



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

RUDAWY ZIMOWY FESTIWAL BIEGOWY
Fundacja Szczyt za Szczytem
2023-02-18
Karpniki
43.5 km

CZTERDZIESTKA

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Husyckie Skały 3.5km	4.4km	Szwajcarka 4.5km	Kolorowe Jeziora 19.5km	Czas netto 43.5km	Czas brutto 43.5km	Różn	Tempo min/km	Tempo km/h
1	BRÝDL Pavel	120	SALOMON/SUUNTO	M40	1	00:19:49	00:30:20	00:30:52		04:42:03.55	04:42:04.25		6:29	9.3 (100%)
2	KACZMARCZYK Łukasz	137	ELITE RUNNERS	M30	1	00:20:18	00:30:22	00:30:47		04:49:27.20	04:49:29.15	+00:07:24 (2.6%)	6:39	9 (96.8%)
3	LIPNICKA Marta	117	ULTRAKOTLINA TEAM	K30	1	00:21:01	00:31:41	00:32:04		04:53:18.00	04:53:20.15	+00:11:15 (3.8%)	6:44	8.9 (95.7%)
4	ADAMCZYK Maciej	144	SKS OBORNIKI	M40	2	00:19:48	00:30:20	00:30:44		05:03:18.85	05:03:21.70	+00:21:17 (7.0%)	6:58	8.6 (92.5%)
5	WIŚNIEWSKI Paweł	128	ULTRAKOTLINA TEAM	M40	3	00:20:40	00:31:02	00:31:25		05:15:11.85	05:15:13.35	+00:33:09 (10.5%)	7:14	8.3 (89.2%)
6	DZIUB Marcin	71	SEVEN-PERCEPTUS TEAM	M40	4	00:21:55	00:34:15	00:34:38		05:20:31.85	05:20:35.10	+00:38:30 (12.0%)	7:22	8.1 (87.1%)
7	MARGOL Paweł	84		M40	5	00:24:19	00:37:20	00:37:44		05:37:24.40	05:37:29.60	+00:55:25 (16.4%)	7:45	7.7 (82.8%)
8	LEKI Krzysztof	130		M40	6	00:23:11	00:35:54	00:36:15		05:37:51.00	05:37:55.55	+00:55:51 (16.5%)	7:46	7.7 (82.8%)
9	WANDEL Piotr	133	NOA	M50	1	00:21:49	00:33:49	00:34:18		05:43:04.55	05:43:08.65	+01:01:04 (17.8%)	7:53	7.6 (81.7%)
10	ROGÓRZ Piotr	159		M40	7	00:25:47	00:38:47	00:39:15		05:49:21.25	05:49:28.90	+01:07:24 (19.3%)	8:01	7.5 (80.6%)
11	NOWAK Marcin	145		M30	2	00:23:26	00:35:36	00:36:01		05:54:56.00	05:55:00.70	+01:12:56 (20.5%)	8:09	7.4 (79.6%)
12	JUNIK Łukasz	66	MOCNA DRUŻYNA CEZARA	M30	3	00:24:46	00:37:46	00:38:17		05:55:09.80	05:55:20.05	+01:13:15 (20.6%)	8:09	7.3 (78.5%)
13	CHOJNACKA Marta	12	OWOCBIEGA TEAM	K40	1	00:24:19	00:38:09	00:38:33		05:57:02.75	05:57:06.50	+01:15:02 (21.0%)	8:12	7.3 (78.5%)
14	SĘK Maciej	27		M40	8	00:24:32	00:37:25	00:38:06		05:57:15.90	05:57:20.45	+01:15:16 (21.1%)	8:12	7.3 (78.5%)
15	GAWROŃSKI Paweł	151		M40	9	00:24:01	00:36:15	00:38:20		05:59:48.95	05:59:51.70	+01:17:47 (21.6%)	8:16	7.3 (78.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Husyckie Skały		Szwajcarka	Kolorowe Jeziora	Czas netto 43.5km	Czas brutto 43.5km	Różn	Tempo min/km	Tempo km/h
