O-BŁĘDNY MARATON

Wydarzenie: Kudowski Festiwal Biegowy 2022
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2022-04-10
Miejsce: Kudowa-Zdrój
Dystans: 42 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Pod Szczelińcem 22.8km	Zielona Droga 26km	Jakubowice 37km	Czas netto 42km	Czas brutto 42km	Różn	Tempo min/km	Tempo km/h
1	**SZCZEŚNIEWSKI Miłosz**	**3253**	SALCO GARMIN TEAM	M-30	1	01:00:35	02:12:39	02:33:44	03:27:47	**03:48:54.00**	**03:48:55.50**		5:27	11 (100%)
2	**MASIAREK Maciej**	**3235**		M-20	1	01:00:26	02:12:53	02:32:59	03:29:00	**03:49:44.60**	**03:49:46.75**	+00:00:51 (0.4%)	5:28	11 (100%)
3	**URBAŃCZYK Karol**	**3012**	NON STOP TRAIL	M-30	2	01:00:25	02:15:39	02:38:43	03:37:50	**03:59:37.35**	**03:59:38.85**	+00:10:43 (4.5%)	5:42	10.5 (95.5%)
4	**IWAŃSKI Bartłomiej**	**3237**	TEAM KOLARZ POLANICA	M-20	2	01:06:45	02:25:18	02:47:15	03:50:03	**04:16:03.70**	**04:16:06.20**	+00:27:10 (10.6%)	6:05	9.8 (89.1%)
5	**SKOWROŃSKI Janusz**	**3255**		M-40	1	01:14:13	02:40:30	03:02:19	04:08:35	**04:34:37.00**	**04:34:37.00**	+00:45:41 (16.6%)	6:32	9.2 (83.6%)
6	**RĄCZKOWSKI Daniel**	**3119**	KB ZDYSZAAANI CHOCIANÓW	M-30	3	01:10:21	02:40:16	03:02:35	04:10:03	**04:36:22.25**	**04:36:24.85**	+00:47:29 (17.2%)	6:34	9.1 (82.7%)
7	**STYPEREK Jakub**	**3142**	VEGE RUNNERS	M-40	2	01:14:10	02:44:59	03:08:52	04:13:39	**04:37:26.30**	**04:37:29.50**	+00:48:34 (17.5%)	6:36	9.1 (82.7%)
8	**KOTARSKI Jarosław**	**3047**		M-30	4	01:11:05	02:36:59	03:02:41	04:17:18	**04:45:14.05**	**04:45:18.15**	+00:56:22 (19.8%)	6:47	8.8 (80.0%)
9	**CZERCHAWSKI Janusz**	**3137**		M-50	1	01:19:56	02:50:53	03:14:39	04:21:53	**04:45:21.40**	**04:45:26.50**	+00:56:31 (19.8%)	6:47	8.8 (80.0%)
10	**NIEZGÓDKA Tomasz**	**3258**	ZAŁOGA GÓRSKA	M-50	2	01:16:45	02:49:13	03:14:37	04:21:43	**04:47:30.35**	**04:47:32.55**	+00:58:37 (20.4%)	6:50	8.8 (80.0%)
11	**GONCZAR Szymon**	**3256**		M-30	5	01:19:57	02:47:32	03:10:47	04:21:41	**04:50:06.95**	**04:50:12.55**	+01:01:17 (21.1%)	6:54	8.7 (79.1%)
12	**ŁOPATYŃSKI Irek**	**3129**	REMA SPORT TEAM	M-50	3	01:15:08	02:44:54	03:09:22	04:25:35	**04:54:31.55**	**04:54:34.90**	+01:05:39 (22.3%)	7:00	8.6 (78.2%)
13	**KACZMARCZYK Przemysław**	**3052**	140MINUT.PL	M-20	3	01:15:46	02:47:43	03:14:21	04:30:01	**04:57:51.10**	**04:57:53.00**	+01:08:57 (23.1%)	7:05	8.5 (77.3%)
14	**WOSZEK Tomasz**	**3132**		M-40	3	01:20:13	02:54:45	03:21:09	04:36:21	**05:04:43.25**	**05:04:51.50**	+01:15:56 (24.9%)	7:15	8.3 (75.5%)
15	**KOPCZYŃSKI Łukasz**	**3006**	K-TEAM	M-40	4	01:22:19	02:58:00	03:23:41	04:37:08	**05:04:56.45**	**05:05:08.15**	+01:16:12 (25.0%)	7:15	8.3 (75.5%)
16	**WOSZEK Marzena**	**3133**		K-40	1	01:19:12	02:54:39	03:20:47	04:36:21	**05:05:08.80**	**05:05:15.70**	+01:16:20 (25.0%)	7:15	8.3 (75.5%)
17	**PYREK Krzysztof**	**3114**	1 RBLOG	M-40	5	01:16:08	02:52:42	03:17:58	04:36:47	**05:06:00.90**	**05:06:04.75**	+01:17:09 (25.2%)	7:17	8.2 (74.5%)
18	**JADACH Grzegorz**	**3160**	NOA	M-40	6	01:22:25	03:02:59	03:27:58	04:40:25	**05:07:08.50**	**05:07:13.60**	+01:18:18 (25.5%)	7:18	8.2 (74.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Pod Szczelińcem 22.8km	Zielona Droga 26km	Jakubowice 37km	Czas netto 42km	Czas brutto 42km	Różn	Tempo min/km	Tempo km/h
19	**LUBAŃSKI Robert**	**3210**		M-50	4	01:19:03	02:55:38	03:21:06	04:37:59	**05:07:17.90**	**05:07:20.10**	+01:18:24 (25.5%)	7:18	8.2 (74.5%)
20	**HOLC Katarzyna**	**3201**	BANDA GRUDNIA	K-30	1	01:20:25	02:56:48	03:23:59	04:41:13	**05:07:17.85**	**05:07:21.35**	+01:18:25 (25.5%)	7:18	8.2 (74.5%)
21	**GŁOWACKI Artur**	**3112**	KGHM ZG RUN	M-40	7	01:19:55	02:58:28	03:25:49	04:40:22	**05:07:29.00**	**05:07:31.85**	+01:18:36 (25.6%)	7:19	8.2 (74.5%)
22	**KARPOWICZ Rafal**	**3079**		M-40	8	01:19:56	02:58:45	03:24:44	04:41:21	**05:09:47.40**	**05:09:51.45**	+01:20:55 (26.1%)	7:22	8.1 (73.6%)
23	**WATROS Eryk**	**3126**	31 BAZA LOTNICTWA TAKTYCZNEGO	M-30	6	01:25:27	03:02:50	03:29:09	04:45:48	**05:12:03.70**	**05:12:21.85**	+01:23:26 (26.7%)	7:25	8.1 (73.6%)
24	**DOMAGAŁA Grzegorz**	**3113**		M-30	7	01:14:14	02:51:14	03:19:04	04:45:25	**05:14:58.25**	**05:14:58.25**	+01:26:02 (27.3%)	7:29	8 (72.7%)
25	**WIJATYK Adrian**	**3231**	KLUCZBORSKA GRUPA BIEGOWA	M-30	8	01:19:49	02:58:49	03:24:48	04:45:17	**05:14:51.40**	**05:14:58.50**	+01:26:03 (27.3%)	7:29	8 (72.7%)
