



Wydarzenie: RUDAWY ZIMOWY FESTIWAL BIEGOWY
Organizator: Fundacja Szczyt za Szczytem
Data: 2024-02-10
Miejsce: Karpniki
Dystans: 21 km

DWUDZIESTKA



B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szwajcarka 4.5km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	BONIEC Radosław	448	AW SZYBCIEJ TEAM/NADLEŚNICTWO LIPINKI	M30	1	00:26:10	01:44:21.85	01:44:23.65		4:58	12.1 (100%)
2	BRYDL Pavel	551	SALOMON CZ	M40	1	00:26:12	01:48:53.35	01:48:55.05	+00:04:31 (4.2%)	5:11	11.6 (95.9%)
3	PAWLIK Paweł	375	TERVEL MOUTAIN RUNNER	M30	2	00:26:27	01:49:41.35	01:49:43.20	+00:05:19 (4.9%)	5:13	11.5 (95.0%)
4	WANIOWSKI Jan Jakub	413	AW-SZYBCIEJ-TEAM	M30	3	00:28:20	01:55:48.70	01:55:52.00	+00:11:28 (9.9%)	5:30	10.9 (90.1%)
5	PERZ Jan	480	ULTRA TRAIL ACADEMY	M20	1	00:29:42	01:57:51.75	01:57:54.50	+00:13:30 (11.5%)	5:36	10.7 (88.4%)
6	PILARSKI Tomasz	542	MARCIN ŚWIERC TEAM	M40	2	00:28:37	01:58:28.55	01:58:30.65	+00:14:07 (11.9%)	5:38	10.6 (87.6%)
7	DUL Karolina	520	SBG SALCO	K20	1	00:30:17	02:01:06.75	02:01:09.35	+00:16:45 (13.8%)	5:46	10.4 (86.0%)
8	ŁAZEWSKI Oskar	515		M20	2	00:29:58	02:03:16.25	02:03:18.95	+00:18:55 (15.3%)	5:52	10.2 (84.3%)
9	DWOJAK Filip	536	TOMICA COACHING	M20	3	00:29:17	02:06:22.40	02:06:25.45	+00:22:01 (17.4%)	6:01	10 (82.6%)
10	MOCZULSKA Małgorzata	399		K40	1	00:30:47	02:06:45.35	02:06:48.20	+00:22:24 (17.7%)	6:02	9.9 (81.8%)
11	ZBOROWSKI Krzysztof	513		M40	3	00:31:47	02:07:49.20	02:07:51.45	+00:23:27 (18.4%)	6:05	9.9 (81.8%)
12	NOWORYTA Radosław	541	ULTRA DIABŁY TEAM LUBRZA	M40	4	00:31:18	02:08:07.95	02:08:11.00	+00:23:47 (18.6%)	6:06	9.8 (81.0%)
13	FILUŚ Adam	486		M20	4	00:31:36	02:08:30.65	02:08:42.70	+00:24:19 (18.9%)	6:07	9.8 (81.0%)
14	PŁONOWSKI Maciej	366	PSZCZÓŁKOWSKI TEAM	M30	4	00:31:45	02:09:04.70	02:09:08.65	+00:24:45 (19.2%)	6:08	9.8 (81.0%)
15	SZUKAŁA Piotr	437		M30	5	00:32:41	02:11:47.60	02:11:54.00	+00:27:30 (20.9%)	6:16	9.6 (79.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szwajcarka 4.5km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
16	MIOUCHOWSKI Arkadiusz	449		M30	6	00:31:54	02:13:20.15	02:13:27.50	+00:29:03 (21.8%)	6:20	9.5 (78.5%)
17	GRZELAK Adrian	534	ŁOWCY KAMIENIC	M30	7	00:34:47	02:14:44.65	02:14:56.55	+00:30:32 (22.6%)	6:24	9.4 (77.7%)
18	MIKA Andrzej	435		M40	5	00:32:48	02:14:57.55	02:15:01.25	+00:30:37 (22.7%)	6:25	9.3 (76.9%)
19	GRACZ Paweł	374	ULTRA DIABŁY TEAM LUBRZA	M40	6	00:31:51	02:16:22.60	02:16:24.85	+00:32:01 (23.5%)	6:29	9.2 (76.0%)
20	STASZELIS Krzysztof	545	POCOLOCO ADVENTURE	M30	8	00:32:41	02:16:54.60	02:16:58.35	+00:32:34 (23.8%)	6:31	9.2 (76.0%)
21	NIEZGÓDKA Tomasz	531	DFBG TEAM	M50	1	00:33:07	02:17:48.40	02:17:52.35	+00:33:28 (24.3%)	6:33	9.1 (75.2%)
22	KRZESINSKI Dariusz	464	ORANGE POLSKA S.A.	M40	7	00:33:26	02:18:09.65	02:18:14.20	+00:33:50 (24.5%)	6:34	9.1 (75.2%)
23	RACHAŃSKI Michał	543	ROCK BALANCING ICE	M30	9	00:33:27	02:19:09.25	02:19:12.90	+00:34:49 (25.0%)	6:37	9.1 (75.2%)
24	DONDAJEWSKI Mikołaj	481		M20	5	00:33:49	02:20:32.95	02:20:44.65	+00:36:21 (25.8%)	6:41	9 (74.4%)
25	PERON Anita	302		K30	1	00:33:30	02:20:42.45	02:20:50.85	+00:36:27 (25.9%)	6:42	9 (74.4%)
26	GAJDEMSKI Rafał	473		M30	10	00:36:31	02:23:06.50	02:23:25.70	+00:39:02 (27.2%)	6:48	8.8 (72.7%)
