



**Wydarzenie:** RUDAWY ZIMOWY FESTIWAL BIEGOWY  
**Organizator:** Fundacja Szczyt za Szczytem  
**Data:** 2024-02-10  
**Miejsce:** Karpniki  
**Dystans:** 10.5 km

## DZIESIĄTKA

B4SPORT

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szwajcarka 4.5km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
1	KACZOR Jan	1061	SALOMON TEAM	M20	1	00:24:51	00:50:55.70	00:50:58.65		4:50	12.4 (100%)
2	DZIOBA Mateusz	994	10 BKPANC ŚWIĘTOSZÓW	M20	2	00:25:15	00:52:15.55	00:52:18.90	+00:01:20 (2.6%)	4:58	12.1 (97.6%)
3	MIŚ Zbigniew	1075		M30	1	00:25:11	00:54:06.45	00:54:11.25	+00:03:12 (5.9%)	5:09	11.6 (93.5%)
4	LULIS Dawid	1056	SOBOTA TO SOBOTA	M30	2	00:27:08	00:56:20.20	00:56:24.65	+00:05:26 (9.6%)	5:21	11.2 (90.3%)
5	MIROSZKA Krzysztof	1046		M20	3	00:25:51	00:56:51.20	00:56:56.35	+00:05:57 (10.5%)	5:24	11.1 (89.5%)
6	FIRLET Daniel	1071	IZERY BOGATYNIA	M40	1	00:28:36	00:58:53.05	00:58:57.40	+00:07:58 (13.5%)	5:36	10.7 (86.3%)
7	PAWLIK Filip	1012	TURBOCOLA	M30	3	00:28:38	00:58:59.10	00:59:03.50	+00:08:04 (13.7%)	5:37	10.7 (86.3%)
8	PISAREK Maciej	1057		M40	2	00:28:42	00:59:14.05	00:59:20.00	+00:08:21 (14.1%)	5:38	10.6 (85.5%)
9	WALKOSZ Mateusz	1050	#SOBASTEAM	M30	4	00:28:57	00:59:29.40	00:59:33.90	+00:08:35 (14.4%)	5:39	10.6 (85.5%)
10	FICNER Anna	1064		K30	1	00:29:19	00:59:40.80	00:59:46.90	+00:08:48 (14.7%)	5:40	10.6 (85.5%)
11	WIŚNIEWSKI Paweł	1042	ULTRAKOTLINA	M40	3	00:29:42	01:01:12.00	01:01:17.45	+00:10:18 (16.8%)	5:49	10.3 (83.1%)
12	CHOJNOWSKI Marcin	1052	GOPR KARKONOSZE	M30	5	00:29:20	01:01:27.55	01:01:33.65	+00:10:35 (17.2%)	5:51	10.3 (83.1%)
13	NOWAKOWSKA Anna	1051	ZAWISZA BYDGOSZCZ	K30	2	00:29:53	01:01:52.80	01:01:57.80	+00:10:59 (17.7%)	5:53	10.2 (82.3%)
14	ZIENTARA Krzysztof	1045		M30	6	00:29:54	01:03:02.70	01:03:07.75	+00:12:09 (19.2%)	6:00	10 (80.6%)
15	KUCHARSKI Robert	989	BIEGAM NA STABŁOWICACH	M40	4	00:31:21	01:03:43.15	01:03:48.75	+00:12:50 (20.1%)	6:04	9.9 (79.8%)
16	MARSZAŁEK Kazimierz	1007	ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO	M50	1	00:31:06	01:03:54.45	01:04:00.70	+00:13:02 (20.4%)	6:05	9.9 (79.8%)
