



# GOLDEN MOUNTAINS TRAIL - 33 KM

B4SPORT  
INTELEKTUALNE ZAWODY SPORTOWE

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

Dolnośląski Festiwal Biegów Górskich  
Fundacja MARATONY GÓRSKIE  
2022-07-14  
Lądek-Zdrój  
33 km

**B4SPORT**  
INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Lądek 0.01km	A1 9km	Czernica 14km	D1 24km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
1	WITEK Andrzej	6463	140MINUT.PL	Senior II M - 30	1	00:00:00	00:43:17	01:15:11	01:52:55	<b>02:35:01.30</b>	<b>02:35:01.30</b>		4:41	12.8
2	PYSZEL Florian	6394	PIEKIELNI WARSZAWA	Senior I M - 20	1	00:00:00	00:46:28	01:19:30	01:57:52	<b>02:42:54.00</b>	<b>02:42:54.00</b>	+00:07:52	4:56	12.2
3	PETR Jiří	6448	SALOMON/SUUNTO	Masters M - 40	1	00:00:01	00:43:56	01:16:01	01:57:21	<b>02:43:15.50</b>	<b>02:43:15.50</b>	+00:08:14	4:56	12.1
4	FABIAN Marcel	6507	SOCIOS SILESIA	Senior I M - 20	2	00:00:00	00:45:13	01:18:23	01:58:53	<b>02:46:44.60</b>	<b>02:46:44.60</b>	+00:11:43	5:03	11.9
5	RAJCA Michał	6491	TRIMP	Senior II M - 30	2	00:00:00	00:45:13		02:00:47	<b>02:50:57.85</b>	<b>02:50:57.85</b>	+00:15:56	5:10	11.6
6	CZERNIAK Paweł	6498	KARKONOSZ RUNNING TEAM	Senior II M - 30	3	00:00:01	00:46:27	01:22:07	02:03:34	<b>02:53:27.60</b>	<b>02:53:27.60</b>	+00:18:26	5:15	11.4
7	IVANIUTA Taras	6536	RESTARTNISA.SK	Senior I M - 20	3	00:00:00	00:44:35	01:18:52	02:04:12	<b>02:55:41.05</b>	<b>02:55:41.05</b>	+00:20:39	5:19	11.3
8	GRÜN Vojtěch	6443	SALOMON/SUUNTO	Senior II M - 30	4	00:00:01	00:46:44	01:23:03	02:07:32	<b>02:57:41.60</b>	<b>02:57:41.60</b>	+00:22:40	5:23	11.1
9	KARWACZYŃSKI Roger	6118	RUNNING TEAM NASTOPY.PL	Senior II M - 30	5	00:00:01	00:49:13	01:26:37	02:10:04	<b>02:59:14.05</b>	<b>02:59:14.05</b>	+00:24:12	5:25	11
10	LULIS Dawid	6055	ALTRA TEAM RED	Senior II M - 30	6	00:00:01	00:50:15	01:28:36	02:13:58	<b>03:05:02.55</b>	<b>03:05:02.55</b>	+00:30:01	5:36	10.7
11	BONIEC Radosław	6132	NADLEŚNICTWO LIPINKI/140MINUT.PL	Senior II M - 30	7		00:50:12	01:28:56	02:14:16	<b>03:07:10.60</b>	<b>03:07:10.60</b>	+00:32:09	5:40	10.6
12	PAZDAN Piotr	6076	RUNNING TEAM NASTOPY.PL /140MINUT.PL	Masters M - 40	2	00:00:01	00:54:23	01:34:51	02:20:17	<b>03:11:34.05</b>	<b>03:11:34.05</b>	+00:36:32	5:48	10.3
13	DYJAK Robert	6099	TAMWORTH ATHLETIC CLUB	Masters M - 40	3	00:00:05	00:54:21	01:34:56	02:20:54	<b>03:11:53.70</b>	<b>03:11:53.70</b>	+00:36:52	5:48	10.3
14	ŚWIERAD Krystian	6486		Senior I M - 20	4	00:00:03	00:53:58	01:33:09	02:19:47	<b>03:11:55.60</b>	<b>03:11:55.60</b>	+00:36:54	5:48	10.3
15	KOWALEWSKA Elżbieta	6332	EDI TEAM ZGORZELEC	Masters K - 40	1		00:57:50	01:39:57	02:29:55	<b>03:22:28.70</b>	<b>03:22:28.70</b>	+00:47:27	6:08	9.8
16	GURGUL Sebastian	6119	AROMAT NÓG	Masters M - 40	4	00:00:03	00:56:27	01:39:48	02:31:03	<b>03:27:46.40</b>	<b>03:27:46.40</b>	+00:52:45	6:17	9.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start				Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	A1 9km	Czernica 14km	D1 24km					
17	<b>SZUMLAŃSKI Marcin</b>	<b>6309</b>	PODHALAŃSKIE DZIKI - GORAŃY POTOK TEAM	Senior II M - 30	8	00:00:06	00:58:53	01:42:51	02:35:10	<b>03:28:39.90</b>	<b>03:28:39.90</b>	+00:53:38	6:19	9.5
18	<b>CHŁOPEK Rafał</b>	<b>6516</b>	EDB	Weteran I M - 50	1	00:00:04	00:57:52	01:40:32	02:30:31	<b>03:28:45.10</b>	<b>03:28:45.10</b>	+00:53:43	6:19	9.5
19	<b>BANIAK Marcin</b>	<b>6412</b>	G.O.A.T. TEAM MICHAŁOWICE/MŁYN TRAIL MICHAŁOWICE	Masters M - 40	5	00:00:01	00:54:32	01:38:38	02:29:45	<b>03:29:22.05</b>	<b>03:29:22.05</b>	+00:54:20	6:20	9.5
20	<b>PASTOROVA Petra</b>	<b>6545</b>		Masters K - 40	2	00:00:01	00:54:07	01:35:52	02:26:26	<b>03:29:26.85</b>	<b>03:29:26.85</b>	+00:54:25	6:20	9.5
21	<b>MARKOVÁ Barbora</b>	<b>6369</b>		Senior I K - 20	1	00:00:13	00:59:37	01:42:45	02:35:26	<b>03:30:13.00</b>	<b>03:30:13.00</b>	+00:55:11	6:22	9.4
22	<b>SZOSTEK Marek</b>	<b>6236</b>		Senior I M - 20	5	00:00:44	01:02:19	01:43:17	02:34:33	<b>03:31:38.90</b>	<b>03:31:38.90</b>	+00:56:37	6:24	9.4
23	<b>GAZDA Vítězslav</b>	<b>6188</b>	BENEŠOVSKÝ BĚŽECKÝ KLUB A TŘENOVANIBEHU.CZ	Masters M - 40	6	00:00:04	00:54:27	01:36:57	02:30:17	<b>03:31:49.55</b>	<b>03:31:49.55</b>	+00:56:48	6:25	9.3
24	<b>ŻWIRSKI Marcin</b>	<b>6164</b>		Senior II M - 30	9	00:00:34	00:55:33	01:35:06	02:29:08	<b>03:32:12.35</b>	<b>03:32:12.35</b>	+00:57:11	6:25	9.3
25	<b>STELMACH Dominika</b>	<b>6426</b>		Masters K - 40	3	00:00:01	01:11:55	01:52:34	02:40:14	<b>03:32:12.80</b>	<b>03:32:12.80</b>	+00:57:11	6:25	9.3
26	<b>SUDOLSKI Jacek</b>	<b>6339</b>	GUSTAW TEŻ BIEGA	Senior II M - 30	10	00:00:09	01:00:01	01:43:35	02:34:18	<b>03:33:15.75</b>	<b>03:33:15.75</b>	+00:58:14	6:27	9.3
27	<b>SZCZEPANIAK Angelika</b>	<b>6499</b>	ALPIN SPORT TEAM	Masters K - 40	4	00:00:03	01:00:17	01:45:39	02:36:22	<b>03:33:27.40</b>	<b>03:33:27.40</b>	+00:58:26	6:28	9.3
28	<b>LASEK Jakub</b>	<b>6090</b>	RMT TEAM	Senior II M - 30	11	00:00:01	00:57:19	01:43:56	02:35:17	<b>03:38:04.90</b>	<b>03:38:04.90</b>	+01:03:03	6:36	9.1
29	<b>NIWIŃSKI Maciej</b>	<b>6324</b>	VEGAN ZABIERZÓW BIEGA	Masters M - 40	7	00:00:07	00:58:04	01:43:07	02:37:53	<b>03:40:42.70</b>	<b>03:40:42.70</b>	+01:05:41	6:41	9
30	<b>ANDRUSZKÓW Aleksandra</b>	<b>6478</b>	WOSIEK TEAM	Senior I K - 20	2	00:00:11	01:02:05	01:46:33	02:41:14	<b>03:41:18.75</b>	<b>03:41:18.75</b>	+01:06:17	6:42	8.9
31	<b>GRABEK Maciej</b>	<b>6113</b>	ŚLĘZAK TEAM	Senior II M - 30	12	00:00:04	00:57:23	01:39:37	02:37:26	<b>03:41:42.25</b>	<b>03:41:42.25</b>	+01:06:40	6:43	8.9
32	<b>WANOWSKI Przemysław</b>	<b>6467</b>	#BIEGIEMWLAS	Senior II M - 30	13	00:00:14	01:00:11	01:45:21	02:41:09	<b>03:43:11.65</b>	<b>03:43:11.65</b>	+01:08:10	6:45	8.9
33	<b>SABAT Kamil</b>	<b>6025</b>	140MINUT.PL	Senior II M - 30	14	00:00:06	00:58:16	01:45:56	02:44:18	<b>03:43:59.90</b>	<b>03:43:59.90</b>	+01:08:58	6:47	8.8
34	<b>GAŚIOROWSKI Jarosław</b>	<b>6199</b>	ADDED VALUE TEAM	Senior I M - 20	6	00:00:11	00:58:45	01:46:10	02:44:20	<b>03:44:30.65</b>	<b>03:44:30.65</b>	+01:09:29	6:48	8.8
35	<b>KRZYŚKÓW Piotr</b>	<b>6281</b>		Senior II M - 30	15	00:00:07	01:00:53	01:47:03	02:43:44	<b>03:44:36.85</b>	<b>03:44:36.85</b>	+01:09:35	6:48	8.8
36	<b>DYCKOWSKI Łukasz</b>	<b>6524</b>	KARKONOSZ RUNNING TEAM	Senior I M - 20	7	00:00:08	00:57:43	01:42:38	02:38:12	<b>03:44:40.40</b>	<b>03:44:40.40</b>	+01:09:39	6:48	8.8
37	<b>MATENKA Kamil</b>	<b>6197</b>	PACMAN RUNNING TEAM	Senior II M - 30	16	00:00:10	01:05:05	01:52:16	02:46:30	<b>03:45:48.40</b>	<b>03:45:48.40</b>	+01:10:47	6:50	8.8
38	<b>STOŃ Wojciech</b>	<b>6241</b>		Senior II M - 30	17	00:00:10	01:05:05		02:46:12	<b>03:45:49.20</b>	<b>03:45:49.20</b>	+01:10:47	6:50	8.8
39	<b>FRYDLEWICZ Zbigniew</b>	<b>6246</b>		Weteran I M - 50	2	00:00:02	00:57:18	01:44:22	02:40:16	<b>03:46:34.20</b>	<b>03:46:34.20</b>	+01:11:32	6:51	8.7
40	<b>PACEK Tomasz</b>	<b>6370</b>	FIZJOBEGACZE SZCZECIN	Senior II M - 30	18	00:00:10	01:07:06		02:46:28	<b>03:47:16.30</b>	<b>03:47:16.30</b>	+01:12:15	6:53	8.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start				Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	A1 9km	Czernica 14km	D1 24km					
41	<b>KURZYŃSKI Piotr</b>	<b>6036</b>	TEAM BEROTU	Masters M - 40	8	00:00:02	01:00:30	01:45:48	02:41:22	<b>03:48:00.00</b>	<b>03:48:00.00</b>	+01:12:58	6:54	8.7
42	<b>DAUKSZO Maciej</b>	<b>6317</b>		Senior I M - 20	8	00:00:05	01:04:28		02:49:45	<b>03:48:35.45</b>	<b>03:48:35.45</b>	+01:13:34	6:55	8.7
43	<b>GARGAS Ewa</b>	<b>6186</b>	TEAM PRZEDWOJEWSKI	Senior II K - 30	1	00:00:22	01:04:43	01:53:01	02:46:09	<b>03:48:36.15</b>	<b>03:48:36.15</b>	+01:13:34	6:55	8.7
44	<b>VESELÝ Pavel</b>	<b>6546</b>	HSK HORNÍ ROKYTNICE	Weteran I M - 50	3	00:00:04	01:02:47	01:49:12	02:46:55	<b>03:49:08.90</b>	<b>03:49:08.90</b>	+01:14:07	6:56	8.6
45	<b>TOMASIAK Adam</b>	<b>6318</b>	KB HARCOWNIK	Senior I M - 20	9	00:00:03	00:53:56	01:39:01	02:45:28	<b>03:49:26.65</b>	<b>03:49:26.65</b>	+01:14:25	6:57	8.6
46	<b>NOWACZYK Piotr</b>	<b>6227</b>	MERIXSTUDIO RUNNING TEAM	Senior II M - 30	19	00:00:18	01:04:41	01:49:07	02:46:56	<b>03:50:09.30</b>	<b>03:50:09.30</b>	+01:15:08	6:58	8.6
47	<b>SEVCIK Ondrej</b>	<b>6489</b>	SEVCIK.DEV	Senior II M - 30	20	00:00:06	01:04:53	01:49:23	02:51:09	<b>03:50:40.85</b>	<b>03:50:40.85</b>	+01:15:39	6:59	8.6
48	<b>KONRAD Artur</b>	<b>6466</b>	BRACIA TEAM ZAWIERCIE	Masters M - 40	9	00:00:07	01:04:56	01:51:19	02:48:46	<b>03:50:42.80</b>	<b>03:50:42.80</b>	+01:15:41	6:59	8.6
49	<b>CICHOWSKI Wojciech</b>	<b>6238</b>	140MINUT.PL	Senior II M - 30	21	00:00:19	01:00:29	01:48:14	02:46:24	<b>03:51:14.90</b>	<b>03:51:14.90</b>	+01:16:13	7:00	8.6
50	<b>LITKA Krzysztof</b>	<b>6439</b>	PZU SPORT TEAM	Masters M - 40	10	00:00:03	01:01:36	01:47:56	02:44:02	<b>03:52:04.70</b>	<b>03:52:04.70</b>	+01:17:03	7:01	8.5
51	<b>KUBLER Andrzej</b>	<b>6299</b>	MKL SZCZECIN	Masters M - 40	11	00:00:08	01:02:07	01:50:35	02:49:01	<b>03:52:07.90</b>	<b>03:52:07.90</b>	+01:17:06	7:02	8.5
52	<b>KOŁODZIEJ Roman</b>	<b>6296</b>		Masters M - 40	12	00:00:00	01:01:25	01:49:52	02:46:55	<b>03:53:32.85</b>	<b>03:53:32.85</b>	+01:18:31	7:04	8.5
53	<b>WYCHOWANIEC Paweł</b>	<b>6006</b>		Senior II M - 30	22	00:00:16	01:02:16		02:49:37	<b>03:54:06.15</b>	<b>03:54:06.15</b>	+01:19:04	7:05	8.5
54	<b>GESS Mariusz</b>	<b>6085</b>	CZUBY Z GOLENIOWA	Masters M - 40	13	00:00:10	01:05:11	01:54:10	02:52:22	<b>03:54:06.80</b>	<b>03:54:06.80</b>	+01:19:05	7:05	8.5
55	<b>STACHURSKA Ilona</b>	<b>6505</b>	KUGUAR XTREME RUNNERS	Senior II K - 30	2		01:05:09	01:57:05	02:47:31	<b>03:54:38.55</b>	<b>03:54:38.55</b>	+01:19:37	7:06	8.4
56	<b>BIAŁY Adam</b>	<b>6187</b>		Masters M - 40	14	00:00:14	01:05:11	01:52:30	02:50:18	<b>03:54:47.20</b>	<b>03:54:47.20</b>	+01:19:45	7:06	8.4
