



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

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

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

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85	FABISIAK Grzegorz	504	RONIN CZERWIEŃSK	M40	26	00:38:22		02:32:52.05	02:32:55.05	+00:52:15 (34.2%)	7:16	8.2 (61.7%)
86	BRODA Dominik	458		M30	32	00:36:16		02:32:59.20	02:33:02.65	+00:52:23 (34.2%)	7:17	8.2 (61.7%)
87	RAJKOWSKI Przemysław	374	FUDU&CO SPORT TEAM	M50	9	00:36:39		02:33:02.50	02:33:06.65	+00:52:27 (34.3%)	7:17	8.2 (61.7%)
88	CIEPŁY Kamil	692	GARMIN WROCŁAW	M30	33	00:39:08		02:32:45.80	02:33:10.30	+00:52:30 (34.3%)	7:16	8.2 (61.7%)
89	KACZOR Marcin	658	ADJ	M40	27	00:39:10		02:33:25.30	02:33:36.05	+00:52:56 (34.5%)	7:18	8.2 (61.7%)
90	JARZEMBOWSKI Tomasz	327		M40	28	00:45:05		02:33:06.45	02:33:44.55	+00:53:05 (34.5%)	7:17	8.2 (61.7%)
91	HARDEL Marek	649	JELEŃ GÓRA	M30	34	00:38:00		02:34:27.90	02:34:30.75	+00:53:51 (34.9%)	7:21	8.2 (61.7%)
92	ANKIEWICZ Stefan	585		M40	29	00:38:12		02:34:20.35	02:34:32.75	+00:53:53 (34.9%)	7:20	8.2 (61.7%)
93	RATAJCZAK Dorota	689		K40	3	00:39:10		02:34:39.90	02:34:39.90	+00:54:00 (34.9%)	7:21	8.1 (60.9%)
94	MARIANOWSKI Krzysztof	663	KWIDZYN BIEGA	M40	30	00:41:03		02:34:48.85	02:34:58.15	+00:54:18 (35.0%)	7:22	8.1 (60.9%)
95	ROZDOLSKI Jarosław	594	ARTEL	M30	35	00:39:09		02:34:49.30	02:35:06.50	+00:54:27 (35.1%)	7:22	8.1 (60.9%)
96	WRÓBLEWSKI Radosław	506	VELUX	M40	31	00:40:58		02:35:04.35	02:35:10.50	+00:54:31 (35.1%)	7:23	8.1 (60.9%)
97	KWIATKOWSKI Przemysław	478		M30	36	00:37:20		02:35:10.20	02:35:16.70	+00:54:37 (35.2%)	7:23	8.1 (60.9%)
98	STARCZEWSKA Izabela	312		K50	2	00:40:58		02:35:08.90	02:35:19.80	+00:54:40 (35.2%)	7:23	8.1 (60.9%)
99	DYSARZ Przemysław	660		M40	32	00:43:05		02:35:26.10	02:35:47.40	+00:55:08 (35.4%)	7:24	8.1 (60.9%)
100	BIELAWSKI Paweł	608		M30	37	00:37:01		02:36:05.00	02:36:07.80	+00:55:28 (35.5%)	7:25	8.1 (60.9%)
101	KŁACZYŃSKA Danuta	322	FARTY PUSZCZY	K40	4	00:40:58		02:36:34.30	02:36:52.35	+00:56:13 (35.8%)	7:27	8 (60.2%)
102	ZIMNY Tomasz	422	FARTY PUSZCZY	M60	1	00:40:14		02:36:48.40	02:37:05.55	+00:56:26 (35.9%)	7:28	8 (60.2%)
103	MEDYNSKI Sławek	581		M50	10	00:40:31		02:37:03.60	02:37:34.40	+00:56:55 (36.1%)	7:28	8 (60.2%)
104	PIASKOWSKI Artur	332		M40	33	00:38:59		02:37:38.15	02:37:52.55	+00:57:13 (36.2%)	7:30	8 (60.2%)
105	KOZIOŁ Krzysztof	666		M30	38	00:39:55		02:38:21.25	02:39:08.70	+00:58:29 (36.8%)	7:32	8 (60.2%)
106	NOWAKOWSKI Damian	674		M40	34	00:41:02		02:39:22.10	02:39:33.45	+00:58:54 (36.9%)	7:35	7.9 (59.4%)
107	KICIŃSKI Grzegorz	675		M40	35	00:40:00		02:39:08.40	02:39:38.20	+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	OLEJNIK Egidiusz	618		M30	39	00:40:36		02:39:51.65	02:40:04.80	+00:59:25 (37.1%)	7:36	7.9 (59.4%)
109	JUREK Przemysław	614	KS STASZEWSKY	M40	36	00:40:29		02:40:02.30	02:40:11.20	+00:59:31 (37.2%)	7:37	7.9 (59.4%)
110	MASTERNAK Marta	432		K30	10	00:39:54		02:40:13.20	02:40:26.80	+00:59:47 (37.3%)	7:37	7.9 (59.4%)
