



# ELIMINATOR 2016 - ETAP I

B4SPORT

**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2016-11-26  
**Miejsce:** Ustroń  
**Dystans:** 1.7 km

**B4SPORT**  
INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polowka 0.9km	Czas netto 1.7km	Czas brutto 1.7km	Różn	Tempo min/km	Tempo km/h
1	<b>DLUGOSZ Andrzej</b>	<b>167</b>		M30	1	00:06:20	<b>00:14:21.35</b>	<b>00:14:21.35</b>		8:26	7.1 (100%)
2	<b>MALINA Dawid</b>		INŻYNIERIA BIEGANIA - TWÓJ BIEGOWY TRENER!	M20	1	00:06:44	<b>00:15:16.55</b>	<b>00:15:16.55</b>	+00:00:55 (6.0%)	8:58	6.7 (94.4%)
3	<b>GORCZYCA Bartosz</b>	<b>1</b>	SALCO SPORT TEAM	M20	2	00:06:47	<b>00:15:29.05</b>	<b>00:15:29.05</b>	+00:01:07 (7.3%)	9:06	6.6 (93.0%)
4	<b>SZCZEŚNIEWSKI Miłosz</b>	<b>2</b>	SALCO SPORT TEAM	M20	3	00:06:52	<b>00:15:41.65</b>	<b>00:15:41.65</b>	+00:01:20 (8.5%)	9:13	6.5 (91.5%)
5	<b>JAWORSKI Zbigniew</b>	<b>56</b>		M30	2	00:07:12	<b>00:15:58.25</b>	<b>00:15:58.25</b>	+00:01:36 (10.1%)	9:23	6.4 (90.1%)
6	<b>KOŃ Piotr</b>	<b>4</b>	RMD MONTRAIL TEAM	M30	3	00:07:12	<b>00:16:05.45</b>	<b>00:16:05.45</b>	+00:01:44 (10.8%)	9:27	6.3 (88.7%)
7	<b>RZESZÓTKO Marcin</b>	<b>186</b>	KW ZAKOPANE / TOPR	M20	4	00:07:22	<b>00:16:17.75</b>	<b>00:16:17.75</b>	+00:01:56 (11.9%)	9:34	6.3 (88.7%)
8	<b>WAŚOWICZ Jan</b>	<b>9</b>		M40	1	00:07:19	<b>00:16:23.55</b>	<b>00:16:23.55</b>	+00:02:02 (12.4%)	9:38	6.2 (87.3%)
9	<b>GAWROŃSKI Tomasz</b>	<b>6</b>	UMKS NADIR JĘDRZEJÓW	M20	5	00:07:17	<b>00:16:23.70</b>	<b>00:16:23.70</b>	+00:02:02 (12.4%)	9:38	6.2 (87.3%)
10	<b>FARON Robert</b>	<b>3</b>	SALCO SPORT TEAM	M40	2	00:07:51	<b>00:16:50.90</b>	<b>00:16:50.90</b>	+00:02:29 (14.8%)	9:54	6.1 (85.9%)
11	<b>MAREK Dariusz</b>	<b>185</b>	RMD MONTRAIL TEAM	M30	4	00:07:40	<b>00:16:55.25</b>	<b>00:16:55.25</b>	+00:02:33 (15.2%)	9:57	6 (84.5%)
12	<b>BIERNAWSKI Piotr</b>	<b>10</b>	SLOW MOTION	M30	5	00:07:42	<b>00:17:06.00</b>	<b>00:17:06.00</b>	+00:02:44 (16.0%)	10:03	6 (84.5%)
13	<b>FALKOWSKI Krzysztof</b>	<b>39</b>	WOODWARD RUNNERS	M30	6	00:07:30	<b>00:17:08.10</b>	<b>00:17:08.10</b>	+00:02:46 (16.2%)	10:04	6 (84.5%)
14	<b>BIEL Andrzej</b>	<b>17</b>	CLARAHÜTTE	M30	7	00:07:48	<b>00:17:20.40</b>	<b>00:17:20.40</b>	+00:02:59 (17.2%)	10:11	5.9 (83.1%)
15	<b>CZAPLA Piotr</b>	<b>8</b>	SULIS HOKO TEAM/UKS OLIMPIA ZABRZE	M20	6	00:07:47	<b>00:17:27.70</b>	<b>00:17:27.70</b>	+00:03:06 (17.8%)	10:15	5.8 (81.7%)
16	<b>MAGIERA Janusz</b>	<b>90</b>	FORMA WODZISŁAW ŚLĄSKI	M50	1	00:07:51	<b>00:17:34.00</b>	<b>00:17:34.00</b>	+00:03:12 (18.3%)	10:20	5.8 (81.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polowka 0.9km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 1.7km	brutto 1.7km			
17	<b>MISIAK Bartosz</b>	<b>97</b>	BRAT KUBA	M20	7	00:08:10	<b>00:17:39.60</b>	<b>00:17:39.60</b>	+00:03:18 (18.7%)	10:22	5.8 (81.7%)
18	<b>DOMISZEWSKI Ignacy</b>	<b>34</b>	MKS HALICZ	M20	8	00:07:34	<b>00:17:48.50</b>	<b>00:17:48.50</b>	+00:03:27 (19.4%)	10:28	5.7 (80.3%)
19	<b>SEDLAK Michał</b>	<b>122</b>	LUBIĘ TO BIEGANIE	M40	3	00:07:56	<b>00:18:08.55</b>	<b>00:18:08.55</b>	+00:03:47 (20.9%)	10:40	5.6 (78.9%)
20	<b>LEŚNIAK Kamil</b>	<b>222</b>	INOV-8	M20	9	00:08:04	<b>00:18:19.20</b>	<b>00:18:19.20</b>	+00:03:57 (21.6%)	10:46	5.6 (78.9%)
21	<b>HUZIOR Piotr</b>	<b>187</b>	FAKE RUNNERS	M40	4	00:08:24	<b>00:18:22.85</b>	<b>00:18:22.85</b>	+00:04:01 (21.9%)	10:48	5.6 (78.9%)
22	<b>ULFIK Rafał</b>	<b>152</b>	RMD MONTRAIL TEAM/SKB KRAŚNIK	M20	10	00:07:59	<b>00:18:23.70</b>	<b>00:18:23.70</b>	+00:04:02 (22.0%)	10:48	5.5 (77.5%)
23	<b>CELIŃSKI Robert</b>	<b>25</b>	BYLEDOBIEC ANIN	M30	8	00:08:52	<b>00:18:24.15</b>	<b>00:18:24.15</b>	+00:04:02 (22.0%)	10:49	5.5 (77.5%)
24	<b>KOŹDOŃ Jarosław</b>	<b>77</b>	INŻYNIERIA BIEGANIA / NIEWYMIĘKACZE	M30	9	00:08:20	<b>00:18:26.15</b>	<b>00:18:26.15</b>	+00:04:04 (22.1%)	10:50	5.5 (77.5%)
