



Wydarzenie: RUDAWY ZIMOWY FESTIWAL BIEGOWY
Organizator: Fundacja Szczyt za Szczytem
Data: 2025-02-08
Miejsce: Karpniki
Dystans: 21 km

DWUDZIESTKA

B4SPORT

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Nad		Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
						Szwajcarka 4.5km	Mniskowem 11.5km					
1	PAWLIK Paweł	482	ALPIN SPORT TEAM	M30	1	00:24:49	00:58:22	01:47:34.20	01:47:35.10		5:07	11.7 (100%)
2	KWIATKOWSKI Paweł	403		M30	2	00:27:05	01:04:12	01:57:56.00	01:57:56.60	+00:10:21 (8.8%)	5:36	10.7 (91.5%)
3	KUKUŁA Waldemar	530	WALKA KOSTRZYN/ JAŃCZAK TEAM	M40	1	00:27:14	01:03:44	01:59:00.45	01:59:26.55	+00:11:51 (9.9%)	5:40	10.6 (90.6%)
4	KITA Michał	388	PĘDZĄCY W MIEJSCU	M50	1	00:28:10	01:05:15	02:00:38.25	02:00:39.60	+00:13:04 (10.8%)	5:44	10.4 (88.9%)
5	BIELECKI Tomasz	344		M30	3	00:28:15	01:06:23	02:02:00.45	02:02:01.75	+00:14:26 (11.8%)	5:48	10.3 (88.0%)
6	SADOWSKI Krzysztof	548	OSP JANOWICE WIELKIE	M20	1		01:04:39	02:02:24.60	02:02:25.50	+00:14:50 (12.1%)	5:49	10.3 (88.0%)
7	ŚMICHURSKI Krzysztof	373		M30	4	00:28:18	01:06:47	02:04:27.35	02:04:28.65	+00:16:53 (13.6%)	5:55	10.1 (86.3%)
8	ZBOROWSKI Krzysztof	417		M40	2	00:29:32	01:09:10	02:06:15.70	02:06:16.40	+00:18:41 (14.8%)	6:00	10 (85.5%)
9	WOJTULEWSKI Darek	527		M50	2			02:07:32.00	02:07:38.00	+00:20:02 (15.7%)	6:04	9.9 (84.6%)
10	BEDNARCZYK Magdalena	495	WKS OLEŚNICA OLEŚNICZANKA / TEAM KRUCZKOWSKI	K30	1	00:30:30	01:10:55	02:08:16.85	02:08:31.10	+00:20:56 (16.3%)	6:06	9.8 (83.8%)
11	BIEGAŃSKI Marcin	566		M30	5	00:31:32	01:12:25	02:10:07.55	02:10:09.40	+00:22:34 (17.3%)	6:11	9.7 (82.9%)
12	GAWRON Paweł	317	WEPA PIECHOWICE	M40	3	00:28:48	01:10:15	02:10:30.20	02:10:31.30	+00:22:56 (17.6%)	6:12	9.7 (82.9%)
13	CHODOROWSKI Damian	513	BEZ BALASTU ACTIVE TEAM	M30	6	00:32:15	01:12:21	02:10:49.25	02:10:51.25	+00:23:16 (17.8%)	6:13	9.6 (82.1%)
14	MIKOLAJEWSKI Maciej	372		M30	7	00:31:19	01:13:32	02:13:50.55	02:13:54.65	+00:26:19 (19.7%)	6:22	9.4 (80.3%)
15	STĘSIK Tomasz	358		M30	8	00:31:17	01:13:32	02:13:50.95	02:13:55.10	+00:26:20 (19.7%)	6:22	9.4 (80.3%)

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						Szwajcarka 4.5km	Mniskowem 11.5km					
16	KAWCZAK Patryk	589		M30	9	00:31:30	01:11:33	02:13:29.70	02:14:05.00	+00:26:29 (19.8%)	6:21	9.4 (80.3%)
17	NOWORYTA Radosław	497	ULTRA DIABŁY TEAM LUBRZA	M50	3	00:31:59	01:14:03	02:14:10.40	02:14:12.95	+00:26:37 (19.8%)	6:23	9.4 (80.3%)
18	ŚWIERK Przemek	519	ULTRA DIABŁY	M40	4	00:30:55	01:12:10	02:14:22.30	02:14:24.75	+00:26:49 (20.0%)	6:23	9.4 (80.3%)
19	GOŁDYN Dawid	445		M30	10	00:30:28	01:12:42	02:15:43.80	02:15:45.30	+00:28:10 (20.8%)	6:27	9.3 (79.5%)
20	LATAŃSKI Eryk	572	WOŁONTARIAT RUDAWY!!!	M20	2	00:32:05	01:15:47	02:18:29.60	02:18:32.65	+00:30:57 (22.3%)	6:35	9.1 (77.8%)
21	HOZAKOWSKI Kajetan	524	JANICKI COACHING	M30	11	00:31:32	01:14:04	02:19:23.00	02:19:27.05	+00:31:51 (22.9%)	6:38	9 (76.9%)
22	MARSZAŁEK Kazimierz	384	ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO	M50	4	00:32:47	01:16:55	02:20:32.25	02:20:34.80	+00:32:59 (23.5%)	6:41	9 (76.9%)
23	SŁOBODZIAN Andrzej	553		M40	5	00:33:39	01:17:04	02:20:30.25	02:20:36.65	+00:33:01 (23.5%)	6:41	9 (76.9%)
24	BIELA Konrad	484	ON / GOPR KARKONOSZE	M30	12	00:32:37	01:17:20	02:20:44.30	02:20:46.25	+00:33:11 (23.6%)	6:42	9 (76.9%)
25	SZYMKOWIAK Damian	431		M30	13	00:33:03	01:17:40	02:21:52.30	02:21:57.50	+00:34:22 (24.2%)	6:45	8.9 (76.1%)
26	BIAŁY Adam	368		M50	5	00:33:22	01:16:51	02:21:55.65	02:22:02.05	+00:34:26 (24.3%)	6:45	8.9 (76.1%)
27	SOKOŁOWSKI Tomasz	448	KLINIKA TRIATHLONU	M30	14	00:32:10	01:16:06	02:21:59.15	02:22:02.95	+00:34:27 (24.3%)	6:45	8.9 (76.1%)
28	TOMASZEWSKI Michał	332		M30	15	00:32:46	01:17:10	02:22:29.65	02:22:32.15	+00:34:57 (24.5%)	6:47	8.8 (75.2%)
29	KMEŤOVÁ Kristína	420		K30	2	00:32:48	01:17:32	02:22:38.60	02:22:40.45	+00:35:05 (24.6%)	6:47	8.8 (75.2%)
30	POLIWOZAK Patryk	562		M30	16	00:31:56	01:16:20	02:22:59.05	02:23:01.70	+00:35:26 (24.8%)	6:48	8.8 (75.2%)
