



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

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

DWUDZIESTKA

B4SPORT

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Husyckie Skały 3.5km	4.4km	Szwajcarka 4.5km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	LEŚNIAK Kami	579	HOKA GARMIN TEAM	M30	1	00:15:55	00:24:23	00:24:44	01:43:27.10	01:43:28.45		4:55	12.2 (100%)
2	CZERNIAK Paweł	529	BLACK HAT PRO	M30	2	00:16:06	00:24:23	00:24:43	01:43:49.85	01:43:51.80	+00:00:23 (0.4%)	4:56	12.1 (99.2%)
3	DUDA Karol	604	BLACK HAT PRO	M30	3	00:16:54	00:25:37	00:25:55	01:49:06.70	01:49:09.15	+00:05:40 (5.2%)	5:11	11.5 (94.3%)
4	BONIEC Radosław	541	NADLEŚNICTWO LIPINKI/AW-SZYBCIEJ-TEAM	M30	4	00:16:53	00:25:37	00:25:55	01:49:16.75	01:49:18.55	+00:05:50 (5.3%)	5:12	11.5 (94.3%)
5	KARWACZYŃSKI Roger	573	AW-SZYBCIEJ-TEAM	M30	5	00:16:55	00:25:54	00:26:12	01:52:18.30	01:52:20.25	+00:08:51 (7.9%)	5:20	11.2 (91.8%)
6	SMOLIŃSKI Marcin	455	STAJNIAK TEAM	M30	6	00:17:33	00:26:45	00:27:03	01:55:34.80	01:55:37.40	+00:12:08 (10.5%)	5:30	10.9 (89.3%)
7	KRASULAK Daniel	563	WKS ŚLĄSK WROCŁAW	M40	1	00:17:51	00:27:40	00:28:02	02:02:24.95	02:02:26.30	+00:18:57 (15.5%)	5:49	10.3 (84.4%)
8	BUCZEK Bartłomiej	549	CHIHUAHUA TEAM	M30	7	00:19:03	00:29:08	00:29:28	02:04:37.50	02:04:39.25	+00:21:10 (17.0%)	5:56	10.1 (82.8%)
9	STANKIEWICZ Tomasz	571	PLANYBIEGOWE.PL	M30	8	00:18:50	00:29:00	00:29:17	02:04:44.25	02:04:46.35	+00:21:17 (17.1%)	5:56	10.1 (82.8%)
10	SZCZEPANIAK Witold	447		M40	2	00:19:18	00:29:11	00:29:32	02:05:06.00	02:05:07.35	+00:21:38 (17.3%)	5:57	10.1 (82.8%)
11	FILIPEK Wojciech	603		M30	9	00:18:59	00:28:43	00:29:02	02:05:23.45	02:05:26.70	+00:21:58 (17.5%)	5:58	10 (82.0%)
12	NIEPALA Jacek	332		M30	10	00:19:06	00:29:11	00:29:30	02:06:37.95	02:06:40.00	+00:23:11 (18.3%)	6:01	10 (82.0%)
13	RABENDA Marcin	601	OŁAWA ŻŁOTORYJA	M40	3	00:19:22	00:29:34	00:29:54	02:07:42.10	02:07:44.20	+00:24:15 (19.0%)	6:04	9.9 (81.1%)
14	BIELECKI Tomasz	565		M30	11	00:19:23	00:29:27	00:29:45	02:09:00.30	02:09:07.45	+00:25:39 (19.9%)	6:08	9.8 (80.3%)
15	SZCZOTKA Łukasz	557		M40	4	00:20:43	00:32:02	00:32:59	02:09:52.85	02:09:56.35	+00:26:27 (20.4%)	6:11	9.7 (79.5%)
16	TROJANOWSKI Artur	486	CARBON SILESIA SPORT	M30	12	00:19:19	00:29:23	00:29:40	02:10:01.00	02:10:04.85	+00:26:36 (20.5%)	6:11	9.7 (79.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Husyckie			Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
						3.5km	4.4km	Szwajcarka 4.5km					
17	SAJDUDA Adam	462	AW - SZYBCIEJ - TEAM	M30	13	00:19:18	00:29:44	00:30:08	02:10:34.35	02:10:37.30	+00:27:08 (20.8%)	6:13	9.7 (79.5%)
18	MOCZULSKA Małgorzata	608		K40	1	00:19:49	00:30:14	00:30:37	02:10:40.65	02:10:44.60	+00:27:16 (20.9%)	6:13	9.6 (78.7%)
19	NOWAK Paweł	441		M30	14	00:20:51	00:32:17	00:32:46	02:10:55.95	02:11:00.35	+00:27:31 (21.0%)	6:14	9.6 (78.7%)
20	NOWORYTA Radosław	489	ULTRA DIABŁY TEAM LUBRZA	M40	5	00:20:15	00:30:45	00:31:04	02:11:38.60	02:11:42.10	+00:28:13 (21.4%)	6:16	9.6 (78.7%)
21	SZCZUCKI Przemysław	602	TEAM OPTYKOKULAR-ALCHIMOWICZBIKE	M30	15	00:20:43	00:32:11	00:32:55	02:14:56.70	02:15:01.10	+00:31:32 (23.4%)	6:25	9.3 (76.2%)
22	RUTKOWSKI Maciej	459	ULTRA DIABŁY TEAM LUBRZA	M30	16	00:20:16	00:30:58	00:31:18	02:15:18.40	02:15:21.70	+00:31:53 (23.6%)	6:26	9.3 (76.2%)
23	RYSZAWY Mikołaj	376		M20	1	00:19:11	00:29:44	00:30:03	02:15:51.20	02:15:54.10	+00:32:25 (23.9%)	6:28	9.3 (76.2%)
24	ANANICZ Andrei	607	BIAŁ.TM	M20	2	00:21:09	00:32:27	00:32:53	02:17:10.40	02:17:15.70	+00:33:47 (24.6%)	6:31	9.2 (75.4%)
25	PIETRUCHA Maciej	576		M40	6	00:20:41	00:32:35	00:32:58	02:17:56.35	02:18:00.00	+00:34:31 (25.0%)	6:34	9.1 (74.6%)
26	GRACZ Paweł	305	ULTRA DIABŁY TEAM LUBRZA	M40	7	00:20:31	00:31:12	00:31:33	02:18:57.35	02:19:01.15	+00:35:32 (25.6%)	6:37	9.1 (74.6%)
27	CEPIELIK Wojciech	411		M30	17	00:21:32	00:32:39	00:32:57	02:20:58.80	02:21:03.70	+00:37:35 (26.6%)	6:42	8.9 (73.0%)
28	GALEK Wojciech	306	ADIENT RUNNING TEAM	M30	18	00:20:47	00:32:21	00:32:43	02:21:05.50	02:21:09.20	+00:37:40 (26.7%)	6:43	8.9 (73.0%)
29	PIECHOWIAK Bartosz	542	PIECHOWIAK-KRÓLIKOWSKI.PL	M30	19	00:20:48	00:32:38	00:33:04	02:23:59.85	02:24:02.50	+00:40:34 (28.2%)	6:51	8.8 (72.1%)
30	ZIENTARA Krzysztof	451		M30	20	00:22:23	00:33:44	00:34:08	02:24:10.30	02:24:15.50	+00:40:47 (28.3%)	6:51	8.7 (71.3%)
31	PILIPCZUK Jakub	434		M20	3	00:20:33	00:31:38	00:32:00	02:24:27.00	02:24:32.30	+00:41:03 (28.4%)	6:52	8.7 (71.3%)
32	ŁUKASIEWICZ Ewa	513	AW - SZYBCIEJ - TEAM	K50	1	00:23:17	00:34:34	00:34:57	02:24:47.80	02:24:50.50	+00:41:22 (28.6%)	6:53	8.7 (71.3%)