25	<b>GRYGO Paweł</b>	<b>47</b>	LŁKS PREFBET ŚNIADOWO-ŁOMŻA	M40	5	00:08:08	<b>00:18:29.65</b>	<b>00:18:29.65</b>	+00:04:08 (22.4%)	10:52	5.5 (77.5%)
26	<b>RAKUS Kornel</b>	<b>115</b>	KS KANDAHAR	M40	6	00:08:13	<b>00:18:32.80</b>	<b>00:18:32.80</b>	+00:04:11 (22.6%)	10:54	5.5 (77.5%)
27	<b>KOBRYŃ Dominik</b>	<b>66</b>	BYLEDOBIEC ANIN	M40	7	00:08:32	<b>00:18:36.20</b>	<b>00:18:36.20</b>	+00:04:14 (22.8%)	10:56	5.5 (77.5%)
28	<b>KASZYCA Paweł</b>	<b>169</b>	IGLOO BOCHNIA / APLILKA	M30	10	00:08:28	<b>00:18:39.10</b>	<b>00:18:39.10</b>	+00:04:17 (23.0%)	10:58	5.5 (77.5%)
29	<b>JANKOWSKI Łukasz</b>	<b>55</b>	TRAINING-CONNECTING PEOPLE	M30	11	00:08:15	<b>00:18:45.10</b>	<b>00:18:45.10</b>	+00:04:23 (23.4%)	11:01	5.4 (76.1%)
30	<b>STEC Jakub</b>	<b>134</b>	BRAK	M20	11	00:08:30	<b>00:18:49.65</b>	<b>00:18:49.65</b>	+00:04:28 (23.8%)	11:04	5.4 (76.1%)
31	<b>CELIŃSKA Anna</b>	<b>300</b>	BYLEDOBIEC ANIN	K30	1	00:08:43	<b>00:18:53.40</b>	<b>00:18:53.40</b>	+00:04:32 (24.0%)	11:06	5.4 (76.1%)
32	<b>JANUSZYK Iwonka</b>	<b>303</b>		K20	1	00:08:43	<b>00:19:01.10</b>	<b>00:19:01.10</b>	+00:04:39 (24.5%)	11:11	5.4 (76.1%)
33	<b>MADEJCZYK Marek</b>			M30	12	00:08:44	<b>00:19:02.95</b>	<b>00:19:02.95</b>	+00:04:41 (24.6%)	11:11	5.4 (76.1%)
34	<b>BROJ Marcel</b>	<b>20</b>	BROJ TEAM ZLINICE	M20	12	00:08:21	<b>00:19:08.00</b>	<b>00:19:08.00</b>	+00:04:46 (25.0%)	11:15	5.3 (74.6%)
35	<b>SOKOŁOWSKI Marek</b>	<b>132</b>	RMD MONTRAIL TEAM	M40	8	00:08:47	<b>00:19:16.10</b>	<b>00:19:16.10</b>	+00:04:54 (25.5%)	11:20	5.3 (74.6%)
36	<b>GOLBA Kasia</b>	<b>344</b>	1 SECOND TEAM/ AZS AWF KATOWICE	K20	2	00:08:43	<b>00:19:21.25</b>	<b>00:19:21.25</b>	+00:04:59 (25.8%)	11:22	5.3 (74.6%)
37	<b>PORĘBSKI Rafał</b>	<b>109</b>	PORANNY PATROL/EVIL TEAM	M40	9	00:08:44	<b>00:19:24.30</b>	<b>00:19:24.30</b>	+00:05:02 (26.0%)	11:24	5.3 (74.6%)
38	<b>KAŁUŻA Jerzy</b>			M30	13	00:08:54	<b>00:19:40.50</b>	<b>00:19:40.50</b>	+00:05:19 (27.0%)	11:34	5.2 (73.2%)
39	<b>SZATANIK Zbigniew</b>	<b>141</b>		M40	10	00:08:33	<b>00:19:43.00</b>	<b>00:19:43.00</b>	+00:05:21 (27.2%)	11:35	5.2 (73.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polowka 0.9km	Czas netto 1.7km	Czas brutto 1.7km	Różn	Tempo min/km	Tempo km/h
40	<b>KANTOR Martyna</b>	<b>302</b>	HERCOG RUNNING TEAM	K20	3	00:08:48	<b>00:19:45.35</b>	<b>00:19:45.35</b>	+00:05:24 (27.3%)	11:37	5.2 (73.2%)
41	<b>HOLLY Piotr</b>	<b>7</b>	SPORTFUEL.PL	M30	14	00:08:42	<b>00:19:46.20</b>	<b>00:19:46.20</b>	+00:05:24 (27.4%)	11:37	5.2 (73.2%)
42	<b>WRZESZCZ Mariusz</b>	<b>161</b>	TRIATHLON MIETKÓW TEAM	M20	13	00:08:49	<b>00:19:49.95</b>	<b>00:19:49.95</b>	+00:05:28 (27.6%)	11:39	5.1 (71.8%)
43	<b>BADURA Adam</b>	<b>13</b>	FORMA WODZISŁAW SŁĄSKI	M30	15	00:09:08	<b>00:20:04.10</b>	<b>00:20:04.10</b>	+00:05:42 (28.5%)	11:48	5.1 (71.8%)
44	<b>URBAŃCZYK Karol</b>	<b>154</b>	NIGHT RUNNERS GLIWICE	M20	14	00:09:09	<b>00:20:08.60</b>	<b>00:20:08.60</b>	+00:05:47 (28.7%)	11:50	5.1 (71.8%)
45	<b>ŚCIESZKA Wojciech</b>	<b>149</b>	13 ELT KRAKÓW-BALICE	M40	11	00:08:58	<b>00:20:11.35</b>	<b>00:20:11.35</b>	+00:05:50 (28.9%)	11:52	5.1 (71.8%)
46	<b>JENDRYSIK Karol</b>	<b>188</b>		M20	15	00:09:16	<b>00:20:16.20</b>	<b>00:20:16.20</b>	+00:05:54 (29.2%)	11:55	5 (70.4%)
47	<b>RADOMSKI Zbigniew</b>	<b>112</b>		M60	1	00:09:33	<b>00:20:18.45</b>	<b>00:20:18.45</b>	+00:05:57 (29.3%)	11:56	5 (70.4%)
48	<b>KOS Tomasz</b>	<b>72</b>	PAŃSTWOWA STRAŻ POŻARNA BYTOM	M30	16	00:09:07	<b>00:20:21.50</b>	<b>00:20:21.50</b>	+00:06:00 (29.5%)	11:58	5 (70.4%)
49	<b>KOKOT Krzysztof</b>	<b>70</b>	HRMAX ŻORY	M40	12	00:09:07	<b>00:20:27.00</b>	<b>00:20:27.00</b>	+00:06:05 (29.8%)	12:01	5 (70.4%)
50	<b>KOT Rafał</b>	<b>74</b>	WAY BEHIND HORIZON // KB JURUND SZCZYTNO	M30	17	00:09:17	<b>00:20:28.70</b>	<b>00:20:28.70</b>	+00:06:07 (29.9%)	12:02	5 (70.4%)
51	<b>KOŚNY Krzysztof</b>	<b>175</b>	WIELKOLUD TEAM / KS KANDAHAR	M40	13	00:09:28	<b>00:20:33.70</b>	<b>00:20:33.70</b>	+00:06:12 (30.2%)	12:05	5 (70.4%)
