



BIEG ULTRA TRAIL - 68 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2020-07-16
Miejsce: Łądek-Zdrój
Dystans: 68 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 68km	Różn	Tempo min/km	Tempo km/h
1	HETMAN Radosław	4323	GRUPA NOMAX	Senior II M - 30	1	00:57:06	02:22:49	03:18:32	04:34:49	05:34:15	06:30:58.60		5:44	10.4
2	OLEKSIEWICZ Maurycy	4255	ALPIN SPORT HOKA ONE ONE TEAM	Senior II M - 30	2	00:53:28	02:16:17	03:11:20	04:27:43	05:33:38	06:35:21.65	+00:04:23	5:48	10.3
3	GAWLIK Sławek	4052	DYNAFIT TEAM POLAND	Senior II M - 30	3	00:56:01	02:22:36	03:20:47	04:39:00	05:39:45	06:37:13.55	+00:06:14	5:50	10.3
4	WOLEK Szymon	4269		Senior II M - 30	4	01:02:11	02:33:54	03:35:11	04:54:03	05:57:06	06:55:00.50	+00:24:01	6:06	9.8
5	KARWACZYŃSKI Roger	4276		Senior II M - 30	5	00:58:31	02:28:42	03:32:01	04:54:58	06:07:00	07:13:54.05	+00:42:55	6:22	9.4
6	AUGUSTYŃSKI Sylwester	4340	GRUPA LUKTRANS	Senior II M - 30	6	01:03:12	02:37:29	03:39:30	05:03:09	06:15:53	07:22:22.75	+00:51:24	6:30	9.2
7	TOMASIAK Natalia	4319	SALOMON SUUNTO TEAM	Senior II K - 30	1	00:59:53	02:33:43	03:36:13	05:00:15	06:11:42	07:22:29.60	+00:51:31	6:30	9.2
8	NEHRING Karol	4042		Senior I M - 20	1	01:06:15	02:48:18	03:51:34	05:17:48	06:26:06	07:30:47.05	+00:59:48	6:37	9.1
9	WIŚNIEWSKI Paweł	4302	KARKONOSZ RUNNING TEAM	Senior II M - 30	7	01:05:11	02:45:04	03:52:45	05:23:10	06:37:45	07:50:30.30	+01:19:31	6:55	8.7
10	STACHOWIAK Adam	4225	LESZ NO LIMITS RUNNERS	Senior II M - 30	8	01:02:02	02:41:27	03:49:09	05:21:42	06:41:26	07:51:15.95	+01:20:17	6:55	8.7
11	BACYS Modestas	4290	XTRASA	Senior II M - 30	9	01:03:08	02:42:00	03:50:57	05:23:42	06:44:44	07:59:37.65	+01:28:39	7:03	8.5
12	JABŁOŃSKA Sylwia	4094	SBG PODBIEG	Senior II K - 30	2	01:09:51	02:52:34	04:04:36	05:39:43	06:57:50	08:12:12.75	+01:41:14	7:14	8.3
13	ZIĘBA Tomek	4264	JACEKBIEGA RUNNING TEAM	Masters M - 40	1	01:16:38	03:07:23	04:17:53	05:45:34	07:04:40	08:16:28.65	+01:45:30	7:18	8.2
14	MIKEŠOVÁ Jana	4167	SALMING CZ	Senior I K - 20	1	01:10:43	02:58:16	04:11:01	05:44:57	07:02:23	08:17:12.20	+01:46:13	7:18	8.2
15	NOWACZYK Piotr	4159		Senior II M - 30	10	01:14:08	03:03:53	04:17:50	05:50:22	07:08:26	08:19:26.30	+01:48:27	7:20	8.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	B1	B2	A15	Czas netto	Różn	Tempo	Tempo
						10km	24km	34km	46km	57km	68km		min/km	km/h
16	GALA Grzegorz	4244	STC RUNNERS	Masters M - 40	2	01:10:22	02:54:09	04:05:50	05:45:53	07:03:24	08:21:49.15	+01:50:50	7:22	8.1
17	WILK Jacek	4326		Weteran I M - 50	1	01:10:23	02:57:30	04:10:49	05:52:41	07:13:52	08:28:24.85	+01:57:26	7:28	8
18	KRZESZOWSKI Marcin	4341		Masters M - 40	3	01:10:05	03:02:38	04:21:39	05:58:06	07:15:28	08:29:39.30	+01:58:40	7:29	8
19	WARWAS Radosław	4199		Masters M - 40	4	01:14:43	03:03:45	04:17:29	05:50:35	07:12:46	08:29:50.20	+01:58:51	7:29	8
20	ŻURAW Wiktor	4321		Senior I M - 20	2	01:13:00	02:54:58	04:06:26	05:43:48	07:10:43	08:30:38.95	+01:59:40	7:30	8
21	TOMCZYK Tomasz	4306	ZABRZAŃSKIE PARKOWE BIEGANIE	Senior II M - 30	11	01:08:24	02:55:13	04:10:57	05:52:27	07:13:44	08:33:28.95	+02:02:30	7:33	7.9
22	KUŁAKOWSKI Marcin	4275	SOWIE TEAM	Senior I M - 20	3	01:07:50	02:48:34	03:58:08	05:35:18	07:08:45	08:34:46.90	+02:03:48	7:34	7.9
23	ROSOLSKI Dawid	4122		Senior II M - 30	12	01:13:07	03:01:35	04:11:03	05:47:16	07:16:12	08:34:57.45	+02:03:58	7:34	7.9
24	MUZYK Arkadiusz	4339	OKNOPLAST RUNNING TEAM	Senior II M - 30	13	01:11:57	02:56:01	04:07:33	05:44:04	07:09:35	08:36:38.65	+02:05:40	7:35	7.9
25	SIOMA Konrad	4137	ROKIETNICA BIEGA	Senior II M - 30	14	01:04:36	02:49:49	04:01:16	05:47:17	07:28:14	08:40:17.15	+02:09:18	7:39	7.8
26	FEDORCZAK Jacek	4293	VETCARE	Senior II M - 30	15	01:14:58	03:13:23	04:29:36	06:06:13	07:29:08	08:46:06.25	+02:15:07	7:44	7.8
27	TAJCHMAN Jarosław	4313	STAJNIA BALONA	Senior II M - 30	16	01:12:25	03:10:43	04:38:04	06:26:16	07:43:04	08:48:33.10	+02:17:34	7:46	7.7
28	SKRAJNY Łukasz	4153		Senior II M - 30	17	01:07:24	02:51:22	04:11:32	05:58:59	07:28:28	08:49:14.85	+02:18:16	7:46	7.7
29	ROMERO GARCIA Juan	4247	WITC	Senior II M - 30	18	01:09:39	03:01:34	04:17:07	06:02:04	07:28:51	08:50:28.55	+02:19:29	7:48	7.7
30	PASTERNOK Marian	4280	ZABRZAŃSKIE PARKOWE BIEGANIE	Masters M - 40	5	01:13:57	03:02:52	04:22:08	06:01:41	07:28:56	08:51:28.70	+02:20:30	7:48	7.7
31	SIKORA Łukasz	4344		Senior II M - 30	19	01:16:15	03:09:26	04:28:08	06:07:29	07:34:12	08:52:09.25	+02:21:10	7:49	7.7
32	BOGUSZ Paweł	4158	CYBINA TEAM	Senior II M - 30	20	01:14:27	03:10:42	04:26:18	06:06:28	07:32:14	08:52:22.60	+02:21:24	7:49	7.7
33	PIETROSZEK Rafał	4301	BRUBECK TEAM	Senior I M - 20	4	01:04:09	02:54:47	04:14:52	06:02:18	07:31:49	08:52:31.65	+02:21:33	7:49	7.7
34	FLOREK Katarzyna	4024		Senior II K - 30	3	01:17:12	03:12:29	04:33:36	06:13:55	07:37:01	08:55:44.35	+02:24:45	7:52	7.6
35	GAPIŃSKI Łukasz	4170		Senior II M - 30	21	01:20:19	03:17:41	04:33:52	06:10:44	07:37:19	08:56:07.05	+02:25:08	7:53	7.6
36	ŁABĘDZKA Agata	4191	MARCIN ŚWIERC TEAM	Senior I K - 20	2	01:16:40	03:15:13	04:33:07	06:10:02	07:36:14	08:56:12.55	+02:25:13	7:53	7.6
37	KOCEMBA Askaniusz	4254		Masters M - 40	6	01:13:10	03:08:53	04:34:49	06:15:28	07:39:29	08:58:34.75	+02:27:36	7:55	7.6
38	ARDELLI Ewa	4311	BIELAWSKA AKADEMIA BIEGANIA	Masters K - 40	1	01:09:38	03:05:56	04:29:54	06:15:43	07:40:01	08:59:17.45	+02:28:18	7:55	7.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas		Tempo min/km	Tempo km/h