27	CIEŚLIK Sławomir	423	ANTONTEAM	M40	8	00:35:46	02:23:26.35	02:23:33.05	+00:39:09 (27.3%)	6:49	8.8 (72.7%)
28	KHODAR Aliaksandr	526		M20	6	00:34:57	02:23:19.80	02:23:37.25	+00:39:13 (27.3%)	6:49	8.8 (72.7%)
29	BIAŁOMYZY Urszula	377		K20	2	00:33:57	02:23:48.05	02:23:50.55	+00:39:26 (27.4%)	6:50	8.8 (72.7%)
30	JODŁOWSKI Marek	321		M40	9	00:34:32	02:24:12.80	02:24:17.05	+00:39:53 (27.6%)	6:52	8.7 (71.9%)
31	JANOSZ Kamil	499		M20	7	00:33:41	02:24:52.20	02:25:01.05	+00:40:37 (28.0%)	6:53	8.7 (71.9%)
32	JURCZAK Szymon	427		M30	11	00:35:01	02:25:06.50	02:25:13.35	+00:40:49 (28.1%)	6:54	8.7 (71.9%)
33	MAJEWSKI Maciej	522		M40	10	00:35:15	02:25:20.45	02:25:26.70	+00:41:03 (28.2%)	6:55	8.7 (71.9%)
34	BOHAREWICZ Paweł	339	BOHAR PALETY TRANSPORT	M40	11	00:38:04	02:26:36.85	02:26:45.70	+00:42:22 (28.9%)	6:58	8.6 (71.1%)
35	KURPIEWSKA Anna	406		K40	2	00:36:35	02:26:41.45	02:26:47.10	+00:42:23 (28.9%)	6:59	8.6 (71.1%)
36	POLAK Bartosz	452		M30	12	00:38:04	02:27:55.00	02:28:06.45	+00:43:42 (29.5%)	7:02	8.5 (70.2%)
37	PRZYBYŁ Piotr	539	EASY RUNNERS	M50	2	00:35:33	02:28:12.15	02:28:14.85	+00:43:51 (29.6%)	7:03	8.5 (70.2%)
38	TOMASZEWSKI Michal	336		M30	13	00:37:17	02:28:28.30	02:28:34.75	+00:44:11 (29.7%)	7:04	8.5 (70.2%)

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39	KRÓLIKOWSKA Magdalena	488		K40	3	00:35:13	02:28:42.10	02:28:47.55	+00:44:23 (29.8%)	7:04	8.5 (70.2%)
40	RADKOWSKA Małgorzata	392	TEAM PARSZCZYŃSKICH/ SŁODKIE PĄCZKI	K30	2	00:36:23	02:28:59.20	02:29:05.30	+00:44:41 (30.0%)	7:05	8.5 (70.2%)
41	ŻÓŁDAK Magdalena	398	ADIDAS RUNNERS POZNAŃ	K40	4	00:37:47	02:29:37.80	02:29:41.65	+00:45:18 (30.3%)	7:07	8.4 (69.4%)
42	WOLSKI Krzysztof	305		M30	14		01:52:49.05	02:29:52.05	+00:45:28 (30.3%)	5:22	11.2 (92.6%)
43	KOWALSKI Piotr	483		M30	15	00:36:23	02:30:06.90	02:30:24.65	+00:46:01 (30.6%)	7:08	8.4 (69.4%)
44	DREWNIAK Mariusz	432		M40	12	00:38:03	02:30:15.60	02:30:27.55	+00:46:03 (30.6%)	7:09	8.4 (69.4%)
45	MORAWSKI Filip	347	KRAKOWIAKULTRATEAM	M50	3	00:37:20	02:30:49.65	02:30:55.10	+00:46:31 (30.8%)	7:10	8.4 (69.4%)
46	KRAKOWSKA Anna	306		K30	3	00:36:41	02:30:56.95	02:31:01.20	+00:46:37 (30.9%)	7:11	8.3 (68.6%)
47	ORWAT Adam	411	WOLSZTYŃSKI KLUB BIEGOWY	M40	13	00:37:09	02:30:39.45	02:31:06.95	+00:46:43 (30.9%)	7:10	8.4 (69.4%)
48	VISENTIN  Eric 	516	NOA	M40	14	00:37:57	02:31:20.95	02:31:28.15	+00:47:04 (31.1%)	7:12	8.3 (68.6%)
49	NIKANENKA Siarhei	457	GREBENSTAR	M40	15		02:31:48.00	02:31:48.00	+00:47:24 (31.2%)	7:13	8.3 (68.6%)
50	ŁUCZAK Marcin	329	RUN4ENERGY	M40	16	00:37:08	02:32:08.65	02:32:19.70	+00:47:56 (31.5%)	7:14	8.3 (68.6%)
51	ŚLIŹ Sylwia	416		K30	4	00:39:26	02:33:10.45	02:33:13.55	+00:48:49 (31.9%)	7:17	8.2 (67.8%)
52	OLEJNIK Egidiusz	505		M30	16	00:36:21	02:33:24.65	02:33:28.60	+00:49:04 (32.0%)	7:18	8.2 (67.8%)
53	MARGOL Paweł	459		M40	17	00:38:16	02:33:48.80	02:33:52.95	+00:49:29 (32.2%)	7:19	8.2 (67.8%)
54	BABIŃSKA-POPIŁKA Ewelina	301		K40	5	00:36:16	02:34:06.00	02:34:08.70	+00:49:45 (32.3%)	7:20	8.2 (67.8%)
55	BOBORYCKI Rafał	523	MOCNA GRUPA CEZARA	M40	18	00:36:42	02:34:36.90	02:34:41.90	+00:50:18 (32.5%)	7:21	8.2 (67.8%)
56	JASIAK Karol	487	ZEFKA RUNNERS	M30	17	00:37:00	02:35:24.90	02:35:30.80	+00:51:07 (32.9%)	7:24	8.1 (66.9%)
57	STEC Adam	502		M40	19	00:38:14	02:35:36.35	02:35:41.50	+00:51:17 (32.9%)	7:24	8.1 (66.9%)