52	<b>RECLAW Arkadiusz</b>	<b>117</b>	VEGE RUNNERS	M30	18	00:09:09	<b>00:20:37.25</b>	<b>00:20:37.25</b>	+00:06:15 (30.4%)	12:07	4.9 (69.0%)
53	<b>DZIDOWSKI Aleksander</b>	<b>38</b>	BIEGAJ RAZEM Z NAMI	M30	19	00:08:46	<b>00:20:38.40</b>	<b>00:20:38.40</b>	+00:06:17 (30.4%)	12:08	4.9 (69.0%)
54	<b>WITOWSKA Mirosława</b>	<b>338</b>	KW ZAKOPANE	K20	4	00:09:27	<b>00:20:38.50</b>	<b>00:20:38.50</b>	+00:06:17 (30.5%)	12:08	4.9 (69.0%)
55	<b>KUSZKA Michał</b>	<b>85</b>	BBL MIKOŁÓW	M30	20	00:09:15	<b>00:20:39.00</b>	<b>00:20:39.00</b>	+00:06:17 (30.5%)	12:08	4.9 (69.0%)
56	<b>BONDARA Sylwia</b>	<b>304</b>	JACEKBIEGA RUNNING TEAM	K20	5	00:09:44	<b>00:20:41.00</b>	<b>00:20:41.00</b>	+00:06:19 (30.6%)	12:10	4.9 (69.0%)
57	<b>KIK Iwona</b>	<b>320</b>	KW KRAKÓW	K30	2	00:09:26	<b>00:20:44.20</b>	<b>00:20:44.20</b>	+00:06:22 (30.8%)	12:11	4.9 (69.0%)
58	<b>FERENC Janusz</b>	<b>40</b>	USKS LUDWIKOWICE	M60	2	00:09:46	<b>00:20:47.70</b>	<b>00:20:47.70</b>	+00:06:26 (31.0%)	12:13	4.9 (69.0%)
59	<b>HATALA Mariusz</b>	<b>183</b>	BB RUNNERS	M30	21	00:09:29	<b>00:20:48.85</b>	<b>00:20:48.85</b>	+00:06:27 (31.0%)	12:14	4.9 (69.0%)
60	<b>KUŚMIERSKI Michał</b>	<b>86</b>	BB RUNNERS	M30	22	00:09:35	<b>00:20:49.05</b>	<b>00:20:49.05</b>	+00:06:27 (31.0%)	12:14	4.9 (69.0%)
61	<b>KUPIJAJ Marcin</b>	<b>82</b>	SOCIOS GÓRNIK	M20	16	00:09:17	<b>00:20:52.10</b>	<b>00:20:52.10</b>	+00:06:30 (31.2%)	12:16	4.9 (69.0%)
62	<b>STYCZEŃ Piotr</b>	<b>139</b>	CKBABCIE	M30	23	00:09:18	<b>00:20:55.75</b>	<b>00:20:55.75</b>	+00:06:34 (31.4%)	12:18	4.9 (69.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polowka 0.9km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 1.7km	brutto 1.7km			
63	<b>BARYSZNIKOW Mikołaj</b>	<b>170</b>	KINGRUNNER	M30	24	00:09:23	<b>00:20:57.50</b>	<b>00:20:57.50</b>	+00:06:36 (31.5%)	12:19	4.9 (69.0%)
64	<b>GIL Dominika</b>	<b>316</b>	ENDURANCE TEAM	K30	3	00:08:59	<b>00:21:01.85</b>	<b>00:21:01.85</b>	+00:06:40 (31.7%)	12:21	4.9 (69.0%)
65	<b>PIECHULA Katarzyna</b>	<b>328</b>	TEAM PAPRY 20	K40	1	00:09:41	<b>00:21:04.45</b>	<b>00:21:04.45</b>	+00:06:43 (31.9%)	12:23	4.8 (67.6%)
66	<b>KLONOWSKI Kamil</b>	<b>64</b>	MOSIR ŁAZISKA GÓRNE	M20	17	00:09:20	<b>00:21:06.80</b>	<b>00:21:06.80</b>	+00:06:45 (32.0%)	12:24	4.8 (67.6%)
67	<b>WOJDASIEWICZ Tadeusz</b>	<b>157</b>		M30	25	00:09:29	<b>00:21:07.55</b>	<b>00:21:07.55</b>	+00:06:46 (32.0%)	12:25	4.8 (67.6%)
68	<b>BOGUCKI Jacek</b>	<b>19</b>		M20	18	00:09:19	<b>00:21:09.35</b>	<b>00:21:09.35</b>	+00:06:48 (32.1%)	12:26	4.8 (67.6%)
69	<b>KOZIOŁ Kamil</b>	<b>75</b>	HUSARIA RACE TEAM	M20	19	00:09:16	<b>00:21:18.85</b>	<b>00:21:18.85</b>	+00:06:57 (32.6%)	12:31	4.8 (67.6%)
70	<b>MENDECKA Michalina</b>	<b>325</b>	MOSIR ŁAZISKA GÓRNE	K20	6	00:09:32	<b>00:21:20.35</b>	<b>00:21:20.35</b>	+00:06:59 (32.7%)	12:32	4.8 (67.6%)
71	<b>ZBOŻNIAK Łukasz</b>	<b>164</b>	ABOVE2000	M30	26	00:09:30	<b>00:21:20.75</b>	<b>00:21:20.75</b>	+00:06:59 (32.7%)	12:32	4.8 (67.6%)
72	<b>MORAWIEC Marek</b>	<b>100</b>	SZAKAL TEAM	M30	27	00:09:27	<b>00:21:23.00</b>	<b>00:21:23.00</b>	+00:07:01 (32.9%)	12:34	4.8 (67.6%)
73	<b>KROSNY Sebastian</b>	<b>78</b>	BIEGAMYZSERCEM.PL - BIEGATON	M30	28	00:09:35	<b>00:21:23.10</b>	<b>00:21:23.10</b>	+00:07:01 (32.9%)	12:34	4.8 (67.6%)
74	<b>KORZENIOWSKI Robert</b>	<b>11</b>	RK ATHLETICS	M40	14	00:09:24	<b>00:21:23.75</b>	<b>00:21:23.75</b>	+00:07:02 (32.9%)	12:34	4.8 (67.6%)
75	<b>RADZIWONOWICZ Michał</b>	<b>113</b>		M20	20	00:09:13	<b>00:21:27.70</b>	<b>00:21:27.70</b>	+00:07:06 (33.1%)	12:37	4.8 (67.6%)
76	<b>RECZEK Sebastian</b>	<b>118</b>	KS ZIELONO-CZARNI	M30	29	00:09:27	<b>00:21:31.70</b>	<b>00:21:31.70</b>	+00:07:10 (33.3%)	12:39	4.7 (66.2%)
77	<b>GORAJ Agata</b>	<b>317</b>	TRAINING-CONNECTING PEOPLE	K20	7	00:10:01	<b>00:21:35.65</b>	<b>00:21:35.65</b>	+00:07:14 (33.5%)	12:41	4.7 (66.2%)