33	ŁUKAWSKI Tomasz	578	OPTYKOKULAR-ALCHIMOWICZBIKE	M40	8	00:21:40	00:32:59	00:33:23	02:24:47.50	02:24:52.10	+00:41:23 (28.6%)	6:53	8.7 (71.3%)
34	LAMEK Andrzej	591	AKTYWNY OSTRZESZÓW	M50	1	00:21:55	00:33:20	00:33:46	02:25:10.10	02:25:14.35	+00:41:45 (28.8%)	6:54	8.7 (71.3%)
35	LANDVOGT Christoph	366	LC 80 BAD KREUZNACH	M40	9	00:21:55	00:33:09	00:33:30	02:25:39.80	02:25:46.05	+00:42:17 (29.0%)	6:56	8.7 (71.3%)
36	NOWAKOWSKA Anna	385	ZAWISZA BYDGOSZCZ	K30	1	00:20:41	00:32:34	00:32:57	02:25:56.95	02:25:59.90	+00:42:31 (29.1%)	6:56	8.6 (70.5%)
37	IDCZAK Agnieszka	343		K30	2	00:23:52	00:35:55	00:36:17	02:26:38.55	02:26:49.10	+00:43:20 (29.5%)	6:58	8.6 (70.5%)
38	SUCHY Roland	396	POGOŃ BYDŁO	M30	21	00:23:10	00:35:28	00:35:52	02:28:26.70	02:28:41.90	+00:45:13 (30.4%)	7:04	8.5 (69.7%)
39	DUBAS Marek	468	WWW.SPRAWDZAMY-NIERUCHOMOSCI.PL	M40	10	00:22:38	00:34:22	00:34:43	02:28:39.65	02:28:51.25	+00:45:22 (30.5%)	7:04	8.5 (69.7%)
40	POSADOWSKI Szymon	450		M30	22	00:22:44	00:34:41	00:35:07	02:29:11.45	02:29:14.65	+00:45:46 (30.7%)	7:06	8.4 (68.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Husyckie Skały			Szwajcarka 4.5km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
						3.5km	4.4km	4.5km						
41	NIŻEWSKI Paweł	440	KRAKOWIAK ULTRA TEAM	M40	11	00:23:31	00:35:30	00:35:56		02:29:07.35	02:29:16.20	+00:45:47 (30.7%)	7:06	8.4 (68.9%)
42	MORAWSKI Filip	311	KRAKOWIAKULTRATEAM	M40	12	00:23:32	00:36:01	00:36:25		02:29:25.05	02:29:33.15	+00:46:04 (30.8%)	7:06	8.4 (68.9%)
43	KUBICKI Mariusz	479	DOBRA FORMA	M40	13	00:21:08	00:32:40	00:33:01		02:29:32.35	02:29:34.45	+00:46:06 (30.8%)	7:07	8.4 (68.9%)
44	BOWSZYS Arkadiusz	559	KAMAR	M40	14	00:22:02	00:33:56	00:34:24		02:29:34.90	02:29:43.45	+00:46:15 (30.9%)	7:07	8.4 (68.9%)
45	WOJCIECHOWSKI Dariusz	539	KRAKOWIAK ULTRA TEAM / GÓRAL Z MAZUR RUNNING TEAM	M40	15	00:22:50	00:34:58	00:35:21		02:29:36.85	02:29:45.25	+00:46:16 (30.9%)	7:07	8.4 (68.9%)
46	WEGNER Adrian	530		M30	23	00:22:15	00:33:38	00:35:22		02:29:51.65	02:29:58.90	+00:46:30 (31.0%)	7:08	8.4 (68.9%)
47	BIL Grzegorz	463	TATRALAND	M40	16	00:23:27	00:35:35	00:36:00		02:29:48.85	02:30:12.70	+00:46:44 (31.1%)	7:08	8.4 (68.9%)
48	MAJER Piotr	448	MITUTOYO AZS WRATISLAVIA WROCŁAW	M40	17	00:22:08	00:34:26	00:34:48		02:29:53.20	02:30:21.65	+00:46:53 (31.2%)	7:08	8.4 (68.9%)
49	MARKOWSKI Artur	560		M50	2	00:22:48	00:35:08	00:35:34		02:30:26.65	02:30:30.75	+00:47:02 (31.3%)	7:09	8.4 (68.9%)
50	NASKRĘT Piotr	325	KOWARY BIEGAJĄ	M40	18	00:23:13	00:35:28	00:35:50		02:30:36.30	02:30:43.85	+00:47:15 (31.4%)	7:10	8.4 (68.9%)
51	WOŹNIAK Sebastian	357	INKA TEAM	M30	24	00:22:24	00:34:02	00:34:26		02:30:44.85	02:30:53.45	+00:47:25 (31.4%)	7:10	8.4 (68.9%)
52	BIAŁOMYZY Urszula	594		K20	1	00:22:28	00:33:43	00:34:07		02:31:03.15	02:31:10.45	+00:47:42 (31.6%)	7:11	8.3 (68.0%)
53	OBUCHOWICZ Artur	406		M40	19	00:21:41	00:32:47	00:33:07		02:32:41.55	02:32:49.35	+00:49:20 (32.3%)	7:16	8.3 (68.0%)
54	CHUDY Tobiasz	352	RUN TEAM RYDZYNA	M30	25	00:21:10	00:32:32	00:32:55		02:33:00.55	02:33:10.65	+00:49:42 (32.4%)	7:17	8.2 (67.2%)
55	IDCZAK Piotr	526		M30	26	00:22:27	00:34:00	00:34:21		02:32:57.90	02:33:23.60	+00:49:55 (32.5%)	7:17	8.2 (67.2%)
56	JODŁOWSKI Marek	445	BIEGAMY BO CHCEMY	M40	20	00:24:30	00:37:06	00:37:38		02:33:24.60	02:33:35.45	+00:50:07 (32.6%)	7:18	8.2 (67.2%)
57	RADKOWSKA Małgorzata	538	TEAM PARSZCZYŃSKICH	K30	3	00:23:14	00:36:24	00:36:47		02:33:35.10	02:33:42.95	+00:50:14 (32.7%)	7:18	8.2 (67.2%)
58	PIWOWOŃSKI Paweł	567		M40	21	00:23:28	00:35:34	00:35:56		02:33:37.25	02:33:50.70	+00:50:22 (32.7%)	7:18	8.2 (67.2%)
59	KOPCZYŃSKI Łukasz	322	K-TEAM	M40	22	00:25:47	00:38:42	00:39:05		02:33:35.55	02:33:58.95	+00:50:30 (32.8%)	7:18	8.2 (67.2%)
60	KATARZYŃSKI Marek	537		M40	23	00:23:23	00:35:29	00:35:55		02:34:06.05	02:34:32.20	+00:51:03 (33.0%)	7:20	8.2 (67.2%)
61	RATYMIŃSKI Wojtek	449		M40	24	00:23:16	00:35:22	00:35:45		02:34:42.40	02:34:52.20	+00:51:23 (33.2%)	7:22	8.1 (66.4%)
62	JĘDRASIAK Adrian	590	ALL OR NOTHING ZIELONA GÓRA	M40	25	00:22:32	00:34:56	00:35:21		02:35:00.75	02:35:11.90	+00:51:43 (33.3%)	7:22	8.1 (66.4%)
63	MICHAŁKOWSKI Marek	476		M30	27	00:23:13	00:34:32	00:34:55		02:35:13.10	02:35:18.95	+00:51:50 (33.4%)	7:23	8.1 (66.4%)
64	RAJKOWSKI Tomasz	588	WIDZEW FC EIRE DIVISION	M30	28	00:22:02	00:33:56	00:34:18		02:35:16.35	02:35:22.70	+00:51:54 (33.4%)	7:23	8.1 (66.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Husyckie		Szwajcarka	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						3.5km	4.4km						
65	MAGIERA Bartłomiej	369		M30	29	00:24:53	00:37:51	00:38:15	02:35:36.90	02:35:43.85	+00:52:15 (33.6%)	7:24	8.1 (66.4%)
