

**Wydarzenie:** UltraKotlina  
**Organizator:** Fundacja Przejście Kotliny  
**Data:** 2022-10-08  
**Miejsce:** Szklarska Poręba  
**Dystans:** 34 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zakręt Śmierci 12km	PK B Jakuszyce 24km	Czas netto 34km	Czas brutto 34km	Różn	Tempo min/km	Tempo km/h
1	<b>PYSZEL Florian</b>	<b>1427</b>	PIEKIELNI WARSZAWA	M20	1	00:52:23	01:41:53	<b>02:17:01.40</b>	<b>02:17:03.40</b>		4:01	14.9
2	<b>GORZELAŃCZYK Jakub</b>	<b>1354</b>	MKS SIECHNICE	M30	1	00:50:40	01:40:39	<b>02:17:15.40</b>	<b>02:17:17.25</b>	+00:00:13	4:02	14.9
3	<b>LEŚNIAK Kami</b>	<b>1432</b>	HOKA GARMIN TEAM	M20	2	00:54:24	01:47:31	<b>02:27:38.05</b>	<b>02:27:39.70</b>	+00:10:36	4:20	13.8
4	<b>JUREK Michał</b>	<b>1373</b>	RMT TEAM PRO	M30	2	00:57:45	01:53:59	<b>02:33:59.95</b>	<b>02:34:02.05</b>	+00:16:58	4:31	13.2
5	<b>KLAMUT Michał</b>	<b>1273</b>	BHPE/GOPR KARKONOSZE	M30	3	00:56:51	01:53:43	<b>02:34:10.90</b>	<b>02:34:13.00</b>	+00:17:09	4:32	13.2
6	<b>BONIEC Radosław</b>	<b>1423</b>	NADLEŚNICTWO LIPINKI/140MINUT.PL	M30	4	00:57:29	01:54:13	<b>02:35:50.15</b>	<b>02:35:52.45</b>	+00:18:49	4:35	13.1
7	<b>STANKIEWICZ Tomasz</b>	<b>1305</b>	PLANBYBIEGOWE.PL	M30	5	01:00:56	02:00:02	<b>02:44:44.00</b>	<b>02:44:46.40</b>	+00:27:43	4:50	12.4
8	<b>RUTKOWSKI Dawid</b>	<b>1374</b>	GRIZZLYTEAM/140MINUT.PL	M40	1	01:02:06	02:01:42	<b>02:44:45.10</b>	<b>02:44:47.55</b>	+00:27:44	4:50	12.4
9	<b>KOTLAREK Dawid</b>	<b>1270</b>	MIZUNO / BIEGOSTACJA ULTRA TEAM	M40	2	01:00:04	02:00:00	<b>02:48:25.90</b>	<b>02:48:28.65</b>	+00:31:25	4:57	12.1
10	<b>BORZYSTOWSKI Patryk</b>	<b>1395</b>	#ZALINIAMETYTEAM	M30	6	01:03:12	02:04:48	<b>02:49:45.85</b>	<b>02:49:48.00</b>	+00:32:44	4:59	12
11	<b>SZKOŁA Wojciech</b>	<b>1289</b>	NATURAL BORN RUNNERS	M30	7	01:02:11	02:02:17	<b>02:49:50.50</b>	<b>02:49:53.65</b>	+00:32:50	4:59	12
12	<b>TOMASIAK Adam</b>	<b>1245</b>		M20	3	01:02:55	02:05:56	<b>02:51:49.65</b>	<b>02:51:52.75</b>	+00:34:49	5:03	11.9
13	<b>DUL Karolina</b>	<b>1433</b>		K20	1	01:05:43	02:08:40	<b>02:54:31.10</b>	<b>02:54:34.55</b>	+00:37:31	5:07	11.7
14	<b>WIECZOREK Nina</b>	<b>1310</b>	MOCNA GRUPA CEZARA	K20	2	01:06:50	02:10:41	<b>02:55:09.80</b>	<b>02:55:14.05</b>	+00:38:10	5:09	11.6
15	<b>STANGRECIAK Adam</b>	<b>1328</b>		M30	8	01:05:06	02:08:23	<b>02:56:33.40</b>	<b>02:56:36.15</b>	+00:39:32	5:11	11.6
16	<b>NOWACKI Mateusz</b>	<b>1452</b>	PRZEDWOJEWSKI TEAM	M30	9	01:05:03	02:08:53	<b>02:57:06.05</b>	<b>02:57:09.75</b>	+00:40:06	5:12	11.5
17	<b>MIELEWCZYK Tomasz</b>	<b>1466</b>	VERGE RUNNING TEAM	M40	3	01:07:42	02:13:17	<b>03:01:16.65</b>	<b>03:01:22.75</b>	+00:44:19	5:19	11.3
18	<b>ŚNIERZYŃSKI Robert</b>	<b>1343</b>		M30	10	01:07:34	02:12:53	<b>03:02:04.40</b>	<b>03:02:07.60</b>	+00:45:04	5:21	11.2