78	<b>KOCHEL Paweł</b>	<b>67</b>		M30	30	00:09:40	<b>00:21:37.00</b>	<b>00:21:37.00</b>	+00:07:15 (33.6%)	12:42	4.7 (66.2%)
79	<b>KNAP Mateusz</b>	<b>65</b>	KS KANDAHAR/TUTTU KATOWICE	M20	21	00:09:35	<b>00:21:41.90</b>	<b>00:21:41.90</b>	+00:07:20 (33.8%)	12:45	4.7 (66.2%)
80	<b>STEFAŃSKI Jarosław</b>	<b>136</b>	W POGONI ZA DUCHEM	M50	2	00:09:40	<b>00:21:42.90</b>	<b>00:21:42.90</b>	+00:07:21 (33.9%)	12:45	4.7 (66.2%)
81	<b>GÓRNY Mirosław</b>	<b>45</b>	MODELARNIA BIEGA	M50	3	00:09:34	<b>00:21:44.95</b>	<b>00:21:44.95</b>	+00:07:23 (34.0%)	12:47	4.7 (66.2%)
82	<b>BROL Marcin</b>	<b>22</b>	SPORT W WIELKIM MIESCIE	M30	31	00:09:22	<b>00:21:50.05</b>	<b>00:21:50.05</b>	+00:07:28 (34.3%)	12:50	4.7 (66.2%)
83	<b>JAKUBIEC Mateusz</b>	<b>54</b>	BB RUNNERS	M20	22	00:09:47	<b>00:21:50.35</b>	<b>00:21:50.35</b>	+00:07:29 (34.3%)	12:50	4.7 (66.2%)
84	<b>KOSICKI Łukasz</b>	<b>73</b>	PHILIPS LIGHTING BIELSKO	M30	32	00:09:40	<b>00:21:50.95</b>	<b>00:21:50.95</b>	+00:07:29 (34.3%)	12:50	4.7 (66.2%)
85	<b>KANCLERZ-JANUSZEWSKA Katarzyna</b>	<b>341</b>		K50	1	00:09:48	<b>00:21:51.60</b>	<b>00:21:51.60</b>	+00:07:30 (34.3%)	12:51	4.7 (66.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polowka 0.9km	Czas netto 1.7km	Czas brutto 1.7km	Różn	Tempo min/km	Tempo km/h
86	<b>ŻACZEK Szymon</b>	<b>189</b>	NIE PRZESTAWAJ MARZYĆ!	M20	23	00:09:29	<b>00:21:53.15</b>	<b>00:21:53.15</b>	+00:07:31 (34.4%)	12:52	4.7 (66.2%)
87	<b>KOCIOŁEK Ireneusz</b>	<b>68</b>	GRUPA MAX	M20	24	00:09:50	<b>00:22:00.25</b>	<b>00:22:00.25</b>	+00:07:38 (34.8%)	12:56	4.6 (64.8%)
88	<b>KELLER Dariusz</b>	<b>62</b>	NIGHT RUNNERS	M20	25	00:09:43	<b>00:22:00.50</b>	<b>00:22:00.50</b>	+00:07:39 (34.8%)	12:56	4.6 (64.8%)
89	<b>SROMEK Dawid</b>	<b>133</b>	BB RUNNERS	M20	26	00:09:06	<b>00:22:02.75</b>	<b>00:22:02.75</b>	+00:07:41 (34.9%)	12:57	4.6 (64.8%)
90	<b>WOJNO Arkadiusz</b>	<b>158</b>	ŁÓDŹ KOCHA SPORT	M30	33	00:09:52	<b>00:22:05.60</b>	<b>00:22:05.60</b>	+00:07:44 (35.0%)	12:59	4.6 (64.8%)
91	<b>BOLECHOWSKA Dominika</b>	<b>315</b>	ATTIQ TEAM ZAKOPANE	K40	2	00:10:07	<b>00:22:10.20</b>	<b>00:22:10.20</b>	+00:07:48 (35.2%)	13:02	4.6 (64.8%)
92	<b>SZTAŃBER Adam</b>	<b>147</b>	RYTM	M30	34	00:09:32	<b>00:22:10.70</b>	<b>00:22:10.70</b>	+00:07:49 (35.3%)	13:02	4.6 (64.8%)
93	<b>SZKODA Dariusz</b>	<b>142</b>	SOCIOS GÓRNIK	M30	35	00:09:51	<b>00:22:11.75</b>	<b>00:22:11.75</b>	+00:07:50 (35.3%)	13:02	4.6 (64.8%)
94	<b>SZPIŁA Daniel</b>	<b>146</b>		M40	15	00:10:13	<b>00:22:12.05</b>	<b>00:22:12.05</b>	+00:07:50 (35.3%)	13:03	4.6 (64.8%)
95	<b>CIENIAWSKI Piotr</b>	<b>30</b>	WĘGŁOKOKS KRAJ KWK PIEKARY	M30	36	00:09:42	<b>00:22:12.40</b>	<b>00:22:12.40</b>	+00:07:51 (35.4%)	13:03	4.6 (64.8%)
95	<b>MŁYŃCZAK Piotr</b>	<b>99</b>		M40	16	00:09:46	<b>00:22:12.40</b>	<b>00:22:12.40</b>	+00:07:51 (35.4%)	13:03	4.6 (64.8%)
97	<b>SMOLIK Łukasz</b>	<b>130</b>	OLZA CIESZYN	M20	27	00:09:22	<b>00:22:17.60</b>	<b>00:22:17.60</b>	+00:07:56 (35.6%)	13:06	4.6 (64.8%)
98	<b>KOZOWICZ Paweł</b>	<b>76</b>	WECAN COACHING / KS KANDAHAR / GJ GOPR	M30	37	00:09:29	<b>00:22:19.20</b>	<b>00:22:19.20</b>	+00:07:57 (35.7%)	13:07	4.6 (64.8%)
99	<b>GWÓŹDŹ Michał</b>	<b>50</b>	#CZELADZBIEGA	M40	17	00:10:04	<b>00:22:20.10</b>	<b>00:22:20.10</b>	+00:07:58 (35.7%)	13:08	4.6 (64.8%)
100	<b>GÓRAL Grzegorz</b>	<b>44</b>	GÓRAL BIEGA HEEEE! / NIGHT RUNNERS +	M30	38	00:10:07	<b>00:22:23.05</b>	<b>00:22:23.05</b>	+00:08:01 (35.9%)	13:10	4.6 (64.8%)
101	<b>JAKUBCZYK Dariusz</b>	<b>53</b>	CKBABCIE	M40	18	00:10:27	<b>00:22:36.10</b>	<b>00:22:36.10</b>	+00:08:14 (36.5%)	13:17	4.5 (63.4%)
102	<b>PYTLARZ Wojtek</b>	<b>111</b>	NEVERLAND TEAM	M30	39	00:10:00	<b>00:22:37.40</b>	<b>00:22:37.40</b>	+00:08:16 (36.5%)	13:18	4.5 (63.4%)
103	<b>GRZELAK Adrian</b>	<b>48</b>	DRUŻYNA SZPIKU	M20	28	00:10:06	<b>00:22:37.50</b>	<b>00:22:37.50</b>	+00:08:16 (36.5%)	13:18	4.5 (63.4%)