						A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	netto 68km	Różn		
39	HERMAN Michał	4126		Senior II M - 30	22	01:14:24	03:09:05	04:26:38	06:11:22	07:41:39	08:59:27.80	+02:28:29	7:55	7.6
40	BONIKOWSKI Tomasz	4207		Masters M - 40	7	01:22:06	03:19:14	04:38:17	06:15:44	07:39:15	09:00:50.20	+02:29:51	7:57	7.5
41	PIOTROWSKI Paweł	4282	PROTON	Masters M - 40	8	01:17:25	03:18:28	04:38:42	06:16:01	07:44:04	09:04:30.85	+02:33:32	8:00	7.5
42	TOMAKA Maciej	4233	TEAM KURORT ŁĄDEK-ZDRÓJ	Senior II M - 30	23	01:16:23	03:10:36	04:35:11	06:26:07	07:49:14	09:04:56.70	+02:33:58	8:00	7.5
43	ŚLEZIAK Jarosław	4332	MATNER RUNNING TEAM	Masters M - 40	9	01:15:24	02:59:41	04:18:55	06:06:49	07:41:44	09:07:46.70	+02:36:48	8:03	7.4
44	BOCHEŃSKA Aleksandra	4314	MOUNTAIN POWER	Masters K - 40	2	01:17:04	03:21:56	04:43:04	06:25:43	07:51:49	09:09:44.35	+02:38:45	8:05	7.4
45	POMAGRUK Piotr	4216	DZIKI ZE ŚLICHOWIC	Masters M - 40	10	01:17:03	03:13:42	04:33:50	06:18:13	07:47:08	09:10:24.50	+02:39:25	8:05	7.4
46	BIENIECKA Anna	4342	BIEG RZEŹNIKA	Masters K - 40	3	01:13:35	03:07:34	04:27:32	06:11:36	07:45:27	09:10:32.40	+02:39:33	8:05	7.4
47	SOKULSKI Tomasz	4111		Senior II M - 30	24	01:19:53	03:17:21	04:39:53	06:26:03	07:51:27	09:12:22.15	+02:41:23	8:07	7.4
48	LESIAK Tomasz	4331		Senior II M - 30	25	01:14:57	03:10:39	04:27:12	06:16:02	07:43:12	09:12:28.75	+02:41:30	8:07	7.4
49	CZYRNIA Andrzej	4210	RAJSPOORT ACTIVE	Senior II M - 30	26	01:13:37	03:00:25	04:18:43	05:59:07	07:39:24	09:13:53.05	+02:42:54	8:08	7.4
50	JAMROŻY Marcin	4328	MARELLI SOSNOWIEC POLAND	Senior II M - 30	27	01:14:51	03:15:04	04:42:56	06:26:40	07:50:21	09:14:09.25	+02:43:10	8:08	7.4
51	WYSMOLINSKI Rafał	4243		Masters M - 40	11	01:17:30	03:14:30	04:49:05	06:32:49	07:56:08	09:14:36.65	+02:43:38	8:09	7.4
52	BIERNACKA Edyta	4287	PROTON	Masters K - 40	4	01:18:56	03:19:52	04:40:09	06:26:20	07:54:42	09:19:19.20	+02:48:20	8:13	7.3
53	GARBOWSKA Monika	4078	COMPAÑEROS ASFALT TEAM	Masters K - 40	5	01:25:34	03:27:21	04:49:21	06:30:34	07:56:44	09:19:40.65	+02:48:42	8:13	7.3
54	SCHRODER Patryk	4315	ULTRAFUN	Masters M - 40	12	01:16:55	03:13:23	04:33:32	06:22:30	07:54:41	09:20:23.95	+02:49:25	8:14	7.3
55	GARCZYK Rafał	4187		Senior II M - 30	28	01:18:38	03:14:24	04:38:10	06:30:04	07:55:24	09:21:56.10	+02:50:57	8:15	7.3
56	PROSZAK Sebastian	4235	TEAM KURORT ŁĄDEK-ZDRÓJ	Masters M - 40	13	01:16:37	03:10:46	04:35:22	06:26:50	07:58:27	09:27:22.85	+02:56:24	8:20	7.2
57	MARON Jacek	4305	ADIDAS RUNNERS WARSAW / JACK TEAM	Weteran I M - 50	2	01:17:09	03:11:28	04:39:17	06:31:53	08:00:22	09:27:52.00	+02:56:53	8:21	7.2
58	MAKOWSKI Michał	4278	WROWELO	Senior I M - 20	5	01:13:29	03:14:42	04:40:57	06:31:03	07:57:45	09:30:53.50	+02:59:54	8:23	7.1
59	CHOLEWA Tomasz	4285		Masters M - 40	14	01:22:55	03:25:21	04:46:57	06:29:05	08:00:11	09:31:28.30	+03:00:29	8:24	7.1
60	WOSZEK Tomasz	4084	BBL OPOLE	Masters M - 40	15	01:16:22	03:16:13	04:38:48	06:25:21	08:00:19	09:32:15.80	+03:01:17	8:24	7.1
61	WOSZEK Marzena	4083	BBL OPOLE	Masters K - 40	6	01:16:31	03:16:21	04:38:57	06:25:28	08:00:26	09:32:25.50	+03:01:26	8:25	7.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	B1	B2	A15	Czas netto	Różn	Tempo	Tempo
						10km	24km	34km	46km	57km	68km		min/km	km/h
62	KUK Urszula	4135	MONDELEZ	Masters K - 40	7	01:15:58	03:10:41	04:42:36	06:31:38	08:05:12	09:32:53.55	+03:01:54	8:25	7.1
63	WALCZYŃSKI Robert	4112		Masters M - 40	16	01:15:48	03:18:45	04:47:18	06:36:15	08:09:51	09:33:11.00	+03:02:12	8:25	7.1
64	ŁUCZYŃSKI Maciej	4227		Masters M - 40	17	01:15:03	03:04:46	04:25:12	06:18:32	08:01:08	09:34:54.45	+03:03:55	8:27	7.1
65	WYSOCZAŃSKI Adrian	4317		Masters M - 40	18	01:21:03	03:21:42	04:50:28	06:33:01	08:09:58	09:35:09.80	+03:04:11	8:27	7.1
66	BEDNARCZYK Magdalena	4156	STRZEGOMSKA DWUNASTKA	Senior I K - 20	3	01:17:25	03:14:27	04:34:53	06:16:16	07:58:02	09:35:49.20	+03:04:50	8:28	7.1
67	LUPA Marcin	4260	GÓRSKIE ZAJOBY	Senior II M - 30	29	01:20:04	03:17:55	04:42:08	06:27:34	08:01:45	09:36:46.50	+03:05:47	8:28	7.1
68	BUK Sławomir	4288	LESZ NO LIMITS RUNNERS	Senior II M - 30	30	01:15:57	03:16:57	04:37:55	06:25:07	08:04:26	09:38:45.35	+03:07:46	8:30	7
69	KĄSIEL Paweł	4205	MATNER RUNNING TEAM	Masters M - 40	19	01:16:27	03:12:33	04:29:58	06:21:28	08:02:54	09:38:47.25	+03:07:48	8:30	7
70	DORNIAC Jarosław	4037	PZU SPORT TEAM	Masters M - 40	20	01:22:12	03:12:02	04:45:44	06:38:33	08:13:48	09:39:24.85	+03:08:26	8:31	7
71	GRABOWSKI Wojciech	4002		Senior II M - 30	31	01:23:27	03:26:26	04:57:59	06:42:33	08:13:18	09:40:11.95	+03:09:13	8:31	7
72	GRACZ Krzysztof	4174	1978	Masters M - 40	21	01:23:39	03:26:35	04:57:48	06:42:45	08:13:25	09:40:23.20	+03:09:24	8:32	7
73	BRODA Dominik	4089		Senior II M - 30	32	01:16:31	03:10:19	04:31:21	06:28:47	08:09:01	09:40:56.20	+03:09:57	8:32	7
74	HAJDUK Bartłomiej	4095	SBG PODBIEG	Masters M - 40	22	01:23:45	03:26:46	04:54:17	06:48:28	08:19:23	09:42:35.00	+03:11:36	8:34	7
75	POPRAWSKI Mateusz	4029	KILIŃSKIEGO TEAM	Senior II M - 30	33	01:19:57	03:11:09	04:41:08	06:38:27	08:15:11	09:43:53.80	+03:12:55	8:35	7
76	ŁUKOWIAK Karol	4075	KILIŃSKIEGO TEAM	Masters M - 40	23	01:20:11	03:11:25	04:41:22	06:38:41	08:15:27	09:44:07.35	+03:13:08	8:35	7
77	LUBAŃSKI Robert	4215		Weteran I M - 50	3	01:20:31	03:19:30	04:47:01	06:35:29	08:13:08	09:44:16.95	+03:13:18	8:35	7