31	KUBAJEWSKI Paweł	343		M30	17	00:34:41	01:19:16	02:23:44.35	02:23:47.60	+00:36:12 (25.2%)	6:50	8.8 (75.2%)
32	JACHYMSKI Krzysztof	346	VEGE RUNNERS	M30	18	00:32:56	01:17:04	02:24:23.70	02:24:29.70	+00:36:54 (25.5%)	6:52	8.7 (74.4%)
33	DŁUGOŁĘCKI Konrad	410	BIEGOWA ŚWIDNICA	M40	6	00:33:07	01:16:58	02:25:09.15	02:25:14.40	+00:37:39 (25.9%)	6:54	8.7 (74.4%)
34	JODŁOWSKI Marek	322		M40	7	00:35:41	01:21:48	02:25:30.85	02:25:37.55	+00:38:02 (26.1%)	6:55	8.7 (74.4%)
35	WYPYCH Bartosz	489		M40	8	00:38:13	01:23:06	02:25:27.95	02:25:48.55	+00:38:13 (26.2%)	6:55	8.7 (74.4%)
36	SOTNYKOV Platon	533		M40	9	00:33:03	01:16:59	02:26:08.00	02:26:13.70	+00:38:38 (26.4%)	6:57	8.6 (73.5%)
37	MORAWSKI Filip	523	KRAKOWIAKULTRATEAM	M50	6	00:34:08	01:18:30	02:26:12.60	02:26:17.90	+00:38:42 (26.5%)	6:57	8.6 (73.5%)
38	BABIŃSKA-POPIŁKA Ewelina	418		K40	1	00:35:46	01:21:46	02:26:32.55	02:26:36.90	+00:39:01 (26.6%)	6:58	8.6 (73.5%)

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						Szwajcarka 4.5km	Mniszkowem 11.5km					
39	PEĆZAR Aneta	516	MAD RUNNERS	K30	3	00:34:21	01:19:53	02:27:01.95	02:27:06.50	+00:39:31 (26.9%)	7:00	8.6 (73.5%)
40	SZCZESZEK Lukasz	444		M40	10	00:36:06	01:19:57	02:27:33.50	02:27:39.10	+00:40:04 (27.1%)	7:01	8.5 (72.6%)
41	DYSARZ Przemysław	303		M40	11	00:35:17	01:20:37	02:27:51.75	02:28:04.05	+00:40:28 (27.3%)	7:02	8.5 (72.6%)
42	NOWIK Kamil	544	SECORUN	M50	7	00:35:07	01:22:24	02:28:20.60	02:28:25.50	+00:40:50 (27.5%)	7:03	8.5 (72.6%)
43	KULCZYCKI Emanuel	413	#SOBASTEAM	M40	12	00:34:12	01:20:20	02:28:24.35	02:28:29.25	+00:40:54 (27.5%)	7:04	8.5 (72.6%)
44	BOHAREWICZ Paweł	327	STARSZA DZIKA MŁODZIEŻ	M40	13	00:32:59	01:17:20	02:28:46.30	02:28:50.75	+00:41:15 (27.7%)	7:05	8.5 (72.6%)
45	CIEMIEGA Roman	405	KOWARY BIEGAJĄ	M50	8	00:34:19	01:20:42	02:28:51.50	02:28:53.20	+00:41:18 (27.7%)	7:05	8.5 (72.6%)
46	LESZEK Grzegorz Robert	324		M30	19	00:33:30	01:19:26	02:28:52.65	02:28:57.85	+00:41:22 (27.8%)	7:05	8.5 (72.6%)
47	NOWACKA Marlena	546	JAN-MAR	K40	2	00:35:46	01:20:59	02:28:57.25	02:29:00.50	+00:41:25 (27.8%)	7:05	8.5 (72.6%)
48	KORZENIOWSKI Wojciech	446		M50	9	00:35:28	01:23:09	02:29:00.05	02:29:03.55	+00:41:28 (27.8%)	7:05	8.5 (72.6%)
49	KNAPCZYK Bartosz	525		M30	20	00:35:51	01:21:21	02:28:38.95	02:29:08.15	+00:41:33 (27.9%)	7:04	8.5 (72.6%)
50	KUBICKI Mariusz	568	DOBRAFORMA	M40	14	00:34:18	01:20:55	02:29:42.45	02:29:47.00	+00:42:11 (28.2%)	7:07	8.4 (71.8%)
51	PARUCKI Michał	542	MJP DRUK / VEGE RUNNERS	M40	15	00:35:33	01:22:06	02:29:47.85	02:29:51.60	+00:42:16 (28.2%)	7:07	8.4 (71.8%)
52	BUNIKOWSKI Michał	500	TS REGLE SZKLARSKA PORĘBA	M40	16	00:35:26	01:20:48	02:29:53.70	02:29:58.60	+00:42:23 (28.3%)	7:08	8.4 (71.8%)
53	TYŚ Radek	563		M40	17	00:33:30	01:20:42	02:30:17.80	02:30:21.35	+00:42:46 (28.4%)	7:09	8.4 (71.8%)
54	JANOSZ Kamil	433		M20	3	00:36:33	01:22:58	02:31:37.35	02:31:52.00	+00:44:16 (29.2%)	7:13	8.3 (70.9%)
55	KRUSZEWSKI Filip	476	NOWAK.RUN	M30	21	00:37:29	01:23:19	02:32:15.15	02:32:29.10	+00:44:54 (29.4%)	7:15	8.3 (70.9%)
56	SZUMIŃSKI Artur	302		M50	10	00:33:05	01:20:03	02:32:27.05	02:32:29.50	+00:44:54 (29.4%)	7:15	8.3 (70.9%)
57	KOSZAREK Maciej	573		M50	11	00:35:41	01:22:36	02:32:34.35	02:32:38.15	+00:45:03 (29.5%)	7:15	8.3 (70.9%)
58	WASIK Robert	547		M40	18	00:33:19	01:21:46	02:33:05.50	02:33:13.95	+00:45:38 (29.8%)	7:17	8.2 (70.1%)
59	POLAK Bartosz	558		M30	22	00:36:42	01:23:22	02:33:20.65	02:33:28.00	+00:45:52 (29.9%)	7:18	8.2 (70.1%)
60	SKOPOWSKI Jan	345		M40	19	00:33:17	01:21:45	02:33:25.45	02:33:34.60	+00:45:59 (29.9%)	7:18	8.2 (70.1%)
61	JANOSZ Ewa	432		K20	1	00:36:48	01:23:36	02:33:39.20	02:33:53.65	+00:46:18 (30.1%)	7:19	8.2 (70.1%)

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						Szwajcarka 4.5km	Mniskowem 11.5km					
62	SZARAPANOWSKI Marcin	538	ULTRA DIABŁY TEAM LUBRZA	M40	20	00:35:26	01:22:36	02:34:05.65	02:34:10.55	+00:46:35 (30.2%)	7:20	8.2 (70.1%)