26	**SZELĄG Dariusz**	**3230**	LISY PUSTYNI	M-40	9	01:28:52	03:13:35	03:39:40	04:55:06	**05:21:19.60**	**05:21:28.35**	+01:32:32 (28.8%)	7:39	7.8 (70.9%)
27	**LANGE Szymon**	**3115**	WSK - SZYMONIX	M-40	10	01:19:52	02:57:29	03:24:35	04:46:10	**05:21:22.50**	**05:21:55.20**	+01:32:59 (28.9%)	7:39	7.8 (70.9%)
28	**MAŚLANY Dominik**	**3208**		M-40	11	01:20:20	03:04:04	03:31:33	04:53:27	**05:22:04.10**	**05:22:10.00**	+01:33:14 (28.9%)	7:40	7.8 (70.9%)
29	**SCHRODER Patryk**	**3146**	WSK	M-40	12	01:21:10	03:00:45	03:29:02	04:53:04	**05:23:28.10**	**05:23:37.90**	+01:34:42 (29.3%)	7:42	7.8 (70.9%)
30	**CIEPŁY Kamil**	**3175**	GARMIN WROCŁAW	M-30	9	01:26:36	03:09:09	03:36:44	04:55:35	**05:24:16.50**	**05:24:22.00**	+01:35:26 (29.4%)	7:43	7.8 (70.9%)
31	**LITKA Krzysztof**	**3019**	PZU SPORT TEAM	M-40	13	01:18:55	02:57:01	03:23:41	04:51:00	**05:25:19.05**	**05:25:26.70**	+01:36:31 (29.7%)	7:44	7.7 (70.0%)
32	**MUCHA Piotr**	**3110**		M-30	10	01:20:11	03:01:27	03:32:00	04:58:26	**05:29:05.25**	**05:29:09.65**	+01:40:14 (30.5%)	7:50	7.7 (70.0%)
33	**MALEŃCZAK Piotr**	**3125**		M-30	11	01:26:38	03:09:59	03:41:12	05:02:33	**05:31:07.65**	**05:31:09.80**	+01:42:14 (30.9%)	7:53	7.6 (69.1%)
34	**ABRAMOWICZ Agata**	**3250**		K-20	1	01:24:12	03:07:14	03:35:01	04:59:06	**05:31:35.65**	**05:31:43.10**	+01:42:47 (31.0%)	7:53	7.6 (69.1%)
35	**PTASIŃSKI Tomasz**	**3241**	CZAJKERSI	M-40	14	01:33:22	03:21:19	03:47:19	05:06:45	**05:32:29.95**	**05:32:41.45**	+01:43:45 (31.2%)	7:54	7.6 (69.1%)
36	**ZIELIŃSKI Mateusz**	**3239**		M-30	12	01:26:16	03:13:00	03:40:24	05:03:43	**05:32:46.60**	**05:32:52.00**	+01:43:56 (31.2%)	7:55	7.6 (69.1%)
37	**KŁODA Dariusz**	**3026**	DRUŻYNA SZPIKU	M-40	15	01:26:43	03:08:47	03:36:49	05:02:42	**05:35:44.25**	**05:35:50.35**	+01:46:54 (31.8%)	7:59	7.5 (68.2%)
38	**BYŚ Mateusz**	**3014**		M-30	13	01:32:05	03:18:25	03:47:29	05:10:51	**05:38:26.90**	**05:38:44.20**	+01:49:48 (32.4%)	8:03	7.4 (67.3%)
39	**SZYMAŃSKI Marek**	**3021**		M-40	16	01:30:35	03:11:53	03:40:19	05:08:48	**05:39:44.10**	**05:40:05.95**	+01:51:10 (32.7%)	8:05	7.4 (67.3%)
40	**DYJA Magdalena**	**3059**	RNB TEAM POLANICA-ZDRÓJ	K-30	2	01:30:43	03:17:28	03:46:49	05:10:55	**05:41:34.00**	**05:41:41.95**	+01:52:46 (33.0%)	8:07	7.4 (67.3%)
41	**NIEDŹWIECKI Marcin**	**3228**	TRIWAWA	M-30	14	01:22:12	03:08:14	03:35:54	05:06:02	**05:42:03.05**	**05:42:17.45**	+01:53:21 (33.1%)	8:08	7.4 (67.3%)
42	**BURA Krystian**	**3074**		M-30	15	01:23:50	03:15:05	03:48:29	05:16:47	**05:45:02.80**	**05:45:05.60**	+01:56:10 (33.7%)	8:12	7.3 (66.4%)
43	**RUSOŁ Tomasz**	**3055**	TROPEM ULTRA	M-30	16	01:19:49	03:09:21	03:36:10	05:09:02	**05:45:27.30**	**05:45:32.55**	+01:56:37 (33.7%)	8:13	7.3 (66.4%)
44	**SZCZECIŃSKI Piotr**	**3182**		M-40	17	01:27:57	03:18:10	03:47:45	05:15:21	**05:45:35.10**	**05:45:43.25**	+01:56:47 (33.8%)	8:13	7.3 (66.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Pod Szczelińcem 22.8km	Zielona Droga 26km	Jakubowice 37km	Czas netto 42km	Czas brutto 42km	Różn	Tempo min/km	Tempo km/h
45	**BRONCZAK Tomasz**	**3116**		M-40	18	01:27:56	03:18:20	03:47:50	05:15:23	**05:45:42.35**	**05:45:50.60**	+01:56:55 (33.8%)	8:13	7.3 (66.4%)
46	**KSIEZKA Joanna**	**3147**	STRZEGOMSKA DWUNASTKA	K-40	2	01:33:23	03:21:04	03:51:50	05:16:48	**05:45:51.95**	**05:46:14.95**	+01:57:19 (33.9%)	8:14	7.3 (66.4%)
47	**RÓG Krzysztof**	**3118**	KB ZDYSZAAANI CHOCIANÓW	M-50	5	01:25:46	03:17:11	03:49:28	05:17:44	**05:48:21.65**	**05:48:25.95**	+01:59:30 (34.3%)	8:17	7.2 (65.5%)
48	**KĘDRA Antoni**	**3054**		M-20	4	01:31:50	03:18:57	03:48:32	05:17:58	**05:48:19.70**	**05:48:27.05**	+01:59:31 (34.3%)	8:17	7.2 (65.5%)
49	**MUCHA Adam**	**3093**		M-50	6	01:26:41	03:20:03	03:50:15	05:20:46	**05:49:26.35**	**05:49:31.00**	+02:00:35 (34.5%)	8:19	7.2 (65.5%)
50	**RZYHA Hubert**	**3117**	RUNNER'S POWER	M-30	17	01:25:17	03:18:56	03:50:09	05:21:21	**05:49:31.60**	**05:49:35.70**	+02:00:40 (34.5%)	8:19	7.2 (65.5%)
51	**SROKA Marcin**	**3120**	ST RUNNERS	M-40	19	01:30:54	03:21:07	03:51:20	05:18:55	**05:49:51.70**	**05:50:02.10**	+02:01:06 (34.6%)	8:19	7.2 (65.5%)