111	KURZYNICZAK Łukasz	331		M30	40	00:40:11		02:40:40.25	02:40:42.85	+01:00:03 (37.4%)	7:39	7.8 (58.6%)
112	SZKÓDLIŃSKI Bartosz	442	ODDYCHAJSWOBODNIE.PL	M40	37	00:41:41		02:40:19.55	02:40:46.65	+01:00:07 (37.4%)	7:38	7.9 (59.4%)
113	BONIEC Gabriela	583		K30	11	00:40:41		02:41:00.45	02:41:06.10	+01:00:26 (37.5%)	7:40	7.8 (58.6%)
114	PISARCZYK Grzegorz	455		M30	41	00:42:47		02:41:02.90	02:41:24.20	+01:00:44 (37.6%)	7:40	7.8 (58.6%)
115	CIEKAŃSKI Michał	690		M40	38	00:41:15		02:41:19.15	02:41:29.35	+01:00:50 (37.7%)	7:40	7.8 (58.6%)
116	SYDORCZYK Magdalena	336		K40	5	00:44:09		02:41:13.55	02:41:36.20	+01:00:56 (37.7%)	7:40	7.8 (58.6%)
117	WIECHETEK Artur	696	STG WARSZAWA	M40	39	00:42:35		02:41:01.15	02:41:40.95	+01:01:01 (37.7%)	7:40	7.8 (58.6%)
118	SZCZUCKA Róża	528		K30	12	00:42:41		02:41:31.45	02:41:46.95	+01:01:07 (37.8%)	7:41	7.8 (58.6%)
119	KLIŃSKI Wojciech	367	TRAFICA	M40	40	00:39:38		02:41:40.65	02:41:50.45	+01:01:11 (37.8%)	7:41	7.8 (58.6%)
120	STEFAŃSKI Tomasz	586		M40	41	00:42:49		02:41:36.75	02:42:04.15	+01:01:24 (37.9%)	7:41	7.8 (58.6%)
121	ŚREDNIAWA Paulina	680	_ZCHARTOWANI_	K30	13	00:42:34		02:42:03.25	02:42:13.50	+01:01:34 (38.0%)	7:43	7.8 (58.6%)
122	KACPRZAK Michał	493	MICHAŁ KACPRZAK	M30	42	00:38:41		02:42:03.60	02:42:19.60	+01:01:40 (38.0%)	7:43	7.8 (58.6%)
123	DOMAGAŁA Grażyna	652		K30	14	00:41:29		02:42:44.20	02:42:59.70	+01:02:20 (38.2%)	7:44	7.7 (57.9%)
124	SZKUDŁO Oskar	396	BEZ BALASTU ACTIVE TEAM	M40	42	00:40:51		02:43:01.35	02:43:03.70	+01:02:24 (38.3%)	7:45	7.7 (57.9%)
125	WEGNER Patrycja	550		K30	15	00:41:07		02:42:48.90	02:43:05.15	+01:02:25 (38.3%)	7:45	7.7 (57.9%)
126	REJMAN Grzegorz	482	SLALOMONAMBASSADORPOLAND	M30	43	00:40:33		02:43:16.95	02:43:19.15	+01:02:39 (38.4%)	7:46	7.7 (57.9%)
127	KIDAWA Piotr	679		M30	44	00:42:33		02:43:55.75	02:44:08.00	+01:03:28 (38.7%)	7:48	7.7 (57.9%)
128	KOLAWA Piotr	471	TRENUJZNAMI.PL	M40	43	00:44:52		02:44:40.00	02:44:40.00	+01:04:00 (38.9%)	7:50	7.7 (57.9%)
129	ALGIERSKI Paweł	437		M30	45	00:39:49		02:44:46.05	02:44:53.70	+01:04:14 (39.0%)	7:50	7.6 (57.1%)
130	SKOCZEK Sebastian	640		M40	44	00:39:41		02:44:42.90	02:44:56.70	+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	GRABOWA Paulina	311	ULTRA DIABŁY TEAM LUBRZA	K20	2	00:44:13		02:52:32.15	02:52:41.65	+01:12:02 (41.7%)	8:12	7.3 (54.9%)
155	KRYSIEWICZ Marcin	569		M40	51	00:44:37		02:52:20.45	02:52:43.80	+01:12:04 (41.7%)	8:12	7.3 (54.9%)
156	DASZYŃSKI Wojciech	622	MUSLISTUDIO	M30	52	00:42:16		02:53:03.75	02:53:03.75	+01:12:24 (41.8%)	8:14	7.3 (54.9%)
157	DYŃSKI Jacek	607		M30	53	00:45:08		02:52:53.55	02:53:13.30	+01:12:33 (41.9%)	8:13	7.3 (54.9%)
158	DZIETCZYK Kamil	473	AKTYWNE CHOSZCZNO	M30	54	00:44:22		02:53:14.95	02:53:17.95	+01:12:38 (41.9%)	8:14	7.3 (54.9%)
159	FRYDRYCH Mateusz	418		M30	55	00:39:05		02:54:10.70	02:54:10.70	+01:13:31 (42.2%)	8:17	7.2 (54.1%)
160	NAJDEK Michał	445		M30	56	00:44:57		02:54:22.45	02:54:29.80	+01:13:50 (42.3%)	8:18	7.2 (54.1%)