17	RYSZAWY Mikołaj	959	AW - SZYBCIEJ - TEAM	M20	4	00:30:18	01:04:09.90	01:04:14.70	+00:13:16 (20.7%)	6:06	9.8 (79.0%)
18	RINK Jan	1009		M40	5	00:31:07	01:04:50.15	01:04:55.65	+00:13:57 (21.5%)	6:10	9.7 (78.2%)
19	CIEMIEGA Roman	1019	KOWARY BIEGAJĄ	M40	6	00:30:27	01:05:41.85	01:05:45.60	+00:14:46 (22.5%)	6:15	9.6 (77.4%)
20	FLOREK Katarzyna	1011	AW-SZYBCIEJ-TEAM	K30	3	00:32:54	01:07:02.85	01:07:08.15	+00:16:09 (24.1%)	6:23	9.4 (75.8%)
21	KRAKOWIAK Mikołaj	1059	KRAKOWIAK ULTRA TEAM	M30	7	00:32:40	01:09:48.95	01:09:55.85	+00:18:57 (27.1%)	6:38	9 (72.6%)
22	ZIĘTEK Krzysztof	962	NATURAL EPO SZKLARSKA PORĘBA	M40	7	00:34:31	01:09:46.50	01:09:58.35	+00:18:59 (27.1%)	6:38	9 (72.6%)
23	IWANOWSKI Przemysław	969	HANNA TEAM	M40	8	00:33:30	01:11:42.10	01:11:47.90	+00:20:49 (29.0%)	6:49	8.8 (71.0%)
24	KOSIDŁO Bartosz	1003	KOSA	M40	9	00:35:04	01:11:56.25	01:12:03.50	+00:21:04 (29.3%)	6:51	8.8 (71.0%)
25	DUBOWIECKI Witek	1040	CHATA BIEGACZA K34	M50	2	00:35:06	01:12:09.65	01:12:17.20	+00:21:18 (29.5%)	6:52	8.7 (70.2%)
26	LULIS Anna	1058	#SOBASTEAM	K40	1	00:35:13	01:12:28.45	01:12:33.45	+00:21:34 (29.7%)	6:54	8.7 (70.2%)
27	ZUGAJ Dawid	1032		M30	8	00:34:27	01:12:38.35	01:12:49.95	+00:21:51 (30.0%)	6:55	8.7 (70.2%)
28	SZUMIŃSKI Artur	1069		M50	3	00:34:37	01:13:03.50	01:13:11.25	+00:22:12 (30.3%)	6:57	8.6 (69.4%)
29	DEM CZUK Marek	1037		M40	10	00:36:10	01:14:20.25	01:14:20.25	+00:23:21 (31.4%)	7:04	8.5 (68.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szwajcarka 4.5km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 10.5km	brutto 10.5km			
30	<b>ZALEWSKI Radosław</b>	<b>955</b>	AW SZYBCIEJ TEAM	M30	9	00:36:10	<b>01:14:55.85</b>	<b>01:15:01.95</b>	+00:24:03 (32.1%)	7:08	8.4 (67.7%)
31	<b>PIOTRÓW Łukasz</b>	<b>1074</b>	BEZ SENSI	M30	10	00:35:38	<b>01:16:02.15</b>	<b>01:16:14.60</b>	+00:25:15 (33.1%)	7:14	8.3 (66.9%)
32	<b>GRZĄBA Szymon</b>	<b>988</b>		M50	4	00:36:45	<b>01:16:25.55</b>	<b>01:16:31.00</b>	+00:25:32 (33.4%)	7:16	8.2 (66.1%)
33	<b>JANAS Michał</b>	<b>1005</b>		M30	11	00:35:46	<b>01:16:32.25</b>	<b>01:16:45.15</b>	+00:25:46 (33.6%)	7:17	8.2 (66.1%)
34	<b>KLIMEK Wojciech</b>	<b>976</b>	ORTHOS TEAM/ PRZEDWOJEWSKI TEAM	M30	12	00:37:58	<b>01:17:46.65</b>	<b>01:17:54.05</b>	+00:26:55 (34.6%)	7:24	8.1 (65.3%)