						3.5km	4.4km							
16	WANDYCZ Marcin	82		M30	4	00:22:50	00:35:42	00:36:07		05:59:41.05	05:59:52.30	+01:17:48 (21.6%)	8:16	7.3 (78.5%)
17	KACZOROWSKA Magdalena	140		K40	2	00:24:07	00:37:16	00:37:40		06:00:15.15	06:00:18.30	+01:18:14 (21.7%)	8:16	7.2 (77.4%)
18	WINIARSKI Jarosław	104	S.C. REP ARVATO	M40	10	00:25:08	00:37:02	00:37:35		06:00:26.85	06:00:44.40	+01:18:40 (21.8%)	8:17	7.2 (77.4%)
19	MARCINIAK Daria	150	JEDZ I TRENUJ ŚWIEBODZIN	K30	2	00:25:35	00:38:46	00:39:15		06:01:18.70	06:01:29.80	+01:19:25 (22.0%)	8:18	7.2 (77.4%)
20	DOMAGAŁA Krzysztof	114	PSARUS 87' WRZEŚNIA	M30	5	00:24:02	00:36:03	00:36:25		06:02:17.80	06:02:25.85	+01:20:21 (22.2%)	8:19	7.2 (77.4%)
21	GRABOŚ Nina	131		K40	3	00:25:29	00:39:39	00:40:07		06:06:34.80	06:06:38.55	+01:24:34 (23.1%)	8:25	7.1 (76.3%)
22	PETRYKOWSKI Karol	40	SEKCJA GÓRSKA HASAJTO! PŁASKOZIEMCY	M30	6	00:25:25	00:39:31	00:40:25		06:07:30.55	06:07:32.70	+01:25:28 (23.3%)	8:26	7.1 (76.3%)
23	KOSZEWSKI Michał	74		M30	7	00:23:59	00:35:41	00:36:06		06:07:41.50	06:08:02.10	+01:25:57 (23.4%)	8:27	7.1 (76.3%)
24	POPKO Łukasz	2		M40	11	00:24:39	00:37:43	00:38:14		06:08:43.30	06:09:02.65	+01:26:58 (23.6%)	8:28	7.1 (76.3%)
25	MARCINIAK Jakub	3	KOŹMIN BIEGA ULTRA RUNNERS	M30	8	00:23:26	00:37:26	00:37:51		06:09:49.55	06:09:59.50	+01:27:55 (23.8%)	8:30	7.1 (76.3%)
26	DZIETCZYK Sylwia	51		K40	4	00:24:03	00:37:09	00:37:31		06:10:07.10	06:10:12.85	+01:28:08 (23.8%)	8:30	7.1 (76.3%)
27	DROBNIK Błażej	111	OPALENICKI KLUB BIEGACZA	M30	9	00:27:10	00:41:37	00:42:19		06:11:13.70	06:11:23.10	+01:29:18 (24.0%)	8:32	7 (75.3%)
28	MATUSZEWSKI Marek	35	RUNNER'S POWER ŚREM	M50	2	00:24:12	00:37:17	00:37:42		06:12:36.85	06:12:39.70	+01:30:35 (24.3%)	8:33	7 (75.3%)
29	KRAKOWIAK Rafał	146	KRAKOWIAK ULTRA TEAM	M30	10	00:26:43	00:41:10	00:41:38		06:13:58.75	06:14:03.90	+01:31:59 (24.6%)	8:35	7 (75.3%)
30	JAKŚ Grzegorz	39	ALPIMADE TEAM	M40	12	00:24:04	00:36:56	00:37:22		06:14:44.20	06:14:47.65	+01:32:43 (24.7%)	8:36	7 (75.3%)
31	MALEWICZ Grzegorz	97		M40	13	00:24:43	00:38:05	00:38:29		06:18:49.70	06:19:01.30	+01:36:57 (25.6%)	8:42	6.9 (74.2%)
32	OLSZEWSKI Artur	88		M30	11	00:24:35	00:38:14	00:38:38		06:20:22.40	06:20:33.05	+01:38:28 (25.9%)	8:44	6.9 (74.2%)