63	MARGOL Paweł	437		M40	21	00:36:59	01:24:22	02:34:17.15	02:34:24.05	+00:46:48 (30.3%)	7:20	8.2 (70.1%)
64	POLICHT Damian	379		M20	4	00:36:10	01:25:20	02:34:19.65	02:34:30.65	+00:46:55 (30.4%)	7:20	8.2 (70.1%)
65	ŚMIGIELSKI Kamil	487		M20	5	00:35:59	01:22:10	02:34:16.00	02:34:35.10	+00:47:00 (30.4%)	7:20	8.2 (70.1%)
66	CEBULSKI Łukasz	545	CEBULA TEAM	M30	23	00:36:26	01:23:41	02:34:33.05	02:34:39.00	+00:47:03 (30.4%)	7:21	8.2 (70.1%)
67	KORNALSKI Grzegorz	507	TRAIL RUNNING ASSOCIATION	M40	22	00:35:37	01:22:50	02:34:59.40	02:35:06.00	+00:47:30 (30.6%)	7:22	8.1 (69.2%)
68	KORZENIOWSKI Oskar	450	INFINITY GYM ŁUKASZ SZAPORÓW / ACCENTURE	M30	24	00:35:42	01:24:25	02:35:06.15	02:35:07.65	+00:47:32 (30.6%)	7:23	8.1 (69.2%)
69	STAWIŃSKI Michał	504		M30	25	00:35:00	01:22:06	02:36:03.25	02:36:06.20	+00:48:31 (31.1%)	7:25	8.1 (69.2%)
70	RADKOWSKA Małgorzata	402	TEAM PARSZCZYŃSKICH	K30	4	00:36:14	01:25:28	02:37:19.80	02:37:25.80	+00:49:50 (31.7%)	7:29	8 (68.4%)
71	KWIECIEŃ Monika	396		K20	2	00:38:03	01:27:10	02:37:38.70	02:37:49.40	+00:50:14 (31.8%)	7:30	8 (68.4%)
72	ŻÓŁDAK Przemysław	464	#BIEGIEMWLAS / PNB	M40	23	00:37:29	01:27:36	02:37:42.40	02:37:53.40	+00:50:18 (31.9%)	7:30	8 (68.4%)
73	MICHALCZYK Michał	333	#SOBASTEAM	M40	24	00:36:36	01:26:49	02:37:57.30	02:38:02.30	+00:50:27 (31.9%)	7:31	8 (68.4%)
74	BELCZYK Łukasz	554	RATEL TEAM	M30	26	00:38:15	01:27:53	02:38:26.00	02:38:49.10	+00:51:14 (32.3%)	7:32	8 (68.4%)
75	JĘSIEK Artur	419		M30	27	00:34:08	01:25:05	02:39:29.60	02:39:40.90	+00:52:05 (32.6%)	7:35	7.9 (67.5%)
76	PILETSKI Maksim	492		M30	28	00:36:37	01:29:15	02:39:28.20	02:39:46.90	+00:52:11 (32.7%)	7:35	7.9 (67.5%)
77	JURCZAK Agata	496		K20	3	00:39:51	01:27:54	02:39:57.45	02:40:15.80	+00:52:40 (32.9%)	7:37	7.9 (67.5%)
78	DAJCZAK Mariusz	439		M30	29	00:39:01	01:29:04	02:40:47.90	02:40:59.90	+00:53:24 (33.2%)	7:39	7.8 (66.7%)
79	SKORA Mateusz	508		M40	25	00:39:15	01:28:56	02:40:47.95	02:41:02.65	+00:53:27 (33.2%)	7:39	7.8 (66.7%)
80	MARSZAŁEK Sebastian	424		M30	30	00:38:12	01:27:27	02:40:56.00	02:41:08.35	+00:53:33 (33.2%)	7:39	7.8 (66.7%)
81	ZBORALSKI Michał	467		M50	12	00:35:29	01:24:12	02:41:15.30	02:41:25.75	+00:53:50 (33.4%)	7:40	7.8 (66.7%)
82	PIOTRÓW Łukasz	371		M30	31	00:33:19	01:27:44	02:41:24.55	02:41:28.50	+00:53:53 (33.4%)	7:41	7.8 (66.7%)
83	CHUDY Kamil	564	PRZEDWOJEWSKI TEAM	M30	32	00:39:08	01:29:48	02:41:22.65	02:41:34.45	+00:53:59 (33.4%)	7:41	7.8 (66.7%)
84	GRAMALA Mateusz	488		M30	33	00:36:44	01:30:07	02:42:12.20	02:42:19.30	+00:54:44 (33.7%)	7:43	7.8 (66.7%)

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85	SANKOWSKI Bartosz	357	OKI OKI TEAM	M30	34	00:36:22	01:25:28	02:42:48.75	02:42:55.80	+00:55:20 (34.0%)	7:45	7.7 (65.8%)
86	SZARADOWSKI Piotr	441	BIEGOWA ŚWIDNICA	M50	13	00:37:48	01:28:54	02:43:19.65	02:43:27.10	+00:55:52 (34.2%)	7:46	7.7 (65.8%)
87	STEC Adam	521		M40	26	00:37:27	01:30:13	02:43:28.15	02:43:33.35	+00:55:58 (34.2%)	7:47	7.7 (65.8%)
88	MORAŃSKI Paweł	397		M30	35	00:37:11	01:28:30	02:44:10.50	02:44:15.40	+00:56:40 (34.5%)	7:49	7.7 (65.8%)
89	KNAPP Janusz	351		M40	27	00:39:22	01:30:05	02:44:19.85	02:44:36.50	+00:57:01 (34.6%)	7:49	7.7 (65.8%)
90	MARSZAŁEK Julia	423		K20	4	00:39:36	01:30:07	02:44:40.05	02:44:52.60	+00:57:17 (34.7%)	7:50	7.7 (65.8%)
91	CZAPLA Łukasz	443		M40	28	00:36:37	01:26:46	02:45:18.35	02:45:26.45	+00:57:51 (35.0%)	7:52	7.6 (65.0%)
92	KUCIAK Bartosz	348		M30	36	00:38:45	01:30:07	02:45:19.00	02:45:29.80	+00:57:54 (35.0%)	7:52	7.6 (65.0%)
93	POPKOWSKI Adam	449		M30	37	00:38:43	01:30:07	02:45:44.65	02:45:52.00	+00:58:16 (35.1%)	7:53	7.6 (65.0%)
94	PUSZCZYŃSKI Krzysztof	462		M40	29	00:44:03	01:34:15	02:45:54.75	02:46:22.35	+00:58:47 (35.3%)	7:54	7.6 (65.0%)
95	LASKOWSKI Darek	518		M40	30	00:40:21	01:30:02	02:46:05.80	02:46:25.80	+00:58:50 (35.4%)	7:54	7.6 (65.0%)
96	KRYCH Piotr	557	BIEGACZE STU MOSTÓW	M40	31	00:38:51	01:30:30	02:46:11.35	02:46:31.65	+00:58:56 (35.4%)	7:54	7.6 (65.0%)