58	PIOTROWICZ Michał	349	ORTHOS TEAM	M30	18	00:36:55	02:35:56.75	02:36:01.60	+00:51:37 (33.1%)	7:25	8.1 (66.9%)
59	PUDŁOWSKI Bartosz	356	T3TEAM	M50	4	00:37:59	02:35:38.80	02:36:03.20	+00:51:39 (33.1%)	7:24	8.1 (66.9%)
60	JANOSZ Ewa	498		K20	3	00:36:48	02:36:18.65	02:36:27.00	+00:52:03 (33.3%)	7:26	8.1 (66.9%)
61	BURSZTA-RYPEL Matylda	465	WOSIEK TEAM	K30	5	00:38:53	02:36:52.50	02:36:57.35	+00:52:33 (33.5%)	7:28	8 (66.1%)

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62	KWIECIEŃ Monika	458		K20	4	00:39:07	02:37:38.30	02:37:49.60	+00:53:25 (33.9%)	7:30	8 (66.1%)
63	SZKÓDLIŃSKI Bartosz	310	NARAMOWICE BIEGAJĄ	M40	20	00:38:30	02:37:48.95	02:38:06.40	+00:53:42 (34.0%)	7:30	8 (66.1%)
64	GALEK Zbigniew	453	ŁAGÓW TEAM	M40	21	00:36:49	02:38:08.20	02:38:14.35	+00:53:50 (34.0%)	7:31	8 (66.1%)
65	WAŁCZYK Mateusz	378		M30	19	00:39:14	02:39:15.25	02:39:19.60	+00:54:55 (34.5%)	7:35	7.9 (65.3%)
66	WODZIŃSKA Danuta	419	TRAIL IS OUR WAY/ BIEG OPOLSKI	K40	6	00:37:24	02:39:34.35	02:39:38.35	+00:55:14 (34.6%)	7:35	7.9 (65.3%)
67	SZYMAŃSKI Paweł	552		M30	20	00:37:00	02:39:50.75	02:39:58.25	+00:55:34 (34.7%)	7:36	7.9 (65.3%)
68	BUJKO Marcin	514	TRIMP TEAM	M30	21	00:39:06	02:40:42.85	02:41:07.60	+00:56:43 (35.2%)	7:39	7.8 (64.5%)
69	NYKIEL Rafał	501		M40	22	00:39:20	02:41:32.45	02:41:39.15	+00:57:15 (35.4%)	7:41	7.8 (64.5%)
70	KACZMAREK Łukasz	405	KUŹNIA TALENTÓW KAMIENIEC	M30	22	00:38:55	02:41:40.50	02:41:48.45	+00:57:24 (35.5%)	7:41	7.8 (64.5%)
71	BIALIC Grzegorz	553		M40	23	00:40:01	02:41:57.05	02:42:07.55	+00:57:43 (35.6%)	7:42	7.8 (64.5%)
72	ŚLIWKA Radosław	338		M40	24	00:40:21	02:42:34.00	02:42:36.10	+00:58:12 (35.8%)	7:44	7.8 (64.5%)
73	FEDUNIK Karol	441	IDŹ OŁAWO	M30	23		02:39:26.10	02:42:47.90	+00:58:24 (35.9%)	7:35	7.9 (65.3%)
74	SYDORCZYK Magdalena	319	ENDORFINA WSCHOWA	K40	7	00:39:25	02:42:44.25	02:42:52.00	+00:58:28 (35.9%)	7:44	7.7 (63.6%)
75	LEWICKI Tomasz	537	CAŁA OLEŚNICA BIEGA	M40	25	00:40:03	02:42:38.55	02:43:00.55	+00:58:36 (36.0%)	7:44	7.7 (63.6%)
76	PIETRZAKOWSKI Robert	509		M40	26	00:39:19	02:43:04.10	02:43:24.05	+00:59:00 (36.1%)	7:45	7.7 (63.6%)
77	UMIASTOWSKI Mateusz	461		M30	24	00:38:14	02:43:41.45	02:43:59.85	+00:59:36 (36.3%)	7:47	7.7 (63.6%)
78	NIŻEWSKI Paweł	462	KRAKOWIAK ULTRA TEAM	M40	27	00:40:26	02:44:45.95	02:44:52.05	+01:00:28 (36.7%)	7:50	7.6 (62.8%)
79	KWIATKOWSKA Stanisława	535		K50	1	00:42:06	02:46:06.85	02:46:20.40	+01:01:56 (37.2%)	7:54	7.6 (62.8%)
80	DIERING Tomasz	335	ROWERY MAŁGOŚKA	M30	25	00:39:25	02:46:15.55	02:46:23.45	+01:01:59 (37.3%)	7:55	7.6 (62.8%)
81	LENART Jakub	379		M30	26	00:40:09	02:46:57.05	02:47:15.55	+01:02:51 (37.6%)	7:57	7.5 (62.0%)
82	MICHALCZYK Michał	350		M40	28	00:37:58	02:48:04.90	02:48:14.65	+01:03:51 (38.0%)	8:00	7.5 (62.0%)
83	KAŁUSKI Łukasz	532	KKW CYKLOFAN	M40	29	00:45:10	02:47:54.00	02:48:25.85	+01:04:02 (38.0%)	7:59	7.5 (62.0%)
84	PEPŁOŃSKI Łukasz	492		M40	30	00:41:34	02:48:06.45	02:48:31.50	+01:04:07 (38.1%)	8:00	7.5 (62.0%)

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85	ŁATKA Mateusz	475		M30	27	00:39:35	02:48:21.60	02:48:32.10	+01:04:08 (38.1%)	8:01	7.5 (62.0%)
86	CZAPLICKA Izabela	408	GOPR KARKONOSZE	K40	8	00:39:15	02:48:40.35	02:48:46.15	+01:04:22 (38.1%)	8:01	7.5 (62.0%)
