

Wydarzenie: Kudowski Festiwal Biegowy 2022
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2022-04-10
Miejsce: Kudowa-Zdrój
Dystans: 21 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	GLAPIAK Damian	4344	ADRUNAFINE	M-40	1	00:54:46	01:23:06	01:41:25.40	01:41:26.50		4:49	12.4 (100%)
2	LAGNER Sebastian	4262	KB SOBÓTKA/ PRZEDWOJEWSKI_TEAM	M-30	1	00:56:18	01:24:31	01:44:08.35	01:44:09.25	+00:02:42 (2.6%)	4:57	12.1 (97.6%)
3	PIHIL Piotr	4345		M-40	2	01:02:39	01:34:01	01:53:36.40	01:53:38.20	+00:12:11 (10.7%)	5:24	11.1 (89.5%)
4	SZKOŁA Wojciech	4306	NATURAL BORN RUNNERS	M-30	2	01:02:36	01:34:06	01:54:12.55	01:54:14.45	+00:12:47 (11.2%)	5:26	11 (88.7%)
5	ROSKOSZ Bartosz	4329	KB HARCOWNIK JELCZ-LASKOWICE	M-30	3	01:02:57	01:36:24	01:57:34.25	01:57:35.35	+00:16:08 (13.7%)	5:35	10.7 (86.3%)
6	ŁĘŻNIAK Aleksander	4257	MONK SANDALS TEAM	M-30	4	01:04:27	01:37:08	01:58:47.25	01:58:49.45	+00:17:22 (14.6%)	5:39	10.6 (85.5%)
7	STANKIEWICZ Tomasz	4236	PLANYBIEGOWE.PL	M-30	5	01:07:02	01:39:40	02:00:40.00	02:00:42.75	+00:19:16 (16.0%)	5:44	10.4 (83.9%)
8	SENKOWSKI Jakub	4334		M-30	6	01:07:07	01:39:56	02:00:54.95	02:00:56.75	+00:19:30 (16.1%)	5:45	10.4 (83.9%)
9	MAKOWSKI Maciej	4058	KORONA PABIANICE	M-40	3	01:07:34	01:39:59	02:01:33.40	02:01:33.40	+00:20:06 (16.5%)	5:47	10.4 (83.9%)
10	MOCZULSKA Małgorzata	4294		K-40	1	01:07:31	01:42:34	02:04:24.60	02:04:27.15	+00:23:00 (18.5%)	5:55	10.1 (81.5%)
11	WOLSKI Marcin	4287		M-30	7	01:09:05	01:44:09	02:06:24.80	02:06:26.60	+00:25:00 (19.8%)	6:01	10 (80.6%)
12	MISZTAL Kamil	4320		M-30	8	01:12:49	01:47:13	02:08:45.60	02:08:48.75	+00:27:22 (21.2%)	6:07	9.8 (79.0%)
13	KULIK-GAWĘDA Iwona	4083	KUDOWIANKARUN	K-30	1	01:09:13	01:45:19	02:10:34.30	02:10:35.95	+00:29:09 (22.3%)	6:13	9.7 (78.2%)
14	FLOREK Katarzyna	4244	140MINUT.PL	K-30	2	01:12:49	01:49:12	02:11:51.65	02:11:53.85	+00:30:27 (23.1%)	6:16	9.6 (77.4%)
15	SADOWSKI Marek	4165		M-40	4	01:12:59	01:49:39	02:13:48.05	02:13:50.80	+00:32:24 (24.2%)	6:22	9.4 (75.8%)
16	SZNUROWSKI Mariusz	4054	KB SOBÓTKA	M-20	1	01:16:00	01:50:57	02:13:47.15	02:13:53.55	+00:32:27 (24.2%)	6:22	9.4 (75.8%)
17	WALKOWIAK Tomasz	4284		M-40	5	01:14:23	01:50:39	02:14:35.15	02:14:38.80	+00:33:12 (24.7%)	6:24	9.4 (75.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
18	ZAJĄCZKOWSKI Jakub	4061	MASTERCHEM RUN TEAM	M-40	6	01:12:51	01:50:11	02:15:35.80	02:15:38.90	+00:34:12 (25.2%)	6:27	9.3 (75.0%)
19	KRAJEWSKI Marcin	4234	ZRYW PARZYMIECHY	M-40	7	01:14:24	01:50:49	02:16:02.30	02:16:04.30	+00:34:37 (25.4%)	6:28	9.3 (75.0%)
20	BUDYNEK Tadeusz	4144	ALVO RACING TEAM	M-40	8	01:18:01	01:57:09	02:20:27.85	02:20:32.30	+00:39:05 (27.8%)	6:41	9 (72.6%)
21	GRZĄBA Szymon	4307		M-40	9	01:16:16	01:55:35	02:20:53.35	02:20:56.50	+00:39:30 (28.0%)	6:42	8.9 (71.8%)
22	KUCIAK Bartosz	4049		M-30	9	01:17:32	01:57:18	02:20:49.05	02:20:56.75	+00:39:30 (28.0%)	6:42	8.9 (71.8%)
23	WOKAN Marcin	4008		M-40	10	01:16:27	01:56:06	02:21:56.50	02:21:59.85	+00:40:33 (28.6%)	6:45	8.9 (71.8%)
24	GRYNKIEWICZ Krzysztof	4275	TRÓJKOWY KLUB TURYSTYCZNY	M-20	2	01:10:23	01:57:04	02:22:26.85	02:22:34.35	+00:41:07 (28.8%)	6:46	8.8 (71.0%)
25	OKOŁOTOWICZ Michał	4020	NOA	M-30	10	01:21:02	01:57:39	02:20:29.65	02:23:30.75	+00:42:04 (29.3%)	6:41	9 (72.6%)
26	GEZELA Robert	4007	EUFORIABIEGACZA TEAM	M-40	11	01:21:04	01:59:04	02:24:54.60	02:24:57.00	+00:43:30 (30.0%)	6:54	8.7 (70.2%)
27	CHAMALA Krzysztof	4086	WEEGREE	M-30	11	01:18:05	02:01:34	02:25:15.70	02:25:15.70	+00:43:49 (30.2%)	6:55	8.7 (70.2%)
28	PIETRASIK Dawid	4067		M-40	12	01:20:27	02:00:49	02:25:25.65	02:25:30.90	+00:44:04 (30.3%)	6:55	8.7 (70.2%)
29	SZAFRAŃSKI Dominik	4335	OBORNICKI KLUB LEKKOATLETYCZNY	M-30	12		02:01:47	02:25:50.00	02:25:50.00	+00:44:23 (30.4%)	6:56	8.6 (69.4%)
30	BRUS Marcin	4093		M-40	13	01:21:23	02:02:14	02:28:27.05	02:28:29.15	+00:47:02 (31.7%)	7:04	8.5 (68.5%)
31	WOSZEK Szymon	4182		M-20	3	01:20:35	02:03:43	02:28:36.95	02:28:40.35	+00:47:13 (31.8%)	7:04	8.5 (68.5%)