97	KĘSEK Mariusz	502	MKRUN	M30	38	00:36:45	01:28:28	02:46:38.65	02:46:40.60	+00:59:05 (35.5%)	7:56	7.6 (65.0%)
98	KRZYŻANOWSKA-KORZENIOWSKA Anna Maria	451	INFINITY GYM ŁUKASZ SZAPORÓW	K30	5	00:38:42	01:30:17	02:46:57.30	02:47:07.70	+00:59:32 (35.6%)	7:57	7.5 (64.1%)
99	BAUTA Dawid	528		M30	39	00:38:45	01:31:49	02:47:12.20	02:47:24.20	+00:59:49 (35.7%)	7:57	7.5 (64.1%)
100	PIĄTAS Paweł	359		M30	40	00:41:26	01:33:22	02:47:11.90	02:47:26.05	+00:59:50 (35.7%)	7:57	7.5 (64.1%)
101	JÓŻWIAK Jędrzej	329	NETBOX BIEGA	M30	41	00:38:18	01:28:00	02:47:31.60	02:47:43.10	+01:00:08 (35.9%)	7:58	7.5 (64.1%)
102	WYTYKOWSKA Joanna	478	ŁKW	K40	3	00:40:43	01:34:29	02:47:48.20	02:48:02.90	+01:00:27 (36.0%)	7:59	7.5 (64.1%)
103	NIEDŹWIECKI Jakub	510	BIEGACZE STU MOSTÓW	M30	42	00:42:22	01:35:45	02:49:12.30	02:49:34.70	+01:01:59 (36.6%)	8:03	7.4 (63.2%)
104	MICHALSKA Agnieszka	428	NIGHT RUNNERS	K50	1	00:39:27	01:30:41	02:49:35.35	02:49:41.35	+01:02:06 (36.6%)	8:04	7.4 (63.2%)
105	FEUERSTAKE Aleksandra	490		K30	6	00:44:09	01:35:22	02:49:28.50	02:49:49.00	+01:02:13 (36.6%)	8:04	7.4 (63.2%)
106	GÓRNY Wojciech	408	OKI OKI TEAM	M30	43	00:36:33	01:27:25	02:50:26.05	02:50:34.30	+01:02:59 (36.9%)	8:06	7.4 (63.2%)
107	DYSARZ Marcin	306		M40	32	00:36:29	01:30:13	02:50:30.05	02:50:43.00	+01:03:07 (37.0%)	8:07	7.4 (63.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Nad		Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
						Szwajcarka 4.5km	Mniszkowem 11.5km					
108	MANKIEWICZ Mariusz	485	PYSIE	M30	44	00:41:04	01:33:47	02:51:09.95	02:51:19.70	+01:03:44 (37.2%)	8:09	7.4 (63.2%)
109	WESOŁOWSKI Jakub	395	KLIMATYCZNA SFERA	M30	45	00:39:59	01:34:38	02:51:19.90	02:51:33.35	+01:03:58 (37.3%)	8:09	7.4 (63.2%)
110	BUGAJ Alan	383		M30	46	00:39:58	01:33:40	02:51:21.10	02:51:37.50	+01:04:02 (37.3%)	8:09	7.4 (63.2%)
111	CHYSKI Grzegorz	499		M40	33	00:39:52	01:31:04	02:51:16.05	02:51:41.40	+01:04:06 (37.3%)	8:09	7.4 (63.2%)
112	BASZAK Tomasz	575		M40	34	00:39:54	01:33:42	02:51:36.15	02:51:44.75	+01:04:09 (37.4%)	8:10	7.3 (62.4%)
113	GOLA Henryk	559		M60	1	00:38:33	01:30:54	02:52:25.95	02:52:30.00	+01:04:54 (37.6%)	8:12	7.3 (62.4%)
114	MAZUR Michał	515		M30	47	00:39:23	01:35:32	02:52:17.70	02:52:37.15	+01:05:02 (37.7%)	8:12	7.3 (62.4%)
115	BYLINA Bartosz	335	TRI FOR ME	M50	14	00:39:13	01:29:32	02:52:36.05	02:52:46.95	+01:05:11 (37.7%)	8:13	7.3 (62.4%)
116	WOLAK Michał	455	BIEGNIJ OŁAWO	M50	15	00:41:14	01:35:58	02:52:50.90	02:53:08.80	+01:05:33 (37.9%)	8:13	7.3 (62.4%)
117	TASZYCKI Marcin	354		M40	35	00:36:33	01:30:13	02:52:55.25	02:53:12.80	+01:05:37 (37.9%)	8:14	7.3 (62.4%)
118	GRZELAK Elżbieta	362	BYĆ PRZED MĘŻEM	K40	4	00:40:13	01:33:27	02:53:17.25	02:53:27.95	+01:05:52 (38.0%)	8:15	7.3 (62.4%)
119	SZTURAWA Michał	393		M30	48	00:42:55	01:36:47	02:53:01.00	02:53:28.50	+01:05:53 (38.0%)	8:14	7.3 (62.4%)
120	CHODOROWSKA Ania	512	BEZ BALASTU ACTIVE TEAM	K30	7	00:40:32	01:35:57	02:53:56.00	02:54:02.50	+01:06:27 (38.2%)	8:16	7.2 (61.5%)
121	KRYSIEWICZ Marcin	385		M40	36	00:43:00	01:34:40	02:54:04.90	02:54:28.30	+01:06:53 (38.3%)	8:17	7.2 (61.5%)
122	JAGODZIŃSKI Arkadiusz	457		M30	49	00:41:12	01:33:13	02:54:11.75	02:54:31.95	+01:06:56 (38.4%)	8:17	7.2 (61.5%)
123	MATYJASZCZUK Mateusz	427		M30	50	00:40:24	01:33:34	02:54:14.50	02:54:39.90	+01:07:04 (38.4%)	8:17	7.2 (61.5%)
124	MATYJASZCZUK Ela	414		K30	8	00:42:57	01:36:55	02:54:28.00	02:54:52.45	+01:07:17 (38.5%)	8:18	7.2 (61.5%)
125	GRZELAK Łukasz	361	WWW.GRZELAK-KANCELARIA.PL	M40	37	00:40:11	01:33:35	02:55:13.00	02:55:27.05	+01:07:51 (38.7%)	8:20	7.2 (61.5%)
126	ZUGAJ Dawid	367	BEZ SENSU	M30	51	00:35:22	01:27:41	02:55:59.70	02:56:03.05	+01:08:27 (38.9%)	8:22	7.2 (61.5%)
127	ZIELONKA Agnieszka	534		K40	5	00:40:33	01:37:22	02:55:53.90	02:56:05.20	+01:08:30 (38.9%)	8:22	7.2 (61.5%)
128	BALUKIEWICZ Wojciech	574		M40	38	00:38:18	01:32:05	02:56:17.60	02:56:31.20	+01:08:56 (39.1%)	8:23	7.1 (60.7%)