35	<b>HELMAN Dawid</b>	<b>1035</b>		M30	13	00:37:07	<b>01:18:04.05</b>	<b>01:18:16.15</b>	+00:27:17 (34.9%)	7:26	8.1 (65.3%)
36	<b>RABIEJ-OLSZEWSKA Hanna</b>	<b>1036</b>	SOBASTEAM	K30	4	00:37:56	<b>01:18:41.75</b>	<b>01:18:47.25</b>	+00:27:48 (35.3%)	7:29	8 (64.5%)
37	<b>FOGIEL-PAWŁOWSKA Agnieszka</b>	<b>974</b>	PĘDZĄCY W MIEJSCU	K40	2	00:37:59	<b>01:19:07.30</b>	<b>01:19:14.20</b>	+00:28:15 (35.7%)	7:32	8 (64.5%)
38	<b>HULALKA Anna</b>	<b>1013</b>		K20	1	00:38:40	<b>01:19:42.05</b>	<b>01:19:51.10</b>	+00:28:52 (36.2%)	7:35	7.9 (63.7%)
39	<b>FRIEDRICH Radosław</b>	<b>991</b>		M30	14	00:36:16	<b>01:21:54.60</b>	<b>01:22:01.85</b>	+00:31:03 (37.9%)	7:48	7.7 (62.1%)
40	<b>ERBEL Paulina</b>	<b>979</b>		K30	5	00:40:19	<b>01:22:05.85</b>	<b>01:22:24.15</b>	+00:31:25 (38.1%)	7:49	7.7 (62.1%)
41	<b>WYTYKOWSKA Joanna</b>	<b>1021</b>	ŁKW	K40	3	00:39:30	<b>01:22:22.05</b>	<b>01:22:34.55</b>	+00:31:35 (38.3%)	7:50	7.6 (61.3%)
42	<b>ZAGROBELNY Radosław</b>	<b>1076</b>	MONKO CAFFEE	M60	1	00:39:03	<b>01:22:37.95</b>	<b>01:22:46.05</b>	+00:31:47 (38.4%)	7:52	7.6 (61.3%)
43	<b>GRYS Marek</b>	<b>1070</b>	GST TEAM & SCORPION	M40	11	00:38:56	<b>01:23:18.60</b>	<b>01:23:27.25</b>	+00:32:28 (38.9%)	7:56	7.6 (61.3%)
44	<b>JANIAK Magdalena</b>	<b>1000</b>		K20	2	00:38:57	<b>01:23:29.65</b>	<b>01:23:36.45</b>	+00:32:37 (39.0%)	7:57	7.5 (60.5%)
45	<b>TOMASIK Andrzej</b>	<b>965</b>		M50	5	00:41:28	<b>01:25:31.35</b>	<b>01:25:37.25</b>	+00:34:38 (40.5%)	8:08	7.4 (59.7%)
46	<b>KOELNER Rafal</b>	<b>985</b>		M40	12	00:42:52	<b>01:26:18.60</b>	<b>01:26:33.75</b>	+00:35:35 (41.1%)	8:13	7.3 (58.9%)
47	<b>POSPIESZNY Robert</b>	<b>953</b>		M40	13	00:40:25	<b>01:27:25.15</b>	<b>01:27:32.95</b>	+00:36:34 (41.8%)	8:19	7.2 (58.1%)
48	<b>RAKIEJ Magdalena</b>	<b>1034</b>	ALOHA TEAM	K30	6	00:41:41	<b>01:28:21.75</b>	<b>01:28:28.35</b>	+00:37:29 (42.4%)	8:24	7.1 (57.3%)
49	<b>PETER Andrzej</b>	<b>1020</b>		M50	6	00:44:31	<b>01:28:34.90</b>	<b>01:28:56.70</b>	+00:37:58 (42.7%)	8:26	7.1 (57.3%)
50	<b>SZAL Małgorzata</b>	<b>956</b>	TENIS CENTRUM AS	K30	7	00:42:09	<b>01:28:46.60</b>	<b>01:29:03.40</b>	+00:38:04 (42.8%)	8:27	7.1 (57.3%)