32	FRYSIAK Artur	4223	WIELUŃ ULTRA	M-50	1	01:20:27	02:03:47	02:28:54.10	02:28:57.75	+00:47:31 (31.9%)	7:05	8.5 (68.5%)
33	GAWRYSIAK Marek	4141	BIEGOSTACJA	M-50	2	01:19:50	02:02:11	02:31:02.00	02:31:02.00	+00:49:35 (32.8%)	7:11	8.3 (66.9%)
34	ZIELIŃSKI Dominik	4332		M-30	13	01:26:50	02:06:23	02:31:06.40	02:31:24.50	+00:49:58 (33.0%)	7:11	8.3 (66.9%)
35	RYBSKI Witold	4338		M-40	14	01:23:21	02:05:57	02:32:38.90	02:32:47.50	+00:51:21 (33.6%)	7:16	8.3 (66.9%)
36	DĄBROWSKI Michał	4250	CINCLUS	M-50	3	01:25:21	02:07:19	02:32:31.30	02:32:49.20	+00:51:22 (33.6%)	7:15	8.3 (66.9%)
37	DOBERSZTYN Błażej	4328	FIZJOBIEGACZE	M-40	15	01:21:26	02:02:47	02:32:50.85	02:32:50.85	+00:51:24 (33.6%)	7:16	8.2 (66.1%)
38	ŁUSIAK Łukasz	4298		M-30	14	01:26:29	02:06:55	02:32:39.05	02:32:54.90	+00:51:28 (33.7%)	7:16	8.3 (66.9%)
39	SZCZEPANSKI Bartosz	4309	REBELS SOFTWARE	M-30	15	01:23:50	02:05:59	02:32:54.25	02:33:01.35	+00:51:34 (33.7%)	7:16	8.2 (66.1%)
40	BŁĄŻEJEWSKI Łukasz	4310		M-40	16	01:23:55	02:05:48	02:32:57.70	02:33:02.45	+00:51:35 (33.7%)	7:17	8.2 (66.1%)
41	SZERMENT Eryk	4170	MAZURTEAM	M-40	17	01:26:39	02:09:01	02:35:02.20	02:35:09.50	+00:53:43 (34.6%)	7:22	8.1 (65.3%)
42	OSTROWSKI Konrad	4196	TRENING I GÓRY	M-30	16		02:08:44	02:35:28.30	02:35:28.30	+00:54:01 (34.8%)	7:24	8.1 (65.3%)

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43	BACHURSKI Tomasz	4088	140MINUT.PL	M-40	18	01:25:09	02:07:55	02:35:28.50	02:35:28.50	+00:54:02 (34.8%)	7:24	8.1 (65.3%)
44	RÓŻYCKI Jarosław	4319	OBORNICKI KLUB LEKKOATLETYCZNY	M-40	19	01:23:20	02:08:16	02:35:46.65	02:35:51.10	+00:54:24 (34.9%)	7:25	8.1 (65.3%)
45	WRÓBEL Marcin	4245		M-40	20	01:26:49	02:09:32	02:35:43.90	02:35:56.30	+00:54:29 (34.9%)	7:24	8.1 (65.3%)
46	JAKUS Michał	4314	OTM.B	M-30	17	01:25:28	02:07:57	02:36:07.00	02:36:15.70	+00:54:49 (35.1%)	7:26	8.1 (65.3%)
47	DUDA Monika	4019		K-40	2	01:23:52	02:08:14	02:36:30.35	02:36:37.15	+00:55:10 (35.2%)	7:27	8.1 (65.3%)
48	RUDNICKI Krzysztof	4337		M-30	18	01:26:35	02:09:38	02:36:44.10	02:36:51.20	+00:55:24 (35.3%)	7:27	8 (64.5%)
49	PODOLAK Ula	4212	PRZEDWOJEWSKI TEAM	K-20	1	01:25:32	02:09:03	02:37:52.45	02:37:56.70	+00:56:30 (35.8%)	7:31	8 (64.5%)
50	PAWZUN Bartosz	4116	ZRYW PARZYMIECHY	M-30	19	01:23:54	02:09:09	02:38:03.95	02:38:05.25	+00:56:38 (35.8%)	7:31	8 (64.5%)
51	KRYSTEK Marcin	4240	ZRYW PARZYMIECHY	M-40	21	01:25:05	02:09:40	02:38:04.50	02:38:05.30	+00:56:38 (35.8%)	7:31	8 (64.5%)
52	ORZEŁEK Przemysław	4239	ZRYW PARZYMIECHY	M-30	20	01:24:56	02:09:42	02:38:04.65	02:38:05.45	+00:56:38 (35.8%)	7:31	8 (64.5%)
53	CHODKIEWICZ Tomasz	4127	GARDENFLORA MTB TEAM	M-40	22	01:24:01	02:09:09	02:38:06.95	02:38:08.45	+00:56:41 (35.9%)	7:31	8 (64.5%)
54	POLIWOCZAK Patryk	4132	WILKI GÓR	M-30	21	01:23:59	02:09:02	02:38:29.70	02:38:38.75	+00:57:12 (36.1%)	7:32	8 (64.5%)
55	RATAJCZAK Dorota	4207	TRIO FORTIS	K-40	3	01:25:50	02:10:47	02:39:24.20	02:39:25.70	+00:57:59 (36.4%)	7:35	7.9 (63.7%)
56	GŁUCHY Marek	4286	OBORNICKI KLUB LEKKOATLETYCZNY	M-40	23	01:26:39	02:12:01	02:40:54.35	02:40:58.15	+00:59:31 (37.0%)	7:39	7.8 (62.9%)
57	HARETSKI Aleksander	4210		M-30	22	01:25:54	02:10:52	02:41:35.90	02:41:35.90	+01:00:09 (37.2%)	7:41	7.8 (62.9%)
58	ISHCHUK Aliaksandr	4211		M-30	23	01:25:53	02:10:50	02:41:36.05	02:41:36.05	+01:00:09 (37.2%)	7:41	7.8 (62.9%)
59	LECH Judyta	4295	ITMBW KRAKÓW	K-20	2	01:29:54	02:14:23	02:42:14.45	02:42:19.65	+01:00:53 (37.5%)	7:43	7.8 (62.9%)
60	TOMELA Maciej	4130	TEAM GOSZKA	M-30	24	01:30:05	02:15:36	02:44:10.15	02:44:10.15	+01:02:43 (38.2%)	7:49	7.7 (62.1%)
61	SZYMAŃSKA Monika	4330		K-40	4	01:29:58	02:15:43	02:44:41.95	02:44:44.05	+01:03:17 (38.4%)	7:50	7.7 (62.1%)
62	JAROSIŃSKA Barbara	4034	TEAM BIEGANIE NA ŚNIADANIE	K-30	3	01:29:51	02:17:45	02:45:10.95	02:45:15.60	+01:03:49 (38.6%)	7:51	7.6 (61.3%)
63	KRZESIMOWSKI Damian	4186		M-40	24	01:35:23	02:19:36	02:47:36.20	02:47:44.75	+01:06:18 (39.5%)	7:58	7.5 (60.5%)
64	SZAFER Sylwester	4235	ZRYW PARZYMIECHY	M-40	25	01:29:37	02:18:35	02:48:33.25	02:48:34.90	+01:07:08 (39.8%)	8:01	7.5 (60.5%)
