



**Wydarzenie:** RUDAWY ZIMOWY FESTIWAL BIEGOWY  
**Organizator:** Fundacja Szczyt za Szczytem  
**Data:** 2023-02-18  
**Miejsce:** Karpniki  
**Dystans:** 21 km

## DWUDZIESTKA

B4SPORT

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Husykie			Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
						3.5km	4.4km	Szwajcarka 4.5km					
1	<b>LEŚNIAK Kami</b>	<b>579</b>	HOKA GARMIN TEAM	M30	1	00:15:55	00:24:23	00:24:44	<b>01:43:27.10</b>	<b>01:43:28.45</b>		4:55	12.2 (100%)
2	<b>CZERNAK Paweł</b>	<b>529</b>	BLACK HAT PRO	M30	2	00:16:06	00:24:23	00:24:43	<b>01:43:49.85</b>	<b>01:43:51.80</b>	+00:00:23 (0.4%)	4:56	12.1 (99.2%)
3	<b>DUDA Karol</b>	<b>604</b>	BLACK HAT PRO	M30	3	00:16:54	00:25:37	00:25:55	<b>01:49:06.70</b>	<b>01:49:09.15</b>	+00:05:40 (5.2%)	5:11	11.5 (94.3%)
4	<b>BONIEC Radosław</b>	<b>541</b>	NADLEŚNICTWO LIPINKI/AW-SZYBCIEJ-TEAM	M30	4	00:16:53	00:25:37	00:25:55	<b>01:49:16.75</b>	<b>01:49:18.55</b>	+00:05:50 (5.3%)	5:12	11.5 (94.3%)
5	<b>KARWACZYŃSKI Roger</b>	<b>573</b>	AW-SZYBCIEJ-TEAM	M30	5	00:16:55	00:25:54	00:26:12	<b>01:52:18.30</b>	<b>01:52:20.25</b>	+00:08:51 (7.9%)	5:20	11.2 (91.8%)
6	<b>SMOLIŃSKI Marcin</b>	<b>455</b>	STAJNIAK TEAM	M30	6	00:17:33	00:26:45	00:27:03	<b>01:55:34.80</b>	<b>01:55:37.40</b>	+00:12:08 (10.5%)	5:30	10.9 (89.3%)
7	<b>KRASULAK Daniel</b>	<b>563</b>	WKS ŚLĄSK WROCŁAW	M40	1	00:17:51	00:27:40	00:28:02	<b>02:02:24.95</b>	<b>02:02:26.30</b>	+00:18:57 (15.5%)	5:49	10.3 (84.4%)
8	<b>BUCZEK Bartłomiej</b>	<b>549</b>	CHIHUAHUA TEAM	M30	7	00:19:03	00:29:08	00:29:28	<b>02:04:37.50</b>	<b>02:04:39.25</b>	+00:21:10 (17.0%)	5:56	10.1 (82.8%)
9	<b>STANKIEWICZ Tomasz</b>	<b>571</b>	PLANYBIEGOWE.PL	M30	8	00:18:50	00:29:00	00:29:17	<b>02:04:44.25</b>	<b>02:04:46.35</b>	+00:21:17 (17.1%)	5:56	10.1 (82.8%)
10	<b>SZCZEPANIAK Witold</b>	<b>447</b>		M40	2	00:19:18	00:29:11	00:29:32	<b>02:05:06.00</b>	<b>02:05:07.35</b>	+00:21:38 (17.3%)	5:57	10.1 (82.8%)
11	<b>FILIPEK Wojciech</b>	<b>603</b>		M30	9	00:18:59	00:28:43	00:29:02	<b>02:05:23.45</b>	<b>02:05:26.70</b>	+00:21:58 (17.5%)	5:58	10 (82.0%)
12	<b>NIEPALA Jacek</b>	<b>332</b>		M30	10	00:19:06	00:29:11	00:29:30	<b>02:06:37.95</b>	<b>02:06:40.00</b>	+00:23:11 (18.3%)	6:01	10 (82.0%)
13	<b>RABENDA Marcin</b>	<b>601</b>	OŁAWA ZŁOTORYJA	M40	3	00:19:22	00:29:34	00:29:54	<b>02:07:42.10</b>	<b>02:07:44.20</b>	+00:24:15 (19.0%)	6:04	9.9 (81.1%)
14	<b>BIELECKI Tomasz</b>	<b>565</b>		M30	11	00:19:23	00:29:27	00:29:45	<b>02:09:00.30</b>	<b>02:09:07.45</b>	+00:25:39 (19.9%)	6:08	9.8 (80.3%)
15	<b>SZCZOTKA Łukasz</b>	<b>557</b>		M40	4	00:20:43	00:32:02	00:32:59	<b>02:09:52.85</b>	<b>02:09:56.35</b>	+00:26:27 (20.4%)	6:11	9.7 (79.5%)
16	<b>TROJANOWSKI Artur</b>	<b>486</b>	CARBON SILESIA SPORT	M30	12	00:19:19	00:29:23	00:29:40	<b>02:10:01.00</b>	<b>02:10:04.85</b>	+00:26:36 (20.5%)	6:11	9.7 (79.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Husyckie Skały			Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
						3.5km	4.4km	Szwajcarka 4.5km					
17	<b>SAJDUDA Adam</b>	<b>462</b>	AW - SZYBCIEJ - TEAM	M30	13	00:19:18	00:29:44	00:30:08	<b>02:10:34.35</b>	<b>02:10:37.30</b>	+00:27:08 (20.8%)	6:13	9.7 (79.5%)
18	<b>MOCZULSKA Małgorzata</b>	<b>608</b>		K40	1	00:19:49	00:30:14	00:30:37	<b>02:10:40.65</b>	<b>02:10:44.60</b>	+00:27:16 (20.9%)	6:13	9.6 (78.7%)
19	<b>NOWAK Paweł</b>	<b>441</b>		M30	14	00:20:51	00:32:17	00:32:46	<b>02:10:55.95</b>	<b>02:11:00.35</b>	+00:27:31 (21.0%)	6:14	9.6 (78.7%)
20	<b>NOWORYTA Radosław</b>	<b>489</b>	ULTRA DIABŁY TEAM LUBRZA	M40	5	00:20:15	00:30:45	00:31:04	<b>02:11:38.60</b>	<b>02:11:42.10</b>	+00:28:13 (21.4%)	6:16	9.6 (78.7%)
21	<b>SZCZUCKI Przemysław</b>	<b>602</b>	TEAM OPTYKOKULAR-ALCHIMOWICZBIKE	M30	15	00:20:43	00:32:11	00:32:55	<b>02:14:56.70</b>	<b>02:15:01.10</b>	+00:31:32 (23.4%)	6:25	9.3 (76.2%)
22	<b>RUTKOWSKI Maciej</b>	<b>459</b>	ULTRA DIABŁY TEAM LUBRZA	M30	16	00:20:16	00:30:58	00:31:18	<b>02:15:18.40</b>	<b>02:15:21.70</b>	+00:31:53 (23.6%)	6:26	9.3 (76.2%)
23	<b>RYSZAWY Mikołaj</b>	<b>376</b>		M20	1	00:19:11	00:29:44	00:30:03	<b>02:15:51.20</b>	<b>02:15:54.10</b>	+00:32:25 (23.9%)	6:28	9.3 (76.2%)
24	<b>ANANICZ Andrei</b>	<b>607</b>	BIAŁ.TM	M20	2	00:21:09	00:32:27	00:32:53	<b>02:17:10.40</b>	<b>02:17:15.70</b>	+00:33:47 (24.6%)	6:31	9.2 (75.4%)
25	<b>PIETRUCHA Maciej</b>	<b>576</b>		M40	6	00:20:41	00:32:35	00:32:58	<b>02:17:56.35</b>	<b>02:18:00.00</b>	+00:34:31 (25.0%)	6:34	9.1 (74.6%)
26	<b>GRACZ Paweł</b>	<b>305</b>	ULTRA DIABŁY TEAM LUBRZA	M40	7	00:20:31	00:31:12	00:31:33	<b>02:18:57.35</b>	<b>02:19:01.15</b>	+00:35:32 (25.6%)	6:37	9.1 (74.6%)
27	<b>CEPIELIK Wojciech</b>	<b>411</b>		M30	17	00:21:32	00:32:39	00:32:57	<b>02:20:58.80</b>	<b>02:21:03.70</b>	+00:37:35 (26.6%)	6:42	8.9 (73.0%)
28	<b>GALEK Wojciech</b>	<b>306</b>	ADIENT RUNNING TEAM	M30	18	00:20:47	00:32:21	00:32:43	<b>02:21:05.50</b>	<b>02:21:09.20</b>	+00:37:40 (26.7%)	6:43	8.9 (73.0%)
29	<b>PIECHOWIAK Bartosz</b>	<b>542</b>	PIECHOWIAK-KRÓLIKOWSKI.PL	M30	19	00:20:48	00:32:38	00:33:04	<b>02:23:59.85</b>	<b>02:24:02.50</b>	+00:40:34 (28.2%)	6:51	8.8 (72.1%)
30	<b>ZIENTARA Krzysztof</b>	<b>451</b>		M30	20	00:22:23	00:33:44	00:34:08	<b>02:24:10.30</b>	<b>02:24:15.50</b>	+00:40:47 (28.3%)	6:51	8.7 (71.3%)
31	<b>PILIPCZUK Jakub</b>	<b>434</b>		M20	3	00:20:33	00:31:38	00:32:00	<b>02:24:27.00</b>	<b>02:24:32.30</b>	+00:41:03 (28.4%)	6:52	8.7 (71.3%)
32	<b>ŁUKASIEWICZ Ewa</b>	<b>513</b>	AW - SZYBCIEJ - TEAM	K50	1	00:23:17	00:34:34	00:34:57	<b>02:24:47.80</b>	<b>02:24:50.50</b>	+00:41:22 (28.6%)	6:53	8.7 (71.3%)
33	<b>ŁUKAWSKI Tomasz</b>	<b>578</b>	OPTYKOKULAR-ALCHIMOWICZBIKE	M40	8	00:21:40	00:32:59	00:33:23	<b>02:24:47.50</b>	<b>02:24:52.10</b>	+00:41:23 (28.6%)	6:53	8.7 (71.3%)