161	ŚRODA Maciej	461	MACIEJ ŚRODA MSD	M30	57	00:43:23		02:54:21.35	02:54:40.10	+01:14:00 (42.4%)	8:18	7.2 (54.1%)
162	FUŁAWKA Tomasz	352	NOCNE WILKI JAWOR	M40	52	00:45:11		02:54:26.15	02:54:46.80	+01:14:07 (42.4%)	8:18	7.2 (54.1%)
163	LITEWKA Grzegorz	344	JTC TEAM	M50	16	00:45:09		02:55:17.95	02:55:40.00	+01:15:00 (42.7%)	8:20	7.2 (54.1%)
164	BŁĘDKOWSKA Katarzyna	687	AGROAS TEAM	K30	17	00:45:44		02:56:06.05	02:56:06.05	+01:15:26 (42.8%)	8:23	7.2 (54.1%)
165	ZABORSKA KONKOLEWSKA Agnieszka	604	BROWAR FORTUNA	K40	10	00:44:19		02:55:55.95	02:56:07.50	+01:15:28 (42.8%)	8:22	7.2 (54.1%)
166	KACZMAREK Mateusz	605		M30	58	00:44:51		02:56:57.40	02:57:09.40	+01:16:30 (43.2%)	8:25	7.1 (53.4%)
167	SUCHY Aron	412	POGOŃ BYDŁO	M30	59	00:42:40		02:56:55.75	02:57:15.65	+01:16:36 (43.2%)	8:25	7.1 (53.4%)
168	JARZĄBEK Magdalena	627		K30	18	00:46:14		02:56:37.85	02:57:22.35	+01:16:43 (43.3%)	8:24	7.1 (53.4%)
169	WIECZOREK Piotr	647	CZYSTA AMATORKA	M40	53	00:42:59		02:57:19.25	02:57:30.60	+01:16:51 (43.3%)	8:26	7.1 (53.4%)
170	SAMEK Aleksander	360		M40	54	00:44:32		02:57:29.25	02:57:47.15	+01:17:07 (43.4%)	8:27	7.1 (53.4%)
171	SZARADOWSKI Piotr	524	140 MINUT	M50	17	00:40:21		02:57:36.00	02:57:59.10	+01:17:19 (43.4%)	8:27	7.1 (53.4%)
172	SKOKOWSKI Jacek	304	FARTY SZCZECIN	M50	18	00:45:19		02:57:46.20	02:58:03.35	+01:17:24 (43.5%)	8:27	7.1 (53.4%)
173	JACKOWIAK Szymon	610	RUNNER'S POWER	M40	55	00:46:27		02:58:06.95	02:58:12.00	+01:17:32 (43.5%)	8:28	7.1 (53.4%)
174	JACKOWIAK Agnieszka	611		K30	19	00:46:25		02:58:08.25	02:58:13.00	+01:17:33 (43.5%)	8:28	7.1 (53.4%)
175	IGNASZEWSKI Krzysztof	612	RUNNER'S POWER	M40	56	00:46:27		02:58:09.25	02:58:13.55	+01:17:34 (43.5%)	8:29	7.1 (53.4%)
176	TRZEPACZ Dorota	417	KB LUPUS OLEŚNICA	K40	11	00:44:05		02:58:26.30	02:58:39.00	+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	JANKOWSKI Marek	441	TEAM LIPTON	M40	57	00:44:10		02:58:23.65	02:58:44.00	+01:18:04 (43.7%)	8:29	7.1 (53.4%)
178	SZCZĘSNY Paweł	436		M30	60	00:41:54		02:59:05.15	02:59:13.45	+01:18:34 (43.8%)	8:31	7 (52.6%)
179	DUDEK Krzysztof	402	STRZEGOMSKA DWUNASTKA	M40	58	00:45:41		02:59:06.40	02:59:29.05	+01:18:49 (43.9%)	8:31	7 (52.6%)
180	GAŁKOWSKI Paweł	469		M40	59	00:41:59		02:59:10.55	02:59:30.15	+01:18:50 (43.9%)	8:31	7 (52.6%)
181	RUDNIK Jarosław	368		M40	60	00:45:26		02:59:17.25	02:59:36.25	+01:18:56 (44.0%)	8:32	7 (52.6%)
182	DUBAS Anna	453	SPRAWDZAMY-NIERUCHOMOSCI.PL	K30	20	00:45:08		02:59:41.20	02:59:57.75	+01:19:18 (44.1%)	8:33	7 (52.6%)
183	CHRZAŚCZ Damian	349		M40	61	00:45:29		02:59:42.05	02:59:59.10	+01:19:19 (44.1%)	8:33	7 (52.6%)
184	CHRZAŚCZ Mariusz	353		M40	62	00:45:36		02:59:47.20	03:00:03.45	+01:19:24 (44.1%)	8:33	7 (52.6%)
185	WALA Patryk	555	ZAŁOGA GÓRSKA / BIEG OPOLSKI	M30	61	00:45:46		03:00:04.90	03:00:18.45	+01:19:39 (44.2%)	8:34	7 (52.6%)
186	GRELAK Adam	573	WOLSZTYN BIEGA	M30	62	00:50:05		02:59:55.60	03:00:21.40	+01:19:42 (44.2%)	8:34	7 (52.6%)
187	WALIGÓRSKI Łukasz	578		M30	63	00:50:04		02:59:56.35	03:00:22.10	+01:19:42 (44.2%)	8:34	7 (52.6%)