104	<b>MATYSIAK Marcin</b>	<b>92</b>	GAPMONT RUNNING TEAM	M30	40	00:10:03	<b>00:22:39.45</b>	<b>00:22:39.45</b>	+00:08:18 (36.6%)	13:19	4.5 (63.4%)
105	<b>MAJCHER Piotr</b>	<b>91</b>	ESKADRA KRAKÓW	M40	19	00:10:09	<b>00:22:40.50</b>	<b>00:22:40.50</b>	+00:08:19 (36.7%)	13:20	4.5 (63.4%)
106	<b>ADAMUS-KOWALSKA Justyna</b>	<b>309</b>	AZS UNIWERSYTET ŚLĄSKI	K30	4	00:10:24	<b>00:22:40.80</b>	<b>00:22:40.80</b>	+00:08:19 (36.7%)	13:20	4.5 (63.4%)
107	<b>CZYŻ Bartłomiej</b>	<b>32</b>	BIKEBROTHERS TEAM	M20	29	00:10:09	<b>00:22:41.40</b>	<b>00:22:41.40</b>	+00:08:20 (36.7%)	13:20	4.5 (63.4%)
108	<b>GRZYB Kazimierz</b>	<b>49</b>	ESKADRA KRAKÓW	M40	20	00:10:19	<b>00:22:41.90</b>	<b>00:22:41.90</b>	+00:08:20 (36.8%)	13:20	4.5 (63.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polowka 0.9km	Czas netto 1.7km	Czas brutto 1.7km	Różn	Tempo min/km	Tempo km/h
109	<b>SWOBODA Marek</b>	<b>140</b>	BYLEDOBIEC ANIN	M50	4	00:09:54	<b>00:22:42.75</b>	<b>00:22:42.75</b>	+00:08:21 (36.8%)	13:21	4.5 (63.4%)
110	<b>BUCZYŃSKI Adam</b>	<b>23</b>	NOKIA KRAKÓW	M40	21	00:10:11	<b>00:22:43.30</b>	<b>00:22:43.30</b>	+00:08:21 (36.8%)	13:21	4.5 (63.4%)
111	<b>KORDIAK Rafał</b>	<b>71</b>		M30	41	00:10:35	<b>00:22:44.75</b>	<b>00:22:44.75</b>	+00:08:23 (36.9%)	13:22	4.5 (63.4%)
112	<b>KIEŁTYKA Zbigniew</b>	<b>63</b>	KW GLIWICE	M40	22	00:10:25	<b>00:22:45.50</b>	<b>00:22:45.50</b>	+00:08:24 (36.9%)	13:22	4.5 (63.4%)
113	<b>SIKORA Stefan</b>	<b>126</b>	SIKORA TEAM	M60	3	00:10:28	<b>00:22:46.90</b>	<b>00:22:46.90</b>	+00:08:25 (37.0%)	13:23	4.5 (63.4%)
114	<b>SIEWKO Piotr</b>	<b>125</b>	SZWAGRY TEAM	M40	23	00:10:01	<b>00:22:57.25</b>	<b>00:22:57.25</b>	+00:08:35 (37.5%)	13:30	4.4 (62.0%)
115	<b>STEFAŃSKI Zbigniew</b>	<b>135</b>	LIBIĄŻ JANINA	M40	24	00:10:13	<b>00:22:58.95</b>	<b>00:22:58.95</b>	+00:08:37 (37.5%)	13:30	4.4 (62.0%)
116	<b>ZASADA Tomasz</b>	<b>163</b>		M40	25	00:10:36	<b>00:23:00.20</b>	<b>00:23:00.20</b>	+00:08:38 (37.6%)	13:31	4.4 (62.0%)
117	<b>KUSZ Janusz</b>	<b>84</b>		M30	42	00:10:24	<b>00:23:03.90</b>	<b>00:23:03.90</b>	+00:08:42 (37.8%)	13:33	4.4 (62.0%)
118	<b>KAPICA Dominik</b>	<b>60</b>		M20	30	00:09:56	<b>00:23:07.05</b>	<b>00:23:07.05</b>	+00:08:45 (37.9%)	13:35	4.4 (62.0%)
119	<b>BROL Piotr</b>	<b>21</b>	ENDURANCETEAM	M30	43	00:10:06	<b>00:23:08.30</b>	<b>00:23:08.30</b>	+00:08:46 (38.0%)	13:36	4.4 (62.0%)
120	<b>CHAMIELEC Bogusław</b>	<b>26</b>	A EMERYT BIEGA	M40	26	00:10:50	<b>00:23:13.50</b>	<b>00:23:13.50</b>	+00:08:52 (38.2%)	13:39	4.4 (62.0%)
121	<b>SIKORA Alicja</b>	<b>330</b>	SIKORA TEAM	K60	1	00:10:52	<b>00:23:16.00</b>	<b>00:23:16.00</b>	+00:08:54 (38.3%)	13:41	4.4 (62.0%)
122	<b>JACHYMEK Bartłomiej</b>	<b>52</b>	JACEKBIEGA RUNNING TEAM	M40	27	00:10:55	<b>00:23:16.40</b>	<b>00:23:16.40</b>	+00:08:55 (38.3%)	13:41	4.4 (62.0%)
123	<b>PIETRYJA Łukasz</b>	<b>105</b>		M30	44	00:10:07	<b>00:23:17.45</b>	<b>00:23:17.45</b>	+00:08:56 (38.4%)	13:41	4.4 (62.0%)
124	<b>WILCZEK Rafał</b>	<b>156</b>	WAY BEHIND HORIZON	M30	45	00:09:40	<b>00:23:20.30</b>	<b>00:23:20.30</b>	+00:08:58 (38.5%)	13:43	4.4 (62.0%)
125	<b>SNARSKI Bogdan</b>	<b>131</b>	ALBATROSY	M30	46	00:10:21	<b>00:23:21.90</b>	<b>00:23:21.90</b>	+00:09:00 (38.6%)	13:44	4.4 (62.0%)
126	<b>DWORNICKI Tomasz</b>	<b>37</b>	RYBNICKA GRUPA BIEGOWA	M40	28	00:10:22	<b>00:23:22.35</b>	<b>00:23:22.35</b>	+00:09:01 (38.6%)	13:44	4.4 (62.0%)
127	<b>MATYSIUK Jakub</b>	<b>93</b>	MOJA DUPECZKA	M20	31	00:10:47	<b>00:23:28.75</b>	<b>00:23:28.75</b>	+00:09:07 (38.9%)	13:48	4.3 (60.6%)
128	<b>ŁAGOŻNY Łukasz</b>	<b>89</b>	BRUBECK TEAM	M30	47	00:10:39	<b>00:23:36.25</b>	<b>00:23:36.25</b>	+00:09:14 (39.2%)	13:52	4.3 (60.6%)
129	<b>SMIECINSKI Dominik</b>	<b>129</b>	XRUNNERSTEAM/WWW.BIEGI Z PRZESZKODAMI.SKLEP.PL	M30	48	00:10:26	<b>00:23:36.60</b>	<b>00:23:36.60</b>	+00:09:15 (39.2%)	13:52	4.3 (60.6%)
130	<b>PASUTO Grzegorz</b>	<b>177</b>	IRONS	M30	49	00:10:57	<b>00:23:41.00</b>	<b>00:23:41.00</b>	+00:09:19 (39.4%)	13:55	4.3 (60.6%)