34	<b>LAMEK Andrzej</b>	<b>591</b>	AKTYWNY OSTRZESZÓW	M50	1	00:21:55	00:33:20	00:33:46	<b>02:25:10.10</b>	<b>02:25:14.35</b>	+00:41:45 (28.8%)	6:54	8.7 (71.3%)
35	<b>LANDVOGT Christoph</b>	<b>366</b>	LC 80 BAD KREUZNACH	M40	9	00:21:55	00:33:09	00:33:30	<b>02:25:39.80</b>	<b>02:25:46.05</b>	+00:42:17 (29.0%)	6:56	8.7 (71.3%)
36	<b>NOWAKOWSKA Anna</b>	<b>385</b>	ZAWISZA BYDGOSZCZ	K30	1	00:20:41	00:32:34	00:32:57	<b>02:25:56.95</b>	<b>02:25:59.90</b>	+00:42:31 (29.1%)	6:56	8.6 (70.5%)
37	<b>IDCZAK Agnieszka</b>	<b>343</b>		K30	2	00:23:52	00:35:55	00:36:17	<b>02:26:38.55</b>	<b>02:26:49.10</b>	+00:43:20 (29.5%)	6:58	8.6 (70.5%)
38	<b>SUCHY Roland</b>	<b>396</b>	POGOŃ BYDŁO	M30	21	00:23:10	00:35:28	00:35:52	<b>02:28:26.70</b>	<b>02:28:41.90</b>	+00:45:13 (30.4%)	7:04	8.5 (69.7%)
39	<b>DUBAS Marek</b>	<b>468</b>	WWW.SPRAWDZAMY-NIERUCHOMOSCI.PL	M40	10	00:22:38	00:34:22	00:34:43	<b>02:28:39.65</b>	<b>02:28:51.25</b>	+00:45:22 (30.5%)	7:04	8.5 (69.7%)
40	<b>POSADOWSKI Szymon</b>	<b>450</b>		M30	22	00:22:44	00:34:41	00:35:07	<b>02:29:11.45</b>	<b>02:29:14.65</b>	+00:45:46 (30.7%)	7:06	8.4 (68.9%)

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						3.5km	4.4km	Szwajcarka 4.5km					
41	<b>NIŻEWSKI Paweł</b>	<b>440</b>	KRAKOWIAK ULTRA TEAM	M40	11	00:23:31	00:35:30	00:35:56	<b>02:29:07.35</b>	<b>02:29:16.20</b>	+00:45:47 (30.7%)	7:06	8.4 (68.9%)
42	<b>MORAWSKI Filip</b>	<b>311</b>	KRAKOWIAKULTRATEAM	M40	12	00:23:32	00:36:01	00:36:25	<b>02:29:25.05</b>	<b>02:29:33.15</b>	+00:46:04 (30.8%)	7:06	8.4 (68.9%)
43	<b>KUBICKI Mariusz</b>	<b>479</b>	DOBRA FORMA	M40	13	00:21:08	00:32:40	00:33:01	<b>02:29:32.35</b>	<b>02:29:34.45</b>	+00:46:06 (30.8%)	7:07	8.4 (68.9%)
44	<b>BOWSZYS Arkadiusz</b>	<b>559</b>	KAMAR	M40	14	00:22:02	00:33:56	00:34:24	<b>02:29:34.90</b>	<b>02:29:43.45</b>	+00:46:15 (30.9%)	7:07	8.4 (68.9%)
45	<b>WOJCIECHOWSKI Dariusz</b>	<b>539</b>	KRAKOWIAK ULTRA TEAM / GÓRAL Z MAZUR RUNNING TEAM	M40	15	00:22:50	00:34:58	00:35:21	<b>02:29:36.85</b>	<b>02:29:45.25</b>	+00:46:16 (30.9%)	7:07	8.4 (68.9%)
46	<b>WEGNER Adrian</b>	<b>530</b>		M30	23	00:22:15	00:33:38	00:35:22	<b>02:29:51.65</b>	<b>02:29:58.90</b>	+00:46:30 (31.0%)	7:08	8.4 (68.9%)
47	<b>BIL Grzegorz</b>	<b>463</b>	TATRALAND	M40	16	00:23:27	00:35:35	00:36:00	<b>02:29:48.85</b>	<b>02:30:12.70</b>	+00:46:44 (31.1%)	7:08	8.4 (68.9%)
48	<b>MAJER Piotr</b>	<b>448</b>	MITUTOYO AZS WRATISLAVIA WROCLAW	M40	17	00:22:08	00:34:26	00:34:48	<b>02:29:53.20</b>	<b>02:30:21.65</b>	+00:46:53 (31.2%)	7:08	8.4 (68.9%)
49	<b>MARKOWSKI Artur</b>	<b>560</b>		M50	2	00:22:48	00:35:08	00:35:34	<b>02:30:26.65</b>	<b>02:30:30.75</b>	+00:47:02 (31.3%)	7:09	8.4 (68.9%)
50	<b>NASKRĘT Piotr</b>	<b>325</b>	KOWARY BIEGAJĄ	M40	18	00:23:13	00:35:28	00:35:50	<b>02:30:36.30</b>	<b>02:30:43.85</b>	+00:47:15 (31.4%)	7:10	8.4 (68.9%)
51	<b>WOŹNIAK Sebastian</b>	<b>357</b>	INKA TEAM	M30	24	00:22:24	00:34:02	00:34:26	<b>02:30:44.85</b>	<b>02:30:53.45</b>	+00:47:25 (31.4%)	7:10	8.4 (68.9%)
52	<b>BIAŁOMYZY Urszula</b>	<b>594</b>		K20	1	00:22:28	00:33:43	00:34:07	<b>02:31:03.15</b>	<b>02:31:10.45</b>	+00:47:42 (31.6%)	7:11	8.3 (68.0%)
53	<b>OBUCHOWICZ Artur</b>	<b>406</b>		M40	19	00:21:41	00:32:47	00:33:07	<b>02:32:41.55</b>	<b>02:32:49.35</b>	+00:49:20 (32.3%)	7:16	8.3 (68.0%)
54	<b>CHUDY Tobiasz</b>	<b>352</b>	RUN TEAM RYDZYNA	M30	25	00:21:10	00:32:32	00:32:55	<b>02:33:00.55</b>	<b>02:33:10.65</b>	+00:49:42 (32.4%)	7:17	8.2 (67.2%)
55	<b>IDCZAK Piotr</b>	<b>526</b>		M30	26	00:22:27	00:34:00	00:34:21	<b>02:32:57.90</b>	<b>02:33:23.60</b>	+00:49:55 (32.5%)	7:17	8.2 (67.2%)
56	<b>JODŁOWSKI Marek</b>	<b>445</b>	BIEGAMY BO CHCEMY	M40	20	00:24:30	00:37:06	00:37:38	<b>02:33:24.60</b>	<b>02:33:35.45</b>	+00:50:07 (32.6%)	7:18	8.2 (67.2%)
57	<b>RADKOWSKA Małgorzata</b>	<b>538</b>	TEAM PARSZCZYŃSKICH	K30	3	00:23:14	00:36:24	00:36:47	<b>02:33:35.10</b>	<b>02:33:42.95</b>	+00:50:14 (32.7%)	7:18	8.2 (67.2%)
58	<b>PIWOWOŃSKI Paweł</b>	<b>567</b>		M40	21	00:23:28	00:35:34	00:35:56	<b>02:33:37.25</b>	<b>02:33:50.70</b>	+00:50:22 (32.7%)	7:18	8.2 (67.2%)
59	<b>KOPCZYŃSKI Łukasz</b>	<b>322</b>	K-TEAM	M40	22	00:25:47	00:38:42	00:39:05	<b>02:33:35.55</b>	<b>02:33:58.95</b>	+00:50:30 (32.8%)	7:18	8.2 (67.2%)
60	<b>KATARZYŃSKI Marek</b>	<b>537</b>		M40	23	00:23:23	00:35:29	00:35:55	<b>02:34:06.05</b>	<b>02:34:32.20</b>	+00:51:03 (33.0%)	7:20	8.2 (67.2%)
61	<b>RATYMIŃSKI Wojtek</b>	<b>449</b>		M40	24	00:23:16	00:35:22	00:35:45	<b>02:34:42.40</b>	<b>02:34:52.20</b>	+00:51:23 (33.2%)	7:22	8.1 (66.4%)
62	<b>JĘDRASIAK Adrian</b>	<b>590</b>	ALL OR NOTHING ZIELONA GÓRA	M40	25	00:22:32	00:34:56	00:35:21	<b>02:35:00.75</b>	<b>02:35:11.90</b>	+00:51:43 (33.3%)	7:22	8.1 (66.4%)
63	<b>MICHAŁKOWSKI Marek</b>	<b>476</b>		M30	27	00:23:13	00:34:32	00:34:55	<b>02:35:13.10</b>	<b>02:35:18.95</b>	+00:51:50 (33.4%)	7:23	8.1 (66.4%)
64	<b>RAJKOWSKI Tomasz</b>	<b>588</b>	WIDZEW FC EIRE DIVISION	M30	28	00:22:02	00:33:56	00:34:18	<b>02:35:16.35</b>	<b>02:35:22.70</b>	+00:51:54 (33.4%)	7:23	8.1 (66.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Husyckie Skały			Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
						3.5km	4.4km	Szwajcarka 4.5km					
65	<b>MAGIERA Bartłomiej</b>	<b>369</b>		M30	29	00:24:53	00:37:51	00:38:15	<b>02:35:36.90</b>	<b>02:35:43.85</b>	+00:52:15 (33.6%)	7:24	8.1 (66.4%)
66	<b>NOWICKI Marcin</b>	<b>581</b>		M40	26	00:23:26	00:35:51	00:36:17	<b>02:35:44.75</b>	<b>02:35:49.90</b>	+00:52:21 (33.6%)	7:24	8.1 (66.4%)
66	<b>KAZUBOWSKA Aleksandra</b>	<b>365</b>	VEGE RUNNERKA	K40	2	00:23:22	00:35:50	00:36:13	<b>02:35:45.60</b>	<b>02:35:49.90</b>	+00:52:21 (33.6%)	7:25	8.1 (66.4%)