52	**BUCHAŁA Bartek**	**3187**		M-40	20	01:26:39	03:15:55	03:45:49	05:16:51	**05:50:49.25**	**05:50:54.75**	+02:01:59 (34.8%)	8:21	7.2 (65.5%)
53	**BOKSZA Piotr**	**3190**	TIME4RUNNING	M-40	21	01:26:34	03:17:07	03:48:33	05:18:10	**05:51:09.65**	**05:51:21.90**	+02:02:26 (34.8%)	8:21	7.2 (65.5%)
54	**DŁUGOSZ-SAWICKA Marta**	**3104**	ZBÓJ TEAM	K-40	3	01:31:17	03:24:17	03:53:55	05:21:17	**05:51:37.05**	**05:51:43.35**	+02:02:47 (34.9%)	8:22	7.2 (65.5%)
55	**KRZEPKOWSKI Radosław**	**3048**	ADIDAS RUNNERS WARSAW	M-40	22	01:31:47	03:25:25	03:54:49	05:21:41	**05:51:40.25**	**05:51:46.80**	+02:02:51 (34.9%)	8:22	7.2 (65.5%)
56	**HAMERLA Adam**	**3185**		M-30	18	01:31:45	03:18:56	03:46:54	05:17:39	**05:52:47.75**	**05:52:57.90**	+02:04:02 (35.1%)	8:23	7.1 (64.5%)
57	**KUCHARSKI Adrian**	**3204**		M-30	19	01:28:59	03:22:13	03:53:23	05:22:29	**05:53:02.40**	**05:53:07.40**	+02:04:11 (35.2%)	8:24	7.1 (64.5%)
58	**SAMSON Robert**	**3167**	VESTAS / SUNCHASER TRAILRUNNING TEAM	M-40	23	01:28:50	03:16:39	03:49:35	05:21:47	**05:52:59.45**	**05:53:08.95**	+02:04:13 (35.2%)	8:24	7.1 (64.5%)
59	**TOMCZUK Krzysztof**	**3198**		M-40	24	01:31:58	03:22:57	03:53:07	05:22:57	**05:54:54.15**	**05:55:03.50**	+02:06:08 (35.5%)	8:27	7.1 (64.5%)
60	**WOJEWODA Maciej**	**3148**	VEGE RUNNERS	M-30	20	01:29:07	03:26:50	03:54:59	05:23:06	**05:55:01.55**	**05:55:07.25**	+02:06:11 (35.5%)	8:27	7.1 (64.5%)
61	**RĘBIAŁKOWSKI Jakub**	**3057**	RNB TEAM POLANICA ZDRÓJ	M-30	21	01:30:44	03:22:49	03:53:34	05:24:38	**05:55:32.35**	**05:55:40.30**	+02:06:44 (35.6%)	8:27	7.1 (64.5%)
62	**RUTKOWSKI Konrad**	**3227**		M-30	22	01:30:47	03:19:33	03:47:04	05:24:13	**05:55:46.00**	**05:55:58.35**	+02:07:02 (35.7%)	8:28	7.1 (64.5%)
63	**HERBINGER Maciej**	**3249**		M-40	25	01:20:16	03:12:54	03:41:03	05:19:09	**05:55:56.35**	**05:56:03.45**	+02:07:07 (35.7%)	8:28	7.1 (64.5%)
64	**DYRAGA Marcin**	**3164**	SAINT-GOBAIN SQUAD	M-40	26	01:28:57	03:23:06	03:52:37	05:23:39	**05:56:01.15**	**05:56:10.15**	+02:07:14 (35.7%)	8:28	7.1 (64.5%)
65	**SZECHOWSKI Paweł**	**3244**		M-40	27	01:33:03	03:22:05	03:52:13	05:20:19	**05:56:30.50**	**05:56:36.00**	+02:07:40 (35.8%)	8:29	7.1 (64.5%)
66	**MARCINEK Łukasz**	**3016**	NIE TERAZ, POTEM	M-40	28	01:29:05	03:22:25	03:52:46	05:25:00	**05:57:40.15**	**05:57:44.70**	+02:08:49 (36.0%)	8:30	7 (63.6%)
67	**SOBOLEWSKI Dariusz**	**3166**	BOREL MARATHON TEAM	M-30	23	01:28:46	03:20:56	03:53:15	05:26:19	**05:59:09.70**	**05:59:18.25**	+02:10:22 (36.3%)	8:33	7 (63.6%)
68	**SZYMANIK Paweł**	**3149**		M-40	29	01:33:30	03:26:04	03:56:06	05:28:40	**05:59:13.60**	**05:59:22.15**	+02:10:26 (36.3%)	8:33	7 (63.6%)
69	**PACZKOWSKA Katarzyna**	**3075**	BIEGAJĄCE KREJZOLE	K-30	3	01:30:33	03:25:04	03:56:35	05:28:02	**05:59:29.40**	**05:59:33.45**	+02:10:37 (36.3%)	8:33	7 (63.6%)
70	**STROMIDŁO Sebastian**	**3213**	KB AKTYWNI KRZYŻ WLKP	M-40	30	01:30:35	03:22:59	03:53:43	05:24:41	**05:59:31.30**	**05:59:34.95**	+02:10:39 (36.3%)	8:33	7 (63.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Pod Szczelińcem 22.8km	Zielona Droga 26km	Jakubowice 37km	Czas netto 42km	Czas brutto 42km	Różn	Tempo min/km	Tempo km/h
71	**LEWANDOWSKI Grzegorz**	**3035**	GOLENIÓW	M-40	31	01:35:52	03:28:15	04:02:37	05:27:37	**05:59:55.60**	**06:00:05.10**	+02:11:09 (36.4%)	8:34	7 (63.6%)
72	**WAŃKOWICZ Adrian**	**3209**		M-40	32	01:28:41	03:26:13	03:57:41	05:28:13	**05:59:55.10**	**06:00:10.20**	+02:11:14 (36.4%)	8:34	7 (63.6%)
73	**KOZŁOWSKA Iwona**	**3195**	LESZNO LIMITS RUNNERS	K-40	4	01:35:14	03:32:57	04:09:02	05:31:32	**06:01:16.25**	**06:01:19.90**	+02:12:24 (36.6%)	8:36	7 (63.6%)
74	**MASTERNAK Marta**	**3145**		K-30	4	01:36:14	03:30:43	04:02:33	05:29:56	**06:01:54.45**	**06:02:00.85**	+02:13:05 (36.8%)	8:37	7 (63.6%)
75	**MAŁYSZKA Krzysztof**	**3205**	KRISTRANS KRZYSZTOF MAŁYSZKA	M-50	7	01:26:36	03:19:21	03:49:35	05:28:00	**06:02:21.80**	**06:02:24.10**	+02:13:28 (36.8%)	8:37	7 (63.6%)
76	**PODLEŚ Robert**	**3022**	COBI POLAND	M-60	1	01:42:15	03:35:42	04:04:04	05:31:25	**06:02:31.40**	**06:02:35.05**	+02:13:39 (36.9%)	8:37	7 (63.6%)
77	**CHWAŁA Przemysław**	**3169**	POWOLNY	M-40	33	01:28:49	03:20:22	03:52:30	05:29:14	**06:03:36.45**	**06:03:45.75**	+02:14:50 (37.1%)	8:39	6.9 (62.7%)
78	**LISIECKI Tomasz**	**3154**		M-30	24	01:30:47	03:24:11	03:53:49	05:28:06	**06:03:39.65**	**06:03:46.35**	+02:14:50 (37.1%)	8:39	6.9 (62.7%)