51	<b>SZAMRALUK Roman</b>	<b>977</b>	ORTHOS TEAM	M30	15	00:43:57	<b>01:29:04.40</b>	<b>01:29:12.45</b>	+00:38:13 (42.9%)	8:28	7.1 (57.3%)
52	<b>PAWLIKOWSKA Anna</b>	<b>1031</b>		K50	1	00:44:11	<b>01:29:18.20</b>	<b>01:29:27.05</b>	+00:38:28 (43.0%)	8:30	7.1 (57.3%)
53	<b>STARCZEWSKA Izabela</b>	<b>968</b>	ULTRA DIABŁY TEAM LUBRZA	K50	2	00:43:44	<b>01:29:26.55</b>	<b>01:29:43.15</b>	+00:38:44 (43.2%)	8:31	7 (56.5%)
54	<b>PĘKAŁA Dawid</b>	<b>1015</b>	DZIKI Z AFRYKI	M40	14	00:43:41	<b>01:29:40.70</b>	<b>01:30:04.15</b>	+00:39:05 (43.4%)	8:32	7 (56.5%)
55	<b>ZAPART-CZASŁAWSKA Ewa</b>	<b>1004</b>	AGAT ZŁOTORYJA	K40	4	00:44:31	<b>01:29:45.15</b>	<b>01:30:05.85</b>	+00:39:07 (43.4%)	8:32	7 (56.5%)
56	<b>PETER Szymon</b>	<b>1027</b>		M20	5	00:44:01	<b>01:29:51.05</b>	<b>01:30:12.55</b>	+00:39:13 (43.5%)	8:33	7 (56.5%)
57	<b>GRABARA Dorota</b>	<b>1002</b>	ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO	K30	8	00:44:35	<b>01:31:49.95</b>	<b>01:32:04.55</b>	+00:41:05 (44.6%)	8:44	6.9 (55.6%)
58	<b>JURKOWLANIEC Rafał</b>	<b>1055</b>		M50	7	00:46:55	<b>01:33:40.25</b>	<b>01:34:03.00</b>	+00:43:04 (45.8%)	8:55	6.7 (54.0%)
59	<b>STARCZEWSKI Krzysztof</b>	<b>967</b>	ULTRA DIABŁY TEAM LUBRZA	M50	8	00:46:28	<b>01:35:06.40</b>	<b>01:35:24.60</b>	+00:44:25 (46.6%)	9:03	6.6 (53.2%)
60	<b>BANACH Olga</b>	<b>1010</b>		K20	3	00:48:10	<b>01:35:28.40</b>	<b>01:35:40.70</b>	+00:44:42 (46.7%)	9:05	6.6 (53.2%)
61	<b>DACZKOWSKA Agata</b>	<b>1053</b>		K30	9	00:46:06	<b>01:35:47.65</b>	<b>01:35:54.30</b>	+00:44:55 (46.8%)	9:07	6.6 (53.2%)
62	<b>WOJCIECHOWSKI Leszek</b>	<b>1068</b>		M40	15	00:43:22	<b>01:35:40.15</b>	<b>01:36:03.00</b>	+00:45:04 (46.9%)	9:06	6.6 (53.2%)
63	<b>DANAJ Paulina</b>	<b>1054</b>		K30	10	00:46:02	<b>01:36:20.00</b>	<b>01:36:26.40</b>	+00:45:27 (47.1%)	9:10	6.5 (52.4%)
64	<b>WOJCIEROWSKA Weronika</b>	<b>995</b>	RYSIE	K40	5	00:47:28	<b>01:36:40.30</b>	<b>01:36:54.15</b>	+00:45:55 (47.4%)	9:12	6.5 (52.4%)
65	<b>MAZIARZ Jowita</b>	<b>998</b>		K40	6	00:48:08	<b>01:36:52.95</b>	<b>01:37:11.60</b>	+00:46:12 (47.6%)	9:13	6.5 (52.4%)
