



**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

Gorce Ultra-Trail 2020  
Fundacja Run Vegan - GUT  
2020-08-01  
Ochotnica Dolna  
48 km

## GORCE ULTRA-TRAIL® 48 KM

B4SPORT  
INTELIGENTNE ZAWODY SPORTOWE

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Luban 12km	Prz_Knur 25km	Gorc 41km	Czas netto 48km	Czas brutto 48km	Różn	Tempo min/km	Tempo km/h
1	<b>KOPEĆ Wojciech</b>	<b>400</b>	TEAM KOPEĆ	M 35	1	00:00:14	01:09:30	02:11:47	03:51:23	<b>04:20:43.95</b>	<b>04:20:58.85</b>		5:25	11 (100%)
2	<b>GÓRAK Przemysław</b>	<b>466</b>	KB SOBÓTKA	M 36-44	1	00:00:14	01:15:01	02:20:29	04:09:34	<b>04:42:52.60</b>	<b>04:43:07.35</b>	+00:22:08 (7.8%)	5:53	10.2 (92.7%)
3	<b>GABRYŚ Rafał</b>	<b>403</b>	KAWIK RUNNING TEAM	M 35	2	00:00:15	01:13:55	02:21:42		<b>05:00:13.75</b>	<b>05:00:28.95</b>	+00:39:29 (13.2%)	6:15	9.6 (87.3%)
4	<b>WOJTCZAK Jakub</b>	<b>678</b>	I-SPORT TEAM	M 35	3	00:00:16	01:13:19	02:22:25	04:25:10	<b>05:03:36.30</b>	<b>05:03:52.45</b>	+00:42:52 (14.1%)	6:19	9.5 (86.4%)
5	<b>STROINSKI Daniel</b>	<b>404</b>		M 36-44	2	00:00:15	01:20:17	02:31:14	04:32:24	<b>05:04:42.20</b>	<b>05:04:57.85</b>	+00:43:58 (14.4%)	6:20	9.5 (86.4%)
6	<b>ŁYJAK Błażej</b>	<b>554</b>		M 36-44	3	00:00:15	01:20:07	02:33:26	04:32:29	<b>05:04:48.05</b>	<b>05:05:03.70</b>	+00:44:04 (14.5%)	6:21	9.4 (85.5%)
7	<b>URBANEK Patryk</b>	<b>651</b>		M 35	4	00:58:12	01:23:54	02:37:20	04:39:20	<b>05:08:21.75</b>	<b>06:06:33.90</b>	+00:47:37 (15.4%)	6:25	9.3 (84.5%)
8	<b>NEHRING Karol</b>	<b>708</b>		M 35	5	00:00:15	01:19:43	02:34:53	04:39:46	<b>05:15:26.40</b>	<b>05:15:41.95</b>	+00:54:42 (17.3%)	6:34	9.1 (82.7%)
9	<b>PIETRZYK Mariusz</b>	<b>578</b>		M 36-44	4	00:58:22	01:23:14	02:36:53	04:39:04	<b>05:17:23.65</b>	<b>06:15:46.05</b>	+00:56:39 (17.9%)	6:36	9.1 (82.7%)
10	<b>ZBOZIEN Jarosław</b>	<b>694</b>		M 35	6	00:00:18	01:19:23	02:31:49	04:39:29	<b>05:17:31.70</b>	<b>05:17:49.90</b>	+00:56:47 (17.9%)	6:36	9.1 (82.7%)
11	<b>SIERADZKI Krzysztof</b>	<b>615</b>		M 35	7	00:00:15	01:17:22	02:31:50	04:45:23	<b>05:30:24.05</b>	<b>05:30:39.30</b>	+01:09:40 (21.1%)	6:53	8.7 (79.1%)
12	<b>NOWOCIN Radosław</b>	<b>401</b>		M 35	8	00:00:15	01:17:54	02:29:45	04:34:34	<b>05:36:26.30</b>	<b>05:36:41.35</b>	+01:15:42 (22.5%)	7:00	8.6 (78.2%)
13	<b>MIKA Tomasz</b>	<b>545</b>	LABOSPORT TEAM	M 36-44	5	00:00:16	01:27:52	02:43:29	04:52:21	<b>05:38:26.20</b>	<b>05:38:42.45</b>	+01:17:42 (23.0%)	7:03	8.5 (77.3%)
14	<b>JANIK Mateusz</b>	<b>479</b>		M 35	9	00:00:34	01:20:34	02:35:41	04:51:39	<b>05:38:57.30</b>	<b>05:39:31.65</b>	+01:18:13 (23.1%)	7:03	8.5 (77.3%)
15	<b>KUREK Jacek</b>	<b>520</b>	FUNDACJA ŚLĄSKIE HOSPICJUM DLA DZIECI ŚWIETLIKOWO	M 45-59	1	00:00:15	01:21:09	02:37:16	04:51:55	<b>05:39:05.70</b>	<b>05:39:21.10</b>	+01:18:21 (23.1%)	7:03	8.5 (77.3%)
16	<b>TADEUSZ Bartosz</b>	<b>638</b>		M 35	10	00:58:15	01:21:47	02:37:22	05:03:15	<b>05:44:57.30</b>	<b>06:43:12.50</b>	+01:24:13 (24.4%)	7:11	8.3 (75.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Luban 12km	Prz_Knur 25km	Gorc 41km	Czas netto 48km	Czas brutto 48km	Różn	Tempo min/km	Tempo km/h
17	<b>WĘGLIŃSKI</b> Mikołaj	<b>660</b>		M 35	11	00:58:29	01:20:15	02:43:48	05:15:14	<b>05:50:59.75</b>	<b>06:49:29.00</b>	+01:30:15 (25.7%)	7:18	8.2 (74.5%)
18	<b>WOŹNIAK</b> Radosław	<b>145</b>	SKAWINA BIEGA	M 35	12	00:58:10	01:21:17	02:40:09	05:15:38	<b>05:54:28.25</b>	<b>06:52:38.35</b>	+01:33:44 (26.4%)	7:23	8.1 (73.6%)
19	<b>PRZYBYLSKI</b> Krzysztof	<b>591</b>		M 36-44	6	00:58:10	01:20:31	02:37:25	05:05:59	<b>06:00:58.80</b>	<b>06:59:09.30</b>	+01:40:14 (27.8%)	7:31	8 (72.7%)
20	<b>CZYRNIA</b> Martin	<b>429</b>	MAFIA TEAM LUBLINIEC	M 35	13	00:00:16	01:21:45	02:43:37	05:10:03	<b>06:02:08.25</b>	<b>06:02:24.65</b>	+01:41:24 (28.0%)	7:32	8 (72.7%)
21	<b>RATYŃSKI</b> Marek	<b>602</b>	OTWOCKI TUPTACZ	M 36-44	7	00:00:16	01:23:05	02:45:25	05:13:00	<b>06:02:36.85</b>	<b>06:02:53.30</b>	+01:41:52 (28.1%)	7:33	7.9 (71.8%)
22	<b>BAROSZ</b> Natalia	<b>411</b>	DYNAFIT TRAILHERO/MARCINŚWIERCTEAM	K 35	1	00:00:16	01:30:42	02:55:53	05:23:31	<b>06:03:14.55</b>	<b>06:03:31.30</b>	+01:42:30 (28.2%)	7:34	7.9 (71.8%)
23	<b>ŚLIWIŃSKI</b> Rafał	<b>635</b>	CZARNY KOŃ / ZBIEGACZ.PL	M 35	14	00:58:19	01:40:58	03:04:35	05:25:22	<b>06:04:07.95</b>	<b>07:02:27.00</b>	+01:43:24 (28.4%)	7:35	7.9 (71.8%)
24	<b>KOKOSZKA</b> Zygmunt	<b>500</b>	VEGE RUNNERS	M 36-44	8	00:00:18	01:26:45	02:49:24	05:22:20	<b>06:05:49.65</b>	<b>06:06:08.25</b>	+01:45:05 (28.7%)	7:37	7.9 (71.8%)
25	<b>FEDORCZAK</b> Jacek	<b>450</b>	VETCARE	M 36-44	9	00:00:17	01:34:05	02:59:20	05:25:05	<b>06:06:35.25</b>	<b>06:06:53.05</b>	+01:45:51 (28.9%)	7:38	7.9 (71.8%)
26	<b>RUMIAN</b> Jakub	<b>609</b>	KW KRAKÓW	M 35	15	00:58:11	01:30:03	02:53:34	05:27:46	<b>06:11:09.05</b>	<b>07:09:20.60</b>	+01:50:25 (29.8%)	7:43	7.8 (70.9%)
27	<b>TATAREK-KONIK</b> Agnieszka	<b>642</b>		K 35	2	00:58:15	01:31:54	02:57:56	05:33:01	<b>06:13:48.65</b>	<b>07:12:04.45</b>	+01:53:04 (30.3%)	7:47	7.7 (70.0%)
28	<b>WNUCZEK</b> Łukasz	<b>673</b>	BIEGAJĄCY ŚWIDNIK	M 36-44	10	00:58:18	01:30:03	02:58:09	05:33:12	<b>06:15:50.75</b>	<b>07:14:09.20</b>	+01:55:06 (30.6%)	7:49	7.7 (70.0%)
29	<b>SMOLEŃ</b> Janusz	<b>619</b>		M 36-44	11	00:58:12	01:32:35	02:56:05	05:33:41	<b>06:16:41.60</b>	<b>07:14:53.75</b>	+01:55:57 (30.8%)	7:50	7.6 (69.1%)
30	<b>OLSZAK</b> Zenon	<b>560</b>	WARSAW RUN CLUB	M 45-59	2	00:01:00	01:36:15	03:03:32	05:35:27	<b>06:16:58.65</b>	<b>06:17:59.00</b>	+01:56:14 (30.8%)	7:51	7.6 (69.1%)
31	<b>SAMBORSKI</b> Rafał	<b>613</b>	CONSONANCE TEAM	M 35	16	00:58:32	01:33:42	03:00:36	05:36:57	<b>06:20:56.55</b>	<b>07:19:28.70</b>	+02:00:12 (31.6%)	7:56	7.6 (69.1%)
32	<b>ZABRZEWSKI</b> Patryk	<b>689</b>		M 36-44	12	00:00:16	01:31:15	03:04:12	05:41:45	<b>06:21:43.60</b>	<b>06:22:00.05</b>	+02:00:59 (31.7%)	7:57	7.5 (68.2%)
33	<b>MIKUŚKIEWICZ</b> Piotr	<b>547</b>	10. ŚBOT	M 36-44	13	00:00:19	01:40:21	03:10:32	05:41:12	<b>06:22:41.85</b>	<b>06:23:01.80</b>	+02:01:57 (31.9%)	7:58	7.5 (68.2%)