129	STUDENNY Michał	501		M40	39	00:40:35	01:35:56	02:58:14.55	02:58:22.65	+01:10:47 (39.7%)	8:29	7.1 (60.7%)
130	PIOTROWIAK Angelika	425		K30	9	00:43:23	01:36:12	02:58:37.95	02:59:08.30	+01:11:33 (39.9%)	8:30	7.1 (60.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Nad		Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
						Szwajcarka 4.5km	Mniskowem 11.5km					
131	PŁUSA Aneta	325	BBC KROSNO ODRZAŃSKIE	K40	6	00:42:24	01:40:23	02:59:16.05	02:59:25.40	+01:11:50 (40.0%)	8:32	7 (59.8%)
132	NOWAK Marta	477		K40	7	00:43:32	01:38:02	02:59:30.50	02:59:37.70	+01:12:02 (40.1%)	8:32	7 (59.8%)
133	CHLUDZIŃSKI Patryk	529	ARVATO S.C. REP	M40	40	00:41:45	01:40:05	03:00:16.55	03:00:25.10	+01:12:50 (40.4%)	8:35	7 (59.8%)
134	ŁUKASZEWSKI Szymon	494		M30	52	00:41:22	01:36:32	03:00:38.05	03:00:56.20	+01:13:21 (40.5%)	8:36	7 (59.8%)
135	DRZEWIŃSKI Grzegorz	412		M30	53	00:40:53	01:38:02	03:01:11.05	03:01:18.20	+01:13:43 (40.7%)	8:37	7 (59.8%)
136	MYNC Angelika	552	HTF LUDWIK SIKORSKI	K30	10	00:44:06	01:37:22	03:01:20.20	03:01:26.45	+01:13:51 (40.7%)	8:38	6.9 (59.0%)
137	KRUSZEWSKA Asia	369	ADIDAS RUNNERS POZNAŃ	K30	11	00:44:15	01:39:52	03:01:31.15	03:01:45.20	+01:14:10 (40.8%)	8:38	6.9 (59.0%)
138	GALASIAK Lukasz	452		M40	41	00:37:06	01:37:17	03:01:52.90	03:02:00.70	+01:14:25 (40.9%)	8:39	6.9 (59.0%)
139	SKORUPSKI Szymon	560	KURACJUSZE	M30	54	00:44:55	01:40:52	03:02:05.50	03:02:11.30	+01:14:36 (40.9%)	8:40	6.9 (59.0%)
140	MADEJ Anna	531	VEGE RUNNERS	K40	8	00:40:56	01:38:04	03:02:34.35	03:02:42.30	+01:15:07 (41.1%)	8:41	6.9 (59.0%)
141	KROSCZYŃSKA Jowita	390		K20	5	00:43:52	01:41:42	03:03:03.75	03:03:06.70	+01:15:31 (41.2%)	8:43	6.9 (59.0%)
142	WOJCIECHOWICZ Magdalena	315		K30	12	00:44:01	01:41:23	03:03:11.20	03:03:28.30	+01:15:53 (41.4%)	8:43	6.9 (59.0%)
143	ŚMICHURSKA Malwina	401	WLKP MOUNTAINS ULTRA	K30	13	00:44:31	01:41:16	03:03:12.65	03:03:28.55	+01:15:53 (41.4%)	8:43	6.9 (59.0%)
144	KALINOWSKI Jakub	336	NOGA DO GÓRY	M20	6	00:43:50	01:42:29	03:04:32.15	03:04:50.20	+01:17:15 (41.8%)	8:47	6.8 (58.1%)
145	KUKOBNIKAVA Vitaliya	491		K30	14	00:45:01	01:41:05	03:05:15.05	03:05:35.00	+01:17:59 (42.0%)	8:49	6.8 (58.1%)
146	GRUDNIEWSKI Jakub	561	KURACJUSZE	M40	42	00:46:17	01:45:07	03:05:41.70	03:05:46.90	+01:18:11 (42.1%)	8:50	6.8 (58.1%)
147	BŁASZKIEWICZ Marcin	387	DALEKO DO METY	M30	55	00:44:29	01:43:14	03:05:53.60	03:06:06.25	+01:18:31 (42.2%)	8:51	6.8 (58.1%)
148	ZIÓŁEK Rafał	400		M30	56	00:44:18	01:42:38	03:06:00.05	03:06:10.20	+01:18:35 (42.2%)	8:51	6.8 (58.1%)
149	ZIÓŁEK Karolina	399		K30	15	00:44:17	01:42:38	03:06:00.60	03:06:10.35	+01:18:35 (42.2%)	8:51	6.8 (58.1%)
150	SAJ Marek	380	DOMINTEAM	M40	43	00:43:38	01:39:36	03:05:51.50	03:06:16.25	+01:18:41 (42.2%)	8:51	6.8 (58.1%)
151	HUDZIAK Paweł	454	LUBIAŃSKI&RUN	M40	44	00:44:00	01:41:20	03:05:33.20	03:06:17.35	+01:18:42 (42.2%)	8:50	6.8 (58.1%)
152	SZKUDŁO Oskar	511	BEZ BALASTU ACTIVE TEAM	M40	45	00:41:07	01:39:50	03:06:24.85	03:06:29.00	+01:18:53 (42.3%)	8:52	6.8 (58.1%)
153	DOMAGAŁA Andrzej	576		M50	16	00:41:12	01:38:08	03:06:32.55	03:06:35.60	+01:19:00 (42.3%)	8:52	6.8 (58.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Nad		Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
						Szwajcarka 4.5km	Mniszkowem 11.5km					
154	JASKOT Mariusz	415	W DREDACH PRZEZ ŚWIAT	M30	57	00:40:19	01:34:37	03:06:34.95	03:06:43.50	+01:19:08 (42.4%)	8:53	6.8 (58.1%)
155	CHUDA Joanna	409	MOUNTAIN RUNNING GUIDES	K30	16	00:44:26	01:42:54	03:06:37.90	03:06:51.20	+01:19:16 (42.4%)	8:53	6.8 (58.1%)
156	JODLOWSKA Ewa	323		K40	9	00:42:25	01:40:24	03:07:24.30	03:07:33.30	+01:19:58 (42.6%)	8:55	6.7 (57.3%)
157	CZERNIEWICZ Anna	426		K40	10	00:43:50	01:42:44	03:07:28.40	03:07:38.00	+01:20:02 (42.7%)	8:55	6.7 (57.3%)
158	KŁOPOTEK Nina	347	EXTREME FAMILY	K20	6	00:46:04	01:45:06	03:07:33.05	03:07:44.50	+01:20:09 (42.7%)	8:55	6.7 (57.3%)
159	SZEWCZENKO Agnieszka	498		K40	11	00:44:05	01:42:46	03:08:09.55	03:08:19.50	+01:20:44 (42.9%)	8:57	6.7 (57.3%)