78	DZIĘCZKOWSKA-NIKLEWICZ Joanna	4081	ROKIETNICA BIEGA	Senior II K - 30	4	01:21:42	03:24:07	04:51:14	06:43:06	08:19:09	09:45:18.55	+03:14:19	8:36	7
79	KARPOWICZ Rafał	4085		Masters M - 40	24	01:15:52	03:15:33	04:47:35	06:44:08	08:19:24	09:46:43.20	+03:15:44	8:37	7
80	LEŚNIAK Marcin	4219	SALT RUNNERS BOCHNIA	Masters M - 40	25	01:17:28	03:15:47	04:41:52	06:32:30	08:10:47	09:47:24.70	+03:16:26	8:38	6.9
81	LASKOWSKI Radosław	4106	KS PIDRINA GDYNIA	Masters M - 40	26	01:19:50	03:17:59	04:46:47	06:41:02	08:14:18	09:47:27.25	+03:16:28	8:38	6.9
82	WIERZBOWY Przemek	4295	KOKO DŻAMBO I DO PRZODU	Senior II M - 30	34	01:14:21	03:04:05	04:29:50	06:42:40	08:20:29	09:47:51.80	+03:16:53	8:38	6.9
83	KULGAJUK Michał	4218	SUT STRASZYN ULTRA TEAM	Senior II M - 30	35	01:28:43	03:31:14	04:52:11	06:44:01	08:16:49	09:48:28.65	+03:17:30	8:39	6.9
84	OBRZUD Krzysztof	4080		Masters M - 40	27	01:19:42	03:20:48	04:50:44	06:36:40	08:14:10	09:48:41.50	+03:17:42	8:39	6.9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 68km	Różn	Tempo min/km	Tempo km/h
85	LECZOWICZ Patryk	4248		Senior I M - 20	6	01:14:40	03:06:11	04:36:13	06:37:45	08:18:14	09:49:43.30	+03:18:44	8:40	6.9
86	STOŃ Wojciech	4320		Senior II M - 30	36	01:25:21	03:30:36	04:55:58	06:41:55	08:14:16	09:49:53.25	+03:18:54	8:40	6.9
87	MATYJA Rafał	4256	LESZNO LIMITS RUNNERS	Senior II M - 30	37	01:22:55	03:31:48	05:03:26	06:55:32	08:28:30	09:50:20.55	+03:19:21	8:40	6.9
88	BOGUCKA Emilia	4343	WLKP MOUNTAINS ULTRA	Masters K - 40	8	01:22:34	03:35:30	05:03:35	06:55:33	08:26:21	09:51:33.90	+03:20:35	8:41	6.9
89	WIELOSİK Michał	4274	RONAL POLSKA RUN	Senior I M - 20	7	01:19:16	03:25:37	04:49:43	06:39:43	08:16:50	09:51:40.80	+03:20:42	8:42	6.9
90	CORTEBEECK Bruno	4294		Senior II M - 30	38	01:23:54	03:28:52	05:00:37	06:51:09	08:25:10	09:51:53.45	+03:20:54	8:42	6.9
91	KOTLAREK Dawid	4067	VEGE RUNNERS	Masters M - 40	28	01:18:40	03:18:53	04:49:42	06:43:07	08:16:56	09:53:40.15	+03:22:41	8:43	6.9
92	TABIŚ-HUBKA Rafał	4265	ZABRZAŃSKIE PARKOWE BIEGANIE	Masters M - 40	29	01:17:46	03:20:58	04:47:06	06:45:56	08:24:25	09:54:19.85	+03:23:21	8:44	6.9
93	PIETRZAK Paweł	4308	DOGOŃ GRODZISK MAZOWIECKI	Masters M - 40	30	01:26:31	03:27:26	04:55:55	06:43:37	08:24:57	09:55:33.00	+03:24:34	8:45	6.9
94	RUŚKIEWICZ Wojciech	4097	DELOITTE ADVENTURE TEAM	Senior II M - 30	39	01:14:19	03:04:14	04:44:17	06:42:01	08:21:37	09:56:22.15	+03:25:23	8:46	6.8
95	SKRZYNIARZ Marek	4177	C.K.MARUDERZY	Masters M - 40	31	01:20:21	03:28:43	04:55:21	06:56:12	08:32:59	09:57:40.70	+03:26:42	8:47	6.8
96	KOGUT Karol	4296	FOREST WORKOUT	Senior II M - 30	40	01:13:37	03:12:45	04:36:08	06:24:08	08:07:07	09:57:43.40	+03:26:44	8:47	6.8
97	SIKORSKI Szymon	4223	NOA	Senior II M - 30	41	01:21:44	03:28:55	05:04:25	06:57:34	08:31:13	10:00:41.85	+03:29:43	8:50	6.8
98	WELTER Przemysław	4019	KB SZAMOTUŁY	Senior II M - 30	42	01:17:17	03:18:07	04:51:08	06:42:11	08:24:35	10:01:15.85	+03:30:17	8:50	6.8
99	TOMASZEWSKI Michał	4164		Masters M - 40	32	01:20:27	03:18:49	04:41:54	06:43:24	08:23:08	10:02:20.55	+03:31:21	8:51	6.8
100	KOLASA Filip	4267		Senior II M - 30	43	01:18:05	03:14:16	04:56:01	06:54:41	08:36:57	10:03:25.95	+03:32:27	8:52	6.8
101	PAWLAK Maciej	4261		Masters M - 40	33	01:25:55	03:24:51	04:56:13	06:52:44	08:33:04	10:03:37.65	+03:32:39	8:52	6.8
102	STACHURSKI Daniel	4032		Weteran I M - 50	4	01:29:44	03:37:30	05:11:34	06:59:12	08:35:49	10:05:15.25	+03:34:16	8:54	6.7
103	PURA Robert	4192		Masters M - 40	34	01:20:10	03:23:30	04:53:05	06:51:33	08:40:23	10:10:34.15	+03:39:35	8:58	6.7
104	ZGRAJ Leszek	4316		Masters M - 40	35	01:20:49	03:26:17	05:02:24	07:02:09	08:41:38	10:12:49.20	+03:41:50	9:00	6.7
105	KWIATEK Agnieszka	4018		Senior II K - 30	5	01:22:31	03:33:11	05:08:02	06:59:32	08:40:27	10:14:32.20	+03:43:33	9:02	6.6
106	SZYMCZYK Michał	4318	DRUŻYNA CHROBREGO	Masters M - 40	36	01:27:27	03:35:41	05:10:43	07:06:34	08:47:55	10:16:25.70	+03:45:27	9:03	6.6
107	KOZŁOWSKA Iwona	4043	LESZNO LIMITS RUNNERS	Masters K - 40	9	01:29:54	03:44:10	05:18:18	07:14:19	08:51:31	10:18:01.85	+03:47:03	9:05	6.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 68km	Różn	Tempo min/km	Tempo km/h
108	FALDZINSKI Bartosz	4173		Senior II M - 30	44	01:23:58	03:30:11	05:00:40	07:00:46	08:44:21	10:18:30.30	+03:47:31	9:05	6.6
109	KŁODZIŃSKI Karol	4231	TAZDEVIL TEAM	Masters M - 40	37	01:25:28	03:39:03	05:14:51	07:10:11	08:51:12	10:23:27.75	+03:52:29	9:10	6.5
110	CHOJNACKA Karolina	4232	TAZDEVIL TEAM	Masters K - 40	10	01:25:41	03:39:12	05:15:00	07:10:22	08:51:48	10:23:37.90	+03:52:39	9:10	6.5
111	ZDANOWICZ Elżbieta	4253	VEGE RUNNERS	Masters K - 40	11	01:27:33	03:39:58	05:11:33	07:07:58	08:48:18	10:23:51.35	+03:52:52	9:10	6.5
112	SZAFRAŃSKI Dominik	4040	OBORNICKI KLUB LEKKOATLETYCZNY	Senior II M - 30	45	01:23:41	03:27:59	05:04:31	07:15:02	08:51:28	10:25:39.85	+03:54:41	9:12	6.5
113	KOŁKOWSKI Przemysław	4338	KIERUNEK HORYZONT	Masters M - 40	38	01:29:49	03:44:00	05:19:04	07:18:39	08:58:34	10:26:33.95	+03:55:35	9:12	6.5
114	STAROŃ Tomasz	4291		Masters M - 40	39	01:20:34	03:32:50	05:00:41	07:01:25	08:48:22	10:26:52.60	+03:55:54	9:13	6.5
115	RADZIWOŃ Anna	4145	GRUPA NIENACHALNIE HEROICZNA	Masters K - 40	12	01:26:27	03:41:23	05:16:55	07:20:42	09:01:45	10:27:31.10	+03:56:32	9:13	6.5