131	<b>JACHOWICZ Malwina</b>	<b>319</b>	SALCO SPORT TEAM	K30	5	00:10:53	<b>00:23:43.45</b>	<b>00:23:43.45</b>	+00:09:22 (39.5%)	13:57	4.3 (60.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polowka 0.9km	Czas netto 1.7km	Czas brutto 1.7km	Różn	Tempo min/km	Tempo km/h
132	<b>BUSZ Rafał</b>	<b>24</b>	UZDROWISKOWY TEAM	M30	50	00:10:54	<b>00:23:48.10</b>	<b>00:23:48.10</b>	+00:09:26 (39.7%)	14:00	4.3 (60.6%)
133	<b>WALCZAK Maciej</b>	<b>155</b>	QUAY POZNAŃ	M30	51	00:10:50	<b>00:23:51.10</b>	<b>00:23:51.10</b>	+00:09:29 (39.8%)	14:01	4.3 (60.6%)
134	<b>STRZELECKI Andrzej</b>	<b>138</b>	STS BIEGATON MIKOŁÓW	M40	29	00:11:00	<b>00:23:52.00</b>	<b>00:23:52.00</b>	+00:09:30 (39.8%)	14:02	4.3 (60.6%)
135	<b>KOHUT Ivan</b>	<b>69</b>	HUSARIA RACE TEAM	M20	32	00:09:38	<b>00:23:53.35</b>	<b>00:23:53.35</b>	+00:09:32 (39.9%)	14:02	4.3 (60.6%)
136	<b>GRYCKO Konrad</b>	<b>46</b>	KS FURION	M20	33	00:11:04	<b>00:23:53.40</b>	<b>00:23:53.40</b>	+00:09:32 (39.9%)	14:02	4.3 (60.6%)
137	<b>KRÓL Elżbieta</b>	<b>343</b>	ESKADRA KRAKÓW	K40	3	00:11:11	<b>00:23:54.35</b>	<b>00:23:54.35</b>	+00:09:33 (39.9%)	14:03	4.3 (60.6%)
138	<b>KANIEWSKI Ireneusz</b>	<b>59</b>		M30	52	00:09:38	<b>00:23:56.65</b>	<b>00:23:56.65</b>	+00:09:35 (40.0%)	14:04	4.3 (60.6%)
139	<b>RENCZ Małgorzata</b>	<b>329</b>		K40	4	00:10:56	<b>00:23:57.90</b>	<b>00:23:57.90</b>	+00:09:36 (40.1%)	14:05	4.3 (60.6%)
140	<b>KURASIŃSKI Konrad</b>	<b>83</b>		M20	34	00:10:57	<b>00:23:58.85</b>	<b>00:23:58.85</b>	+00:09:37 (40.1%)	14:05	4.3 (60.6%)
141	<b>PODSADNIUK Mateusz</b>	<b>108</b>	EASY RUN KRAKÓW	M30	53	00:11:04	<b>00:24:00.40</b>	<b>00:24:00.40</b>	+00:09:39 (40.2%)	14:07	4.3 (60.6%)
142	<b>RUSZCZYK Paweł</b>	<b>120</b>		M20	35	00:09:59	<b>00:24:02.00</b>	<b>00:24:02.00</b>	+00:09:40 (40.3%)	14:08	4.2 (59.2%)
142	<b>PACHURA Kinga</b>	<b>327</b>	CENERIA.PL/GORYONLINE.COM	K40	5	00:10:51	<b>00:24:02.00</b>	<b>00:24:02.00</b>	+00:09:40 (40.3%)	14:08	4.2 (59.2%)
144	<b>SZOPA Piotr</b>	<b>144</b>	ESKADRA KRAKÓW	M30	54	00:11:01	<b>00:24:05.45</b>	<b>00:24:05.45</b>	+00:09:44 (40.4%)	14:10	4.2 (59.2%)
145	<b>WOROBIEC Józef</b>	<b>159</b>	UMKS NADIR JĘDRZEJÓW	M50	5	00:10:47	<b>00:24:07.60</b>	<b>00:24:07.60</b>	+00:09:46 (40.5%)	14:11	4.2 (59.2%)
146	<b>SĘDOR Krzysztof</b>	<b>123</b>	ESKADRA KRAKÓW	M40	30	00:10:53	<b>00:24:09.75</b>	<b>00:24:09.75</b>	+00:09:48 (40.6%)	14:12	4.2 (59.2%)
147	<b>GILAROK Andrzej</b>	<b>176</b>	DKWS	M30	55	00:11:08	<b>00:24:15.85</b>	<b>00:24:15.85</b>	+00:09:54 (40.8%)	14:15	4.2 (59.2%)
148	<b>RESPONDEK Marcin</b>	<b>119</b>	POOMPA TEAM	M20	36	00:10:38	<b>00:24:21.80</b>	<b>00:24:21.80</b>	+00:10:00 (41.1%)	14:19	4.2 (59.2%)
149	<b>ZBIJOWSKA HATALA Ewelina</b>	<b>339</b>	BB RUNNERS	K30	6	00:11:05	<b>00:24:24.70</b>	<b>00:24:24.70</b>	+00:10:03 (41.2%)	14:21	4.2 (59.2%)
150	<b>SREBRNY Mirosław</b>	<b>166</b>		M40	31	00:11:10	<b>00:24:26.25</b>	<b>00:24:26.25</b>	+00:10:04 (41.3%)	14:22	4.2 (59.2%)
151	<b>BEDNAREK Jacek</b>	<b>16</b>	METLIFE RUN	M40	32	00:10:12	<b>00:24:35.90</b>	<b>00:24:35.90</b>	+00:10:14 (41.6%)	14:27	4.1 (57.7%)
152	<b>ŁABUDA Dominika</b>	<b>306</b>	KAMIENNOGÓRSKA GRUPA BIEGOWA	K20	8	00:11:03	<b>00:24:36.95</b>	<b>00:24:36.95</b>	+00:10:15 (41.7%)	14:28	4.1 (57.7%)
153	<b>PITAS Andrzej</b>	<b>106</b>	ZAPIERDALACZE	M40	33	00:10:58	<b>00:24:38.80</b>	<b>00:24:38.80</b>	+00:10:17 (41.8%)	14:29	4.1 (57.7%)
154	<b>PLUCINSKI Grzegorz</b>	<b>107</b>		M40	34		<b>00:24:42.60</b>	<b>00:24:42.60</b>	+00:10:21 (41.9%)	14:31	4.1 (57.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polowka 0.9km	Czas netto 1.7km	Czas brutto 1.7km	Różn	Tempo min/km	Tempo km/h
155	<b>MURAŃSKI Rafał</b>	<b>101</b>		M40	35	00:11:20	<b>00:24:43.10</b>	<b>00:24:43.10</b>	+00:10:21 (41.9%)	14:32	4.1 (57.7%)