160	STANIEWSKI Michał	440		M30	58	00:40:30	01:42:12	03:09:35.45	03:09:41.70	+01:22:06 (43.3%)	9:01	6.6 (56.4%)
161	STASZYŃSKA Karolina	461		K40	12	00:44:20	01:43:41	03:09:26.85	03:09:43.80	+01:22:08 (43.3%)	9:01	6.7 (57.3%)
162	GRYGLAK Patryk	353		M30	59	00:40:31	01:38:47	03:10:09.85	03:10:18.75	+01:22:43 (43.5%)	9:03	6.6 (56.4%)
163	MILEWICZ Marcin	309		M30	60	00:44:01	01:43:56	03:10:36.50	03:10:43.00	+01:23:07 (43.6%)	9:04	6.6 (56.4%)
164	OLEJNIK Tomasz	334		M50	17	00:46:29	01:45:11	03:10:18.90	03:10:44.70	+01:23:09 (43.6%)	9:03	6.6 (56.4%)
165	SIEJAK Wojciech	370		M30	61	00:43:39	01:37:33	03:10:29.80	03:10:59.50	+01:23:24 (43.7%)	9:04	6.6 (56.4%)
166	NICIEJA Anna	474		K40	13	00:44:24	01:44:47	03:11:02.95	03:11:15.50	+01:23:40 (43.7%)	9:05	6.6 (56.4%)
167	GNIZA Karolina	381		K20	7	00:44:09	01:43:10	03:12:21.45	03:12:45.45	+01:25:10 (44.2%)	9:09	6.6 (56.4%)
168	DROŃ Jakub	493		M30	62	00:42:08	01:42:46	03:12:39.90	03:12:58.75	+01:25:23 (44.3%)	9:10	6.5 (55.6%)
169	GAJEK Łukasz	570	TENESO TEAM / LENIWCE BODYWORK	M40	46	00:45:18	01:44:38	03:12:48.30	03:13:11.70	+01:25:36 (44.3%)	9:10	6.5 (55.6%)
170	SZPACZEK Bogna	469		K30	17	00:44:27	01:44:30	03:13:26.15	03:13:40.80	+01:26:05 (44.5%)	9:12	6.5 (55.6%)
171	WEWIÓR Krzysztof	567		M50	18	00:42:24	01:42:25	03:13:59.75	03:14:08.75	+01:26:33 (44.6%)	9:14	6.5 (55.6%)
172	KUCHMECKI Maciej	376		M40	47	00:46:05	01:46:08	03:15:53.70	03:16:17.85	+01:28:42 (45.2%)	9:19	6.4 (54.7%)
173	PLIS Jordan	514		M30	63	00:44:14	01:44:47	03:16:26.75	03:16:30.25	+01:28:55 (45.3%)	9:21	6.4 (54.7%)
174	SYNOWIEC-JUDA Agata	590		K40	14	00:46:58	01:48:37	03:16:30.70	03:16:38.95	+01:29:03 (45.3%)	9:21	6.4 (54.7%)
175	SIEMBIDA Witek	378		M30	64	00:43:04	01:44:26	03:18:00.10	03:18:22.60	+01:30:47 (45.8%)	9:25	6.4 (54.7%)
176	FURGAŁ Dawid	483		M30	65	00:44:21	01:45:13	03:18:37.55	03:18:54.20	+01:31:19 (45.9%)	9:27	6.3 (53.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Nad		Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
						Szwajcarka 4.5km	Mniszkowem 11.5km					
177	WOLIŃSKI Błażej	549	TATEL TEAM	M30	66	00:44:23	01:45:12	03:18:43.75	03:18:59.75	+01:31:24 (45.9%)	9:27	6.3 (53.8%)
178	GUZERA Magdalena	429	ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO	K40	15	00:44:05	01:43:50	03:20:24.65	03:20:39.65	+01:33:04 (46.4%)	9:32	6.3 (53.8%)
179	GÓRNA Amelia	569	KLUB BIEGACZA BOLESŁAWIEC	K50	2	00:46:44	01:49:28	03:22:48.10	03:23:01.40	+01:35:26 (47.0%)	9:39	6.2 (53.0%)
180	GOSTYŃSKA Beata	355	BIEGAJĄCE KREJZOLE	K40	16	00:46:51	01:51:10	03:23:01.20	03:23:10.65	+01:35:35 (47.0%)	9:40	6.2 (53.0%)
181	MROTEK Jolanta	470		K30	18	00:47:32	01:55:28	03:23:11.45	03:23:20.30	+01:35:45 (47.1%)	9:40	6.2 (53.0%)
182	PRZYSTUPA Michał	411	BROWAR GWAREK	M30	67	00:48:56	01:49:15	03:23:56.90	03:24:21.80	+01:36:46 (47.4%)	9:42	6.2 (53.0%)
183	KÓZKA Przemó	539	MJP TEAM	M50	19	00:44:15	01:46:46	03:24:18.65	03:24:28.80	+01:36:53 (47.4%)	9:43	6.2 (53.0%)
184	BONIARCZYK Łukasz	442		M30	68	00:47:13	01:50:12	03:25:10.20	03:25:16.50	+01:37:41 (47.6%)	9:46	6.1 (52.1%)
185	MISIAK Paulina	430	NETBOX BIEGA	K30	19	00:48:35	01:48:50	03:25:02.25	03:25:18.60	+01:37:43 (47.6%)	9:45	6.1 (52.1%)
186	PTAK Ewa	465		K40	17	00:46:49	01:49:28	03:25:40.85	03:26:04.15	+01:38:29 (47.8%)	9:47	6.1 (52.1%)
187	ZAPIÓR Marek	556	ZET RUNNERS	M60	2	00:48:37	01:53:21	03:26:19.05	03:26:35.40	+01:39:00 (47.9%)	9:49	6.1 (52.1%)
188	SZUKAŁA Izabela	341		K30	20	00:49:46	01:50:11	03:27:41.95	03:28:15.90	+01:40:40 (48.3%)	9:53	6.1 (52.1%)
189	POTERSKI Jakub	543	MJPDruk.PL / #BEZSENSU	M40	48	00:45:31	01:47:01	03:28:10.75	03:28:20.55	+01:40:45 (48.4%)	9:54	6.1 (52.1%)
190	GRZESIAK Maciej	505		M50	20	00:46:58	01:50:32	03:28:30.85	03:28:39.15	+01:41:04 (48.4%)	9:55	6 (51.3%)
191	KUBICKA Martyna	463		K30	21	00:51:11	01:53:21	03:28:33.15	03:29:01.45	+01:41:26 (48.5%)	9:55	6 (51.3%)
192	STACHOWIAK Marek	535	ROKIETNICA BIEGA/OWOCBIEGA TEAM	M40	49	00:49:01	01:52:04	03:29:44.05	03:30:02.15	+01:42:27 (48.8%)	9:59	6 (51.3%)