34	<b>KWAŚNIEWSKI</b> Krzysztof	<b>522</b>	TRENER FOREST	M 45-59	3	00:00:17	01:27:04	02:53:30	05:37:23	<b>06:24:13.70</b>	<b>06:24:31.50</b>	+02:03:29 (32.1%)	8:00	7.5 (68.2%)
35	<b>WILK</b> Paweł	<b>664</b>		M 36-44	14	00:00:18	01:38:53	03:09:56	05:42:47	<b>06:24:22.65</b>	<b>06:24:41.25</b>	+02:03:38 (32.2%)	8:00	7.5 (68.2%)
36	<b>MARCINKOWSKA-CHOLEWA</b> Katarzyna	<b>702</b>	ARCO ŁAWY	K 45-59	1	00:00:21	01:40:38	03:09:44	05:42:41	<b>06:24:49.70</b>	<b>06:25:11.05</b>	+02:04:05 (32.2%)	8:01	7.5 (68.2%)
37	<b>KARCZ</b> Grzegorz	<b>494</b>	BĘDUSKA BRYGADA BIEGOWA	M 36-44	15	00:00:21	01:31:24	02:58:34	05:44:11	<b>06:27:26.65</b>	<b>06:27:47.85</b>	+02:06:42 (32.7%)	8:04	7.4 (67.3%)
38	<b>WOŹNIAK</b> Maria	<b>679</b>	SKAWINA BIEGA	K 35	3	00:58:10	01:36:31	03:05:23	05:50:36	<b>06:29:07.60</b>	<b>07:27:17.90</b>	+02:08:23 (33.0%)	8:06	7.4 (67.3%)
39	<b>LILLA</b> Piotr	<b>524</b>	KLUB WYSOKOGÓRSKI JASTRZĘBIE - ZDRÓJ	M 36-44	16	00:00:16	01:27:44	02:56:55	05:37:47	<b>06:30:36.55</b>	<b>06:30:52.80</b>	+02:09:52 (33.2%)	8:08	7.4 (67.3%)
40	<b>PAWLIKOWSKI</b> Damian	<b>570</b>		M 35	17	00:58:25	01:34:42	03:05:22	05:44:52	<b>06:30:43.40</b>	<b>07:29:09.05</b>	+02:09:59 (33.3%)	8:08	7.4 (67.3%)
41	<b>LIPKA</b> Sebastian	<b>525</b>	ZABIEGANY-TATA	M 36-44	17	00:00:38	01:30:13	02:56:52	05:44:28	<b>06:33:55.95</b>	<b>06:34:34.00</b>	+02:13:12 (33.8%)	8:12	7.3 (66.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Luban 12km	Prz_Knur 25km	Gorc 41km	Czas netto 48km	Czas brutto 48km	Różn	Tempo min/km	Tempo km/h
42	<b>BADOWSKI Rafał</b>	<b>408</b>	WSZYSTKO JEST W GŁOWIE!	M 45-59	4	00:00:31	01:32:45	03:00:41	05:44:43	<b>06:36:21.60</b>	<b>06:36:53.50</b>	+02:15:37 (34.2%)	8:15	7.3 (66.4%)
43	<b>FORTUNA Marcin</b>	<b>454</b>	ŚWISZCZĄCY ŁAŃCUCH	M 36-44	18	00:00:17	01:34:18	03:02:09	05:45:19	<b>06:37:11.65</b>	<b>06:37:29.25</b>	+02:16:27 (34.4%)	8:16	7.3 (66.4%)
44	<b>DROZDOWICZ Michał</b>	<b>441</b>		M 45-59	5	00:00:42	01:45:18	03:17:56	05:55:00	<b>06:40:05.40</b>	<b>06:40:47.95</b>	+02:19:21 (34.8%)	8:20	7.2 (65.5%)
45	<b>GÓRNA Anita</b>	<b>468</b>	LPP TEAM	K 36-44	1	00:00:38	01:47:17	03:23:13	05:58:22	<b>06:40:56.45</b>	<b>06:41:34.70</b>	+02:20:12 (35.0%)	8:21	7.2 (65.5%)
46	<b>SIWEK Grzegorz</b>	<b>617</b>	ZABIEGANI W KIELCACH	M 36-44	19	00:58:14	01:34:55	03:01:19	05:54:45	<b>06:41:51.55</b>	<b>07:40:05.95</b>	+02:21:07 (35.1%)	8:22	7.2 (65.5%)
47	<b>ROSTOCKI Wojciech</b>	<b>607</b>	STAROSĄDECKI BIEGACZ	M 35	18	00:58:10	01:28:49	03:00:42	05:57:18	<b>06:42:18.15</b>	<b>07:40:28.25</b>	+02:21:34 (35.2%)	8:22	7.2 (65.5%)
48	<b>KAROLAK Ryszard</b>	<b>495</b>	KS GRUCHA	M 36-44	20	00:00:26	01:35:11	03:07:07	05:53:38	<b>06:42:38.55</b>	<b>06:43:04.65</b>	+02:21:54 (35.2%)	8:23	7.2 (65.5%)
49	<b>WOJNAROWSKA Weronika</b>	<b>677</b>		K 35	4	00:58:32	01:38:18	03:13:27	05:59:12	<b>06:42:56.80</b>	<b>07:41:28.80</b>	+02:22:12 (35.3%)	8:23	7.1 (64.5%)
50	<b>ISKRZYCKI Andrzej</b>	<b>477</b>		M 45-59	6	00:00:24	01:42:23	03:14:52	05:58:24	<b>06:43:06.20</b>	<b>06:43:31.15</b>	+02:22:22 (35.3%)	8:23	7.1 (64.5%)
51	<b>BOHDANOWICZ Krystian</b>	<b>418</b>	ATLAS RUNNING TEAM	M 36-44	21	00:00:27	01:38:38	03:09:39	05:58:36	<b>06:44:06.75</b>	<b>06:44:34.50</b>	+02:23:22 (35.5%)	8:25	7.1 (64.5%)
52	<b>PRZYCHODZKI Łukasz</b>	<b>594</b>	THE RECYCKINGS	M 36-44	22	00:58:18	01:40:30	03:11:16	05:59:21	<b>06:44:58.65</b>	<b>07:43:16.75</b>	+02:24:14 (35.6%)	8:26	7.1 (64.5%)
53	<b>DERWICH Karol</b>	<b>434</b>	WKURW TEAM	M 36-44	23	00:58:21	01:38:12	03:07:37	05:58:45	<b>06:47:49.00</b>	<b>07:46:10.00</b>	+02:27:05 (36.1%)	8:29	7.1 (64.5%)
54	<b>BARTOSZ Marek</b>	<b>412</b>		M 36-44	24	00:00:19	01:41:41	03:18:10	06:03:09	<b>06:51:32.75</b>	<b>06:51:52.15</b>	+02:30:48 (36.6%)	8:34	7 (63.6%)
55	<b>TARANTA Daniel</b>	<b>641</b>		M 35	19	00:58:23	01:37:05	03:10:46	06:11:51	<b>06:52:31.35</b>	<b>07:50:54.80</b>	+02:31:47 (36.8%)	8:35	7 (63.6%)
56	<b>SZARANIEC Sebastian</b>	<b>629</b>	T-MOBILE SPORT TEAM	M 45-59	7	00:58:28	01:32:21	03:00:21	05:59:25	<b>06:53:14.05</b>	<b>07:51:42.90</b>	+02:32:30 (36.9%)	8:36	7 (63.6%)
57	<b>KRÓL Przemysław</b>	<b>510</b>		M 36-44	25	00:00:28	01:40:28	03:17:32	06:06:52	<b>06:53:26.55</b>	<b>06:53:55.40</b>	+02:32:42 (36.9%)	8:36	7 (63.6%)
58	<b>OBARA Michał</b>	<b>557</b>		M 36-44	26	00:58:27	01:33:42	03:07:10	06:11:40	<b>06:55:37.75</b>	<b>07:54:05.35</b>	+02:34:53 (37.3%)	8:39	6.9 (62.7%)
59	<b>PIESIK Jarosław</b>	<b>576</b>	WOLSZTYŃSKI KLUB BIEGOWY	M 45-59	8	00:00:30	01:39:58	03:16:42	06:09:14	<b>06:55:39.10</b>	<b>06:56:09.30</b>	+02:34:55 (37.3%)	8:39	6.9 (62.7%)
60	<b>ROGOZIK Szymon</b>	<b>606</b>	JURA TEAM	M 36-44	27	00:58:18	01:40:56	03:14:46	06:12:18	<b>06:57:00.65</b>	<b>07:55:19.50</b>	+02:36:16 (37.5%)	8:41	6.9 (62.7%)
61	<b>TAMBORSKA Agata</b>	<b>639</b>	DZIK KOMANDO	K 35	5	00:00:52	01:32:20	03:01:32	06:03:04	<b>06:57:52.50</b>	<b>06:58:44.60</b>	+02:37:08 (37.6%)	8:42	6.9 (62.7%)
62	<b>GRZĄDKA Anna</b>	<b>472</b>		K 36-44	2	00:00:18	01:44:16	03:22:10	06:09:19	<b>06:58:06.55</b>	<b>06:58:25.25</b>	+02:37:22 (37.6%)	8:42	6.9 (62.7%)
63	<b>TYMICKI Zbigniew</b>	<b>649</b>	ENTRE.PL TEAM	M 45-59	9	00:58:20	01:32:24	03:03:06	06:11:28	<b>06:58:21.00</b>	<b>07:56:41.30</b>	+02:37:37 (37.7%)	8:42	6.9 (62.7%)
64	<b>NOWOROLNIK Piotr</b>	<b>556</b>	LKS LUBAŃ TYLMANOWA	M 36-44	28	00:00:43	01:34:57	03:10:37	06:07:40	<b>06:59:43.20</b>	<b>07:00:26.80</b>	+02:38:59 (37.9%)	8:44	6.9 (62.7%)
65	<b>DĄBROWSKI Michał</b>	<b>433</b>	CINCLUS	M 45-59	10	00:00:47	01:36:49	03:06:15	06:13:05	<b>06:59:54.55</b>	<b>07:00:42.05</b>	+02:39:10 (37.9%)	8:44	6.9 (62.7%)
66	<b>PASTERNAK Radosław</b>	<b>566</b>	TURBOPIASKOWANIE TEAM/KLUB BIEGACZA LIDZBARK WARMINSKI	M 36-44	29	00:58:24	01:38:17	03:10:46	06:13:31	<b>07:00:13.65</b>	<b>07:58:37.75</b>	+02:39:29 (38.0%)	8:45	6.9 (62.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Luban 12km	Prz_Knur 25km	Gorc 41km	Czas netto 48km	Czas brutto 48km	Różn	Tempo min/km	Tempo km/h