33	MARCINIAK Maciej	25	JESTEM OD ROMKA	M50	3	00:27:12	00:41:29	00:42:03		06:22:12.05	06:22:18.75	+01:40:14 (26.2%)	8:47	6.8 (73.1%)
34	JAKUBOWSKI Andrzej	85		M40	14	00:24:33	00:37:46	00:38:23		06:22:15.60	06:22:21.35	+01:40:17 (26.2%)	8:47	6.8 (73.1%)
35	BOBORYCKI Rafał	73	MOCNA GRUPA CEZARA	M40	15	00:26:17	00:40:53	00:41:20		06:23:18.60	06:23:30.45	+01:41:26 (26.4%)	8:48	6.8 (73.1%)
36	PYZIK Ewa	64	MATNER RUNNING TEAM	K40	5	00:28:45	00:43:27	00:43:55		06:24:23.95	06:24:37.65	+01:42:33 (26.7%)	8:50	6.8 (73.1%)
37	AUGUSTYNIAK Grzegorz	127		M40	16	00:26:59	00:41:05	00:41:33		06:24:18.05	06:24:38.75	+01:42:34 (26.7%)	8:50	6.8 (73.1%)
38	KUREK Tomasz	135	OPALENICKI KLUB BIEGACZA	M40	17	00:27:12	00:41:35	00:42:19		06:25:18.50	06:25:26.00	+01:43:21 (26.8%)	8:51	6.8 (73.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Husyckie Skały		Szwajcarka	Kolorowe Jeziora	Czas netto 43.5km	Czas brutto 43.5km	Różn	Tempo min/km	Tempo km/h
						3.5km	4.4km							
39	POZNIAK Robert	38	OD JEZIORA DO JEZIORA	M50	4	00:28:19	00:42:46	00:43:30		06:28:11.50	06:28:33.50	+01:46:29 (27.4%)	8:55	6.7 (72.0%)
40	GMYREK Jacek	68		M40	18	00:26:26	00:40:10	00:40:39		06:28:57.90	06:29:04.25	+01:47:00 (27.5%)	8:56	6.7 (72.0%)
41	PTAK Adam	79		M50	5	00:25:50	00:40:20	00:40:53		06:29:35.95	06:29:44.00	+01:47:39 (27.6%)	8:57	6.7 (72.0%)
42	GRANOPS Maciej	118		M40	19	00:25:56	00:39:36	00:40:16		06:29:33.30	06:29:48.70	+01:47:44 (27.6%)	8:57	6.7 (72.0%)
43	SZONDA Istvan	149		M40	20	00:25:49	00:38:51	00:39:14		06:29:52.90	06:30:06.15	+01:48:01 (27.7%)	8:57	6.7 (72.0%)
44	DREWNIAK Mariusz	98	WAFLE	M40	21	00:25:42	00:38:52	00:39:16		06:31:05.10	06:31:21.60	+01:49:17 (27.9%)	8:59	6.7 (72.0%)
45	STRAUCHOLD Anna	160		K50	1	00:26:21	00:40:57	00:41:24		06:32:33.30	06:32:40.15	+01:50:35 (28.2%)	9:01	6.6 (71.0%)
46	SZAJOWSKI Marcin	50		M50	6	00:29:31	00:44:43	00:46:09		06:33:17.60	06:33:33.35	+01:51:29 (28.3%)	9:02	6.6 (71.0%)
47	OBIDOWSKI Łukasz	112		M40	22	00:26:34	00:41:43	00:42:12		06:33:51.20	06:33:58.25	+01:51:54 (28.4%)	9:03	6.6 (71.0%)
48	BOROWCZYK Marcin	86		M40	23	00:27:11	00:42:13	00:42:41		06:35:22.90	06:35:33.85	+01:53:29 (28.7%)	9:05	6.6 (71.0%)
49	BOJAŃSKI Zbigniew	115	MOCNOPRZYGODOWY.PL	M40	24	00:25:50	00:39:36	00:40:11		06:35:27.25	06:35:36.35	+01:53:32 (28.7%)	9:05	6.6 (71.0%)