193	STACHOWIAK Danuta	536	ROKIETNICA BIEGA/OWOCBIEGA TEAM	K50	3	00:48:58	01:52:03	03:29:42.70	03:30:02.30	+01:42:27 (48.8%)	9:59	6 (51.3%)
194	TWAROGOWSKI Marcin	481		M40	50	00:47:25	01:50:16	03:29:37.00	03:30:03.90	+01:42:28 (48.8%)	9:58	6 (51.3%)
195	KOPER Sebastian	565	CARREFOUR RUNNING TEAM	M40	51	00:45:52	01:46:14	03:30:29.15	03:30:46.60	+01:43:11 (49.0%)	10:01	6 (51.3%)
196	ŻMIDZIŃSKA Anna	555	RATEL TEAM	K40	18	00:52:51	01:56:01	03:31:30.35	03:31:54.25	+01:44:19 (49.2%)	10:04	6 (51.3%)
197	TOBOR Michał	350		M40	52	00:46:16	01:54:35	03:32:24.45	03:32:32.45	+01:44:57 (49.4%)	10:06	5.9 (50.4%)
198	NATKANIEC Grazyna	365		K50	4	00:47:58	01:54:53	03:33:02.80	03:33:26.65	+01:45:51 (49.6%)	10:08	5.9 (50.4%)
199	KOWALCZYK Paulina	377	ZMĘCZENI NA STARCI DOBIEGNIĘW	K40	19	00:50:16	01:49:14	03:33:58.80	03:34:05.50	+01:46:30 (49.7%)	10:11	5.9 (50.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Nad		Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
						Szwajcarka 4.5km	Mniskowem 11.5km					
200	KRÚPA Grzegorz	571	KB SOBÓTKA	M50	21	00:44:59	01:51:00	03:33:43.90	03:34:08.35	+01:46:33 (49.8%)	10:10	5.9 (50.4%)
201	GOŁUCH Arkadiusz	398	WYBIEGANI ŁAGIEWNIKI	M50	22	00:45:09	01:51:01	03:33:44.80	03:34:08.65	+01:46:33 (49.8%)	10:10	5.9 (50.4%)
202	SZAL Małgorzata	506	TENIS CENTRUM AS	K30	22	00:49:45	01:56:51	03:34:10.80	03:34:23.35	+01:46:48 (49.8%)	10:11	5.9 (50.4%)
203	MAJDYŚ Wojciech	475		M50	23	00:49:14	01:56:13	03:35:16.95	03:35:30.15	+01:47:55 (50.1%)	10:15	5.9 (50.4%)
204	KWIASOWSKA Martyna	468		K30	23	00:48:27	01:53:17	03:35:48.00	03:36:10.00	+01:48:34 (50.2%)	10:16	5.8 (49.6%)
205	KOŃ Aleksandra	364		K40	20	00:48:39	01:54:54	03:37:14.20	03:37:37.45	+01:50:02 (50.6%)	10:20	5.8 (49.6%)
206	KORMAN Mariola	422		K40	21	00:53:53	02:00:07	03:39:37.65	03:39:55.40	+01:52:20 (51.1%)	10:27	5.7 (48.7%)
207	NIEWIADOMSKI Marek	532	SOBASTEAM	M40	53	00:53:52	02:01:19	03:39:37.30	03:39:55.45	+01:52:20 (51.1%)	10:27	5.7 (48.7%)
208	BARTECKI Tomasz	541		M40	54	00:53:53	02:00:45	03:39:38.15	03:39:55.60	+01:52:20 (51.1%)	10:27	5.7 (48.7%)
209	LIBEREK Renata	356		K50	5	00:45:50	01:52:16	03:39:55.90	03:40:08.75	+01:52:33 (51.1%)	10:28	5.7 (48.7%)
210	STRUGAŁA Krzysztof Struś	526	BIEGAM WOLNO, ALE DOKŁADNIE / VR	M50	24	00:53:58	02:00:01	03:39:42.25	03:40:10.80	+01:52:35 (51.1%)	10:27	5.7 (48.7%)
211	OKONIEWSKA Agnieszka	537		K40	22	00:50:30	01:58:20	03:40:19.05	03:40:35.85	+01:53:00 (51.2%)	10:29	5.7 (48.7%)
212	HNATYSZAK Piotr	438	KUCE	M30	69	00:49:42	01:51:42	03:40:28.35	03:40:40.35	+01:53:05 (51.2%)	10:29	5.7 (48.7%)
213	PANKOWIAK Sergiusz	486		M30	70	00:48:14	01:52:09	03:41:14.10	03:41:33.50	+01:53:58 (51.4%)	10:32	5.7 (48.7%)
214	FIERKOWICZ Teresa	392	ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO	K60	1	00:53:23	02:00:14	03:42:38.70	03:43:14.00	+01:55:38 (51.8%)	10:36	5.7 (48.7%)
215	PIETRZAK Agnieszka	522	BANICI ULTRA	K50	6	00:52:08	02:02:02	03:43:28.55	03:43:46.40	+01:56:11 (51.9%)	10:38	5.6 (47.9%)
216	WOJCIEROWSKA Weronika	447		K40	23	00:53:11	02:02:52	03:43:45.90	03:44:00.55	+01:56:25 (52.0%)	10:39	5.6 (47.9%)
217	HETMAŃCZYK Katarzyna	375		K40	24	00:55:21	02:03:35	03:43:48.55	03:44:00.90	+01:56:25 (52.0%)	10:39	5.6 (47.9%)
218	KAŻMIERCZAK-MOLIK Anna	520		K30	24	00:49:24	01:57:35	03:44:16.65	03:44:37.80	+01:57:02 (52.1%)	10:40	5.6 (47.9%)
219	MAZIJ Aleksander	453	SPARTA ŚWIDNICA	M40	55	00:50:56	02:00:40	03:45:36.45	03:45:56.50	+01:58:21 (52.4%)	10:44	5.6 (47.9%)
220	BEDNARZ Piotr	311		M30	71	00:54:29	02:03:39	03:45:55.30	03:46:17.60	+01:58:42 (52.5%)	10:45	5.6 (47.9%)
221	POZNIAK Robert	421	O JEZIORA DO JEZIORA	M50	25	00:46:45	01:56:10	03:46:52.20	03:47:18.30	+01:59:43 (52.7%)	10:48	5.6 (47.9%)
222	WALIGÓRA-MILEWICZ Aneta	310		K30	25	00:57:06	02:04:54	03:47:28.65	03:47:45.15	+02:00:10 (52.8%)	10:49	5.5 (47.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Nad		Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