156	<b>BANDER-PASZEK Katarzyna</b>	<b>342</b>		K30	7	00:11:10	<b>00:24:47.40</b>	<b>00:24:47.40</b>	+00:10:26 (42.1%)	14:34	4.1 (57.7%)
157	<b>URBANIAK Sławomir</b>	<b>153</b>	UZDROWISKOWY TEAM	M30	56	00:11:23	<b>00:24:47.85</b>	<b>00:24:47.85</b>	+00:10:26 (42.1%)	14:34	4.1 (57.7%)
158	<b>BANASIEWICZ Paweł</b>	<b>14</b>	POZYTYWNE ZABIEGANI SANOK	M30	57	00:11:12	<b>00:24:51.35</b>	<b>00:24:51.35</b>	+00:10:30 (42.2%)	14:37	4.1 (57.7%)
159	<b>OŹGA Sebastian</b>	<b>104</b>		M20	37	00:11:22	<b>00:24:54.45</b>	<b>00:24:54.45</b>	+00:10:33 (42.4%)	14:38	4.1 (57.7%)
160	<b>FALKOWSKI Piotr</b>	<b>234</b>		M40	36	00:11:33	<b>00:24:55.60</b>	<b>00:24:55.60</b>	+00:10:34 (42.4%)	14:39	4.1 (57.7%)
161	<b>HOMBЕК Maciej</b>	<b>51</b>	UZDROWISKOWY TEAM	M40	37	00:11:46	<b>00:24:55.80</b>	<b>00:24:55.80</b>	+00:10:34 (42.4%)	14:39	4.1 (57.7%)
162	<b>HELLER Karina</b>	<b>318</b>	RUDA SZALONA	K30	8	00:11:10	<b>00:24:58.05</b>	<b>00:24:58.05</b>	+00:10:36 (42.5%)	14:41	4.1 (57.7%)
163	<b>KSIĄŻKIEWICZ Bartłomiej</b>	<b>80</b>	ROCKY BALBOA RUNNING CLUB	M30	58	00:10:34	<b>00:25:07.20</b>	<b>00:25:07.20</b>	+00:10:45 (42.9%)	14:46	4.1 (57.7%)
164	<b>BOCZKOWSKA Justyna</b>	<b>310</b>		K50	2	00:11:06	<b>00:25:10.35</b>	<b>00:25:10.35</b>	+00:10:49 (43.0%)	14:48	4.1 (57.7%)
165	<b>STRASZEWSKI Leszek</b>	<b>137</b>	KS M.E.T.A.	M30	59	00:11:10	<b>00:25:24.70</b>	<b>00:25:24.70</b>	+00:11:03 (43.5%)	14:56	4 (56.3%)
166	<b>SZYPUŁA Michał</b>	<b>181</b>	LIBURNIA TEAM	M30	60	00:11:08	<b>00:25:26.20</b>	<b>00:25:26.20</b>	+00:11:04 (43.6%)	14:57	4 (56.3%)
167	<b>SŁOMA Paweł</b>	<b>127</b>	SŁOMIANE BAMBUSY	M30	61	00:11:08	<b>00:25:32.35</b>	<b>00:25:32.35</b>	+00:11:11 (43.8%)	15:01	4 (56.3%)
168	<b>WYSŁUCH Tomasz</b>	<b>162</b>		M40	38	00:11:19	<b>00:25:53.90</b>	<b>00:25:53.90</b>	+00:11:32 (44.6%)	15:13	3.9 (54.9%)
169	<b>ROGAŁA Maciej</b>	<b>182</b>	KS M.E.T.A.	M40	39	00:11:32	<b>00:25:55.05</b>	<b>00:25:55.05</b>	+00:11:33 (44.6%)	15:14	3.9 (54.9%)
170	<b>MARCOL Wojciech</b>	<b>299</b>	OTK RZEŹNIK	M20	38	00:11:34	<b>00:25:56.75</b>	<b>00:25:56.75</b>	+00:11:35 (44.7%)	15:15	3.9 (54.9%)
171	<b>RAJCHELD Dorian</b>	<b>114</b>	BB RUNNERS	M30	62	00:12:02	<b>00:26:04.15</b>	<b>00:26:04.15</b>	+00:11:42 (44.9%)	15:20	3.9 (54.9%)
172	<b>BAK Marcin</b>	<b>15</b>	HARPAGAN SANOK	M30	63	00:11:39	<b>00:26:06.25</b>	<b>00:26:06.25</b>	+00:11:44 (45.0%)	15:21	3.9 (54.9%)
173	<b>KONDRACIUK Katarzyna</b>	<b>321</b>	PIASECZYŃSKA FUNDACJA EKOLOGICZNA	K40	6	00:12:05	<b>00:26:07.35</b>	<b>00:26:07.35</b>	+00:11:46 (45.0%)	15:21	3.9 (54.9%)
174	<b>CHWALISZEWSKI Jarosław</b>	<b>29</b>	NIGHT RUNNERS GLIWICE	M40	40	00:10:56	<b>00:26:19.50</b>	<b>00:26:19.50</b>	+00:11:58 (45.5%)	15:28	3.9 (54.9%)
175	<b>SZARUGA Małgorzata</b>	<b>333</b>	SOCIOS GÓRNIK	K20	9	00:11:43	<b>00:26:24.40</b>	<b>00:26:24.40</b>	+00:12:03 (45.6%)	15:31	3.9 (54.9%)
176	<b>SZOŁTYSIK Bartosz</b>	<b>143</b>	LECYMY DURŚ	M30	64	00:11:22	<b>00:26:33.45</b>	<b>00:26:33.45</b>	+00:12:12 (45.9%)	15:37	3.8 (53.5%)
177	<b>LEDWOŃ Jakub</b>	<b>88</b>	NIGHT RUNNERS GLIWICE	M30	65	00:11:27	<b>00:26:48.60</b>	<b>00:26:48.60</b>	+00:12:27 (46.5%)	15:45	3.8 (53.5%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polowka 0.9km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 1.7km	brutto 1.7km			
178	<b>SŁOBODA Elżbieta</b>	<b>331</b>	USTRZYKI DOLNE	K30	9	00:12:06	<b>00:26:53.40</b>	<b>00:26:53.40</b>	+00:12:32 (46.6%)	15:48	3.8 (53.5%)
179	<b>NIEURZYŁA Grzegorz</b>	<b>102</b>	UZDROWISKOWI TEAM	M40	41	00:11:47	<b>00:27:00.35</b>	<b>00:27:00.35</b>	+00:12:39 (46.8%)	15:52	3.8 (53.5%)
180	<b>KUČERKA Jakub</b>	<b>81</b>	KASIA I KUBA	M20	39	00:12:26	<b>00:27:05.85</b>	<b>00:27:05.85</b>	+00:12:44 (47.0%)	15:55	3.8 (53.5%)
181	<b>FRANKI Marcin</b>	<b>42</b>	LECYMY DURŚ	M30	66	00:11:58	<b>00:27:09.20</b>	<b>00:27:09.20</b>	+00:12:47 (47.1%)	15:58	3.8 (53.5%)