188	DECHNIK Łukasz	512		M40	63	00:46:54		03:01:00.50	03:01:09.30	+01:20:29 (44.4%)	8:37	7 (52.6%)
189	ROGÓŻ Elżbieta	638	ULTRATRACK	K40	12	00:46:18		03:01:37.60	03:01:47.10	+01:21:07 (44.6%)	8:38	6.9 (51.9%)
190	LUBELCZYK Grzegorz	357	SPELEOCLUB WROCŁAW	M50	19	00:49:22		03:01:21.30	03:02:01.40	+01:21:22 (44.7%)	8:38	6.9 (51.9%)
191	KUŚWIK Beata	489	CAŁE ŻYCIE NA REDUKCJI	K30	21	00:44:37		03:02:04.40	03:02:10.25	+01:21:30 (44.7%)	8:40	6.9 (51.9%)
192	WAWRZY尼亚K Krystian	634	KB ODRA OPOLE	M20	9	00:46:46		03:01:41.80	03:02:26.55	+01:21:47 (44.8%)	8:39	6.9 (51.9%)
193	BOŻEK Grzegorz	577	KB ZDYSZAAANI CHOCIANÓW	M40	64	00:47:18		03:02:32.25	03:02:51.55	+01:22:12 (45.0%)	8:41	6.9 (51.9%)
194	SWOROWSKI Maciej	400	WOLSZTYŃSKI KLUB BIEGOWY	M50	20	00:46:34		03:02:54.25	03:02:58.55	+01:22:19 (45.0%)	8:42	6.9 (51.9%)
195	PLIS Jordan	337		M30	64	00:43:31		03:02:46.10	03:03:00.50	+01:22:21 (45.0%)	8:42	6.9 (51.9%)
196	BRONOWSKA Justyna	545		K40	13	00:46:25		03:02:54.90	03:03:02.10	+01:22:22 (45.0%)	8:42	6.9 (51.9%)
197	CHOJNICKA Magdalena	343		K30	22	00:48:50		03:02:54.25	03:03:18.55	+01:22:39 (45.1%)	8:42	6.9 (51.9%)
198	KĄDZIOŁKA Łukasz	480		M30	65	00:51:39		03:03:12.00	03:03:38.55	+01:22:59 (45.2%)	8:43	6.9 (51.9%)
199	SOBAŃSKI Bartosz	423		M30	66	00:51:50		03:03:06.10	03:03:44.85	+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	BANDUROWSKA Agnieszka	616	KB WIKON NOWA SÓL	K40	14	00:44:28		03:03:44.45	03:03:50.35	+01:23:11 (45.2%)	8:44	6.9 (51.9%)
201	JUDKIEWICZ Piotr	459		M50	21	00:44:22		03:03:49.90	03:04:00.20	+01:23:20 (45.3%)	8:45	6.9 (51.9%)
202	JAKUBOWSKA Ewelina	414	NOA	K40	15	00:49:26		03:03:46.50	03:04:20.75	+01:23:41 (45.4%)	8:45	6.9 (51.9%)
203	ERET Marzena	566		K40	16	00:46:28		03:04:16.25	03:04:21.85	+01:23:42 (45.4%)	8:46	6.8 (51.1%)
204	DRAJER Sebastian	487		M40	65	00:44:24		03:05:05.40	03:05:20.85	+01:24:41 (45.7%)	8:48	6.8 (51.1%)
205	PIEKIELNA Angelika	635		K30	23	00:45:59		03:05:31.65	03:05:47.90	+01:25:08 (45.8%)	8:50	6.8 (51.1%)
206	WASILEWSKA Agata	407	AKADEMIA MISTRZÓW SPORTU	K40	17	00:46:50		03:05:32.70	03:06:01.40	+01:25:22 (45.9%)	8:50	6.8 (51.1%)
207	DUMIŃSKI Tomasz	544	PLOTERTOM RUNNER STRZEGOM	M40	66	00:44:44		03:08:35.50	03:08:35.50	+01:27:56 (46.6%)	8:58	6.7 (50.4%)
208	SUCHY Katarzyna	393	POGOŃ BYDŁO	K30	24	00:47:00		03:08:45.25	03:09:04.25	+01:28:24 (46.8%)	8:59	6.7 (50.4%)
209	DZIĘGIELEWSKA Dominika	334		K30	25	00:48:43		03:08:58.95	03:09:12.75	+01:28:33 (46.8%)	8:59	6.7 (50.4%)
210	ANDRZEJEWICZ Paweł	593		M40	67	00:48:46		03:09:01.40	03:09:12.80	+01:28:33 (46.8%)	9:00	6.7 (50.4%)
211	TYLKA Gosia	403		K30	26	00:47:23		03:09:08.45	03:09:25.30	+01:28:45 (46.9%)	9:00	6.7 (50.4%)
212	KACZMAREK Dorota	519	RADZIKI	K40	18	00:48:23		03:09:48.20	03:10:09.70	+01:29:30 (47.1%)	9:02	6.6 (49.6%)
213	KACZMAREK Radosław	520	RADZIKI	M50	22	00:48:23		03:09:48.05	03:10:09.80	+01:29:30 (47.1%)	9:02	6.6 (49.6%)
214	KĄDZIOŁKA Jan	428	K2	M50	23	00:51:39		03:09:58.00	03:10:25.10	+01:29:45 (47.1%)	9:02	6.6 (49.6%)