57	<b>ANUSZ Adam</b>	<b>6431</b>	BECOMEONE	Senior II M - 30	23	00:00:06	00:59:56	01:47:18	02:46:10	<b>03:54:48.95</b>	<b>03:54:48.95</b>	+01:19:47	7:06	8.4
58	<b>LAMEK Andrzej</b>	<b>6357</b>	AKTYWNY OSTRZESZÓW	Weteran I M - 50	4	00:00:41	01:05:49	01:55:10	02:50:40	<b>03:55:28.75</b>	<b>03:55:28.75</b>	+01:20:27	7:08	8.4
59	<b>KLYSZCZ Michał</b>	<b>6074</b>	IZBICKO W BIEGU	Senior I M - 20	10	00:00:44	01:05:34	01:53:14	02:48:32	<b>03:56:20.95</b>	<b>03:56:20.95</b>	+01:21:19	7:09	8.4
60	<b>DUCHNOWSKI Łukasz</b>	<b>6504</b>	RUN TEAM TYGRYSY ORZYSZ	Senior II M - 30	24	00:00:01	00:59:44	01:48:58	02:47:19	<b>03:56:39.90</b>	<b>03:56:39.90</b>	+01:21:38	7:10	8.4
61	<b>ADAMCZYK Emanuela</b>	<b>6500</b>	#BIEGIEMWLAS	Senior I K - 20	3	00:00:09	01:05:09	01:53:18	02:51:59	<b>03:56:43.55</b>	<b>03:56:43.55</b>	+01:21:42	7:10	8.4
62	<b>KAMIŃSKI Piotr</b>	<b>6494</b>	RUN YOUR TRAIL	Senior II M - 30	25	00:00:05	00:59:19	01:45:01	02:44:21	<b>03:57:24.65</b>	<b>03:57:24.65</b>	+01:22:23	7:11	8.3
63	<b>TOMASZKIEWICZ Wojciech</b>	<b>6105</b>	RUN FOREST	Senior II M - 30	26	00:00:07	01:02:27	01:53:12	02:52:28	<b>03:58:51.10</b>	<b>03:58:51.10</b>	+01:23:49	7:14	8.3
64	<b>GUTRAL Magdalena</b>	<b>6049</b>	WKB MARATOŃCZYK WŁOCLAWEK	Masters K - 40	5		01:05:07	01:53:24	02:53:40	<b>03:58:57.80</b>	<b>03:58:57.80</b>	+01:23:56	7:14	8.3

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						Lądek 0.01km	A1 9km	Czernica 14km	D1 24km					
65	<b>WALCZAK Adela</b>	<b>6112</b>	TRAIL IS OUR WAY TEAM	Senior II K - 30	3	00:00:08	01:10:06	02:05:54	02:57:42	<b>03:59:15.60</b>	<b>03:59:15.60</b>	+01:24:14	7:15	8.3
66	<b>SZOSTEK Jakub</b>	<b>6235</b>		Senior I M - 20	11	00:00:44	01:10:10		02:57:45	<b>03:59:27.25</b>	<b>03:59:27.25</b>	+01:24:25	7:15	8.3
67	<b>GRYGIEREK Roman</b>	<b>6060</b>	KLUB BIEGACZA FARTLEK	Masters M - 40	15	00:00:02	01:00:23	01:49:18	02:48:50	<b>04:00:34.30</b>	<b>04:00:34.30</b>	+01:25:33	7:17	8.2
68	<b>ŻBIK Bartosz</b>	<b>6384</b>		Senior II M - 30	27	00:00:15	01:00:54	01:48:49	02:50:20	<b>04:01:04.70</b>	<b>04:01:04.70</b>	+01:26:03	7:18	8.2
69	<b>KAMENSKÝ Zdeněk</b>	<b>6368</b>		Senior I M - 20	12	00:00:12	01:13:25		02:58:57	<b>04:02:39.35</b>	<b>04:02:39.35</b>	+01:27:38	7:21	8.2
70	<b>URBAN Iwona</b>	<b>6418</b>	42K PRO TEAM	Masters K - 40	6	00:00:34	01:10:29	01:59:17	02:56:29	<b>04:02:47.40</b>	<b>04:02:47.40</b>	+01:27:46	7:21	8.2
71	<b>KOWALCZYK Rafał</b>	<b>6338</b>	SIGMA TECHNOLOGY & ENERGY SOLUTIONS	Senior II M - 30	28	00:00:27	01:07:50	01:56:06	02:53:43	<b>04:03:20.35</b>	<b>04:03:20.35</b>	+01:28:19	7:22	8.1
72	<b>BIENIEK-UGNIEWSKA Joanna</b>	<b>6217</b>	SUNFIT STUDIO	Masters K - 40	7	00:00:05	01:08:10	01:58:47	02:59:18	<b>04:05:45.50</b>	<b>04:05:45.50</b>	+01:30:44	7:26	8.1
73	<b>DROBNIK Błażej</b>	<b>6294</b>	OPALENICKI KLUB BIEGACZA	Senior II M - 30	29	00:00:02	01:08:43	02:01:35	03:00:59	<b>04:05:47.80</b>	<b>04:05:47.80</b>	+01:30:46	7:26	8.1
74	<b>JASZCZAK Bogna</b>	<b>6400</b>		Senior I K - 20	4	00:00:15	01:07:56	01:58:19	02:58:49	<b>04:06:47.25</b>	<b>04:06:47.25</b>	+01:31:45	7:28	8
75	<b>WANAT Mateusz</b>	<b>6382</b>	PRZEDWOJEWSKI TEAM	Senior II M - 30	30	00:00:08	01:05:14	01:56:44	02:56:59	<b>04:07:02.65</b>	<b>04:07:02.65</b>	+01:32:01	7:29	8
76	<b>BARCAL Richard</b>	<b>6307</b>	DOS AMIGOS	Masters M - 40	16	00:00:05	01:01:39	01:50:22	02:49:35	<b>04:07:25.55</b>	<b>04:07:25.55</b>	+01:32:24	7:29	8
77	<b>RASZKOWSKI Piotr</b>	<b>6335</b>	ŚLĘZAK TEAM	Senior II M - 30	31	00:00:05	01:10:55		02:53:22	<b>04:08:35.15</b>	<b>04:08:35.15</b>	+01:33:33	7:31	8
78	<b>MICHALAK Rafał</b>	<b>6378</b>		Senior I M - 20	13	00:00:06	01:10:09	01:57:08	03:01:12	<b>04:08:38.80</b>	<b>04:08:38.80</b>	+01:33:37	7:32	8
79	<b>KUDREJ Grzegorz</b>	<b>6465</b>	MOCNA GRUPA CEZARA	Senior II M - 30	32	00:00:21	01:06:35	02:00:45	03:01:34	<b>04:09:31.45</b>	<b>04:09:31.45</b>	+01:34:30	7:33	7.9
80	<b>KRAKOVSKA Michaela</b>	<b>6488</b>	MOLALAPRODUCTION.COM	Senior I K - 20	5	00:00:07	01:08:06	01:59:12	03:00:03	<b>04:09:46.45</b>	<b>04:09:46.45</b>	+01:34:45	7:34	7.9
81	<b>CHODKIEWICZ Tomasz</b>	<b>6403</b>	W2 RUN TEAM	Masters M - 40	17	00:00:03	01:05:16	01:57:46	03:00:31	<b>04:10:13.50</b>	<b>04:10:13.50</b>	+01:35:12	7:34	7.9
82	<b>GÓRECKI Krzysztof</b>	<b>6275</b>		Senior I M - 20	14	00:00:20	01:13:08		03:07:51	<b>04:10:20.75</b>	<b>04:10:20.75</b>	+01:35:19	7:35	7.9
83	<b>SZOSTAK Anna</b>	<b>6277</b>	UKS OLIMPIA ZABRZE	Senior II K - 30	4	00:00:06	01:12:34	02:04:29	03:03:00	<b>04:11:04.70</b>	<b>04:11:04.70</b>	+01:36:03	7:36	7.9
84	<b>GRZYBEK Antoni</b>	<b>6247</b>		Weteran I M - 50	5	00:00:15	01:05:20	01:58:42	03:02:11	<b>04:11:41.55</b>	<b>04:11:41.55</b>	+01:36:40	7:37	7.9
85	<b>MYSZKIEWICZ Paweł</b>	<b>6012</b>	MOCNA GRUPA CEZARA	Senior II M - 30	33	00:00:19	01:11:29	02:02:07	03:04:26	<b>04:11:52.05</b>	<b>04:11:52.05</b>	+01:36:50	7:37	7.9
86	<b>GÓRNA Anita</b>	<b>6312</b>	LPP TEAM	Senior II K - 30	5	00:00:03	01:10:08	02:02:55	03:08:17	<b>04:12:01.80</b>	<b>04:12:01.80</b>	+01:37:00	7:38	7.9
87	<b>STELMACH Piotr</b>	<b>6506</b>	RK ATHLETICS	Masters M - 40	18	00:00:06	01:10:23	02:05:29	03:05:57	<b>04:12:25.75</b>	<b>04:12:25.75</b>	+01:37:24	7:38	7.8
88	<b>KANIA Marian</b>	<b>6534</b>	LEDWOZIPIA	Masters M - 40	19	00:00:08	01:08:12		03:05:24	<b>04:13:00.80</b>	<b>04:13:00.80</b>	+01:37:59	7:40	7.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start				Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	A1 9km	Czernica 14km	D1 24km					
89	<b>BUĆKO Marcin</b>	<b>6411</b>	KLUB BIEGACZA FARTLEK	Masters M - 40	20	00:00:03	01:05:15	01:58:24	03:04:20	<b>04:13:07.50</b>	<b>04:13:07.50</b>	+01:38:06	7:40	7.8
90	<b>ŻYCHSKA Anna</b>	<b>6512</b>		Senior II K - 30	6	00:00:08	01:05:35	01:57:12	03:01:19	<b>04:13:29.15</b>	<b>04:13:29.15</b>	+01:38:27	7:40	7.8
91	<b>SAJ Jakub</b>	<b>6362</b>	DRUŻYNA Ż	Senior II M - 30	34	00:00:12	01:06:00	01:58:32	02:59:48	<b>04:13:34.65</b>	<b>04:13:34.65</b>	+01:38:33	7:41	7.8
92	<b>BIAŁA Weronika</b>	<b>6268</b>		Senior II K - 30	7	00:00:22	01:10:25	02:03:54	03:04:41	<b>04:14:22.95</b>	<b>04:14:22.95</b>	+01:39:21	7:42	7.8
93	<b>PACIOREK Ewa</b>	<b>6445</b>	KOBIETA BIEGA	Senior II K - 30	8		01:09:35	02:03:43	03:07:01	<b>04:14:25.20</b>	<b>04:14:25.20</b>	+01:39:23	7:42	7.8
94	<b>SENTYSZ Robert</b>	<b>6495</b>	SENLABS.PL	Masters M - 40	21	00:00:03	01:13:49	02:00:50	03:10:09	<b>04:14:57.65</b>	<b>04:14:57.65</b>	+01:39:56	7:43	7.8
95	<b>KOSZAREK Maciej</b>	<b>6308</b>		Weteran I M - 50	6	00:00:21	01:08:08	02:02:41	03:05:29	<b>04:15:00.85</b>	<b>04:15:00.85</b>	+01:39:59	7:43	7.8
96	<b>KURKA Adam</b>	<b>6266</b>		Masters M - 40	22	00:00:17	01:06:31	01:55:02	02:51:33	<b>04:15:22.25</b>	<b>04:15:22.25</b>	+01:40:20	7:44	7.8
97	<b>DUBOWICZ Maciej</b>	<b>6347</b>	TRITON KONIN	Senior I M - 20	15	00:00:32	01:12:38	02:06:16	03:09:17	<b>04:15:32.05</b>	<b>04:15:32.05</b>	+01:40:30	7:44	7.7
98	<b>PLEWA Katarzyna</b>	<b>6204</b>		Senior II K - 30	9	00:00:08	01:07:53	02:01:24	03:05:19	<b>04:15:46.90</b>	<b>04:15:46.90</b>	+01:40:45	7:45	7.7
99	<b>FRYCA Karolina</b>	<b>6530</b>		Senior II K - 30	10	00:00:05	01:10:46	02:04:54	03:09:43	<b>04:16:56.50</b>	<b>04:16:56.50</b>	+01:41:55	7:47	7.7
100	<b>ZĄBEK Łukasz</b>	<b>6289</b>	140MINUT.PL	Masters M - 40	23	00:00:05	01:05:19	02:02:32	03:06:00	<b>04:17:06.30</b>	<b>04:17:06.30</b>	+01:42:05	7:47	7.7
101	<b>TOMCZAK Dariusz</b>	<b>6487</b>		Senior II M - 30	35	00:00:16	01:13:07	02:05:46	03:08:49	<b>04:17:36.55</b>	<b>04:17:36.55</b>	+01:42:35	7:48	7.7
102	<b>JACHIRA Patryk</b>	<b>6464</b>	STAJNIAKTEAM	Senior II M - 30	36		01:17:15	02:12:59	03:14:25	<b>04:17:51.60</b>	<b>04:17:51.60</b>	+01:42:50	7:48	7.7
103	<b>WALAS Andrzej</b>	<b>6265</b>	PRO-RUN WROCŁAW	Senior I M - 20	16	00:00:19	01:08:46	01:59:40	03:00:06	<b>04:18:33.90</b>	<b>04:18:33.90</b>	+01:43:32	7:50	7.7
104	<b>WINNIK Ela</b>	<b>6295</b>		Senior II K - 30	11	00:00:09	01:10:56	02:03:00	03:08:54	<b>04:19:11.30</b>	<b>04:19:11.30</b>	+01:44:10	7:51	7.6
105	<b>GMYREK Jacek</b>	<b>6178</b>		Masters M - 40	24	00:00:10	01:10:56		03:08:55	<b>04:19:11.35</b>	<b>04:19:11.35</b>	+01:44:10	7:51	7.6
106	<b>DEL BOSQUE Jorge</b>	<b>6334</b>		Senior I M - 20	17	00:00:05	01:13:15	02:03:29	03:11:11	<b>04:19:37.20</b>	<b>04:19:37.20</b>	+01:44:35	7:52	7.6
107	<b>AUGUSTYNIAK Małgorzata</b>	<b>6517</b>		Masters K - 40	8	00:00:05	01:10:05	02:04:24	03:08:33	<b>04:21:08.00</b>	<b>04:21:08.00</b>	+01:46:06	7:54	7.6
108	<b>BUDYCH Arek</b>	<b>6509</b>		Masters M - 40	25	00:00:42	01:14:59	02:08:38	03:11:50	<b>04:21:22.30</b>	<b>04:21:22.30</b>	+01:46:21	7:55	7.6
109	<b>ANDRZEJEWSKI Dominik</b>	<b>6280</b>	KB GEPARD MUROWANA GOŚLINA	Senior II M - 30	37	00:00:38	01:11:25		03:08:37	<b>04:21:41.05</b>	<b>04:21:41.05</b>	+01:46:39	7:55	7.6
110	<b>RUDOLFOVÁ Tereza</b>	<b>6458</b>	TEAM BLACK HILL/ LAWI /MONTURA	Senior II K - 30	12	00:00:02	01:40:32	02:26:41	03:23:08	<b>04:21:54.25</b>	<b>04:21:54.25</b>	+01:46:52	7:56	7.6
111	<b>LEHMANN Monika</b>	<b>6016</b>		Senior I K - 20	6	00:00:09	01:10:30	02:03:18	03:09:54	<b>04:22:41.45</b>	<b>04:22:41.45</b>	+01:47:40	7:57	7.5
112	<b>DEMUSZ Natalia</b>	<b>6122</b>		Senior II K - 30	13	00:01:06	01:14:30		03:11:56	<b>04:23:11.85</b>	<b>04:23:11.85</b>	+01:48:10	7:58	7.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start				Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	A1 9km	Czernica 14km	D1 24km					
113	<b>KRZEMIŃSKI Marcin</b>	<b>6452</b>		Masters M - 40	26	00:00:04	01:03:53	01:57:21	03:18:04	<b>04:23:40.20</b>	<b>04:23:40.20</b>	+01:48:38	7:59	7.5
114	<b>WÓJCIK Karolina</b>	<b>6523</b>		Senior II K - 30	14	00:00:08	01:12:49	02:08:19	03:11:58	<b>04:23:40.50</b>	<b>04:23:40.50</b>	+01:48:39	7:59	7.5
115	<b>KOSIERADZKI Łukasz</b>	<b>6351</b>		Senior II M - 30	38	00:00:06	01:12:03	02:06:57	03:14:10	<b>04:24:07.80</b>	<b>04:24:07.80</b>	+01:49:06	8:00	7.5