68	<b>CHWALIŃSKI Michał</b>	<b>380</b>		M40	27	00:23:14	00:35:21	00:35:44	<b>02:36:43.65</b>	<b>02:36:52.05</b>	+00:53:23 (34.0%)	7:27	8 (65.6%)
69	<b>FERET Kamila</b>	<b>421</b>	TRAIL IS OUR WAY TEAM	K20	2	00:23:21	00:35:42	00:36:03	<b>02:37:00.80</b>	<b>02:37:04.00</b>	+00:53:35 (34.1%)	7:28	8 (65.6%)
70	<b>PARYSEK Tomasz</b>	<b>600</b>		M30	30	00:22:12	00:33:52	00:34:17	<b>02:37:01.00</b>	<b>02:37:13.55</b>	+00:53:45 (34.2%)	7:28	8 (65.6%)
71	<b>PURCZYŃSKI Grzegorz</b>	<b>465</b>		M40	28	00:22:48	00:35:48	00:36:24	<b>02:37:20.30</b>	<b>02:37:31.75</b>	+00:54:03 (34.3%)	7:29	8 (65.6%)
72	<b>NOWIK Kamil</b>	<b>321</b>	SECO RUN	M40	29	00:23:34	00:36:30	00:36:55	<b>02:39:01.20</b>	<b>02:39:05.95</b>	+00:55:37 (35.0%)	7:34	7.9 (64.8%)
73	<b>RĘKOSIEWICZ Jakub</b>	<b>415</b>		M40	30	00:24:15	00:37:07	00:37:33	<b>02:39:15.00</b>	<b>02:39:20.75</b>	+00:55:52 (35.1%)	7:35	7.9 (64.8%)
74	<b>STĘSIK Tomasz</b>	<b>314</b>		M30	31	00:23:30	00:36:25	00:36:51	<b>02:39:45.55</b>	<b>02:39:57.40</b>	+00:56:28 (35.3%)	7:36	7.9 (64.8%)
75	<b>SZUMIŃSKI Artur</b>	<b>307</b>		M50	3	00:23:13	00:35:29	00:35:51	<b>02:40:02.00</b>	<b>02:40:06.40</b>	+00:56:37 (35.4%)	7:37	7.9 (64.8%)
76	<b>WYPYCH Bartosz</b>	<b>398</b>		M40	31	00:25:54	00:38:48	00:39:12	<b>02:40:01.70</b>	<b>02:40:21.75</b>	+00:56:53 (35.5%)	7:37	7.9 (64.8%)
77	<b>CYRANOWICZ Szymon</b>	<b>599</b>	BIEGAJĄCE KREJZOLE	M20	4	00:20:25	00:32:38	00:32:59	<b>02:40:20.20</b>	<b>02:40:22.90</b>	+00:56:54 (35.5%)	7:38	7.9 (64.8%)
78	<b>FERET Hubert</b>	<b>475</b>	TRAIL IS OUR WAY	M30	32	00:23:58	00:37:08	00:37:34	<b>02:40:33.65</b>	<b>02:40:36.30</b>	+00:57:07 (35.6%)	7:38	7.8 (63.9%)
79	<b>SZARADOWSKI Piotr</b>	<b>487</b>	140 MINUT / ORŁY JEZUSA	M50	4	00:25:15	00:37:57	00:38:27	<b>02:40:59.30</b>	<b>02:41:08.95</b>	+00:57:40 (35.8%)	7:39	7.8 (63.9%)
80	<b>WITLICKI Kacper</b>	<b>424</b>	BBC	M20	5	00:25:22	00:38:57	00:39:22	<b>02:42:06.30</b>	<b>02:42:15.35</b>	+00:58:46 (36.2%)	7:43	7.8 (63.9%)
81	<b>ŚWIERK Przemysław</b>	<b>312</b>	ULTRA DIABŁY TEAM	M40	32	00:25:03	00:38:39	00:39:05	<b>02:42:38.90</b>	<b>02:42:58.15</b>	+00:59:29 (36.5%)	7:44	7.7 (63.1%)
82	<b>GALEK Zbigniew</b>	<b>304</b>	ADIENT RUNNING TEAM	M40	33	00:24:24	00:36:53	00:37:15	<b>02:42:52.85</b>	<b>02:42:59.25</b>	+00:59:30 (36.5%)	7:45	7.7 (63.1%)
83	<b>SZKÓDLIŃSKI Bartosz</b>	<b>318</b>	NARAMOWICE BIEGAJĄ	M40	34		00:37:16	00:37:41	<b>02:43:03.40</b>	<b>02:43:10.40</b>	+00:59:41 (36.6%)	7:45	7.7 (63.1%)
84	<b>GRAMALA Mateusz</b>	<b>469</b>		M20	6	00:24:23	00:38:07	00:38:44	<b>02:44:07.00</b>	<b>02:44:22.80</b>	+01:00:54 (37.1%)	7:48	7.7 (63.1%)
85	<b>WOJCIECHOWSKI Marek</b>	<b>473</b>		M40	35	00:25:38	00:39:30	00:39:56	<b>02:44:18.70</b>	<b>02:44:29.95</b>	+01:01:01 (37.1%)	7:49	7.7 (63.1%)
86	<b>STROJEK Grzegorz</b>	<b>508</b>		M40	36	00:23:13	00:35:42	00:36:06	<b>02:44:28.45</b>	<b>02:44:33.45</b>	+01:01:05 (37.1%)	7:49	7.7 (63.1%)
87	<b>ALGIERSKI Paweł</b>	<b>531</b>		M30	33	00:25:03	00:37:41	00:38:04	<b>02:44:24.60</b>	<b>02:44:41.25</b>	+01:01:12 (37.2%)	7:49	7.7 (63.1%)
88	<b>JEKA Mateusz</b>	<b>514</b>	JEKA TEAM	M30	34	00:23:47			<b>02:44:50.45</b>	<b>02:44:50.45</b>	+01:01:22 (37.2%)	7:50	7.6 (62.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Husyckie Skały			Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
						3.5km	4.4km	Szwajcarka 4.5km					
89	<b>OLEJNIK Egidiusz</b>	<b>598</b>		M30	35	00:24:58	00:38:26	00:38:58	<b>02:45:18.95</b>	<b>02:45:22.00</b>	+01:01:53 (37.4%)	7:52	7.6 (62.3%)
90	<b>PATROŃSKA Magdalena</b>	<b>527</b>	ŻARŁOKI	K30	4	00:27:13	00:40:47	00:41:16	<b>02:46:12.50</b>	<b>02:46:27.40</b>	+01:02:58 (37.8%)	7:54	7.6 (62.3%)
91	<b>KOZAKIEWICZ Tomek</b>	<b>435</b>	CAŁE ŻYCIE NA REDUKCJI	M30	36	00:25:00	00:38:47	00:39:12	<b>02:46:30.95</b>	<b>02:46:38.10</b>	+01:03:09 (37.9%)	7:55	7.6 (62.3%)
92	<b>KĘPA Kamil</b>	<b>425</b>		M30	37				<b>02:46:40.00</b>	<b>02:46:40.00</b>	+01:03:11 (37.9%)	7:56	7.6 (62.3%)
93	<b>GAŁASZEWSKI Kamil</b>	<b>384</b>		M30	38	00:22:42	00:35:33	00:35:57	<b>02:46:37.85</b>	<b>02:46:42.15</b>	+01:03:13 (37.9%)	7:56	7.6 (62.3%)
94	<b>PAWŁUSIÓW Andrzej</b>	<b>416</b>		M40	37	00:26:12	00:39:32	00:40:05	<b>02:47:51.80</b>	<b>02:47:51.80</b>	+01:04:23 (38.4%)	7:59	7.5 (61.5%)
95	<b>ŻUROWSKA-SOPALA Iwona</b>	<b>570</b>		K30	5	00:26:04	00:39:01	00:39:32	<b>02:47:32.95</b>	<b>02:48:01.35</b>	+01:04:32 (38.4%)	7:58	7.5 (61.5%)
96	<b>FURMANOWSKI Paweł</b>	<b>389</b>		M20	7	00:26:23	00:40:33	00:41:01	<b>02:49:13.05</b>	<b>02:49:23.35</b>	+01:05:54 (38.9%)	8:03	7.4 (60.7%)
97	<b>MICHALAK Wojciech</b>	<b>491</b>		M40	38	00:27:32	00:41:14	00:41:39	<b>02:49:08.80</b>	<b>02:49:32.65</b>	+01:06:04 (39.0%)	8:03	7.4 (60.7%)
98	<b>TYRALSKI Dominik</b>	<b>500</b>	POLSAT BIEGA	M40	39	00:26:53	00:40:46	00:41:10	<b>02:49:28.65</b>	<b>02:49:53.55</b>	+01:06:25 (39.1%)	8:04	7.4 (60.7%)
99	<b>LISIAKIEWICZ Bartosz</b>	<b>616</b>		M40	40	00:27:52	00:41:55	00:43:06	<b>02:49:39.60</b>	<b>02:50:00.30</b>	+01:06:31 (39.1%)	8:04	7.4 (60.7%)
100	<b>LIPSKI Dawid</b>	<b>507</b>		M20	8	00:26:22	00:40:12	00:40:38	<b>02:50:11.85</b>	<b>02:50:21.35</b>	+01:06:52 (39.3%)	8:06	7.4 (60.7%)
101	<b>SUCHY Aron</b>	<b>439</b>	POGOŃ BYDŁO	M30	39	00:24:26	00:38:15	00:38:48	<b>02:50:23.95</b>	<b>02:50:41.85</b>	+01:07:13 (39.4%)	8:06	7.4 (60.7%)
102	<b>PRZYBYLSKI Paweł</b>	<b>347</b>		M30	40	00:27:58	00:43:04	00:43:24	<b>02:51:10.30</b>	<b>02:51:28.80</b>	+01:08:00 (39.7%)	8:09	7.4 (60.7%)
103	<b>GOLA Henryk</b>	<b>512</b>		M50	5	00:24:53	00:38:29	00:38:54	<b>02:51:30.40</b>	<b>02:51:35.55</b>	+01:08:07 (39.7%)	8:10	7.3 (59.8%)