79	**LISOWSKI Grzegorz**	**3229**		M-40	34	01:31:19	03:29:06	04:02:26	05:32:08	**06:05:05.30**	**06:05:11.70**	+02:16:16 (37.3%)	8:41	6.9 (62.7%)
80	**WAJDA Maciej**	**3102**	SPELEOCLUB WROCŁAW	M-30	25	01:33:15	03:27:51	04:00:56	05:35:49	**06:07:38.70**	**06:07:58.90**	+02:19:03 (37.8%)	8:45	6.9 (62.7%)
81	**JURDZIAK Jakub**	**3082**		M-30	26	01:34:55	03:33:15	04:05:02	05:34:21	**06:08:01.00**	**06:08:12.70**	+02:19:17 (37.8%)	8:45	6.8 (61.8%)
82	**PURCZYŃSKI Grzegorz**	**3009**		M-40	35	01:30:53	03:25:54	03:57:37	05:32:04	**06:08:43.45**	**06:08:46.20**	+02:19:50 (37.9%)	8:46	6.8 (61.8%)
83	**BINIENDA Agnieszka**	**3215**	KOBIETY WATAHY	K-40	5	01:34:40	03:34:11	04:07:00	05:35:44	**06:09:03.40**	**06:09:11.55**	+02:20:16 (38.0%)	8:47	6.8 (61.8%)
84	**ZIEBARTH Przemysław**	**3176**		M-40	36	01:38:21	03:37:56	04:09:52	05:36:47	**06:10:14.45**	**06:10:29.50**	+02:21:34 (38.2%)	8:48	6.8 (61.8%)
85	**HACUŚ Jacek**	**3050**		M-30	27	01:35:31	03:30:33	03:59:58	05:35:13	**06:11:06.50**	**06:11:12.50**	+02:22:17 (38.3%)	8:50	6.8 (61.8%)
86	**ORŁOWSKI Kacper**	**3136**		M-30	28	01:22:20	03:16:10	03:52:30	05:36:27	**06:11:34.00**	**06:11:37.20**	+02:22:41 (38.4%)	8:50	6.8 (61.8%)
87	**CHOLEWA Zbigniew**	**3225**	LISY PUSTYNI	M-40	37	01:34:53	03:32:02	04:05:53	05:36:06	**06:12:01.75**	**06:12:12.35**	+02:23:16 (38.5%)	8:51	6.8 (61.8%)
88	**RYCHLIK Sebastian**	**3226**	LISY PUSTYNI	M-40	38	01:35:17	03:32:39	04:05:48	05:36:06	**06:12:01.10**	**06:12:12.60**	+02:23:17 (38.5%)	8:51	6.8 (61.8%)
89	**CICHOŃ Magdalena**	**3199**	PROFIL OPOLE	K-40	6	01:39:56	03:43:04	04:14:22	05:41:33	**06:15:16.45**	**06:15:16.45**	+02:26:20 (39.0%)	8:56	6.7 (60.9%)
90	**MAZAN Wojciech**	**3221**		M-30	29	01:43:38	03:39:58	04:12:51	05:39:38	**06:14:52.50**	**06:15:16.85**	+02:26:21 (39.0%)	8:55	6.7 (60.9%)
91	**KOTARSKI Marek**	**3134**	KRS TKKF RELAKS WODZISŁAW ŚLASKI	M-50	8	01:33:36	03:29:11	03:59:39	05:42:25	**06:15:52.80**	**06:16:01.95**	+02:27:06 (39.1%)	8:56	6.7 (60.9%)
92	**KASPERKIEWICZ Wojtek**	**3203**		M-30	30	01:39:57	03:45:07	04:16:08	05:45:03	**06:16:28.00**	**06:16:32.75**	+02:27:37 (39.2%)	8:57	6.7 (60.9%)
93	**PIOTROWSKI Michał**	**3013**	#ŻEBERKATEAM	M-40	39	01:35:07	03:32:19	04:06:07	05:44:02	**06:16:31.40**	**06:16:43.70**	+02:27:48 (39.2%)	8:57	6.7 (60.9%)
94	**BORECKI Piotr**	**3238**	CZAJKERSI	M-30	31	01:43:36	03:37:52	04:10:05	05:42:16	**06:16:50.00**	**06:17:03.65**	+02:28:08 (39.3%)	8:58	6.7 (60.9%)
95	**WALKOWIAK Maciej**	**3211**		M-30	32	01:36:36	03:35:27	04:09:24	05:43:29	**06:17:50.10**	**06:18:04.90**	+02:29:09 (39.5%)	8:59	6.7 (60.9%)
96	**KUJAWSKA Agnieszka**	**3005**		K-40	7	01:43:25	03:44:27	04:16:51	05:47:33	**06:19:17.35**	**06:19:36.80**	+02:30:41 (39.7%)	9:01	6.6 (60.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Pod Szczelińcem 22.8km	Zielona Droga 26km	Jakubowice 37km	Czas netto 42km	Czas brutto 42km	Różn	Tempo min/km	Tempo km/h
97	**JAŚKOWIAK Michał**	**3084**	PROXICOM	M-30	33	01:33:28	03:34:48	04:11:14	05:43:39	**06:19:48.85**	**06:19:53.10**	+02:30:57 (39.7%)	9:02	6.6 (60.0%)
98	**BARTKOWIAK Marek**	**3080**	BEST TEAM ŚREM	M-30	34	01:32:21	03:34:03	04:10:58	05:43:31	**06:19:49.70**	**06:19:53.55**	+02:30:58 (39.7%)	9:02	6.6 (60.0%)
99	**ZARĘBA Anna**	**3202**		K-30	5	01:36:12	03:37:42	04:10:48	05:43:33	**06:21:00.55**	**06:21:05.15**	+02:32:09 (39.9%)	9:04	6.6 (60.0%)
100	**JASIAK Karol**	**3206**	NIE WIEM GDZIE JESTEM	M-30	35	01:38:07	03:36:32	04:10:38	05:45:56	**06:21:00.40**	**06:21:08.95**	+02:32:13 (39.9%)	9:04	6.6 (60.0%)
101	**TKACZYK Katarzyna**	**3041**		K-40	8	01:41:49	03:43:12	04:14:50	05:47:52	**06:20:47.35**	**06:21:09.95**	+02:32:14 (39.9%)	9:03	6.6 (60.0%)
102	**WALKOWIAK Marcin**	**3042**	CZERWONAK BIEGA	M-20	5	01:35:07	03:29:21	04:09:46	05:47:05	**06:21:28.00**	**06:21:41.20**	+02:32:45 (40.0%)	9:04	6.6 (60.0%)
103	**SYCHOWSKI Dawid**	**3252**		M-30	36	01:32:07	03:31:04	04:08:59	05:44:23	**06:22:16.85**	**06:22:29.75**	+02:33:34 (40.1%)	9:06	6.6 (60.0%)
104	**MARCHEWKA Jarosław**	**3168**	W DRODZE	M-40	40	01:35:27	03:35:19	04:09:37	05:48:43	**06:23:39.60**	**06:23:46.95**	+02:34:51 (40.4%)	9:08	6.6 (60.0%)