67	<b>PUCHNIARZ Artur</b>	<b>596</b>		M 36-44	30	00:58:11	01:37:36	03:09:27	06:19:34	<b>07:01:35.60</b>	<b>07:59:46.65</b>	+02:40:51 (38.2%)	8:46	6.8 (61.8%)
68	<b>KOLANKO Paweł</b>	<b>501</b>		M 36-44	31	00:00:27	01:40:03	03:18:03	06:09:22	<b>07:02:08.35</b>	<b>07:02:35.90</b>	+02:41:24 (38.2%)	8:47	6.8 (61.8%)
69	<b>MAŚLANKA Jarosław</b>	<b>538</b>	PEGA RUNNERS	M 45-59	11	00:00:17	01:31:16	03:06:31	06:05:40	<b>07:02:53.90</b>	<b>07:03:11.05</b>	+02:42:09 (38.3%)	8:48	6.8 (61.8%)
70	<b>WARDA Paweł</b>	<b>658</b>	MED-SPORT	M 36-44	32	00:58:20	01:37:23	03:09:56	06:15:41	<b>07:05:31.50</b>	<b>08:03:51.60</b>	+02:44:47 (38.7%)	8:51	6.8 (61.8%)
71	<b>IZDEBSKI Paweł</b>	<b>478</b>		M 35	20	00:00:32		03:13:28	06:14:15	<b>07:11:12.30</b>	<b>07:11:44.30</b>	+02:50:28 (39.5%)	8:59	6.7 (60.9%)
72	<b>MASZARO Robert</b>	<b>537</b>		M 36-44	33	00:00:41	01:45:52	03:25:18	06:22:24	<b>07:11:42.10</b>	<b>07:12:23.15</b>	+02:50:58 (39.6%)	8:59	6.7 (60.9%)
73	<b>CYMBORSKA Jolanta</b>	<b>427</b>	WARSAW RUN CLUB	K 36-44	3	00:00:48	01:47:21	03:28:29	06:22:11	<b>07:12:10.10</b>	<b>07:12:58.55</b>	+02:51:26 (39.7%)	9:00	6.7 (60.9%)
74	<b>GOŁĘBIEWSKI Andrzej</b>	<b>464</b>		M 45-59	12	00:00:25	01:39:58	03:18:38	06:22:47	<b>07:12:57.25</b>	<b>07:13:23.20</b>	+02:52:13 (39.8%)	9:01	6.7 (60.9%)
75	<b>GESSLER Łukasz</b>	<b>458</b>	BIESY	M 35	21	00:00:31	01:43:20	03:20:08	06:28:42	<b>07:13:01.90</b>	<b>07:13:32.90</b>	+02:52:17 (39.8%)	9:01	6.7 (60.9%)
76	<b>KOCIK Maciej</b>	<b>499</b>		M 36-44	34	00:00:25	01:35:52	03:16:07	06:22:51	<b>07:13:22.20</b>	<b>07:13:47.45</b>	+02:52:38 (39.8%)	9:01	6.6 (60.0%)
77	<b>DOMARADZKA-KASZUBOWICZ Wiktoria</b>	<b>438</b>		K 36-44	4	00:00:23	01:51:47	03:31:15	06:27:38	<b>07:14:09.10</b>	<b>07:14:32.60</b>	+02:53:25 (39.9%)	9:02	6.6 (60.0%)
78	<b>BUDNY Aleksandra</b>	<b>1023</b>		K 36-44	5	00:00:37	01:47:44	03:31:05	06:30:46	<b>07:14:18.65</b>	<b>07:14:55.70</b>	+02:53:34 (40.0%)	9:02	6.6 (60.0%)
79	<b>KARKUT Michał</b>	<b>705</b>		M 36-44	35	00:00:32	01:46:06	03:24:24	06:22:49	<b>07:14:52.20</b>	<b>07:15:25.15</b>	+02:54:08 (40.0%)	9:03	6.6 (60.0%)
80	<b>MORAWSKI Grzegorz</b>	<b>548</b>		M 36-44	36	00:00:17	01:35:26	03:16:40	06:24:17	<b>07:14:53.15</b>	<b>07:15:10.40</b>	+02:54:09 (40.0%)	9:03	6.6 (60.0%)
81	<b>SALAMON Tomasz</b>	<b>612</b>		M 36-44	37	00:58:25	01:44:16	03:20:03	06:23:44	<b>07:17:30.60</b>	<b>08:15:55.65</b>	+02:56:46 (40.4%)	9:06	6.6 (60.0%)
82	<b>MATUSEWICZ Ireneusz</b>	<b>540</b>		M 36-44	38	00:00:43	01:42:02	03:24:39	06:30:27	<b>07:17:53.15</b>	<b>07:18:37.10</b>	+02:57:09 (40.5%)	9:07	6.6 (60.0%)
83	<b>BARNAŚ Karol</b>	<b>410</b>		M 35	22	00:00:20	01:41:49	03:26:38	06:27:44	<b>07:18:29.30</b>	<b>07:18:50.15</b>	+02:57:45 (40.5%)	9:08	6.6 (60.0%)
84	<b>WRÓBEL Aleksandra</b>	<b>684</b>		K 35	6	00:00:26		03:33:06	06:31:14	<b>07:18:38.85</b>	<b>07:19:05.55</b>	+02:57:54 (40.6%)	9:08	6.6 (60.0%)
85	<b>KOWALEWSKI Kasper</b>	<b>507</b>		M 35	23	00:00:26	01:39:59	03:19:01	06:24:27	<b>07:18:39.00</b>	<b>07:19:05.65</b>	+02:57:55 (40.6%)	9:08	6.6 (60.0%)
86	<b>PORAZINSKA Wiktoria</b>	<b>589</b>		K 36-44	6	00:58:14	02:06:43	04:15:33	06:24:47	<b>07:20:35.45</b>	<b>08:18:50.40</b>	+02:59:51 (40.8%)	9:10	6.5 (59.1%)
87	<b>PETER Marcin</b>	<b>572</b>		M 45-59	13	00:58:27	01:41:59	03:24:03	06:31:42	<b>07:20:44.20</b>	<b>08:19:12.00</b>	+03:00:00 (40.8%)	9:10	6.5 (59.1%)
88	<b>POPŁAWSKI Piotr</b>	<b>588</b>	PGB SPORTOWA PACZKA	M 36-44	39	00:58:23	01:48:22	03:31:13	06:34:54	<b>07:20:55.75</b>	<b>08:19:19.20</b>	+03:00:11 (40.9%)	9:11	6.5 (59.1%)
89	<b>KALECIŃSKI Piotr</b>	<b>489</b>		M 35	24	00:00:18	01:44:23	03:27:12	06:25:19	<b>07:22:18.75</b>	<b>07:22:36.85</b>	+03:01:34 (41.1%)	9:12	6.5 (59.1%)
90	<b>BURAS Michał</b>	<b>421</b>	SALCLAN-TEAM	M 36-44	40	00:00:41	01:51:44	03:32:58	06:30:25	<b>07:22:40.30</b>	<b>07:23:21.65</b>	+03:01:56 (41.1%)	9:13	6.5 (59.1%)
91	<b>CZAJKOWSKI Rafał</b>	<b>428</b>	EKOBIEGI	M 36-44	41	00:00:22	01:51:02	03:33:15	06:29:35	<b>07:22:59.10</b>	<b>07:23:21.50</b>	+03:02:15 (41.1%)	9:13	6.5 (59.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Luban 12km	Prz_Knur 25km	Gorc 41km	Czas netto 48km	Czas brutto 48km	Różn	Tempo min/km	Tempo km/h
92	<b>SAINTEMARIE Arnaud</b>	<b>610</b>		M 36-44	42	00:58:21	01:51:12	03:42:20	06:35:25	<b>07:23:27.80</b>	<b>08:21:49.50</b>	+03:02:43 (41.2%)	9:14	6.5 (59.1%)
93	<b>TUREK Maciej</b>	<b>647</b>	#PIWONAMECIE	M 36-44	43	00:58:16	01:41:47	03:18:59	06:38:43	<b>07:24:56.45</b>	<b>08:23:13.25</b>	+03:04:12 (41.4%)	9:16	6.5 (59.1%)
94	<b>DUCH Rafał</b>	<b>443</b>		M 35	25	00:00:47	01:53:44	03:33:59	06:32:51	<b>07:25:06.75</b>	<b>07:25:53.90</b>	+03:04:22 (41.4%)	9:16	6.5 (59.1%)
95	<b>KULAS Łukasz</b>	<b>516</b>		M 36-44	44	00:00:19	01:38:47	03:19:15	06:32:25	<b>07:26:01.15</b>	<b>07:26:20.80</b>	+03:05:17 (41.5%)	9:17	6.5 (59.1%)
96	<b>HATALA Grzegorz</b>	<b>475</b>		M 35	26	00:00:55	01:50:45	03:24:28	06:39:10	<b>07:30:30.80</b>	<b>07:31:26.30</b>	+03:09:46 (42.1%)	9:23	6.4 (58.2%)
97	<b>WIERZBA Michał</b>	<b>662</b>		M 35	27	00:58:25	01:35:49	03:18:22	06:39:24	<b>07:31:08.25</b>	<b>08:29:34.20</b>	+03:10:24 (42.2%)	9:23	6.4 (58.2%)
98	<b>JAWOREK Grzegorz</b>	<b>482</b>	MIG TEAM	M 35	28	00:00:20	01:43:04	03:24:05	06:35:00	<b>07:32:29.10</b>	<b>07:32:49.80</b>	+03:11:45 (42.4%)	9:25	6.4 (58.2%)
99	<b>HEMKA Mateusz</b>	<b>476</b>	AGISKO POLSKA	M 35	29	00:00:31	01:44:59	03:25:46	06:41:58	<b>07:33:24.45</b>	<b>07:33:56.20</b>	+03:12:40 (42.5%)	9:26	6.4 (58.2%)
100	<b>WÓJCIK Krzysztof</b>	<b>681</b>	NIGHT RUNNERS	M 36-44	45	00:58:22	01:44:11	03:25:57	06:44:28	<b>07:33:29.80</b>	<b>08:31:52.10</b>	+03:12:45 (42.5%)	9:26	6.4 (58.2%)
101	<b>WOJCIECHOWSKI Tomasz</b>	<b>675</b>		M 36-44	46	00:58:30	01:47:54	03:31:01	06:44:53	<b>07:33:46.45</b>	<b>08:32:16.45</b>	+03:13:02 (42.5%)	9:27	6.3 (57.3%)
102	<b>KLINGER Adam</b>	<b>497</b>		M 35	30	00:00:17	01:31:44	03:03:04	06:45:58	<b>07:35:14.05</b>	<b>07:35:31.60</b>	+03:14:30 (42.7%)	9:29	6.3 (57.3%)