87	MACHNICKA Wiktoria	482		K20	5	00:41:39	02:48:34.15	02:48:53.20	+01:04:29 (38.2%)	8:01	7.5 (62.0%)
88	BROJ Michał	529	KKW CYKLOFAN	M40	31		02:49:04.65	02:49:04.65	+01:04:41 (38.3%)	8:03	7.5 (62.0%)
89	RUDZKI Martin	519		M30	28	00:38:19	02:48:55.70	02:49:13.85	+01:04:50 (38.3%)	8:02	7.5 (62.0%)
90	DOMAŃSKI Henryk	341	STAN UMYSŁU LEWIN BIEGA	M50	5	00:37:55	02:49:36.45	02:49:41.30	+01:05:17 (38.5%)	8:04	7.4 (61.2%)
91	WYRZUCKI Andrzej	365	EKYPA DOMASZCZYN PRZYLESIE	M30	29	00:38:23	02:49:52.20	02:50:13.90	+01:05:50 (38.7%)	8:05	7.4 (61.2%)
92	SZUKAŁA Izabela	438		K30	6	00:41:16	02:50:29.00	02:50:42.00	+01:06:18 (38.8%)	8:07	7.4 (61.2%)
93	SYCHOWSKI Dawid	304		M40	32	00:41:17	02:50:34.55	02:50:45.55	+01:06:21 (38.9%)	8:07	7.4 (61.2%)
94	STASIAK Łukasz	518		M40	33	00:42:16	02:50:58.35	02:51:06.65	+01:06:43 (39.0%)	8:08	7.4 (61.2%)
95	FRYBEL Damian	517		M40	34	00:42:06	02:51:09.40	02:51:24.50	+01:07:00 (39.1%)	8:09	7.4 (61.2%)
96	SŁOWIK Grzegorz	489	ZEFKA RUNNERS	M40	35	00:38:11	02:51:59.75	02:52:06.15	+01:07:42 (39.3%)	8:11	7.3 (60.3%)
97	MATYJASZCZUK Mateusz	436		M30	30	00:43:07	02:53:34.90	02:53:45.10	+01:09:21 (39.9%)	8:15	7.3 (60.3%)
98	NIEWIADOMSKI Marek	389	CROSS KRAPKOWICE	M30	31	00:41:27	02:53:28.60	02:53:50.95	+01:09:27 (40.0%)	8:15	7.3 (60.3%)
99	LASKOWSKI Dariusz	549		M40	36	00:38:59	02:53:51.40	02:54:16.45	+01:09:52 (40.1%)	8:16	7.2 (59.5%)
100	DORNIAK Radek	554		M40	37	00:45:17	02:54:02.80	02:54:18.25	+01:09:54 (40.1%)	8:17	7.2 (59.5%)
101	OBST Mateusz	387		M30	32	00:39:01	02:54:58.40	02:55:07.35	+01:10:43 (40.4%)	8:19	7.2 (59.5%)
102	BIESZCZAD Maciej	490		M30	33	00:40:18	02:55:06.75	02:55:23.55	+01:10:59 (40.5%)	8:20	7.2 (59.5%)
103	WAJDA Maciej	445	SPELEOCLUB WROCŁAW	M40	38	00:40:16	02:56:01.35	02:56:17.05	+01:11:53 (40.8%)	8:22	7.2 (59.5%)
104	PŁÓCIENNIK Krzysztof	469	UKS AZYMUT PABIANICE	M40	39	00:39:12	02:55:55.50	02:56:23.30	+01:11:59 (40.8%)	8:22	7.2 (59.5%)
105	ADAMSKA Paulina	401	SZYNSZYLA GNIEZNO	K20	6	00:44:01	02:56:12.60	02:56:30.50	+01:12:06 (40.9%)	8:23	7.2 (59.5%)
106	BARTOSIEWICZ Adam	463		M40	40	00:44:57	02:56:15.55	02:56:36.30	+01:12:12 (40.9%)	8:23	7.1 (58.7%)
107	BARTOSZAK Dorota	402	SZYNSZYLA GNIEZNO	K50	2	00:44:04	02:56:20.95	02:56:40.15	+01:12:16 (40.9%)	8:23	7.1 (58.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szwajcarka 4.5km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
108	NOWAK Marta	325		K40	9	00:44:11	02:57:26.85	02:57:37.00	+01:13:13 (41.2%)	8:26	7.1 (58.7%)
109	MILEWSKI Lukasz	504		M30	34	00:44:13	02:57:17.90	02:57:38.65	+01:13:15 (41.2%)	8:26	7.1 (58.7%)
110	RĄPAŁA Roman	527		M40	41	00:39:23	02:57:57.05	02:58:04.10	+01:13:40 (41.4%)	8:28	7.1 (58.7%)
111	ZIMNY Tomasz	320		M60	1	00:43:17	02:58:13.45	02:58:28.30	+01:14:04 (41.5%)	8:29	7.1 (58.7%)
112	HEJNA Małgorzata	383		K50	3	00:43:17	02:58:14.70	02:58:28.80	+01:14:05 (41.5%)	8:29	7.1 (58.7%)
113	KORZYCKI Tadeusz	533		M60	2	00:41:50	02:58:56.75	02:59:06.10	+01:14:42 (41.7%)	8:31	7 (57.9%)
114	KOTŁOWSKI Wojciech	478		M40	42	00:41:24	02:59:01.85	02:59:15.65	+01:14:52 (41.8%)	8:31	7 (57.9%)
115	BALCER Radosław	368		M30	35	00:39:21	02:59:02.75	02:59:18.00	+01:14:54 (41.8%)	8:31	7 (57.9%)