104	<b>SOŁTYSIAK Marta</b>	<b>368</b>	SZAKALE BAŁUT ŁÓDŹ	K30	6	00:26:23	00:41:01	00:41:28	<b>02:51:20.70</b>	<b>02:51:45.45</b>	+01:08:17 (39.8%)	8:09	7.4 (60.7%)
105	<b>POLIWOCZAK Patryk</b>	<b>330</b>		M30	41	00:23:56	00:36:21	00:37:04	<b>02:51:53.75</b>	<b>02:52:00.60</b>	+01:08:32 (39.8%)	8:11	7.3 (59.8%)
106	<b>WAŁCZYK Mateusz</b>	<b>586</b>		M30	42	00:23:12	00:36:32	00:36:56	<b>02:51:58.00</b>	<b>02:52:02.55</b>	+01:08:34 (39.9%)	8:11	7.3 (59.8%)
107	<b>CHUDY Ariel</b>	<b>361</b>	RUN TEAM RYDZYNA	M40	41	00:26:16	00:40:19	00:40:46	<b>02:52:21.15</b>	<b>02:52:33.95</b>	+01:09:05 (40.0%)	8:12	7.3 (59.8%)
108	<b>KOTWICKI Mateusz</b>	<b>611</b>		M30	43	00:27:08	00:41:27	00:42:02	<b>02:52:34.60</b>	<b>02:52:44.00</b>	+01:09:15 (40.1%)	8:13	7.3 (59.8%)
109	<b>ADAMSKI Adam</b>	<b>333</b>		M60	1				<b>02:52:45.50</b>	<b>02:52:45.50</b>	+01:09:17 (40.1%)	8:13	7.3 (59.8%)
110	<b>ŁAZEWSKI Oskar</b>	<b>595</b>		M20	9	00:25:18	00:38:30	00:38:59	<b>02:53:23.50</b>	<b>02:53:32.80</b>	+01:10:04 (40.4%)	8:15	7.3 (59.8%)
111	<b>OLBERT Ireneusz</b>	<b>580</b>		M50	6	00:23:44	00:37:07	00:37:45	<b>02:53:53.10</b>	<b>02:53:56.65</b>	+01:10:28 (40.5%)	8:16	7.2 (59.0%)
112	<b>DUSZYŃSKA Ewa</b>	<b>336</b>		K30	7		00:38:28	00:38:53	<b>02:54:25.70</b>	<b>02:54:30.45</b>	+01:11:02 (40.7%)	8:18	7.2 (59.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Husyckie Skały			Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
						3.5km	4.4km	Szwajcarka 4.5km					
113	<b>NOWAKOWSKI Rafał</b>	<b>546</b>	#BIEGIEMWLAS	M40	42	00:28:32	00:43:05	00:44:01	<b>02:55:09.60</b>	<b>02:55:15.60</b>	+01:11:47 (41.0%)	8:20	7.2 (59.0%)
114	<b>BUGAJ Alan</b>	<b>375</b>		M30	44	00:28:05	00:42:36	00:43:11	<b>02:55:22.95</b>	<b>02:55:41.45</b>	+01:12:13 (41.1%)	8:21	7.2 (59.0%)
115	<b>KUTA Łukasz</b>	<b>515</b>	ADDICTED TO MOUNTAINS OLSZYNA	M40	43	00:27:58	00:42:39	00:43:06	<b>02:55:28.10</b>	<b>02:55:55.45</b>	+01:12:27 (41.2%)	8:21	7.2 (59.0%)
116	<b>STASIAK Łukasz</b>	<b>547</b>		M40	44	00:26:28	00:40:56	00:41:45	<b>02:56:01.10</b>	<b>02:56:07.10</b>	+01:12:38 (41.2%)	8:22	7.2 (59.0%)
117	<b>UPTAS Tomasz</b>	<b>327</b>	CROSS STRACENĆÓW TEAM	M40	45	00:28:15	00:43:34	00:43:57	<b>02:55:59.15</b>	<b>02:56:11.55</b>	+01:12:43 (41.3%)	8:22	7.2 (59.0%)
118	<b>UPTAS Ewa</b>	<b>341</b>	FITNESS & SGUASCH	K40	3	00:28:19	00:43:36	00:43:59	<b>02:55:59.25</b>	<b>02:56:11.75</b>	+01:12:43 (41.3%)	8:22	7.2 (59.0%)
119	<b>KLIMEK Wojciech</b>	<b>393</b>	ORTHOS TEAM	M30	45	00:29:17	00:43:31	00:44:11	<b>02:55:49.70</b>	<b>02:56:19.20</b>	+01:12:50 (41.3%)	8:22	7.2 (59.0%)
120	<b>ZEMLEDUCH Tomasz</b>	<b>378</b>	ZEMLEDUCHY	M30	46	00:26:00	00:40:08	00:40:44	<b>02:56:13.05</b>	<b>02:56:20.70</b>	+01:12:52 (41.3%)	8:23	7.2 (59.0%)
121	<b>GRONEK Magdalena</b>	<b>454</b>	BIEGAMDLAZDROWIA. PL	K40	4	00:27:31	00:42:05	00:42:32	<b>02:56:21.15</b>	<b>02:56:31.80</b>	+01:13:03 (41.4%)	8:23	7.1 (58.2%)
122	<b>LIS Anna</b>	<b>614</b>		K40	5	00:26:50	00:40:36	00:41:02	<b>02:57:10.10</b>	<b>02:57:16.45</b>	+01:13:48 (41.6%)	8:26	7.1 (58.2%)
123	<b>ZBOROWSKI Marcin</b>	<b>316</b>	ADIENT RUNNING TEAM	M30	47	00:24:59	00:38:39	00:39:07	<b>02:58:27.10</b>	<b>02:58:49.70</b>	+01:15:21 (42.1%)	8:29	7.1 (58.2%)
124	<b>SYDORCZYK Magdalena</b>	<b>498</b>	ENDORFINA WSCHOWA	K40	6	00:27:18	00:41:22	00:41:50	<b>02:58:50.10</b>	<b>02:58:56.65</b>	+01:15:28 (42.2%)	8:30	7 (57.4%)
125	<b>BYLINA Bartosz</b>	<b>533</b>		M50	7	00:26:00	00:39:57	00:40:27	<b>02:59:03.70</b>	<b>02:59:14.05</b>	+01:15:45 (42.3%)	8:31	7 (57.4%)
126	<b>POLAK Bartosz</b>	<b>569</b>		M30	48	00:28:25	00:43:40	00:44:11	<b>02:59:06.15</b>	<b>02:59:24.20</b>	+01:15:55 (42.3%)	8:31	7 (57.4%)
127	<b>ŚLIWKA Radosław</b>	<b>402</b>		M40	46	00:28:28	00:43:34	00:44:02	<b>02:59:37.35</b>	<b>02:59:42.15</b>	+01:16:13 (42.4%)	8:33	7 (57.4%)
128	<b>NOWAKOWSKI Łukasz</b>	<b>610</b>		M30	49	00:26:10	00:40:06	00:40:30	<b>02:59:37.30</b>	<b>02:59:51.65</b>	+01:16:23 (42.5%)	8:33	7 (57.4%)
129	<b>KAŃDUŁA Grzegorz</b>	<b>317</b>		M40	47	00:26:32	00:41:19	00:41:48	<b>03:00:15.30</b>	<b>03:00:25.05</b>	+01:16:56 (42.6%)	8:35	7 (57.4%)
130	<b>WRÓBLEWSKI Wojciech</b>	<b>545</b>		M30	50	00:29:31	00:43:54	00:44:45	<b>03:00:00.10</b>	<b>03:00:41.50</b>	+01:17:13 (42.7%)	8:34	7 (57.4%)
131	<b>MACYSZYN Łukasz</b>	<b>363</b>		M40	48	00:25:02	00:38:28	00:38:58	<b>03:00:42.00</b>	<b>03:00:53.85</b>	+01:17:25 (42.8%)	8:36	7 (57.4%)
132	<b>LEŚNIAK Grzegorz</b>	<b>464</b>		M40	49	00:26:11	00:40:26	00:41:55	<b>03:01:00.10</b>	<b>03:01:26.85</b>	+01:17:58 (43.0%)	8:37	7 (57.4%)
133	<b>TRZEPACZ Dorota</b>	<b>346</b>	KB LUPUS OLEŚNICA	K50	2	00:27:14	00:41:21	00:41:54	<b>03:01:23.65</b>	<b>03:01:35.85</b>	+01:18:07 (43.0%)	8:38	6.9 (56.6%)
134	<b>WOŹNIAK Karolina</b>	<b>358</b>	INKA TEAM	K30	8	00:27:47	00:42:59	00:43:25	<b>03:01:55.60</b>	<b>03:01:55.60</b>	+01:18:27 (43.1%)	8:39	6.9 (56.6%)
135	<b>MALUNG Jarosław</b>	<b>562</b>		M50	8	00:26:53	00:40:31	00:40:59	<b>03:01:38.00</b>	<b>03:02:05.95</b>	+01:18:37 (43.2%)	8:38	6.9 (56.6%)
136	<b>GARBACZ Jan</b>	<b>510</b>		M40	50	00:27:27	00:42:16	00:43:04	<b>03:02:34.95</b>	<b>03:02:50.35</b>	+01:19:21 (43.4%)	8:41	6.9 (56.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Husyckie Skały			Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
						3.5km	4.4km	Szwajcarka 4.5km					
137	<b>NOLKA Jakub</b>	<b>323</b>		M30	51	00:28:04	00:42:33	00:43:29	<b>03:02:47.00</b>	<b>03:03:07.15</b>	+01:19:38 (43.5%)	8:42	6.9 (56.6%)
138	<b>KŁACZYŃSKA Danuta</b>	<b>382</b>	IDĘ DALEJ	K50	3	00:28:04	00:43:17	00:43:47	<b>03:03:23.55</b>	<b>03:03:41.55</b>	+01:20:13 (43.7%)	8:43	6.9 (56.6%)