66	NOWICKI Marcin	581		M40	26	00:23:26	00:35:51	00:36:17	02:35:44.75	02:35:49.90	+00:52:21 (33.6%)	7:24	8.1 (66.4%)
66	KAZUBOWSKA Aleksandra	365	VEGE RUNNERKA	K40	2	00:23:22	00:35:50	00:36:13	02:35:45.60	02:35:49.90	+00:52:21 (33.6%)	7:25	8.1 (66.4%)
68	CHWALIŃSKI Michał	380		M40	27	00:23:14	00:35:21	00:35:44	02:36:43.65	02:36:52.05	+00:53:23 (34.0%)	7:27	8 (65.6%)
69	FERET Kamila	421	TRAIL IS OUR WAY TEAM	K20	2	00:23:21	00:35:42	00:36:03	02:37:00.80	02:37:04.00	+00:53:35 (34.1%)	7:28	8 (65.6%)
70	PARYSEK Tomasz	600		M30	30	00:22:12	00:33:52	00:34:17	02:37:01.00	02:37:13.55	+00:53:45 (34.2%)	7:28	8 (65.6%)
71	PURCZYŃSKI Grzegorz	465		M40	28	00:22:48	00:35:48	00:36:24	02:37:20.30	02:37:31.75	+00:54:03 (34.3%)	7:29	8 (65.6%)
72	NOWIK Kamil	321	SECO RUN	M40	29	00:23:34	00:36:30	00:36:55	02:39:01.20	02:39:05.95	+00:55:37 (35.0%)	7:34	7.9 (64.8%)
73	RĘKOSIEWICZ Jakub	415		M40	30	00:24:15	00:37:07	00:37:33	02:39:15.00	02:39:20.75	+00:55:52 (35.1%)	7:35	7.9 (64.8%)
74	STĘSIK Tomasz	314		M30	31	00:23:30	00:36:25	00:36:51	02:39:45.55	02:39:57.40	+00:56:28 (35.3%)	7:36	7.9 (64.8%)
75	SZUMIŃSKI Artur	307		M50	3	00:23:13	00:35:29	00:35:51	02:40:02.00	02:40:06.40	+00:56:37 (35.4%)	7:37	7.9 (64.8%)
76	WYPYCH Bartosz	398		M40	31	00:25:54	00:38:48	00:39:12	02:40:01.70	02:40:21.75	+00:56:53 (35.5%)	7:37	7.9 (64.8%)
77	CYRANOWICZ Szymon	599	BIEGAJĄCE KREJZOLE	M20	4	00:20:25	00:32:38	00:32:59	02:40:20.20	02:40:22.90	+00:56:54 (35.5%)	7:38	7.9 (64.8%)
78	FERET Hubert	475	TRAIL IS OUR WAY	M30	32	00:23:58	00:37:08	00:37:34	02:40:33.65	02:40:36.30	+00:57:07 (35.6%)	7:38	7.8 (63.9%)
79	SZARADOWSKI Piotr	487	140 MINUT / ORŁY JEZUSA	M50	4	00:25:15	00:37:57	00:38:27	02:40:59.30	02:41:08.95	+00:57:40 (35.8%)	7:39	7.8 (63.9%)
80	WITLICKI Kacper	424	BBC	M20	5	00:25:22	00:38:57	00:39:22	02:42:06.30	02:42:15.35	+00:58:46 (36.2%)	7:43	7.8 (63.9%)
81	ŚWIERK Przemysław	312	ULTRA DIABŁY TEAM	M40	32	00:25:03	00:38:39	00:39:05	02:42:38.90	02:42:58.15	+00:59:29 (36.5%)	7:44	7.7 (63.1%)
82	GALEK Zbigniew	304	ADIENT RUNNING TEAM	M40	33	00:24:24	00:36:53	00:37:15	02:42:52.85	02:42:59.25	+00:59:30 (36.5%)	7:45	7.7 (63.1%)
83	SZKÓDLIŃSKI Bartosz	318	NARAMOWICE BIEGAJĄ	M40	34		00:37:16	00:37:41	02:43:03.40	02:43:10.40	+00:59:41 (36.6%)	7:45	7.7 (63.1%)
84	GRAMALA Mateusz	469		M20	6	00:24:23	00:38:07	00:38:44	02:44:07.00	02:44:22.80	+01:00:54 (37.1%)	7:48	7.7 (63.1%)
85	WOJCIECHOWSKI Marek	473		M40	35	00:25:38	00:39:30	00:39:56	02:44:18.70	02:44:29.95	+01:01:01 (37.1%)	7:49	7.7 (63.1%)
86	STROJEK Grzegorz	508		M40	36	00:23:13	00:35:42	00:36:06	02:44:28.45	02:44:33.45	+01:01:05 (37.1%)	7:49	7.7 (63.1%)
87	ALGIERSKI Paweł	531		M30	33	00:25:03	00:37:41	00:38:04	02:44:24.60	02:44:41.25	+01:01:12 (37.2%)	7:49	7.7 (63.1%)
88	JEKA Mateusz	514	JEKA TEAM	M30	34	00:23:47			02:44:50.45	02:44:50.45	+01:01:22 (37.2%)	7:50	7.6 (62.3%)

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						3.5km	4.4km						
89	OLEJNIK Egidiusz	598		M30	35	00:24:58	00:38:26	00:38:58	02:45:18.95	02:45:22.00	+01:01:53 (37.4%)	7:52	7.6 (62.3%)
90	PATROŃSKA Magdalena	527	ŻARŁOKI	K30	4	00:27:13	00:40:47	00:41:16	02:46:12.50	02:46:27.40	+01:02:58 (37.8%)	7:54	7.6 (62.3%)
91	KOZAKIEWICZ Tomek	435	CAŁE ŻYCIE NA REDUKCJI	M30	36	00:25:00	00:38:47	00:39:12	02:46:30.95	02:46:38.10	+01:03:09 (37.9%)	7:55	7.6 (62.3%)
92	KĘPA Kamil	425		M30	37				02:46:40.00	02:46:40.00	+01:03:11 (37.9%)	7:56	7.6 (62.3%)
93	GAŁASZEWSKI Kamil	384		M30	38	00:22:42	00:35:33	00:35:57	02:46:37.85	02:46:42.15	+01:03:13 (37.9%)	7:56	7.6 (62.3%)
94	PAWŁUSIÓW Andrzej	416		M40	37	00:26:12	00:39:32	00:40:05	02:47:51.80	02:47:51.80	+01:04:23 (38.4%)	7:59	7.5 (61.5%)
95	ŻUROWSKA-SOPALA Iwona	570		K30	5	00:26:04	00:39:01	00:39:32	02:47:32.95	02:48:01.35	+01:04:32 (38.4%)	7:58	7.5 (61.5%)
96	FURMANOWSKI Paweł	389		M20	7	00:26:23	00:40:33	00:41:01	02:49:13.05	02:49:23.35	+01:05:54 (38.9%)	8:03	7.4 (60.7%)
97	MICHALAK Wojciech	491		M40	38	00:27:32	00:41:14	00:41:39	02:49:08.80	02:49:32.65	+01:06:04 (39.0%)	8:03	7.4 (60.7%)
98	TYRALSKI Dominik	500	POLSAT BIEGA	M40	39	00:26:53	00:40:46	00:41:10	02:49:28.65	02:49:53.55	+01:06:25 (39.1%)	8:04	7.4 (60.7%)
99	LISIAKIEWICZ Bartosz	616		M40	40	00:27:52	00:41:55	00:43:06	02:49:39.60	02:50:00.30	+01:06:31 (39.1%)	8:04	7.4 (60.7%)
100	LIPSKI Dawid	507		M20	8	00:26:22	00:40:12	00:40:38	02:50:11.85	02:50:21.35	+01:06:52 (39.3%)	8:06	7.4 (60.7%)
101	SUCHY Aron	439	POGOŃ BYDŁO	M30	39	00:24:26	00:38:15	00:38:48	02:50:23.95	02:50:41.85	+01:07:13 (39.4%)	8:06	7.4 (60.7%)
102	PRZYBYLSKI Paweł	347		M30	40	00:27:58	00:43:04	00:43:24	02:51:10.30	02:51:28.80	+01:08:00 (39.7%)	8:09	7.4 (60.7%)
103	GOLA Henryk	512		M50	5	00:24:53	00:38:29	00:38:54	02:51:30.40	02:51:35.55	+01:08:07 (39.7%)	8:10	7.3 (59.8%)