182	<b>FLAGA Iwona</b>	<b>314</b>	ESKADRA KRAKÓW	K30	10	00:12:22	<b>00:27:13.70</b>	<b>00:27:13.70</b>	+00:12:52 (47.3%)	16:00	3.7 (52.1%)
183	<b>FARON Agnieszka</b>	<b>313</b>	NORAFSPORT	K30	11	00:12:31	<b>00:27:18.50</b>	<b>00:27:18.50</b>	+00:12:57 (47.4%)	16:03	3.7 (52.1%)
184	<b>LIPIŃSKI Tomasz</b>		CANAL+	M40	42	00:11:33	<b>00:27:28.25</b>	<b>00:27:28.25</b>	+00:13:06 (47.7%)	16:09	3.7 (52.1%)
185	<b>POTOCZNY Mirosław</b>	<b>110</b>		M40	43	00:12:14	<b>00:27:29.15</b>	<b>00:27:29.15</b>	+00:13:07 (47.8%)	16:10	3.7 (52.1%)
186	<b>TERLIKOWSKI Kacper</b>	<b>151</b>		M20	40	00:11:23	<b>00:27:33.85</b>	<b>00:27:33.85</b>	+00:13:12 (47.9%)	16:12	3.7 (52.1%)
187	<b>DOMARADZKA Violetta</b>	<b>399</b>	RUN VEGAN TEAM	K30	12	00:12:45	<b>00:27:36.85</b>	<b>00:27:36.85</b>	+00:13:15 (48.0%)	16:14	3.7 (52.1%)
188	<b>SŁOMKOWSKI Mateusz</b>	<b>128</b>		M20	41	00:11:09	<b>00:27:55.55</b>	<b>00:27:55.55</b>	+00:13:34 (48.6%)	16:25	3.7 (52.1%)
189	<b>MAJCHER Beata</b>	<b>301</b>	ESKADRA KRAKÓW	K40	7	00:12:49	<b>00:27:56.90</b>	<b>00:27:56.90</b>	+00:13:35 (48.6%)	16:25	3.7 (52.1%)
190	<b>SNARSKA Katarzyna</b>	<b>332</b>	ALBATROSY	K30	13	00:12:54	<b>00:28:04.10</b>	<b>00:28:04.10</b>	+00:13:42 (48.9%)	16:30	3.6 (50.7%)
191	<b>CHOWANSKA Sylwia</b>	<b>312</b>	BIEGAMY DLA ZDROWIA	K30	14	00:13:07	<b>00:28:06.35</b>	<b>00:28:06.35</b>	+00:13:45 (48.9%)	16:31	3.6 (50.7%)
192	<b>ŚMIATEK Marcin</b>	<b>150</b>	AGRESOR	M40	44	00:12:56	<b>00:28:15.85</b>	<b>00:28:15.85</b>	+00:13:54 (49.2%)	16:37	3.6 (50.7%)
193	<b>PREDKO Grażyna</b>	<b>340</b>		K40	8	00:13:04	<b>00:29:08.75</b>	<b>00:29:08.75</b>	+00:14:47 (50.7%)	17:08	3.5 (49.3%)
194	<b>SZCZYGIEŁ Adriana</b>	<b>334</b>	KNSK RUNNING TEAM	K30	15	00:13:19	<b>00:30:14.70</b>	<b>00:30:14.70</b>	+00:15:53 (52.5%)	17:47	3.4 (47.9%)
195	<b>DUDEK Dominik</b>	<b>35</b>	MCG PROJECTS	M40	45	00:12:42	<b>00:30:32.55</b>	<b>00:30:32.55</b>	+00:16:11 (53.0%)	17:57	3.3 (46.5%)
196	<b>SZKARADNIK Katarzyna</b>	<b>336</b>	UZDROWISKOWY TEAM	K30	16	00:13:37	<b>00:30:55.15</b>	<b>00:30:55.15</b>	+00:16:33 (53.6%)	18:11	3.3 (46.5%)
197	<b>FIJAŁKOWSKI Artur</b>	<b>41</b>		M20	42	00:12:27	<b>00:31:20.55</b>	<b>00:31:20.55</b>	+00:16:59 (54.2%)	18:25	3.3 (46.5%)
198	<b>MIERZOWSKI Klaudiusz</b>	<b>95</b>	TOKYO TEAM	M40	46	00:13:35	<b>00:31:31.90</b>	<b>00:31:31.90</b>	+00:17:10 (54.5%)	18:32	3.2 (45.1%)
199	<b>WĄSOWSKA Jagoda</b>	<b>345</b>		K50	3	00:14:35	<b>00:31:45.20</b>	<b>00:31:45.20</b>	+00:17:23 (54.8%)	18:40	3.2 (45.1%)
200	<b>SZPERLICH Grzegorz</b>	<b>145</b>	AGRESOR	M40	47	00:14:06	<b>00:32:31.45</b>	<b>00:32:31.45</b>	+00:18:10 (55.9%)	19:07	3.1 (43.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polowka 0.9km	Czas netto 1.7km	Czas brutto 1.7km	Różn	Tempo min/km	Tempo km/h
201	<b>STYŚ Marek</b>	<b>180</b>		M40	48	00:13:56	<b>00:32:42.65</b>	<b>00:32:42.65</b>	+00:18:21 (56.1%)	19:14	3.1 (43.7%)
202	<b>WARZOCHA Katarzyna</b>	<b>337</b>		K30	17	00:13:51	<b>00:32:42.85</b>	<b>00:32:42.85</b>	+00:18:21 (56.1%)	19:14	3.1 (43.7%)
203	<b>KAFAROWSKI Dariusz</b>	<b>174</b>	WIELKOLUD TEAM / KS KANDAHAR	M40	49	00:13:42	<b>00:32:47.65</b>	<b>00:32:47.65</b>	+00:18:26 (56.2%)	19:17	3.1 (43.7%)
204	<b>RĄCZKA Marcin</b>	<b>116</b>	SGO	M30	67	00:14:26	<b>00:34:58.60</b>	<b>00:34:58.60</b>	+00:20:37 (59.0%)	20:34	2.9 (40.8%)
205	<b>DEJA Andrzej</b>	<b>33</b>		M50	6	00:14:47	<b>00:35:24.55</b>	<b>00:35:24.55</b>	+00:21:03 (59.5%)	20:49	2.9 (40.8%)
206	<b>SZCZYGIĘŁ Weronika</b>	<b>335</b>		K30	18	00:15:59	<b>00:35:56.55</b>	<b>00:35:56.55</b>	+00:21:35 (60.1%)	21:08	2.8 (39.4%)
207	<b>BZOWSKA Aleksandra</b>	<b>311</b>	NIGHT RUNNERS	K30	19	00:15:58	<b>00:35:56.95</b>	<b>00:35:56.95</b>	+00:21:35 (60.1%)	21:08	2.8 (39.4%)
208	<b>DEMUT Witold</b>	<b>168</b>		M20	43	00:17:52			+00:11:31	19:51	3 (42.3%)
209	<b>LUBOSIK Laurencja</b>	<b>324</b>	TOKYO TEAM	K30	20	00:18:27			+00:12:07	20:30	2.9 (40.8%)

Znaleziono 209 wynik(ów)