						Szwajcarka 4.5km	Mniszkowem 11.5km					
223	KOWACZ Agata	551	SPEEDBAR	K40	25	00:49:20	02:03:34	03:50:13.30	03:50:27.45	+02:02:52 (53.3%)	10:57	5.5 (47.0%)
224	FRYSIAK Agata	349		K30	26	00:53:33	02:03:37	03:52:01.05	03:52:16.70	+02:04:41 (53.7%)	11:02	5.4 (46.2%)
225	MURAWSKA Joanna	313	ZGZB	K30	27	00:55:09	02:05:22	03:52:59.00	03:53:16.10	+02:05:41 (53.9%)	11:05	5.4 (46.2%)
226	GORGON Agata	320	POBIEDZISKA RUNNING TEAM	K40	26	00:52:13	02:05:23	03:54:05.20	03:54:16.90	+02:06:41 (54.1%)	11:08	5.4 (46.2%)
227	ADAMCEWICZ Dawid	466		M40	56	00:48:30	01:56:01	03:56:27.85	03:56:50.85	+02:09:15 (54.6%)	11:15	5.3 (45.3%)
228	GORZAN Mikołaj	434		M40	57	00:48:28	01:56:01	03:56:28.70	03:56:51.15	+02:09:16 (54.6%)	11:15	5.3 (45.3%)
229	FALEŃSKI Przemysław	435		M50	26	00:48:30	01:56:02	03:56:47.20	03:57:08.35	+02:09:33 (54.6%)	11:16	5.3 (45.3%)
230	BIRECKA Kamilla	331	ŻÓŁTA STRZAŁA	K50	7	00:57:22	02:11:52	03:57:27.60	03:57:55.45	+02:10:20 (54.8%)	11:18	5.3 (45.3%)
231	KOZANECKI Adam	330	OSZOŁOMTEAM	M50	27	00:55:46	02:11:07	03:59:31.30	03:59:59.45	+02:12:24 (55.2%)	11:24	5.3 (45.3%)
232	KOZŁOWSKA Magdalena	394	RUNNERS KONIN	K40	27	00:56:22	02:10:47	04:02:01.25	04:02:31.60	+02:14:56 (55.6%)	11:31	5.2 (44.4%)
233	KUBAJEWSKA Emilia	342		K30	28	00:58:32	02:16:27	04:02:17.05	04:02:32.35	+02:14:57 (55.6%)	11:32	5.2 (44.4%)
234	GRONOWSKA-KAROLCZAK Agnieszka	360	MARATOŃCZYK POZNAŃ/ BIEGAJĄCE KREJZOLE	K30	29	00:53:43	02:09:47	04:02:22.05	04:02:36.00	+02:15:00 (55.7%)	11:32	5.2 (44.4%)
235	LIS Anna	339	BBL LASY BOGDANIEC	K40	28	00:55:28	02:05:39	04:02:21.65	04:02:36.95	+02:15:01 (55.7%)	11:32	5.2 (44.4%)
236	PAKIET Waldemar	404	ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO	M60	3	00:51:52	02:01:57	04:05:46.75	04:06:07.05	+02:18:31 (56.3%)	11:42	5.1 (43.6%)
237	HIBNER Waldemar	480		M40	58	00:56:07	02:12:14	04:11:59.40	04:12:31.40	+02:24:56 (57.4%)	11:59	5 (42.7%)
238	HIBNER Zbigniew	479		M50	28	00:55:58	02:12:12	04:11:58.60	04:12:31.60	+02:24:56 (57.4%)	11:59	5 (42.7%)
239	SREBRO Kacper	386	DZIKI Z CYTADELI	M20	7	00:56:20	02:11:45	04:12:43.70	04:12:53.90	+02:25:18 (57.5%)	12:02	5 (42.7%)
240	BIGORA Piotr	326	ZWARIOWANY WARIAT	M50	29	00:57:02	02:16:12	04:13:19.70	04:13:38.55	+02:26:03 (57.6%)	12:03	5 (42.7%)
241	STĘPIEŃ Maria	307	OPALENICKI KLUB BIEGACZA	K60	2	00:58:17	02:15:36	04:15:32.65	04:15:54.45	+02:28:19 (58.0%)	12:10	4.9 (41.9%)
242	CHĘĆ Michalina	550	RATEL TEAM	K30	30	00:59:50	02:15:35	04:15:31.45	04:15:56.20	+02:28:21 (58.0%)	12:10	4.9 (41.9%)
243	ROSIŃSKA Agnieszka	337	ŚWIERCZEWO RUN	K40	29	00:56:09	02:13:04	04:18:05.20	04:18:20.70	+02:30:45 (58.4%)	12:17	4.9 (41.9%)
244	ROKITA-MATYKA Martyna	460		K30	31	00:53:05	02:04:24	04:20:06.45	04:20:25.55	+02:32:50 (58.7%)	12:23	4.8 (41.0%)
245	RADECKI Wojciech	321	DZIKI Z CYTADELI	M40	59	01:01:08	02:24:51	04:27:02.35	04:27:23.65	+02:39:48 (59.8%)	12:42	4.7 (40.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Nad		Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
						Szwajcarka 4.5km	Mniskowem 11.5km					
246	PAWŁOWSKA Kinga	389	IZABELIN NA START	K50	8	00:59:58	02:16:42	04:28:20.70	04:28:41.70	+02:41:06 (60.0%)	12:46	4.7 (40.2%)
247	OBRYCKA Agnieszka	382		K40	30	00:59:32	02:23:36	04:31:22.65	04:31:38.30	+02:44:03 (60.4%)	12:55	4.6 (39.3%)
248	MORAŃSKA Małgorzata	374		K30	32	00:59:33	02:23:38	04:31:23.35	04:31:39.00	+02:44:03 (60.4%)	12:55	4.6 (39.3%)
249	MILLER Paweł	308	BBL LASY BOGDANIEC	M30	72	01:00:41	02:25:02	04:31:38.05	04:31:54.75	+02:44:19 (60.4%)	12:56	4.6 (39.3%)
250	CHAJEC Patrycja	517	DIRTY SPARROWS	K40	31	01:02:13	02:25:15	04:32:18.10	04:32:25.80	+02:44:50 (60.5%)	12:58	4.6 (39.3%)
	CZECH Dorota	458	ASICS FRONTRUNNER POLAND	K40		00:53:17 DNF	02:04:36 DNF	DNF	DNF		-	- (0.0%)
	KOBYŁKA Małgorzata	366	SUPERMARATON KALISZ	K50		01:09:09 DNF	DNF	DNF	DNF		-	- (0.0%)
	UMIASTOWSKI Mateusz	471		M30		DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 253 wynik(ów)