104	SOŁTYSIAK Marta	368	SZAKALE BAŁUT ŁÓDŹ	K30	6	00:26:23	00:41:01	00:41:28	02:51:20.70	02:51:45.45	+01:08:17 (39.8%)	8:09	7.4 (60.7%)
105	POLIWOCZAK Patryk	330		M30	41	00:23:56	00:36:21	00:37:04	02:51:53.75	02:52:00.60	+01:08:32 (39.8%)	8:11	7.3 (59.8%)
106	WAŁCZYK Mateusz	586		M30	42	00:23:12	00:36:32	00:36:56	02:51:58.00	02:52:02.55	+01:08:34 (39.9%)	8:11	7.3 (59.8%)
107	CHUDY Ariel	361	RUN TEAM RYDZYNA	M40	41	00:26:16	00:40:19	00:40:46	02:52:21.15	02:52:33.95	+01:09:05 (40.0%)	8:12	7.3 (59.8%)
108	KOTWICKI Mateusz	611		M30	43	00:27:08	00:41:27	00:42:02	02:52:34.60	02:52:44.00	+01:09:15 (40.1%)	8:13	7.3 (59.8%)
109	ADAMSKI Adam	333		M60	1				02:52:45.50	02:52:45.50	+01:09:17 (40.1%)	8:13	7.3 (59.8%)
110	ŁAZEWSKI Oskar	595		M20	9	00:25:18	00:38:30	00:38:59	02:53:23.50	02:53:32.80	+01:10:04 (40.4%)	8:15	7.3 (59.8%)
111	OLBERT Ireneusz	580		M50	6	00:23:44	00:37:07	00:37:45	02:53:53.10	02:53:56.65	+01:10:28 (40.5%)	8:16	7.2 (59.0%)
112	DUSZYŃSKA Ewa	336		K30	7		00:38:28	00:38:53	02:54:25.70	02:54:30.45	+01:11:02 (40.7%)	8:18	7.2 (59.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Husyckie			Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
						3.5km	4.4km	Szwajcarka 4.5km					
113	NOWAKOWSKI Rafał	546	#BIEGIEMWLAS	M40	42	00:28:32	00:43:05	00:44:01	02:55:09.60	02:55:15.60	+01:11:47 (41.0%)	8:20	7.2 (59.0%)
114	BUGAJ Alan	375		M30	44	00:28:05	00:42:36	00:43:11	02:55:22.95	02:55:41.45	+01:12:13 (41.1%)	8:21	7.2 (59.0%)
115	KUTA Łukasz	515	ADDICTED TO MOUNTAINS OLSZYNA	M40	43	00:27:58	00:42:39	00:43:06	02:55:28.10	02:55:55.45	+01:12:27 (41.2%)	8:21	7.2 (59.0%)
116	STASIAK Łukasz	547		M40	44	00:26:28	00:40:56	00:41:45	02:56:01.10	02:56:07.10	+01:12:38 (41.2%)	8:22	7.2 (59.0%)
117	UPTAS Tomasz	327	CROSS STRACENĆÓW TEAM	M40	45	00:28:15	00:43:34	00:43:57	02:55:59.15	02:56:11.55	+01:12:43 (41.3%)	8:22	7.2 (59.0%)
118	UPTAS Ewa	341	FITNESS & SGUASCH	K40	3	00:28:19	00:43:36	00:43:59	02:55:59.25	02:56:11.75	+01:12:43 (41.3%)	8:22	7.2 (59.0%)
119	KLIMEK Wojciech	393	ORTHOS TEAM	M30	45	00:29:17	00:43:31	00:44:11	02:55:49.70	02:56:19.20	+01:12:50 (41.3%)	8:22	7.2 (59.0%)
120	ZEMLEDUCH Tomasz	378	ZEMLEDUCHY	M30	46	00:26:00	00:40:08	00:40:44	02:56:13.05	02:56:20.70	+01:12:52 (41.3%)	8:23	7.2 (59.0%)
121	GRONEK Magdalena	454	BIEGAMDLAZDROWIA. PL	K40	4	00:27:31	00:42:05	00:42:32	02:56:21.15	02:56:31.80	+01:13:03 (41.4%)	8:23	7.1 (58.2%)
122	LIS Anna	614		K40	5	00:26:50	00:40:36	00:41:02	02:57:10.10	02:57:16.45	+01:13:48 (41.6%)	8:26	7.1 (58.2%)
123	ZBOROWSKI Marcin	316	ADIENT RUNNING TEAM	M30	47	00:24:59	00:38:39	00:39:07	02:58:27.10	02:58:49.70	+01:15:21 (42.1%)	8:29	7.1 (58.2%)
124	SYDORCZYK Magdalena	498	ENDORFINA WSCHOWA	K40	6	00:27:18	00:41:22	00:41:50	02:58:50.10	02:58:56.65	+01:15:28 (42.2%)	8:30	7 (57.4%)
125	BYLINA Bartosz	533		M50	7	00:26:00	00:39:57	00:40:27	02:59:03.70	02:59:14.05	+01:15:45 (42.3%)	8:31	7 (57.4%)
126	POLAK Bartosz	569		M30	48	00:28:25	00:43:40	00:44:11	02:59:06.15	02:59:24.20	+01:15:55 (42.3%)	8:31	7 (57.4%)
127	ŚLIWKA Radosław	402		M40	46	00:28:28	00:43:34	00:44:02	02:59:37.35	02:59:42.15	+01:16:13 (42.4%)	8:33	7 (57.4%)
128	NOWAKOWSKI Łukasz	610		M30	49	00:26:10	00:40:06	00:40:30	02:59:37.30	02:59:51.65	+01:16:23 (42.5%)	8:33	7 (57.4%)
129	KAŃDUŁA Grzegorz	317		M40	47	00:26:32	00:41:19	00:41:48	03:00:15.30	03:00:25.05	+01:16:56 (42.6%)	8:35	7 (57.4%)
130	WRÓBLEWSKI Wojciech	545		M30	50	00:29:31	00:43:54	00:44:45	03:00:00.10	03:00:41.50	+01:17:13 (42.7%)	8:34	7 (57.4%)
131	MACYSZYN Łukasz	363		M40	48	00:25:02	00:38:28	00:38:58	03:00:42.00	03:00:53.85	+01:17:25 (42.8%)	8:36	7 (57.4%)
132	LEŚNIAK Grzegorz	464		M40	49	00:26:11	00:40:26	00:41:55	03:01:00.10	03:01:26.85	+01:17:58 (43.0%)	8:37	7 (57.4%)
133	TRZEPACZ Dorota	346	KB LUPUS OLEŚNICA	K50	2	00:27:14	00:41:21	00:41:54	03:01:23.65	03:01:35.85	+01:18:07 (43.0%)	8:38	6.9 (56.6%)
134	WOŹNIAK Karolina	358	INKA TEAM	K30	8	00:27:47	00:42:59	00:43:25	03:01:55.60	03:01:55.60	+01:18:27 (43.1%)	8:39	6.9 (56.6%)
135	MALUNG Jarosław	562		M50	8	00:26:53	00:40:31	00:40:59	03:01:38.00	03:02:05.95	+01:18:37 (43.2%)	8:38	6.9 (56.6%)
136	GARBACZ Jan	510		M40	50	00:27:27	00:42:16	00:43:04	03:02:34.95	03:02:50.35	+01:19:21 (43.4%)	8:41	6.9 (56.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Husyckie		Szwajcarka	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						3.5km	4.4km						
137	NOLKA Jakub	323		M30	51	00:28:04	00:42:33	00:43:29	03:02:47.00	03:03:07.15	+01:19:38 (43.5%)	8:42	6.9 (56.6%)
138	KŁACZYŃSKA Danuta	382	IDĘ DALEJ	K50	3	00:28:04	00:43:17	00:43:47	03:03:23.55	03:03:41.55	+01:20:13 (43.7%)	8:43	6.9 (56.6%)