116	SZELAĞIEWICZ Arek	468	CI OD RUDEGO KOTA	M40	43	00:43:25	02:59:39.80	03:00:01.00	+01:15:37 (42.0%)	8:33	7 (57.9%)
117	GŁÓWKA Maciej	470		OPEN Mężczyźni	1	00:46:20	02:59:50.45	03:00:12.80	+01:15:49 (42.1%)	8:33	7 (57.9%)
118	HATAŁA Tomasz	477	BARCA	M30	36	00:43:07	02:59:58.40	03:00:19.65	+01:15:56 (42.1%)	8:34	7 (57.9%)
119	GRZELAK Elżbieta	343		K40	10	00:46:33	03:00:02.90	03:00:20.50	+01:15:56 (42.1%)	8:34	7 (57.9%)
120	MATYJASZCZUK Ela	324		K30	7	00:43:13	03:00:29.90	03:00:39.35	+01:16:15 (42.2%)	8:35	7 (57.9%)
121	KROSZCZYŃSKA Jowita	327		K20	7	00:46:34	03:00:51.65	03:00:58.95	+01:16:35 (42.3%)	8:36	7 (57.9%)
122	BILOUS Anastasiia	386		K20	8	00:41:28	03:01:06.55	03:01:12.65	+01:16:49 (42.4%)	8:37	7 (57.9%)
123	TULIK Przemysław	348		M50	6	00:43:21	03:01:42.10	03:01:56.55	+01:17:32 (42.6%)	8:39	6.9 (57.0%)
124	MANKIEWICZ Mariusz	511		M30	37	00:45:52	03:02:00.65	03:02:17.45	+01:17:53 (42.7%)	8:40	6.9 (57.0%)
125	OPAŁA Maciej	528		M40	44	00:43:30	03:02:51.20	03:03:00.55	+01:18:36 (43.0%)	8:42	6.9 (57.0%)
126	JANCZAREK Łukasz	371	PTORUNNERS	M40	45	00:44:39	03:03:01.80	03:03:27.85	+01:19:04 (43.1%)	8:42	6.9 (57.0%)
127	KRUSZEWSKA Asia	316	ADIDAS RUNNERS POZNAŃ	K30	8	00:46:31	03:03:26.70	03:03:34.15	+01:19:10 (43.1%)	8:44	6.9 (57.0%)
128	PŁUSA Aneta	357	BBC KROSNO ODRZAŃSKIE	K40	11	00:44:01	03:03:27.40	03:03:35.15	+01:19:11 (43.1%)	8:44	6.9 (57.0%)
129	JODŁOWSKA Ewa	322	BBC KROSNO ODRZANSKIE	K40	12	00:44:00	03:03:57.00	03:04:03.55	+01:19:39 (43.3%)	8:45	6.8 (56.2%)
130	DECHNIK Łukasz	508	I W GÓRĘ I W DÓŁ	M40	46	00:44:51	03:03:57.75	03:04:06.60	+01:19:42 (43.3%)	8:45	6.8 (56.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szwajcarka 4.5km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
131	FILIPIAK Sebastian	456	EKIPA LIPA	M40	47	00:43:42	03:03:42.45	03:04:11.55	+01:19:47 (43.3%)	8:44	6.9 (57.0%)
132	CZACHOWSKI Michal	451	ŻWAWE ŻÓLWIE	M50	7	00:46:20	03:03:56.65	03:04:36.05	+01:20:12 (43.4%)	8:45	6.9 (57.0%)
133	GRZELIŃSKI Michał	467		M30	38	00:47:29	03:04:49.30	03:05:20.75	+01:20:57 (43.7%)	8:48	6.8 (56.2%)
134	ŻUREK Mateusz	496		M40	48	00:44:08	03:05:42.60	03:05:50.90	+01:21:27 (43.8%)	8:50	6.8 (56.2%)
135	SZARADOWSKI Piotr	493	AW-SZYBCIEJ-TEAM	M50	8	00:41:39	03:06:03.55	03:06:22.65	+01:21:59 (44.0%)	8:51	6.8 (56.2%)
136	KOWACZ Agata	540	SPEEDBAR	K40	13	00:47:59	03:06:36.95	03:06:46.15	+01:22:22 (44.1%)	8:53	6.8 (56.2%)
137	NARKUN Ewa	388		K40	14	00:46:38	03:07:25.05	03:07:32.65	+01:23:09 (44.3%)	8:55	6.7 (55.4%)
138	MAZUR Katarzyna	385	UMLAUT	K40	15	00:45:14	03:08:21.00	03:08:25.95	+01:24:02 (44.6%)	8:58	6.7 (55.4%)
139	KOPACKI Tomasz	390	TOMASZ KOPACKI 8992548543	M30	39	00:47:59	03:08:17.60	03:08:46.60	+01:24:22 (44.7%)	8:57	6.7 (55.4%)
140	KRYSIEWICZ Marcin	429		M40	49	00:45:18	03:08:33.45	03:08:48.00	+01:24:24 (44.7%)	8:58	6.7 (55.4%)
141	PRUCHNIEWSKA Agnieszka	503		K40	16	00:44:18	03:08:44.30	03:08:51.20	+01:24:27 (44.7%)	8:59	6.7 (55.4%)
142	LEWICKA Magdalena	538	CAŁA OLEŚNICA BIEGA	K40	17	00:47:36	03:08:42.15	03:09:05.05	+01:24:41 (44.8%)	8:59	6.7 (55.4%)
143	CHRZANOWSKA Agnieszka	407	IDĘ DALEJ	K40	18	00:47:21	03:09:09.85	03:09:23.25	+01:24:59 (44.9%)	9:00	6.7 (55.4%)
144	SKROBEK Marcin	507		M40	50	00:48:22	03:07:14.95	03:09:27.00	+01:25:03 (44.9%)	8:54	6.7 (55.4%)