116	<b>TOMCZYK Rafał</b>	<b>6078</b>	PODDĘBICKI KLUB BIEGACZA ZDYSZANI.PL	Senior II M - 30	39	00:00:10	01:10:21	02:02:12	03:10:39	<b>04:24:15.90</b>	<b>04:24:15.90</b>	+01:49:14	8:00	7.5
117	<b>WOJTASIK Łukasz</b>	<b>6056</b>	AKTYWNY OSTRZESZÓW	Masters M - 40	27	00:00:10	01:10:07	02:06:32	03:12:12	<b>04:25:13.75</b>	<b>04:25:13.75</b>	+01:50:12	8:02	7.5
118	<b>BŁASZCZAK Marek</b>	<b>6154</b>	MOCNA GRUPA CEZARA	Senior II M - 30	40	00:00:19	01:09:44	02:04:16	03:12:33	<b>04:25:36.30</b>	<b>04:25:36.30</b>	+01:50:35	8:02	7.5
119	<b>KŁODA Dariusz</b>	<b>6084</b>	DRUŻYNA SZPIKU	Masters M - 40	28	00:00:20	01:11:57	02:06:02	03:10:28	<b>04:26:05.35</b>	<b>04:26:05.35</b>	+01:51:04	8:03	7.4
120	<b>MORCINEK Marcin</b>	<b>6529</b>	BLUSZCZA	Masters M - 40	29	00:00:26	01:09:48	02:04:47	03:13:33	<b>04:26:19.25</b>	<b>04:26:19.25</b>	+01:51:17	8:04	7.4
121	<b>RUTKOWSKI Jakub</b>	<b>6260</b>		Senior II M - 30	41	00:00:12	01:08:23	02:04:10	03:12:19	<b>04:26:26.20</b>	<b>04:26:26.20</b>	+01:51:24	8:04	7.4
122	<b>SZCZEPANIK Łukasz</b>	<b>6459</b>	MOCNA GRUPA CEZARA	Masters M - 40	30	00:00:51	01:13:52	02:08:03	03:16:02	<b>04:26:29.95</b>	<b>04:26:29.95</b>	+01:51:28	8:04	7.4
123	<b>HARASIMOWICZ Sławek</b>	<b>6065</b>	GOLENIÓW	Masters M - 40	31	00:00:38	01:16:59	02:12:31	03:15:37	<b>04:26:38.95</b>	<b>04:26:38.95</b>	+01:51:37	8:04	7.4
124	<b>TEKIELI Jerzy</b>	<b>6035</b>	TEKIELI FAMILY	Masters M - 40	32	00:00:56	01:14:15	02:05:08	03:09:20	<b>04:27:35.55</b>	<b>04:27:35.55</b>	+01:52:34	8:06	7.4
125	<b>CZYŻ Leszek</b>	<b>6108</b>	FANTASTIC TEAM	Masters M - 40	33	00:00:47	01:15:45		03:15:46	<b>04:27:46.20</b>	<b>04:27:46.20</b>	+01:52:44	8:06	7.4
126	<b>KOLAWA Piotr</b>	<b>6083</b>	TRENUJZNAMI.PL	Masters M - 40	34	00:00:35	01:13:32	02:08:34	03:14:54	<b>04:27:58.70</b>	<b>04:27:58.70</b>	+01:52:57	8:07	7.4
127	<b>ŚPIEWAK Radosław</b>	<b>6148</b>		Masters M - 40	35	00:00:29	01:16:55	02:10:56	03:15:11	<b>04:28:58.15</b>	<b>04:28:58.15</b>	+01:53:56	8:09	7.4
128	<b>FRERIKS Jeroen</b>	<b>6373</b>	LEIDEN ATLETIEK	Senior II M - 30	42	00:00:48	01:24:17	02:16:27	03:21:40	<b>04:29:27.55</b>	<b>04:29:27.55</b>	+01:54:26	8:09	7.3
129	<b>HLAVÁČOVÁ Eva</b>	<b>6490</b>		Masters K - 40	9	00:00:13	01:10:44	02:05:24	03:12:47	<b>04:29:32.55</b>	<b>04:29:32.55</b>	+01:54:31	8:10	7.3
130	<b>KUREK Tomasz</b>	<b>6348</b>	OPALENICKI KLUB BIEGACZA	Masters M - 40	36	00:00:02	01:14:47		03:17:11	<b>04:30:48.55</b>	<b>04:30:48.55</b>	+01:55:47	8:12	7.3
131	<b>SZCZESZEK Arkadiusz</b>	<b>6133</b>		Masters M - 40	37	00:00:16	01:10:45	02:06:38	03:15:55	<b>04:30:51.75</b>	<b>04:30:51.75</b>	+01:55:50	8:12	7.3
132	<b>BUCZAK Jakub</b>	<b>6001</b>		Senior II M - 30	43	00:00:01	01:13:50	02:08:56	03:17:25	<b>04:30:57.85</b>	<b>04:30:57.85</b>	+01:55:56	8:12	7.3
133	<b>KSIĄŻKIEWICZ Bartłomiej</b>	<b>6438</b>	ROCKY BALBOA	Masters M - 40	38	00:00:03	01:03:55	01:57:16	03:18:05	<b>04:31:07.95</b>	<b>04:31:07.95</b>	+01:56:06	8:12	7.3
134	<b>JANOSZ Paweł</b>	<b>6185</b>		Senior I M - 20	18	00:00:17	01:11:34	02:06:10	03:18:07	<b>04:31:54.85</b>	<b>04:31:54.85</b>	+01:56:53	8:14	7.3
135	<b>CICHY Krzysztof</b>	<b>6326</b>	GÓRAL Z MAZUR RUNNING TEAM	Weteran I M - 50	7	00:00:22	01:15:03	02:11:31	03:23:43	<b>04:31:55.75</b>	<b>04:31:55.75</b>	+01:56:54	8:14	7.3
136	<b>MAJCHER Marcin</b>	<b>6497</b>	4T	Masters M - 40	39	00:00:18	01:07:54	01:59:24	03:13:08	<b>04:32:43.60</b>	<b>04:32:43.60</b>	+01:57:42	8:15	7.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start				Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	A1 9km	Czernica 14km	D1 24km					
137	<b>SAWICKI Bartosz</b>	<b>6158</b>	DZIKIE DZIKI GORZÓW	Senior II M - 30	44	00:00:10	01:12:12	02:08:15	03:19:40	<b>04:33:34.05</b>	<b>04:33:34.05</b>	+01:58:32	8:17	7.2
138	<b>GONTKO Łukasz</b>	<b>6417</b>		Masters M - 40	40	00:00:46	01:19:11	02:12:06	03:23:06	<b>04:33:56.15</b>	<b>04:33:56.15</b>	+01:58:54	8:18	7.2
139	<b>WOJCIESZYŃSKI Tomasz</b>	<b>6409</b>	BBL GORZÓW	Masters M - 40	41	00:00:10	01:12:12	02:08:23	03:19:41	<b>04:34:03.80</b>	<b>04:34:03.80</b>	+01:59:02	8:18	7.2
140	<b>KRAWCZYK Robert</b>	<b>6125</b>		Senior II M - 30	45	00:00:12	01:13:23	02:07:51	03:16:54	<b>04:34:06.40</b>	<b>04:34:06.40</b>	+01:59:05	8:18	7.2
141	<b>GAJDA Michał</b>	<b>6221</b>		Senior II M - 30	46	00:00:21	01:24:27	02:24:50	03:27:02	<b>04:34:35.65</b>	<b>04:34:35.65</b>	+01:59:34	8:19	7.2
142	<b>CAKAŁA Zuzanna</b>	<b>6301</b>	ZAŁOGA GÓRSKA	Senior II K - 30	15	00:01:03	01:07:58	01:56:48	03:20:15	<b>04:34:42.00</b>	<b>04:34:42.00</b>	+01:59:40	8:19	7.2
143	<b>PYZIK Ewa</b>	<b>6390</b>	MATNER RUNNING TEAM	Masters K - 40	10	00:01:05	01:22:32		03:26:42	<b>04:34:47.25</b>	<b>04:34:47.25</b>	+01:59:45	8:19	7.2
144	<b>DOMBROVSKIS Juris</b>	<b>6425</b>	SUPERVAROŃI	Masters M - 40	42	00:00:46	01:17:18	02:12:18	03:22:08	<b>04:35:02.85</b>	<b>04:35:02.85</b>	+02:00:01	8:20	7.2
145	<b>JÓZWIAK Radosław</b>	<b>6203</b>	ŻARY RUNNERS TEAM	Masters M - 40	43	00:00:36	01:15:54	02:09:30	03:18:50	<b>04:35:15.00</b>	<b>04:35:15.00</b>	+02:00:13	8:20	7.2
146	<b>MAŁKOWSKI Tomasz</b>	<b>6371</b>	GRUPA BIEGOWA 65	Weteran I M - 50	8	00:00:23	01:11:36	02:05:51	03:14:25	<b>04:35:35.45</b>	<b>04:35:35.45</b>	+02:00:34	8:21	7.2
147	<b>ZUGAJ Robert</b>	<b>6433</b>		Masters M - 40	44	00:00:15	01:12:43	02:11:58	03:20:20	<b>04:35:37.20</b>	<b>04:35:37.20</b>	+02:00:35	8:21	7.2
148	<b>SZALENIEC Joanna</b>	<b>6053</b>	RUNNERS TEAM NYSA	Masters K - 40	11	00:00:31	01:20:28	02:21:52	03:29:16	<b>04:35:41.15</b>	<b>04:35:41.15</b>	+02:00:39	8:21	7.2
149	<b>SZALENIEC Marcin</b>	<b>6054</b>	RUNNERS TEAM NYSA	Masters M - 40	45	00:00:33	01:20:27	02:21:49	03:29:14	<b>04:35:41.90</b>	<b>04:35:41.90</b>	+02:00:40	8:21	7.2
150	<b>GUZIK Joanna</b>	<b>6207</b>	NKB CHYŻY NOWY TOMYŚL	Senior II K - 30	16	00:00:01	01:10:36	02:09:01	03:22:40	<b>04:37:22.35</b>	<b>04:37:22.35</b>	+02:02:21	8:24	7.1
151	<b>GUZIK Bartosz</b>	<b>6206</b>	NKB CHYŻY NOWY TOMYŚL	Masters M - 40	46	00:00:02	01:13:09	02:09:05	03:22:40	<b>04:37:23.45</b>	<b>04:37:23.45</b>	+02:02:22	8:24	7.1
152	<b>JAKUSZEK Krzysztof</b>	<b>6184</b>	CEGIELNIA PIASKI	Masters M - 40	47	00:00:25	01:17:40	02:13:42	03:21:50	<b>04:37:55.85</b>	<b>04:37:55.85</b>	+02:02:54	8:25	7.1
153	<b>JAKUSZEK Paweł</b>	<b>6176</b>	PGB SPORTOWA PACZKA	Masters M - 40	48	00:00:26	01:17:40	02:13:37	03:21:56	<b>04:37:56.10</b>	<b>04:37:56.10</b>	+02:02:54	8:25	7.1
154	<b>TUREK Marcin</b>	<b>6414</b>	KĘSY TEAM	Senior II M - 30	47	00:00:14	01:17:39	02:13:54	03:23:03	<b>04:38:01.45</b>	<b>04:38:01.45</b>	+02:03:00	8:25	7.1
155	<b>GŁADECKI Sebastian</b>	<b>6416</b>	KĘSY TEAM	Masters M - 40	49	00:00:14	01:17:37	02:13:58	03:23:10	<b>04:38:01.60</b>	<b>04:38:01.60</b>	+02:03:00	8:25	7.1
156	<b>ŁOBOS Mariusz</b>	<b>6075</b>		Weteran I M - 50	9	00:00:24	01:18:56	02:15:56	03:26:27	<b>04:38:14.45</b>	<b>04:38:14.45</b>	+02:03:13	8:25	7.1
157	<b>DUDA Monika</b>	<b>6484</b>	RAZ SZCZECIN	Masters K - 40	12	00:00:10	01:12:47	02:10:50	03:21:36	<b>04:38:22.25</b>	<b>04:38:22.25</b>	+02:03:20	8:26	7.1
158	<b>LISIAK Bartosz</b>	<b>6298</b>	KB GEPARD MUROWANA GOŚLINA	Senior II M - 30	48	00:00:34	01:18:47	02:14:16	03:19:44	<b>04:38:23.25</b>	<b>04:38:23.25</b>	+02:03:21	8:26	7.1
159	<b>KRUPIŃSKA Andżelika</b>	<b>6189</b>	AKTYWNI RAZEM/ BIEGAJĄCE KREJZOLE	Senior II K - 30	17	00:00:17	01:13:39	02:12:11	03:22:05	<b>04:38:25.20</b>	<b>04:38:25.20</b>	+02:03:23	8:26	7.1
160	<b>KACZMAREK Filip</b>	<b>6391</b>		Senior I M - 20	19	00:00:07	01:11:00	02:04:50	03:16:00	<b>04:38:55.65</b>	<b>04:38:55.65</b>	+02:03:54	8:27	7.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start				Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
						Łądek 0.01km	A1 9km	Czernica 14km	D1 24km					
161	<b>DĄBKIEWICZ Dominika</b>	<b>6121</b>	NIGHT RUNNERS	Masters K - 40	13	00:00:53	01:19:10		03:26:26	<b>04:40:24.95</b>	<b>04:40:24.95</b>	+02:05:23	8:29	7.1
162	<b>KARPIŃSKA Barbara</b>	<b>6383</b>	RUNNERS TEAM NYSA	Senior II K - 30	18	00:00:30	01:19:32		03:26:13	<b>04:40:32.05</b>	<b>04:40:32.05</b>	+02:05:30	8:30	7.1
163	<b>MAJKA Jarek</b>	<b>6109</b>	SYNANDOJCIEC	Masters M - 40	50	00:00:27	01:12:41	02:08:52	03:20:00	<b>04:40:57.40</b>	<b>04:40:57.40</b>	+02:05:56	8:30	7
164	<b>NOWAK Tomasz</b>	<b>6152</b>	BW BIEGACZE WYMIATACZE	Senior II M - 30	49	00:00:57	01:22:55	02:21:32	03:33:22	<b>04:41:38.05</b>	<b>04:41:38.05</b>	+02:06:36	8:32	7
165	<b>MAKAREWICZ Wiktor</b>	<b>6276</b>	KUDŁATE MAKARONY	Senior II M - 30	50	00:01:05	01:23:38		03:28:05	<b>04:41:48.65</b>	<b>04:41:48.65</b>	+02:06:47	8:32	7
166	<b>TYL Radosław</b>	<b>6009</b>		Masters M - 40	51	00:00:41	01:15:12	02:10:32	03:21:05	<b>04:42:32.75</b>	<b>04:42:32.75</b>	+02:07:31	8:33	7
167	<b>GAWRON Tomasz</b>	<b>6223</b>		Masters M - 40	52	00:00:17	01:14:38	02:07:58	03:14:38	<b>04:43:04.35</b>	<b>04:43:04.35</b>	+02:08:03	8:34	7
168	<b>GUZERA Tomasz</b>	<b>6244</b>		Senior II M - 30	51	00:01:08	01:17:02	02:11:39	03:27:19	<b>04:43:25.90</b>	<b>04:43:25.90</b>	+02:08:24	8:35	7
169	<b>WALCZAK Piotr</b>	<b>6072</b>		Masters M - 40	53	00:00:56	01:12:39	02:07:45	03:21:29	<b>04:43:30.85</b>	<b>04:43:30.85</b>	+02:08:29	8:35	7
170	<b>WOJCIECHOWSKA-HRYCYK Agata</b>	<b>6519</b>		Weteran K - 50	1	00:00:07	01:15:07	02:12:02	03:23:19	<b>04:44:37.15</b>	<b>04:44:37.15</b>	+02:09:35	8:37	7
171	<b>FILUT Łukasz</b>	<b>6349</b>		Masters M - 40	54	00:00:59	01:14:55	02:11:07	03:20:47	<b>04:44:40.85</b>	<b>04:44:40.85</b>	+02:09:39	8:37	7
172	<b>WAŚ Bartłomiej</b>	<b>6454</b>	STG WARSZAWA	Senior II M - 30	52	00:00:14	01:14:06	02:16:16	03:24:46	<b>04:47:34.25</b>	<b>04:47:34.25</b>	+02:12:32	8:42	6.9