139	CHRZANOWSKA Agnieszka	364	IDĘ DALEJ	K40	7	00:28:04	00:43:18	00:43:47	03:03:23.60	03:03:41.80	+01:20:13 (43.7%)	8:43	6.9 (56.6%)
140	ŁACNY Łukasz	612	FORZA CHYNÓW	M40	51	00:27:21	00:41:23	00:42:15	03:03:37.85	03:04:01.05	+01:20:32 (43.8%)	8:44	6.9 (56.6%)
141	SCHULZE Jörg	493	DAV ZITTAU	M60	2	00:28:57	00:44:06	00:44:44	03:04:07.30	03:04:15.10	+01:20:46 (43.8%)	8:46	6.8 (55.7%)
142	TOMYŚLAK Magdalena	427	TAKE CONTROL	K30	9	00:28:48	00:43:28	00:43:55	03:04:37.55	03:04:59.40	+01:21:30 (44.1%)	8:47	6.8 (55.7%)
143	KIEDA Bartek	505		M30	52	00:25:35	00:40:02	00:40:28	03:05:22.10	03:05:50.75	+01:22:22 (44.3%)	8:49	6.8 (55.7%)
144	SUCHY Katarzyna	397	POGOŃ BYDŁO	K30	10	00:27:30	00:42:47	00:43:32	03:06:38.40	03:06:52.60	+01:23:24 (44.6%)	8:53	6.8 (55.7%)
145	KRYŃSKI Grzegorz	506		M40	52	00:27:38	00:42:42	00:43:11	03:06:51.65	03:07:02.00	+01:23:33 (44.7%)	8:53	6.7 (54.9%)
146	DUBAS Anna	428	WWW.SPRAWDZAMY-NIERUCHOMOSCI.PL	K30	11	00:28:47	00:43:10	00:43:36	03:07:36.25	03:07:58.85	+01:24:30 (45.0%)	8:56	6.7 (54.9%)
147	ZIOMBKA Kuba	405	WAWRZYNTTEAM	M40	53	00:27:04	00:41:20	00:41:48	03:07:57.45	03:08:13.20	+01:24:44 (45.0%)	8:57	6.7 (54.9%)
148	ZIELIŃSKA Dorota	460	RUNNERS TEAM	K20	3	00:26:55	00:40:43	00:41:24	03:08:43.40	03:08:48.80	+01:25:20 (45.2%)	8:59	6.7 (54.9%)
149	LUBINA Cezary	525		M30	53	00:26:59	00:41:16	00:41:48	03:09:10.95	03:09:22.30	+01:25:53 (45.4%)	9:00	6.7 (54.9%)
150	WIŚNICKI Michał	501		M30	54	00:26:32	00:40:39	00:41:28	03:09:25.65	03:09:34.35	+01:26:05 (45.4%)	9:01	6.7 (54.9%)
151	KRAWCZYK Mateusz	618		M40	54	00:27:12	00:42:44	00:43:23	03:10:02.45	03:10:06.60	+01:26:38 (45.6%)	9:02	6.6 (54.1%)
152	CUKROWSKI Andrzej	349	OLAWS ZŁOTORYJA	M40	55	00:27:15	00:42:40	00:43:07	03:10:08.60	03:10:19.45	+01:26:51 (45.6%)	9:03	6.6 (54.1%)
153	MATKOWSKI Wiktor	418	RENA WYKROTY	M40	56				03:11:45.00	03:11:45.00	+01:28:16 (46.0%)	9:07	6.6 (54.1%)
154	LENART Jakub	446		M30	55	00:28:28	00:44:06	00:44:40	03:11:40.05	03:11:58.90	+01:28:30 (46.1%)	9:07	6.6 (54.1%)
155	BŁĘDKOWSKA Katarzyna	597		K30	12	00:29:14	00:43:57	00:44:52	03:12:15.15	03:12:29.75	+01:29:01 (46.2%)	9:09	6.6 (54.1%)
156	JUDKIEWICZ Piotr	377		M50	9	00:29:50	00:45:42	00:46:09	03:12:01.40	03:12:37.65	+01:29:09 (46.3%)	9:08	6.6 (54.1%)
157	KOZŁOWSKI Wojciech	313		M50	10	00:27:30	00:43:22	00:44:00	03:14:28.65	03:14:36.25	+01:31:07 (46.8%)	9:15	6.5 (53.3%)
158	ORTYL Ewelina	370		K40	8	00:27:31	00:43:23	00:44:00	03:14:29.85	03:14:36.50	+01:31:08 (46.8%)	9:15	6.5 (53.3%)
159	PASTERNAK Marcin	589		M40	57	00:29:45	00:45:40	00:46:07	03:14:14.35	03:14:55.55	+01:31:27 (46.9%)	9:14	6.5 (53.3%)
160	SAMPIR Mariusz	381	WWW.ARNEON.COM	M40	58	00:28:58	00:44:14	00:47:50	03:14:40.60	03:14:59.30	+01:31:30 (46.9%)	9:16	6.5 (53.3%)

Msc	Zawodnik	Numer		Klub	Kategoria	Mkat	Husyckie		Szwajcarka	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							3.5km	4.4km						
161	WYTYKOWSKA Joanna	488	ŁKW		K40	9	00:28:00	00:43:04	00:43:47	03:15:05.80	03:15:31.60	+01:32:03 (47.1%)	9:17	6.5 (53.3%)
162	SZAMOCKA Paulina	394			K30	13	00:30:46	00:47:47	00:48:17	03:15:48.45	03:16:19.25	+01:32:50 (47.3%)	9:19	6.4 (52.5%)
163	PTAK Dorota	412			K50	4	00:31:16	00:48:10	00:48:35	03:16:01.60	03:16:19.35	+01:32:50 (47.3%)	9:20	6.4 (52.5%)
164	NOWAK Marta	516			K40	10	00:33:38	00:51:56	00:55:21	03:16:07.90	03:16:25.80	+01:32:57 (47.3%)	9:20	6.4 (52.5%)
165	SIKORA Malwina	518			K20	4	00:30:11	00:46:38	00:47:17	03:16:07.85	03:16:39.55	+01:33:11 (47.4%)	9:20	6.4 (52.5%)
166	PISKORSKI Łukasz	458			M40	59	00:29:20	00:44:49	00:46:25	03:16:41.40	03:16:58.05	+01:33:29 (47.5%)	9:21	6.4 (52.5%)
167	SERAFIN Michał	497	HWBC		M40	60	00:30:19	00:46:34	00:47:23	03:16:55.25	03:17:11.80	+01:33:43 (47.5%)	9:22	6.4 (52.5%)
168	MAZUR Katarzyna	422	UMLAUT		K40	11	00:29:44	00:46:37	00:47:10	03:18:11.10	03:18:20.25	+01:34:51 (47.8%)	9:26	6.4 (52.5%)
169	GRZELAK Łukasz	383	WWW.GRZELAK-KANCELARIA.PL		M40	61	00:29:13	00:45:12	00:47:54	03:18:10.45	03:18:29.75	+01:35:01 (47.9%)	9:26	6.4 (52.5%)
170	JODŁOWSKA Ewa	423	BIEGAMY BO CHCEMY		K40	12	00:29:42	00:46:54	00:48:03	03:18:39.60	03:18:52.00	+01:35:23 (48.0%)	9:27	6.3 (51.6%)
171	DZIERGWA Agnieszka	609	PRZEDWOJEWSKI TEAM / RNB TEAM		K30	14	00:27:50	00:43:28	00:43:55	03:18:57.10	03:19:12.35	+01:35:43 (48.1%)	9:28	6.3 (51.6%)
172	FILIPOWICZ Dominik	413			M30	56	00:30:35	00:46:58	00:48:33	03:19:52.85	03:20:17.60	+01:36:49 (48.3%)	9:31	6.3 (51.6%)
173	KOSTYK Grzegorz	410			M40	62	00:30:39	00:47:47	00:48:35	03:19:53.85	03:20:18.05	+01:36:49 (48.3%)	9:31	6.3 (51.6%)
174	BUSZEWSKI Zbyszek	302			M30	57	00:27:43	00:42:50	00:43:49	03:20:56.80	03:21:14.50	+01:37:46 (48.6%)	9:34	6.3 (51.6%)