145	WIĘCEK Michał	359		M30	40	00:43:19	03:11:28.80	03:11:38.85	+01:27:15 (45.5%)	9:07	6.6 (54.5%)
146	NOWAK Łukasz	360	BLOOD BROTHERS	M40	51	00:43:23	03:11:29.00	03:11:39.05	+01:27:15 (45.5%)	9:07	6.6 (54.5%)
147	KŁOPOTEK Nina	460	EXTREME FAMILY	K20	9	00:48:21	03:11:45.00	03:12:04.65	+01:27:41 (45.6%)	9:07	6.6 (54.5%)
148	LACH Agnieszka	485	MOCNA GRUPA CEZARA	K50	4	00:48:02	03:12:05.25	03:12:10.80	+01:27:47 (45.7%)	9:08	6.6 (54.5%)
149	MILLER Agnieszka	344	BIEGAM BO LUBIĘ LASY BOGDANIEC	K30	9	00:47:35	03:11:42.95	03:12:14.90	+01:27:51 (45.7%)	9:07	6.6 (54.5%)
150	GRUCHOT Waldemar	367		M40	52	00:45:11	03:12:03.10	03:12:30.95	+01:28:07 (45.8%)	9:08	6.6 (54.5%)
151	SOCHA Marcin	303		M40	53	00:46:12	03:12:41.20	03:12:52.50	+01:28:28 (45.9%)	9:10	6.5 (53.7%)
152	GADZIŃSKI Robert	373		M40	54	00:45:12	03:12:44.90	03:13:12.40	+01:28:48 (46.0%)	9:10	6.5 (53.7%)
153	SIKORSKI Cezary	384	BBC	M50	9	00:47:20	03:13:44.05	03:13:49.20	+01:29:25 (46.1%)	9:13	6.5 (53.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szwajcarka 4.5km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
154	KOZIAROWSKI Michał	364		M40	55	00:45:07	03:14:01.75	03:14:22.65	+01:29:59 (46.3%)	9:14	6.5 (53.7%)
155	WOLIŃSKI Błażej	525	RATEL TEAM	M30	41	00:48:13	03:14:23.50	03:14:47.00	+01:30:23 (46.4%)	9:15	6.5 (53.7%)
156	MYSZKIEWICZ Bartosz	454		M50	10	00:49:31	03:15:19.05	03:15:53.65	+01:31:30 (46.7%)	9:18	6.5 (53.7%)
157	MATKOWSKI Wiktor	546	RENA WYKROTY	M40	56	00:47:50	03:15:31.65	03:16:00.45	+01:31:36 (46.7%)	9:18	6.4 (52.9%)
158	PIÓRKO Piotr	361		M40	57	00:46:31	03:16:02.30	03:16:19.15	+01:31:55 (46.8%)	9:20	6.4 (52.9%)
159	MILEWICZ Marcin	318		M30	42	00:50:23	03:15:46.25	03:16:26.35	+01:32:02 (46.9%)	9:19	6.4 (52.9%)
160	NOWOSAD Piotrek	547		M30	43	00:49:02	03:16:18.05	03:16:34.95	+01:32:11 (46.9%)	9:20	6.4 (52.9%)
161	SZARMACH Dariusz	500	MARATOŃCZYK TEAM SZCZECIN	M50	11	00:48:26	03:17:04.30	03:17:17.10	+01:32:53 (47.1%)	9:23	6.4 (52.9%)
162	TROFIKOVA Victoria	495	RUNNING RED SQUIRREL	K30	10	00:48:24	03:17:03.50	03:17:17.25	+01:32:53 (47.1%)	9:23	6.4 (52.9%)
163	GÓRNA Amelia	521	KLUB BIEGACZA BOLESŁAWIEC	K50	5	00:43:11	03:17:31.20	03:17:41.85	+01:33:18 (47.2%)	9:24	6.4 (52.9%)
164	JURCZAK Agata	471		K20	10	00:46:56	03:17:50.95	03:17:59.25	+01:33:35 (47.3%)	9:25	6.4 (52.9%)
165	SYNOWIEC-JUDA Agata	418		K40	19	00:49:18	03:17:42.20	03:17:59.90	+01:33:36 (47.3%)	9:24	6.4 (52.9%)
166	CHUDA Joanna	426		K30	11	00:52:28	03:18:18.10	03:18:23.25	+01:33:59 (47.4%)	9:26	6.4 (52.9%)
167	ŁUKASZEWSKI Szymon	472		M30	44	00:46:57	03:18:20.15	03:18:28.65	+01:34:05 (47.4%)	9:26	6.4 (52.9%)
168	BENTKOWSKA Magdalena	491	DIRTY SPARROWS	K30	12	00:46:06	03:18:58.15	03:19:10.40	+01:34:46 (47.6%)	9:28	6.3 (52.1%)
169	ZASOWSKI Rafal	346		M40	58	00:47:58	03:19:17.15	03:19:26.60	+01:35:02 (47.7%)	9:29	6.3 (52.1%)
170	PACIULON Krzysztof	331	OKI OKI TEAM	M50	12	00:49:02	03:19:20.50	03:19:41.25	+01:35:17 (47.7%)	9:29	6.3 (52.1%)
171	TRZCIŃSKA Jolanta	362	ROCK BALANCING ICE	K40	20		03:21:14.65	03:21:31.00	+01:37:07 (48.2%)	9:34	6.3 (52.1%)
172	SKOWRONEK Tomasz	444	OJ NIEFAJNIE	M30	45	00:47:37	03:21:33.90	03:21:57.30	+01:37:33 (48.3%)	9:35	6.3 (52.1%)
173	DOJS Aleksandra	337		K40	21	00:50:22	03:22:47.90	03:23:11.10	+01:38:47 (48.6%)	9:39	6.2 (51.2%)