66	<b>BORSKI Daniel</b>	<b>987</b>		M50	9	00:46:58	<b>01:39:25.30</b>	<b>01:39:32.20</b>	+00:48:33 (48.8%)	9:28	6.3 (50.8%)
67	<b>FIERKOWICZ Teresa</b>	<b>1008</b>	ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO	K50	3	00:49:25	<b>01:40:33.10</b>	<b>01:40:48.90</b>	+00:49:50 (49.4%)	9:34	6.3 (50.8%)
68	<b>ORŁOWSKA Justyna</b>	<b>1033</b>		K40	7	00:48:17	<b>01:41:33.40</b>	<b>01:41:41.80</b>	+00:50:43 (49.9%)	9:40	6.2 (50.0%)
69	<b>MARCZAK Ola</b>	<b>1014</b>	KB HARCOWNIK JELCZ-LASKOWICE	K30	11	00:50:40	<b>01:43:06.65</b>	<b>01:43:17.25</b>	+00:52:18 (50.6%)	9:49	6.1 (49.2%)
70	<b>DREWNIAK Karolina</b>	<b>1067</b>		K40	8	00:49:21	<b>01:43:28.25</b>	<b>01:43:49.95</b>	+00:52:51 (50.9%)	9:51	6.1 (49.2%)
71	<b>GAJ Agnieszka</b>	<b>1030</b>		K30	12	00:51:23	<b>01:45:30.75</b>	<b>01:45:38.50</b>	+00:54:39 (51.7%)	10:02	6 (48.4%)
72	<b>PILARSKI Ryszard</b>	<b>1060</b>	IZERY BOGATYNIA	M60	2	00:50:42	<b>01:46:09.45</b>	<b>01:46:20.75</b>	+00:55:22 (52.1%)	10:06	5.9 (47.6%)
73	<b>KOŃ Aleksandra</b>	<b>996</b>		K40	9	00:51:47	<b>01:46:25.55</b>	<b>01:46:47.80</b>	+00:55:49 (52.3%)	10:08	5.9 (47.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szwajcarka		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						4.5km	10.5km	10.5km				
74	<b>MURAWSKA Joanna</b>	<b>952</b>		K30	13	00:55:25	<b>01:47:06.95</b>	<b>01:47:26.30</b>	+00:56:27 (52.6%)	10:12	5.9 (47.6%)	
75	<b>BONIEC Aleksander</b>	<b>1049</b>	NADLEŚNICTWO LIPINKI	M60	3	00:51:03	<b>01:47:16.90</b>	<b>01:47:28.45</b>	+00:56:29 (52.6%)	10:12	5.9 (47.6%)	
76	<b>ŚLIWKA Anna</b>	<b>958</b>		K30	14	00:53:27	<b>01:47:28.70</b>	<b>01:47:42.85</b>	+00:56:44 (52.7%)	10:14	5.9 (47.6%)	
77	<b>BERNACKA Kinga</b>	<b>973</b>		K30	15	00:51:07	<b>01:48:30.70</b>	<b>01:48:39.75</b>	+00:57:41 (53.1%)	10:20	5.8 (46.8%)	
78	<b>OGONOWSKI Michał</b>	<b>975</b>	AKADEMIA SPORTU MEDYK	M40	16	00:55:38	<b>01:50:07.15</b>	<b>01:50:22.90</b>	+00:59:24 (53.8%)	10:29	5.7 (46.0%)	
79	<b>GRZĄBA Magdalena</b>	<b>966</b>		K20	4	00:56:30	<b>01:50:39.15</b>	<b>01:50:48.85</b>	+00:59:50 (54.0%)	10:32	5.7 (46.0%)	
80	<b>RÓŻYCKA Joanna</b>	<b>999</b>		K40	10	00:55:58	<b>01:51:29.40</b>	<b>01:51:48.95</b>	+01:00:50 (54.4%)	10:37	5.7 (46.0%)	