175	GRUDNIEWSKI Jakub	544			M30	58	00:32:39	00:49:56	00:50:26	03:21:04.20	03:21:31.05	+01:38:02 (48.7%)	9:34	6.3 (51.6%)
176	WIERZBIŃSKI Kamil	572			M30	59	00:27:26	00:42:07	00:42:35	03:21:53.45	03:22:04.90	+01:38:36 (48.8%)	9:36	6.2 (50.8%)
177	DOŁĘGOWSKI Marek	390	GMINA WOLIN		M50	11	00:29:26	00:44:38	00:46:00	03:22:08.70	03:22:43.10	+01:39:14 (49.0%)	9:37	6.2 (50.8%)
178	MIŚTA Grzegorz	481	DTR BIEGA / MARIO TEAM		M40	63	00:29:31	00:45:53	00:46:26	03:22:32.95	03:23:08.25	+01:39:39 (49.1%)	9:38	6.2 (50.8%)
179	GÓRNA Amelia	477			K50	5	00:28:06	00:43:18	00:43:54	03:23:47.70	03:24:01.95	+01:40:33 (49.3%)	9:42	6.2 (50.8%)
180	KUBICKI Piotr	509	DZIKI ZGON KOŚCIAN		M30	60	00:32:18	00:49:56	00:50:23	03:23:35.25	03:24:05.80	+01:40:37 (49.3%)	9:41	6.2 (50.8%)
181	BORECKI Michał	408			M30	61	00:31:16	00:48:27	00:49:37	03:23:59.00	03:24:06.30	+01:40:37 (49.3%)	9:42	6.2 (50.8%)
182	ZASOWSKI Rafał	409			M40	64	00:28:54	00:46:38	00:48:42	03:24:03.85	03:24:09.00	+01:40:40 (49.3%)	9:43	6.2 (50.8%)
183	SZUMSKI Zbigniew	419			M50	12	00:29:25	00:45:28	00:48:16	03:24:47.95	03:24:56.35	+01:41:27 (49.5%)	9:45	6.2 (50.8%)
184	PLIS Jordan	319			M30	62	00:30:21	00:46:21	00:47:03	03:25:17.90	03:25:26.30	+01:41:57 (49.6%)	9:46	6.1 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Husyckie		Szwajcarka	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						3.5km	4.4km						
185	MARCINKIEWICZ Marek	520		M40	65	00:31:10	00:47:56	00:48:23	03:25:09.40	03:25:45.75	+01:42:17 (49.7%)	9:46	6.1 (50.0%)
186	KĘDZIORA Aleksandra	552		K40	13	00:32:08	00:49:48	00:50:23	03:25:41.25	03:26:11.25	+01:42:42 (49.8%)	9:47	6.1 (50.0%)
187	LIS Wojciech	356	WIERZBICKI RUNNING PROJECT	M40	66	00:29:30	00:45:09	00:46:35	03:26:27.95	03:26:43.70	+01:43:15 (49.9%)	9:49	6.1 (50.0%)
188	KUSZ Joanna	344	CROSS STRACENĆÓW TEAM	K30	15	00:29:41	00:45:32	00:46:22	03:28:03.15	03:28:16.15	+01:44:47 (50.3%)	9:54	6.1 (50.0%)
189	MARTAN Iwona	474	ORTHOS TEAM	K40	14	00:37:55	00:54:53	00:55:50	03:27:54.20	03:28:23.40	+01:44:54 (50.3%)	9:54	6.1 (50.0%)
190	ŁUPKOWSKI Paweł	543	VEGE RUNNERS	M40	67	00:31:21	00:48:15	00:49:22	03:28:18.90	03:28:41.65	+01:45:13 (50.4%)	9:55	6 (49.2%)
191	PŁUSA Aneta	564	BBC	K40	15	00:29:43	00:46:53	00:48:00	03:28:51.30	03:29:05.85	+01:45:37 (50.5%)	9:56	6 (49.2%)
192	SIKORSKI Cezary	485	BBL GUBIN	M50	13	00:29:50	00:46:47	00:47:20	03:28:56.20	03:29:06.10	+01:45:37 (50.5%)	9:56	6 (49.2%)
193	TONDERSKI Maciej	524	FALCON V SYSTEMS	M20	10	00:30:52	00:47:56	00:49:16	03:29:35.90	03:29:45.80	+01:46:17 (50.7%)	9:58	6 (49.2%)
194	LIPIŃSKI Jacek	324		M40	68	00:32:06	00:48:52	00:50:02	03:30:02.20	03:30:35.20	+01:47:06 (50.9%)	10:00	6 (49.2%)
195	GARCZYK Przemysław	350		M30	63	00:30:37	00:46:58	00:47:44	03:30:40.15	03:30:46.20	+01:47:17 (50.9%)	10:01	6 (49.2%)
196	KALIŃSKA Dorota	490		K30	16	00:33:51	00:51:51	00:52:56	03:30:31.35	03:31:10.35	+01:47:41 (51.0%)	10:01	6 (49.2%)
197	MISIAK Ula	613		K30	17	00:30:43	00:48:16	00:50:37	03:31:30.70	03:31:38.00	+01:48:09 (51.1%)	10:04	6 (49.2%)
198	KĘDZIORA Alicja	438		K30	18	00:33:08	00:51:13	00:54:14	03:32:43.55	03:32:56.55	+01:49:28 (51.4%)	10:07	5.9 (48.4%)
199	ŚMIECHOWSKA Małgorzata	414		K40	16	00:32:17	00:51:08	00:52:17	03:32:43.50	03:33:01.10	+01:49:32 (51.4%)	10:07	5.9 (48.4%)
200	SZKURŁAT Adam	478		M30	64	00:33:27	00:51:44	00:53:24	03:32:41.70	03:33:13.65	+01:49:45 (51.5%)	10:07	5.9 (48.4%)
201	HOŁOWNIA Patrycja	484	BIEGUSY CZAPLE	K40	17	00:30:28	00:47:40	00:48:11	03:33:01.80	03:33:20.50	+01:49:52 (51.5%)	10:08	5.9 (48.4%)
202	BARANOWSKI Szymon	353		M30	65	00:31:54	00:48:31	00:49:52	03:33:38.55	03:34:00.00	+01:50:31 (51.6%)	10:10	5.9 (48.4%)
203	SZCZOTKA Katarzyna	354		K20	5	00:31:57	00:48:49	00:49:53	03:33:57.95	03:34:19.50	+01:50:51 (51.7%)	10:11	5.9 (48.4%)
204	MALCZEWSKA-CHAŁADAJ Karina	550		K40	18	00:34:27	00:52:17	00:52:49	03:34:02.05	03:34:22.75	+01:50:54 (51.7%)	10:11	5.9 (48.4%)
205	WOLSKI Krzysztof	444		M30	66	00:29:54	00:44:19	00:46:04	03:33:59.65	03:34:29.60	+01:51:01 (51.8%)	10:11	5.9 (48.4%)
206	WOJTCZAK Małgorzata	551		K50	6	00:32:07	00:50:42	00:51:22	03:34:22.30	03:34:32.90	+01:51:04 (51.8%)	10:12	5.9 (48.4%)
207	MODZELEWSKA Agnieszka	502		K40	19	00:33:21	00:51:04	00:51:44	03:34:10.00	03:34:45.35	+01:51:16 (51.8%)	10:11	5.9 (48.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Husyckie			Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
						3.5km	4.4km	Szwajcarka 4.5km					
208	OLEKSIEWICZ Beata	499	SZAKALE BAŁUT ŁÓDŹ	K40	20	00:32:41	00:51:09	00:52:34	03:34:18.65	03:34:49.95	+01:51:21 (51.8%)	10:12	5.9 (48.4%)