174	SANKOWSKI Bartosz	380		M30	46	00:44:33	03:22:52.80	03:23:13.85	+01:38:50 (48.6%)	9:39	6.2 (51.2%)
175	WIKLIŃSKI Jarosław	440	CZYSTA AMATORKA	M40	59	00:48:59	03:23:57.60	03:24:16.20	+01:39:52 (48.9%)	9:42	6.2 (51.2%)
176	NOWICKA Anna	354		K30	13	00:51:34	03:23:58.05	03:24:27.65	+01:40:04 (48.9%)	9:42	6.2 (51.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szwajcarka 4.5km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
177	MILEWSKI Konrad	555		M30	47	00:44:45	03:25:59.60	03:26:19.50	+01:41:55 (49.4%)	9:48	6.1 (50.4%)
178	CHORAŹIAK Marcin	352		M40	60	00:48:19	03:26:26.75	03:26:43.10	+01:42:19 (49.5%)	9:49	6.1 (50.4%)
179	HANGIEL Urszula	450	ŻWAWĘ ŻÓŁWIE	K40	22		03:28:22.50	03:29:02.30	+01:44:38 (50.1%)	9:55	6 (49.6%)
180	SZUMSKI Zbigniew	323		M60	3		03:26:07.25	03:29:36.75	+01:45:13 (50.2%)	9:48	6.1 (50.4%)
181	KWIASOWSKA Martyna	425		K30	14		03:29:58.55	03:30:12.30	+01:45:48 (50.3%)	9:59	6 (49.6%)
182	WESOŁOWSKA Iwona	510		K40	23	00:50:23	03:30:45.65	03:31:02.20	+01:46:38 (50.5%)	10:02	6 (49.6%)
183	GATNARCZYK Mateusz	351		M30	48	00:55:13	03:31:06.30	03:31:42.35	+01:47:18 (50.7%)	10:03	6 (49.6%)
184	KAPELSKI Michał	353	PATORUNNERS	M40	61	00:48:56	03:31:49.25	03:32:14.90	+01:47:51 (50.8%)	10:05	5.9 (48.8%)
185	KASPERKIEWICZ Filip	391		M40	62	00:49:54	03:31:47.95	03:32:23.15	+01:47:59 (50.8%)	10:05	5.9 (48.8%)
186	ANTOŃCZYK Tomasz	550		M30	49	00:55:09	03:31:51.70	03:32:28.05	+01:48:04 (50.9%)	10:05	5.9 (48.8%)
187	LEWICKI Marcin	369	BIEGACYCIWA	M30	50	00:51:37	03:33:21.25	03:33:51.50	+01:49:27 (51.2%)	10:09	5.9 (48.8%)
188	SOBIESKA Weronika	332	OKI OKI TEAM	K40	24	00:49:07	03:34:44.45	03:35:04.35	+01:50:40 (51.5%)	10:13	5.9 (48.8%)
189	WALCZAK Anna	311		K40	25	00:51:40	03:35:53.35	03:36:20.70	+01:51:57 (51.7%)	10:16	5.8 (47.9%)
190	ŚMIECHOWSKA Małgorzata	333		K40	26	00:52:10	03:36:10.90	03:36:26.65	+01:52:03 (51.8%)	10:17	5.8 (47.9%)
191	LIS Wojciech	314	WIERZBICKI RUNNING PROJECT	M40	63	00:53:09	03:36:40.60	03:37:10.05	+01:52:46 (51.9%)	10:19	5.8 (47.9%)
192	RÓŻAŃSKA Magdalena	328		K40	27		03:38:14.55	03:38:25.90	+01:54:02 (52.2%)	10:23	5.8 (47.9%)
193	GAWLIK-ŁUPKOWSKA Agnieszka	404	KĘSY TEAM	K40	28	00:53:37	03:39:19.55	03:39:32.35	+01:55:08 (52.4%)	10:26	5.7 (47.1%)
194	ŁUPKOWSKI Paweł	403	KĘSY TEAM	M40	64	00:53:36	03:39:19.90	03:39:32.45	+01:55:08 (52.4%)	10:26	5.7 (47.1%)
195	GRZEGRZÓŁKA Anna	409	ZABIEGANI Z LEŚNEJ	K40	29	00:56:20	03:39:10.90	03:39:33.25	+01:55:09 (52.5%)	10:26	5.7 (47.1%)
196	SOSIŃSKI Tomasz	433		M40	65	00:49:02	03:39:17.70	03:39:38.15	+01:55:14 (52.5%)	10:26	5.7 (47.1%)
197	KUCHARSKI Adam	421		M30	51	00:55:20	03:40:38.60	03:40:52.75	+01:56:29 (52.7%)	10:30	5.7 (47.1%)
198	MIŁOSZEWSKA Katarzyna	410	IZERY BOGATYNIA	K40	30	00:56:17	03:40:34.25	03:40:57.75	+01:56:34 (52.8%)	10:30	5.7 (47.1%)
199	KALIŃSKA Dorota	345		K30	15		03:41:08.55	03:41:27.60	+01:57:03 (52.9%)	10:31	5.7 (47.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szwajcarka 4.5km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
200	PLACHIMOWICZ Natalia	484	MOCNA GRUPA CEZARA	K40	31	00:59:06	03:41:38.55	03:42:02.25	+01:57:38 (53.0%)	10:33	5.7 (47.1%)
201	SIKORSKA Agnieszka	530		K40	32	00:54:49	03:43:26.45	03:44:07.45	+01:59:43 (53.4%)	10:38	5.6 (46.3%)