65	BARANIAK Robert	4267	JIM TEAM MTB GOSTYŃ	M-40	26	01:26:52	02:16:02	02:48:31.95	02:48:38.35	+01:07:11 (39.8%)	8:01	7.5 (60.5%)
66	BRYGAŁA Tomasz	4322	ADIDAS RUNNERS	M-30	25	01:31:05	02:21:33	02:49:17.35	02:49:42.45	+01:08:15 (40.2%)	8:03	7.4 (59.7%)
67	KOZŁOWSKI Szymon	4299		M-40	27	01:29:55	02:17:58	02:49:50.30	02:49:52.60	+01:08:26 (40.3%)	8:05	7.4 (59.7%)

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68	ŁOBOS Mariusz	4121		M-50	4	01:29:34	02:19:15	02:49:58.45	02:50:04.90	+01:08:38 (40.4%)	8:05	7.4 (59.7%)
69	KRAWIEC Dominik	4050		M-30	26	01:35:24	02:21:34	02:50:04.05	02:50:12.60	+01:08:46 (40.4%)	8:05	7.4 (59.7%)
70	BERDYCHOWSKI Jakub	4187	MEPROZET KOŚCIAN TEAM	M-40	28	01:26:55	02:16:36	02:50:17.75	02:50:26.05	+01:08:59 (40.5%)	8:06	7.4 (59.7%)
71	SKRZYPCZYK Tomasz	4183		M-30	27	01:35:20	02:20:21	02:50:07.15	02:50:27.40	+01:09:00 (40.5%)	8:06	7.4 (59.7%)
72	MICHALSKA Magdalena	4181	SOCIOS SILESIA	K-30	4	01:35:20	02:20:22	02:50:06.75	02:50:27.65	+01:09:01 (40.5%)	8:06	7.4 (59.7%)
73	PIĘTA Piotr	4227		M-20	4	01:30:42	02:19:12	02:50:45.85	02:50:57.75	+01:09:31 (40.7%)	8:07	7.4 (59.7%)
74	BAHLAI Mykhailo	4221		M-20	5	01:41:13	02:25:12	02:53:04.80	02:53:23.80	+01:11:57 (41.5%)	8:14	7.3 (58.9%)
75	SMIERZCHAŁA Adam	4218	MOSINA	M-50	5	01:39:34	02:26:57	02:54:26.65	02:54:33.75	+01:13:07 (41.9%)	8:18	7.2 (58.1%)
76	BUDYNEK Dariusz	4153		M-40	29	01:35:21	02:26:05	02:54:56.35	02:55:01.70	+01:13:35 (42.0%)	8:19	7.2 (58.1%)
77	TULIK Przemysław	4247		M-50	6	01:35:20	02:25:34	02:55:08.45	02:55:17.00	+01:13:50 (42.1%)	8:20	7.2 (58.1%)
78	WOJCIECHOWSKA Dorota	4290		K-40	5	01:35:21	02:24:56	02:55:11.80	02:55:34.10	+01:14:07 (42.2%)	8:20	7.2 (58.1%)
79	DOBEK Mateusz	4062	JAWOR RIVER GYM	M-30	28	01:35:19	02:24:16	02:55:24.25	02:55:41.80	+01:14:15 (42.3%)	8:21	7.2 (58.1%)
80	BOŻEK Grzegorz	4179	KB ZDYSZAAANI CHOCIANÓW	M-40	30	01:39:29	02:26:56	02:55:41.80	02:55:49.60	+01:14:23 (42.3%)	8:21	7.2 (58.1%)
81	NIMSZ Kamila	4276	CS RUNNING CLUB	K-40	6	01:36:09	02:26:22	02:55:48.45	02:56:00.95	+01:14:34 (42.4%)	8:22	7.2 (58.1%)
82	PTAK Patryk	4232	CHORZOWSKIE STOWARZYSZENIE BIEGACZY DŁUGODYSTANSOWYCH "W RUCHU"	M-30	29	01:36:45	02:25:51	02:55:54.70	02:56:04.45	+01:14:37 (42.4%)	8:22	7.2 (58.1%)
83	FILIPEK Tomasz	4079		M-30	30	01:35:30	02:24:33	02:56:41.15	02:56:45.25	+01:15:18 (42.6%)	8:24	7.1 (57.3%)
84	PŁOK Krzysztof	4201		M-50	7	01:35:25	02:26:32	02:57:22.15	02:57:27.70	+01:16:01 (42.8%)	8:26	7.1 (57.3%)
85	TRZEPACZ Dorota	4123	KB LUPUS OLEŚNICA	K-40	7	01:39:24	02:26:23	02:57:15.30	02:57:37.80	+01:16:11 (42.9%)	8:26	7.1 (57.3%)
86	BUGAJ Alan	4249		M-30	31	01:39:27	02:27:34	02:58:13.35	02:58:26.30	+01:16:59 (43.2%)	8:29	7.1 (57.3%)
87	SACZUK Dawid	4213		M-30	32	01:35:32	02:26:05	02:58:47.50	02:58:53.60	+01:17:27 (43.3%)	8:30	7 (56.5%)
88	SKARŻYŃSKI Kamil	4147	PLANYBIEGOWE.PL	M-20	6	01:40:29	02:30:27	02:58:36.95	02:58:57.80	+01:17:31 (43.3%)	8:30	7.1 (57.3%)
89	WĘGOREK Monika	4324		K-40	8	01:29:56	02:30:59	02:59:11.95	02:59:17.00	+01:17:50 (43.4%)	8:31	7 (56.5%)
90	BASIŃSKI Bartosz	4274		M-40	31	01:35:21	02:27:10	02:59:14.45	02:59:17.20	+01:17:50 (43.4%)	8:32	7 (56.5%)
91	BRUNKE Tomasz	4339	RUN BYDGOSZCZ	M-50	8	01:41:34	02:30:25	02:59:15.20	02:59:26.70	+01:18:00 (43.5%)	8:32	7 (56.5%)
92	BŁAŻEJCZAK Tomasz	4253	#BIEGAJLESZNO	M-30	33	01:35:20	02:29:53	02:59:36.95	02:59:40.00	+01:18:13 (43.5%)	8:33	7 (56.5%)

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93	RABIEGA Monika	4238	#BIEGAJLESZNO	K-40	9	01:35:19	02:29:53	02:59:37.45	02:59:40.20	+01:18:13 (43.5%)	8:33	7 (56.5%)
94	KUJACZYŃSKA Iga	4285		K-30	5	01:36:50	02:29:13	02:59:38.70	02:59:42.25	+01:18:15 (43.6%)	8:33	7 (56.5%)
95	STEPOWICZ Marek	4159	VEGE RUNNERS	M-50	9	01:35:29	02:28:10	03:00:14.85	03:00:20.95	+01:18:54 (43.8%)	8:34	7 (56.5%)
96	KOŁEK Adrian	4283	DRINK TEAM	M-30	34	01:40:13	02:30:55	03:01:35.35	03:01:35.35	+01:20:08 (44.1%)	8:38	6.9 (55.6%)