209	KĄDUŁA Klaudia	315	LION GROUP	K40	21	00:32:31	00:50:37	00:51:16	03:34:31.95	03:34:52.25	+01:51:23 (51.8%)	10:12	5.9 (48.4%)
210	STUDZIŃSKI Dawid	548		M30	67	00:32:37	00:50:27	00:50:55	03:35:21.80	03:35:44.25	+01:52:15 (52.0%)	10:15	5.9 (48.4%)
211	KOZAKIEWICZ Beata	452	CAŁE ŻYCIE NA REDUKCJI	K30	19	00:32:26	00:50:29	00:50:58	03:36:22.45	03:36:30.85	+01:53:02 (52.2%)	10:18	5.8 (47.5%)
212	BENTKOWSKA Magdalena	442	DIRTY SPARROWS	K30	20	00:30:51	00:48:07	00:50:23	03:36:23.50	03:36:51.15	+01:53:22 (52.3%)	10:18	5.8 (47.5%)
213	BORKOWSKI Krzysztof	329		M40	69	00:29:53	00:46:29	00:46:59	03:36:41.55	03:36:56.80	+01:53:28 (52.3%)	10:19	5.8 (47.5%)
214	WINNICKA Edyta	351	ADIDAS RUNNERS WARSAW SŁODKIE PĄCZKI	K30	21	00:33:12	00:52:11	00:52:43	03:36:45.10	03:37:10.35	+01:53:41 (52.4%)	10:19	5.8 (47.5%)
215	NIEWIADOMSKI Mateusz	523		M30	68	00:34:20	00:54:03	00:54:45	03:36:51.30	03:37:29.65	+01:54:01 (52.4%)	10:19	5.8 (47.5%)
216	DOMINIAK Iwona	431		K50	7	00:32:41	00:50:34	00:51:34	03:37:39.35	03:37:45.20	+01:54:16 (52.5%)	10:21	5.8 (47.5%)
217	JĘDRZEJCZAK Anna	492		K50	8	00:33:13	00:51:35	00:54:52	03:37:52.35	03:38:29.90	+01:55:01 (52.6%)	10:22	5.8 (47.5%)
218	KUCHARSKI Adam	494		M40	70	00:33:14	00:51:35	00:54:53	03:37:52.75	03:38:30.40	+01:55:01 (52.6%)	10:22	5.8 (47.5%)
219	SKOWRONEK Tomasz	540	OJ NIEFAJNIE	M30	69	00:31:08	00:49:16	00:50:31	03:36:07.50	03:39:25.15	+01:55:56 (52.8%)	10:17	5.8 (47.5%)
220	WALIŃSKA Agata	429	WWW.SPRAWDZAMY-NIERUCHOMOSCI.PL	K30	22	00:32:45	00:50:18	00:50:57	03:39:51.25	03:40:13.20	+01:56:44 (53.0%)	10:28	5.7 (46.7%)
221	PYZIO Magda	430		K30	23	00:32:45	00:50:18	00:50:55	03:39:55.30	03:40:16.55	+01:56:48 (53.0%)	10:28	5.7 (46.7%)
222	PAWLIKOWSKA Monika	532		K40	22	00:34:44	00:53:16	00:55:01	03:41:44.10	03:41:54.55	+01:58:26 (53.4%)	10:33	5.7 (46.7%)
223	JĘDROWSKA Emilia	401		K30	24	00:33:09	00:51:16	00:54:15	03:43:58.15	03:44:10.90	+02:00:42 (53.8%)	10:39	5.6 (45.9%)
224	KRZECZKOWSKI Roman	482	CUDO KOMBUCHA	M50	14	00:32:44	00:50:43	00:52:45	03:44:16.40	03:44:33.75	+02:01:05 (53.9%)	10:40	5.6 (45.9%)
225	GAJEWSKA Weronika	472	RYSIE	K40	23	00:33:36	00:52:00	00:52:47	03:46:37.35	03:47:04.15	+02:03:35 (54.4%)	10:47	5.6 (45.9%)
226	PIÓRKOWSKI Paweł	303		M30	70	00:32:28	00:50:24	00:52:06	03:46:42.90	03:47:18.25	+02:03:49 (54.5%)	10:47	5.6 (45.9%)
227	PRAGACZ Adam	379		M20	11	00:33:59	00:51:53	00:53:44	03:47:18.55	03:47:52.40	+02:04:23 (54.6%)	10:49	5.5 (45.1%)
228	STAMM Tomasz	374		M50	15	00:34:25	00:52:08	00:52:46	03:47:45.95	03:48:08.50	+02:04:40 (54.6%)	10:50	5.5 (45.1%)
229	SIEMIĄTKOWSKI Krzysztof	536	#BIEGAMWOLNOALEDOKŁADNIE	M30	71	00:34:26	00:52:04	00:53:02	03:47:38.50	03:48:27.15	+02:04:58 (54.7%)	10:50	5.5 (45.1%)
230	ANTKOWIAK Mirosław	555	BBC KROSNO ODRZAŃSKIE	M50	16	00:31:01	00:49:31	00:50:23	03:49:18.85	03:49:32.75	+02:06:04 (54.9%)	10:55	5.5 (45.1%)
231	AWIŻEŃ Łukasz	577		M40	71	00:33:22	00:51:42	00:54:27	03:50:37.70	03:51:19.70	+02:07:51 (55.3%)	10:58	5.5 (45.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Husyckie		Szwajcarka	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						3.5km	4.4km						
232	WASILEWSKA Joanna	360		K50	9	00:33:23	00:51:46	00:54:17	03:51:52.75	03:52:19.30	+02:08:50 (55.5%)	11:02	5.4 (44.3%)
233	BROŚ Bożena	359	KLUB BIEGACZA ORANGE POLSKA	K40	24	00:33:23	00:51:45	00:54:15	03:51:53.20	03:52:19.45	+02:08:51 (55.5%)	11:02	5.4 (44.3%)
234	SCHLOSSBERGER Lidia	504		K30	25	00:34:53	00:53:44	00:55:43	03:52:32.20	03:52:49.80	+02:09:21 (55.6%)	11:04	5.4 (44.3%)
235	GODYŃ Sylwiusz	483	DZIEWIEĆSIŁ	M50	17	00:30:27	00:47:18	00:47:45	03:53:58.85	03:54:18.45	+02:10:50 (55.8%)	11:08	5.4 (44.3%)
236	KAŁŁAUR Krzysztof	495		M30	72	00:35:29	00:55:46	00:56:18	03:54:52.20	03:55:21.55	+02:11:53 (56.0%)	11:11	5.4 (44.3%)
237	SIKORSKA Agnieszka	606		K40	25	00:35:32	00:57:12	00:57:58	03:54:54.95	03:55:40.70	+02:12:12 (56.1%)	11:11	5.4 (44.3%)
238	KUŁAKOWSKI Piotr	605		M60	3	00:35:32	00:57:09	00:57:54	03:54:55.30	03:55:41.00	+02:12:12 (56.1%)	11:11	5.4 (44.3%)
239	SZYPURA Katarzyna	553	OPALENICKI KLUB BIEGACZA	K50	10	00:34:31	00:53:32	00:54:24	03:57:03.20	03:57:34.75	+02:14:06 (56.4%)	11:17	5.3 (43.4%)
240	SZYPURA Robert	554	OPALENICKI KLUB BIEGACZA	M50	18	00:34:34	00:53:29	00:54:26	03:57:02.80	03:57:35.05	+02:14:06 (56.4%)	11:17	5.3 (43.4%)
241	KRZYSZTOF Grabowy	575		M30	73	00:32:29	00:50:32		03:57:47.20	03:57:47.20	+02:14:18 (56.5%)	11:19	5.3 (43.4%)
242	KOJDER Grzegorz	574		M40	72	00:32:26	00:50:32	00:53:13	03:57:46.60	03:57:47.60	+02:14:19 (56.5%)	11:19	5.3 (43.4%)
243	DUNOWSKI Przemysław	340		M50	19	00:34:02	00:54:06	00:54:54	03:58:28.50	03:58:45.15	+02:15:16 (56.7%)	11:21	5.3 (43.4%)