173	<b>MIĄSKO Wojciech</b>	<b>6222</b>	12TRI.PL	Weteran I M - 50	10	00:00:45	01:16:15	02:15:14	03:25:52	<b>04:47:47.45</b>	<b>04:47:47.45</b>	+02:12:46	8:43	6.9
174	<b>BIEDA Bernard</b>	<b>6406</b>	BUDIPOP	Senior II M - 30	53	00:02:07	01:27:55	02:26:53	03:37:25	<b>04:47:51.80</b>	<b>04:47:51.80</b>	+02:12:50	8:43	6.9
175	<b>TORZEWSKI Przemysław</b>	<b>6475</b>		Senior II M - 30	54	00:00:30	01:25:59	02:25:23	03:32:44	<b>04:47:52.45</b>	<b>04:47:52.45</b>	+02:12:51	8:43	6.9
176	<b>PITEK Tomasz</b>	<b>6413</b>	42K PRO TEAM	Masters M - 40	55	00:00:36	01:17:36		03:30:28	<b>04:49:00.25</b>	<b>04:49:00.25</b>	+02:13:58	8:45	6.9
177	<b>HRYCAJ Mariusz</b>	<b>6059</b>	REBELLION OF FREE RUNERS	Masters M - 40	56	00:00:06	01:15:16		03:30:23	<b>04:49:38.35</b>	<b>04:49:38.35</b>	+02:14:37	8:46	6.8
178	<b>STĘPNOWSKI Jakub</b>	<b>6420</b>	UPACJENTA.PL	Senior II M - 30	55	00:01:17	01:27:41	02:23:59	03:30:20	<b>04:49:50.65</b>	<b>04:49:50.65</b>	+02:14:49	8:46	6.8
179	<b>TECZA Robert</b>	<b>6405</b>		Weteran I M - 50	11	00:00:12	01:14:19	02:11:01	03:26:20	<b>04:50:38.55</b>	<b>04:50:38.55</b>	+02:15:37	8:48	6.8
180	<b>GRACZ Krzysztof</b>	<b>6455</b>		Masters M - 40	57	00:00:29	01:14:52	02:13:06	03:26:25	<b>04:51:01.20</b>	<b>04:51:01.20</b>	+02:15:59	8:49	6.8
181	<b>WIŚNIEWSKI Mariusz</b>	<b>6432</b>		Masters M - 40	58	00:00:13	01:16:49	02:19:32	03:32:47	<b>04:51:03.60</b>	<b>04:51:03.60</b>	+02:16:02	8:49	6.8
182	<b>TOMAKA Maciej</b>	<b>6476</b>	TEAM KURORT ŁĄDEK-ZDRÓJ	Senior II M - 30	56	00:00:50	01:20:04	02:25:39	03:44:58	<b>04:51:29.00</b>	<b>04:51:29.00</b>	+02:16:27	8:49	6.8
183	<b>KABAŁA Bartosz</b>	<b>6002</b>	#BIEGIEMWLAS	Senior I M - 20	20	00:00:43	01:18:45		03:29:02	<b>04:51:37.95</b>	<b>04:51:37.95</b>	+02:16:36	8:50	6.8
184	<b>SZOFER Adam</b>	<b>6245</b>	NKB CHYŻY NOWY TOMYŚL	Senior II M - 30	57	00:01:01	01:29:46	02:26:12	03:36:29	<b>04:51:41.10</b>	<b>04:51:41.10</b>	+02:16:39	8:50	6.8



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek				Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
						0.01km	A1 9km	Czernica 14km	D1 24km					
185	<b>KĘPIŃSKI Marek</b>	<b>6305</b>		Weteran I M - 50	12	00:00:53	01:23:37		03:35:37	<b>04:51:44.40</b>	<b>04:51:44.40</b>	+02:16:43	8:50	6.8
186	<b>TRZPIOLA Tycjan</b>	<b>6013</b>	KURACJUSZE	Senior II M - 30	58	00:00:21	01:16:11	02:17:30	03:32:56	<b>04:51:44.90</b>	<b>04:51:44.90</b>	+02:16:43	8:50	6.8
187	<b>GAWROŃSKI Sebastian</b>	<b>6386</b>		Masters M - 40	59	00:00:51	01:21:45		03:32:12	<b>04:52:06.30</b>	<b>04:52:06.30</b>	+02:17:05	8:51	6.8
188	<b>CEITEL Maciej</b>	<b>6028</b>		Masters M - 40	60	00:00:58	01:28:12	02:27:23	03:38:08	<b>04:52:39.10</b>	<b>04:52:39.10</b>	+02:17:37	8:52	6.8
189	<b>ZAŃKO Łukasz</b>	<b>6286</b>	EXPLORADOR	Masters M - 40	61	00:00:35	01:29:22		03:37:52	<b>04:53:15.55</b>	<b>04:53:15.55</b>	+02:18:14	8:53	6.8
190	<b>SZACH Andrzej</b>	<b>6485</b>	22KBPG	Masters M - 40	62	00:00:14	01:13:29	02:19:09	03:35:06	<b>04:53:17.50</b>	<b>04:53:17.50</b>	+02:18:16	8:53	6.8
191	<b>CHOJNACKI Mikołaj</b>	<b>6319</b>	WARSAW RUN CLUB	Masters M - 40	63	00:01:10	01:22:17		03:39:43	<b>04:53:36.15</b>	<b>04:53:36.15</b>	+02:18:34	8:53	6.7
192	<b>BUDZIAK Michał</b>	<b>6415</b>		Senior II M - 30	59	00:00:04	01:13:19	02:11:19	03:30:54	<b>04:53:37.50</b>	<b>04:53:37.50</b>	+02:18:36	8:53	6.7
193	<b>DUPLAGA Dawid</b>	<b>6462</b>		Senior I M - 20	21	00:00:47	01:08:16	02:04:40	03:22:08	<b>04:53:48.25</b>	<b>04:53:48.25</b>	+02:18:46	8:54	6.7
194	<b>CHILIMONIUK Mariusz</b>	<b>6240</b>		Masters M - 40	64	00:01:03	01:28:32	02:28:50	03:41:03	<b>04:54:52.85</b>	<b>04:54:52.85</b>	+02:19:51	8:56	6.7
195	<b>PAPAJ Jakub</b>	<b>6340</b>		Senior II M - 30	60	00:00:09	01:10:50	02:09:25	03:31:54	<b>04:55:06.00</b>	<b>04:55:06.00</b>	+02:20:04	8:56	6.7
196	<b>OLEJNIK Wojciech</b>	<b>6322</b>	TRIGYM SZCZECIN	Senior I M - 20	22	00:01:04	01:19:03	02:13:49	03:27:53	<b>04:55:14.15</b>	<b>04:55:14.15</b>	+02:20:12	8:56	6.7
197	<b>ZDAŃSKI Paweł</b>	<b>6180</b>		Senior II M - 30	61	00:00:22	01:17:49		03:35:50	<b>04:55:23.90</b>	<b>04:55:23.90</b>	+02:20:22	8:57	6.7
198	<b>REPCZYŃSKI Mateusz Repczyński</b>	<b>6015</b>		Senior I M - 20	23	00:00:01	01:13:51	02:13:26	03:29:35	<b>04:56:09.55</b>	<b>04:56:09.55</b>	+02:21:08	8:58	6.7
199	<b>SYNOWIEC Katarzyna</b>	<b>6447</b>		Senior I K - 20	7	00:00:47	01:29:55	02:29:47	03:42:38	<b>04:56:37.15</b>	<b>04:56:37.15</b>	+02:21:35	8:59	6.7
200	<b>LISEK Janusz</b>	<b>6066</b>	TEAM BEROTU	Masters M - 40	65	00:00:25	01:13:04	02:09:08	03:27:55	<b>04:56:45.50</b>	<b>04:56:45.50</b>	+02:21:44	8:59	6.7
201	<b>MATUSZCZYK Paweł</b>	<b>6479</b>		Masters M - 40	66	00:00:24	01:16:06	02:16:21	03:39:10	<b>04:57:00.60</b>	<b>04:57:00.60</b>	+02:21:59	9:00	6.7
202	<b>KAWA Hubert</b>	<b>6208</b>	NKB CHYŻY NOWY TOMYŚL	Senior II M - 30	62	00:00:02	01:17:15	02:17:36	03:33:12	<b>04:57:06.10</b>	<b>04:57:06.10</b>	+02:22:04	9:00	6.7
203	<b>ZAWADZIŃSKI Maciej</b>	<b>6209</b>	NKB CHYŻY NOWY TOMYŚL	Masters M - 40	67	00:00:02	01:15:55		03:33:10	<b>04:57:06.25</b>	<b>04:57:06.25</b>	+02:22:04	9:00	6.7
204	<b>KONSEK Jacek</b>	<b>6048</b>		Senior II M - 30	63	00:00:04	01:18:12		03:37:53	<b>04:57:30.15</b>	<b>04:57:30.15</b>	+02:22:28	9:00	6.7
205	<b>GRACZYK Mateusz</b>	<b>6424</b>		Senior I M - 20	24	00:01:16	01:24:28	02:23:29	03:38:29	<b>04:58:22.55</b>	<b>04:58:22.55</b>	+02:23:21	9:02	6.6
206	<b>URBAŃCZYK Mateusz</b>	<b>6337</b>	KW SAKWA	Senior I M - 20	25	00:01:12	01:27:22	02:26:08	03:40:03	<b>04:58:28.05</b>	<b>04:58:28.05</b>	+02:23:26	9:02	6.6
207	<b>DENYSENKO Lech</b>	<b>6027</b>	BDB TEAM KATOWICE	Weteran II M - 60	1	00:00:32	01:23:50	02:22:34	03:35:31	<b>04:58:43.15</b>	<b>04:58:43.15</b>	+02:23:41	9:03	6.6
208	<b>MIKRUT Paweł</b>	<b>6538</b>		Masters M - 40	68	00:00:42	01:24:36	02:25:36	03:41:19	<b>04:58:45.65</b>	<b>04:58:45.65</b>	+02:23:44	9:03	6.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start				Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	A1 9km	Czernica 14km	D1 24km					
209	<b>WALKOWIAK Dominika</b>	<b>6381</b>	#BIEGAJLESZNO	Senior II K - 30	19	00:00:56	01:26:55		03:39:22	<b>04:58:56.75</b>	<b>04:58:56.75</b>	+02:23:55	9:03	6.6
210	<b>MOKRZYŃSKI Marcin</b>	<b>6421</b>	KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA	Masters M - 40	69	00:00:50	01:20:04	02:26:03	03:44:59	<b>04:59:00.25</b>	<b>04:59:00.25</b>	+02:23:58	9:03	6.6
211	<b>HATAJSKI Wojciech</b>	<b>6470</b>	EKIPA JTM	Senior II M - 30	64	00:00:24	01:18:55		03:42:40	<b>04:59:00.45</b>	<b>04:59:00.45</b>	+02:23:59	9:03	6.6
212	<b>OLEŃCZUK Tomasz</b>	<b>6030</b>	TT SZCZECIN	Masters M - 40	70	00:00:45	01:30:29		03:43:56	<b>04:59:06.45</b>	<b>04:59:06.45</b>	+02:24:05	9:03	6.6
213	<b>KOWALCZYK Marcin</b>	<b>6293</b>		Senior II M - 30	65	00:01:00	01:26:23	02:23:00	03:41:32	<b>04:59:46.05</b>	<b>04:59:46.05</b>	+02:24:44	9:05	6.6
214	<b>DROŻYŃSKA Iwona</b>	<b>6094</b>	LUCEK PAZUR TEAM	Senior II K - 30	20	00:00:44	01:25:18		03:47:21	<b>04:59:50.30</b>	<b>04:59:50.30</b>	+02:24:49	9:05	6.6
215	<b>ŁATWIŃSKI Mateusz</b>	<b>6161</b>	MOCNA GRUPA CEZARA	Senior I M - 20	26	00:00:20	01:18:02	02:22:00	03:40:18	<b>04:59:50.80</b>	<b>04:59:50.80</b>	+02:24:49	9:05	6.6
216	<b>JOPA Maciej</b>	<b>6226</b>		Senior II M - 30	66	00:00:26	01:16:17	02:15:53	03:36:37	<b>04:59:50.90</b>	<b>04:59:50.90</b>	+02:24:49	9:05	6.6
217	<b>KOROSTYŃSKI Damian</b>	<b>6392</b>		Masters M - 40	71	00:00:51	01:18:23	02:17:10	03:30:21	<b>05:00:23.75</b>	<b>05:00:23.75</b>	+02:25:22	9:06	6.6
218	<b>CHMIELOWIEC Norbert</b>	<b>6514</b>		Senior II M - 30	67	00:00:26	01:18:26	02:23:13	03:43:00	<b>05:00:53.95</b>	<b>05:00:53.95</b>	+02:25:52	9:07	6.6
219	<b>MIEDZIŃSKI Michał</b>	<b>6314</b>	JKS SALAMANDRA	Senior II M - 30	68	00:00:26	01:16:15	02:25:07	03:41:08	<b>05:01:12.95</b>	<b>05:01:12.95</b>	+02:26:11	9:07	6.6
220	<b>LESZCZYŃSKI Paweł</b>	<b>6541</b>	LASY WAWERSKIE	Weteran II M - 60	2	00:00:58	01:27:16	02:28:04	03:38:17	<b>05:01:52.80</b>	<b>05:01:52.80</b>	+02:26:51	9:08	6.6
221	<b>WANKIEWICZ Krzysztof</b>	<b>6194</b>		Masters M - 40	72	00:00:40	01:21:56	02:22:48	03:42:42	<b>05:01:54.20</b>	<b>05:01:54.20</b>	+02:26:52	9:08	6.6
222	<b>GRZYB Krzysztof</b>	<b>6195</b>	KLUB BIEGACZA EURO	Masters M - 40	73	00:01:15	01:31:42		03:45:56	<b>05:01:56.35</b>	<b>05:01:56.35</b>	+02:26:55	9:08	6.6
223	<b>RUŚKIEWICZ Wojciech Ruśkiewicz</b>	<b>6047</b>	DELOITTE ADVENTURE TEAM	Senior II M - 30	69	00:00:35	01:13:31	02:12:39	03:45:26	<b>05:02:39.35</b>	<b>05:02:39.35</b>	+02:27:38	9:10	6.5
224	<b>WENTYKIER Beata</b>	<b>6098</b>	POMYŁKA TEAM	Masters K - 40	14	00:00:09	01:14:49		03:40:06	<b>05:03:13.40</b>	<b>05:03:13.40</b>	+02:28:12	9:11	6.5
225	<b>SZYMAŃSKI Michał</b>	<b>6457</b>	TENIS CENTRUM AS	Senior I M - 20	27	00:01:07	01:28:26	02:32:14	03:49:15	<b>05:03:30.40</b>	<b>05:03:30.40</b>	+02:28:29	9:11	6.5
226	<b>SZAL Małgorzata</b>	<b>6453</b>	TENIS CENTRUM AS	Senior II K - 30	21	00:01:07	01:29:06		03:49:14	<b>05:03:30.95</b>	<b>05:03:30.95</b>	+02:28:29	9:11	6.5
227	<b>MARNYSZ Michał</b>	<b>6153</b>		Senior II M - 30	70	00:01:00	01:30:58	02:35:59	03:58:07	<b>05:04:17.40</b>	<b>05:04:17.40</b>	+02:29:16	9:13	6.5
228	<b>JAGŁA Ewelina</b>	<b>6141</b>		Senior II K - 30	22	00:01:01	01:29:40		03:48:04	<b>05:04:23.50</b>	<b>05:04:23.50</b>	+02:29:22	9:13	6.5
229	<b>KRÓLICKI Konrad</b>	<b>6450</b>	STG WARSZAWA	Masters M - 40	74	00:00:14	01:17:44	02:22:12	03:39:13	<b>05:04:29.35</b>	<b>05:04:29.35</b>	+02:29:28	9:13	6.5
230	<b>KORALEWSKA Edyta</b>	<b>6058</b>		Masters K - 40	15	00:01:11	01:27:40		03:46:48	<b>05:04:31.50</b>	<b>05:04:31.50</b>	+02:29:30	9:13	6.5
231	<b>GRAU Joanna</b>	<b>6540</b>	KWIDZYN BIEGA	Masters K - 40	16	00:00:42	01:27:54	02:31:19	03:47:41	<b>05:04:40.25</b>	<b>05:04:40.25</b>	+02:29:38	9:13	6.5