50	CIEŚLA Bartosz	148		M30	12	00:28:35	00:40:39	00:41:16		06:42:16.90	06:42:31.05	+02:00:26 (29.9%)	9:14	6.5 (69.9%)
51	KANDULSKI Jakub	91		M40	25	00:27:52	00:42:32	00:43:00		06:44:43.10	06:44:51.90	+02:02:47 (30.3%)	9:18	6.4 (68.8%)
52	SAWCZYN Tomasz	139		M40	26	00:26:29	00:40:02	00:40:31		06:45:12.75	06:45:22.15	+02:03:17 (30.4%)	9:18	6.4 (68.8%)
53	NOWAK Krzysztof	132		M50	7	00:24:12	00:37:51	00:38:15		06:47:49.55	06:47:53.30	+02:05:49 (30.8%)	9:22	6.4 (68.8%)
54	KARWACKI Grzegorz	123	KATCROS WAŁBRZYCH	M50	8	00:27:38	00:42:01	00:42:31		06:50:24.30	06:50:48.05	+02:08:43 (31.3%)	9:26	6.4 (68.8%)
55	CZUPKIEWICZ Michał	8		M30	13	00:25:43	00:39:24	00:39:46		06:52:08.05	06:52:11.65	+02:10:07 (31.6%)	9:28	6.3 (67.7%)
56	NOWACKI Michał	90		M40	27	00:27:50	00:41:46	00:42:31		06:52:12.65	06:52:23.50	+02:10:19 (31.6%)	9:28	6.3 (67.7%)
57	ŚWIERZOWSKA Magdalena	70		K40	6	00:28:07	00:43:05	00:43:36		06:52:54.50	06:53:03.15	+02:10:58 (31.7%)	9:29	6.3 (67.7%)
58	LUBELCZYK Grzegorz	24		M50	9	00:29:20	00:44:16	00:44:51		06:53:45.35	06:54:18.80	+02:12:14 (31.9%)	9:30	6.3 (67.7%)
59	KORZYCKI Tadeusz	138	SCW	M60	1	00:26:29	00:41:40	00:42:56		06:57:12.00	06:57:20.15	+02:15:15 (32.4%)	9:35	6.3 (67.7%)
60	KUBIAK Karolina	87		K40	7	00:27:49	00:42:28	00:42:57		06:57:34.10	06:57:45.35	+02:15:41 (32.5%)	9:35	6.3 (67.7%)
61	STĘPNOWSKI Jakub	34		M30	14	00:29:31	00:44:15	00:45:01		06:57:42.10	06:58:09.25	+02:16:05 (32.5%)	9:36	6.2 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Husyckie Skały		Szwajcarka	Kolorowe Jeziora	Czas netto 43.5km	Czas brutto 43.5km	Różn	Tempo min/km	Tempo km/h
						3.5km	4.4km							
62	MADEJ Anna	72	VEGE RUNNERS	K40	8	00:33:16	00:46:27	00:47:18		06:58:09.05	06:58:24.55	+02:16:20 (32.6%)	9:36	6.2 (66.7%)
63	ROMANIUK Bartosz	23		M30	15	00:28:19	00:42:55	00:43:25		06:58:16.30	06:58:42.10	+02:16:37 (32.6%)	9:36	6.2 (66.7%)
64	SUPERSON Iwona	49	WAFLE	K50	2	00:29:31	00:44:42	00:46:08		07:00:14.60	07:00:29.40	+02:18:25 (32.9%)	9:39	6.2 (66.7%)
65	SIEMIENICZUK Robert	136		M50	10	00:28:04	00:42:57	00:43:41		07:04:47.30	07:05:00.85	+02:22:56 (33.6%)	9:45	6.1 (65.6%)
66	SUCHOLAS Mateusz	158		M30	16	00:29:42	00:45:06	00:49:02		07:06:23.95	07:06:41.35	+02:24:37 (33.9%)	9:48	6.1 (65.6%)