81	<b>GRZEGORSKA Karolina</b>	<b>1039</b>		K30	16	00:55:30	<b>01:51:43.30</b>	<b>01:51:56.55</b>	+01:00:57 (54.5%)	10:38	5.6 (45.2%)	
82	<b>KUPKA Martyna</b>	<b>1073</b>		K30	17	00:55:32	<b>01:53:20.40</b>	<b>01:53:34.25</b>	+01:02:35 (55.1%)	10:47	5.6 (45.2%)	
83	<b>OLEJNIK Anna</b>	<b>1072</b>		K30	18	00:55:32	<b>01:53:21.85</b>	<b>01:53:34.85</b>	+01:02:36 (55.1%)	10:47	5.6 (45.2%)	
84	<b>ORLIK Małgorzata</b>	<b>997</b>		K40	11	00:56:00	<b>01:53:59.75</b>	<b>01:54:18.90</b>	+01:03:20 (55.4%)	10:51	5.5 (44.4%)	
85	<b>GRZĄBA Joanna</b>	<b>970</b>		K50	4	00:56:52	<b>01:56:52.00</b>	<b>01:57:02.60</b>	+01:06:03 (56.4%)	11:07	5.4 (43.5%)	
86	<b>SZOTT Magdalena</b>	<b>1029</b>	ORTHOS TEAM	K30	19	00:59:14	<b>01:58:11.00</b>	<b>01:58:35.00</b>	+01:07:36 (57.0%)	11:15	5.3 (42.7%)	
87	<b>SZELAĞIEWICZ Małgorzata</b>	<b>1026</b>	CI OD RUDEGO KOTA	K40	12	00:59:24	<b>01:58:40.65</b>	<b>01:58:52.05</b>	+01:07:53 (57.1%)	11:18	5.3 (42.7%)	
88	<b>KOTAS Roman</b>	<b>1023</b>	KOTASTROFA	M40	17	00:59:00	<b>02:01:22.30</b>	<b>02:01:45.95</b>	+01:10:47 (58.1%)	11:33	5.2 (41.9%)	
89	<b>BRELA Ewa</b>	<b>983</b>		K30	20	01:02:03	<b>02:04:59.45</b>	<b>02:05:09.35</b>	+01:14:10 (59.3%)	11:54	5 (40.3%)	
90	<b>BIAŁAS Elwira</b>	<b>954</b>		K40	13	01:02:50	<b>02:04:56.50</b>	<b>02:05:17.15</b>	+01:14:18 (59.3%)	11:53	5 (40.3%)	
91	<b>OBRYCKA Agnieszka</b>	<b>1063</b>		K40	14	01:03:55	<b>02:05:22.45</b>	<b>02:05:32.10</b>	+01:14:33 (59.4%)	11:56	5 (40.3%)	
92	<b>MATUSIAK Adriana</b>	<b>1017</b>		K50	5	01:01:57	<b>02:05:42.45</b>	<b>02:06:01.55</b>	+01:15:02 (59.5%)	11:58	5 (40.3%)	
93	<b>MATUSIAK Mariusz</b>	<b>1018</b>		M50	10	01:01:57	<b>02:05:42.25</b>	<b>02:06:02.10</b>	+01:15:03 (59.6%)	11:58	5 (40.3%)	
94	<b>LUKASIK Katarzyna</b>	<b>971</b>	KZS	K40	15	01:01:03	<b>02:06:21.95</b>	<b>02:06:39.75</b>	+01:15:41 (59.8%)	12:02	5 (40.3%)	
95	<b>GAWEŁCZYK Kacper</b>	<b>990</b>		M30	16	01:02:26	<b>02:06:24.65</b>	<b>02:06:44.90</b>	+01:15:46 (59.8%)	12:02	5 (40.3%)	
96	<b>SZEWCZYK Anna</b>	<b>993</b>		K40	16	01:03:55	<b>02:07:05.40</b>	<b>02:07:16.80</b>	+01:16:18 (59.9%)	12:06	5 (40.3%)	