215	KĘPSKI Grzegorz	676		M30	67	00:47:28		03:10:37.30	03:10:59.35	+01:30:20 (47.3%)	9:04	6.6 (49.6%)
216	SZUMSKI Zbigniew	335		M50	24	00:50:07		03:10:42.35	03:11:04.40	+01:30:25 (47.3%)	9:04	6.6 (49.6%)
217	TOMYŚLAK Magdalena	457		K30	27	00:46:03		03:10:50.75	03:11:08.20	+01:30:28 (47.3%)	9:05	6.6 (49.6%)
218	ROZWADOWSKI Robert	624	DRUŻYNA SZPIKU	M40	68	00:47:49		03:11:08.35	03:11:20.00	+01:30:40 (47.4%)	9:06	6.6 (49.6%)
219	BESZTOCHA Jadwiga	548	ZEN RUNNING TEAM	K30	28	00:46:35		03:11:55.05	03:12:01.70	+01:31:22 (47.6%)	9:08	6.6 (49.6%)
220	PACIULON Krzysztof	575	ONE MAN RUNNING	M40	69	00:46:17		03:12:01.65	03:12:36.85	+01:31:57 (47.7%)	9:08	6.6 (49.6%)
221	SKULIMA Szymon	310		M20	10	00:45:44		03:12:41.45	03:13:13.75	+01:32:34 (47.9%)	9:10	6.5 (48.9%)
222	BEDNAREK Remigiusz	619		M30	68	00:48:15		03:13:41.65	03:14:15.95	+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	PTAK Dorota	582	PIĄTKOWO NA BIEGOWO	K50	3	00:50:31		03:13:55.40	03:14:16.60	+01:33:37 (48.2%)	9:14	6.5 (48.9%)
224	MARCINIAK Anna	617		K40	19	00:50:46		03:14:10.60	03:14:25.90	+01:33:46 (48.2%)	9:14	6.5 (48.9%)
225	KRAWIEC Marcin	452		M40	70	00:51:45		03:14:26.75	03:14:58.60	+01:34:19 (48.4%)	9:15	6.5 (48.9%)
226	ZIENKIEWICZ Justyna	669		K40	20	00:57:33		03:14:50.35	03:15:26.60	+01:34:47 (48.5%)	9:16	6.5 (48.9%)
227	ZIENKIEWICZ Agata	507	PIASECZNO RUNNING	K40	21	00:57:34		03:14:51.30	03:15:26.70	+01:34:47 (48.5%)	9:16	6.5 (48.9%)
228	MECH Grzegorz	339		M40	71	00:49:58		03:15:56.05	03:16:35.20	+01:35:55 (48.8%)	9:19	6.4 (48.1%)
229	PISTL Jacek	571		M30	69	00:47:16		03:16:33.20	03:16:55.90	+01:36:16 (48.9%)	9:21	6.4 (48.1%)
230	MAZUR Katarzyna	683	UMLAUT	K40	22	00:50:37		03:16:57.35	03:17:05.75	+01:36:26 (48.9%)	9:22	6.4 (48.1%)
231	ROGOWSKI Tomasz	684	UMLAUT	M30	70	00:50:36		03:16:56.05	03:17:05.95	+01:36:26 (48.9%)	9:22	6.4 (48.1%)
232	KOZICZAK Katarzyna	347		K30	29	00:49:39		03:16:56.85	03:17:11.25	+01:36:31 (49.0%)	9:22	6.4 (48.1%)
233	DOBROCHOWSKA Ilona	476	STRZEGOMSKA DWUNASTKA	K40	23	00:50:27		03:16:53.00	03:17:16.65	+01:36:37 (49.0%)	9:22	6.4 (48.1%)
234	DURA Zofia	463		K20	3	00:50:45		03:17:51.15	03:18:04.35	+01:37:25 (49.2%)	9:25	6.4 (48.1%)
235	MIELCARZ Tomasz	397	BIEGOWE DZIKI OCR	M30	71	00:44:42		03:18:01.75	03:18:06.80	+01:37:27 (49.2%)	9:25	6.4 (48.1%)
236	GOLUBIŃSKI Przemysław	355	VERGE	M30	72	00:52:43		03:17:53.80	03:18:41.05	+01:38:01 (49.3%)	9:25	6.4 (48.1%)
237	MECH Bogdan	642		M50	25	00:52:18		03:18:20.30	03:18:58.75	+01:38:19 (49.4%)	9:26	6.4 (48.1%)
238	KĘDZIORA Alicja	626		K30	30	00:51:06		03:19:08.80	03:19:14.85	+01:38:35 (49.5%)	9:28	6.3 (47.4%)
239	POTERSKI Mateusz	536		M40	72	00:51:11		03:19:12.75	03:19:18.45	+01:38:39 (49.5%)	9:29	6.3 (47.4%)
240	ŚMIECHOWSKA Małgorzata	629	ŚDS RECZ	K40	24	00:49:45		03:19:42.05	03:19:47.05	+01:39:07 (49.6%)	9:30	6.3 (47.4%)
241	ZDYB Grzegorz	330	44 WOJSKOWY ODDZIAŁ GOSPODARCZY	M40	73	00:51:23		03:19:44.95	03:20:29.30	+01:39:49 (49.8%)	9:30	6.3 (47.4%)
242	MORAWSKI Marcin	320	RANGER SURVIVAL CLUB	M40	74	00:50:11		03:20:11.05	03:20:39.95	+01:40:00 (49.8%)	9:31	6.3 (47.4%)
