5.4 (40.6%)
312	<b>DOBROCHOWSKI Marek</b>	<b>405</b>	STRZEGOMSKA DWUNASTKA	M40	92	00:58:39		<b>03:53:56.80</b>	<b>03:54:21.05</b>	+02:13:41 (57.0%)	11:08	5.4 (40.6%)
313	<b>KOLESIŃSKA Anna</b>	<b>685</b>		K30	44	01:00:50		<b>03:54:33.25</b>	<b>03:54:57.75</b>	+02:14:18 (57.2%)	11:10	5.4 (40.6%)
314	<b>WÓJCIK-RATNICKA Natalia</b>	<b>686</b>		K30	45	01:00:49		<b>03:54:39.75</b>	<b>03:55:05.00</b>	+02:14:25 (57.2%)	11:10	5.4 (40.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Kara/ bonifikata	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
315	<b>KOWALEWSKA Izabela</b>	<b>670</b>	PIASECZNO RUNNING	K40	47	01:00:44		<b>03:54:31.85</b>	<b>03:55:08.90</b>	+02:14:29 (57.2%)	11:10	5.4 (40.6%)
316	<b>SZERSZEŃ Janusz</b>	<b>448</b>	PIASECZNO RUNNING	M40	93	01:01:13		<b>03:54:32.10</b>	<b>03:55:09.80</b>	+02:14:30 (57.2%)	11:10	5.4 (40.6%)
317	<b>SZERSZEŃ Małgorzata</b>	<b>446</b>	PIASECZNO RUNNING	K40	48	01:00:44		<b>03:54:33.90</b>	<b>03:55:10.00</b>	+02:14:30 (57.2%)	11:10	5.4 (40.6%)
318	<b>WAKOR Pawel</b>	<b>537</b>		M40	94	00:44:01		<b>03:55:25.30</b>	<b>03:55:52.85</b>	+02:15:13 (57.3%)	11:12	5.4 (40.6%)
319	<b>ROSA Alex</b>	<b>510</b>		M40	95	00:48:44		<b>03:55:26.65</b>	<b>03:55:54.30</b>	+02:15:14 (57.3%)	11:12	5.4 (40.6%)
320	<b>TĄSKI Mateusz</b>	<b>533</b>		M40	96	00:55:18		<b>03:55:42.15</b>	<b>03:56:11.00</b>	+02:15:31 (57.4%)	11:13	5.3 (39.8%)
321	<b>PTAK Ewa</b>	<b>241</b>		K40	49	01:00:59		<b>03:56:45.40</b>	<b>03:57:23.35</b>	+02:16:44 (57.6%)	11:16	5.3 (39.8%)
322	<b>LENDA-PETRYKOWSKA Marzena</b>	<b>633</b>	SURGICAL NINJA OWL	K30	46	01:02:30		<b>03:58:26.70</b>	<b>03:58:54.90</b>	+02:18:15 (57.9%)	11:21	5.3 (39.8%)
323	<b>HORĘZGA Dorota</b>	<b>306</b>		K30	47	01:00:45		<b>04:00:13.55</b>	<b>04:00:21.95</b>	+02:19:42 (58.1%)	11:26	5.2 (39.1%)
324	<b>FRAĆKOWIAK Jacek</b>	<b>498</b>		M40	97	00:59:04		<b>04:03:26.25</b>	<b>04:03:34.25</b>	+02:22:54 (58.7%)	11:35	5.2 (39.1%)
325	<b>KATA Wioletta</b>	<b>419</b>		K50	5	01:00:55		<b>04:03:27.55</b>	<b>04:03:58.95</b>	+02:23:19 (58.7%)	11:35	5.2 (39.1%)
326	<b>MYSZYWODA Monika</b>	<b>410</b>		K30	48	01:02:31		<b>04:04:27.70</b>	<b>04:04:52.20</b>	+02:24:12 (58.9%)	11:38	5.2 (39.1%)
327	<b>GMEREK Paweł</b>	<b>522</b>		M40	98	01:02:41		<b>04:05:15.05</b>	<b>04:05:49.30</b>	+02:25:09 (59.1%)	11:40	5.1 (38.3%)
328	<b>KLIKS Adam</b>	<b>521</b>		M50	30	01:02:41		<b>04:05:15.55</b>	<b>04:05:49.90</b>	+02:25:10 (59.1%)	11:40	5.1 (38.3%)