232	<b>STEBEL Piotr</b>	<b>6249</b>	PRZEWODNIK	Weteran I M - 50	13	00:00:27	01:21:41	02:24:56	03:44:00	<b>05:05:28.80</b>	<b>05:05:28.80</b>	+02:30:27	9:15	6.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start				Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	A1 9km	Czernica 14km	D1 24km					
233	<b>DĄBROWSKI Michał</b>	<b>6428</b>		Senior II M - 30	71	00:00:15	01:19:07	02:23:56	03:42:29	<b>05:05:29.15</b>	<b>05:05:29.15</b>	+02:30:27	9:15	6.5
234	<b>PAWLUK Anna</b>	<b>6205</b>	WAWRZYNTTEAM	Senior II K - 30	23	00:00:29	01:24:15		03:48:04	<b>05:05:39.70</b>	<b>05:05:39.70</b>	+02:30:38	9:15	6.5
235	<b>PODBOROŻNY Karol</b>	<b>6251</b>		Senior II M - 30	72	00:01:12	01:22:21	02:21:36	03:41:32	<b>05:05:44.70</b>	<b>05:05:44.70</b>	+02:30:43	9:15	6.5
236	<b>MICHALSKI Grzegorz</b>	<b>6350</b>	CAFFEDELMONDO	Masters M - 40	75	00:01:17	01:23:27	02:23:41	03:41:13	<b>05:05:53.65</b>	<b>05:05:53.65</b>	+02:30:52	9:16	6.5
237	<b>MAŃKOWSKI Tomasz</b>	<b>6230</b>	HOMAG RUN TEAM	Senior II M - 30	73	00:01:12	01:24:23	02:24:26	03:45:09	<b>05:05:55.00</b>	<b>05:05:55.00</b>	+02:30:53	9:16	6.5
238	<b>STEFANOWSKI Marcin</b>	<b>6436</b>	*****.***	Weteran I M - 50	14	00:00:32	01:19:05	02:23:10	03:41:09	<b>05:07:34.75</b>	<b>05:07:34.75</b>	+02:32:33	9:19	6.4
239	<b>KMIECIK Jakub</b>	<b>6290</b>	TARNOWO PODGÓRNE BIEGA	Masters M - 40	76	00:00:18	01:15:52	02:16:18	03:33:04	<b>05:08:14.65</b>	<b>05:08:14.65</b>	+02:33:13	9:20	6.4
240	<b>NOWAK Ireneusz</b>	<b>6169</b>		Weteran I M - 50	15	00:00:56	01:22:01	02:24:18	03:40:54	<b>05:08:15.90</b>	<b>05:08:15.90</b>	+02:33:14	9:20	6.4
241	<b>BARAN Bogdan</b>	<b>6397</b>	PRO-RUN WROCŁAW	Weteran II M - 60	3	00:00:39	01:27:00	02:27:33	03:42:30	<b>05:08:16.95</b>	<b>05:08:16.95</b>	+02:33:15	9:20	6.4
242	<b>ŻYLIŃSKA Agnieszka</b>	<b>6526</b>	555	Senior II K - 30	24	00:00:54	01:28:51	02:29:53	03:51:06	<b>05:08:43.90</b>	<b>05:08:43.90</b>	+02:33:42	9:21	6.4
243	<b>STRYCZNIWICZ Krzysztof Stryczniewicz</b>	<b>6525</b>	555	Masters M - 40	77	00:00:54	01:28:54	02:29:20	03:51:05	<b>05:08:44.45</b>	<b>05:08:44.45</b>	+02:33:43	9:21	6.4
244	<b>SOBAŃSKI Roman</b>	<b>6327</b>	TARNOWO PODGÓRNE BIEGA	Masters M - 40	78	00:00:18	01:23:43		03:43:00	<b>05:09:15.15</b>	<b>05:09:15.15</b>	+02:34:13	9:22	6.4
245	<b>ZAJKOWSKA Ewa</b>	<b>6131</b>	VEGE RUNNERS	Senior II K - 30	25	00:01:14	01:29:26	02:32:23	03:48:48	<b>05:09:45.00</b>	<b>05:09:45.00</b>	+02:34:43	9:23	6.4
246	<b>NESTEREWICZ Ryszard</b>	<b>6518</b>	LKS ISKRA JASZKOWA	Weteran II M - 60	4	00:00:38	01:17:57	02:19:40	03:40:51	<b>05:10:08.85</b>	<b>05:10:08.85</b>	+02:35:07	9:23	6.4
247	<b>JANKOWSKI Łukasz</b>	<b>6043</b>	STAN UMYSŁU LEWIN BIEGA	Senior II M - 30	74	00:00:47	01:27:25		03:52:02	<b>05:10:41.25</b>	<b>05:10:41.25</b>	+02:35:39	9:24	6.4
248	<b>ZIEWIEC Marcin</b>	<b>6111</b>		Senior II M - 30	75	00:00:45	01:21:53	02:24:03	03:50:17	<b>05:10:43.70</b>	<b>05:10:43.70</b>	+02:35:42	9:24	6.4
249	<b>FRANKOWSKA Katarzyna</b>	<b>6527</b>	PRO366	Masters K - 40	17	00:01:11	01:31:51	02:36:59	03:55:35	<b>05:11:03.05</b>	<b>05:11:03.05</b>	+02:36:01	9:25	6.4
250	<b>STASZEWSKI Piotr</b>	<b>6528</b>		Weteran I M - 50	16	00:01:11	01:31:52	02:37:01	03:55:34	<b>05:11:03.25</b>	<b>05:11:03.25</b>	+02:36:01	9:25	6.4
251	<b>GRĘDA Elżbieta</b>	<b>6089</b>		Masters K - 40	18	00:00:41	01:26:27	02:21:29	03:48:57	<b>05:11:15.15</b>	<b>05:11:15.15</b>	+02:36:13	9:25	6.4
252	<b>BRASEL Marcin</b>	<b>6181</b>	TRIGYM SZCZECIN	Weteran I M - 50	17	00:01:04	01:20:07	02:17:51	03:40:44	<b>05:12:10.05</b>	<b>05:12:10.05</b>	+02:37:08	9:27	6.3
253	<b>BESTRZYŃSKA Joanna</b>	<b>6496</b>	CZŁAPAK ROBAKOWO	Weteran K - 50	2	00:00:33	01:27:19	02:28:46	03:50:42	<b>05:12:18.75</b>	<b>05:12:18.75</b>	+02:37:17	9:27	6.3
254	<b>SUSZCZYŃSKI Krzysztof</b>	<b>6096</b>	RUNNERS TEAM NYSA/ LUCEK PAZUR TEAM	Masters M - 40	79	00:00:44	01:24:40	02:28:18	03:48:51	<b>05:12:25.90</b>	<b>05:12:25.90</b>	+02:37:24	9:28	6.3
255	<b>IWACHÓW Sławomir</b>	<b>6544</b>	MXTECH KWIDZYN	Masters M - 40	80	00:00:42	01:30:10	02:36:03	03:56:00	<b>05:12:35.95</b>	<b>05:12:35.95</b>	+02:37:34	9:28	6.3
256	<b>SZCZOTKA Katarzyna</b>	<b>6092</b>		Senior I K - 20	8	00:00:17	01:26:50	02:31:34	03:52:39	<b>05:12:53.65</b>	<b>05:12:53.65</b>	+02:37:52	9:28	6.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start				Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	A1 9km	Czernica 14km	D1 24km					
257	<b>LEWICKI Tomasz</b>	<b>6159</b>	CAŁA OLEŚNICA BIEGA	Masters M - 40	81	00:00:36	01:27:20	02:28:39	03:50:02	<b>05:12:55.75</b>	<b>05:12:55.75</b>	+02:37:54	9:28	6.3
258	<b>WOJTKOWSKI Ireneusz</b>	<b>6399</b>	ASSECO ACTIVE TEAM	Weteran II M - 60	5	00:00:37	01:23:19	02:27:58	03:44:54	<b>05:13:07.80</b>	<b>05:13:07.80</b>	+02:38:06	9:29	6.3
259	<b>BOIŃSKI Bartosz</b>	<b>6346</b>	EUROCASH	Senior II M - 30	76	00:01:15	01:28:44	02:27:00	03:55:37	<b>05:13:07.85</b>	<b>05:13:07.85</b>	+02:38:06	9:29	6.3
260	<b>CIENIUCH Piotr</b>	<b>6333</b>		Masters M - 40	82	00:01:03	01:33:05	02:33:13	03:51:18	<b>05:13:36.30</b>	<b>05:13:36.30</b>	+02:38:35	9:30	6.3
261	<b>KWIATKOWSKA Dominika</b>	<b>6329</b>	MOCNA GRUPA CEZARA	Senior I K - 20	9	00:01:03	01:31:25	02:35:21	03:55:30	<b>05:14:05.30</b>	<b>05:14:05.30</b>	+02:39:04	9:31	6.3
262	<b>SZWACZKA Sebastian</b>	<b>6419</b>	BW BIEGOWY WARIAT	Masters M - 40	83	00:00:43	01:29:57	02:37:09	03:56:20	<b>05:14:38.45</b>	<b>05:14:38.45</b>	+02:39:37	9:32	6.3
263	<b>PRUSZCZYŃSKI Piotr</b>	<b>6126</b>		Masters M - 40	84	00:00:33	01:22:07	02:31:39	03:51:13	<b>05:14:50.20</b>	<b>05:14:50.20</b>	+02:39:48	9:32	6.3
264	<b>ŁĘKAWA Sebastian</b>	<b>6023</b>	140MINUT.PL	Masters M - 40	85	00:00:36	01:23:40	02:32:10	03:50:46	<b>05:15:05.20</b>	<b>05:15:05.20</b>	+02:40:03	9:32	6.3
265	<b>ALEKSANDROWICZ Marlena</b>	<b>6193</b>		Masters K - 40	19	00:01:09	01:34:51	02:37:26	03:59:53	<b>05:15:39.00</b>	<b>05:15:39.00</b>	+02:40:37	9:33	6.3
266	<b>LENART Jakub</b>	<b>6163</b>		Senior II M - 30	77	00:00:38	01:23:56	02:27:19	03:47:15	<b>05:15:42.25</b>	<b>05:15:42.25</b>	+02:40:40	9:34	6.3
267	<b>GMAJ Daniel</b>	<b>6250</b>		Senior II M - 30	78	00:00:28	01:24:26	02:28:22	03:49:35	<b>05:16:08.30</b>	<b>05:16:08.30</b>	+02:41:07	9:34	6.3
268	<b>SPYCHAŁA Maciej</b>	<b>6248</b>	WRONIECKI KLUB BIEGACZA	Masters M - 40	86	00:00:29	01:32:34	02:39:49	03:56:31	<b>05:16:12.65</b>	<b>05:16:12.65</b>	+02:41:11	9:34	6.3
269	<b>NOBILE Riccardo</b>	<b>6449</b>		Senior II M - 30	79	00:00:25	01:21:35		03:44:08	<b>05:16:26.20</b>	<b>05:16:26.20</b>	+02:41:24	9:35	6.3
270	<b>ROBAKOWSKA Joanna</b>	<b>6190</b>	NIGHT RUNNERS	Senior II K - 30	26	00:00:51	01:31:24	02:36:15	03:55:31	<b>05:16:34.35</b>	<b>05:16:34.35</b>	+02:41:33	9:35	6.3
271	<b>ZIELEŃ-PUSZCZECKA Marta</b>	<b>6444</b>		Senior II K - 30	27	00:00:55	01:32:36	02:39:07	03:56:29	<b>05:16:34.45</b>	<b>05:16:34.45</b>	+02:41:33	9:35	6.3
272	<b>KĘPIŃSKI Michał</b>	<b>6320</b>		Senior I M - 20	28	00:00:53	01:26:52	02:28:30	03:50:41	<b>05:16:46.95</b>	<b>05:16:46.95</b>	+02:41:45	9:35	6.3
273	<b>RÓLKA Mariola</b>	<b>6044</b>	BP RUNNING TEAM GLIWICE	Masters K - 40	20	00:00:52	01:22:05		03:55:32	<b>05:17:09.65</b>	<b>05:17:09.65</b>	+02:42:08	9:36	6.2
274	<b>MISTALSKI Damian</b>	<b>6451</b>		Senior II M - 30	80	00:00:29	01:20:02	02:25:19	03:56:15	<b>05:17:33.60</b>	<b>05:17:33.60</b>	+02:42:32	9:37	6.2
275	<b>OCZKOWICZ Beata</b>	<b>6304</b>	MOCNA GRUPA CEZARA	Senior II K - 30	28	00:01:03	01:34:01	02:41:38	03:57:30	<b>05:17:38.55</b>	<b>05:17:38.55</b>	+02:42:37	9:37	6.2
276	<b>RABIEJ Kazimierz</b>	<b>6107</b>	ROZBIEGANI CHOJNÓW	Weteran II M - 60	6	00:00:39	01:26:11	02:32:36	03:52:51	<b>05:17:51.05</b>	<b>05:17:51.05</b>	+02:42:49	9:37	6.2
277	<b>BARANOWSKI Szymon</b>	<b>6091</b>		Senior II M - 30	81	00:00:17	01:25:41	02:28:07	03:52:38	<b>05:18:05.10</b>	<b>05:18:05.10</b>	+02:43:03	9:38	6.2
278	<b>MUČA Māris</b>	<b>6311</b>	LBNB	Weteran I M - 50	18	00:01:21	01:23:26	02:24:41	03:45:59	<b>05:18:13.65</b>	<b>05:18:13.65</b>	+02:43:12	9:38	6.2
279	<b>RZESZOWSKI Tomasz</b>	<b>6323</b>	MIRAZ RACE TEAM	Masters M - 40	87	00:00:02	01:19:49	02:24:14	03:48:06	<b>05:18:24.85</b>	<b>05:18:24.85</b>	+02:43:23	9:38	6.2
280	<b>PISKORZ Jarosław</b>	<b>6472</b>		Senior II M - 30	82	00:00:58	01:34:46	02:40:49	04:00:00	<b>05:18:33.55</b>	<b>05:18:33.55</b>	+02:43:32	9:39	6.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start				Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	A1 9km	Czernica 14km	D1 24km					
281	KĘDZIORA Alicja	6481		Senior II K - 30	29	00:00:17	01:31:28		03:57:15	05:18:37.85	05:18:37.85	+02:43:36	9:39	6.2
282	HORODYSKI Marek	6156		Senior II M - 30	83	00:00:45	01:23:42	02:29:24	03:53:48	05:18:38.15	05:18:38.15	+02:43:36	9:39	6.2
283	MICHALSKI Tomasz	6120		Masters M - 40	88	00:00:46	01:28:11	02:29:59	03:53:47	05:18:38.25	05:18:38.25	+02:43:36	9:39	6.2
284	KACZMARCZYK Bogdan	6267	KB GEPARD MUROWANA GOŚLINA	Masters M - 40	89	00:00:37	01:27:16		03:47:36	05:18:46.85	05:18:46.85	+02:43:45	9:39	6.2
285	WALCZAK Małgorzata	6302	PCH_RUN	Masters K - 40	21	00:00:05	01:22:13		03:54:27	05:18:47.30	05:18:47.30	+02:43:46	9:39	6.2
285	WALCZAK Tomasz	6303	PCH_RUN	Masters M - 40	90	00:00:03	01:22:13	02:23:35	03:54:28	05:18:47.30	05:18:47.30	+02:43:46	9:39	6.2
287	TOWPIK Piotr	6079		Senior II M - 30	84	00:00:49	01:23:02	02:27:42	03:53:09	05:18:49.55	05:18:49.55	+02:43:48	9:39	6.2
288	SZELAĞIEWICZ Piotr	6355		Masters M - 40	91	00:00:30	01:24:14	02:25:54	03:50:10	05:18:55.00	05:18:55.00	+02:43:53	9:39	6.2
289	STĘPIEŃ Łukasz	6328	JKS SALAMANDRA	Masters M - 40	92	00:00:26	01:16:12	02:25:50	03:58:57	05:19:06.55	05:19:06.55	+02:44:05	9:40	6.2
290	MATKOWSKA Martyna	6441		Senior II K - 30	30	00:01:14	01:29:26	02:32:19	03:48:49	05:19:21.20	05:19:21.20	+02:44:19	9:40	6.2