103	<b>POLAK Andrzej</b>	<b>587</b>	KW KRAKÓW	M 36-44	47	00:58:25	01:49:08	03:31:32	06:51:17	<b>07:37:42.85</b>	<b>08:36:08.45</b>	+03:16:58 (43.0%)	9:32	6.3 (57.3%)
104	<b>LIK Marek</b>	<b>523</b>		M 45-59	14	00:00:20	01:39:35	03:20:07	06:28:59	<b>07:38:37.20</b>	<b>07:38:57.45</b>	+03:17:53 (43.1%)	9:33	6.3 (57.3%)
105	<b>KSIĄŻEK Kacper</b>	<b>513</b>		M 35	31	00:00:56	01:58:56	03:36:41	06:51:59	<b>07:38:59.45</b>	<b>07:39:55.55</b>	+03:18:15 (43.2%)	9:33	6.3 (57.3%)
106	<b>DZIECIUCHOWICZ Adam</b>	<b>448</b>	EST TEAM	M 35	32	00:00:44	01:47:04	03:27:11	06:39:55	<b>07:39:04.85</b>	<b>07:39:49.65</b>	+03:18:20 (43.2%)	9:33	6.3 (57.3%)
107	<b>PENKALA Roch</b>	<b>571</b>		M 35	33	00:58:15	01:38:20	03:15:47	06:43:53	<b>07:39:39.80</b>	<b>08:37:54.80</b>	+03:18:55 (43.3%)	9:34	6.3 (57.3%)
108	<b>OLSZEWSKI Marcin</b>	<b>561</b>		M 36-44	48	00:58:12	01:42:55	03:24:23	06:55:17	<b>07:39:49.70</b>	<b>08:38:02.60</b>	+03:19:05 (43.3%)	9:34	6.3 (57.3%)
109	<b>KUPIŃSKA Magdalena</b>	<b>518</b>	VEGE RUNNERS	K 35	7	00:00:39	01:51:23	03:35:04	06:50:23	<b>07:40:35.70</b>	<b>07:41:14.90</b>	+03:19:51 (43.4%)	9:35	6.3 (57.3%)
110	<b>SZYMAŃSKI Sławek</b>	<b>633</b>		M 45-59	15	00:00:28	01:49:05	03:35:01	06:43:24	<b>07:40:44.50</b>	<b>07:41:12.70</b>	+03:20:00 (43.4%)	9:35	6.3 (57.3%)
111	<b>MAŚNICA-SZYMAŃSKA Joanna</b>	<b>539</b>		K 36-44	7	00:00:27	01:49:09	03:35:07	06:43:22	<b>07:40:44.55</b>	<b>07:41:12.30</b>	+03:20:00 (43.4%)	9:35	6.3 (57.3%)
112	<b>GARSTECKA Joanna</b>	<b>456</b>	SKAWINA BIEGA	K 36-44	8	00:00:39	01:44:48	03:31:03	06:55:02	<b>07:40:48.35</b>	<b>07:41:28.30</b>	+03:20:04 (43.4%)	9:36	6.2 (56.4%)
113	<b>GARSTECKI Michał</b>	<b>457</b>	SKAWINABIEGA	M 36-44	49	00:00:39	01:44:42	03:31:04	06:55:06	<b>07:40:48.60</b>	<b>07:41:28.00</b>	+03:20:04 (43.4%)	9:36	6.2 (56.4%)
114	<b>NAGLAK Łukasz</b>	<b>552</b>	KOŹMIN BIEGA ULTRA RUNNERS	M 36-44	50	00:00:24	01:38:45	03:16:42	06:44:43	<b>07:42:36.35</b>	<b>07:43:01.30</b>	+03:21:52 (43.6%)	9:38	6.2 (56.4%)
115	<b>BRZOWOWSKA Teresa</b>	<b>420</b>	ETISOFT RUNNING TEAM	K 45-59	2	00:00:44	01:55:23	03:44:40	06:55:20	<b>07:43:44.10</b>	<b>07:44:28.55</b>	+03:23:00 (43.8%)	9:39	6.2 (56.4%)
116	<b>WIŚNIEWSKI Robert</b>	<b>666</b>	PGB SPORTOWA PACZKA	M 45-59	16	00:58:17	01:46:36	03:39:46	06:56:39	<b>07:44:43.25</b>	<b>08:43:00.70</b>	+03:23:59 (43.9%)	9:40	6.2 (56.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Luban 12km	Prz_Knur 25km	Gorc 41km	Czas netto 48km	Czas brutto 48km	Różn	Tempo min/km	Tempo km/h
117	WASZAK Rafał	659		M 35	34	00:58:18	01:40:49	03:19:00	06:48:35	<b>07:44:59.30</b>	<b>08:43:17.55</b>	+03:24:15 (43.9%)	9:41	6.2 (56.4%)
118	WOŻNY Paweł	680	LPP TEAM	M 36-44	51	00:58:16	01:35:20	03:07:19	06:43:14	<b>07:45:16.90</b>	<b>08:43:33.30</b>	+03:24:32 (44.0%)	9:41	6.2 (56.4%)
119	GAFFKE Krzysztof	455	E.L.ITE RUNNERS	M 35	35	00:00:30	01:48:21	03:34:47	06:54:36	<b>07:45:31.65</b>	<b>07:46:01.75</b>	+03:24:47 (44.0%)	9:41	6.2 (56.4%)
120	SWOROWSKI Maciej	628	WOLSZTYŃSKI KLUB BIEGOWY	M 45-59	17	00:00:30	01:55:18	03:46:03	06:53:12	<b>07:45:59.85</b>	<b>07:46:30.80</b>	+03:25:15 (44.0%)	9:42	6.2 (56.4%)
121	SWOROWSKA Izabela	627	WOLSZTYŃSKI KLUB BIEGOWY	K 45-59	3	00:00:29	01:55:23	03:46:08	06:53:20	<b>07:46:01.40</b>	<b>07:46:30.70</b>	+03:25:17 (44.1%)	9:42	6.2 (56.4%)
122	BERDYCHOWSKI Zygmunt	706	NISKOWA	M 60+	1	00:02:30	01:43:21	03:24:26	06:48:12	<b>07:46:46.30</b>	<b>07:49:16.60</b>	+03:26:02 (44.1%)	9:43	6.2 (56.4%)
123	PTAK Tomasz	595		M 36-44	52	00:58:15	01:47:04	03:32:04	07:00:57	<b>07:49:20.10</b>	<b>08:47:35.35</b>	+03:28:36 (44.4%)	9:46	6.1 (55.5%)
124	WALCZAK Robert	654	WILD SKUNKS	M 45-59	18	00:58:18	01:52:01	03:38:48	06:51:14	<b>07:49:47.85</b>	<b>08:48:06.70</b>	+03:29:03 (44.5%)	9:47	6.1 (55.5%)
125	CISZYŃSKI Marek	426	START KATOWICE	M 45-59	19	00:00:19	01:38:58	03:22:44	06:39:39	<b>07:49:52.95</b>	<b>07:50:12.25</b>	+03:29:09 (44.5%)	9:47	6.1 (55.5%)
126	RĄB Agnieszka	604		K 45-59	4	00:58:29	01:50:36	03:45:03	07:00:59	<b>07:50:16.80</b>	<b>08:48:46.10</b>	+03:29:32 (44.6%)	9:47	6.1 (55.5%)
127	MOROŃ Artur	1162	DZIABNIĘCI	M 45-59	20	00:00:22		03:25:47	06:42:20	<b>07:51:01.80</b>	<b>07:51:24.70</b>	+03:30:17 (44.6%)	9:48	6.1 (55.5%)
128	MIKULSKA Aneta	546	PATO TEAM	K 36-44	9	00:00:44	02:02:19	03:57:30	07:05:44	<b>07:52:19.40</b>	<b>07:53:03.80</b>	+03:31:35 (44.8%)	9:50	6.1 (55.5%)
129	MALINA-PACHACZ Małgorzata	530		K 35	8	00:00:23	01:51:07	03:38:22	07:07:52	<b>07:52:54.90</b>	<b>07:53:18.00</b>	+03:32:10 (44.9%)	9:51	6.1 (55.5%)
130	MOŻEJKO Dawid	549	DZIK KOMANDO	M 35	36	00:00:51	01:39:57	03:31:48	06:58:29	<b>07:53:49.25</b>	<b>07:54:41.10</b>	+03:33:05 (45.0%)	9:52	6.1 (55.5%)
131	BLICHARZ Artur	416	KS SPORTIVA	M 35	37	00:00:52	01:55:20	03:45:44	07:04:50	<b>07:54:24.45</b>	<b>07:55:16.85</b>	+03:33:40 (45.0%)	9:53	6.1 (55.5%)
132	REGULSKA Monika	605	CREATEIT	K 35	9	00:58:26	01:50:50	03:42:50	06:56:56	<b>07:54:51.95</b>	<b>08:53:18.75</b>	+03:34:08 (45.1%)	9:53	6.1 (55.5%)
133	KUCIA Szymon	514		M 35	38	00:00:24	01:42:18	03:30:51	07:05:26	<b>07:55:12.40</b>	<b>07:55:36.70</b>	+03:34:28 (45.1%)	9:54	6.1 (55.5%)
134	ZAWADZKI Grzegorz	693		M 36-44	53	00:58:14	01:44:14	03:27:22	07:11:06	<b>07:56:25.15</b>	<b>08:54:39.20</b>	+03:35:41 (45.3%)	9:55	6 (54.5%)
135	ĆMIELIŃSKI Tomasz	430	KW KRAKÓW	M 36-44	54	00:00:38	01:48:46	03:41:17	07:03:28	<b>07:56:44.05</b>	<b>07:57:22.45</b>	+03:36:00 (45.3%)	9:55	6 (54.5%)
136	KACZOREK Marcin	488		M 45-59	21	00:01:06	01:48:13	03:36:38	06:57:08	<b>07:57:49.90</b>	<b>07:58:56.80</b>	+03:37:05 (45.4%)	9:57	6 (54.5%)
137	TYSZEWICZ-OBARA Anna	650		K 36-44	10	00:58:28	01:44:59	03:35:13	07:04:51	<b>07:58:02.95</b>	<b>08:56:31.80</b>	+03:37:19 (45.5%)	9:57	6 (54.5%)
138	WIŚNIEWSKI Patrycjusz	667	KS PEGAZ	M 36-44	55	00:58:24	01:44:35	03:32:15	07:06:10	<b>07:58:11.85</b>	<b>08:56:36.10</b>	+03:37:27 (45.5%)	9:57	6 (54.5%)
139	KOSIELSKI Robert	503		M 36-44	56	00:00:49	01:42:06	03:27:22	07:09:03	<b>07:59:57.35</b>	<b>08:00:47.25</b>	+03:39:13 (45.7%)	9:59	6 (54.5%)