116	SKŁADANOWSKA Beata	4263		Senior II K - 30	6	01:29:14	03:29:35	05:10:34	07:12:30	08:56:24	10:28:30.15	+03:57:31	9:14	6.5
117	MAKSELON Anna	4201		Masters K - 40	13	01:26:53	03:36:51	05:22:53	07:19:52	08:58:40	10:28:37.70	+03:57:39	9:14	6.5
118	TYLIŃSKI Arkadiusz	4131	LESZ NO LIMITS RUNNERS	Weteran I M - 50	5	01:17:39	03:28:14	05:21:49	07:23:41	09:02:12	10:29:42.70	+03:58:44	9:15	6.5
119	LISZKA Piotrek	4100		Weteran II M - 60	1	01:26:15	03:36:51	05:17:39	07:17:08	08:56:15	10:30:04.70	+03:59:06	9:15	6.5
120	MARCINKOWSKI Przemysław	4283	PROTON/LESZ NO LIMITS RUNNERS	Masters M - 40	40	01:30:34	03:46:53	05:25:29	07:26:36	09:02:17	10:30:08.35	+03:59:09	9:16	6.5
121	KONOPKA Bartosz	4262	BIEGAMBOLUBIĘ	Masters M - 40	41	01:26:10	03:31:00	05:01:32	07:07:39	08:50:32	10:31:04.60	+04:00:06	9:16	6.5
122	WOJAK Malwina	4125		Senior II K - 30	7	01:29:24	03:47:40	05:18:51	07:19:40	08:57:07	10:31:59.75	+04:01:01	9:17	6.5
123	BOK Rafał	4286		Masters M - 40	42	01:24:50	03:29:45	05:17:31	07:19:21	09:02:31	10:32:33.30	+04:01:34	9:18	6.4
124	KONIECZNY Marcin	4292		Masters M - 40	43	01:19:17	03:26:18	04:56:33	07:03:27	08:51:51	10:34:51.50	+04:03:52	9:20	6.4
125	FUKS Szymon	4141	MCBIEGACZE	Masters M - 40	44	01:21:35	03:24:14	04:57:03	06:59:37	08:53:29	10:35:26.70	+04:04:28	9:20	6.4
126	BADOWSKI Rafał	4073	WSZYSTKO JEST W GŁOWIE!	Masters M - 40	45	01:14:46	03:18:08	04:46:29	06:44:41	08:41:40	10:35:35.25	+04:04:36	9:20	6.4
127	ROSOŁOWSKI Grzegorz	4096	DRUŻYNA SZPIKU SITECH	Masters M - 40	46	01:28:05	03:38:29	05:17:27	07:17:16	09:00:32	10:35:49.80	+04:04:51	9:21	6.4
128	QUIRINI Ewa	4172		Senior II K - 30	8	01:28:05	03:43:00	05:19:15	07:27:42	09:07:31	10:40:43.35	+04:09:44	9:25	6.4
129	MARZEC Dominik	4055		Senior II M - 30	46	01:26:13	03:37:06	05:09:37	07:12:08	08:59:58	10:41:27.15	+04:10:28	9:25	6.4
130	DORDZIK Katarzyna	4188		Senior II K - 30	9	01:28:37	03:39:16	05:08:28	07:11:18	09:01:26	10:41:38.55	+04:10:39	9:26	6.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas	Różn	Tempo min/km	Tempo km/h
						A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	netto 68km			
131	MORAWSKI Bartosz	4013	STARE BABICE BIEGAJĄ	Senior II M - 30	47	01:31:21	03:53:47	05:42:34	07:44:53	09:22:15	10:42:06.50	+04:11:07	9:26	6.4
132	KUNECKI Norbert	4226	KB HARCOWNIK JELCZ-LASKOWICE	Masters M - 40	47	01:29:13	03:43:28	05:18:16	07:20:50	09:10:24	10:44:17.10	+04:13:18	9:28	6.3
133	WROE Agnieszka	4030		Senior II K - 30	10	01:23:45	03:35:34	05:19:28	07:26:40	09:11:57	10:45:22.20	+04:14:23	9:29	6.3
134	JURA Mariusz	4272	ZŁOWIESZCZE ZGRZYTNIECIE ZWIERACZA	Masters M - 40	48	01:24:34	03:37:47	05:18:17	07:19:38	09:06:21	10:45:59.40	+04:15:00	9:29	6.3
135	KONIECZNA Paulina	4271	CH10	Senior II K - 30	11	01:23:04	03:26:39	05:08:31	07:22:44	09:14:56	10:47:17.90	+04:16:19	9:31	6.3
136	PIETRZAK Agnieszka	4309	DOGOŃ GRODZISK MAZOWIECKI	Masters K - 40	14	01:27:42	03:42:14	05:25:32	07:23:53	09:12:51	10:47:25.65	+04:16:27	9:31	6.3
137	ZAMBRZYCKI Maciej	4289	SAP LABS POLAND TEAM	Masters M - 40	49	01:24:39	03:29:28	05:17:20	07:30:03	09:13:14	10:48:38.20	+04:17:39	9:32	6.3
138	KUBICA Bartosz	4258		Masters M - 40	50	01:27:23	03:37:55	05:14:22	07:23:01	09:11:24	10:48:44.75	+04:17:46	9:32	6.3
139	JUCHA Jacek	4246	CARBO ASECURA/ CA AKTYWNI	Masters M - 40	51	01:27:32	03:38:04	05:14:30	07:23:10	09:10:17	10:48:54.40	+04:17:55	9:32	6.3
140	GAWRON Bartłomiej	4279		Masters M - 40	52	01:20:33	03:29:46	05:07:43	07:19:29	09:09:44	10:49:28.95	+04:18:30	9:33	6.3
141	GAŁWA Dawid	4074		Senior II M - 30	48	01:25:39	03:34:57	05:21:52	07:27:04	09:20:43	10:50:01.55	+04:19:02	9:33	6.3
142	PRYJMA Tomasz	4197	FUNEXSPORTS	Weteran I M - 50	6	01:31:57	03:56:41	05:37:03	07:47:59	09:23:14	10:50:34.50	+04:19:35	9:34	6.3
143	SMYK Kamil	4117		Senior II M - 30	49	01:19:53	03:21:11	04:59:38	07:07:03	09:03:31	10:52:05.95	+04:21:07	9:35	6.3
144	SZUMIEC Andrzej	4009	LACHO TEAM	Weteran I M - 50	7	01:36:01	03:55:32	05:27:01	07:29:44	09:15:24	10:52:23.15	+04:21:24	9:35	6.3
145	PUZIO Bartłomiej	4236		Senior II M - 30	50	01:14:00	03:20:33	04:54:53	07:14:37	09:17:14	10:52:29.20	+04:21:30	9:35	6.3
146	KOŁODZIEJ Paweł	4214		Masters M - 40	53	01:30:53	03:48:20	05:32:40	07:35:24	09:12:59	10:53:40.65	+04:22:42	9:36	6.2
147	FEODORÓW Wojciech	4337	SKURCZYBYKI	Weteran I M - 50	8	01:27:15	03:47:52	05:31:56	07:31:55	09:23:59	10:57:32.80	+04:26:34	9:40	6.2
148	KUCHARSKI Waldemar	4109		Weteran I M - 50	9	01:30:33	03:43:57	05:16:02	07:22:16	09:12:31	10:59:52.80	+04:28:54	9:42	6.2
149	MICHAŁOWSKI Maciej	4020	KLUB PRZYJACIÓŁ MYSZKI MIKI	Senior II M - 30	51	01:23:15	03:26:49	05:10:43	07:20:36	09:18:51	10:59:55.70	+04:28:57	9:42	6.2
150	STRONIKOWSKI Kamil	4134		Masters M - 40	54	01:30:38	03:44:21	05:13:37	07:22:40	09:12:44	11:00:10.15	+04:29:11	9:42	6.2
151	DOMARADZKA-KASZUBOWICZ Wiktoria	4015	POZYTYWNIIE ZABIEGANI SANOK	Senior II K - 30	12	01:31:20	03:49:10	05:36:01	07:33:46	09:21:02	11:00:58.25	+04:29:59	9:43	6.2
152	KAKOSZKA Marcin	4076	SALTY DOOG	Senior II M - 30	52	01:17:12	03:21:46	05:05:08	07:19:05	09:17:07	11:01:28.00	+04:30:29	9:43	6.2
153	KULA Sebastian	4230	SYCOWSKA POGOŃ	Masters M - 40	55	01:22:50	03:36:09	05:14:26	07:23:50	09:18:26	11:02:39.60	+04:31:41	9:44	6.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas	Różn	Tempo min/km	Tempo km/h
						A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	netto 68km			