291	KĘDZIORA Karolina	6533		Senior I K - 20	10	00:00:18	01:31:28	02:40:09	03:57:16	05:19:57.60	05:19:57.60	+02:44:56	9:41	6.2
292	LERCH Krzysztof	6387		Masters M - 40	93	00:00:12	01:19:16	02:22:20	03:49:03	05:20:04.75	05:20:04.75	+02:45:03	9:41	6.2
293	LEWANDOWSKI Leszek	6354	POWSTAŃCY Z KANAPY	Masters M - 40	94	00:00:25	01:31:13	02:37:58	03:55:45	05:20:10.15	05:20:10.15	+02:45:08	9:42	6.2
294	STAROŃSKA Magdalena	6331		Masters K - 40	22	00:01:11	01:34:15	02:40:36	03:58:16	05:20:33.40	05:20:33.40	+02:45:32	9:42	6.2
295	KOZŁOWSKA Anna	6168		Masters K - 40	23	00:00:32	01:27:56		03:58:35	05:21:24.15	05:21:24.15	+02:46:22	9:44	6.2
296	WÓJCIK Justyna	6219	W POGONI ZA DUCHEM	Masters K - 40	24	00:00:32	01:27:56	02:38:02	03:58:37	05:21:24.45	05:21:24.45	+02:46:23	9:44	6.2
297	MROZIŃSKI Marcin	6407	SPORT GENERATION TEAM	Masters M - 40	95	00:00:20	01:26:38		03:53:30	05:21:33.45	05:21:33.45	+02:46:32	9:44	6.2
298	KASPRZYK Marcin	6201		Senior I M - 20	29	00:00:53	01:35:50	02:38:20	03:56:41	05:21:39.10	05:21:39.10	+02:46:37	9:44	6.2
299	WOJSA Zdzisława	6542	W POGONI ZA DUCHEM	Masters K - 40	25	00:00:15	01:25:08	02:31:22	03:52:41	05:22:27.10	05:22:27.10	+02:47:25	9:46	6.1
300	ŁUNKIEWICZ Jagna	6192	EURO FILM FOLIE OKIENNE	Masters K - 40	26	00:01:09	01:34:50	02:37:45	03:58:32	05:22:55.65	05:22:55.65	+02:47:54	9:47	6.1
301	GROCHAŁA Wojciech	6167	ZG POLKOWICE-SIEROSZOWICE	Masters M - 40	96	00:02:20	01:33:04		03:57:32	05:24:02.85	05:24:02.85	+02:49:01	9:49	6.1
302	MATUSZAK Krzysztof	6088	TRIGYM SZCZECIN/MATUSZAK TEAM	Masters M - 40	97	00:01:05	01:26:36	02:31:58	03:54:53	05:24:07.05	05:24:07.05	+02:49:05	9:49	6.1
303	JODŁOWSKA Ewa	6034	BBL KROSNO ODRZANSKIE	Masters K - 40	27	00:00:43	01:28:03		03:53:29	05:24:08.60	05:24:08.60	+02:49:07	9:49	6.1
304	ŚNIEGOCKI Pawel	6231	4T/TARNOWO PODGÓRNE BIEGA	Masters M - 40	98	00:00:17	01:18:25	02:24:32	03:50:59	05:24:31.65	05:24:31.65	+02:49:30	9:50	6.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0.01km	A1 9km	Czernica 14km	D1 24km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
305	<b>BUŁANCIŃSKI Filip</b>	<b>6543</b>		Masters M - 40	99	00:00:31	01:27:10		03:58:03	<b>05:24:42.25</b>	<b>05:24:42.25</b>	+02:49:40	9:50	6.1
306	<b>JASKÓŁKA Rafał</b>	<b>6174</b>	VENUS - BRUK	Masters M - 40	100	00:00:29	01:30:29	02:33:01	03:54:30	<b>05:25:27.85</b>	<b>05:25:27.85</b>	+02:50:26	9:51	6.1
307	<b>JASKÓŁKA Hubert</b>	<b>6175</b>	VENUS - BRUK	Weteran II M - 60	7	00:00:29	01:30:27	02:33:05	03:54:30	<b>05:25:29.75</b>	<b>05:25:29.75</b>	+02:50:28	9:51	6.1
308	<b>NOWACZYŃSKI Maciej</b>	<b>6423</b>		Senior I M - 20	30	00:01:16	01:35:30	02:44:07	04:02:30	<b>05:25:32.95</b>	<b>05:25:32.95</b>	+02:50:31	9:51	6.1
309	<b>KRAJCER Jolanta</b>	<b>6367</b>	JOLANTA KRAJCER	Masters K - 40	28	00:00:12	01:27:44	02:37:51	04:02:08	<b>05:25:58.95</b>	<b>05:25:58.95</b>	+02:50:57	9:52	6.1
310	<b>KOSTYK Grzegorz</b>	<b>6115</b>		Masters M - 40	101	00:00:25	01:28:31	02:34:11	03:58:47	<b>05:26:44.50</b>	<b>05:26:44.50</b>	+02:51:43	9:54	6.1
311	<b>ZIMÓŃ Adam</b>	<b>6325</b>	INTEGRUM BROKER	Masters M - 40	102	00:00:46	01:29:20	02:34:08	03:57:03	<b>05:27:51.45</b>	<b>05:27:51.45</b>	+02:52:50	9:56	6
312	<b>MAKOWCZYŃSKA Agata</b>	<b>6493</b>	OBORYGENI	Senior II K - 30	31	00:01:14	01:33:54	02:41:32	04:01:33	<b>05:28:16.05</b>	<b>05:28:16.05</b>	+02:53:14	9:56	6
313	<b>KOCZOROWSKI Jakub</b>	<b>6492</b>		Senior II M - 30	85	00:01:14	01:33:55	02:41:22	04:01:33	<b>05:28:19.25</b>	<b>05:28:19.25</b>	+02:53:17	9:56	6
314	<b>DRYGAJŁO Tomasz</b>	<b>6151</b>		Senior II M - 30	86	00:01:00	01:30:59		03:58:09	<b>05:29:27.85</b>	<b>05:29:27.85</b>	+02:54:26	9:59	6
315	<b>MATUŁA Przemysław</b>	<b>6375</b>	UMCS BIEGA	Weteran I M - 50	19	00:00:43	01:26:17	02:31:43	03:53:00	<b>05:29:53.10</b>	<b>05:29:53.10</b>	+02:54:51	9:59	6
316	<b>STACHOWIAK Danuta</b>	<b>6274</b>	ROKIETNICA BIEGA	Masters K - 40	29	00:00:45	01:36:33	02:44:36	04:06:20	<b>05:30:33.25</b>	<b>05:30:33.25</b>	+02:55:31	10:01	6
317	<b>WILCZEK Małgorzata</b>	<b>6233</b>	RAJSPOORT ACTIVE	Senior II K - 30	32	00:00:57	01:36:19	02:44:10	04:04:47	<b>05:30:34.05</b>	<b>05:30:34.05</b>	+02:55:32	10:01	6
318	<b>LEWARTOWSKA Agnieszka</b>	<b>6508</b>	KTB KUNY	Masters K - 40	30	00:00:59	01:29:53	02:39:45	04:04:59	<b>05:30:45.85</b>	<b>05:30:45.85</b>	+02:55:44	10:01	6
319	<b>SKIBA Anna</b>	<b>6473</b>	KB HARCOWNIK	Masters K - 40	31	00:00:39	01:35:55	02:44:31	04:03:45	<b>05:30:50.75</b>	<b>05:30:50.75</b>	+02:55:49	10:01	6
320	<b>MISZCZAK Katarzyna</b>	<b>6138</b>	MIRAZ RACE TEAM	Masters K - 40	32	00:00:03	01:27:09	02:37:17	04:06:58	<b>05:31:03.60</b>	<b>05:31:03.60</b>	+02:56:02	10:01	6
321	<b>SNOCHOWSKI Leszek</b>	<b>6263</b>	LESZEK TEAM	Weteran II M - 60	8	00:00:33	01:24:12	02:32:51	03:56:55	<b>05:31:13.00</b>	<b>05:31:13.00</b>	+02:56:11	10:02	6
322	<b>SZYSZKA Agnieszka</b>	<b>6179</b>		Masters K - 40	33	00:00:24	01:31:11	02:39:05	04:04:15	<b>05:31:37.60</b>	<b>05:31:37.60</b>	+02:56:36	10:02	6
323	<b>BEDNARZ Patryk</b>	<b>6502</b>	GRZDYLNIA B1 TEAM	Senior II M - 30	87	00:00:21	01:21:34		04:03:29	<b>05:31:53.20</b>	<b>05:31:53.20</b>	+02:56:51	10:03	6
324	<b>ŚWIĘCHOWICZ Michał</b>	<b>6503</b>		Senior II M - 30	88	00:00:21	01:21:37		04:03:30	<b>05:31:53.85</b>	<b>05:31:53.85</b>	+02:56:52	10:03	6
325	<b>ANUSZ Roksana</b>	<b>6430</b>		Senior II K - 30	33	00:00:30	01:31:01		04:01:46	<b>05:31:57.20</b>	<b>05:31:57.20</b>	+02:56:55	10:03	6
326	<b>BIŃCZARSKA Monika</b>	<b>6039</b>		Masters K - 40	34	00:00:23	01:28:17	02:38:14	04:05:05	<b>05:33:29.10</b>	<b>05:33:29.10</b>	+02:58:27	10:06	5.9
327	<b>BOMBA Tomasz</b>	<b>6242</b>	PRO-RUN WROCŁAW	Masters M - 40	103	00:00:35	01:26:29	02:40:16	04:04:50	<b>05:33:29.65</b>	<b>05:33:29.65</b>	+02:58:28	10:06	5.9
328	<b>RATAJCZAK Karolina</b>	<b>6097</b>		Senior I K - 20	11	00:00:33	01:36:11	02:44:49	04:09:49	<b>05:33:59.30</b>	<b>05:33:59.30</b>	+02:58:58	10:07	5.9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start				Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	A1 9km	Czernica 14km	D1 24km					
329	<b>KIEŁBASIEWICZ Dawid</b>	<b>6031</b>	MOYA RACING TEAM	Senior I M - 20	31	00:00:06	01:21:19	02:45:35	04:09:50	<b>05:33:59.60</b>	<b>05:33:59.60</b>	+02:58:58	10:07	5.9
330	<b>SERBA Michał</b>	<b>6037</b>	KB SZAMOTUŁY	Senior II M - 30	89	00:00:58	01:24:32	02:36:07	04:06:53	<b>05:34:17.50</b>	<b>05:34:17.50</b>	+02:59:16	10:07	5.9
331	<b>SZMATLOCH Bartłomiej</b>	<b>6345</b>	RETROBAJTEL	Senior II M - 30	90	00:00:29	01:36:47	02:47:10	04:10:59	<b>05:35:04.60</b>	<b>05:35:04.60</b>	+03:00:03	10:09	5.9
332	<b>SZMATLOCH Maciek</b>	<b>6343</b>	RETROBAJTEL	Masters M - 40	104	00:00:29	01:36:48	02:47:35	04:11:03	<b>05:35:08.00</b>	<b>05:35:08.00</b>	+03:00:06	10:09	5.9
333	<b>PIOTROWSKI Mariusz</b>	<b>6344</b>	PIEROŃSKIE HANYSY	Masters M - 40	105	00:00:28	01:36:26	02:47:00	04:10:56	<b>05:35:10.75</b>	<b>05:35:10.75</b>	+03:00:09	10:09	5.9
334	<b>JAKUBOWSKA Kamila</b>	<b>6262</b>	KB GEPARD MUROWANA GOŚLINA	Senior II K - 30	34	00:00:30	01:27:28	02:38:45	04:01:46	<b>05:35:23.85</b>	<b>05:35:23.85</b>	+03:00:22	10:09	5.9
335	<b>KMIECIKOWSKI Jakub</b>	<b>6200</b>		Senior I M - 20	32	00:00:53	01:35:52	02:41:06	04:06:11	<b>05:35:24.65</b>	<b>05:35:24.65</b>	+03:00:23	10:09	5.9
336	<b>PATELSKA Katarzyna</b>	<b>6422</b>		Senior II K - 30	35	00:00:30	01:27:28	02:38:55	04:01:51	<b>05:35:31.95</b>	<b>05:35:31.95</b>	+03:00:30	10:10	5.9
337	<b>BASEK Damian</b>	<b>6136</b>	ALSTOM KATOWICE	Senior II M - 30	91	00:00:11	01:29:51	02:43:40	04:20:31	<b>05:36:23.65</b>	<b>05:36:23.65</b>	+03:01:22	10:11	5.9
338	<b>KOŃ Aleksandra</b>	<b>6104</b>	EKIPA LIPA	Masters K - 40	35	00:00:34	01:33:47	02:46:26	04:21:22	<b>05:37:21.00</b>	<b>05:37:21.00</b>	+03:02:19	10:13	5.9
339	<b>KUBICA Paweł</b>	<b>6270</b>	GÓRYLASY / MKS SIECHNICE	Senior II M - 30	92	00:01:06	01:19:40		04:11:25	<b>05:37:51.80</b>	<b>05:37:51.80</b>	+03:02:50	10:14	5.9
340	<b>JĘDRZEJCZAK Artur</b>	<b>6257</b>		Senior II M - 30	93	00:00:33	01:31:38		04:13:58	<b>05:38:31.45</b>	<b>05:38:31.45</b>	+03:03:30	10:15	5.8
341	<b>GRĄDZKA Marianna</b>	<b>6171</b>		Senior I K - 20	12	00:00:57	01:29:25	02:40:27	04:15:02	<b>05:38:54.50</b>	<b>05:38:54.50</b>	+03:03:53	10:16	5.8
342	<b>HAMPEL Patryk</b>	<b>6440</b>	BODY POWER	Senior II M - 30	94	00:00:11	01:26:46	02:35:41	04:08:38	<b>05:38:56.70</b>	<b>05:38:56.70</b>	+03:03:55	10:16	5.8
343	<b>KRZEMIEN Bartosz</b>	<b>6356</b>		Masters M - 40	106	00:00:28	01:36:37	02:47:05	04:10:59	<b>05:39:26.40</b>	<b>05:39:26.40</b>	+03:04:25	10:17	5.8
344	<b>GIDASZEWSKA Jolanta</b>	<b>6146</b>		Masters K - 40	36	00:00:54	01:42:43	02:51:03	04:10:26	<b>05:40:36.75</b>	<b>05:40:36.75</b>	+03:05:35	10:19	5.8
345	<b>BARSZCZEWSKI Sebastian</b>	<b>6359</b>		Masters M - 40	107	00:01:08	01:32:35	02:41:02	04:10:40	<b>05:43:12.85</b>	<b>05:43:12.85</b>	+03:08:11	10:24	5.8
346	<b>KWIATKOWSKA Beata</b>	<b>6306</b>		Masters K - 40	37	00:00:48	01:35:31	02:43:15	04:12:49	<b>05:43:28.25</b>	<b>05:43:28.25</b>	+03:08:26	10:24	5.8
347	<b>KALIŃSKI Krzysztof</b>	<b>6127</b>		Masters M - 40	108	00:00:39	01:26:07	02:36:26	04:06:53	<b>05:43:44.85</b>	<b>05:43:44.85</b>	+03:08:43	10:24	5.8
348	<b>SKRZĄTEK Anna</b>	<b>6358</b>		Masters K - 40	38	00:00:03	01:31:21	02:40:58	04:10:41	<b>05:43:55.35</b>	<b>05:43:55.35</b>	+03:08:54	10:25	5.8
349	<b>ŁYSIAK Kasia</b>	<b>6282</b>		Senior II K - 30	36	00:00:18	01:33:52	02:44:04	04:11:20	<b>05:44:33.75</b>	<b>05:44:33.75</b>	+03:09:32	10:26	5.7
350	<b>MARIUSZ Mazurkiewicz</b>	<b>6547</b>		Weteran I M - 50	20	00:00:54	01:27:35	02:32:44	04:10:17	<b>05:46:37.40</b>	<b>05:46:37.40</b>	+03:11:36	10:30	5.7
351	<b>NIERADKO Arkadiusz</b>	<b>6271</b>		Weteran I M - 50	21	00:01:05	01:38:19	02:48:43	04:19:26	<b>05:46:45.80</b>	<b>05:46:45.80</b>	+03:11:44	10:30	5.7