140	POCHWAŁA Justyna	582	NATALIA TOMASIAK GÓRSKI STYL	K 36-44	11	00:58:17	01:54:27	03:50:05	07:04:52	<b>08:01:40.80</b>	<b>08:59:58.50</b>	+03:40:56 (45.9%)	10:02	6 (54.5%)
141	OSZYWA Damian	563		M 36-44	57	00:58:15	01:46:35	03:35:22	07:06:08	<b>08:02:10.50</b>	<b>09:00:26.30</b>	+03:41:26 (45.9%)	10:02	6 (54.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Luban 12km	Prz_Knur 25km	Gorc 41km	Czas netto 48km	Czas brutto 48km	Różn	Tempo min/km	Tempo km/h
142	<b>MARCINKIEWICZ Jerzy</b>	<b>536</b>	ŁEMKO TEAM	M 45-59	22	00:00:34	01:53:55	03:53:00	07:11:02	<b>08:03:48.70</b>	<b>08:04:22.90</b>	+03:43:04 (46.1%)	10:04	6 (54.5%)
143	<b>GRZESIK Michał</b>	<b>473</b>		M 35	39	00:00:37	01:53:00	03:47:23	07:07:15	<b>08:03:50.40</b>	<b>08:04:27.80</b>	+03:43:06 (46.1%)	10:04	6 (54.5%)
144	<b>SZCZEPAŃSKA Katarzyna</b>	<b>631</b>	NIEPOŁOMICE BIEGAJĄ	K 35	10	00:58:20	01:54:27	03:46:11	07:04:40	<b>08:04:48.65</b>	<b>09:03:09.35</b>	+03:44:04 (46.2%)	10:06	5.9 (53.6%)
145	<b>TYLEK Agata</b>	<b>648</b>	SKAWINA BIEGA	K 36-44	12	00:58:20	02:04:39	03:59:02	07:13:29	<b>08:05:18.85</b>	<b>09:03:39.35</b>	+03:44:34 (46.3%)	10:06	5.9 (53.6%)
146	<b>SZCZEPANIAK Artur</b>	<b>630</b>	KB CZESIO BIEGA	M 45-59	23	00:00:23	01:54:03	03:46:04	07:07:21	<b>08:09:45.35</b>	<b>08:10:08.95</b>	+03:49:01 (46.8%)	10:12	5.9 (53.6%)
147	<b>DZIEDZIAK Marek</b>	<b>449</b>		M 45-59	24	00:00:35	01:48:53	03:37:40	07:06:52	<b>08:10:36.00</b>	<b>08:11:11.00</b>	+03:49:52 (46.9%)	10:13	5.9 (53.6%)
148	<b>DRĄG Paweł</b>	<b>439</b>	DECARUN RZESZÓW	M 36-44	58	00:00:46	01:48:40	03:35:23	07:11:15	<b>08:12:11.00</b>	<b>08:12:57.10</b>	+03:51:27 (47.0%)	10:15	5.9 (53.6%)
149	<b>GIL Lukasz</b>	<b>459</b>		M 45-59	25	00:00:53	01:52:37	03:32:56	07:21:24	<b>08:12:18.15</b>	<b>08:13:11.70</b>	+03:51:34 (47.0%)	10:15	5.9 (53.6%)
150	<b>RÓŻYCKA Agnieszka</b>	<b>608</b>		K 45-59	5	00:00:35	01:52:15	03:44:31	07:13:55	<b>08:12:19.00</b>	<b>08:12:54.55</b>	+03:51:35 (47.0%)	10:15	5.8 (52.7%)
151	<b>MAMICA Andrzej</b>	<b>533</b>	NAUKA BIEGA	M 36-44	59	00:00:35	01:51:52	03:44:29	07:13:57	<b>08:12:19.50</b>	<b>08:12:54.50</b>	+03:51:35 (47.0%)	10:15	5.8 (52.7%)
152	<b>DZIDECZEK Marcin</b>	<b>447</b>	TEAM ZABIEGANEDNI	M 36-44	60	00:00:42	01:47:01	03:35:14	07:11:43	<b>08:12:40.95</b>	<b>08:13:23.65</b>	+03:51:57 (47.1%)	10:15	5.8 (52.7%)
153	<b>SULIGA Piotr</b>	<b>626</b>	GO APTIV!	M 35	40	00:58:17	01:37:33	03:11:43	06:54:15	<b>08:13:03.80</b>	<b>09:11:21.00</b>	+03:52:19 (47.1%)	10:16	5.8 (52.7%)
154	<b>NAWROCKI Tobiasz</b>	<b>553</b>	WOPR TYCHY	M 35	41	00:00:49	01:52:37	03:46:02	07:19:27	<b>08:14:41.60</b>	<b>08:15:30.90</b>	+03:53:57 (47.3%)	10:18	5.8 (52.7%)
155	<b>DZIANO Łukasz</b>	<b>445</b>		M 36-44	61	00:00:41		03:41:54	07:12:01	<b>08:14:50.65</b>	<b>08:15:32.60</b>	+03:54:06 (47.3%)	10:18	5.8 (52.7%)
156	<b>FLIS Dariusz</b>	<b>452</b>	OLIMP ZABRZE	M 45-59	26	00:00:30	01:53:43	03:51:57	07:17:10	<b>08:15:56.25</b>	<b>08:16:26.95</b>	+03:55:12 (47.4%)	10:19	5.8 (52.7%)
157	<b>GRANEK Michał</b>	<b>469</b>		M 36-44	62	00:00:47	01:53:33	03:46:25	07:19:46	<b>08:16:13.65</b>	<b>08:17:01.45</b>	+03:55:29 (47.5%)	10:20	5.8 (52.7%)
158	<b>WILIŃSKA-ZYWERT Agnieszka</b>	<b>663</b>		K 36-44	13	00:00:36	01:55:59	03:51:23	07:22:37	<b>08:16:36.30</b>	<b>08:17:12.45</b>	+03:55:52 (47.5%)	10:20	5.8 (52.7%)
159	<b>WANGLER Tomasz</b>	<b>655</b>	MAMY TO	M 36-44	63	00:58:19	01:47:56	03:44:58	07:24:18	<b>08:16:42.95</b>	<b>09:15:02.80</b>	+03:55:59 (47.5%)	10:20	5.8 (52.7%)
160	<b>PAJURA Marta</b>	<b>564</b>		K 35	11	00:58:19	01:58:22	03:56:29	07:21:33	<b>08:16:47.45</b>	<b>09:15:06.95</b>	+03:56:03 (47.5%)	10:20	5.8 (52.7%)
161	<b>PULSAKOWSKA Barbara</b>	<b>597</b>	OSTROBIEC	K 36-44	14	00:00:23	01:57:55	03:50:55	07:15:47	<b>08:17:09.05</b>	<b>08:17:32.05</b>	+03:56:25 (47.6%)	10:21	5.8 (52.7%)
162	<b>RĄB Łukasz</b>	<b>603</b>	DZIKIE ŻYCIE RUNTEAM	M 45-59	27	00:58:30	01:56:00	03:44:50	07:20:38	<b>08:17:39.70</b>	<b>09:16:10.00</b>	+03:56:55 (47.6%)	10:22	5.8 (52.7%)
163	<b>PLESZ Wojciech</b>	<b>581</b>	POLISH RUNNERS CLUB IRELAND	M 35	42	00:01:10	01:58:49	03:36:26	07:42:42	<b>08:18:29.70</b>	<b>08:19:40.55</b>	+03:57:45 (47.7%)	10:23	5.8 (52.7%)
164	<b>CHODZIŃSKI Piotr</b>	<b>422</b>		M 36-44	64	00:00:47	01:49:02	03:35:41	07:13:40	<b>08:20:14.00</b>	<b>08:21:01.15</b>	+03:59:30 (47.9%)	10:25	5.8 (52.7%)
165	<b>TOL Monika</b>	<b>645</b>	MAFIA TEAM LUBLINIEC	K 35	12	00:58:19	01:55:15	03:58:27	07:22:22	<b>08:20:38.00</b>	<b>09:18:57.45</b>	+03:59:54 (47.9%)	10:25	5.8 (52.7%)
166	<b>KOEHLER Olga</b>	<b>703</b>		K 35	13	00:00:39	01:54:15	03:51:12	07:20:10	<b>08:21:05.50</b>	<b>08:21:44.70</b>	+04:00:21 (48.0%)	10:26	5.7 (51.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Luban 12km	Prz_Knur 25km	Gorc 41km	Czas netto 48km	Czas brutto 48km	Różn	Tempo min/km	Tempo km/h
167	<b>STRUZIK Monika</b>	<b>707</b>	BBKTS	K 35	14	00:58:16	02:02:01	03:58:22	07:25:24	<b>08:22:20.70</b>	<b>09:20:37.10</b>	+04:01:36 (48.1%)	10:27	5.7 (51.8%)
168	<b>PUZOŃ Jan</b>	<b>598</b>	GONIACKA.PL/IGOSPORT	M 35	43	00:58:23	01:41:37	03:58:33	07:27:41	<b>08:22:57.55</b>	<b>09:21:20.75</b>	+04:02:13 (48.2%)	10:28	5.7 (51.8%)
169	<b>PILCH Anna</b>	<b>579</b>		K 35	15	00:58:24	01:59:27	03:55:21	07:25:34	<b>08:23:02.05</b>	<b>09:21:26.70</b>	+04:02:18 (48.2%)	10:28	5.7 (51.8%)
170	<b>WIŚNIEWSKI Tomasz</b>	<b>668</b>		M 36-44	65	00:58:21	01:59:14	03:59:13	07:34:18	<b>08:23:20.50</b>	<b>09:21:42.00</b>	+04:02:36 (48.2%)	10:29	5.7 (51.8%)
171	<b>ARCISZEWSKA Magda</b>	<b>406</b>	#DŁUGOIDALEKO /LPP TEAM	K 35	16	00:00:36	02:08:11	03:53:06	07:33:16	<b>08:23:53.70</b>	<b>08:24:30.20</b>	+04:03:09 (48.3%)	10:29	5.7 (51.8%)
172	<b>KUS Krzysztof</b>	<b>521</b>		M 35	44	00:00:20	01:43:20	03:36:15	07:18:35	<b>08:24:02.55</b>	<b>08:24:23.15</b>	+04:03:18 (48.3%)	10:30	5.7 (51.8%)
173	<b>MIELCZAREK Wojtek</b>	<b>543</b>		M 36-44	66	00:00:50	01:58:54	03:50:30	07:34:20	<b>08:25:11.35</b>	<b>08:26:01.75</b>	+04:04:27 (48.4%)	10:31	5.7 (51.8%)