105	**MYCIELSKI Mariusz**	**3105**	W DRODZE	M-50	9	01:35:29	03:35:24	04:09:27	05:48:44	**06:23:40.05**	**06:23:47.10**	+02:34:51 (40.4%)	9:08	6.6 (60.0%)
106	**PIWOWARSKI Maciej**	**3140**		M-30	37	01:43:26	03:46:36	04:18:24	05:52:58	**06:25:54.30**	**06:26:15.20**	+02:37:19 (40.7%)	9:11	6.5 (59.1%)
107	**LITEWKA Grzegorz**	**3078**	JTC TEAM	M-50	10	01:37:59	03:37:27	04:11:32	05:48:45	**06:26:05.10**	**06:26:20.25**	+02:37:24 (40.7%)	9:11	6.5 (59.1%)
108	**SZYMAŃSKI Michał**	**3223**	TENIS CENTRUM AS	M-20	6	01:43:35	03:43:01	04:14:03	05:53:05	**06:27:24.30**	**06:27:37.00**	+02:38:41 (40.9%)	9:13	6.5 (59.1%)
109	**SKRZYPIŃSKI Arkadiusz**	**3073**	PSI PATROL	M-40	41	01:40:02	03:43:10	04:16:49	05:53:27	**06:27:44.95**	**06:27:58.70**	+02:39:03 (41.0%)	9:13	6.5 (59.1%)
110	**SŁOWIK Grzegorz**	**3222**	NIE WIEM GDZIE JESTEM	M-40	42	01:35:30	03:36:23	04:11:54	05:51:47	**06:28:01.65**	**06:28:10.50**	+02:39:15 (41.0%)	9:14	6.5 (59.1%)
111	**BRZEZIŃSKI Cezary**	**3143**	PAŃSTWOWA UCZELNIA IM. STEFANA BATOREGO W SKIERNIEWICACH	M-50	11	01:33:39	03:33:28	04:10:31	05:54:09	**06:28:37.65**	**06:28:42.30**	+02:39:46 (41.1%)	9:15	6.5 (59.1%)
112	**KUCHARSKI Dariusz**	**3214**		M-40	43	01:45:00	03:50:21	04:24:59	05:58:36	**06:30:14.15**	**06:30:28.20**	+02:41:32 (41.4%)	9:17	6.5 (59.1%)
113	**KLIMECKI Łukasz**	**3184**	KB INTREX POZNAŃ	M-30	38	01:40:03	03:40:22	04:13:10	05:51:15	**06:30:30.35**	**06:30:45.50**	+02:41:50 (41.4%)	9:17	6.5 (59.1%)
114	**BYLINA Bartosz**	**3101**		M-50	12	01:33:40	03:33:35	04:07:54	05:52:49	**06:32:33.55**	**06:32:43.50**	+02:43:48 (41.7%)	9:20	6.4 (58.2%)
115	**GAWRON Bartłomiej**	**3178**		M-40	44	01:36:09	03:36:55	04:11:59	05:52:43	**06:32:41.20**	**06:32:50.95**	+02:43:55 (41.7%)	9:20	6.4 (58.2%)
116	**RATAJCZAK Mateusz**	**3194**	MFS	M-40	45	01:29:28	03:30:04	04:09:44	05:54:52	**06:33:05.65**	**06:33:11.50**	+02:44:16 (41.8%)	9:21	6.4 (58.2%)
117	**KUBIAK Karolina**	**3128**		K-40	9	01:42:04	03:47:14	04:17:52	05:57:41	**06:33:46.45**	**06:34:02.10**	+02:45:06 (41.9%)	9:22	6.4 (58.2%)
118	**TURNIAK Miłosz**	**3011**		M-30	39	01:40:01	03:42:51	04:16:09	05:58:55	**06:35:22.85**	**06:35:33.45**	+02:46:37 (42.1%)	9:24	6.4 (58.2%)
119	**KOWALEWSKI Grzegorz**	**3085**		M-50	13	01:45:49	03:45:41	04:17:32	05:59:18	**06:35:54.45**	**06:36:01.45**	+02:47:05 (42.2%)	9:25	6.4 (58.2%)
120	**JACKOWIAK Agnieszka**	**3153**	RUNNER'S POWER	K-30	6	01:43:36	03:51:21	04:30:18	06:05:53	**06:39:15.70**	**06:39:20.65**	+02:50:25 (42.7%)	9:30	6.3 (57.3%)
121	**PROSOWIECKA SMAK Katarzyna**	**3200**		K-40	10	01:39:50	03:46:29	04:20:48	06:02:35	**06:39:30.70**	**06:39:38.50**	+02:50:43 (42.7%)	9:30	6.3 (57.3%)
122	**DZICZEK Ireneusz**	**3003**		M-50	14	01:40:09	03:43:17	04:17:07	06:01:04	**06:39:31.50**	**06:39:42.30**	+02:50:46 (42.7%)	9:30	6.3 (57.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Pod Szczelińcem 22.8km	Zielona Droga 26km	Jakubowice 37km	Czas netto 42km	Czas brutto 42km	Różn	Tempo min/km	Tempo km/h
123	**ZARĘBSKI Marcin**	**3162**	EXTREME WOLF	M-40	46	01:43:50	03:49:57	04:19:42	06:02:48	**06:39:27.20**	**06:39:46.30**	+02:50:50 (42.7%)	9:30	6.3 (57.3%)
124	**PREISS Grzegorz**	**3135**		M-40	47	01:43:28	03:42:54	04:15:51	06:00:48	**06:39:47.55**	**06:40:04.20**	+02:51:08 (42.8%)	9:31	6.3 (57.3%)
125	**ROMANOWSKI Bartłomiej**	**3121**		M-40	48	01:41:58	03:42:51	04:16:27	06:01:09	**06:40:08.05**	**06:40:24.55**	+02:51:29 (42.8%)	9:31	6.3 (57.3%)
126	**MACIEJEWSKI Adrian**	**3234**		M-20	7	01:44:17	03:48:24	04:19:57	06:08:30	**06:41:44.55**	**06:42:00.65**	+02:53:05 (43.1%)	9:33	6.3 (57.3%)
127	**JAKUBIAK Anna**	**3081**	RUCHOWA AKADEMIA ZDROWIA	K-50	1	01:40:33	03:45:53	04:20:12	06:07:37	**06:41:49.60**	**06:42:01.20**	+02:53:05 (43.1%)	9:34	6.3 (57.3%)
128	**RUCIŃSKI Adam**	**3212**		M-50	15	01:47:18	03:53:24	04:29:27	06:08:02	**06:42:07.30**	**06:42:28.50**	+02:53:33 (43.1%)	9:34	6.3 (57.3%)
129	**PISULA Łukasz**	**3040**		M-30	40	01:36:42	03:48:57	04:25:32	06:11:35	**06:43:17.85**	**06:43:24.75**	+02:54:29 (43.3%)	9:36	6.2 (56.4%)
130	**MRÓZ Anna**	**3099**		K-30	7	01:45:36	04:01:26	04:38:00	06:13:37	**06:44:55.85**	**06:44:55.85**	+02:56:00 (43.5%)	9:38	6.2 (56.4%)