67	KURZAWSKI Dariusz	59	GK GOPR	M40	28	00:28:44	00:42:17	00:42:47		07:05:34.80	07:07:28.15	+02:25:23 (34.0%)	9:46	6.1 (65.6%)
68	HAJNCE Lech	143		M30	17	00:26:40	00:40:29	00:41:08		07:07:30.90	07:07:38.25	+02:25:34 (34.0%)	9:49	6.1 (65.6%)
69	LEBODA Katarzyna	13	WILD DOGS TEAM	K30	3	00:29:53	00:45:39	00:46:08		07:07:17.95	07:07:54.15	+02:25:49 (34.1%)	9:49	6.1 (65.6%)
70	KOZERAŃSKI Przemysław	78	WILD DOGS TEAM	M40	29	00:25:34	00:40:16	00:40:55		07:09:26.60	07:09:45.15	+02:27:40 (34.4%)	9:52	6.1 (65.6%)
71	SYCHOWIEC Adrian	17		M40	30	00:27:40	00:43:00	00:44:11		07:12:07.75	07:12:34.80	+02:30:30 (34.8%)	9:56	6 (64.5%)
72	PLUCHA Michał	77	KOWARY BIEGAJĄ	M40	31	00:28:27	00:42:39	00:46:56		07:17:18.25	07:17:48.10	+02:35:43 (35.6%)	10:03	6 (64.5%)
73	MICHALSKI Adam	116		M40	32	00:26:38	00:41:17	00:43:46		07:18:22.15	07:18:32.95	+02:36:28 (35.7%)	10:04	6 (64.5%)
74	STASZAK Radosław	47		M40	33	00:26:24	00:40:58	00:41:32		07:21:23.15	07:21:43.50	+02:39:39 (36.1%)	10:08	5.9 (63.4%)
75	QUIRINI Ewa	113		K40	9	00:29:54	00:45:36	00:46:49		07:22:15.85	07:22:32.05	+02:40:27 (36.3%)	10:10	5.9 (63.4%)
76	DZICZEK Ireneusz	26	RAZ SZCZECIN	M50	11	00:28:41	00:44:41	00:45:10		07:22:43.40	07:22:49.45	+02:40:45 (36.3%)	10:10	5.9 (63.4%)
77	SOJKOWSKI Piotr	83	4FUN TRIATHLON / NAJMOWICZ TRIATHLON	M40	34	00:28:01	00:43:27	00:43:57		07:23:11.90	07:23:25.90	+02:41:21 (36.4%)	10:11	5.9 (63.4%)
78	SYCHOWSKI Dawid	4		M30	18	00:25:53	00:40:43	00:41:13		07:24:14.30	07:24:18.70	+02:42:14 (36.5%)	10:12	5.9 (63.4%)
79	WANDYCZ Mariusz	81	ANONIMOWY	M30	19	00:26:41	00:40:52	00:41:19		07:25:01.25	07:25:28.70	+02:43:24 (36.7%)	10:13	5.9 (63.4%)
80	MROWCA Paweł	31		M30	20	00:26:21	00:40:54	00:41:18		07:25:13.75	07:25:28.85	+02:43:24 (36.7%)	10:14	5.9 (63.4%)
81	SZWARC Grzegorz	106	ARVATO S.C. REP	M30	21	00:27:29	00:42:49	00:44:45		07:26:21.20	07:26:41.20	+02:44:36 (36.9%)	10:15	5.8 (62.4%)
82	MUSIAŁ Piotr	75		M40	35	00:29:37	00:43:58	00:44:26		07:27:14.95	07:27:39.20	+02:45:34 (37.0%)	10:16	5.8 (62.4%)
83	SURDACKI Piotr	18		M40	36	00:29:43	00:46:43	00:47:18		07:29:38.80	07:29:47.85	+02:47:43 (37.3%)	10:20	5.8 (62.4%)