174	<b>WRÓBEL-GŁOWACKA Honorata</b>	<b>685</b>	ACTIVE JURA	K 36-44	15	00:00:50	02:01:18	03:52:40	07:34:26	<b>08:25:14.05</b>	<b>08:26:04.05</b>	+04:04:30 (48.4%)	10:31	5.7 (51.8%)
175	<b>GŁOWACKI Mariusz</b>	<b>460</b>	ACTIVE JURA	M 45-59	28	00:00:49	01:58:58	03:50:38	07:34:16	<b>08:25:14.25</b>	<b>08:26:04.05</b>	+04:04:30 (48.4%)	10:31	5.7 (51.8%)
176	<b>ZABROCKI Andrzej</b>	<b>688</b>		M 45-59	29	00:58:12	01:53:29	03:59:05	07:30:47	<b>08:25:38.05</b>	<b>09:23:50.35</b>	+04:04:54 (48.4%)	10:32	5.7 (51.8%)
177	<b>JÓZEPIAK Marta</b>	<b>485</b>		K 35	17	00:00:34	01:57:01	03:54:21	07:29:25	<b>08:26:01.35</b>	<b>08:26:35.85</b>	+04:05:17 (48.5%)	10:32	5.7 (51.8%)
178	<b>ZWAAN Johan</b>	<b>695</b>	LOS AFRICANOS	M 36-44	67	00:00:34	01:57:07	03:54:22	07:29:30	<b>08:26:01.80</b>	<b>08:26:35.85</b>	+04:05:17 (48.5%)	10:32	5.7 (51.8%)
179	<b>JASIKOWSKI Łukasz</b>	<b>481</b>	KONIUCHY OCR	M 35	45	00:00:40	01:47:59	03:43:38	07:28:52	<b>08:26:04.85</b>	<b>08:26:45.10</b>	+04:05:20 (48.5%)	10:32	5.7 (51.8%)
180	<b>GOŁĄB Paweł</b>	<b>462</b>		M 35	46	00:01:11	01:58:45	03:36:30	07:42:44	<b>08:26:27.85</b>	<b>08:27:39.50</b>	+04:05:43 (48.5%)	10:33	5.7 (51.8%)
181	<b>STAWOWY Maciej</b>	<b>622</b>	PIWO NA MECIE	M 35	47	00:58:13	01:48:18	03:40:57	07:27:40	<b>08:27:01.70</b>	<b>09:25:15.25</b>	+04:06:17 (48.6%)	10:33	5.7 (51.8%)
182	<b>DOMAGAŁA Mariusz</b>	<b>437</b>		M 35	48	00:00:35	02:05:20	03:56:47	07:32:39	<b>08:29:42.25</b>	<b>08:30:17.45</b>	+04:08:58 (48.8%)	10:37	5.7 (51.8%)
183	<b>KAWA Michał</b>	<b>496</b>		M 35	49	00:00:42	01:49:30	03:49:03	07:26:13	<b>08:29:55.05</b>	<b>08:30:37.95</b>	+04:09:11 (48.9%)	10:37	5.6 (50.9%)
184	<b>POCIEGIEL Michał</b>	<b>583</b>	SKAWINA BIEGA	M 36-44	68	00:58:26	01:52:50	03:54:49	07:27:34	<b>08:32:26.95</b>	<b>09:30:53.55</b>	+04:11:43 (49.1%)	10:40	5.6 (50.9%)
185	<b>RATAJSKA Monika</b>	<b>601</b>		K 35	18	00:58:16	01:59:41	04:01:16	07:37:13	<b>08:38:14.35</b>	<b>09:36:31.20</b>	+04:17:30 (49.7%)	10:47	5.6 (50.9%)
186	<b>ŻOŁĄDEK Anna</b>	<b>697</b>		K 36-44	16	00:58:34	02:06:06	04:09:54	07:41:57	<b>08:38:22.70</b>	<b>09:36:57.00</b>	+04:17:38 (49.7%)	10:47	5.6 (50.9%)
187	<b>KSIĄŻEK Leszek</b>	<b>512</b>		M 45-59	30	00:00:24	02:01:46	04:01:31	07:39:49	<b>08:38:53.70</b>	<b>08:39:18.20</b>	+04:18:09 (49.8%)	10:48	5.6 (50.9%)
188	<b>SKRZYPEK Patrycja</b>	<b>618</b>		K 35	19	00:58:11	02:09:54	04:07:28	07:48:37	<b>08:39:13.65</b>	<b>09:37:25.00</b>	+04:18:29 (49.8%)	10:49	5.5 (50.0%)
189	<b>OPALA Krzysztof</b>	<b>562</b>	YERBOMANIACY	M 36-44	69	00:58:13	01:46:56	03:46:16	07:33:26	<b>08:40:12.50</b>	<b>09:38:25.60</b>	+04:19:28 (49.9%)	10:50	5.5 (50.0%)
190	<b>KOWALCZYK Bartłomiej</b>	<b>505</b>		M 35	50	00:00:19	01:51:54	03:44:38	07:39:35	<b>08:40:20.10</b>	<b>08:40:39.40</b>	+04:19:36 (49.9%)	10:50	5.5 (50.0%)
191	<b>PIOTROWSKA Anna</b>	<b>580</b>	SPARTANIE DZIECIOM	K 45-59	6	00:00:59	01:59:52	03:56:15	07:41:03	<b>08:41:51.15</b>	<b>08:42:50.50</b>	+04:21:07 (50.0%)	10:52	5.5 (50.0%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Luban 12km	Prz_Knur 25km	Gorc 41km	Czas netto 48km	Czas brutto 48km	Różn	Tempo min/km	Tempo km/h
192	<b>PYTEL Jarosław</b>	<b>599</b>	PARKRUN CHRZANÓW	M 36-44	70	00:58:16	02:02:33	03:56:58	07:42:06	<b>08:42:02.30</b>	<b>09:40:18.30</b>	+04:21:18 (50.1%)	10:52	5.5 (50.0%)
193	<b>KRUPA Daniel</b>	<b>699</b>	STARGARD. JA SIĘ NIE ŚCIGAM.	M 36-44	71	00:00:45	02:00:03	03:56:32	07:41:14	<b>08:42:13.90</b>	<b>08:42:59.50</b>	+04:21:29 (50.1%)	10:52	5.5 (50.0%)
194	<b>ALBINIAK Marcin</b>	<b>405</b>		M 45-59	31	00:00:32	01:45:33	03:37:50	07:40:10	<b>08:44:58.15</b>	<b>08:45:30.50</b>	+04:24:14 (50.3%)	10:56	5.5 (50.0%)
195	<b>GRYGORUK Marek</b>	<b>470</b>	VEGE RUNNERS	M 45-59	32	00:00:51	01:53:19	03:54:55	07:36:02	<b>08:46:36.00</b>	<b>08:47:27.40</b>	+04:25:52 (50.5%)	10:58	5.5 (50.0%)
196	<b>ŁASKAWSKA Justyna</b>	<b>527</b>		K 36-44	17	00:00:45	01:55:47	04:00:31	07:44:49	<b>08:46:40.60</b>	<b>08:47:26.05</b>	+04:25:56 (50.5%)	10:58	5.5 (50.0%)
197	<b>GŁOWACKI Marcin</b>	<b>461</b>		M 35	51	00:01:11	01:58:46	03:37:18	07:48:06	<b>08:47:54.70</b>	<b>08:49:06.50</b>	+04:27:10 (50.6%)	10:59	5.5 (50.0%)
198	<b>WIŚNIEWSKI Arkadiusz</b>	<b>669</b>		M 36-44	72	00:58:31	02:03:56	04:07:12	07:43:16	<b>08:48:23.65</b>	<b>09:46:54.75</b>	+04:27:39 (50.7%)	11:00	5.5 (50.0%)
199	<b>ZAWADZKA Agnieszka</b>	<b>692</b>	KLUB SPORTOWY PRESTIGE	K 36-44	18	00:58:14	02:10:50	04:14:01	07:52:33	<b>08:48:42.10</b>	<b>09:46:56.40</b>	+04:27:58 (50.7%)	11:00	5.4 (49.1%)
200	<b>WOJCIECHOWSKA-HRYCYK Agata</b>	<b>1242</b>		K 45-59	7	00:00:22	01:57:04	03:56:40	07:51:30	<b>08:48:59.65</b>	<b>08:49:21.85</b>	+04:28:15 (50.7%)	11:01	5.4 (49.1%)
201	<b>DUDEK Agnieszka</b>	<b>444</b>		K 36-44	19	00:00:32	02:19:27	04:30:35	07:58:33	<b>08:50:06.75</b>	<b>08:50:39.35</b>	+04:29:22 (50.8%)	11:02	5.4 (49.1%)
202	<b>JEŻEWSKI Adam</b>	<b>484</b>	ETISOFT RUNNING TEAM	M 36-44	73	00:00:43	02:02:29	04:00:02	07:49:45	<b>08:50:06.90</b>	<b>08:50:50.70</b>	+04:29:22 (50.8%)	11:02	5.4 (49.1%)
203	<b>NOWICKA Katarzyna</b>	<b>555</b>		K 35	20	00:00:43	02:05:39	04:03:38	07:48:12	<b>08:50:55.75</b>	<b>08:51:38.95</b>	+04:30:11 (50.9%)	11:03	5.4 (49.1%)
204	<b>ZARĘBA Andrzej</b>	<b>691</b>		M 45-59	33	00:58:26	01:58:06	04:04:49	07:52:05	<b>08:51:44.45</b>	<b>09:50:10.45</b>	+04:31:00 (51.0%)	11:04	5.4 (49.1%)
205	<b>MAŁEK Paweł</b>	<b>532</b>	SPORTOWA PACZKA POCZTOWA GRUPA BIEGOWA	M 45-59	34	00:00:46	01:51:36	03:50:03	07:51:16	<b>08:51:53.55</b>	<b>08:52:39.55</b>	+04:31:09 (51.0%)	11:04	5.4 (49.1%)
206	<b>KOZAK Łukasz</b>	<b>508</b>		M 35	52	00:00:48	02:00:07	03:54:32	07:47:46	<b>08:53:27.45</b>	<b>08:54:16.15</b>	+04:32:43 (51.1%)	11:06	5.4 (49.1%)
207	<b>BIAŁCZAK Tomasz</b>	<b>414</b>		M 36-44	74	00:00:48	02:00:14	03:54:42	07:47:51	<b>08:53:32.10</b>	<b>08:54:20.85</b>	+04:32:48 (51.1%)	11:06	5.4 (49.1%)
208	<b>KOWALEWSKI Dariusz</b>	<b>506</b>		M 45-59	35	00:58:23	01:50:56	04:00:43	07:41:23	<b>08:55:18.75</b>	<b>09:53:42.50</b>	+04:34:34 (51.3%)	11:09	5.4 (49.1%)