244	DUNOWSKA Ilona	342		K50	11	00:34:28	00:54:16	00:55:08	03:58:51.50	03:59:08.25	+02:15:39 (56.7%)	11:22	5.3 (43.4%)
245	INOROWICZ Joanna	517		K40	26	00:33:40	00:51:57	00:55:23	04:01:23.55	04:01:41.15	+02:18:12 (57.2%)	11:29	5.2 (42.6%)
246	STAL Waldemar	437	TOOPLOOX	M30	74	00:33:17	00:51:39	00:53:56	04:02:20.85	04:02:34.60	+02:19:06 (57.3%)	11:32	5.2 (42.6%)
247	NOWAK Michał	436	TOOPLOOX	M30	75	00:33:21	00:51:58	00:53:57	04:02:25.15	04:02:38.20	+02:19:09 (57.4%)	11:32	5.2 (42.6%)
248	KLOC Maciej	534	TEAM ORTHOS	M20	12	00:38:36	00:58:23	01:02:23	04:04:43.75	04:05:13.60	+02:21:45 (57.8%)	11:39	5.1 (41.8%)
249	LEŚNIAK Grzegorz	585	LUŻNE PIĄTKI	M40	73	00:30:33	00:48:05	00:49:27	04:05:13.80	04:05:39.15	+02:22:10 (57.9%)	11:40	5.1 (41.8%)
250	PTAK Ewa	587		K40	27	00:35:38	00:54:49	00:55:47	04:06:51.40	04:07:10.65	+02:23:42 (58.1%)	11:45	5.1 (41.8%)
251	PĘKAŁA Dawid	457	DZIKI Z AFRYKI	M40	74	00:37:13	00:57:05	01:01:18	04:07:45.25	04:08:00.55	+02:24:32 (58.3%)	11:47	5.1 (41.8%)
252	HAGEL Julita	432		K40	28	00:32:33	00:51:39	00:55:02	04:08:03.45	04:08:06.80	+02:24:38 (58.3%)	11:48	5.1 (41.8%)
253	KATA Wioletta	467	FIT STYLE ZONE	K50	12	00:35:13	00:54:25	00:55:07	04:09:03.70	04:09:17.90	+02:25:49 (58.5%)	11:51	5.1 (41.8%)
254	CHAJDYS Maciej	593	SKOSZEWEY RUNNERS	M40	75	00:34:28	00:54:24	00:55:26	04:09:46.60	04:10:10.05	+02:26:41 (58.6%)	11:53	5 (41.0%)
255	CHAJDYS Monika	592	SKOSZEWEY RUNNERS	K40	29	00:34:31	00:54:24	00:55:27	04:09:46.85	04:10:10.35	+02:26:41 (58.6%)	11:53	5 (41.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Husyckie Skały			Szwajcarka 4.5km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
						3.5km	4.4km							
256	DWORZAŃSKA Anna	584	MARATOŃCZYK POZNAŃ	K30	26	00:36:26	00:56:29	00:57:34	04:09:32.70	04:10:15.45	+02:26:47 (58.7%)	11:52	5 (41.0%)	
257	GUL Paweł	583		M30	76	00:36:42	00:56:22	00:57:32	04:09:34.30	04:10:16.70	+02:26:48 (58.7%)	11:53	5 (41.0%)	
258	KARAŚ Anna	456		K40	30	00:37:18	00:57:30	01:01:20	04:10:04.60	04:10:18.40	+02:26:49 (58.7%)	11:54	5 (41.0%)	
259	LUBICKI Wojciech	566	DWÓJKA BEZ SERNIKA	M50	20	00:32:22	00:50:46	00:51:50	04:11:20.40	04:11:31.55	+02:28:03 (58.9%)	11:58	5 (41.0%)	
260	BASTA Grzegorz	308	BASTA TEAM	M50	21	00:37:21	00:57:35	00:58:38	04:14:12.50	04:14:28.45	+02:31:00 (59.3%)	12:06	5 (41.0%)	
261	DRELINKIEWICZ Michał	522	MISIE BIEGAJĄ	M40	76	00:38:41	00:58:15	00:59:08	04:17:07.50	04:17:27.55	+02:33:59 (59.8%)	12:14	4.9 (40.2%)	
262	SOBKÓW Katarzyna	521	MISIE BIEGAJĄ	K30	27	00:38:38	00:58:15		04:17:38.30	04:17:58.00	+02:34:29 (59.9%)	12:16	4.9 (40.2%)	
263	PAWLAK Katarzyna	334		K30	28	00:36:58	00:57:26	00:59:52	04:18:02.55	04:18:25.65	+02:34:57 (60.0%)	12:17	4.9 (40.2%)	
264	PLUSKOTA Ewa	404		K30	29	00:36:18	00:58:20	00:59:46	04:22:51.45	04:23:16.55	+02:39:48 (60.7%)	12:31	4.8 (39.3%)	
265	SOBOCIŃSKI Karol	403		M30	77	00:36:14	00:58:21	00:59:45	04:22:52.80	04:23:17.40	+02:39:48 (60.7%)	12:31	4.8 (39.3%)	
266	STĘPIEŃ Maria	331	OPALENICKI KLUB BIEGACZA	K60	1	00:39:34	01:01:17	01:02:14	04:24:11.10	04:24:44.05	+02:41:15 (60.9%)	12:34	4.8 (39.3%)	
267	SIEKIERA Aleksandra	355		K20	6	00:38:47	00:58:49	01:02:37	04:25:09.65	04:25:46.85	+02:42:18 (61.1%)	12:37	4.8 (39.3%)	
268	SIEKIERA Piotr	388		M20	13	00:38:47	00:58:49	01:02:37	04:25:09.55	04:25:46.90	+02:42:18 (61.1%)	12:37	4.8 (39.3%)	
269	NAJDEK Oskar	615		M20	14	00:41:43	01:04:33	01:07:27	04:26:08.85	04:26:30.80	+02:43:02 (61.2%)	12:40	4.7 (38.5%)	
270	LISOWSKI Dariusz	348	POBIEROWO BIEGA	M50	22	00:41:43	01:04:33	01:07:27	04:26:09.65	04:26:31.25	+02:43:02 (61.2%)	12:40	4.7 (38.5%)	
271	SIWA Michał	310	ADIENT RUNNING TEAM	M30	78	00:36:55	00:57:25	00:58:45	04:26:55.80	04:27:35.10	+02:44:06 (61.3%)	12:42	4.7 (38.5%)	
272	ZIAJA Aleksandra	339		K30	30	00:39:06	01:00:00	01:01:53	04:29:59.30	04:30:30.30	+02:47:01 (61.7%)	12:51	4.7 (38.5%)	
273	SREBRO Kacper	466		M20	15	00:40:56	01:04:19	01:06:31	04:43:20.25	04:43:48.05	+03:00:19 (63.5%)	13:29	4.4 (36.1%)	
274	SREBRO Michał	400		M50	23	00:41:11	01:04:07	01:06:32	04:49:58.55	04:50:26.85	+03:06:58 (64.4%)	13:48	4.3 (35.2%)	
275	WIŚNIEWSKI Adam	596	GR3MIASTO	M40	77	00:42:02	01:03:42	01:08:16	05:18:37.65	05:18:43.60	+03:35:15 (67.5%)	15:10	4 (32.8%)	
276	NOWAK Maciej	582	SPEED FEET 16	M40	78	00:47:46	01:15:19	01:18:03	05:19:04.60	05:19:37.65	+03:36:09 (67.6%)	15:11	3.9 (32.0%)	
277	DZIECIELSKA Agnieszka	309		K40	31	00:44:53	01:10:58	01:13:10	05:20:11.85	05:20:47.85	+03:37:19 (67.7%)	15:14	3.9 (32.0%)	
278	MERKLINGHAUS-KOBER Monika	367	SPEED FEET '16	K40	32	00:47:47	01:15:55	01:17:56	05:22:38.85	05:23:11.00	+03:39:42 (68.0%)	15:21	3.9 (32.0%)	
	CZECHOWICZ Jarosław	362		M30		DNF	DNF	DNF	DNF	DNF		-	- (0.0%)	