97	ŁUSIAK Katarzyna	4297		K-30	6	01:41:12	02:30:35	03:01:31.85	03:01:48.15	+01:20:21 (44.2%)	8:38	6.9 (55.6%)
98	GAJDA Michał	4178		M-30	35	01:44:57	02:33:00	03:02:20.15	03:02:34.10	+01:21:07 (44.4%)	8:40	6.9 (55.6%)
99	KOPKA Paweł	4190		M-40	32	01:39:25	02:29:43	03:02:24.65	03:02:42.70	+01:21:16 (44.5%)	8:41	6.9 (55.6%)
100	KACZMAREK Mateusz	4326		M-30	36	01:44:58	02:33:06	03:02:42.90	03:03:03.75	+01:21:37 (44.6%)	8:42	6.9 (55.6%)
101	ZIOMBKA Kuba	4085		M-40	33	01:39:33	02:30:46	03:03:12.20	03:03:17.75	+01:21:51 (44.7%)	8:43	6.9 (55.6%)
102	MASZTALSKA Joanna	4209		K-20	3	01:37:43	02:31:55	03:03:47.50	03:03:51.20	+01:22:24 (44.8%)	8:45	6.9 (55.6%)
103	CZELUŚNIAK Filip	4266		M-30	37	01:43:34	02:33:46	03:04:09.00	03:04:19.35	+01:22:52 (45.0%)	8:46	6.8 (54.8%)
104	DZIERGWA Agnieszka	4340	RNB TEAM POLANICA ZDRÓJ/ PRZEDWOJEWSKI TEAM	K-30	7	01:39:50	02:30:58	03:04:11.80	03:04:21.15	+01:22:54 (45.0%)	8:46	6.8 (54.8%)
105	JANOWICZ Wojtek	4164		M-30	38	01:38:25	02:31:45	03:04:33.30	03:04:33.30	+01:23:06 (45.0%)	8:47	6.8 (54.8%)
106	JASIŃSKI Adam	4291		M-40	34	01:44:54	02:34:56	03:04:19.05	03:04:41.05	+01:23:14 (45.1%)	8:46	6.8 (54.8%)
107	WYLEŻAŁA Marzena	4174	#BIEGIEMWLAS	K-40	10	01:39:23	02:33:53	03:05:44.50	03:05:56.60	+01:24:30 (45.4%)	8:50	6.8 (54.8%)
108	JESKE Marek	4010	RUN BYDGOSZCZ	M-50	10	01:41:24	02:32:45	03:05:57.25	03:06:07.90	+01:24:41 (45.5%)	8:51	6.8 (54.8%)
109	ZIELEZINSKI Łukasz	4263	HURAGAN LIGOTA	M-30	39	01:42:27	02:34:10	03:06:20.40	03:06:30.35	+01:25:03 (45.6%)	8:52	6.8 (54.8%)
110	BŁASZKIEWICZ Klaudia	4280		K-30	8	01:43:07	02:34:40	03:06:29.10	03:06:35.25	+01:25:08 (45.6%)	8:52	6.8 (54.8%)
111	UPTAS Tomasz	4242	CROSS STRACEŃCÓW TEAM	M-40	35	01:43:42	02:38:31	03:07:01.00	03:07:09.55	+01:25:43 (45.8%)	8:54	6.7 (54.0%)
112	OSSOWSKI Adam	4272		M-40	36	01:46:14	02:33:54	03:07:01.10	03:07:24.15	+01:25:57 (45.9%)	8:54	6.7 (54.0%)
113	WÓJCICKI Tomasz	4331	ITMBW KRAKÓW	M-30	40	01:40:05	02:35:16	03:07:25.75	03:07:30.70	+01:26:04 (45.9%)	8:55	6.7 (54.0%)
114	LAUBACH Radosław	4197	RAAN	M-30	41	01:47:08	02:42:23	03:07:45.10	03:07:45.10	+01:26:18 (46.0%)	8:56	6.7 (54.0%)
115	KOZAK Bartosz	4119	KOZAKI	M-40	37	01:44:47	02:39:00	03:07:41.10	03:08:02.70	+01:26:36 (46.1%)	8:56	6.7 (54.0%)
116	MODZELEWSKA Anna	4336		K-20	4	01:42:28	02:35:32	03:08:19.50	03:08:26.70	+01:27:00 (46.2%)	8:58	6.7 (54.0%)
117	BUSZEWSKI Zbyszek	4217		M-30	42	01:42:31	02:35:16	03:08:33.25	03:08:42.10	+01:27:15 (46.2%)	8:58	6.7 (54.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
118	CYBUSLKI Dariusz	4204	KB INTREX POZNAŃ	M-40	38	01:45:08	02:37:38	03:09:01.90	03:09:08.60	+01:27:42 (46.4%)	9:00	6.7 (54.0%)
119	LUBAŃSKA Alicja	4273		K-50	1	01:40:55	02:37:56	03:09:24.95	03:09:31.55	+01:28:05 (46.5%)	9:01	6.7 (54.0%)
120	SUCHENIA Daniel	4163		M-50	11	01:47:25	02:39:11	03:10:09.45	03:10:25.95	+01:28:59 (46.7%)	9:03	6.6 (53.2%)
121	SKRĘTEK Monika	4151	BIEGAMDLAZDROWIA. PL	K-50	2	01:46:22	02:39:07	03:10:15.45	03:10:34.75	+01:29:08 (46.8%)	9:03	6.6 (53.2%)
122	WOJCIECHOWSKI Mariusz	4203	KB INTREX POZNAŃ	M-30	43	01:45:07	02:37:40	03:10:36.60	03:10:43.40	+01:29:16 (46.8%)	9:04	6.6 (53.2%)
123	NOWAK Arkadiusz	4148		M-30	44	01:44:46	02:39:19	03:11:29.25	03:11:29.25	+01:30:02 (47.0%)	9:07	6.6 (53.2%)
124	ORŁOWSKI Robert	4056	BIEGNĘ NA PÓŁNOC	M-30	45	01:44:58	02:38:49	03:12:29.90	03:12:40.90	+01:31:14 (47.4%)	9:09	6.5 (52.4%)
125	KUSZ Joanna	4243	CROSS STRACEŃCÓW TEAM	K-30	9	01:43:44	02:39:17	03:12:50.50	03:12:58.30	+01:31:31 (47.4%)	9:10	6.5 (52.4%)
126	WALKOWIAK Dominika	4135	#BIEGAJLESZNO	K-30	10	01:42:18	02:39:44	03:13:04.50	03:13:10.30	+01:31:43 (47.5%)	9:11	6.5 (52.4%)
127	RACZKOWSKI Rafał	4096		M-40	39	01:48:08	02:39:14	03:12:52.85	03:13:14.00	+01:31:47 (47.5%)	9:11	6.5 (52.4%)
128	CZYŻOWICZ-GOTFRYD Agnieszka	4268	POLISH RUNNERS SQUAD	K-50	3	01:50:00	02:42:15	03:13:13.65	03:13:28.90	+01:32:02 (47.6%)	9:12	6.5 (52.4%)
129	BARTKIEWICZ Lech	4059		M-40	40	01:46:02	02:42:29	03:14:04.85	03:14:19.50	+01:32:53 (47.8%)	9:14	6.5 (52.4%)