209	<b>OKRASA Tomasz</b>	<b>558</b>		M 36-44	75	00:58:23	01:51:27	04:00:46	07:47:04	<b>08:55:19.25</b>	<b>09:53:42.40</b>	+04:34:35 (51.3%)	11:09	5.4 (49.1%)
210	<b>VAKH Oksana</b>	<b>653</b>		K 35	21	00:58:22	01:51:34	04:00:47	07:46:50	<b>08:55:20.35</b>	<b>09:53:42.40</b>	+04:34:36 (51.3%)	11:09	5.4 (49.1%)
211	<b>GRYGUĆ Anna</b>	<b>471</b>	BIĄŁYSTOK BIEGA TEAM	K 36-44	20	00:00:53	02:06:41	04:14:19	07:52:23	<b>08:55:31.55</b>	<b>08:56:24.70</b>	+04:34:47 (51.3%)	11:09	5.4 (49.1%)
212	<b>MYŚLIŃSKA Anna</b>	<b>551</b>	EKOBIEGI	K 45-59	8	00:00:22	02:05:29	04:01:47	07:51:48	<b>08:56:04.80</b>	<b>08:56:27.70</b>	+04:35:20 (51.4%)	11:10	5.4 (49.1%)
213	<b>SIKORSKA Agnieszka</b>	<b>616</b>	EKOBIEGI	K 45-59	9	00:00:21	02:07:05	04:07:51	07:51:53	<b>08:56:05.80</b>	<b>08:56:27.70</b>	+04:35:21 (51.4%)	11:10	5.4 (49.1%)
214	<b>STĘPIEŃ Katarzyna</b>	<b>623</b>		K 35	22	00:58:28	01:55:04	03:54:41	07:54:10	<b>08:56:32.40</b>	<b>09:55:00.75</b>	+04:35:48 (51.4%)	11:10	5.4 (49.1%)
215	<b>WURMAŃSKI Wiktor</b>	<b>686</b>		M 36-44	76	00:58:27	01:55:02	03:54:41	07:54:16	<b>08:56:33.45</b>	<b>09:55:00.75</b>	+04:35:49 (51.4%)	11:10	5.4 (49.1%)
216	<b>PODLEWSKI Wojciech</b>	<b>585</b>	KS SPORTIVA	M 45-59	36	00:58:09	01:53:44	04:03:54	07:54:15	<b>08:59:25.50</b>	<b>09:57:34.50</b>	+04:38:41 (51.7%)	11:14	5.3 (48.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Luban 12km	Prz_Knur 25km	Gorc 41km	Czas netto 48km	Czas brutto 48km	Różn	Tempo min/km	Tempo km/h
217	<b>TOKARSKA Bożena</b>	<b>643</b>	#ADAMCZERWIŃSKITEAM	K 36-44	21	00:58:32	02:12:19	04:20:32	08:06:35	<b>09:02:51.50</b>	<b>10:01:23.50</b>	+04:42:07 (52.0%)	11:18	5.3 (48.2%)
218	<b>MYŚLIŃSKA Magdalena</b>	<b>550</b>		K 35	23	00:00:45	01:59:45	03:54:55	07:59:08	<b>09:03:25.40</b>	<b>09:04:11.10</b>	+04:42:41 (52.0%)	11:19	5.3 (48.2%)
219	<b>WÓJCIK Monika</b>	<b>682</b>		K 36-44	22	00:00:42	02:09:28	04:21:51	08:05:17	<b>09:03:51.40</b>	<b>09:04:33.50</b>	+04:43:07 (52.1%)	11:19	5.3 (48.2%)
220	<b>KORZHUN Aliksandr</b>	<b>502</b>		M 36-44	77	00:00:36	02:02:24	04:05:15	08:02:17	<b>09:05:16.35</b>	<b>09:05:53.30</b>	+04:44:32 (52.2%)	11:21	5.3 (48.2%)
221	<b>JELINSKI Jaroslaw</b>	<b>483</b>		M 45-59	37	00:00:40	01:56:27	03:56:26	08:02:32	<b>09:08:13.45</b>	<b>09:08:54.30</b>	+04:47:29 (52.4%)	11:25	5.3 (48.2%)
222	<b>FELIGA Mariusz</b>	<b>451</b>		M 36-44	78	00:00:40	01:56:17	03:56:28	08:02:36	<b>09:08:13.85</b>	<b>09:08:54.65</b>	+04:47:29 (52.4%)	11:25	5.3 (48.2%)
223	<b>TOKARSKI Rafał</b>	<b>644</b>		M 45-59	38	00:58:33	02:12:19	04:20:33	08:06:42	<b>09:09:29.90</b>	<b>10:08:03.15</b>	+04:48:45 (52.6%)	11:26	5.2 (47.3%)
224	<b>PRZYBYŁA Adam</b>	<b>592</b>		M 36-44	79	00:00:48	01:59:02	04:11:48	08:03:41	<b>09:10:42.10</b>	<b>09:11:30.95</b>	+04:49:58 (52.7%)	11:28	5.2 (47.3%)
225	<b>CIESIELSKI Jerzy</b>	<b>424</b>	#1512WINGEDHEARTS	M 35	53	00:00:51	01:58:48	04:01:22	08:07:50	<b>09:10:50.85</b>	<b>09:11:41.85</b>	+04:50:06 (52.7%)	11:28	5.2 (47.3%)
226	<b>CIESIELSKI Jan</b>	<b>425</b>	PGB SPORTOWA PACZKA	M 45-59	39	00:00:50	01:58:07	04:01:22	08:07:48	<b>09:10:51.35</b>	<b>09:11:42.30</b>	+04:50:07 (52.7%)	11:28	5.2 (47.3%)
227	<b>WYRZYKOWSKA Katarzyna</b>	<b>687</b>	SKAWINA BIEGA	K 35	24	00:00:36	02:07:18	04:09:11	08:15:37	<b>09:12:13.85</b>	<b>09:12:50.30</b>	+04:51:29 (52.8%)	11:30	5.2 (47.3%)
228	<b>TARADAJ Paulina</b>	<b>640</b>	NIGHT RUNNERS	K 36-44	23	00:58:24	02:18:55	04:30:41	08:14:09	<b>09:14:25.40</b>	<b>10:12:49.80</b>	+04:53:41 (53.0%)	11:33	5.2 (47.3%)
229	<b>HADRYSIAK Adam</b>	<b>474</b>	NAPIERACZE	M 36-44	80	00:00:25	02:11:42	04:25:53	08:24:27	<b>09:19:59.35</b>	<b>09:20:24.55</b>	+04:59:15 (53.4%)	11:39	5.1 (46.4%)
230	<b>MALUHA Jacek</b>	<b>531</b>	OSTROBIEC	M 36-44	81	00:00:24	01:57:56	04:02:26	08:11:37	<b>09:21:09.60</b>	<b>09:21:33.80</b>	+05:00:25 (53.5%)	11:41	5.1 (46.4%)
231	<b>ŚWIETLIK Paweł</b>	<b>637</b>		M 36-44	82	00:58:15	02:02:25	04:06:17	08:12:35	<b>09:23:50.20</b>	<b>10:22:05.90</b>	+05:03:06 (53.8%)	11:44	5.1 (46.4%)
232	<b>PAWLAK Ewelina</b>	<b>569</b>		K 36-44	24	00:58:14	02:02:14	04:06:16	08:12:06	<b>09:23:51.50</b>	<b>10:22:06.05</b>	+05:03:07 (53.8%)	11:44	5.1 (46.4%)
233	<b>KALETA Milena</b>	<b>490</b>	LEŚNI OLIMPIJCZYCY	K 36-44	25	00:00:21	02:10:41	04:25:55	08:21:50	<b>09:24:02.35</b>	<b>09:24:24.30</b>	+05:03:18 (53.8%)	11:45	5.1 (46.4%)
234	<b>STYCZEŃ Justyna</b>	<b>624</b>	OLIMP ZABRZE	K 36-44	26	00:00:37	02:07:27	04:17:57	08:21:16	<b>09:27:23.70</b>	<b>09:28:01.05</b>	+05:06:39 (54.0%)	11:49	5.1 (46.4%)
235	<b>MIERCZYK Agnieszka</b>	<b>544</b>	BEZNAPINY	K 36-44	27	00:00:29	02:12:39	04:17:55	08:15:13	<b>09:27:49.80</b>	<b>09:28:18.80</b>	+05:07:05 (54.1%)	11:49	5.1 (46.4%)
236	<b>SUDER Michał</b>	<b>625</b>	BEZNAPINY	M 36-44	83	00:00:28	02:12:43	04:17:55	08:15:08	<b>09:27:50.55</b>	<b>09:28:18.75</b>	+05:07:06 (54.1%)	11:49	5.1 (46.4%)
237	<b>LOSOR Agnieszka</b>	<b>526</b>		K 36-44	28	00:00:57	02:18:34	04:31:45	08:24:50	<b>09:28:13.15</b>	<b>09:29:11.05</b>	+05:07:29 (54.1%)	11:50	5.1 (46.4%)
238	<b>BŁOŃSKI Piotr</b>	<b>417</b>	BRUBECK POLISH WINGS	M 45-59	40	00:01:10	02:19:00	04:24:48	08:31:12	<b>09:28:21.50</b>	<b>09:29:31.65</b>	+05:07:37 (54.1%)	11:50	5.1 (46.4%)
239	<b>WARCHULSKA Karolina</b>	<b>657</b>	BRUBECK POLISH WINGS	K 35	25	00:01:09	02:20:04	04:24:52	08:31:23	<b>09:28:22.55</b>	<b>09:29:32.00</b>	+05:07:38 (54.1%)	11:50	5.1 (46.4%)
240	<b>WOJDA Dariusz</b>	<b>676</b>	BRUBECK POLISH WINGS	M 45-59	41	00:01:08	02:18:47	04:24:46	08:31:21	<b>09:28:22.90</b>	<b>09:29:31.80</b>	+05:07:38 (54.1%)	11:50	5.1 (46.4%)
241	<b>OLCZAK Janusz</b>	<b>559</b>	BIEGANIE 50+	M 45-59	42	00:00:41	02:16:22	04:31:02	08:19:05	<b>09:28:52.15</b>	<b>09:29:33.95</b>	+05:08:08 (54.2%)	11:51	5.1 (46.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Luban 12km	Prz_Knur 25km	Gorc 41km	Czas netto 48km	Czas brutto 48km	Różn	Tempo min/km	Tempo km/h
242	<b>KARBOWSKA Beata</b>	<b>493</b>		K 45-59	10	00:00:41	02:16:31	04:31:03	08:18:55	<b>09:28:52.30</b>	<b>09:29:33.35</b>	+05:08:08 (54.2%)	11:51	5.1 (46.4%)