154	ŁUKAWSKI Krzysztof	4034		Senior II M - 30	53	01:25:30	03:28:38	05:03:19	07:22:24	09:25:42	11:02:50.75	+04:31:52	9:44	6.2
155	KOWALSKI Rafał	4217	RADIO RODZINA WROCŁAW	Masters M - 40	56	01:25:58	03:41:42	05:23:38	07:31:01	09:24:48	11:04:06.85	+04:33:08	9:45	6.1
156	KIERSKI Dariusz	4110		Weteran I M - 50	10	01:32:41	03:54:00	05:35:22	07:46:23	09:31:45	11:08:30.15	+04:37:31	9:49	6.1
157	KOPACKI Grzegorz	4108		Senior II M - 30	54	01:24:16	03:41:07	05:21:25	07:28:17	09:27:31	11:08:33.80	+04:37:35	9:49	6.1
158	SIENNICKI Leszek	4251		Masters M - 40	57	01:25:42	03:39:21	05:21:11	07:33:11	09:22:39	11:09:39.95	+04:38:41	9:50	6.1
159	LEBODA Katarzyna	4014	WILD DOGS TEAM	Senior II K - 30	13	01:28:10	03:48:53	05:33:55	07:46:22	09:33:15	11:10:12.60	+04:39:14	9:51	6.1
160	HOLDCRAFT Nicholas	4185		Masters M - 40	58	01:29:37	03:26:01	05:04:23	07:19:12	09:09:01	11:11:06.35	+04:40:07	9:52	6.1
161	GIBALSKI Tomasz	4333	OBORYGENI	Weteran I M - 50	11	01:25:47	03:45:44	05:26:13	07:50:01	09:36:06	11:12:16.50	+04:41:17	9:53	6.1
162	STAJNIAK-STELIGA Izabela	4334	OBORYGENI	Masters K - 40	15	01:26:05	03:46:04	05:26:31	07:50:19	09:36:23	11:12:34.70	+04:41:36	9:53	6.1
163	WIECZOREK Monika	4104		Masters K - 40	16	01:27:55	03:45:43	05:24:26	07:40:23	09:33:11	11:12:59.55	+04:42:00	9:53	6.1
164	PRNOBIS-PROŃSKI Michał	4027	SLOW JOGGING	Senior II M - 30	55	01:27:41	03:32:43	05:04:07	07:19:30	09:21:35	11:13:01.70	+04:42:03	9:53	6.1
165	BUDYCH Arek	4303		Senior II M - 30	56	01:23:50	03:38:13	05:21:43	07:32:58	09:29:15	11:13:38.00	+04:42:39	9:54	6.1
166	GRYGORUK Cezary	4157		Weteran I M - 50	12	01:25:05	03:42:50	05:25:40	07:35:09	09:31:09	11:13:43.00	+04:42:44	9:54	6.1
167	NOWICKI Piotr	4149	HTJ	Senior II M - 30	57	01:27:06	03:49:10	05:42:39	07:46:15	09:29:49	11:13:48.55	+04:42:49	9:54	6.1
168	LEŚNIAK-POPIEL Marta	4012	POZYTYWNIIE ZABIEGANI SANOK	Masters K - 40	17	01:31:58	04:00:36	05:46:16	07:53:44	09:38:05	11:15:12.95	+04:44:14	9:55	6
169	CEBRAT Ewa	4025	POZYTYWNIIE ZABIEGANI SANOK	Masters K - 40	18	01:32:06	04:01:22	05:46:26	07:53:56	09:38:17	11:15:22.50	+04:44:23	9:55	6
170	RADZIWOŃ Krzysztof	4142	GRUPA NIENACHALNIE HEROICZNA	Masters M - 40	59	01:30:37	03:49:59	05:32:19	07:44:53	09:34:15	11:16:05.70	+04:45:07	9:56	6
171	RENKIEL Tomasz	4099	COMPAÑEROS ASFALT ATEAM	Masters M - 40	60	01:33:22	03:48:43	05:28:16	07:44:33	09:37:26	11:16:53.30	+04:45:54	9:57	6
172	KRZYŻOSTANIAK Marcin	4325	ZGRUBKA TEAM / MARCIN ŚWIERC TEAM	Masters M - 40	61	01:32:41	03:56:37	05:41:21	07:55:53	09:44:09	11:18:59.45	+04:48:00	9:59	6
173	PARZONKA Paweł	4139	KS LENIWIEC	Masters M - 40	62	01:25:56	03:35:52	05:15:12	07:26:21	09:23:29	11:19:40.05	+04:48:41	9:59	6
174	SZMECHTIG-GAUDEN Ewa	4132	PODGÓRZ TORUŃ	Masters K - 40	19	01:30:10	03:45:12	05:28:14	07:42:56	09:33:57	11:21:13.95	+04:50:15	10:01	6
175	ZARĘBA Anna	4005		Senior II K - 30	14	01:31:23	03:45:43	05:32:52	07:38:25	09:35:23	11:21:44.10	+04:50:45	10:01	6
176	ZARĘBA Adam	4008		Senior II M - 30	58	01:31:36	03:45:53	05:33:04	07:38:37	09:35:38	11:21:56.75	+04:50:58	10:01	6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 68km	Różn	Tempo min/km	Tempo km/h
177	MURAWICZ Grzegorz	4327		Weteran I M - 50	13	01:28:49	03:41:00	05:29:51	07:41:54	09:38:53	11:22:10.35	+04:51:11	10:01	6
178	MIKOLAJCZYK Lukasz	4007	RUNTRIAL	Senior II M - 30	59	01:23:24	03:44:17	05:24:31	07:42:08	09:41:21	11:22:20.85	+04:51:22	10:02	6
179	SZCZUKA Joanna	4039		Senior I K - 20	4	01:31:03	03:58:03	05:47:08	07:57:12	09:42:48	11:23:01.75	+04:52:03	10:02	6
180	GRYS Paweł	4021	BIEGIEM PO MARZENIA TEAM	Senior II M - 30	60	01:26:01	03:52:40	05:39:47	08:03:34	09:54:09	11:24:15.65	+04:53:17	10:03	6
181	FURTAK Krzysztof	4304	KTOŚ MUSI BYĆ OSTATNI	Weteran I M - 50	14	01:25:51	03:44:38	05:25:04	07:32:21	09:23:43	11:25:35.10	+04:54:36	10:04	6
182	JARASZEK Sanjaya	4335	JASNASTRONAMOCY.INFO	Weteran II M - 60	2	01:34:29	03:49:53	05:33:17	07:57:55	09:54:42	11:28:56.15	+04:57:57	10:07	5.9
183	DUCH Emil	4329	JB WARSAW	Senior II M - 30	61	01:33:12	03:58:06	05:42:28	08:00:31	09:49:16	11:29:21.45	+04:58:22	10:08	5.9
184	ROGOWSKI Tomasz	4336	UMLAUT	Senior II M - 30	62	01:33:24	03:57:35	05:46:47	07:59:22	09:56:30	11:32:05.25	+05:01:06	10:10	5.9
185	DOBRENKO Edyta	4171		Masters K - 40	20	01:35:25	03:55:26	05:42:38	08:01:50	09:50:28	11:33:11.30	+05:02:12	10:11	5.9
186	FRANKOWSKI Dariusz	4221	SZAMANI W TRANSIE	Weteran I M - 50	15	01:29:23	03:54:11	05:40:06	07:57:59	09:52:22	11:34:12.85	+05:03:14	10:12	5.9
187	KONIECZNY Andrzej	4324		Weteran I M - 50	16	01:32:58	04:00:02	05:45:47	07:57:43	09:51:17	11:36:27.00	+05:05:28	10:14	5.9
188	KRUK Jacek	4119		Masters M - 40	63	01:31:35	04:02:53	05:41:17	07:52:20	09:52:03	11:36:58.65	+05:06:00	10:14	5.9
189	ŻABIEREK Tomek	4257		Masters M - 40	64	01:32:10	03:50:53	05:33:14	07:58:49	10:00:25	11:37:17.45	+05:06:18	10:15	5.9
189	KRYSKE Mariusz	4284	SPÓJNIA BIAŁE BŁOTA	Senior II M - 30	63	01:29:05	03:47:25	05:36:06	07:47:01	09:45:22	11:37:17.45	+05:06:18	10:15	5.9
191	BLIŹNIEWSKI Marek	4213	SNG WILD DUCK	Masters M - 40	65	01:40:25	03:47:54	05:50:44	08:00:55	09:57:09	11:37:34.15	+05:06:35	10:15	5.8
192	SZYMAŃSKA Agata	4064		Senior II K - 30	15	01:27:59	03:56:17	05:32:23	07:46:56	09:41:39	11:41:25.65	+05:10:27	10:18	5.8
193	GAWLAK Robert	4277	ROZBIEGAMY TO MIASTO CZECHOWICE-DZIEDZICE	Senior II M - 30	64	01:26:41	03:45:53	05:31:59	07:57:49	09:50:32	11:41:37.40	+05:10:38	10:19	5.8