131	**LUBELCZYK Grzegorz**	**3130**	SPELEOCLUB WROCŁAW	M-50	16	01:43:58	03:42:59	04:17:56	06:06:06	**06:45:11.15**	**06:45:31.30**	+02:56:35 (43.5%)	9:38	6.2 (56.4%)
132	**NIKODEM Klaudiusz**	**3242**		M-40	49	01:43:39	03:50:36	04:25:50	06:09:12	**06:45:50.60**	**06:46:03.25**	+02:57:07 (43.6%)	9:39	6.2 (56.4%)
133	**KAMIŃSKA Ewelina**	**3103**	BIEGAJĄCE KREJZOLE	K-40	11	01:44:22	04:01:19	04:38:29	06:15:07	**06:46:46.85**	**06:46:50.20**	+02:57:54 (43.7%)	9:41	6.2 (56.4%)
134	**KOSIELSKI Robert**	**3236**		M-40	50	01:43:43	03:51:38	04:27:19	06:07:36	**06:47:42.35**	**06:47:55.20**	+02:58:59 (43.9%)	9:42	6.2 (56.4%)
135	**BURDELAK Bartosz**	**3220**	6BDOWSP	M-20	8	01:44:21	03:48:29	04:20:59	06:08:33	**06:48:57.75**	**06:49:13.15**	+03:00:17 (44.1%)	9:44	6.2 (56.4%)
136	**GĘSIAREK Grzegorz**	**3131**		M-40	51	01:43:58	03:45:53	04:18:31	06:09:24	**06:50:07.40**	**06:50:25.30**	+03:01:29 (44.2%)	9:45	6.1 (55.5%)
137	**KRZYŻYK Agnieszka**	**3179**	TRIO FORTIS	K-40	12	01:43:51	03:52:48	04:30:42	06:13:45	**06:51:23.40**	**06:51:30.55**	+03:02:35 (44.4%)	9:47	6.1 (55.5%)
138	**SIKORSKI Cezary**	**3068**	BBL GUBIN	M-50	17	01:43:57	03:56:48	04:30:12	06:16:59	**06:54:06.55**	**06:54:09.00**	+03:05:13 (44.7%)	9:51	6.1 (55.5%)
139	**PANKOWSKI Jerzy**	**3174**	ALEF	M-30	41	01:43:57	03:50:23	04:25:28	06:17:02	**06:55:55.85**	**06:56:15.30**	+03:07:19 (45.0%)	9:54	6.1 (55.5%)
140	**SZPYTMA Remigiusz**	**3243**	ABY DO PRZODU	M-30	42	01:44:05	03:55:53	04:32:17	06:17:45	**06:57:10.30**	**06:57:27.10**	+03:08:31 (45.2%)	9:55	6 (54.5%)
141	**STELMACH Mariusz**	**3163**		M-30	43	01:43:56	03:53:10	04:30:10	06:17:03	**06:57:09.00**	**06:57:27.80**	+03:08:32 (45.2%)	9:55	6 (54.5%)
142	**MAZUR Katarzyna**	**3067**	UMLAUT	K-40	13	01:52:00	04:06:57	04:41:32	06:24:16	**06:58:07.95**	**06:58:10.20**	+03:09:14 (45.3%)	9:57	6 (54.5%)
143	**JEKIEL Grzegorz**	**3033**		M-40	52	01:47:40	03:59:54	04:38:02	06:25:11	**07:03:09.20**	**07:03:22.35**	+03:14:26 (45.9%)	10:04	6 (54.5%)
144	**GŁOGOWSKI Adam**	**3251**	NOA	M-40	53	01:44:13	03:57:59	04:37:42	06:26:29	**07:03:50.05**	**07:04:01.50**	+03:15:06 (46.0%)	10:05	5.9 (53.6%)
145	**HERBEĆ-LABOCHA Magdalena**	**3156**		K-40	14	01:47:02	04:01:07	04:38:14	06:25:56	**07:06:15.85**	**07:06:40.75**	+03:17:45 (46.3%)	10:08	5.9 (53.6%)
146	**LABOCHA Aleksander**	**3157**		M-40	54	01:47:03	04:01:11	04:38:21	06:25:58	**07:06:15.90**	**07:06:40.95**	+03:17:45 (46.3%)	10:08	5.9 (53.6%)
147	**PORCZYK Marius**	**3191**	WIKINGS RUN	M-40	55	01:40:14	03:58:39	04:38:59	06:27:55	**07:08:37.40**	**07:08:50.25**	+03:19:54 (46.6%)	10:12	5.9 (53.6%)
148	**MIELNIK Krzysztof**	**3196**	DCTRIATHLONTEAM	M-30	44	01:47:11	03:59:28	04:39:14	06:31:02	**07:10:08.75**	**07:10:20.25**	+03:21:24 (46.8%)	10:14	5.9 (53.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Pod Szczelińcem 22.8km	Zielona Droga 26km	Jakubowice 37km	Czas netto 42km	Czas brutto 42km	Różn	Tempo min/km	Tempo km/h
149	**MIŚ Piotr**	**3189**		M-30	45	01:47:11	03:59:23	04:39:07	06:31:00	**07:10:09.30**	**07:10:20.45**	+03:21:24 (46.8%)	10:14	5.9 (53.6%)
150	**SZTACHELSKI Krzysztof**	**3219**		M-40	56	01:44:55	03:53:02	04:32:39	06:29:03	**07:10:28.70**	**07:10:51.95**	+03:21:56 (46.9%)	10:14	5.9 (53.6%)
151	**KANIA Damian**	**3192**		M-40	57	01:45:01	03:57:34	04:33:24	06:28:29	**07:11:33.10**	**07:11:33.10**	+03:22:37 (47.0%)	10:16	5.8 (52.7%)
152	**BUDZIŃSKI Krzysztof**	**3233**		M-50	18	01:50:25	04:06:24	04:47:58	06:32:33	**07:12:56.40**	**07:13:14.00**	+03:24:18 (47.2%)	10:18	5.8 (52.7%)
153	**ŻMIJEWSKA Dominika**	**3122**	KLUB BIEGOWY TSK ORZEŁ OSIEK	K-30	8	01:45:18	04:03:40	04:45:40	06:37:59	**07:13:23.70**	**07:13:27.10**	+03:24:31 (47.2%)	10:19	5.8 (52.7%)
154	**STARSZAK Marcin**	**3123**	KLUB BIEGOWY TSK ORZEŁ OSIEK	M-40	58	01:45:19	04:03:47	04:45:34	06:37:59	**07:13:23.75**	**07:13:27.40**	+03:24:31 (47.2%)	10:19	5.8 (52.7%)
155	**BULANDA Barbara**	**3247**	ŻUBRY BOCHNIA	K-40	15	01:50:05	04:12:48	04:50:49	06:37:59	**07:16:41.45**	**07:16:48.00**	+03:27:52 (47.6%)	10:23	5.8 (52.7%)
156	**BIAŁA Malgorzata**	**3155**		K-30	9	01:54:32	04:11:58	04:49:28	06:37:52	**07:16:34.90**	**07:16:48.10**	+03:27:52 (47.6%)	10:23	5.8 (52.7%)
157	**KACZMARCZYK Mariusz**	**3018**	REXER	M-50	19	01:40:24	04:02:54	04:46:05	06:37:25	**07:17:19.70**	**07:17:19.70**	+03:28:24 (47.7%)	10:24	5.8 (52.7%)