139	<b>CHRZANOWSKA Agnieszka</b>	<b>364</b>	IDĘ DALEJ	K40	7	00:28:04	00:43:18	00:43:47	<b>03:03:23.60</b>	<b>03:03:41.80</b>	+01:20:13 (43.7%)	8:43	6.9 (56.6%)
140	<b>ŁACNY Łukasz</b>	<b>612</b>	FORZA CHYNÓW	M40	51	00:27:21	00:41:23	00:42:15	<b>03:03:37.85</b>	<b>03:04:01.05</b>	+01:20:32 (43.8%)	8:44	6.9 (56.6%)
141	<b>SCHULZE Jörg</b>	<b>493</b>	DAV ZITTAU	M60	2	00:28:57	00:44:06	00:44:44	<b>03:04:07.30</b>	<b>03:04:15.10</b>	+01:20:46 (43.8%)	8:46	6.8 (55.7%)
142	<b>TOMYŚLAK Magdalena</b>	<b>427</b>	TAKE CONTROL	K30	9	00:28:48	00:43:28	00:43:55	<b>03:04:37.55</b>	<b>03:04:59.40</b>	+01:21:30 (44.1%)	8:47	6.8 (55.7%)
143	<b>KIEDA Bartek</b>	<b>505</b>		M30	52	00:25:35	00:40:02	00:40:28	<b>03:05:22.10</b>	<b>03:05:50.75</b>	+01:22:22 (44.3%)	8:49	6.8 (55.7%)
144	<b>SUCHY Katarzyna</b>	<b>397</b>	POGOŃ BYDŁO	K30	10	00:27:30	00:42:47	00:43:32	<b>03:06:38.40</b>	<b>03:06:52.60</b>	+01:23:24 (44.6%)	8:53	6.8 (55.7%)
145	<b>KRYŃSKI Grzegorz</b>	<b>506</b>		M40	52	00:27:38	00:42:42	00:43:11	<b>03:06:51.65</b>	<b>03:07:02.00</b>	+01:23:33 (44.7%)	8:53	6.7 (54.9%)
146	<b>DUBAS Anna</b>	<b>428</b>	WWW.SPRAWDZAMY-NIERUCHOMOSCI.PL	K30	11	00:28:47	00:43:10	00:43:36	<b>03:07:36.25</b>	<b>03:07:58.85</b>	+01:24:30 (45.0%)	8:56	6.7 (54.9%)
147	<b>ZIOMBKA Kuba</b>	<b>405</b>	WAWRZYNTTEAM	M40	53	00:27:04	00:41:20	00:41:48	<b>03:07:57.45</b>	<b>03:08:13.20</b>	+01:24:44 (45.0%)	8:57	6.7 (54.9%)
148	<b>ZIELIŃSKA Dorota</b>	<b>460</b>	RUNNERS TEAM	K20	3	00:26:55	00:40:43	00:41:24	<b>03:08:43.40</b>	<b>03:08:48.80</b>	+01:25:20 (45.2%)	8:59	6.7 (54.9%)
149	<b>LUBINA Cezary</b>	<b>525</b>		M30	53	00:26:59	00:41:16	00:41:48	<b>03:09:10.95</b>	<b>03:09:22.30</b>	+01:25:53 (45.4%)	9:00	6.7 (54.9%)
150	<b>WIŚNICKI Michał</b>	<b>501</b>		M30	54	00:26:32	00:40:39	00:41:28	<b>03:09:25.65</b>	<b>03:09:34.35</b>	+01:26:05 (45.4%)	9:01	6.7 (54.9%)
151	<b>KRAWCZYK Mateusz</b>	<b>618</b>		M40	54	00:27:12	00:42:44	00:43:23	<b>03:10:02.45</b>	<b>03:10:06.60</b>	+01:26:38 (45.6%)	9:02	6.6 (54.1%)
152	<b>CUKROWSKI Andrzej</b>	<b>349</b>	OLAWS ZŁOTORYJA	M40	55	00:27:15	00:42:40	00:43:07	<b>03:10:08.60</b>	<b>03:10:19.45</b>	+01:26:51 (45.6%)	9:03	6.6 (54.1%)
153	<b>MATKOWSKI Wiktor</b>	<b>418</b>	RENA WYKROTY	M40	56				<b>03:11:45.00</b>	<b>03:11:45.00</b>	+01:28:16 (46.0%)	9:07	6.6 (54.1%)
154	<b>LENART Jakub</b>	<b>446</b>		M30	55	00:28:28	00:44:06	00:44:40	<b>03:11:40.05</b>	<b>03:11:58.90</b>	+01:28:30 (46.1%)	9:07	6.6 (54.1%)
155	<b>BŁĘDKOWSKA Katarzyna</b>	<b>597</b>		K30	12	00:29:14	00:43:57	00:44:52	<b>03:12:15.15</b>	<b>03:12:29.75</b>	+01:29:01 (46.2%)	9:09	6.6 (54.1%)
156	<b>JUDKIEWICZ Piotr</b>	<b>377</b>		M50	9	00:29:50	00:45:42	00:46:09	<b>03:12:01.40</b>	<b>03:12:37.65</b>	+01:29:09 (46.3%)	9:08	6.6 (54.1%)
157	<b>KOZŁOWSKI Wojciech</b>	<b>313</b>		M50	10	00:27:30	00:43:22	00:44:00	<b>03:14:28.65</b>	<b>03:14:36.25</b>	+01:31:07 (46.8%)	9:15	6.5 (53.3%)
158	<b>ORTYL Ewelina</b>	<b>370</b>		K40	8	00:27:31	00:43:23	00:44:00	<b>03:14:29.85</b>	<b>03:14:36.50</b>	+01:31:08 (46.8%)	9:15	6.5 (53.3%)
159	<b>PASTERNAK Marcin</b>	<b>589</b>		M40	57	00:29:45	00:45:40	00:46:07	<b>03:14:14.35</b>	<b>03:14:55.55</b>	+01:31:27 (46.9%)	9:14	6.5 (53.3%)
160	<b>SAMPIR Mariusz</b>	<b>381</b>	WWW.ARNEON.COM	M40	58	00:28:58	00:44:14	00:47:50	<b>03:14:40.60</b>	<b>03:14:59.30</b>	+01:31:30 (46.9%)	9:16	6.5 (53.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Husyckie Skały			Szwajcarka 4.5km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
						3.5km	4.4km	4.5km						
161	<b>WYTYKOWSKA Joanna</b>	<b>488</b>	ŁKW	K40	9	00:28:00	00:43:04	00:43:47	<b>03:15:05.80</b>	<b>03:15:31.60</b>	+01:32:03 (47.1%)	9:17	6.5 (53.3%)	
162	<b>SZAMOCKA Paulina</b>	<b>394</b>		K30	13	00:30:46	00:47:47	00:48:17	<b>03:15:48.45</b>	<b>03:16:19.25</b>	+01:32:50 (47.3%)	9:19	6.4 (52.5%)	
163	<b>PTAK Dorota</b>	<b>412</b>		K50	4	00:31:16	00:48:10	00:48:35	<b>03:16:01.60</b>	<b>03:16:19.35</b>	+01:32:50 (47.3%)	9:20	6.4 (52.5%)	
164	<b>NOWAK Marta</b>	<b>516</b>		K40	10	00:33:38	00:51:56	00:55:21	<b>03:16:07.90</b>	<b>03:16:25.80</b>	+01:32:57 (47.3%)	9:20	6.4 (52.5%)	
165	<b>SIKORA Malwina</b>	<b>518</b>		K20	4	00:30:11	00:46:38	00:47:17	<b>03:16:07.85</b>	<b>03:16:39.55</b>	+01:33:11 (47.4%)	9:20	6.4 (52.5%)	
166	<b>PISKORSKI Łukasz</b>	<b>458</b>		M40	59	00:29:20	00:44:49	00:46:25	<b>03:16:41.40</b>	<b>03:16:58.05</b>	+01:33:29 (47.5%)	9:21	6.4 (52.5%)	
167	<b>SERAFIN Michał</b>	<b>497</b>	HWBC	M40	60	00:30:19	00:46:34	00:47:23	<b>03:16:55.25</b>	<b>03:17:11.80</b>	+01:33:43 (47.5%)	9:22	6.4 (52.5%)	
168	<b>MAZUR Katarzyna</b>	<b>422</b>	UMLAUT	K40	11	00:29:44	00:46:37	00:47:10	<b>03:18:11.10</b>	<b>03:18:20.25</b>	+01:34:51 (47.8%)	9:26	6.4 (52.5%)	
169	<b>GRZELAK Łukasz</b>	<b>383</b>	WWW.GRZELAK-KANCELARIA.PL	M40	61	00:29:13	00:45:12	00:47:54	<b>03:18:10.45</b>	<b>03:18:29.75</b>	+01:35:01 (47.9%)	9:26	6.4 (52.5%)	
170	<b>JODŁOWSKA Ewa</b>	<b>423</b>	BIEGAMY BO CHCEMY	K40	12	00:29:42	00:46:54	00:48:03	<b>03:18:39.60</b>	<b>03:18:52.00</b>	+01:35:23 (48.0%)	9:27	6.3 (51.6%)	
171	<b>DZIERGWA Agnieszka</b>	<b>609</b>	PRZEDWOJEWSKI TEAM / RNB TEAM	K30	14	00:27:50	00:43:28	00:43:55	<b>03:18:57.10</b>	<b>03:19:12.35</b>	+01:35:43 (48.1%)	9:28	6.3 (51.6%)	
172	<b>FILIPOWICZ Dominik</b>	<b>413</b>		M30	56	00:30:35	00:46:58	00:48:33	<b>03:19:52.85</b>	<b>03:20:17.60</b>	+01:36:49 (48.3%)	9:31	6.3 (51.6%)	
173	<b>KOSTYK Grzegorz</b>	<b>410</b>		M40	62	00:30:39	00:47:47	00:48:35	<b>03:19:53.85</b>	<b>03:20:18.05</b>	+01:36:49 (48.3%)	9:31	6.3 (51.6%)	
174	<b>BUSZEWSKI Zbyszek</b>	<b>302</b>		M30	57	00:27:43	00:42:50	00:43:49	<b>03:20:56.80</b>	<b>03:21:14.50</b>	+01:37:46 (48.6%)	9:34	6.3 (51.6%)	