130	WIETRZYŃSKA Agnieszka	4092	SZTUKA RUCHU	K-40	11	01:42:24	02:40:23	03:15:32.25	03:15:40.55	+01:34:14 (48.2%)	9:18	6.4 (51.6%)
131	NEUMANN Jacek	4154	CENTRUM ŁĄKOWA 1	M-50	12	01:47:51	02:41:53	03:16:30.30	03:16:47.30	+01:35:20 (48.5%)	9:21	6.4 (51.6%)
132	BRZEŻAŃSKA Joanna	4333		K-40	12	01:45:33	02:44:51	03:16:54.85	03:17:03.10	+01:35:36 (48.5%)	9:22	6.4 (51.6%)
133	CHUDZIŃSKI Łukasz	4254	JIM TEAM MTB GOSTYŃ	M-40	41	01:45:45	02:41:42	03:17:02.25	03:17:10.85	+01:35:44 (48.6%)	9:22	6.4 (51.6%)
133	PRZEWOŻNY Robert	4265	JIM TEAM MTB GOSTYŃ	M-30	46	01:45:38	02:41:43	03:17:02.90	03:17:10.85	+01:35:44 (48.6%)	9:22	6.4 (51.6%)
135	LAUBACH Anna	4198	RAAN	K-30	11	01:46:57	02:45:14	03:17:07.15	03:17:20.75	+01:35:54 (48.6%)	9:23	6.4 (51.6%)
136	DOMOSŁAWSKA Joanna	4214		K-40	13	01:47:27	02:44:21	03:19:00.60	03:19:11.40	+01:37:44 (49.1%)	9:28	6.3 (50.8%)
137	ERET Marzena	4206		K-40	14	01:45:39	02:44:52	03:20:08.95	03:20:11.80	+01:38:45 (49.3%)	9:31	6.3 (50.8%)
138	HEJNE Agnieszka	4193		K-40	15	01:45:40	02:44:53	03:20:10.50	03:20:13.55	+01:38:47 (49.3%)	9:31	6.3 (50.8%)
139	JANOWSKA Ewa	4142		K-30	12	01:52:44	02:47:30	03:20:04.05	03:20:22.70	+01:38:56 (49.4%)	9:31	6.3 (50.8%)
140	BRZOZOWSKA Marlena	4293		K-40	16	01:47:50	02:46:03	03:21:45.20	03:22:01.90	+01:40:35 (49.8%)	9:36	6.2 (50.0%)
141	BRZOZOWSKI Marcin	4292		M-40	42	01:47:47	02:45:58	03:21:45.05	03:22:02.05	+01:40:35 (49.8%)	9:36	6.2 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
142	LESIK Łukasz	4278		M-40	43		02:45:34	03:22:23.70	03:22:23.70	+01:40:57 (49.9%)	9:38	6.2 (50.0%)
143	STASIAK Łukasz	4013	WATAHA - ŁĄCZY NAS BIEGANIE	M-30	47	01:52:14	02:47:55	03:22:17.45	03:22:40.70	+01:41:14 (49.9%)	9:37	6.2 (50.0%)
144	KAŹMIERCZAK Anna	4230	#BIEGAJLESZNO	K-40	17	01:47:00	02:49:04	03:23:02.65	03:23:09.15	+01:41:42 (50.1%)	9:40	6.2 (50.0%)
145	DZIWAK Dariusz	4012	TIMOTHY	M-30	48	01:51:29	02:49:17	03:22:50.35	03:23:11.15	+01:41:44 (50.1%)	9:39	6.2 (50.0%)
146	SOBOTA Paweł	4095		M-30	49	01:45:03	02:47:36	03:23:26.75	03:23:26.75	+01:42:00 (50.1%)	9:41	6.2 (50.0%)
147	STACHOWIAK Emilia	4173	#BIEGIEMWLAS	K-30	13	01:43:35	02:48:47	03:24:07.75	03:24:21.70	+01:42:55 (50.4%)	9:43	6.2 (50.0%)
148	DZIEŻA Roma	4084	RUN BYDGOSZCZ	K-50	4	01:51:53	02:50:19	03:24:37.50	03:24:50.65	+01:43:24 (50.5%)	9:44	6.2 (50.0%)
148	MELWIŃSKA Paulina	4091	RUN BYDGOSZCZ	K-40	18	01:51:54	02:50:18	03:24:37.45	03:24:50.65	+01:43:24 (50.5%)	9:44	6.2 (50.0%)
150	WUDECKA Beata	4281		K-50	5	01:54:54	02:48:28	03:24:46.90	03:24:59.00	+01:43:32 (50.5%)	9:45	6.2 (50.0%)
151	STAMM Tomasz	4134		M-50	13	01:48:05	02:48:50	03:25:01.80	03:25:16.15	+01:43:49 (50.6%)	9:45	6.1 (49.2%)
152	SZYMURA Izabela	4246	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	K-40	19	01:48:20	02:50:16	03:25:25.15	03:25:31.30	+01:44:04 (50.6%)	9:46	6.1 (49.2%)
153	KONIECZNA Aleksandra	4317	-	K-30	14	01:52:38	02:51:26	03:25:37.05	03:25:55.45	+01:44:28 (50.7%)	9:47	6.1 (49.2%)
154	BERNACKA Kinga	4318		K-30	15	01:52:37	02:51:27	03:25:37.45	03:25:55.60	+01:44:29 (50.7%)	9:47	6.1 (49.2%)
155	ŚMIECHOWSKA Małgorzata	4301		K-40	20	01:52:58	02:52:09	03:26:14.20	03:26:23.55	+01:44:57 (50.9%)	9:49	6.1 (49.2%)
156	NAMYSŁ Maciej	4081	KOŹMIN BIEGA ULTRA RUNNERS	M-40	44	01:45:43	02:44:53	03:26:36.45	03:26:41.35	+01:45:14 (50.9%)	9:50	6.1 (49.2%)
157	WOŻNA Marta	4308	RUN TEAM RYDZYNA	K-30	16	01:51:42	02:50:41	03:26:44.90	03:26:57.20	+01:45:30 (51.0%)	9:50	6.1 (49.2%)
158	LUPA Mirosław	4175		M-50	14	01:54:31	02:50:00	03:27:29.20	03:27:35.80	+01:46:09 (51.1%)	9:52	6.1 (49.2%)
159	KLICH Sylwia	4156	#BIEGIEMWLAS	K-30	17	01:48:05	02:50:57	03:28:03.00	03:28:16.45	+01:46:49 (51.3%)	9:54	6.1 (49.2%)
160	MAŚLANA Katarzyna	4271		K-30	18	01:58:29	02:57:06	03:28:18.30	03:28:34.40	+01:47:07 (51.4%)	9:55	6 (48.4%)
161	GNIZA Karolina	4302		K-20	5	01:48:24	02:48:03	03:29:25.50	03:29:29.50	+01:48:03 (51.6%)	9:58	6 (48.4%)
162	BORKOWSKI Marcel	4101		M-30	50	01:49:35	02:50:16	03:29:17.40	03:29:40.00	+01:48:13 (51.6%)	9:57	6 (48.4%)