202	KUŁAKOWSKI Piotr	524		M60	4	00:54:49	03:43:30.70	03:44:10.85	+01:59:47 (53.4%)	10:38	5.6 (46.3%)
203	WOŁOWICZ Martyna	308		K30	16		03:44:28.85	03:44:54.65	+02:00:31 (53.6%)	10:41	5.6 (46.3%)
204	BASTA Grzegorz	317	BBL LASY BOGDANIEC, BASTA TEAM	M50	13	00:53:11	03:49:08.20	03:49:32.10	+02:05:08 (54.5%)	10:54	5.5 (45.5%)
205	MORAŃSKA Małgorzata	394		K30	17	00:53:32	03:51:01.45	03:51:24.05	+02:07:00 (54.9%)	11:00	5.5 (45.5%)
206	ZAJĄC Krzysztof	355	BEZULTRADZIKI/ZAJĄCEHASAJĄCE/WKURW_TEAM	M40	66	00:56:09	03:52:57.05	03:53:31.30	+02:09:07 (55.3%)	11:05	5.4 (44.6%)
207	ZIAJA Aleksandra	358		K30	18	01:00:51	03:55:12.10	03:55:34.85	+02:11:11 (55.7%)	11:12	5.4 (44.6%)
208	PTAK Ewa	497		K40	33	00:55:08	03:57:23.60	03:57:51.75	+02:13:28 (56.1%)	11:18	5.3 (43.8%)
209	WITKOWSKI Marcin	400	ZASZYCI	M50	14	00:56:50	03:57:39.55	03:58:05.80	+02:13:42 (56.2%)	11:19	5.3 (43.8%)
210	KARASIŃSKA Karolina	309		K40	34	00:59:29	03:57:49.50	03:58:15.45	+02:13:51 (56.2%)	11:19	5.3 (43.8%)
210	SZPILA Robert	312		M40	67	00:59:30	03:57:49.60	03:58:15.45	+02:13:51 (56.2%)	11:19	5.3 (43.8%)
212	LIS Anna	342		K40	35	00:56:51	03:58:03.45	03:58:34.30	+02:14:10 (56.2%)	11:20	5.3 (43.8%)
213	WOCH Wiktor	393		M50	15	00:58:10	04:05:34.70	04:06:13.00	+02:21:49 (57.6%)	11:41	5.1 (42.1%)
214	KUCHCIŃSKA Diana	434		K40	36	00:57:01	04:07:09.95	04:07:30.00	+02:23:06 (57.8%)	11:46	5.1 (42.1%)
215	KAŁŁAUR Krzysztof	447		M40	68	00:58:55	04:07:15.35	04:07:45.65	+02:23:22 (57.9%)	11:46	5.1 (42.1%)
216	KOWOLL Bronisław	474		M40	69	01:02:41	04:13:04.35	04:13:37.80	+02:29:14 (58.8%)	12:03	5 (41.3%)
217	FRANICA Krystian	422		M40	70	01:02:34	04:13:02.40	04:13:40.05	+02:29:16 (58.8%)	12:02	5 (41.3%)
218	INOROWICZ Joanna	420		K40	37	00:56:48	04:13:31.35	04:13:41.85	+02:29:18 (58.9%)	12:04	5 (41.3%)
219	PAŁCZYŃSKA Marta	466		K30	19	01:02:19	04:16:36.60	04:16:54.30	+02:32:30 (59.4%)	12:13	4.9 (40.5%)
220	KAPŁON Anna	315		K40	38	01:04:51	04:18:22.95	04:18:49.85	+02:34:26 (59.7%)	12:18	4.9 (40.5%)
221	RÓŻAŃSKI Robert	548		M50	16	01:02:32	04:21:22.60	04:21:34.35	+02:37:10 (60.1%)	12:26	4.8 (39.7%)
222	NOWAK Maciej	494	SPEED FEET 16	M50	17	01:07:42	04:26:15.50	04:26:29.90	+02:42:06 (60.8%)	12:40	4.7 (38.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szwajcarka 4.5km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
223	MERKLINGHAUS-KOBER Monika	476	SPEED FEET '16/ MIEJSKA KONDYCJA	K40	39	01:07:36	04:27:59.55	04:28:14.25	+02:43:50 (61.1%)	12:45	4.7 (38.8%)
224	SREBRO Kacper	446		M20	8	01:08:04	04:29:08.40	04:29:38.40	+02:45:14 (61.3%)	12:48	4.7 (38.8%)
225	SREBRO Michał	330	DZIKI Z CYTADELI	M50	18	01:02:46	04:41:03.95	04:41:16.20	+02:56:52 (62.9%)	13:23	4.5 (37.2%)
226	KAWAŁKO Ryszard	455	WOLNY RYŚ	M50	19	01:04:33	04:41:12.40	04:41:43.95	+02:57:20 (62.9%)	13:23	4.5 (37.2%)
227	OTT Małgorzata	313		K40	40	01:14:44	04:54:21.45	04:54:50.55	+03:10:26 (64.6%)	14:01	4.3 (35.5%)
228	GRABOWIECKA Aldona	307		K50	6	01:14:48	04:54:23.25	04:54:50.75	+03:10:27 (64.6%)	14:01	4.3 (35.5%)
229	ZIĘBA Tomasz	442		M30	52	01:09:43	05:16:59.35	05:17:15.70	+03:32:52 (67.1%)	15:05	4 (33.1%)
230	ZEMŁA Krzysztof	376		M60	5	01:12:32	05:21:04.90	05:21:37.70	+03:37:14 (67.5%)	15:17	3.9 (32.2%)
	SZRAMOWIAT Marek	428	BRITA	M40		00:33:30 DNF	DNF	DNF		-	- (0.0%)

Znaleziono 231 wynik(ów)