175	<b>GRUDNIEWSKI Jakub</b>	<b>544</b>		M30	58	00:32:39	00:49:56	00:50:26	<b>03:21:04.20</b>	<b>03:21:31.05</b>	+01:38:02 (48.7%)	9:34	6.3 (51.6%)	
176	<b>WIERZBIŃSKI Kamil</b>	<b>572</b>		M30	59	00:27:26	00:42:07	00:42:35	<b>03:21:53.45</b>	<b>03:22:04.90</b>	+01:38:36 (48.8%)	9:36	6.2 (50.8%)	
177	<b>DOŁĘGOWSKI Marek</b>	<b>390</b>	GMINA WOLIN	M50	11	00:29:26	00:44:38	00:46:00	<b>03:22:08.70</b>	<b>03:22:43.10</b>	+01:39:14 (49.0%)	9:37	6.2 (50.8%)	
178	<b>MIŚTA Grzegorz</b>	<b>481</b>	DTR BIEGA / MARIO TEAM	M40	63	00:29:31	00:45:53	00:46:26	<b>03:22:32.95</b>	<b>03:23:08.25</b>	+01:39:39 (49.1%)	9:38	6.2 (50.8%)	
179	<b>GÓRNA Amelia</b>	<b>477</b>		K50	5	00:28:06	00:43:18	00:43:54	<b>03:23:47.70</b>	<b>03:24:01.95</b>	+01:40:33 (49.3%)	9:42	6.2 (50.8%)	
180	<b>KUBICKI Piotr</b>	<b>509</b>	DZIKI ZGON KOŚCIAN	M30	60	00:32:18	00:49:56	00:50:23	<b>03:23:35.25</b>	<b>03:24:05.80</b>	+01:40:37 (49.3%)	9:41	6.2 (50.8%)	
181	<b>BORECKI Michał</b>	<b>408</b>		M30	61	00:31:16	00:48:27	00:49:37	<b>03:23:59.00</b>	<b>03:24:06.30</b>	+01:40:37 (49.3%)	9:42	6.2 (50.8%)	
182	<b>ZASOWSKI Rafał</b>	<b>409</b>		M40	64	00:28:54	00:46:38	00:48:42	<b>03:24:03.85</b>	<b>03:24:09.00</b>	+01:40:40 (49.3%)	9:43	6.2 (50.8%)	
183	<b>SZUMSKI Zbigniew</b>	<b>419</b>		M50	12	00:29:25	00:45:28	00:48:16	<b>03:24:47.95</b>	<b>03:24:56.35</b>	+01:41:27 (49.5%)	9:45	6.2 (50.8%)	
184	<b>PLIS Jordan</b>	<b>319</b>		M30	62	00:30:21	00:46:21	00:47:03	<b>03:25:17.90</b>	<b>03:25:26.30</b>	+01:41:57 (49.6%)	9:46	6.1 (50.0%)	



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Husyckie Skały			Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
						3.5km	4.4km	Szwajcarka 4.5km					
185	<b>MARCINKIEWICZ Marek</b>	<b>520</b>		M40	65	00:31:10	00:47:56	00:48:23	<b>03:25:09.40</b>	<b>03:25:45.75</b>	+01:42:17 (49.7%)	9:46	6.1 (50.0%)
186	<b>KĘDZIORA Aleksandra</b>	<b>552</b>		K40	13	00:32:08	00:49:48	00:50:23	<b>03:25:41.25</b>	<b>03:26:11.25</b>	+01:42:42 (49.8%)	9:47	6.1 (50.0%)
187	<b>LIS Wojciech</b>	<b>356</b>	WIERZBICKI RUNNING PROJECT	M40	66	00:29:30	00:45:09	00:46:35	<b>03:26:27.95</b>	<b>03:26:43.70</b>	+01:43:15 (49.9%)	9:49	6.1 (50.0%)
188	<b>KUSZ Joanna</b>	<b>344</b>	CROSS STRACENĆÓW TEAM	K30	15	00:29:41	00:45:32	00:46:22	<b>03:28:03.15</b>	<b>03:28:16.15</b>	+01:44:47 (50.3%)	9:54	6.1 (50.0%)
189	<b>MARTAN Iwona</b>	<b>474</b>	ORTHOS TEAM	K40	14	00:37:55	00:54:53	00:55:50	<b>03:27:54.20</b>	<b>03:28:23.40</b>	+01:44:54 (50.3%)	9:54	6.1 (50.0%)
190	<b>ŁUPKOWSKI Paweł</b>	<b>543</b>	VEGE RUNNERS	M40	67	00:31:21	00:48:15	00:49:22	<b>03:28:18.90</b>	<b>03:28:41.65</b>	+01:45:13 (50.4%)	9:55	6 (49.2%)
191	<b>PŁUSA Aneta</b>	<b>564</b>	BBC	K40	15	00:29:43	00:46:53	00:48:00	<b>03:28:51.30</b>	<b>03:29:05.85</b>	+01:45:37 (50.5%)	9:56	6 (49.2%)
192	<b>SIKORSKI Cezary</b>	<b>485</b>	BBL GUBIN	M50	13	00:29:50	00:46:47	00:47:20	<b>03:28:56.20</b>	<b>03:29:06.10</b>	+01:45:37 (50.5%)	9:56	6 (49.2%)
193	<b>TONDERSKI Maciej</b>	<b>524</b>	FALCON V SYSTEMS	M20	10	00:30:52	00:47:56	00:49:16	<b>03:29:35.90</b>	<b>03:29:45.80</b>	+01:46:17 (50.7%)	9:58	6 (49.2%)
194	<b>LIPIŃSKI Jacek</b>	<b>324</b>		M40	68	00:32:06	00:48:52	00:50:02	<b>03:30:02.20</b>	<b>03:30:35.20</b>	+01:47:06 (50.9%)	10:00	6 (49.2%)
195	<b>GARCZYK Przemysław</b>	<b>350</b>		M30	63	00:30:37	00:46:58	00:47:44	<b>03:30:40.15</b>	<b>03:30:46.20</b>	+01:47:17 (50.9%)	10:01	6 (49.2%)
196	<b>KALIŃSKA Dorota</b>	<b>490</b>		K30	16	00:33:51	00:51:51	00:52:56	<b>03:30:31.35</b>	<b>03:31:10.35</b>	+01:47:41 (51.0%)	10:01	6 (49.2%)
197	<b>MISIAK Ula</b>	<b>613</b>		K30	17	00:30:43	00:48:16	00:50:37	<b>03:31:30.70</b>	<b>03:31:38.00</b>	+01:48:09 (51.1%)	10:04	6 (49.2%)
198	<b>KĘDZIORA Alicja</b>	<b>438</b>		K30	18	00:33:08	00:51:13	00:54:14	<b>03:32:43.55</b>	<b>03:32:56.55</b>	+01:49:28 (51.4%)	10:07	5.9 (48.4%)
199	<b>ŚMIECHOWSKA Małgorzata</b>	<b>414</b>		K40	16	00:32:17	00:51:08	00:52:17	<b>03:32:43.50</b>	<b>03:33:01.10</b>	+01:49:32 (51.4%)	10:07	5.9 (48.4%)
200	<b>SZKURŁAT Adam</b>	<b>478</b>		M30	64	00:33:27	00:51:44	00:53:24	<b>03:32:41.70</b>	<b>03:33:13.65</b>	+01:49:45 (51.5%)	10:07	5.9 (48.4%)
201	<b>HOŁOWNIA Patrycja</b>	<b>484</b>	BIEGUSY CZAPLE	K40	17	00:30:28	00:47:40	00:48:11	<b>03:33:01.80</b>	<b>03:33:20.50</b>	+01:49:52 (51.5%)	10:08	5.9 (48.4%)
202	<b>BARANOWSKI Szymon</b>	<b>353</b>		M30	65	00:31:54	00:48:31	00:49:52	<b>03:33:38.55</b>	<b>03:34:00.00</b>	+01:50:31 (51.6%)	10:10	5.9 (48.4%)
203	<b>SZCZOTKA Katarzyna</b>	<b>354</b>		K20	5	00:31:57	00:48:49	00:49:53	<b>03:33:57.95</b>	<b>03:34:19.50</b>	+01:50:51 (51.7%)	10:11	5.9 (48.4%)
204	<b>MALCZEWSKA-CHAŁADAJ Karina</b>	<b>550</b>		K40	18	00:34:27	00:52:17	00:52:49	<b>03:34:02.05</b>	<b>03:34:22.75</b>	+01:50:54 (51.7%)	10:11	5.9 (48.4%)
205	<b>WOLSKI Krzysztof</b>	<b>444</b>		M30	66	00:29:54	00:44:19	00:46:04	<b>03:33:59.65</b>	<b>03:34:29.60</b>	+01:51:01 (51.8%)	10:11	5.9 (48.4%)
206	<b>WOJTCZAK Małgorzata</b>	<b>551</b>		K50	6	00:32:07	00:50:42	00:51:22	<b>03:34:22.30</b>	<b>03:34:32.90</b>	+01:51:04 (51.8%)	10:12	5.9 (48.4%)
207	<b>MODZELEWSKA Agnieszka</b>	<b>502</b>		K40	19	00:33:21	00:51:04	00:51:44	<b>03:34:10.00</b>	<b>03:34:45.35</b>	+01:51:16 (51.8%)	10:11	5.9 (48.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Husyckie Skały			Szwajcarka 4.5km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
						3.5km	4.4km	4.5km						
208	<b>OLEKSIEWICZ Beata</b>	<b>499</b>	SZAKALE BAŁUT ŁÓDŹ	K40	20	00:32:41	00:51:09	00:52:34	<b>03:34:18.65</b>	<b>03:34:49.95</b>	+01:51:21 (51.8%)	10:12	5.9 (48.4%)	
209	<b>KAŃDUŁA Klaudia</b>	<b>315</b>	LION GROUP	K40	21	00:32:31	00:50:37	00:51:16	<b>03:34:31.95</b>	<b>03:34:52.25</b>	+01:51:23 (51.8%)	10:12	5.9 (48.4%)	