163	ZIELIŃSKA Małgorzata	4136		K-50	6	01:49:59	02:51:33	03:30:31.35	03:30:39.30	+01:49:12 (51.8%)	10:01	6 (48.4%)
164	DUSZYŃSKI Jacek	4270		M-50	15	01:47:16	02:51:13	03:30:33.80	03:30:41.25	+01:49:14 (51.9%)	10:01	6 (48.4%)
165	SZÓSTAK Krzysztof	4098	KB HARCOWNIK JELCZ-LASKOWICE	M-60	1	01:52:40	02:56:53	03:30:32.95	03:30:47.80	+01:49:21 (51.9%)	10:01	6 (48.4%)
166	KWIATKOWSKA Marta	4107		K-40	21	01:52:57	02:53:09	03:30:43.20	03:30:57.55	+01:49:31 (51.9%)	10:02	6 (48.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
167	RAJTAR Robert	4327		M-40	45	01:59:36	02:57:06	03:31:02.65	03:31:26.35	+01:49:59 (52.0%)	10:02	6 (48.4%)
168	KOŃ Aleksandra	4097	EKIPA LIPA	K-40	22	01:52:05	02:52:11	03:31:40.45	03:31:44.30	+01:50:17 (52.1%)	10:04	6 (48.4%)
169	PACYNA Marek	4220		M-50	16	01:52:56	02:54:04	03:32:24.75	03:32:36.55	+01:51:10 (52.3%)	10:06	5.9 (47.6%)
170	BĘBAS Paweł	4208		M-40	46	01:59:57	02:59:43	03:32:48.75	03:32:48.75	+01:51:22 (52.3%)	10:08	5.9 (47.6%)
171	ZYGOŃ Artur	4158		M-30	51	01:50:49	02:58:36	03:33:18.20	03:33:23.80	+01:51:57 (52.5%)	10:09	5.9 (47.6%)
172	GOZDYRA Dariusz	4011	RAZ SZCZECIN	M-40	47	01:46:33	02:49:25	03:33:21.10	03:33:31.25	+01:52:04 (52.5%)	10:09	5.9 (47.6%)
173	JĄSKIEWICZ Katarzyna	4199		K-40	23	01:52:59	02:52:42	03:33:23.05	03:33:33.10	+01:52:06 (52.5%)	10:09	5.9 (47.6%)
174	DOLECKA Elżbieta	4114	NKB CHYŻY NOWY TOMYŚL	K-40	24	01:58:28	02:58:13	03:33:23.00	03:33:43.00	+01:52:16 (52.5%)	10:09	5.9 (47.6%)
175	GEJDA Przemysław	4259		M-40	48	01:54:27	02:57:05	03:34:03.25	03:34:26.90	+01:53:00 (52.7%)	10:11	5.9 (47.6%)
176	KASPRZYK Marcin	4113		M-20	7	02:01:07	03:00:41	03:34:17.20	03:34:31.45	+01:53:04 (52.7%)	10:12	5.9 (47.6%)
177	HYLIŃSKA Hanna	4076	PATORUNNERS	K-30	19	01:47:28	02:52:24	03:34:27.85	03:34:37.30	+01:53:10 (52.7%)	10:12	5.9 (47.6%)
178	CHEŁCHOWSKA Katarzyna	4078		K-30	20	01:54:21	02:58:02	03:34:50.15	03:34:54.80	+01:53:28 (52.8%)	10:13	5.9 (47.6%)
179	MAJ Magdalena	4117	GRAŻYNKI OCR	K-30	21	01:54:32	02:58:06	03:34:49.90	03:34:54.90	+01:53:28 (52.8%)	10:13	5.9 (47.6%)
180	POKORNY Tomasz	4282		M-50	17	02:02:56	03:01:02	03:35:18.40	03:35:30.30	+01:54:03 (52.9%)	10:15	5.9 (47.6%)
181	MODRZYŃSKI Przemysław	4139	NGT PROBAR	M-50	18	01:58:11	03:00:11	03:35:33.00	03:35:50.85	+01:54:24 (53.0%)	10:15	5.8 (46.8%)
182	NOLAS Jolanta	4195	KLUB BIEGACZA HARCOWNIK	K-50	7	02:01:05	03:01:20	03:35:56.90	03:36:11.45	+01:54:44 (53.1%)	10:16	5.8 (46.8%)
183	KOZAK Ewa	4118	KOZAKI	K-40	25	01:59:32	03:01:16	03:36:08.85	03:36:30.25	+01:55:03 (53.1%)	10:17	5.8 (46.8%)
184	SKRZĄTEK Anna	4137		K-40	26	02:01:09	03:01:25	03:36:22.45	03:36:33.75	+01:55:07 (53.2%)	10:18	5.8 (46.8%)
185	APANOVA Ekaterina	4256		K-30	22	01:54:14	03:00:28	03:37:09.10	03:37:28.80	+01:56:02 (53.4%)	10:20	5.8 (46.8%)
186	SKÓRSKI Stanisław	4027	RAZ SZCZECIN	M-60	2	01:57:17	03:00:58	03:37:44.05	03:37:53.95	+01:56:27 (53.4%)	10:22	5.8 (46.8%)
187	KOŁODZIEJ Marzena	4155	#BIEGIEMWLAS	K-40	27	01:54:22	03:02:07	03:37:44.85	03:37:58.65	+01:56:32 (53.5%)	10:22	5.8 (46.8%)
188	SAJNAJ Adrian	4080		M-20	8	02:03:06	03:03:01	03:37:58.90	03:38:14.25	+01:56:47 (53.5%)	10:22	5.8 (46.8%)
189	NATKANIEC Grazyna	4100	EKIPA LIPA	K-50	8	01:59:38	02:59:03	03:38:10.30	03:38:14.40	+01:56:47 (53.5%)	10:23	5.8 (46.8%)
190	STACHOWIAK Joanna	4074		K-20	6	02:03:03	03:03:03	03:37:59.05	03:38:14.50	+01:56:48 (53.5%)	10:22	5.8 (46.8%)
191	KAMIŃSKA Andżelika	4177		K-40	28	02:01:01	03:03:09	03:39:28.25	03:39:45.95	+01:58:19 (53.8%)	10:27	5.7 (46.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
192	URBAN Alicja	4102	KACZKATEAM	K-20	7	01:57:49	03:03:28	03:39:36.50	03:39:47.90	+01:58:21 (53.8%)	10:27	5.7 (46.0%)
193	MORAŃSKA Małgorzata	4125		K-30	23	02:03:52	03:04:11	03:39:48.65	03:40:07.30	+01:58:40 (53.9%)	10:28	5.7 (46.0%)
194	FLORCZAK Monika	4047		K-30	24	01:58:17	03:05:18	03:40:34.80	03:40:46.10	+01:59:19 (54.1%)	10:30	5.7 (46.0%)
195	SKIBA Anna	4289	KB HARCOWNIK	K-40	29	02:00:45	03:04:18	03:40:36.55	03:40:52.50	+01:59:26 (54.1%)	10:30	5.7 (46.0%)