158	**FANAJŁO Kasia**	**3144**	ZIELONA GÓRO ZACZNIJ BIEGAĆ	K-30	10	01:57:04	04:16:37	04:54:28	06:41:46	**07:19:10.35**	**07:19:16.65**	+03:30:21 (47.9%)	10:27	5.7 (51.8%)
159	**WĘGIER Agnieszka**	**3108**	ZIELONA GÓRA ZACZNIJ BIEGAĆ	K-40	16	01:57:05	04:16:40	04:54:20	06:41:45	**07:19:10.15**	**07:19:17.05**	+03:30:21 (47.9%)	10:27	5.7 (51.8%)
160	**SZULC Rafał**	**3083**	PREGRES	M-30	46	01:47:06	04:07:11	04:46:29	06:43:11	**07:20:55.80**	**07:21:04.35**	+03:32:08 (48.1%)	10:29	5.7 (51.8%)
161	**RABIEJ Kazimierz**	**3161**	ROZBIEGANI CHOJNÓW	M-60	2	01:49:44	04:06:15	04:44:06	06:40:05	**07:21:05.60**	**07:21:05.60**	+03:32:10 (48.1%)	10:30	5.7 (51.8%)
162	**KOWAL Ireneusz**	**3158**		M-40	59	01:43:55	04:06:40	04:48:35	06:41:52	**07:22:42.95**	**07:22:52.25**	+03:33:56 (48.3%)	10:32	5.7 (51.8%)
163	**ZDYB Grzegorz**	**3036**	44 WOJSKOWY ODDZIAŁ GOSPODARCZY	M-40	60	01:52:58	04:17:49	04:55:07	06:43:14	**07:24:10.30**	**07:24:21.60**	+03:35:26 (48.5%)	10:34	5.7 (51.8%)
164	**PUZIO Maciej**	**3023**		M-30	47	01:47:11	04:04:03	04:40:48	06:41:25	**07:24:51.90**	**07:25:13.40**	+03:36:17 (48.6%)	10:35	5.7 (51.8%)
165	**NAWROCKA Aleksandra**	**3172**		K-40	17	01:49:02	04:11:21	04:49:50	06:43:11	**07:25:42.10**	**07:25:49.60**	+03:36:54 (48.7%)	10:36	5.7 (51.8%)
166	**KONCA Mariusz**	**3096**		M-50	20	01:56:45	04:22:02	04:57:51	06:46:11	**07:26:10.85**	**07:26:31.65**	+03:37:36 (48.7%)	10:37	5.6 (50.9%)
167	**SIKORSKI Grzegorz**	**3043**		M-50	21	02:02:19	04:26:11	05:04:36	06:48:57	**07:27:58.70**	**07:27:58.70**	+03:39:03 (48.9%)	10:39	5.6 (50.9%)
168	**SZYMUSIK Tomasz**	**3020**		M-40	61	01:49:05	04:06:14	04:48:25	06:42:19	**07:27:47.20**	**07:28:01.45**	+03:39:05 (48.9%)	10:39	5.6 (50.9%)
169	**LIS Miroslaw**	**3090**		M-40	62	01:49:32	04:11:11	04:48:46	06:44:16	**07:27:56.30**	**07:28:10.70**	+03:39:15 (48.9%)	10:39	5.6 (50.9%)
170	**GIBOWSKI Lukasz**	**3091**		M-40	63	01:49:31	04:10:40	04:48:40	06:44:10	**07:27:56.90**	**07:28:11.45**	+03:39:15 (48.9%)	10:39	5.6 (50.9%)
171	**KRÓLIKOWSKA Agnieszka**	**3141**		K-40	18	01:52:58	04:08:10	04:44:07	06:38:53	**07:28:15.85**	**07:28:22.35**	+03:39:26 (48.9%)	10:40	5.6 (50.9%)
172	**PUZIO Waldemar**	**3246**	MARATOŃCZYK DĘBICA	M-60	3	01:56:28	04:18:41	04:57:57	06:45:40	**07:28:02.45**	**07:28:24.05**	+03:39:28 (48.9%)	10:40	5.6 (50.9%)
173	**BŁACHNIO Krzysztof**	**3001**	RAZ SZCZECIN	M-50	22	01:44:58	04:04:08	04:49:24	06:43:20	**07:28:19.60**	**07:28:30.65**	+03:39:35 (49.0%)	10:40	5.6 (50.9%)
174	**GROMADZKA Justyna**	**3218**	KOBIETY WATAHA	K-40	19	01:55:39	04:21:02	04:57:11	06:48:34	**07:28:48.90**	**07:28:57.30**	+03:40:01 (49.0%)	10:41	5.6 (50.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Pod Szczelińcem 22.8km	Zielona Droga 26km	Jakubowice 37km	Czas netto 42km	Czas brutto 42km	Różn	Tempo min/km	Tempo km/h
175	**KRYSIAK Łukasz**	**3188**	PIĄTKOWO NA BIEGOWO	M-40	64	01:54:29	04:17:40	04:57:44	06:48:06	**07:29:20.70**	**07:29:29.60**	+03:40:34 (49.1%)	10:41	5.6 (50.9%)
176	**SAŁAMACHA Izabela**	**3089**	MAMY BIEGAMY	K-40	20	01:49:52	04:20:58	04:57:20	06:52:32	**07:29:27.95**	**07:29:35.60**	+03:40:40 (49.1%)	10:42	5.6 (50.9%)
177	**DOCZEKALSKI Jarek**	**3000**	GB.GALOPUJĄCE ŚLIMAKI	M-50	23	01:49:14	04:16:56	04:54:26	06:43:22	**07:29:31.65**	**07:29:48.85**	+03:40:53 (49.1%)	10:42	5.6 (50.9%)
178	**JĘDRYKA Sebastian**	**3031**	GB GALOPUJĄCE ŚLIMAKI	M-40	65	01:49:11	04:17:00	04:54:42	06:43:25	**07:29:33.70**	**07:29:51.00**	+03:40:55 (49.1%)	10:42	5.6 (50.9%)
179	**GRUCHOT Małgorzata**	**3171**	WIECZORNE BIEGANIE W OPOLU	K-40	21	01:47:02	04:10:58	04:53:38	06:55:38	**07:32:31.40**	**07:32:48.30**	+03:43:52 (49.4%)	10:46	5.6 (50.9%)
180	**BOGACKA Aneta**	**3109**	ZGZB	K-30	11	01:57:17	04:17:03	04:56:59	06:53:49	**07:32:45.65**	**07:32:52.35**	+03:43:56 (49.5%)	10:46	5.6 (50.9%)
181	**KRAJEWSKA-PALUCH Ewa**	**3193**		K-40	22	01:52:40	04:16:54	04:57:36	06:52:51	**07:35:00.15**	**07:35:12.70**	+03:46:17 (49.7%)	10:50	5.5 (50.0%)
182	**JURASZ Aleksandra**	**3058**		K-30	12	01:47:42	04:11:09		06:55:42	**07:35:39.40**	**07:35:52.05**	+03:46:56 (49.8%)	10:50	5.5 (50.0%)
183	**KOT Tomasz**	**3197**		M-40	66	01:58:25	04:21:46	05:04:05	06:52:51	**07:37:16.10**	**07:37:30.20**	+03:48:34 (50.0%)	10:53	5.5 (50.0%)