97	<b>TRĘBACZ Marianna</b>	<b>1038</b>		K40	17	01:06:11	<b>02:08:37.15</b>	<b>02:08:47.15</b>	+01:17:48 (60.4%)	12:14	4.9 (39.5%)	
98	<b>FRANKOWSKA Weronika</b>	<b>1001</b>		K30	21	01:06:02	<b>02:08:42.65</b>	<b>02:08:59.85</b>	+01:18:01 (60.5%)	12:15	4.9 (39.5%)	
99	<b>STEFANIAK Jan</b>	<b>1043</b>		M60	4	01:01:55	<b>02:09:08.75</b>	<b>02:09:20.90</b>	+01:18:22 (60.6%)	12:17	4.9 (39.5%)	
100	<b>FRANKOWSKA Julia</b>	<b>1028</b>		K20	5	01:06:17	<b>02:09:14.35</b>	<b>02:09:30.70</b>	+01:18:32 (60.6%)	12:18	4.9 (39.5%)	
101	<b>KROPIELNICKA Katarzyna</b>	<b>964</b>		K30	22	01:04:31	<b>02:09:54.50</b>	<b>02:10:19.35</b>	+01:19:20 (60.9%)	12:22	4.8 (38.7%)	
102	<b>LISIAK Mikołaj</b>	<b>1016</b>		M40	18	01:02:37	<b>02:12:48.70</b>	<b>02:13:14.05</b>	+01:22:15 (61.7%)	12:38	4.7 (37.9%)	
103	<b>SIEGIĘNCZUK Piotr</b>	<b>1047</b>	HELIKON-TEX	M30	17	01:05:47	<b>02:15:09.40</b>	<b>02:15:29.15</b>	+01:24:30 (62.4%)	12:52	4.7 (37.9%)	
104	<b>PARTYKA Agnieszka</b>	<b>1025</b>	KB HARCOWNIK JELCZ-LASKOWICE	K40	18	01:04:57	<b>02:17:19.35</b>	<b>02:17:32.95</b>	+01:26:34 (62.9%)	13:04	4.6 (37.1%)	
105	<b>BEDNARCZYK Aleksander</b>	<b>982</b>		M50	11	01:09:48	<b>02:29:31.15</b>	<b>02:29:48.50</b>	+01:38:49 (66.0%)	14:14	4.2 (33.9%)	
106	<b>MILLER Paweł</b>	<b>957</b>	BIEGAM BO LUBIĘ LASY BOGDANIEC	M30	18	01:14:57	<b>02:35:26.65</b>	<b>02:35:37.75</b>	+01:44:39 (67.2%)	14:48	4.1 (33.1%)	
107	<b>BENTKOWSKI Lesław</b>	<b>1024</b>		M60	5	01:21:08	<b>02:38:13.05</b>	<b>02:38:28.85</b>	+01:47:30 (67.8%)	15:04	4 (32.3%)	
	<b>LESIK Piotr</b>	<b>986</b>	UJ	M20		00:26:49 DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)	
	<b>CIEŚLIK-KOT Aleksandra</b>	<b>992</b>		K40		02:03:46 DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)	
	<b>POZNIAK Maria</b>	<b>981</b>		K20		DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)	
	<b>WINNICKA Edyta</b>	<b>1044</b>	ADIDAS RUNNERS WARSAW / SŁODKIE PĄCZKI	K30		DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)	
	<b>ZACZYŃSKA-POZNIAK Jarka</b>	<b>980</b>	OD JEZIORA DO JEZIORA	K50		DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)	

Znaleziono 112 wynik(ów)