352	<b>RZYSZKIEWICZ Tomasz</b>	<b>6398</b>	PĘDZĄCE LENIWCE	Masters M - 40	109	00:00:42	01:38:36	02:50:15	04:29:29	<b>05:47:42.55</b>	<b>05:47:42.55</b>	+03:12:41	10:32	5.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start	A1	Czernica	D1	Czas	Czas	Różn	Tempo	Tempo
						Lądek	9km	14km	24km	netto	brutto		min/km	km/h
						0.01km				33km	33km			
353	<b>JACZEWSKI Arkadiusz</b>	<b>6316</b>		Masters M - 40	110	00:00:52	01:28:22	02:41:49	04:13:32	<b>05:47:47.70</b>	<b>05:47:47.70</b>	+03:12:46	10:32	5.7
354	<b>WENCEL Jaroslaw</b>	<b>6279</b>	EXPLORADOR	Masters M - 40	111	00:00:35	01:29:23	02:31:15	04:09:51	<b>05:48:30.10</b>	<b>05:48:30.10</b>	+03:13:28	10:33	5.7
355	<b>ZASADA Michał</b>	<b>6395</b>	NULL	Masters M - 40	112	00:00:36	01:42:02	02:55:25	04:16:58	<b>05:48:38.20</b>	<b>05:48:38.20</b>	+03:13:36	10:33	5.7
356	<b>GIERADA Ryszard</b>	<b>6067</b>		Weteran I M - 50	22	00:00:09	01:26:59	02:33:22	04:08:50	<b>05:48:38.75</b>	<b>05:48:38.75</b>	+03:13:37	10:33	5.7
357	<b>OZIMINA Hubert</b>	<b>6261</b>	OBORYGENI	Masters M - 40	113	00:01:13	01:34:17	02:44:44	04:09:14	<b>05:49:05.90</b>	<b>05:49:05.90</b>	+03:14:04	10:34	5.7
358	<b>BRONOWICKI Jarosław</b>	<b>6040</b>	DRUŻYNA SZPIKU, ŻÓŁW I ZAJĄC	Masters M - 40	114	00:00:49	01:37:11	02:45:04	04:36:04	<b>05:49:27.45</b>	<b>05:49:27.45</b>	+03:14:26	10:35	5.7
359	<b>CEBULAK Katarzyna</b>	<b>6259</b>	GOGOKLUB	Senior II K - 30	37	00:00:13	01:31:20	02:46:41	04:13:19	<b>05:49:35.80</b>	<b>05:49:35.80</b>	+03:14:34	10:35	5.7
360	<b>JASNOWSKI Paweł</b>	<b>6258</b>	GOGOKLUB	Senior II M - 30	95	00:00:13	01:31:20		04:13:19	<b>05:49:37.65</b>	<b>05:49:37.65</b>	+03:14:36	10:35	5.7
361	<b>KISIAŁA Filip</b>	<b>6114</b>	TATA WOJTUSIA <3	Masters M - 40	115	00:00:54	01:27:20	02:34:22	04:07:08	<b>05:49:44.45</b>	<b>05:49:44.45</b>	+03:14:43	10:35	5.7
362	<b>CIĄPAŁA Jakub</b>	<b>6128</b>	DZIKIE ŚWINIE	Senior II M - 30	96	00:02:08	01:37:45	02:43:31	04:10:45	<b>05:50:07.00</b>	<b>05:50:07.00</b>	+03:15:05	10:36	5.7
363	<b>BRZOSTOWIECKA Angelika</b>	<b>6232</b>	MOCNA GRUPA CEZARA	Senior I K - 20	13	00:01:01	01:42:51	02:54:35	04:20:04	<b>05:50:10.80</b>	<b>05:50:10.80</b>	+03:15:09	10:36	5.7
364	<b>CIEŚLA-NIECHWIADOWICZ Aneta</b>	<b>6456</b>		Senior II K - 30	38	00:01:00	01:42:48		04:20:04	<b>05:50:10.95</b>	<b>05:50:10.95</b>	+03:15:09	10:36	5.7
365	<b>PAMUŁA Marta</b>	<b>6177</b>		Senior I K - 20	14	00:00:51	01:27:15	02:31:00	04:19:40	<b>05:50:28.40</b>	<b>05:50:28.40</b>	+03:15:27	10:37	5.6
366	<b>CZERWIŃSKA Arleta</b>	<b>6064</b>		Weteran II K - 60	1	00:00:24	01:33:14	02:43:28	04:16:10	<b>05:51:18.00</b>	<b>05:51:18.00</b>	+03:16:16	10:38	5.6
367	<b>CZERWIŃSKI Jarosław</b>	<b>6062</b>		Weteran II M - 60	9	00:00:24	01:33:13	02:43:21	04:16:10	<b>05:51:18.35</b>	<b>05:51:18.35</b>	+03:16:17	10:38	5.6
368	<b>BIAŁEK Kamila</b>	<b>6134</b>		Masters K - 40	39	00:00:22	01:33:39	02:43:35	04:20:25	<b>05:52:33.25</b>	<b>05:52:33.25</b>	+03:17:31	10:41	5.6
369	<b>BALCERZAK Krysia</b>	<b>6017</b>	DROGA DO ULTRA / SZAKALE BAŁUT ŁÓDŹ	Masters K - 40	40	00:00:22	01:33:37	02:43:08	04:20:24	<b>05:52:33.40</b>	<b>05:52:33.40</b>	+03:17:32	10:41	5.6
370	<b>ŚMIECHOWSKA Małgorzata</b>	<b>6300</b>	ŚDS RECZ	Masters K - 40	41	00:00:24	01:36:30	02:47:50	04:13:47	<b>05:52:35.10</b>	<b>05:52:35.10</b>	+03:17:33	10:41	5.6
371	<b>DOBOSZ Leszek</b>	<b>6520</b>		Masters M - 40	116	00:01:13	01:36:49	02:52:52	04:21:37	<b>05:52:46.40</b>	<b>05:52:46.40</b>	+03:17:45	10:41	5.6
372	<b>JADASZ Anna</b>	<b>6297</b>	GOGOLIN BIEGA	Senior II K - 30	39	00:00:55	01:29:42	02:35:11	04:19:27	<b>05:53:00.90</b>	<b>05:53:00.90</b>	+03:17:59	10:41	5.6
373	<b>NIEWIADOMSKI Marek</b>	<b>6082</b>	CROSS KRAPKOWICE	Senior II M - 30	97	00:00:56	01:29:43	02:35:14	04:19:28	<b>05:53:01.50</b>	<b>05:53:01.50</b>	+03:18:00	10:41	5.6
374	<b>KOS Paweł</b>	<b>6482</b>	EAZYMUT.PL	Weteran I M - 50	23	00:00:31	01:40:35	02:58:18	04:18:40	<b>05:53:08.60</b>	<b>05:53:08.60</b>	+03:18:07	10:42	5.6
375	<b>JAZUKIEWICZ Ewa</b>	<b>6483</b>	EAZYMUT.PL	Masters K - 40	42	00:00:31	01:40:31	02:57:40	04:18:51	<b>05:53:09.35</b>	<b>05:53:09.35</b>	+03:18:08	10:42	5.6
376	<b>MIKLER Marcin</b>	<b>6117</b>		Masters M - 40	117	00:00:22	01:36:35	02:46:36	04:18:28	<b>05:53:12.70</b>	<b>05:53:12.70</b>	+03:18:11	10:42	5.6



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start				Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	A1 9km	Czernica 14km	D1 24km					
377	<b>ZIEMKOWSKA Monika</b>	<b>6435</b>		Masters K - 40	43	00:00:30	01:39:08	02:47:30	04:23:00	<b>05:53:20.60</b>	<b>05:53:20.60</b>	+03:18:19	10:42	5.6
378	<b>SŁODKIEWICZ Piotr</b>	<b>6228</b>	KNEIPTEAM	Senior II M - 30	98	00:00:55	01:29:24	02:41:52	04:14:58	<b>05:53:44.30</b>	<b>05:53:44.30</b>	+03:18:43	10:43	5.6
379	<b>SŁODKIEWICZ Dagmara</b>	<b>6229</b>	KNEIPTEAM	Senior II K - 30	40	00:00:55	01:29:24	02:41:55	04:15:04	<b>05:53:44.35</b>	<b>05:53:44.35</b>	+03:18:43	10:43	5.6
380	<b>NOWAK Filip</b>	<b>6130</b>	NIGHT RUNNERS	Masters M - 40	118	00:00:55	01:35:53	02:47:57	04:21:45	<b>05:53:57.75</b>	<b>05:53:57.75</b>	+03:18:56	10:43	5.6
381	<b>PYREK Iwona</b>	<b>6010</b>		Masters K - 40	44	00:01:11	01:36:31	02:56:28	04:22:51	<b>05:54:48.50</b>	<b>05:54:48.50</b>	+03:19:47	10:45	5.6
382	<b>HAMROL Małgorzata</b>	<b>6363</b>	SPORTOWY KAŻMIERZ	Weteran K - 50	3	00:00:26	01:43:45		04:21:20	<b>05:55:01.15</b>	<b>05:55:01.15</b>	+03:19:59	10:45	5.6
383	<b>MIKOŁAJEWSKA Zofia</b>	<b>6019</b>	ORT	Senior II K - 30	41	00:00:10	01:30:43	02:55:44	04:22:24	<b>05:55:32.10</b>	<b>05:55:32.10</b>	+03:20:30	10:46	5.6
384	<b>IGRAS Mieczysław</b>	<b>6396</b>	RUNNERS TEAM NYSA	Weteran II M - 60	10	00:00:46	01:34:00	02:53:47	04:24:10	<b>05:55:53.65</b>	<b>05:55:53.65</b>	+03:20:52	10:47	5.6
385	<b>PRAGACZ Adam</b>	<b>6123</b>		Senior I M - 20	33	00:01:15	01:35:31	02:48:25	04:20:41	<b>05:56:19.60</b>	<b>05:56:19.60</b>	+03:21:18	10:47	5.6
386	<b>ZAKRZEWSKA Anna</b>	<b>6182</b>		Masters K - 40	45	00:00:09	01:39:48	02:57:55	04:28:38	<b>05:57:25.15</b>	<b>05:57:25.15</b>	+03:22:23	10:49	5.5
387	<b>FOREMNIAK-SZADURA Beata</b>	<b>6501</b>		Weteran K - 50	4	00:01:07	01:36:14	02:48:20	04:23:40	<b>05:57:37.75</b>	<b>05:57:37.75</b>	+03:22:36	10:50	5.5
388	<b>KACZMAREK Łukasz</b>	<b>6315</b>		Senior I M - 20	34	00:00:52	01:27:17		04:19:39	<b>05:57:50.70</b>	<b>05:57:50.70</b>	+03:22:49	10:50	5.5
389	<b>WĄSIK Krzysztof</b>	<b>6285</b>		Masters M - 40	119	00:00:23	01:27:23		04:11:41	<b>05:58:05.05</b>	<b>05:58:05.05</b>	+03:23:03	10:51	5.5
390	<b>NOWAKOWSKI Wiesław</b>	<b>6165</b>	BIEGAM BO LUBIĘ	Weteran II M - 60	11	00:00:14	01:22:25		04:10:06	<b>05:59:36.05</b>	<b>05:59:36.05</b>	+03:24:34	10:53	5.5
391	<b>CHABŁO Daniel</b>	<b>6198</b>		Masters M - 40	120	00:00:35	01:30:57	02:51:29	04:24:56	<b>05:59:47.35</b>	<b>05:59:47.35</b>	+03:24:46	10:54	5.5
392	<b>CHMIELEWSKI Mariusz</b>	<b>6234</b>	#STAJNIAKTEAM	Senior II M - 30	99	00:00:37	01:27:30		04:20:08	<b>06:00:30.10</b>	<b>06:00:30.10</b>	+03:25:28	10:55	5.5
393	<b>JÓZEF Marek</b>	<b>6269</b>		Masters M - 40	121	00:00:19	01:26:57	02:53:11	04:28:17	<b>06:00:47.15</b>	<b>06:00:47.15</b>	+03:25:45	10:55	5.5
394	<b>PODSIADŁY Maciej</b>	<b>6166</b>	KS STASZEWSCY	Senior II M - 30	100	00:00:40	01:41:37	02:52:29	04:25:03	<b>06:01:06.05</b>	<b>06:01:06.05</b>	+03:26:04	10:56	5.5
395	<b>MODRAK Maciej</b>	<b>6020</b>	PARKRUN GRUDZIĄDZ	Weteran I M - 50	24	00:01:09	01:40:49	02:57:50	04:25:36	<b>06:01:58.60</b>	<b>06:01:58.60</b>	+03:26:57	10:58	5.5
396	<b>BŁACHNIO Krzysztof</b>	<b>6139</b>	RAZ SZCZECIN	Weteran I M - 50	25	00:00:11	01:24:30	02:39:14	04:18:52	<b>06:03:07.45</b>	<b>06:03:07.45</b>	+03:28:06	11:00	5.5
397	<b>BARTKOWSKA Anna</b>	<b>6160</b>	ALSTOM KATOWICE	Masters K - 40	46	00:00:10	01:29:51	02:43:45	04:20:33	<b>06:06:02.65</b>	<b>06:06:02.65</b>	+03:31:01	11:05	5.4
398	<b>MRÓZ Dariusz</b>	<b>6408</b>	MODLITWA BIEGANIA GRYFINO	Masters M - 40	122	00:00:28	01:31:24	02:44:00	04:17:53	<b>06:06:26.70</b>	<b>06:06:26.70</b>	+03:31:25	11:06	5.4
399	<b>NOWAK Monika</b>	<b>6511</b>	KW POZNAŃ	Masters K - 40	47	00:00:41	01:42:10	02:59:48	04:28:51	<b>06:06:28.85</b>	<b>06:06:28.85</b>	+03:31:27	11:06	5.4
400	<b>FISZ Radosław</b>	<b>6535</b>		Masters M - 40	123	00:01:05	01:29:36	02:45:23	04:27:48	<b>06:06:41.70</b>	<b>06:06:41.70</b>	+03:31:40	11:06	5.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start				Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	A1 9km	Czernica 14km	D1 24km					
401	<b>CHOMA Grażyna</b>	<b>6402</b>	PĘDZĄCE LENIWCE	Masters K - 40	48	00:00:41	01:38:40	02:48:52	04:29:30	<b>06:07:14.15</b>	<b>06:07:14.15</b>	+03:32:12	11:07	5.4
402	<b>MAGOCSY Helena</b>	<b>6213</b>		Masters K - 40	49	00:00:54	01:45:38	02:59:16	04:35:38	<b>06:07:48.00</b>	<b>06:07:48.00</b>	+03:32:46	11:08	5.4
402	<b>MAJERSKI Michał</b>	<b>6218</b>		Masters M - 40	124	00:00:55	01:45:39	02:59:27	04:35:39	<b>06:07:48.00</b>	<b>06:07:48.00</b>	+03:32:46	11:08	5.4
404	<b>FRĄCZEK Michał</b>	<b>6045</b>	BRONOWICE TEZ BIEGAJĄ BTB	Masters M - 40	125		01:34:54	02:57:09	04:33:03	<b>06:08:14.00</b>	<b>06:08:14.00</b>	+03:33:12	11:09	5.4
405	<b>ADAMCZAK Joanna</b>	<b>6255</b>	KB SZAMOTUŁY	Senior II K - 30	42	00:00:56	01:34:18		04:27:27	<b>06:08:49.75</b>	<b>06:08:49.75</b>	+03:33:48	11:10	5.4
406	<b>KŁACZKIEWICZ Magdalena</b>	<b>6029</b>	KB SZAMOTUŁY	Senior I K - 20	15	00:00:57	01:37:27	02:51:26	04:27:27	<b>06:08:50.10</b>	<b>06:08:50.10</b>	+03:33:48	11:10	5.4
407	<b>KOSTRZYŃSKA Ewa</b>	<b>6210</b>	KB SZAMOTUŁY	Masters K - 40	50	00:00:57	01:37:28		04:27:28	<b>06:08:50.20</b>	<b>06:08:50.20</b>	+03:33:48	11:10	5.4