184	**GWORYS Katarzyna**	**3038**	ZRYW PARZYMIECHY	K-40	23	01:55:42	04:21:36	04:59:19	06:54:12	**07:37:51.35**	**07:37:54.15**	+03:48:58 (50.0%)	10:54	5.5 (50.0%)
185	**GWORYS Krzysztof**	**3039**	ZRYW PARZYMIECHY	M-40	67	01:55:44	04:21:26	04:59:10	06:54:11	**07:37:51.25**	**07:37:54.35**	+03:48:58 (50.0%)	10:54	5.5 (50.0%)
186	**WIELICZKO Rafał**	**3063**	ZONE RUNNERS	M-30	48	01:52:55	04:21:59	05:00:02	06:54:23	**07:38:05.50**	**07:38:15.80**	+03:49:20 (50.0%)	10:54	5.5 (50.0%)
186	**WIELICZKO Dagmara**	**3064**	ZONE RUNNERS	K-30	13	01:52:56	04:22:01	05:00:08	06:54:29	**07:38:04.75**	**07:38:15.80**	+03:49:20 (50.0%)	10:54	5.5 (50.0%)
188	**CHROMIK Krzysztof**	**3072**		M-40	68	01:50:11	04:17:54	04:59:50	06:57:51	**07:43:36.80**	**07:43:47.00**	+03:54:51 (50.6%)	11:02	5.4 (49.1%)
189	**KOPACZYŃSKA Beata**	**3216**	CROSSFIT ZIELONA GÓRA	K-50	2	01:55:26	04:28:07	05:09:34	07:05:17	**07:44:32.85**	**07:44:49.25**	+03:55:53 (50.7%)	11:03	5.4 (49.1%)
190	**KRAJEWSKA-KŁODA Katarzyna**	**3027**	DRUŻYNA SZPIKU	K-40	24	02:04:51	04:38:56	05:16:26	07:09:19	**07:44:33.90**	**07:44:49.80**	+03:55:54 (50.8%)	11:03	5.4 (49.1%)
190	**BARANIAK Beata**	**3025**	DRUŻYNA SZPIKU	K-40	24	02:04:54	04:39:03	05:16:30	07:09:21	**07:44:33.60**	**07:44:49.80**	+03:55:54 (50.8%)	11:03	5.4 (49.1%)
192	**CUPAK Łukasz**	**3071**		M-30	49	01:56:59	04:31:09	05:11:07	07:05:22	**07:47:00.45**	**07:47:10.20**	+03:58:14 (51.0%)	11:07	5.4 (49.1%)
193	**KONCA Beata**	**3095**	KB OŻARÓW MAZOWIECKI BIEGA	K-40	26	02:06:07	04:37:05	05:16:17	07:09:44	**07:51:09.85**	**07:51:30.65**	+04:02:35 (51.4%)	11:13	5.3 (48.2%)
194	**KAWIK Janusz**	**3127**		M-50	24	01:52:56	04:28:49	05:20:59	07:12:44	**07:51:38.55**	**07:51:38.55**	+04:02:43 (51.5%)	11:13	5.3 (48.2%)
195	**SAŁAMACHA Stanisław**	**3088**	BIAŁA BIEGA	M-60	4	01:50:15	04:24:22	05:05:36	07:05:02	**07:53:48.30**	**07:53:56.55**	+04:05:01 (51.7%)	11:16	5.3 (48.2%)
196	**SALAMACHA Jarek**	**3124**	AKTYWNA NOWA RUDA	M-40	69	01:50:05	04:24:35	05:05:29	07:05:02	**07:53:49.50**	**07:53:57.20**	+04:05:01 (51.7%)	11:16	5.3 (48.2%)
Przekroczony limit czasu: 08:00:00														
197	**DUBIEL Andrzej**	**3032**		M-40	70	02:03:44	04:44:10	05:28:26	07:25:43	**08:11:04.20**	**08:11:16.10**	+04:22:20 (53.4%)	11:41	5.1 (46.4%)
198	**TRZCINA Agata**	**3024**		K-40	27	02:10:38	04:59:47	05:39:57		**08:27:04.35**	**08:27:23.50**	+04:38:28 (54.9%)	12:04	5 (45.5%)
199	**LANGE Hanna**	**3181**	ŻÓŁWICE W BIEGU	K-40	28	02:07:59	04:57:32	05:39:33		**08:35:43.15**	**08:36:01.05**	+04:47:05 (55.6%)	12:16	4.9 (44.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Pod Szczelińcem 22.8km	Zielona Droga 26km	Jakubowice 37km	Czas netto 42km	Czas brutto 42km	Różn	Tempo min/km	Tempo km/h
200	**GÓRNA Aldona**	**3183**	ZÓŁWICE W BIEGU	K-40	29	02:07:44	04:57:58	05:39:40		**08:35:47.15**	**08:36:05.85**	+04:47:10 (55.6%)	12:16	4.9 (44.5%)
201	**NOWAK Magdalena**	**3053**	FILIP RUNNING TEAM	K-30	14	02:09:20	05:00:40	05:43:38		**08:43:15.55**	**08:43:25.50**	+04:54:30 (56.3%)	12:27	4.8 (43.6%)
202	**BEDNARSKA-KOZIOŁ Danuta**	**3066**	WKURW_TEAM	K-40	30	02:10:50	05:02:00	05:40:16		**08:43:20.40**	**08:43:25.90**	+04:54:30 (56.3%)	12:27	4.8 (43.6%)
DQ	**ZIÓŁKOWSKA Ewelina**	**3254**	KB HARCOWNIK JELCZ LASKOWICE	K-30		02:00:30 DQ	DQ	DQ	03:04:15 DQ	**03:40:31.50 DQ**	**DQ**		0:00	11.4 (103.6%)
	DĘBEK Piotr	**3257**	ŚWIDNICKA GRUPA BIEGOWA	M-40		02:06:16 DNF	04:48:51 DNF	05:33:18 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	RAJKOWSKI Tomasz	**3065**		M-30		02:03:14 DNF	04:46:20 DNF	05:38:30 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	LACHOWSKI Karol	**3056**	FILIP RUNNING TEAM	M-30		02:09:08 DNF	05:00:50 DNF	05:43:44 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	DZITKOWSKI Witold	**3180**		M-30		01:21:58 DNF	03:02:55 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	NOWOMIEJSKI Marcin	**3152**	PROGRES	M-40		01:30:40 DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	POPOWICZ Justyna	**3232**		K-40		02:06:18 DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	HAUTON Monika	**3015**	NIE TERAZ, POTEM	K-40		DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)

Znaleziono 210 wynik(ów)