243	FANAJŁO Wojtek	508		M30	73	00:52:34		03:20:53.25	03:21:06.25	+01:40:26 (49.9%)	9:33	6.3 (47.4%)
244	WIŚNIEWSKI Tomasz	465		M40	75	00:50:36		03:21:04.70	03:21:17.85	+01:40:38 (50.0%)	9:34	6.3 (47.4%)
245	MISIAK Artur	564		M40	76	00:52:18		03:20:46.95	03:21:18.50	+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	PRZYBYSZEWSKA Lidia	390	ULTRA DIABŁY TEAM LUBRZA	K40	30	00:54:11		03:33:14.00	03:33:24.45	+01:52:45 (52.8%)	10:09	5.9 (44.4%)
270	KOPYRA Tomasz	365	#BIEGAMWOLNOALEDOKŁADNIE	M40	85	00:56:56		03:32:48.60	03:33:34.80	+01:52:55 (52.9%)	10:08	5.9 (44.4%)
271	RĄCZKOWIAK Mateusz	408	USZŁO POWIETRZE Z DĘTKI	M30	77	00:51:24		03:34:11.50	03:34:23.65	+01:53:44 (53.1%)	10:11	5.9 (44.4%)
272	KOZŁOWSKI Tomasz	576		M50	27	00:53:04		03:34:26.30	03:34:54.55	+01:54:15 (53.2%)	10:12	5.9 (44.4%)
273	KOZŁOWSKA Alicja	572		K50	4	00:53:04		03:34:26.05	03:34:54.60	+01:54:15 (53.2%)	10:12	5.9 (44.4%)
274	WINNICKA Edyta	388	ADIDAS RUNNERS WARSAW SŁODKIE PĄCZKI	K30	36	00:54:17		03:34:42.90	03:35:11.10	+01:54:31 (53.2%)	10:13	5.9 (44.4%)
275	BORODYN Andrzej	303	FARTY PUSZCZY	M40	86	00:52:09		03:34:53.10	03:35:26.55	+01:54:47 (53.3%)	10:13	5.9 (44.4%)
276	KOŁODZIEJ Tomasz	623		M50	28	00:58:14		03:35:24.95	03:36:02.75	+01:55:23 (53.4%)	10:15	5.8 (43.6%)
277	JÓZWIAK Mikołaj	699	STG WARSZAWA	M30	78	00:54:30		03:36:03.80	03:36:03.80	+01:55:24 (53.4%)	10:17	5.8 (43.6%)
278	JANKOWSKA Marzena	449	FU FU FU TEAM	K40	31	00:55:58		03:36:42.75	03:36:52.45	+01:56:13 (53.6%)	10:19	5.8 (43.6%)
279	MALINOWSKA Zyta	309	ULTRA DIABŁY LUBRZA	K40	32	00:53:28		03:37:03.60	03:37:15.00	+01:56:35 (53.7%)	10:20	5.8 (43.6%)
280	PYZIO Magdalena	454	SPRAWDZAMY NIERUCHOMOŚCI	K30	37	00:52:15		03:37:00.50	03:37:18.10	+01:56:38 (53.7%)	10:20	5.8 (43.6%)
281	MICHALIK Iwona	592		K30	38	00:55:49		03:37:32.20	03:37:49.35	+01:57:10 (53.8%)	10:21	5.8 (43.6%)
282	CHWALISZ Paweł	700		M40	87	00:53:13		03:37:51.15	03:38:15.95	+01:57:36 (53.9%)	10:22	5.8 (43.6%)
283	ŻAK Dominika	366	FARTY PUSZCZY	K30	39	00:56:22		03:37:50.35	03:38:24.45	+01:57:45 (53.9%)	10:22	5.8 (43.6%)
284	FRAĆKOWIAK Elżbieta	539		K40	33	00:55:30		03:38:35.55	03:38:43.65	+01:58:04 (54.0%)	10:24	5.8 (43.6%)
285	GRUDNIEWSKI Jakub	668		M30	79	01:02:28		03:38:02.10	03:38:51.40	+01:58:12 (54.0%)	10:22	5.8 (43.6%)
286	HUGETH Agnieszka	434	BBL BOLESŁAWIEC	K40	34	00:59:23		03:38:50.30	03:39:21.60	+01:58:42 (54.1%)	10:25	5.8 (43.6%)
287	MAGDA Iwona	496	EKIPA ZAJĄCA	K40	35	00:59:22		03:38:50.50	03:39:21.85	+01:58:42 (54.1%)	10:25	5.8 (43.6%)
288	GZULA Beata	589	TEAM PARSZCZYŃSKICH	K40	36	01:03:11		03:39:48.55	03:40:18.85	+01:59:39 (54.3%)	10:28	5.7 (42.9%)
289	BOGACKA Aneta	479	ZGZB	K30	40	00:56:07		03:40:49.25	03:41:30.25	+02:00:50 (54.6%)	10:30	5.7 (42.9%)
290	GRABOWIECKA Marta	485	ZIELONA GÓRA ZACZNIJ BIEGAĆ	K40	37	00:56:02		03:40:50.10	03:41:30.30	+02:00:50 (54.6%)	10:30	5.7 (42.9%)
291	GODYŃ Sylwiusz	323	DZIEWIĘĆSIŁ	M50	29	00:51:13		03:41:14.75	03:41:36.10	+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	SZYMANKIEWICZ Edyta	381	CROSS STRACEŃCÓW TEAM	K40	38	00:59:42		03:41:24.80	03:41:44.40	+02:01:05 (54.6%)	10:32	5.7 (42.9%)