194	BOGDAŁ Adam	4059		Senior II M - 30	65	01:32:01	03:51:46	05:46:31	08:13:19	10:07:08	11:41:54.00	+05:10:55	10:19	5.8
195	DELONG Sebastian	4069	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Masters M - 40	66	01:26:11	03:47:27	05:50:20	08:09:08	10:06:09	11:42:22.15	+05:11:23	10:19	5.8
196	FALBA Karol	4298	#TEAMLATIS	Senior II M - 30	66	01:22:44	03:38:15	05:24:18	07:57:26	09:57:45	11:42:34.85	+05:11:36	10:19	5.8
197	LUDEWICZ Mateusz	4203	START JASTROWIE	Senior II M - 30	67	01:27:05	03:37:02	05:23:05	07:54:23	09:56:03	11:42:37.90	+05:11:39	10:19	5.8
198	GIERSZEWSKI Marek	4086		Masters M - 40	67	01:21:46	03:25:02	05:10:46	07:18:31	09:17:17	11:42:51.55	+05:11:52	10:20	5.8
199	PIOTROWSKI Michał	4058		Senior II M - 30	68	01:27:41	03:54:04	05:52:45	08:08:53	10:02:55	11:44:13.35	+05:13:14	10:21	5.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas	Różn	Tempo min/km	Tempo km/h
						A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	netto 68km			
200	KUPIEC Maciej	4046	ŻEBERKA TEAM	Senior II M - 30	69	01:27:48	03:54:17	05:52:54	08:09:02	10:03:05	11:44:24.05	+05:13:25	10:21	5.8
201	PÓŁGRABIA Dawid	4033		Masters M - 40	68	01:28:05	03:54:24	05:53:02	08:09:02	10:03:12	11:44:30.45	+05:13:31	10:21	5.8
202	AZAREWICZ Grzegorz	4322		Masters M - 40	69	01:37:17	03:55:17	06:07:41	08:13:33	10:02:32	11:45:32.85	+05:14:34	10:22	5.8
203	RACZKIEWICZ Jarosław	4234	NATURAL BORN RUNNERS	Masters M - 40	70	01:32:38	03:51:27	05:37:09	07:56:33	09:52:17	11:47:22.40	+05:16:23	10:24	5.8
204	PURA Paweł	4114		Masters M - 40	71	01:30:50	03:52:25	05:33:08	07:59:51	09:59:27	11:48:55.05	+05:17:56	10:25	5.8
205	RYCHTYK Dawid	4169		Masters M - 40	72	01:29:05	03:54:53	06:05:23	08:22:18	10:11:15	11:51:00.45	+05:20:01	10:27	5.7
206	PEKAŁA Michał	4077	POLARIS/BIEG OPOLSKI	Senior II M - 30	70	01:40:01	04:03:30	06:04:35	08:20:20	10:12:05	11:56:23.90	+05:25:25	10:32	5.7
207	URBAŃSKA Katarzyna	4088	BIEG OPOLSKI	Senior II K - 30	16	01:39:42	04:03:43	06:04:05	08:20:21	10:11:41	11:56:38.20	+05:25:39	10:32	5.7
208	ZUBERT Marcin	4307	PRESSGLASS-BIEGAMY I WSPIERAMY	Masters M - 40	73	01:26:42	04:04:07	05:48:44	08:10:19	10:12:50	11:57:07.55	+05:26:08	10:32	5.7
209	SZAFRAN Łukasz	4091	ULTRINO AMATEUR	Senior II M - 30	71	01:30:46	03:52:16	05:36:00	07:59:18	09:54:46	11:57:11.05	+05:26:12	10:32	5.7
210	KOWALEWSKI Grzegorz	4113		Weteran I M - 50	17	01:34:06	03:57:13	05:49:42	08:15:27	10:12:46	11:57:32.20	+05:26:33	10:33	5.7
211	JOVANOVIĆ-DOBRZYŃSKA Marta	4224		Senior I K - 20	5	01:43:41	04:18:29	06:14:55	08:31:54	10:23:24	11:57:52.15	+05:26:53	10:33	5.7
212	ROŻKO Krzysztof	4163	4ROŻKI	Masters M - 40	74	01:31:07	03:56:25	05:48:20	08:07:16	10:14:29	12:00:53.90	+05:29:55	10:36	5.7
213	JAMROZ Mariola	4176		Weteran K - 50	1	01:39:56	04:15:22	06:04:58	08:21:16	10:12:27	12:02:00.45	+05:31:01	10:37	5.7
214	SYNOWIEC Grzegorz	4118	1975	Masters M - 40	75	01:30:23	03:59:11	05:52:54	08:14:38	10:12:59	12:03:26.95	+05:32:28	10:38	5.6
215	KABAŁA Bartosz	4023		Senior I M - 20	8	01:18:09	03:26:28	05:22:55	07:44:23	09:46:14	12:04:23.20	+05:33:24	10:39	5.6
216	KUŚ Jakub	4179		Senior I M - 20	9	01:27:32	04:25:18	06:13:39	08:34:21	10:24:04	12:06:20.85	+05:35:22	10:40	5.6
217	JAMRÓZ Wojciech	4222	KW GLIWICE	Masters M - 40	76	01:26:01	03:55:30	05:44:40	08:17:29	10:23:28	12:06:48.75	+05:35:50	10:41	5.6
218	ZYZAŃSKI Andrzej	4194	ZIZU	Masters M - 40	77	01:28:25	04:07:23	06:02:49	08:25:04	10:25:08	12:07:31.85	+05:36:33	10:41	5.6
219	SZMYT Piotr	4193	WLKP MOUNTAINS ULTRA	Masters M - 40	78	01:28:34	04:07:45	06:02:58	08:25:15	10:25:15	12:07:37.45	+05:36:38	10:42	5.6
220	MARKOWSKI Marek	4268	KS LENIWIEC	Masters M - 40	79	01:27:46	03:43:26	05:35:21	08:10:20	10:21:33	12:10:33.80	+05:39:35	10:44	5.6
221	GĄSZCZAK Mariusz	4138	KS LENIWIEC	Masters M - 40	80	01:28:59	03:44:12	05:37:27	08:12:39	10:17:03	12:10:41.05	+05:39:42	10:44	5.6
222	KUCZYŃSKI Grzegorz	4200	BIĄŁYSTOK BIEGA TEAM	Masters M - 40	81	01:37:01	04:14:38	06:13:00	08:17:40	10:25:35	12:12:33.30	+05:41:34	10:46	5.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas	Różn	Tempo min/km	Tempo km/h
						A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	netto 68km			
223	OZIMINA Hubert	4065	OBORYGENI	Masters M - 40	82	01:28:42	03:54:38	05:50:46	08:17:34	10:21:13	12:13:31.95	+05:42:33	10:47	5.6
224	GRZYWIŃSKI Wojtek	4127		Senior II M - 30	72	01:30:27	04:03:59	06:02:59	08:28:49	10:27:10	12:13:51.45	+05:42:52	10:47	5.6
225	SZCZEPANIAK Jadwiga	4120	KS STASZEWSKY	Weteran K - 50	2	01:37:14	04:05:43	05:52:38	08:20:52	10:23:42	12:13:53.90	+05:42:55	10:47	5.6
226	GLINA-KRAWCZYK Małgorzata	4143	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	Masters K - 40	21	01:37:31	04:19:45	06:10:45	08:36:33	10:29:04	12:14:37.60	+05:43:39	10:48	5.6
227	PODGÓRNY Mariusz	4166	TEAM OZIMEK	Senior I M - 20	10	01:24:16	03:50:07	05:47:48	08:14:55	10:15:20	12:14:56.85	+05:43:58	10:48	5.6
228	FIREK Rafał	4072	LACHO TEAM	Masters M - 40	83	01:35:50	03:55:21	05:26:44	07:35:40	09:41:18	12:15:15.70	+05:44:17	10:48	5.5
229	FURMANIAK Mateusz	4182	1989	Senior II M - 30	73	01:32:43	03:59:57	05:53:41	08:17:11	10:30:49	12:16:17.50	+05:45:18	10:49	5.5
230	PÖPKE Anna	4079	REEBOK RUN CREW CZĘSTOCHOWA	Senior I K - 20	6	01:32:48	03:55:51	05:50:22	08:29:37	10:32:09	12:16:25.60	+05:45:27	10:49	5.5