196	MAĆKOWIAK Joanna	4225		K-20	8	02:02:50	03:05:13	03:41:04.85	03:41:23.50	+01:59:57 (54.2%)	10:31	5.7 (46.0%)
197	ANTKOWIAK Mirosław	4224		M-50	19	01:55:35	03:04:43	03:41:21.05	03:41:25.30	+01:59:58 (54.2%)	10:32	5.7 (46.0%)
198	STROMIDŁO Anna	4279	BROWAR DOMOWY HATAK	K-40	30	01:56:25	03:02:32	03:42:52.95	03:43:01.85	+02:01:35 (54.5%)	10:36	5.7 (46.0%)
199	OLEJNIK Ilona	4017	KRWIOBIEGANIE	K-50	9	02:03:25	03:08:40	03:43:38.20	03:43:52.25	+02:02:25 (54.7%)	10:38	5.6 (45.2%)
200	BACHURSKA Ewa	4077	KB HARCOWNIK JELCZ-LASKOWICE	K-40	31	02:04:52	03:09:32	03:44:22.85	03:44:38.50	+02:03:12 (54.8%)	10:41	5.6 (45.2%)
201	FRYSIAK Barbara	4222	WIELUŃ	K-50	10	02:01:14	03:07:18	03:44:44.75	03:44:48.10	+02:03:21 (54.9%)	10:42	5.6 (45.2%)
202	KACZMAREK Monika	4124	NKB CHYŻY NOWY TOMYŚL	K-40	32	02:04:50	03:09:32	03:44:34.15	03:44:53.30	+02:03:26 (54.9%)	10:41	5.6 (45.2%)
203	SKRZYŃSKA Marlena	4150	ZIELONA GÓRO ZACZNIJ BIEGAĆ	K-30	25	02:03:28	03:09:00	03:45:11.10	03:45:25.15	+02:03:58 (55.0%)	10:43	5.6 (45.2%)
204	NIEPORECKA Sylvia	4248		K-40	33	02:05:20	03:09:48	03:45:16.70	03:45:34.25	+02:04:07 (55.0%)	10:43	5.6 (45.2%)
205	CICHY Roman	4188	MUAY RUNNING TEAM	M-40	49	02:05:17	03:10:23	03:45:24.70	03:45:41.00	+02:04:14 (55.1%)	10:44	5.6 (45.2%)
206	WIELAND Lidia	4103	RUN TEAM RYDZYNA	K-50	11	02:02:46	03:09:58	03:47:05.05	03:47:12.20	+02:05:45 (55.4%)	10:48	5.5 (44.4%)
206	GISZCZYŃSKA Wanda	4111	RUN TEAM RYDZYNA	K-40	34	02:02:54	03:10:01	03:47:06.65	03:47:12.20	+02:05:45 (55.4%)	10:48	5.5 (44.4%)
208	TRAWA Małgorzata	4108	RUN TEAM RYDZYNA	K-40	35	02:02:44	03:09:55	03:47:06.30	03:47:12.40	+02:05:45 (55.4%)	10:48	5.5 (44.4%)
209	BARTOSZEWSKA Katarzyna	4269	TEAM RÓŻOWEJ PELERYNKI	K-40	36	02:05:10	03:09:29	03:47:30.70	03:47:43.90	+02:06:17 (55.5%)	10:50	5.5 (44.4%)
210	MARCINIAK Irmína	4035	TEAM BIEGANIE NA ŚNIADANIE	K-40	37	02:05:57	03:11:56	03:48:25.70	03:48:42.70	+02:07:16 (55.6%)	10:52	5.5 (44.4%)
211	SKRZYPIŃSKA Agnieszka	4126	PSI PATROL	K-40	38	02:04:27	03:09:58	03:48:41.75	03:48:51.95	+02:07:25 (55.7%)	10:53	5.5 (44.4%)
212	GOŹDZICKA Iwona	4149	ZIELONA GÓRO ZACZNIJ BIEGAĆ / GB STATYSTYKA LUBUSKA	K-40	39	02:06:39	03:10:58	03:49:16.05	03:49:30.00	+02:08:03 (55.8%)	10:55	5.5 (44.4%)
213	BARTKIEWICZ Halina	4018		K-40	40	02:07:16	03:10:56	03:49:16.90	03:49:31.95	+02:08:05 (55.8%)	10:55	5.5 (44.4%)
214	SIARKIEWICZ Jola	4133	BIEGAMDLAZDROWIA.PL	K-60	1	02:04:56	03:10:48	03:49:24.65	03:49:44.35	+02:08:17 (55.8%)	10:55	5.5 (44.4%)
215	PICHER RÓŻYŁO Joanna	4140		K-40	41	02:07:46	03:14:36	03:49:32.35	03:49:51.20	+02:08:24 (55.9%)	10:55	5.5 (44.4%)
216	WOZNIAK Radosław	4143		M-50	20	02:08:04	03:14:38	03:49:32.45	03:49:51.55	+02:08:25 (55.9%)	10:55	5.5 (44.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
217	NOWAK Monika	4233		K-40	42	02:05:09	03:10:18	03:49:58.00	03:50:20.80	+02:08:54 (56.0%)	10:57	5.5 (44.4%)
218	JANKOWSKA Katarzyna	4215		K-40	43	01:54:14	03:07:27	03:50:19.65	03:50:30.30	+02:09:03 (56.0%)	10:58	5.5 (44.4%)
219	MAĆKOWIAK Adam	4226		M-20	9	02:05:59	03:10:29	03:50:38.00	03:50:57.30	+02:09:30 (56.1%)	10:58	5.5 (44.4%)
220	CHILARSKA Elżbieta	4152	KUDOWIANKA RUN	K-30	26	02:05:00	03:12:34	03:51:16.05	03:51:33.75	+02:10:07 (56.2%)	11:00	5.4 (43.5%)
221	KMIECIŃSKI Paweł	4009	KUDOWIANKA RUN	M-40	50	02:04:59	03:12:31	03:51:15.80	03:51:33.85	+02:10:07 (56.2%)	11:00	5.4 (43.5%)
222	SERWATKA Angelika	4277	KOBIETY WATAHY	K-30	27	02:05:28	03:11:57	03:52:03.90	03:52:15.25	+02:10:48 (56.3%)	11:03	5.4 (43.5%)
223	MANDES Anna	4304	IZABELIN NA START	K-40	44	02:06:29	03:13:31	03:52:42.10	03:52:56.95	+02:11:30 (56.5%)	11:04	5.4 (43.5%)
224	ADAMCZYK Piotr	4323		M-30	52	02:02:52	03:10:55	03:52:56.00	03:53:17.70	+02:11:51 (56.5%)	11:05	5.4 (43.5%)
225	DOBRZYŃSKA Joanna	4169		K-40	45	02:07:45	03:19:01	03:55:19.10	03:55:36.00	+02:14:09 (56.9%)	11:12	5.4 (43.5%)
226	ŁUŻNY Agnieszka	4255	TEAM PAPRY	K-30	28	02:05:19	03:17:15	03:55:34.80	03:55:51.05	+02:14:24 (57.0%)	11:13	5.3 (42.7%)