408	<b>REIJMERS Agnieszka</b>	<b>6376</b>	LEIDEN ATLETIEK	Masters K - 40	51	00:00:48	01:49:52	03:01:18	04:30:58	<b>06:09:04.50</b>	<b>06:09:04.50</b>	+03:34:03	11:11	5.4
409	<b>JANSON Marleen</b>	<b>6374</b>	LEIDEN ATLETIEK	Senior II K - 30	43	00:00:49	01:49:53	03:01:42	04:31:00	<b>06:09:04.80</b>	<b>06:09:04.80</b>	+03:34:03	11:11	5.4
410	<b>ROGOŹNICKI Paweł</b>	<b>6086</b>	#ZALINIAMETY	Masters M - 40	126	00:00:34	01:30:23	02:40:45	04:24:36	<b>06:10:00.85</b>	<b>06:10:00.85</b>	+03:34:59	11:12	5.4
411	<b>ŁUŻNY Agnieszka</b>	<b>6070</b>		Senior II K - 30	44	00:00:17	01:38:22	03:00:25	04:30:28	<b>06:11:39.80</b>	<b>06:11:39.80</b>	+03:36:38	11:15	5.3
412	<b>NIKOLAJUK Robert</b>	<b>6191</b>		Masters M - 40	127	00:01:59	01:51:41	03:09:49	04:49:58	<b>06:15:03.65</b>	<b>06:15:03.65</b>	+03:40:02	11:21	5.3
413	<b>RUDNO-RUDZINSKI Grzegorz</b>	<b>6521</b>		Masters M - 40	128	00:00:20	01:16:48	02:19:28	03:49:18	<b>06:15:24.95</b>	<b>06:15:24.95</b>	+03:40:23	11:22	5.3
414	<b>TERPIŁOWSKI Arkadiusz</b>	<b>6046</b>		Senior I M - 20	35	00:00:20	01:17:54	02:22:30	03:49:18	<b>06:15:25.05</b>	<b>06:15:25.05</b>	+03:40:23	11:22	5.3
415	<b>KORNAŚ Marcin</b>	<b>6032</b>	GÓRYLASY	Masters M - 40	129	00:01:07	01:35:43	02:54:19	04:35:35	<b>06:16:39.65</b>	<b>06:16:39.65</b>	+03:41:38	11:24	5.3
416	<b>STASZKO Łukasz</b>	<b>6537</b>	HITACHI	Senior II M - 30	101	00:00:49	01:30:00	02:39:36	04:32:06	<b>06:17:33.45</b>	<b>06:17:33.45</b>	+03:42:32	11:26	5.2
417	<b>FIKTUS Paweł</b>	<b>6172</b>		Masters M - 40	130	00:00:49	01:30:00	02:39:29	04:32:05	<b>06:17:33.65</b>	<b>06:17:33.65</b>	+03:42:32	11:26	5.2
418	<b>DAJCZER Jakub</b>	<b>6404</b>		Senior II M - 30	102	00:00:47	01:29:59	02:39:40	04:32:06	<b>06:18:04.10</b>	<b>06:18:04.10</b>	+03:43:02	11:27	5.2
419	<b>MARTYNIAK Rafał</b>	<b>6144</b>		Masters M - 40	131	00:00:53	01:27:50	02:38:05	04:33:29	<b>06:18:08.90</b>	<b>06:18:08.90</b>	+03:43:07	11:27	5.2
420	<b>DUBOWIK Anna</b>	<b>6532</b>		Masters K - 40	52	00:00:38	01:45:53	03:02:40	04:41:51	<b>06:18:18.70</b>	<b>06:18:18.70</b>	+03:43:17	11:27	5.2
421	<b>ZELMANOWICZ - SZŁAPA Ewa</b>	<b>6183</b>	IZBICKO W BIEGU	Masters K - 40	53	00:01:13	01:49:08	03:05:11	04:46:16	<b>06:22:25.10</b>	<b>06:22:25.10</b>	+03:47:23	11:35	5.2
422	<b>BEKAS Paulina</b>	<b>6005</b>	NIGHT RUNNER	Senior II K - 30	45	00:01:04	01:45:06	03:06:11	04:41:55	<b>06:25:38.90</b>	<b>06:25:38.90</b>	+03:50:37	11:41	5.1
422	<b>BEKAS Jędrzej</b>	<b>6011</b>	NIGHT RUNNERS	Masters M - 40	132	00:01:03	01:45:06	03:06:02	04:41:50	<b>06:25:38.90</b>	<b>06:25:38.90</b>	+03:50:37	11:41	5.1
424	<b>PRZESTRZELSKA-HAAS Marta</b>	<b>6052</b>	BACKPACKING OKAPI TEAM	Masters K - 40	54	00:01:06	01:45:22	03:06:27	04:35:28	<b>06:27:57.65</b>	<b>06:27:57.65</b>	+03:52:56	11:45	5.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start				Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
						Lądek 0.01km	A1 9km	Czernica 14km	D1 24km					
425	<b>TCHÓRZEWSKA-PIETRZYK Anna</b>	<b>6283</b>	MOCNA GRUPA CEZARA	Masters K - 40	55	00:01:01	01:54:36	03:10:07	04:47:35	<b>06:28:54.55</b>	<b>06:28:54.55</b>	+03:53:53	11:47	5.1
426	<b>ŁATWIŃSKA Marzena</b>	<b>6157</b>	MOCNA GRUPA CEZARA	Weteran K - 50	5	00:01:01	01:54:36	03:10:24	04:47:36	<b>06:28:54.80</b>	<b>06:28:54.80</b>	+03:53:53	11:47	5.1
427	<b>KACPRZYCKI Tomasz</b>	<b>6162</b>		Senior II M - 30	103	00:01:02	01:47:17	03:04:34	04:46:16	<b>06:29:01.25</b>	<b>06:29:01.25</b>	+03:53:59	11:47	5.1
428	<b>JACHYMSKA Zofia</b>	<b>6256</b>		Senior I K - 20	16	00:01:15	01:56:17	03:21:27	04:54:18	<b>06:29:03.70</b>	<b>06:29:03.70</b>	+03:54:02	11:47	5.1
429	<b>SZYMAŃSKI Jarosław</b>	<b>6253</b>	ION1 TEAM	Senior II M - 30	104	00:00:20	01:43:48	03:08:09	04:54:32	<b>06:31:30.15</b>	<b>06:31:30.15</b>	+03:56:28	11:51	5.1
430	<b>BALNER Sebastian</b>	<b>6069</b>	-	Masters M - 40	133	00:00:07	01:25:23	02:50:41	04:39:59	<b>06:33:25.10</b>	<b>06:33:25.10</b>	+03:58:23	11:55	5
431	<b>TARASZKIEWICZ Krzysztof</b>	<b>6004</b>		Masters M - 40	134	00:00:49	01:39:13	03:08:27	04:47:02	<b>06:34:16.30</b>	<b>06:34:16.30</b>	+03:59:15	11:56	5
432	<b>GRZESIAK Rafał</b>	<b>6008</b>	EMERYT	Masters M - 40	135	00:00:49	01:39:14	03:08:25	04:47:03	<b>06:34:16.70</b>	<b>06:34:16.70</b>	+03:59:15	11:56	5
433	<b>KRUPIŃSKA Paulina</b>	<b>6461</b>		Senior II K - 30	46	00:00:39	01:40:56	03:11:08	04:51:05	<b>06:37:06.10</b>	<b>06:37:06.10</b>	+04:02:04	12:02	5
434	<b>GESS Magdalena</b>	<b>6077</b>	ZABIEGANI GOLENIÓW	Masters K - 40	56	00:00:39	01:40:53	03:11:11	04:51:04	<b>06:37:06.35</b>	<b>06:37:06.35</b>	+04:02:05	12:02	5
435	<b>ŚCIUBA Anita</b>	<b>6272</b>	AMATORUNKA	Senior II K - 30	47	00:01:11	01:52:20	03:12:41	04:54:06	<b>06:42:41.25</b>	<b>06:42:41.25</b>	+04:07:39	12:12	4.9
436	<b>WIZE-ZIELONKA Karolina</b>	<b>6014</b>	LEŚNE KUNY	Masters K - 40	57	00:00:58	01:50:51	03:11:17	04:54:17	<b>06:43:13.10</b>	<b>06:43:13.10</b>	+04:08:11	12:13	4.9
437	<b>KNOBLOCH Ewa</b>	<b>6018</b>	LEŚNE KUNY	Masters K - 40	58	00:00:58	01:50:52	03:11:14	04:53:43	<b>06:43:13.20</b>	<b>06:43:13.20</b>	+04:08:11	12:13	4.9
438	<b>CEITEL Lidia</b>	<b>6024</b>		Masters K - 40	59	00:01:00	01:50:53	03:11:20	04:53:54	<b>06:43:13.25</b>	<b>06:43:13.25</b>	+04:08:11	12:13	4.9
439	<b>GAWŁOWSKI Arkadiusz</b>	<b>6471</b>	CZMOŃ NIGHT RUNNERS	Weteran I M - 50	26	00:00:19	01:41:05	03:11:39	04:54:27	<b>06:43:13.85</b>	<b>06:43:13.85</b>	+04:08:12	12:13	4.9
440	<b>GŁÓWKA Barbara</b>	<b>6284</b>		Senior II K - 30	48	00:01:09	01:40:55	03:30:13		<b>06:45:02.10</b>	<b>06:45:02.10</b>	+04:10:00	12:16	4.9
441	<b>GŁUCHOWSKA Ewelina</b>	<b>6215</b>		Senior II K - 30	49	00:01:09	01:40:57	03:30:06		<b>06:45:02.35</b>	<b>06:45:02.35</b>	+04:10:01	12:16	4.9
442	<b>KLAJA Agnieszka</b>	<b>6264</b>		Senior II K - 30	50	00:01:07	02:01:29	03:22:35	04:59:27	<b>06:45:04.90</b>	<b>06:45:04.90</b>	+04:10:03	12:16	4.9
443	<b>GRZELA Ilona</b>	<b>6140</b>	NIGHT RUNNERS	Masters K - 40	60	00:00:23	01:44:38	03:15:10	04:54:20	<b>06:47:14.10</b>	<b>06:47:14.10</b>	+04:12:12	12:20	4.9
444	<b>BESTRZYŃSKI Olech</b>	<b>6515</b>	CZŁAPAK ROBAKOWO	Weteran I M - 50	27	00:00:37	01:53:04	03:16:15	04:57:42	<b>06:49:47.45</b>	<b>06:49:47.45</b>	+04:14:46	12:25	4.8
445	<b>SCHMIDT Jacek</b>	<b>6007</b>	HERNIK TEAM	Weteran I M - 50	28	00:00:13	01:41:58	03:04:52	04:59:10	<b>06:51:28.55</b>	<b>06:51:28.55</b>	+04:16:27	12:28	4.8
446	<b>BOROWIK Agata</b>	<b>6061</b>	CAŁA OLEŚNICA BIEGA	Senior II K - 30	51	00:00:36	01:48:41	03:15:45	04:54:20	<b>06:51:53.35</b>	<b>06:51:53.35</b>	+04:16:52	12:28	4.8
447	<b>MILAN Grzegorz</b>	<b>6216</b>		Senior II M - 30	105	00:01:33	01:51:40	03:10:02	04:50:03	<b>06:53:53.15</b>	<b>06:53:53.15</b>	+04:18:51	12:32	4.8
448	<b>FIKSA Halina</b>	<b>6360</b>		Weteran K - 50	6	00:00:26	01:44:41	03:09:06	04:50:22	<b>06:56:59.85</b>	<b>06:56:59.85</b>	+04:21:58	12:38	4.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0.01km	A1 9km	Czernica 14km	D1 24km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
449	<b>FIKSA Radosław</b>	<b>6361</b>		Masters M - 40	136	00:00:27	01:44:42	03:08:58	04:50:22	<b>06:57:00.30</b>	<b>06:57:00.30</b>	+04:21:59	12:38	4.7
450	<b>CIUK Bartosz</b>	<b>6041</b>	BP RUNNING TEAM GLIWICE	Weteran I M - 50	29	00:01:03	02:05:29	03:43:52	05:04:40	<b>06:57:02.85</b>	<b>06:57:02.85</b>	+04:22:01	12:38	4.7
451	<b>MAZUR Ewelina</b>	<b>6460</b>		Masters K - 40	61	00:01:01	02:05:30		05:07:48	<b>06:57:05.90</b>	<b>06:57:05.90</b>	+04:22:04	12:38	4.7
<b>Przekroczony limit czasu: 07:00:00</b>														
452	<b>ZAKRZEWSKA Beata</b>	<b>6057</b>		Senior II K - 30	52	00:00:31	01:39:17	03:00:54	04:57:54	<b>07:27:03.95</b>	<b>07:27:03.95</b>	+04:52:02	13:32	4.4
453	<b>WALCZAK Sławomir</b>	<b>6212</b>		Weteran I M - 50	30	00:01:31	01:40:37	03:07:53	04:58:28	<b>07:27:06.30</b>	<b>07:27:06.30</b>	+04:52:05	13:32	4.4
	<b>BEDLA Anna</b>	<b>6385</b>		Masters K - 40		00:00:16 DNF	01:36:32 DNF	02:58:56 DNF	04:58:04 DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>KACZMARCZYK Przemysław</b>	<b>6095</b>	140MINUT.PL	Senior I M - 20		00:00:06 DNF	01:06:24 DNF	02:02:30 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>ANTKOWIAK-BRONOWICKA Agnieszka</b>	<b>6033</b>	DRUŻYNA SZPIKU, ŻÓŁW I ZAJĄC	Masters K - 40		00:00:49 DNF	01:37:12 DNF	02:45:10 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>PINIARSKA Magda</b>	<b>6429</b>	:(	Senior I K - 20		00:01:15 DNF	01:57:40 DNF	03:29:20 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>SZCZEPANIAK Sławomir</b>	<b>6510</b>	KS LENIWIEC	Weteran I M - 50		00:00:39 DNF	02:11:56 DNF	03:55:38 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>BIELA Konrad</b>	<b>6106</b>	GOPR KARKONOSZE	Senior II M - 30		00:00:04 DNF	01:01:01 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>PIECHOWIAK Bartosz</b>	<b>6531</b>	PIECHOWIAK-KROLIKOWSKI.PL	Senior I M - 20		00:00:17 DNF	01:02:52 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>PRZYŁUSKA Mirosława</b>	<b>6068</b>	RAZ SZCZECIN	Weteran II K - 60		00:00:12 DNF	02:24:29 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>MOCZEK Tomasz</b>	<b>6366</b>	CROSS STRACEŃCÓW TEAM	Masters M - 40		00:00:03 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>NARKUN Ewa</b>	<b>6513</b>		Senior II K - 30		00:00:37 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>WRÓBLEWSKA Roksana</b>	<b>6080</b>	WAWRZYNTTEAM	Senior I K - 20		00:00:46 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>JAWORSKA Agnieszka</b>	<b>6389</b>		Masters K - 40		00:00:46 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>KNOBLOCH Tomasz</b>	<b>6022</b>	THE PINDOLS	Masters M - 40		00:00:58 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>ZIELONKA Marek</b>	<b>6021</b>		Weteran I M - 50		00:00:59 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	-

Znaleziono 467 wynik(ów)