231	KOŚKA Aleksandra	4160	SPARTA RUNNERS	Senior II K - 30	17	01:33:01	04:00:18	05:54:00	08:17:24	10:31:10	12:16:36.55	+05:45:37	10:49	5.5
232	WOZNIAK Damian	4121	CHOMIKI Z KOPYTEM	Masters M - 40	84	01:34:49	04:14:11	06:10:43	08:36:45	10:37:22	12:20:06.95	+05:49:08	10:53	5.5
233	CZEKA Rudolf	4168		Weteran II M - 60	3	01:37:55	04:18:15	06:15:32	08:40:15	10:36:18	12:21:13.25	+05:50:14	10:54	5.5
234	SÓJKA Szymon	4299		Senior II M - 30	74	01:38:48	04:19:10	06:22:01	08:42:59	10:40:41	12:21:30.10	+05:50:31	10:54	5.5
235	SÓJKA Agnieszka	4300		Senior II K - 30	18	01:38:59	04:19:28	06:21:21	08:43:09	10:40:49	12:21:40.50	+05:50:41	10:54	5.5
236	MISIAK Patryk	4124		Masters M - 40	85	01:35:08	04:14:29	06:11:02	08:36:59	10:37:37	12:23:41.55	+05:52:42	10:56	5.5
237	JAWORSKI Bartłomiej	4057		Weteran I M - 50	18	01:24:28	03:45:58	05:58:28	08:29:01	10:30:30	12:25:05.85	+05:54:07	10:57	5.5
238	GAIDA Karol	4178	WROCŁAWSKIE ŚWIRY	Senior I M - 20	11	01:27:45	03:50:50	05:45:21	08:24:36	10:33:25	12:25:56.35	+05:54:57	10:58	5.5
239	WRĘCZYCKI Łukasz	4016	5 PUŁK CHEMICZNY	Senior II M - 30	75	01:31:43	04:01:04	05:54:22	08:19:16	10:24:09	12:30:36.60	+05:59:38	11:02	5.4
240	PLEWKA Sylwia	4129		Senior II K - 30	19	01:37:00	04:13:02	06:07:08	08:38:41	10:38:27	12:30:41.10	+05:59:42	11:02	5.4
241	KOŁODZIEJ Jacek	4056	COMPAÑEROS ASFALT TEAM	Masters M - 40	86	01:32:58	03:53:05	05:48:03	08:20:59	10:28:07	12:32:08.50	+06:01:09	11:03	5.4
242	BOCIAGA Paweł	4017	RODZINNA GRUPA ROWEROWA Z MIASTA ŁODZI	Masters M - 40	87	01:29:56	03:50:56	06:01:42	08:57:56	10:54:07	12:38:57.60	+06:07:59	11:09	5.4
243	SZEWczyk Marek	4054	CYBINA TEAM	Weteran II M - 60	4	01:39:24	04:18:45	06:10:43	08:38:55	10:40:10	12:40:44.90	+06:09:46	11:11	5.4
244	KLIMCZAK Marcin	4044		Senior II M - 30	76	01:35:19	04:27:59	06:29:29	08:52:14	10:53:41	12:41:14.20	+06:10:15	11:11	5.4
245	GOZDAN Dariusz	4237		Masters M - 40	88	01:36:12	04:05:17	06:20:03	08:56:54	10:56:50	12:41:45.30	+06:10:46	11:12	5.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	D1	B1	B2	A15	Czas netto	Różn	Tempo	Tempo
						10km	24km	34km	46km	57km	68km		min/km	km/h
246	SOBKOWIAK Ewa	4242	100MCP	Weteran K - 50	3	01:47:33	04:21:54	06:19:29	08:52:01	10:56:09	12:43:45.25	+06:12:46	11:13	5.3
247	ZGOŁA Przemysław	4092	TARNOWO PODGÓRNE BIEGA	Masters M - 40	89	01:38:13	04:17:14	06:08:59	08:38:18	10:41:58	12:44:33.75	+06:13:35	11:14	5.3
248	SZCZERBAL Agnieszka	4090	TKKF MPK POZNAŃ	Masters K - 40	22	01:38:31	04:17:22	06:09:06	08:38:17	10:42:07	12:44:42.60	+06:13:44	11:14	5.3
249	RULAK Jerzy	4273		Senior II M - 30	77	01:42:54	04:02:07	06:04:32	08:30:57	10:41:20	12:45:12.30	+06:14:13	11:15	5.3
250	JASTRZĄB-STANDERSKA Joanna	4310		Masters K - 40	23	01:34:07	04:06:15	06:04:18	08:31:47	10:42:12	12:46:02.15	+06:15:03	11:15	5.3
251	MASŁO Andrzej	4006		Masters M - 40	90	01:41:55	04:19:44	06:13:37	08:43:22	10:44:55	12:46:10.75	+06:15:12	11:16	5.3
252	DARSKI Rafał	4144	RECAMIERE	Weteran I M - 50	19	01:34:58	04:13:53	06:28:58	08:57:20	11:07:45	12:47:27.30	+06:16:28	11:17	5.3
253	HANSZ Donat	4066	NETBOX BIEGA	Senior I M - 20	12	01:34:14	04:09:22	06:18:16	09:09:08	11:08:54	12:51:24.95	+06:20:26	11:20	5.3
254	GÓRCZYŃSKI Rafał	4105		Masters M - 40	91	01:40:30	04:16:26	06:22:37	08:53:10	11:04:48	12:52:13.10	+06:21:14	11:21	5.3
255	PIĄTEK Tomasz	4297	WILD BUCHAYS	Masters M - 40	92	01:33:42	04:04:55	06:04:00	08:41:16	11:03:47	12:56:28.50	+06:25:29	11:25	5.3
256	KORNAŚ Marcin	4001	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	Masters M - 40	93	01:37:21	04:32:14	06:29:08	09:13:44	11:06:02	12:57:01.55	+06:26:02	11:25	5.3
257	GARBACZ Damian	4070		Senior II M - 30	78	01:31:25	04:10:29	06:08:00	08:38:25	10:56:16	12:58:32.00	+06:27:33	11:26	5.2
258	MIELCZAREK Grzegorz	4048		Weteran I M - 50	20	01:23:13	03:50:03	05:48:21	08:36:44	10:41:25	12:58:50.95	+06:27:52	11:27	5.2
259	SULIGA Paweł	4010		Masters M - 40	94	01:38:39	04:18:47	06:18:08	09:06:07	11:15:00	12:59:53.85	+06:28:55	11:28	5.2
260	NOWAK Bartosz	4204	POMIOTY SZATANA	Senior II M - 30	79	01:35:35	04:13:40	06:20:50	08:59:38	11:06:34	13:02:08.40	+06:31:09	11:30	5.2
261	WIÓREK Maciej	4196	TEAM BIEGOWY SZCZECINEK	Senior II M - 30	80	01:35:15	03:57:33	06:06:34	08:56:46	10:55:50	13:02:38.35	+06:31:39	11:30	5.2
262	POLIWKI-KISIEL Malgorzata	4209	TEAM BIEGOWY SZCZECINEK	Senior II K - 30	20	01:30:46	03:55:30	06:07:10	08:57:18	10:54:25	13:03:13.95	+06:32:15	11:31	5.2
263	MAKSELON Maciej	4202		Senior II M - 30	81	01:40:42	04:03:12	06:07:20	08:57:28	10:54:13	13:03:23.15	+06:32:24	11:31	5.2
264	HALINIAK Marek	4053	NKB CHYŻY NOWY TOMYŚL	Masters M - 40	95	01:39:19	04:07:50	06:15:18	08:45:08	11:03:33	13:03:52.55	+06:32:53	11:31	5.2
265	JUROWSKA Agata	4240	ACTIV RUN ŁASK	Senior II K - 30	21	01:38:21	04:37:08	06:38:45	09:08:46	11:14:56	13:06:33.30	+06:35:34	11:34	5.2
266	KISIELEWSKA Katarzyna	4238	ACTIV RUN ŁASK	Masters K - 40	24	01:38:30	04:37:18	06:38:58	09:08:55	11:15:06	13:06:42.65	+06:35:44	11:34	5.2
267	KUNKEL Anna	4165	PGB SPORTOWA PACZKA	Masters K - 40	25	01:48:39	04:41:06	06:49:18	09:23:41	11:25:48	13:09:12.70	+06:38:14	11:36	5.2
268	DOMAGAŁA Konrad	4107	KLUCZBORSKA GRUPA BIEGOWA	Senior II M - 30	82	01:32:17	04:01:09	05:53:46	08:08:31	10:30:05	13:15:27.25	+06:44:28	11:41	5.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 68km	Różn	Tempo min/km	Tempo km/h