293	FRĄCZAK Ireneusz	565	KRZYWE RYJE	M40	88	00:54:42		03:41:51.10	03:42:00.90	+02:01:21 (54.7%)	10:33	5.7 (42.9%)
294	GRZESIAK Rafał	563	EMERYT	M40	89	00:54:42		03:42:21.70	03:42:30.60	+02:01:51 (54.8%)	10:35	5.7 (42.9%)
295	STACHOWIAK Magda	527	RUN TEAM RYDZYNA	K30	41	00:54:21		03:42:35.65	03:42:56.60	+02:02:17 (54.9%)	10:35	5.7 (42.9%)
296	MECH Marta	643		K40	39	01:01:56		03:42:23.85	03:43:00.90	+02:02:21 (54.9%)	10:35	5.7 (42.9%)
297	FINKOWIAT - SZYMCZAK Katarzyna	307	FARTY PUSZCZY	K30	42	00:56:24		03:42:55.35	03:43:27.80	+02:02:48 (55.0%)	10:36	5.7 (42.9%)
298	SCHRAPPA Sebastian	549	IZBICKO W BIEGU	M40	90	01:00:05		03:43:21.70	03:44:02.40	+02:03:23 (55.1%)	10:38	5.6 (42.1%)
299	ZIEMKOWSKA Monika	301		K40	40	00:57:46		03:43:55.75	03:44:21.90	+02:03:42 (55.1%)	10:39	5.6 (42.1%)
300	BARTKIEWICZ Halina	430	KRWIOBIEGANIE, ZGZB	K40	41	00:56:23		03:43:48.55	03:44:29.70	+02:03:50 (55.2%)	10:39	5.6 (42.1%)
301	ZELMANOWICZ - SZŁAPA Ewa	558		K40	42	00:59:22		03:45:42.15	03:46:23.15	+02:05:43 (55.5%)	10:44	5.6 (42.1%)
302	WALIŃSKA Agata	456	WWW.SPRAWDZAMY-NIERUCHOMOSCI.PL	K30	43	00:55:24		03:46:37.60	03:46:37.60	+02:05:58 (55.6%)	10:47	5.6 (42.1%)
303	ZAJĄC Kazimierz	435	BBL BOLESŁAWIEC	M60	2	00:59:23		03:47:45.80	03:48:18.40	+02:07:39 (55.9%)	10:50	5.5 (41.4%)
304	GÓRNA Aldona	547	ŻÓŁWICE W BIEGU	K40	43	01:01:02		03:48:21.10	03:48:28.50	+02:07:49 (55.9%)	10:52	5.5 (41.4%)
305	LANGE Hanna	546	ŻÓŁWICE W BIEGU	K40	44	01:01:02		03:48:22.45	03:48:29.10	+02:07:49 (55.9%)	10:52	5.5 (41.4%)
306	GRELA Paweł	659		M30	80	00:59:42		03:48:56.35	03:49:41.40	+02:09:02 (56.2%)	10:54	5.5 (41.4%)
307	WITLICKI Kacper	631	KROŚNIEŃSKIE WYDARZENIA	M20	11	00:52:34		03:51:27.70	03:52:08.70	+02:11:29 (56.6%)	11:01	5.4 (40.6%)
308	DOJS Aleksandra	340	NIGHT RUNNERS	K40	45	01:02:21		03:52:21.65	03:52:33.75	+02:11:54 (56.7%)	11:03	5.4 (40.6%)
309	MATYSIAK Jakub	620	STG WARSZAWA	M30	81	00:58:25		03:52:35.85	03:53:11.35	+02:12:32 (56.8%)	11:04	5.4 (40.6%)
310	SZYMCZAK Łukasz	313	FARTY PUSZCZY	M40	91	00:56:24		03:53:06.90	03:53:39.95	+02:13:00 (56.9%)	11:06	5.4 (40.6%)
311	OCHNIO Ewa	359	DALEKA DROGA	K40	46	01:03:06		03:53:34.90	03:54:10.40	+02:13:31 (57.0%)	11:07	5.4 (40.6%)
312	DOBROCHOWSKI Marek	405	STRZEGOMSKA DWUNASTKA	M40	92	00:58:39		03:53:56.80	03:54:21.05	+02:13:41 (57.0%)	11:08	5.4 (40.6%)
313	KOLESIŃSKA Anna	685		K30	44	01:00:50		03:54:33.25	03:54:57.75	+02:14:18 (57.2%)	11:10	5.4 (40.6%)
314	WÓJCIK-RATNICKA Natalia	686		K30	45	01:00:49		03:54:39.75	03:55:05.00	+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	KOWALEWSKA Izabela	670	PIASECZNO RUNNING	K40	47	01:00:44		03:54:31.85	03:55:08.90	+02:14:29 (57.2%)	11:10	5.4 (40.6%)
316	SZERSZEŃ Janusz	448	PIASECZNO RUNNING	M40	93	01:01:13		03:54:32.10	03:55:09.80	+02:14:30 (57.2%)	11:10	5.4 (40.6%)
317	SZERSZEŃ Małgorzata	446	PIASECZNO RUNNING	K40	48	01:00:44		03:54:33.90	03:55:10.00	+02:14:30 (57.2%)	11:10	5.4 (40.6%)