84	ŻYGIEŁO Monika	14	CH10	K40	10	00:29:41	00:46:44	00:47:18		07:29:39.35	07:29:48.15	+02:47:43 (37.3%)	10:20	5.8 (62.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Husyckie		Szwajcarka	Kolorowe	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						Skały 3.5km	4.4km							
85	BARANOWSKI Adam	20		M40	37	00:28:18	00:43:36	00:44:49		07:30:45.95	07:30:58.95	+02:48:54 (37.5%)	10:21	5.8 (62.4%)
86	BIENIEK Michał	152		M40	38	00:30:11	00:47:06	00:48:21		07:36:18.10	07:36:27.85	+02:54:23 (38.2%)	10:29	5.7 (61.3%)
87	CIEŚLIK Damian	157		M30	22	00:29:20	00:44:34	00:48:34		07:42:06.65	07:42:23.30	+03:00:19 (39.0%)	10:37	5.6 (60.2%)
88	KOZUBSKI Maciej	105	S.C. REP	M30	23	00:26:38	00:41:09	00:41:50		07:42:13.15	07:42:30.75	+03:00:26 (39.0%)	10:37	5.6 (60.2%)
89	OSICA Łukasz	76		M40	39	00:33:15	00:46:22	00:47:15		07:45:30.85	07:45:47.50	+03:03:43 (39.4%)	10:42	5.6 (60.2%)
90	SOLARSKI Robert	29	NORTH.PL	M30	24	00:29:16	00:46:05	00:46:48		07:47:25.65	07:47:34.60	+03:05:30 (39.7%)	10:44	5.6 (60.2%)
91	GÓRNY Robert	69	THE-SKY-IS-NO-LIMIT	M30	25	00:29:10	00:44:34	00:48:01		07:47:22.95	07:47:41.50	+03:05:37 (39.7%)	10:44	5.6 (60.2%)
92	GORZUCH Justyna	147		K30	4	00:32:26	00:50:27	00:51:29		07:52:47.80	07:53:05.15	+03:11:00 (40.4%)	10:52	5.5 (59.1%)
93	FRĄCKOWIAK Ewelina	48		K40	11	00:31:25	00:48:18	00:48:55		07:54:04.90	07:54:27.20	+03:12:22 (40.5%)	10:53	5.5 (59.1%)
94	JANIK Mateusz	28	ADIENT TEAM	M30	26	00:33:49	00:52:06	00:52:46		07:58:49.00	07:59:12.75	+03:17:08 (41.1%)	11:00	5.5 (59.1%)
95	WOŹNIAK Sebastian	1		M40	40	00:32:24	00:48:47	00:50:49		07:58:47.45	07:59:12.80	+03:17:08 (41.1%)	11:00	5.5 (59.1%)
96	LEDNICKI Michał	110	ARVATO S.C. REP	M40	41	00:29:46	00:45:21	00:46:27		08:02:03.85	08:02:23.35	+03:20:19 (41.5%)	11:04	5.4 (58.1%)
97	DOMINIAK Sławomir	67		M50	12	00:29:24	00:44:42	00:45:58		08:02:07.70	08:02:31.45	+03:20:27 (41.5%)	11:04	5.4 (58.1%)
98	SKÓRZAŃSKA Agnieszka	124		K30	5	00:31:42	00:50:14	00:51:00		08:02:17.55	08:02:39.05	+03:20:34 (41.6%)	11:05	5.4 (58.1%)
99	MATUSZEWSKA Małgorzata	36	RUNNER'S POWER ŚREM	K40	12	00:35:00	00:53:39	00:54:17		08:04:03.30	08:04:21.85	+03:22:17 (41.8%)	11:07	5.4 (58.1%)
100	KACZMAREK Mirosław	63	RUNNER'S POWER ŚREM	M30	27	00:35:00	00:53:38	00:54:17		08:04:02.70	08:04:22.05	+03:22:17 (41.8%)	11:07	5.4 (58.1%)
101	STOŁOWSKI Robert	5		M40	42	00:33:14	00:52:05	00:53:48		08:04:10.80	08:04:31.90	+03:22:27 (41.8%)	11:07	5.4 (58.1%)