269	SIUDZIŃSKA Anna	4259	DRUŻYNA LISKA	Masters K - 40	26	01:41:42	04:30:22	06:39:58	09:18:36	11:27:38	13:19:16.60	+06:48:18	11:45	5.1
270	BARTOSZEK Dawid	4162		Senior I M - 20	13	01:35:16	04:00:29	06:14:47	09:12:52	11:15:06	13:24:33.70	+06:53:35	11:49	5.1
271	TRZEBSKI Adam	4161		Senior II M - 30	83	01:35:07	04:04:58	06:14:56	09:13:03	11:15:36	13:24:46.05	+06:53:47	11:50	5.1
272	KONARSKA Aleksandra	4229	WIERZBICKI RUNNING PROJECT	Senior II K - 30	22	01:45:47	04:29:54	06:49:00	09:36:35	11:34:36	13:27:46.60	+06:56:48	11:52	5.1
273	OLECHNOWICZ Magda	4228	BBL GORZÓW WLKP.	Masters K - 40	27	01:46:07	04:30:32	06:49:22	09:33:56	11:34:55	13:28:05.90	+06:57:07	11:53	5
274	CHRZUSZCZ Anna	4270		Senior II K - 30	23	01:46:16	04:30:38	06:49:29	09:34:02	11:35:04	13:28:14.90	+06:57:16	11:53	5
275	KĘPSKI Grzegorz	4035		Senior II M - 30	84	01:42:43	04:24:54	06:28:31	09:07:31	11:23:36	13:30:01.50	+06:59:02	11:54	5
276	LENARCZYK Michał	4155	BIESZCZADZKI WAGABUNDA	Senior II M - 30	85	01:39:25	04:15:48	06:10:25	08:54:55	11:10:47	13:31:31.70	+07:00:33	11:56	5
277	LENARCZYK Marcin	4154	BIESZCZADZKI WAGABUNDA	Senior II M - 30	86	01:39:35	04:15:57	06:10:34	08:55:05	11:11:01	13:31:40.85	+07:00:42	11:56	5
278	JAKIMKO Monika	4175	LZS LIPA	Masters K - 40	28	01:44:19	04:35:25	06:46:37	09:33:59	11:45:15	13:35:18.10	+07:04:19	11:59	5
279	STRZAŁKOWSKA Urszula	4147	BBL OPOLE	Senior II K - 30	24	01:40:20	04:26:20	06:37:26	09:23:35	11:42:17	13:39:00.30	+07:08:01	12:02	5
280	KLAWIKOWSKI Maciej	4184		Masters M - 40	96	01:52:47	04:28:30	06:40:05	09:25:56	11:44:28	13:40:43.15	+07:09:44	12:04	5
281	MACKIEWICZ Dorota	4220	12TRI.PL	Masters K - 40	29	01:49:10	04:53:25	07:07:59	09:47:53	11:53:16	13:42:19.20	+07:11:20	12:05	5
282	MARCINIAK Anna	4038		Masters K - 40	30	01:41:31	04:38:37	06:47:29	09:32:14	11:39:53	13:48:02.10	+07:17:03	12:10	4.9
283	SZYGENDA Waldemar	4239		Weteran I M - 50	21	01:48:39	04:39:39	06:53:10	09:39:03	11:57:01	13:53:58.65	+07:23:00	12:15	4.9
284	MIĘTEK Agnieszka	4050		Masters K - 40	31	01:59:13	05:03:31	07:11:14	09:56:22	12:10:53	14:00:16.60	+07:29:18	12:21	4.9
285	MIĘTEK Dariusz	4049		Masters M - 40	97	01:59:22	05:03:43	07:11:24	09:56:30	12:11:01	14:01:12.05	+07:30:13	12:22	4.9
286	MACKIEWICZ Magdalena	4004	DŁUGOBIEGANIE	Masters K - 40	32	01:43:48	04:40:38	06:57:43	09:37:37	11:54:12	14:18:56.30	+07:47:57	12:37	4.7
287	SZYMANKIEWICZ Edyta	4068	CROSS STRACEŃCÓW TEAM	Masters K - 40	33	01:49:07	04:45:57	07:03:00	09:43:08	11:59:26	14:24:14.90	+07:53:16	12:42	4.7
Przekroczony limit czasu: 14:30:00														
288	MUCHAJER Dawid	4152	CSWLĄD	Masters M - 40	98	01:33:12	04:20:37	06:25:52	09:18:29	12:01:41	14:39:24.85	+08:08:26	12:55	4.6
289	PRUCHNIEWSKA Agnieszka	4063	ROKIETNICA BIEGA	Masters K - 40	34	01:33:19	04:20:45	06:26:01	09:18:37	12:01:46	14:39:32.45	+08:08:33	12:56	4.6
290	NADOBNIK Beata	4123	TARNOWO PODGÓRNE BIEGA / SPORTOWY KAŻMIERZ	Masters K - 40	35	01:44:56	04:47:27	06:59:58	09:51:53	12:10:35	14:46:50.05	+08:15:51	13:02	4.6
291	NATKANIEC Grażyna	4087	LZS LIPA	Weteran K - 50	4	01:40:48	04:34:28	06:46:43	09:39:00	12:19:10	14:49:14.30	+08:18:15	13:04	4.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km	Czas netto 68km	Różn	Tempo min/km	Tempo km/h
292	RURKA Grzegorz Rurka	4060	SAMBIEGAM	Weteran I M - 50	22	01:45:19						+00:48:14	10:31	5.7
DQ	MASIAREK Maciej	4195		Senior I M - 20		01:00:53 DQ	02:30:45 DQ	03:33:52 DQ	DQ	DQ	04:33:53.80 DQ		0:00	14.9
	BUJLIS Eugeniusz	4151	DZIARALNIA WROCŁAW	Masters M - 40		01:26:56 DNF	04:07:17 DNF	06:24:03 DNF	DNF	DNF	DNF		-	-
	JASTRZĄBEK Marek	4041	OBORNICKI KLUB LEKKOATLETYCZNY	Senior II M - 30		01:23:36 DNF	03:27:45 DNF	05:04:17 DNF	07:14:55 DNF	09:31:54 DNF	DNF		-	-
	FALISZEWSKI Sebastian	4003		Masters M - 40		01:30:05 DNF	03:51:00 DNF	06:01:52 DNF	08:58:05 DNF	11:10:15 DNF	DNF		-	-
	SAMBORSKI Piotr	4198	WKURW_TEAM	Senior II M - 30		01:42:33 DNF	04:40:14 DNF	06:34:23 DNF	09:05:00 DNF	11:39:13 DNF	DNF		-	-
	MULARCZYK Marta	4047	WKURW_TEAM	Senior II K - 30		01:42:42 DNF	04:40:23 DNF	06:34:33 DNF	09:05:08 DNF	11:39:22 DNF	DNF		-	-
	KORZHUN Aliaksandr	4212	KAMIENNOGÓRSKA GRUPA BIEGOWA	Senior II M - 30		01:43:20 DNF	04:37:54 DNF	06:58:57 DNF	10:14:22 DNF	13:56:54 DNF	DNF		-	-
	STEFAŃSKI Krystian	4250	KS KANAŁEK	Senior II M - 30		01:07:01 DNF	02:50:41 DNF	04:01:34 DNF	DNF	DNF	DNF		-	-
	ZDZIARSKI Tomasz	4249		Masters M - 40		01:35:59 DNF	04:14:08 DNF	06:07:42 DNF	DNF	DNF	DNF		-	-
	JESIOŁOWSKI Robert	4022		Weteran I M - 50		01:35:04 DNF	04:06:46 DNF	06:16:16 DNF	DNF	DNF	DNF		-	-
	KINDRA Marek	4011	FC KACZOR LUBIN	Masters M - 40		01:33:48 DNF	04:08:58 DNF	06:46:09 DNF	DNF	DNF	DNF		-	-
	JANKOWSKI Tom	4062	QCE SPARTY	Masters M - 40		01:40:28 DNF	04:40:51 DNF	06:52:51 DNF	DNF	DNF	DNF		-	-
	WARSKI Patryk	4252		Senior II M - 30		01:11:14 DNF	03:13:37 DNF	DNF	DNF	DNF	DNF		-	-
	ŁUKASZCZYK Andrzej	4180		Weteran I M - 50		01:32:58 DNF	04:20:16 DNF	DNF	DNF	DNF	DNF		-	-
	ZAJĄC Aga	4186	77CATS	Masters K - 40		01:59:17 DNF	05:30:35 DNF	DNF	DNF	DNF	DNF		-	-
	STANKIEWICZ Tomasz	4181		Senior II M - 30		01:34:18 DNF	DNF	DNF	DNF	DNF	DNF		-	-
	KRUPIŃSKA Wiola	4241	TRUCHT TARCHOMIN TEAM	Senior I K - 20		01:51:28 DNF	DNF	DNF	DNF	DNF	DNF		-	-
	PRZYBYŁAK Michał	4208	WLKP MOUNTAINS ULTRA	Masters M - 40		DNF	DNF	DNF	DNF	DNF	DNF		-	-
	ASŁANOWICZ Marcin	4093		Masters M - 40		DNF	DNF	DNF	DNF	DNF	DNF		-	-

Znaleziono 311 wynik(ów)