243	<b>KOCH Marta</b>	<b>498</b>		K 36-44	29	00:00:37	02:05:42	04:17:57	08:21:10	<b>09:32:31.15</b>	<b>09:33:08.85</b>	+05:11:47 (54.5%)	11:55	5 (45.5%)
244	<b>WŁODARSKI Piotr</b>	<b>670</b>		M 35	54	00:00:39	02:05:03	04:07:19	08:19:57	<b>09:35:42.15</b>	<b>09:36:21.55</b>	+05:14:58 (54.7%)	11:59	5 (45.5%)
245	<b>KALITA Tomasz</b>	<b>491</b>	PGB SPORTOWA PACZKA	M 45-59	43	00:00:54	02:06:37	04:15:15	08:24:38	<b>09:37:14.85</b>	<b>09:38:09.30</b>	+05:16:30 (54.8%)	12:01	5 (45.5%)
246	<b>BABIUCH Magda</b>	<b>407</b>	SKAWINA BIEGA	K 36-44	30	00:00:36	02:07:23	04:08:53	08:28:20	<b>09:37:29.95</b>	<b>09:38:06.10</b>	+05:16:46 (54.9%)	12:01	5 (45.5%)
247	<b>KRUZEL Joanna</b>	<b>700</b>		K 36-44	31	00:00:27	02:19:40	04:31:00	08:27:51	<b>09:37:39.00</b>	<b>09:38:06.00</b>	+05:16:55 (54.9%)	12:02	5 (45.5%)
248	<b>DRUCH Piotr</b>	<b>442</b>		M 35	55	00:01:11	01:59:02	04:07:02	08:21:04	<b>09:38:18.10</b>	<b>09:39:30.00</b>	+05:17:34 (54.9%)	12:02	5 (45.5%)
249	<b>KAMIONOWSKI Mariusz-Jacek</b>	<b>492</b>	MORSY OSTROŁĘKA	M 45-59	44	00:00:15	02:15:34	04:38:28	08:48:32	<b>09:46:57.00</b>	<b>09:47:12.65</b>	+05:26:13 (55.6%)	12:13	4.9 (44.5%)
250	<b>MARCHEWKA Andrzej</b>	<b>535</b>		M 36-44	84	00:00:33	02:11:55	04:29:17	08:44:29	<b>09:55:52.55</b>	<b>09:56:25.80</b>	+05:35:08 (56.2%)	12:24	4.8 (43.6%)
251	<b>PIĄTEK Rafał</b>	<b>701</b>	BEFIT24TEAM	M 36-44	85	00:01:00	02:18:21	04:29:31	08:44:07	<b>09:57:49.40</b>	<b>09:58:49.50</b>	+05:37:05 (56.4%)	12:27	4.8 (43.6%)
252	<b>MURAWSKA Kamila</b>	<b>704</b>		K 35	26	00:00:58	02:18:12	04:29:34	08:44:25	<b>09:57:50.80</b>	<b>09:58:49.10</b>	+05:37:06 (56.4%)	12:27	4.8 (43.6%)
253	<b>GORAJ Jarosław</b>	<b>465</b>		M 36-44	86	00:00:31	02:13:20	04:29:38	08:43:32	<b>09:59:24.10</b>	<b>09:59:55.50</b>	+05:38:40 (56.5%)	12:29	4.8 (43.6%)
254	<b>STACHOWIAK Damian</b>	<b>621</b>	CR	M 36-44	87	00:00:30	02:13:24	04:29:59	08:43:45	<b>09:59:25.65</b>	<b>09:59:56.40</b>	+05:38:41 (56.5%)	12:29	4.8 (43.6%)
255	<b>PRUSZCZAK Dominika</b>	<b>590</b>		K 35	27	00:00:57	02:21:04	04:28:26	08:53:04	<b>10:03:49.55</b>	<b>10:04:46.80</b>	+05:43:05 (56.8%)	12:34	4.8 (43.6%)
256	<b>BERNAT Paweł</b>	<b>413</b>		M 36-44	88	00:00:56	02:21:01	04:28:15	08:53:09	<b>10:03:50.00</b>	<b>10:04:46.75</b>	+05:43:06 (56.8%)	12:34	4.8 (43.6%)
257	<b>ŚLAŚKI Bartosz</b>	<b>634</b>	DZIK KOMANDO	M 35	56	00:00:56	01:58:36	04:00:54	08:35:14	<b>10:06:50.10</b>	<b>10:07:46.50</b>	+05:46:06 (57.0%)	12:38	4.7 (42.7%)
258	<b>SĘPKOWSKI Michał</b>	<b>614</b>	DZIK KOMANDO	M 35	57	00:00:54	01:58:15	04:00:54	08:35:35	<b>10:06:51.75</b>	<b>10:07:46.25</b>	+05:46:07 (57.0%)	12:38	4.7 (42.7%)
259	<b>KACZMAREK Lukasz</b>	<b>487</b>	DZIK KOMANDO	M 35	58	00:00:54	01:58:26	04:08:10	08:35:20	<b>10:06:52.30</b>	<b>10:07:46.50</b>	+05:46:08 (57.0%)	12:38	4.7 (42.7%)
260	<b>WÓJKOWSKI Kamil</b>	<b>683</b>	RAZEM TRENUJEMY SPORT	M 36-44	89	00:00:27	02:01:07	04:11:31	08:51:29	<b>10:10:14.80</b>	<b>10:10:42.70</b>	+05:49:30 (57.3%)	12:42	4.7 (42.7%)
261	<b>WOJCIECHOWSKI Krzysiek</b>	<b>674</b>	GOLDEN TEAM	M 36-44	90	00:58:13	01:58:56	04:30:55	09:05:24	<b>10:11:06.25</b>	<b>11:09:20.10</b>	+05:50:22 (57.3%)	12:43	4.7 (42.7%)
262	<b>PIETRZAK Paulina</b>	<b>577</b>		K 36-44	32	00:58:13	02:18:00	04:30:53	09:05:28	<b>10:11:06.55</b>	<b>11:09:19.80</b>	+05:50:22 (57.3%)	12:43	4.7 (42.7%)
263	<b>KOTULA Jakub</b>	<b>504</b>		M 36-44	91	00:00:33	02:21:39	04:46:07	08:59:25	<b>10:12:04.90</b>	<b>10:12:38.30</b>	+05:51:20 (57.4%)	12:45	4.7 (42.7%)
264	<b>PASTWA Monika</b>	<b>568</b>		K 45-59	11	00:58:17	02:19:08	04:33:19	09:05:30	<b>10:12:28.70</b>	<b>11:10:45.80</b>	+05:51:44 (57.4%)	12:45	4.7 (42.7%)
265	<b>DREWNIK Robert</b>	<b>440</b>		M 36-44	92	00:03:14	02:07:11	04:14:28	08:48:50	<b>10:21:09.80</b>	<b>10:24:24.00</b>	+06:00:25 (58.0%)	12:56	4.6 (41.8%)
266	<b>WARA-WĄSOWSKI Maciej</b>	<b>656</b>		M 45-59	45	00:00:26	02:14:52	04:53:07	09:27:01	<b>10:43:11.10</b>	<b>10:43:37.50</b>	+06:22:27 (59.5%)	13:23	4.5 (40.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Luban 12km	Prz_Knur 25km	Gorc 41km	Czas netto 48km	Czas brutto 48km	Różn	Tempo min/km	Tempo km/h
267	<b>BRODAWKA Olga</b>	<b>419</b>		K 35	28	00:00:55	02:31:08	04:52:16	09:31:12	<b>10:44:26.65</b>	<b>10:45:22.05</b>	+06:23:42 (59.5%)	13:25	4.5 (40.9%)
268	<b>DOBROWOLSKI Robert</b>	<b>436</b>	SPORTOWI EMERYCI	M 60+	2	00:00:30	02:23:59	04:53:54	09:26:40	<b>10:49:07.60</b>	<b>10:49:37.60</b>	+06:28:23 (59.8%)	13:31	4.4 (40.0%)
269	<b>DOBROWOLSKA Bożena</b>	<b>435</b>	SPORTOWI EMERYCI	K 60+	1	00:00:29	02:24:45	04:54:17	09:26:50	<b>10:49:08.00</b>	<b>10:49:37.40</b>	+06:28:24 (59.8%)	13:31	4.4 (40.0%)
	<b>BIEDROŃ Artur</b>	<b>415</b>	STRANGERS	M 36-44		DNF	02:00:51 DNF	03:52:41 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>ŻAK Barbara</b>	<b>696</b>	JURA TEAM	K 36-44		DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>MATYJASIAK Konrad</b>	<b>541</b>		M 45-59		DNF	01:39:55 DNF	03:30:45 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>SAINTEMARIE Bernar</b>	<b>611</b>	ALTER-ACTIV	M 60+		DNF	01:51:13 DNF	03:48:13 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>KUPCZYK Przemysław</b>	<b>517</b>	DZIK KOMANDO	M 35		DNF	01:58:32 DNF	04:08:11 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>PASTWA Janusz</b>	<b>567</b>		M 45-59		DNF	01:54:57 DNF	04:16:28 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>MANN Michał</b>	<b>534</b>		M 35		DNF	01:58:50 DNF	04:24:31 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>PRZYBYŁO Przemek</b>	<b>593</b>		M 35		DNF	DNF	04:24:42 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>POKROP Agnieszka</b>	<b>586</b>	NATALIA TOMASIAK GÓRSKI STYL TEAM	K 35		DNF	02:34:08 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>WIŚNIEWSKA Dorota</b>	<b>665</b>		K 36-44		DNF	02:43:23 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>RATAJCZAK Anna</b>	<b>600</b>	HERNIK TEAM	K 36-44		DNF	03:04:27 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Znaleziono 280 wynik(ów)