102	BUSZKOWSKI Filip	122	SPORTOWY KAŻMIERZ	M40	43	00:33:52	00:52:11	00:53:00		08:04:26.90	08:04:49.15	+03:22:44 (41.8%)	11:08	5.4 (58.1%)
103	MARCINIAK Anna	37	BBL LEGNICA	K40	13	00:33:04	00:51:23	00:52:06		08:05:12.55	08:05:25.10	+03:23:20 (41.9%)	11:09	5.4 (58.1%)
104	SZAJEK Arkadiusz	107	ARVATO S.C. REP	M30	28	00:28:52	00:43:58	00:44:30		08:07:50.55	08:08:14.10	+03:26:09 (42.2%)	11:12	5.4 (58.1%)
105	RAJTAR Robert	121	BRYGADA RR	M40	44	00:34:49	00:53:26	00:54:05		08:09:42.80	08:10:14.85	+03:28:10 (42.5%)	11:15	5.3 (57.0%)
106	WESOŁOWSKA Iwona	125		K30	6	00:30:33	00:48:23	00:49:46		08:10:41.45	08:10:56.05	+03:28:51 (42.5%)	11:16	5.3 (57.0%)
107	GAWORECKI Sławomir	93	KLUB SPORTOWY HUSARIA SZCZECINEK	M40	45	00:32:48	00:51:30	00:52:29		08:15:17.90	08:15:42.90	+03:33:38 (43.1%)	11:23	5.3 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Husyckie		Szwajcarka	Kolorowe	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						Skały	4.4km							
108	MACIEJEWSKI Łukasz	134		M40	46	00:28:34	00:43:39	00:44:22		08:15:34.95	08:15:48.70	+03:33:44 (43.1%)	11:23	5.3 (57.0%)
109	BYLEWSKA Ewa	33	3:33 TEAM	K40	14	00:33:51	00:52:02	00:52:42		08:16:26.45	08:16:42.80	+03:34:38 (43.2%)	11:24	5.3 (57.0%)
110	ODWROT Hubert	32	3:33 TEAM	M50	13	00:33:50	00:51:58	00:52:42		08:16:30.30	08:16:46.05	+03:34:41 (43.2%)	11:24	5.3 (57.0%)
111	MICHAŁKIEWICZ Marek	61		M40	47	00:34:05	00:52:19	00:53:02		08:18:18.90	08:18:30.90	+03:36:26 (43.4%)	11:27	5.2 (55.9%)
112	KOLAŚNIEWSKI Marek	57		M40	48	00:34:06	00:52:20	00:53:00		08:18:22.40	08:18:34.25	+03:36:30 (43.4%)	11:27	5.2 (55.9%)
113	JĘSIEK Aleksander	95	CIESIÓŁKA TEAM / MARATON LESZNO	M60	2	00:31:02	00:48:51	00:49:54		08:18:32.65	08:18:48.65	+03:36:44 (43.5%)	11:27	5.2 (55.9%)
114	KRZYKANOWSKI Marcin	56		M40	49	00:27:31	00:42:48	00:43:14		08:20:23.70	08:20:33.30	+03:38:29 (43.6%)	11:30	5.2 (55.9%)
115	SOBKOWIAK Sławomir	7	WRONIECKI KLUB BIEGACZA	M50	14	00:33:37	00:52:01	00:53:48		08:27:04.65	08:27:27.55	+03:45:23 (44.4%)	11:39	5.1 (54.8%)
116	KRZYŻAŃSKI Jacek	103	S.C. REP	M20	1	00:32:48	00:48:57	00:49:43		08:28:54.40	08:29:13.60	+03:47:09 (44.6%)	11:41	5.1 (54.8%)
117	WITKOWSKI Marcin	10	ZASZYCI	M50	15	00:37:12	00:55:27	00:56:06		08:39:41.30	08:40:05.85	+03:58:01 (45.8%)	11:56	5 (53.8%)