227	PAWLAK Mateusz	4015	BIEGNIJ OŁAWO	M-30	53	02:06:18	03:16:28	03:55:25.25	03:56:44.15	+02:15:17 (57.1%)	11:12	5.4 (43.5%)
227	JAROSŁAWSKI Mariusz	4106	BIEGNIJ OŁAWO	M-50	21	02:06:41	03:16:30	03:55:26.00	03:56:44.15	+02:15:17 (57.1%)	11:12	5.4 (43.5%)
229	SAMULSKA Agata	4109		K-50	12	02:05:24	03:17:54	03:57:04.25	03:57:11.25	+02:15:44 (57.2%)	11:17	5.3 (42.7%)
230	GRĘZEL-GAWRON Jolanta	4044		K-40	46	02:06:34	03:16:18	03:57:13.10	03:57:30.05	+02:16:03 (57.3%)	11:17	5.3 (42.7%)
231	RĘBECKA Violetta	4029	BIEGAMDŁAZDROWIA. PL	K-40	47	02:05:57	03:17:41	03:57:55.30	03:58:15.35	+02:16:48 (57.4%)	11:19	5.3 (42.7%)
232	PELCZER Agnieszka	4128	KB HARCOWNIK JELCZ-LASKOWICE	K-40	48	02:08:02	03:18:21	03:59:26.60	03:59:42.35	+02:18:15 (57.7%)	11:24	5.3 (42.7%)
233	IGNASZEWSKA Marta	4160		K-40	49	02:08:19	03:17:33	04:00:37.00	04:00:48.60	+02:19:22 (57.9%)	11:27	5.2 (41.9%)
234	PIETRZAK Agnieszka	4172	BIEGAJĄCE KREJZOLE	K-40	50	02:08:27	03:17:49	04:00:36.20	04:00:48.70	+02:19:22 (57.9%)	11:27	5.2 (41.9%)
235	MAĆKOWIAK Karolina	4072	MAĆKOWIAK TEAM	K-40	51	02:05:43	03:20:27	04:02:01.80	04:02:09.40	+02:20:42 (58.1%)	11:31	5.2 (41.9%)
236	VAN KESSEL - PALUSZKIEWICZ Monika	4073	MAĆKOWIAK TEAM	K-40	52	02:06:05	03:20:31	04:02:01.80	04:02:09.50	+02:20:43 (58.1%)	11:31	5.2 (41.9%)
237	BRZEZIŃSKA Ewa	4138		K-50	13	02:08:20	03:22:04	04:04:19.60	04:04:28.80	+02:23:02 (58.5%)	11:38	5.2 (41.9%)
238	SZALEWICZ Małgorzata	4037	RAZ SZCZECIN	K-50	14	02:08:07	03:21:14	04:05:34.35	04:05:43.95	+02:24:17 (58.7%)	11:41	5.1 (41.1%)
239	BUĆKO Artur	4131	I'M INSPIRATION	M-50	22	02:11:13	03:28:15	04:06:42.95	04:07:03.40	+02:25:36 (58.9%)	11:44	5.1 (41.1%)
240	PIETRZAK Anna	4036		K-40	53	02:17:13	03:29:31	04:07:44.35	04:07:53.55	+02:26:27 (59.1%)	11:47	5.1 (41.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
241	POMAŁECKA Barbara	4094		K-30	29	02:07:20	03:22:29	04:10:42.35	04:10:51.20	+02:29:24 (59.6%)	11:56	5 (40.3%)
242	DZIEDZIC Paweł	4031		M-50	23	02:07:11	03:23:29	04:11:02.80	04:11:26.40	+02:29:59 (59.7%)	11:57	5 (40.3%)
243	PAWLUSIŃSKA Marzena	4057		K-40	54	02:10:12	03:28:35	04:11:18.70	04:11:28.15	+02:30:01 (59.7%)	11:58	5 (40.3%)
244	UCHEREK Kazimierz	4166		M-50	24	02:05:02	03:19:10	04:18:00.55	04:18:11.55	+02:36:45 (60.7%)	12:17	4.9 (39.5%)
245	UCHEREK Kinga	4167		K-40	55	02:05:00	03:19:11	04:17:59.95	04:18:11.85	+02:36:45 (60.7%)	12:17	4.9 (39.5%)
246	KONIECZNY Piotr	4087	NKB CHYŻY NOWY TOMYŚL	M-40	51	02:19:10	03:42:24	04:25:31.20	04:25:50.60	+02:44:24 (61.8%)	12:38	4.7 (37.9%)
247	WOJCIECHOWSKI Przemysław	4066	CHYŁA SPRINT GROUP	M-50	25	02:21:26	03:37:07	04:29:16.80	04:29:41.10	+02:48:14 (62.4%)	12:49	4.7 (37.9%)
248	CAŁKA Barbara	4065	KOBIECE BIEGANIE	K-50	15	02:21:22	03:37:09	04:29:16.90	04:29:41.40	+02:48:14 (62.4%)	12:49	4.7 (37.9%)
249	TWARDOWSKI Wojciech	4168	RUN BYDGOSZCZ	M-50	26	02:34:38	03:54:14	04:41:20.30	04:41:32.40	+03:00:05 (64.0%)	13:23	4.5 (36.3%)
250	BRZEZIŃSKI Andrzej	4162	LANRUNS	M-60	3	02:27:55	03:55:35	04:45:55.55	04:45:59.80	+03:04:33 (64.5%)	13:36	4.4 (35.5%)
251	DOBROWOLSKA Bożena	4104	SPORTOWI EMERYCI JELENIA GÓRA	K-60	2	02:33:03	04:01:35	04:49:23.60	04:49:39.20	+03:08:12 (65.0%)	13:46	4.4 (35.5%)
252	DOBROWOLSKI Robert	4105	SPORTOWI EMERYCI JELENIA GÓRA	M-60	4	02:32:31	04:00:39	04:49:23.55	04:49:39.30	+03:08:12 (65.0%)	13:46	4.4 (35.5%)
253	FRĄCKOWIAK Anna	4129	KB HARCOWNIK JELCZ-LASKOWICE	K-50	16	02:38:03	04:01:47	04:49:28.80	04:49:43.50	+03:08:17 (65.0%)	13:47	4.4 (35.5%)
254	BARAŃSKA Adrianna	4261	SOCIOS SILESIA	K-20	9	02:39:30	04:00:14	04:52:34.75	04:52:52.00	+03:11:25 (65.4%)	13:55	4.3 (34.7%)
255	KOSTULSKA Olga	4300	WKURW_TEAM	K-30	30	02:36:31	04:02:26	04:52:41.60	04:52:55.15	+03:11:28 (65.4%)	13:56	4.3 (34.7%)
	BAKSALARY Lidia	4180	#BIEGAJLESZNO	K-40		01:40:58 DNF	DNF	DNF	DNF		-	- (0.0%)
	MACHNIO Nikola	4228		K-20		02:58:46 DNF	DNF	DNF	DNF		-	- (0.0%)
	KOTYŚ Paweł	4229		M-20		DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 258 wynik(ów)