210	<b>STUDZIŃSKI Dawid</b>	<b>548</b>		M30	67	00:32:37	00:50:27	00:50:55	<b>03:35:21.80</b>	<b>03:35:44.25</b>	+01:52:15 (52.0%)	10:15	5.9 (48.4%)	
211	<b>KOZAKIEWICZ Beata</b>	<b>452</b>	CAŁE ŻYCIE NA REDUKCJI	K30	19	00:32:26	00:50:29	00:50:58	<b>03:36:22.45</b>	<b>03:36:30.85</b>	+01:53:02 (52.2%)	10:18	5.8 (47.5%)	
212	<b>BENTKOWSKA Magdalena</b>	<b>442</b>	DIRTY SPARROWS	K30	20	00:30:51	00:48:07	00:50:23	<b>03:36:23.50</b>	<b>03:36:51.15</b>	+01:53:22 (52.3%)	10:18	5.8 (47.5%)	
213	<b>BORKOWSKI Krzysztof</b>	<b>329</b>		M40	69	00:29:53	00:46:29	00:46:59	<b>03:36:41.55</b>	<b>03:36:56.80</b>	+01:53:28 (52.3%)	10:19	5.8 (47.5%)	
214	<b>WINNICKA Edyta</b>	<b>351</b>	ADIDAS RUNNERS WARSAW SŁODKIE PĄCZKI	K30	21	00:33:12	00:52:11	00:52:43	<b>03:36:45.10</b>	<b>03:37:10.35</b>	+01:53:41 (52.4%)	10:19	5.8 (47.5%)	
215	<b>NIEWIADOMSKI Mateusz</b>	<b>523</b>		M30	68	00:34:20	00:54:03	00:54:45	<b>03:36:51.30</b>	<b>03:37:29.65</b>	+01:54:01 (52.4%)	10:19	5.8 (47.5%)	
216	<b>DOMINIAK Iwona</b>	<b>431</b>		K50	7	00:32:41	00:50:34	00:51:34	<b>03:37:39.35</b>	<b>03:37:45.20</b>	+01:54:16 (52.5%)	10:21	5.8 (47.5%)	
217	<b>JĘDRZEJCZAK Anna</b>	<b>492</b>		K50	8	00:33:13	00:51:35	00:54:52	<b>03:37:52.35</b>	<b>03:38:29.90</b>	+01:55:01 (52.6%)	10:22	5.8 (47.5%)	
218	<b>KUCHARSKI Adam</b>	<b>494</b>		M40	70	00:33:14	00:51:35	00:54:53	<b>03:37:52.75</b>	<b>03:38:30.40</b>	+01:55:01 (52.6%)	10:22	5.8 (47.5%)	
219	<b>SKOWRONEK Tomasz</b>	<b>540</b>	OJ NIEFAJNIE	M30	69	00:31:08	00:49:16	00:50:31	<b>03:36:07.50</b>	<b>03:39:25.15</b>	+01:55:56 (52.8%)	10:17	5.8 (47.5%)	
220	<b>WALIŃSKA Agata</b>	<b>429</b>	WWW.SPRAWDZAMY-NIERUCHOMOSCI.PL	K30	22	00:32:45	00:50:18	00:50:57	<b>03:39:51.25</b>	<b>03:40:13.20</b>	+01:56:44 (53.0%)	10:28	5.7 (46.7%)	
221	<b>PYZIO Magda</b>	<b>430</b>		K30	23	00:32:45	00:50:18	00:50:55	<b>03:39:55.30</b>	<b>03:40:16.55</b>	+01:56:48 (53.0%)	10:28	5.7 (46.7%)	
222	<b>PAWLIKOWSKA Monika</b>	<b>532</b>		K40	22	00:34:44	00:53:16	00:55:01	<b>03:41:44.10</b>	<b>03:41:54.55</b>	+01:58:26 (53.4%)	10:33	5.7 (46.7%)	
223	<b>JĘDROWSKA Emilia</b>	<b>401</b>		K30	24	00:33:09	00:51:16	00:54:15	<b>03:43:58.15</b>	<b>03:44:10.90</b>	+02:00:42 (53.8%)	10:39	5.6 (45.9%)	
224	<b>KRZECZKOWSKI Roman</b>	<b>482</b>	CUDO KOMBUCHA	M50	14	00:32:44	00:50:43	00:52:45	<b>03:44:16.40</b>	<b>03:44:33.75</b>	+02:01:05 (53.9%)	10:40	5.6 (45.9%)	
225	<b>GAJEWSKA Weronika</b>	<b>472</b>	RYSIE	K40	23	00:33:36	00:52:00	00:52:47	<b>03:46:37.35</b>	<b>03:47:04.15</b>	+02:03:35 (54.4%)	10:47	5.6 (45.9%)	
226	<b>PIÓRKOWSKI Paweł</b>	<b>303</b>		M30	70	00:32:28	00:50:24	00:52:06	<b>03:46:42.90</b>	<b>03:47:18.25</b>	+02:03:49 (54.5%)	10:47	5.6 (45.9%)	
227	<b>PRAGACZ Adam</b>	<b>379</b>		M20	11	00:33:59	00:51:53	00:53:44	<b>03:47:18.55</b>	<b>03:47:52.40</b>	+02:04:23 (54.6%)	10:49	5.5 (45.1%)	
228	<b>STAMM Tomasz</b>	<b>374</b>		M50	15	00:34:25	00:52:08	00:52:46	<b>03:47:45.95</b>	<b>03:48:08.50</b>	+02:04:40 (54.6%)	10:50	5.5 (45.1%)	
229	<b>SIEMIĄTKOWSKI Krzysztof</b>	<b>536</b>	#BIEGAMWOLNOALEDOKŁADNIE	M30	71	00:34:26	00:52:04	00:53:02	<b>03:47:38.50</b>	<b>03:48:27.15</b>	+02:04:58 (54.7%)	10:50	5.5 (45.1%)	
230	<b>ANTKOWIAK Mirosław</b>	<b>555</b>	BBC KROSNO ODRZAŃSKIE	M50	16	00:31:01	00:49:31	00:50:23	<b>03:49:18.85</b>	<b>03:49:32.75</b>	+02:06:04 (54.9%)	10:55	5.5 (45.1%)	
231	<b>AWIŻEŃ Łukasz</b>	<b>577</b>		M40	71	00:33:22	00:51:42	00:54:27	<b>03:50:37.70</b>	<b>03:51:19.70</b>	+02:07:51 (55.3%)	10:58	5.5 (45.1%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Husyckie Skały			Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
						3.5km	4.4km	Szwajcarka 4.5km					
232	<b>WASILEWSKA Joanna</b>	<b>360</b>		K50	9	00:33:23	00:51:46	00:54:17	<b>03:51:52.75</b>	<b>03:52:19.30</b>	+02:08:50 (55.5%)	11:02	5.4 (44.3%)
233	<b>BROŚ Bożena</b>	<b>359</b>	KLUB BIEGACZA ORANGE POLSKA	K40	24	00:33:23	00:51:45	00:54:15	<b>03:51:53.20</b>	<b>03:52:19.45</b>	+02:08:51 (55.5%)	11:02	5.4 (44.3%)
234	<b>SCHLOSSBERGER Lidia</b>	<b>504</b>		K30	25	00:34:53	00:53:44	00:55:43	<b>03:52:32.20</b>	<b>03:52:49.80</b>	+02:09:21 (55.6%)	11:04	5.4 (44.3%)
235	<b>GODYŃ Sylwiusz</b>	<b>483</b>	DZIEWIĘĆSIŁ	M50	17	00:30:27	00:47:18	00:47:45	<b>03:53:58.85</b>	<b>03:54:18.45</b>	+02:10:50 (55.8%)	11:08	5.4 (44.3%)
236	<b>KAŁŁAUR Krzysztof</b>	<b>495</b>		M30	72	00:35:29	00:55:46	00:56:18	<b>03:54:52.20</b>	<b>03:55:21.55</b>	+02:11:53 (56.0%)	11:11	5.4 (44.3%)
237	<b>SIKORSKA Agnieszka</b>	<b>606</b>		K40	25	00:35:32	00:57:12	00:57:58	<b>03:54:54.95</b>	<b>03:55:40.70</b>	+02:12:12 (56.1%)	11:11	5.4 (44.3%)
238	<b>KUŁAKOWSKI Piotr</b>	<b>605</b>		M60	3	00:35:32	00:57:09	00:57:54	<b>03:54:55.30</b>	<b>03:55:41.00</b>	+02:12:12 (56.1%)	11:11	5.4 (44.3%)
239	<b>SZYPURA Katarzyna</b>	<b>553</b>	OPALENICKI KLUB BIEGACZA	K50	10	00:34:31	00:53:32	00:54:24	<b>03:57:03.20</b>	<b>03:57:34.75</b>	+02:14:06 (56.4%)	11:17	5.3 (43.4%)
240	<b>SZYPURA Robert</b>	<b>554</b>	OPALENICKI KLUB BIEGACZA	M50	18	00:34:34	00:53:29	00:54:26	<b>03:57:02.80</b>	<b>03:57:35.05</b>	+02:14:06 (56.4%)	11:17	5.3 (43.4%)
241	<b>KRZYSZTOF Grabowy</b>	<b>575</b>		M30	73	00:32:29	00:50:32		<b>03:57:47.20</b>	<b>03:57:47.20</b>	+02:14:18 (56.5%)	11:19	5.3 (43.4%)
242	<b>KOJDER Grzegorz</b>	<b>574</b>		M40	72	00:32:26	00:50:32	00:53:13	<b>03:57:46.60</b>	<b>03:57:47.60</b>	+02:14:19 (56.5%)	11:19	5.3 (43.4%)
243	<b>DUNOWSKI Przemysław</b>	<b>340</b>		M50	19	00:34:02	00:54:06	00:54:54	<b>03:58:28.50</b>	<b>03:58:45.15</b>	+02:15:16 (56.7%)	11:21	5.3 (43.4%)
244	<b>DUNOWSKA Ilona</b>	<b>342</b>		K50	11	00:34:28	00:54:16	00:55:08	<b>03:58:51.50</b>	<b>03:59:08.25</b>	+02:15:39 (56.7%)	11:22	5.3 (43.4%)