318	WAKOR Pawel	537		M40	94	00:44:01		03:55:25.30	03:55:52.85	+02:15:13 (57.3%)	11:12	5.4 (40.6%)
319	ROSA Alex	510		M40	95	00:48:44		03:55:26.65	03:55:54.30	+02:15:14 (57.3%)	11:12	5.4 (40.6%)
320	TĄSKI Mateusz	533		M40	96	00:55:18		03:55:42.15	03:56:11.00	+02:15:31 (57.4%)	11:13	5.3 (39.8%)
321	PTAK Ewa	241		K40	49	01:00:59		03:56:45.40	03:57:23.35	+02:16:44 (57.6%)	11:16	5.3 (39.8%)
322	LENDA-PETRYKOWSKA Marzena	633	SURGICAL NINJA OWL	K30	46	01:02:30		03:58:26.70	03:58:54.90	+02:18:15 (57.9%)	11:21	5.3 (39.8%)
323	HORĘZGA Dorota	306		K30	47	01:00:45		04:00:13.55	04:00:21.95	+02:19:42 (58.1%)	11:26	5.2 (39.1%)
324	FRAĆKOWIAK Jacek	498		M40	97	00:59:04		04:03:26.25	04:03:34.25	+02:22:54 (58.7%)	11:35	5.2 (39.1%)
325	KATA Wioletta	419		K50	5	01:00:55		04:03:27.55	04:03:58.95	+02:23:19 (58.7%)	11:35	5.2 (39.1%)
326	MYSZYWODA Monika	410		K30	48	01:02:31		04:04:27.70	04:04:52.20	+02:24:12 (58.9%)	11:38	5.2 (39.1%)
327	GMEREK Paweł	522		M40	98	01:02:41		04:05:15.05	04:05:49.30	+02:25:09 (59.1%)	11:40	5.1 (38.3%)
328	KLIKS Adam	521		M50	30	01:02:41		04:05:15.55	04:05:49.90	+02:25:10 (59.1%)	11:40	5.1 (38.3%)
329	WOŚKO Gabriela	694	STG WARSZAWA	K30	49	01:04:50		04:07:16.10	04:07:48.85	+02:27:09 (59.4%)	11:46	5.1 (38.3%)
330	PISTL Anna	305		K30	50	01:00:33		04:10:08.60	04:10:31.70	+02:29:52 (59.8%)	11:54	5 (37.6%)
331	SYPKO-KUBICKA Katarzyna	378	DOBRA FORMA/ KOZŁOWICKI CROSS	K40	50	01:02:56		04:10:37.45	04:11:00.70	+02:30:21 (59.9%)	11:56	5 (37.6%)
332	KUBICKI Mariusz	377	DOBRA FORMA, KOZŁOWICKI CROSS	M40	99	01:02:53		04:10:37.95	04:11:01.00	+02:30:21 (59.9%)	11:56	5 (37.6%)
333	ZIAJA Aleksandra	386		K30	51	01:02:16		04:10:55.70	04:11:25.40	+02:30:46 (60.0%)	11:56	5 (37.6%)
334	DUDEK Mariola	404	STRZEGOMSKA DWUNASTKA	K40	51	01:03:46		04:15:59.55	04:16:23.45	+02:35:44 (60.7%)	12:11	4.9 (36.8%)
335	WILK Karol	516		M40	100	01:01:03		04:17:47.25	04:18:02.55	+02:37:23 (61.0%)	12:16	4.9 (36.8%)
336	WIŚNIEWSKA Dorota	464		K40	52	01:05:19		04:18:32.05	04:18:46.20	+02:38:06 (61.1%)	12:18	4.9 (36.8%)
337	MATUSZ Magdalena	356	POBIEROWO BIEGA	K30	52	01:03:41		04:20:04.70	04:20:36.55	+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	POŁOMSKA Kamila	348		K30	53	01:03:43		04:20:27.55	04:20:58.15	+02:40:18 (61.4%)	12:24	4.8 (36.1%)
339	GÓRECKA Karolina	358	POBIEROWO BIEGA	K30	54	01:03:41		04:21:32.65	04:22:05.30	+02:41:25 (61.6%)	12:27	4.8 (36.1%)
340	MUCHA-KRUCZYŃSKI Wacław	664	MUKK ENPI	M60	3	01:06:02		04:27:02.00	04:27:38.10	+02:46:58 (62.4%)	12:42	4.7 (35.3%)
341	SREBRO Michał	387		M50	31	01:04:12		04:32:12.50	04:32:29.50	+02:51:50 (63.1%)	12:57	4.6 (34.6%)
342	ŁADOŃSKA Agata	415		K30	55	01:02:59		04:39:08.45	04:39:50.55	+02:59:11 (64.0%)	13:17	4.5 (33.8%)
343	SREBRO Kacper Antoni	384		M20	12	00:49:35		04:49:03.05	04:49:19.15	+03:08:39 (65.2%)	13:45	4.4 (33.1%)
	ŻESŁAWSKA Wiola	477		K40		03:10:06 DNF		DNF	DNF		-	- (0.0%)
	NOWAK Dominik	661	CZERWONY SMOK WĄGROWIEC	M30		DNF		DNF	DNF		-	- (0.0%)

Znaleziono 345 wynik(ów)