329	<b>WOŚKO Gabriela</b>	<b>694</b>	STG WARSZAWA	K30	49	01:04:50		<b>04:07:16.10</b>	<b>04:07:48.85</b>	+02:27:09 (59.4%)	11:46	5.1 (38.3%)
330	<b>PISTL Anna</b>	<b>305</b>		K30	50	01:00:33		<b>04:10:08.60</b>	<b>04:10:31.70</b>	+02:29:52 (59.8%)	11:54	5 (37.6%)
331	<b>SYPKO-KUBICKA Katarzyna</b>	<b>378</b>	DOBRA FORMA/ KOZŁOWICKI CROSS	K40	50	01:02:56		<b>04:10:37.45</b>	<b>04:11:00.70</b>	+02:30:21 (59.9%)	11:56	5 (37.6%)
332	<b>KUBICKI Mariusz</b>	<b>377</b>	DOBRA FORMA, KOZŁOWICKI CROSS	M40	99	01:02:53		<b>04:10:37.95</b>	<b>04:11:01.00</b>	+02:30:21 (59.9%)	11:56	5 (37.6%)
333	<b>ZIAJA Aleksandra</b>	<b>386</b>		K30	51	01:02:16		<b>04:10:55.70</b>	<b>04:11:25.40</b>	+02:30:46 (60.0%)	11:56	5 (37.6%)
334	<b>DUDEK Mariola</b>	<b>404</b>	STRZEGOMSKA DWUNASTKA	K40	51	01:03:46		<b>04:15:59.55</b>	<b>04:16:23.45</b>	+02:35:44 (60.7%)	12:11	4.9 (36.8%)
335	<b>WILK Karol</b>	<b>516</b>		M40	100	01:01:03		<b>04:17:47.25</b>	<b>04:18:02.55</b>	+02:37:23 (61.0%)	12:16	4.9 (36.8%)
336	<b>WIŚNIEWSKA Dorota</b>	<b>464</b>		K40	52	01:05:19		<b>04:18:32.05</b>	<b>04:18:46.20</b>	+02:38:06 (61.1%)	12:18	4.9 (36.8%)
337	<b>MATUSZ Magdalena</b>	<b>356</b>	POBIEROWO BIEGA	K30	52	01:03:41		<b>04:20:04.70</b>	<b>04:20:36.55</b>	+02:39:57 (61.4%)	12:23	4.8 (36.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Kara/ bonifikata	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
338	<b>POŁOMSKA Kamila</b>	<b>348</b>		K30	53	01:03:43		<b>04:20:27.55</b>	<b>04:20:58.15</b>	+02:40:18 (61.4%)	12:24	4.8 (36.1%)
339	<b>GÓRECKA Karolina</b>	<b>358</b>	POBIEROWO BIEGA	K30	54	01:03:41		<b>04:21:32.65</b>	<b>04:22:05.30</b>	+02:41:25 (61.6%)	12:27	4.8 (36.1%)
340	<b>MUCHA-KRUCZYŃSKI Wacław</b>	<b>664</b>	MUKK ENPI	M60	3	01:06:02		<b>04:27:02.00</b>	<b>04:27:38.10</b>	+02:46:58 (62.4%)	12:42	4.7 (35.3%)
341	<b>SREBRO Michał</b>	<b>387</b>		M50	31	01:04:12		<b>04:32:12.50</b>	<b>04:32:29.50</b>	+02:51:50 (63.1%)	12:57	4.6 (34.6%)
342	<b>ŁADOŃSKA Agata</b>	<b>415</b>		K30	55	01:02:59		<b>04:39:08.45</b>	<b>04:39:50.55</b>	+02:59:11 (64.0%)	13:17	4.5 (33.8%)
343	<b>SREBRO Kacper Antoni</b>	<b>384</b>		M20	12	00:49:35		<b>04:49:03.05</b>	<b>04:49:19.15</b>	+03:08:39 (65.2%)	13:45	4.4 (33.1%)
	<b>ŻESŁAWSKA Wiola</b>	<b>477</b>		K40		03:10:06 DNF		<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>NOWAK Dominik</b>	<b>661</b>	CZERWONY SMOK WĄGROWIEC	M30		DNF		<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 345 wynik(ów)