118	GORCZYCA Jerzy	54		M50	16	00:33:27	00:50:19	00:51:19		08:42:04.85	08:42:33.80	+04:00:29 (46.0%)	12:00	5 (53.8%)
119	KOPCZYŃSKA Marta	55		K30	7	00:36:50	00:55:30	00:57:08		08:47:55.05	08:48:22.40	+04:06:18 (46.6%)	12:08	4.9 (52.7%)
120	SZMANIA Jakub	142	HKT AZYMUT	M40	50	00:36:57	00:55:33	00:57:18		08:47:54.95	08:48:22.85	+04:06:18 (46.6%)	12:08	4.9 (52.7%)
121	KWAPISZ Paweł	129		M40	51	00:33:25	00:50:58	00:51:30		08:47:55.35	08:48:27.15	+04:06:22 (46.6%)	12:08	4.9 (52.7%)
122	RATAJCZAK Tomasz	141		M40	52	00:30:21	00:48:18	00:50:54		08:49:35.00	08:49:42.05	+04:07:37 (46.7%)	12:10	4.9 (52.7%)
123	OKONIEWSKA Agnieszka	19		K40	15	00:33:11	00:51:35	00:54:53		08:50:05.85	08:50:20.15	+04:08:15 (46.8%)	12:11	4.9 (52.7%)
124	WALIGÓRA Judyta	21		K30	8	00:33:04	00:51:24	00:54:53		08:50:06.65	08:50:20.20	+04:08:15 (46.8%)	12:11	4.9 (52.7%)
125	ZIELIŃSKI Karol	6		M40	53	00:32:31	00:50:06	00:50:40		08:59:10.85	08:59:23.90	+04:17:19 (47.7%)	12:23	4.8 (51.6%)
126	WIECZOREK Monika	65	PGB LEŚNE DZIKI	K40	16	00:33:16	00:52:21	00:53:11	03:29:25	08:59:47.00	08:59:52.65	+04:17:48 (47.8%)	12:24	4.8 (51.6%)
127	TALIKADZE Dawid	108	S.C.REP ARVATO ŻERNIKI	M30	29	00:31:37	00:50:22	00:52:13		09:02:12.60	09:02:37.15	+04:20:32 (48.0%)	12:27	4.8 (51.6%)
128	DUBOWIK Anna	42		K40	17	00:32:59	00:51:38	00:53:17		09:02:08.75	09:02:37.30	+04:20:33 (48.0%)	12:27	4.8 (51.6%)
129	WIECZOREK Sławomir	15		M40	54	00:33:26	00:52:06	00:53:55		09:05:12.80	09:05:35.70	+04:23:31 (48.3%)	12:32	4.8 (51.6%)
130	ZIELIŃSKI Tomasz	53	ULTRAPIOTRKÓW	M40	55	00:36:39	00:56:26	00:57:44		09:20:17.45	09:20:32.05	+04:38:27 (49.7%)	12:52	4.7 (50.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Husyckie Skały 3.5km	4.4km	Szwajcarka 4.5km	Kolorowe Jeziorka 19.5km	Czas netto 43.5km	Czas brutto 43.5km	Różn	Tempo min/km	Tempo km/h
131	KOZŁOWSKI Piotr	92		M40	56	00:35:09	00:54:02	00:54:56		09:20:11.55	09:20:33.10	+04:38:28 (49.7%)	12:52	4.7 (50.5%)
	DZIUBAŁKA Adrian	41	EASY RUNNERS	M30		00:25:56 DNF	00:39:20 DNF	00:39:47 DNF	DNF	DNF	DNF		-	- (0.0%)
	KOSTKA Gustaw	11		M20		00:27:42 DNF	00:41:44 DNF	00:42:36 DNF	DNF	DNF	DNF		-	- (0.0%)
	CHŁUDZIŃSKI Patryk	109	S.C. REP ARVATO	M40		00:29:33 DNF	00:45:36 DNF	00:47:22 DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 134 wynik(ów)