245	<b>INOROWICZ Joanna</b>	<b>517</b>		K40	26	00:33:40	00:51:57	00:55:23	<b>04:01:23.55</b>	<b>04:01:41.15</b>	+02:18:12 (57.2%)	11:29	5.2 (42.6%)
246	<b>STAL Waldemar</b>	<b>437</b>	TOOPLOOX	M30	74	00:33:17	00:51:39	00:53:56	<b>04:02:20.85</b>	<b>04:02:34.60</b>	+02:19:06 (57.3%)	11:32	5.2 (42.6%)
247	<b>NOWAK Michał</b>	<b>436</b>	TOOPLOOX	M30	75	00:33:21	00:51:58	00:53:57	<b>04:02:25.15</b>	<b>04:02:38.20</b>	+02:19:09 (57.4%)	11:32	5.2 (42.6%)
248	<b>KLOC Maciej</b>	<b>534</b>	TEAM ORTHOS	M20	12	00:38:36	00:58:23	01:02:23	<b>04:04:43.75</b>	<b>04:05:13.60</b>	+02:21:45 (57.8%)	11:39	5.1 (41.8%)
249	<b>LEŚNIAK Grzegorz</b>	<b>585</b>	LUŻNE PIĄTKI	M40	73	00:30:33	00:48:05	00:49:27	<b>04:05:13.80</b>	<b>04:05:39.15</b>	+02:22:10 (57.9%)	11:40	5.1 (41.8%)
250	<b>PTAK Ewa</b>	<b>587</b>		K40	27	00:35:38	00:54:49	00:55:47	<b>04:06:51.40</b>	<b>04:07:10.65</b>	+02:23:42 (58.1%)	11:45	5.1 (41.8%)
251	<b>PĘKAŁA Dawid</b>	<b>457</b>	DZIKI Z AFRYKI	M40	74	00:37:13	00:57:05	01:01:18	<b>04:07:45.25</b>	<b>04:08:00.55</b>	+02:24:32 (58.3%)	11:47	5.1 (41.8%)
252	<b>HAGEL Julita</b>	<b>432</b>		K40	28	00:32:33	00:51:39	00:55:02	<b>04:08:03.45</b>	<b>04:08:06.80</b>	+02:24:38 (58.3%)	11:48	5.1 (41.8%)
253	<b>KATA Wioletta</b>	<b>467</b>	FIT STYLE ZONE	K50	12	00:35:13	00:54:25	00:55:07	<b>04:09:03.70</b>	<b>04:09:17.90</b>	+02:25:49 (58.5%)	11:51	5.1 (41.8%)
254	<b>CHAJDYS Maciej</b>	<b>593</b>	SKOSZEWEY RUNNERS	M40	75	00:34:28	00:54:24	00:55:26	<b>04:09:46.60</b>	<b>04:10:10.05</b>	+02:26:41 (58.6%)	11:53	5 (41.0%)
255	<b>CHAJDYS Monika</b>	<b>592</b>	SKOSZEWEY RUNNERS	K40	29	00:34:31	00:54:24	00:55:27	<b>04:09:46.85</b>	<b>04:10:10.35</b>	+02:26:41 (58.6%)	11:53	5 (41.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Husykie Skały			Szwajcarka 4.5km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
						3.5km	4.4km	4.5km						
256	<b>DWORZAŃSKA Anna</b>	<b>584</b>	MARATOŃCZYK POZNAŃ	K30	26	00:36:26	00:56:29	00:57:34		<b>04:09:32.70</b>	<b>04:10:15.45</b>	+02:26:47 (58.7%)	11:52	5 (41.0%)
257	<b>GUL Paweł</b>	<b>583</b>		M30	76	00:36:42	00:56:22	00:57:32		<b>04:09:34.30</b>	<b>04:10:16.70</b>	+02:26:48 (58.7%)	11:53	5 (41.0%)
258	<b>KARAŚ Anna</b>	<b>456</b>		K40	30	00:37:18	00:57:30	01:01:20		<b>04:10:04.60</b>	<b>04:10:18.40</b>	+02:26:49 (58.7%)	11:54	5 (41.0%)
259	<b>LUBICKI Wojciech</b>	<b>566</b>	DWÓJKA BEZ SERNIKA	M50	20	00:32:22	00:50:46	00:51:50		<b>04:11:20.40</b>	<b>04:11:31.55</b>	+02:28:03 (58.9%)	11:58	5 (41.0%)
260	<b>BASTA Grzegorz</b>	<b>308</b>	BASTA TEAM	M50	21	00:37:21	00:57:35	00:58:38		<b>04:14:12.50</b>	<b>04:14:28.45</b>	+02:31:00 (59.3%)	12:06	5 (41.0%)
261	<b>DRELINKIEWICZ Michał</b>	<b>522</b>	MISIE BIEGAJĄ	M40	76	00:38:41	00:58:15	00:59:08		<b>04:17:07.50</b>	<b>04:17:27.55</b>	+02:33:59 (59.8%)	12:14	4.9 (40.2%)
262	<b>SOBKÓW Katarzyna</b>	<b>521</b>	MISIE BIEGAJĄ	K30	27	00:38:38	00:58:15			<b>04:17:38.30</b>	<b>04:17:58.00</b>	+02:34:29 (59.9%)	12:16	4.9 (40.2%)
263	<b>PAWLAK Katarzyna</b>	<b>334</b>		K30	28	00:36:58	00:57:26	00:59:52		<b>04:18:02.55</b>	<b>04:18:25.65</b>	+02:34:57 (60.0%)	12:17	4.9 (40.2%)
264	<b>PLUSKOTA Ewa</b>	<b>404</b>		K30	29	00:36:18	00:58:20	00:59:46		<b>04:22:51.45</b>	<b>04:23:16.55</b>	+02:39:48 (60.7%)	12:31	4.8 (39.3%)
265	<b>SOBOCIŃSKI Karol</b>	<b>403</b>		M30	77	00:36:14	00:58:21	00:59:45		<b>04:22:52.80</b>	<b>04:23:17.40</b>	+02:39:48 (60.7%)	12:31	4.8 (39.3%)
266	<b>STĘPIEŃ Maria</b>	<b>331</b>	OPALENICKI KLUB BIEGACZA	K60	1	00:39:34	01:01:17	01:02:14		<b>04:24:11.10</b>	<b>04:24:44.05</b>	+02:41:15 (60.9%)	12:34	4.8 (39.3%)
267	<b>SIEKIERA Aleksandra</b>	<b>355</b>		K20	6	00:38:47	00:58:49	01:02:37		<b>04:25:09.65</b>	<b>04:25:46.85</b>	+02:42:18 (61.1%)	12:37	4.8 (39.3%)
268	<b>SIEKIERA Piotr</b>	<b>388</b>		M20	13	00:38:47	00:58:49	01:02:37		<b>04:25:09.55</b>	<b>04:25:46.90</b>	+02:42:18 (61.1%)	12:37	4.8 (39.3%)
269	<b>NAJDEK Oskar</b>	<b>615</b>		M20	14	00:41:43	01:04:33	01:07:27		<b>04:26:08.85</b>	<b>04:26:30.80</b>	+02:43:02 (61.2%)	12:40	4.7 (38.5%)
270	<b>LISOWSKI Dariusz</b>	<b>348</b>	POBIEROWO BIEGA	M50	22	00:41:43	01:04:33	01:07:27		<b>04:26:09.65</b>	<b>04:26:31.25</b>	+02:43:02 (61.2%)	12:40	4.7 (38.5%)
271	<b>SIWA Michał</b>	<b>310</b>	ADIENT RUNNING TEAM	M30	78	00:36:55	00:57:25	00:58:45		<b>04:26:55.80</b>	<b>04:27:35.10</b>	+02:44:06 (61.3%)	12:42	4.7 (38.5%)
272	<b>ZIAJA Aleksandra</b>	<b>339</b>		K30	30	00:39:06	01:00:00	01:01:53		<b>04:29:59.30</b>	<b>04:30:30.30</b>	+02:47:01 (61.7%)	12:51	4.7 (38.5%)
273	<b>SREBRO Kacper</b>	<b>466</b>		M20	15	00:40:56	01:04:19	01:06:31		<b>04:43:20.25</b>	<b>04:43:48.05</b>	+03:00:19 (63.5%)	13:29	4.4 (36.1%)
274	<b>SREBRO Michał</b>	<b>400</b>		M50	23	00:41:11	01:04:07	01:06:32		<b>04:49:58.55</b>	<b>04:50:26.85</b>	+03:06:58 (64.4%)	13:48	4.3 (35.2%)
275	<b>WIŚNIEWSKI Adam</b>	<b>596</b>	GR3MIASTO	M40	77	00:42:02	01:03:42	01:08:16		<b>05:18:37.65</b>	<b>05:18:43.60</b>	+03:35:15 (67.5%)	15:10	4 (32.8%)
276	<b>NOWAK Maciej</b>	<b>582</b>	SPEED FEET 16	M40	78	00:47:46	01:15:19	01:18:03		<b>05:19:04.60</b>	<b>05:19:37.65</b>	+03:36:09 (67.6%)	15:11	3.9 (32.0%)
277	<b>DZIECIELSKA Agnieszka</b>	<b>309</b>		K40	31	00:44:53	01:10:58	01:13:10		<b>05:20:11.85</b>	<b>05:20:47.85</b>	+03:37:19 (67.7%)	15:14	3.9 (32.0%)
278	<b>MERKLINGHAUS-KOBER Monika</b>	<b>367</b>	SPEED FEET '16	K40	32	00:47:47	01:15:55	01:17:56		<b>05:22:38.85</b>	<b>05:23:11.00</b>	+03:39:42 (68.0%)	15:21	3.9 (32.0%)
	<b>CZECHOWICZ Jarosław</b>	<b>362</b>		M30		DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)

Znaleziono 279 wynik(ów)