19	<b>SERAFIN Piotr</b>	<b>1465</b>	35MINUT.PL	M40	4	01:03:45	02:08:19	<b>03:02:16.00</b>	<b>03:02:20.10</b>	+00:45:16	5:21	11.2
20	<b>GAŚSIOROWSKI Jarosław</b>	<b>1248</b>		M20	4	01:08:18	02:13:54	<b>03:03:04.25</b>	<b>03:03:14.05</b>	+00:46:10	5:23	11.1
21	<b>STRASZAK Patryk</b>	<b>1415</b>	MOCNA GRUPA CEZARA	M20	5	01:03:56	02:10:27	<b>03:04:56.70</b>	<b>03:05:00.95</b>	+00:47:57	5:26	11
22	<b>KOCEMBA Askaniusz</b>	<b>1469</b>	MARCIN ŚWIERC TEAM	M40	5	01:05:44	02:12:16	<b>03:05:19.85</b>	<b>03:05:22.75</b>	+00:48:19	5:27	11
23	<b>WOJNAROWICZ Paweł</b>	<b>1372</b>		M30	11	01:09:41	02:15:13	<b>03:06:27.95</b>	<b>03:06:31.70</b>	+00:49:28	5:29	10.9
24	<b>LITWIN Michał</b>	<b>1318</b>	LITEWIN	M40	6	01:07:55	02:15:16	<b>03:07:46.30</b>	<b>03:07:53.05</b>	+00:50:49	5:31	10.9
25	<b>NOWAKOWSKA Anna</b>	<b>1262</b>	1BLOG BYDGOSZCZ	K30	1	01:06:01	02:14:30	<b>03:07:55.05</b>	<b>03:07:57.80</b>	+00:50:54	5:31	10.9
26	<b>GUZIKIEWICZ Kamil</b>	<b>1271</b>		M30	12	01:06:38	02:15:06	<b>03:12:47.35</b>	<b>03:13:11.30</b>	+00:56:07	5:40	10.6
27	<b>SZUTA Maciej</b>	<b>1357</b>		M30	13	01:09:00	02:18:06	<b>03:16:23.65</b>	<b>03:16:36.15</b>	+00:59:32	5:46	10.4
28	<b>SIEMIOŃCZYK Jan</b>	<b>1442</b>		M30	14	01:11:54	02:24:01	<b>03:16:42.45</b>	<b>03:16:49.85</b>	+00:59:46	5:47	10.4
29	<b>GOŁĘBIEWICZ Wojciech</b>	<b>1315</b>	ŻARŁOKI	M20	6	01:07:50	02:18:31	<b>03:17:05.60</b>	<b>03:17:09.85</b>	+01:00:06	5:47	10.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zakręt Śmierci 12km	PK B Jakuszyce 24km	Czas netto 34km	Czas brutto 34km	Różn	Tempo min/km	Tempo km/h
30	<b>GRZEGORZEWSKI Wojciech</b>	<b>1346</b>		M20	7	01:14:06	02:24:04	<b>03:18:44.40</b>	<b>03:18:53.95</b>	+01:01:50	5:50	10.3
31	<b>KUDREJ Grzegorz</b>	<b>1267</b>	MOCNA GRUPA CEZARA	M30	15	01:13:06	02:26:06	<b>03:18:55.65</b>	<b>03:19:00.80</b>	+01:01:57	5:51	10.3
32	<b>PURA Robert</b>	<b>1477</b>		M40	7	01:11:29	02:22:39	<b>03:19:12.65</b>	<b>03:19:21.15</b>	+01:02:17	5:51	10.2
33	<b>MACIEJEWSKI Rafał</b>	<b>1334</b>		M30	16	01:07:16	02:16:06	<b>03:21:01.65</b>	<b>03:21:07.25</b>	+01:04:03	5:54	10.1
34	<b>JAKÓBCZAK Kuba</b>	<b>1371</b>		M30	17	01:14:11	02:28:21	<b>03:22:30.90</b>	<b>03:22:39.40</b>	+01:05:36	5:57	10.1
35	<b>BYRNE Keith</b>	<b>1449</b>	IRELAND	M40	8	01:13:20	02:29:41	<b>03:22:54.40</b>	<b>03:23:00.95</b>	+01:05:57	5:58	10.1
36	<b>CIEPLIŃSKI Tomek</b>	<b>1411</b>	SUDECKI KLUB WYSOKOGÓRSKI, WERTYKALNA KOTLINA	M40	9	01:14:29	02:29:39	<b>03:23:43.85</b>	<b>03:24:03.05</b>	+01:06:59	5:59	10
37	<b>DOBIJA Jacek</b>	<b>1390</b>		M30	18	01:28:39	02:35:21	<b>03:23:44.10</b>	<b>03:24:03.10</b>	+01:06:59	5:59	10
38	<b>KACZMAREK Filip</b>	<b>1431</b>		M20	8	01:15:20	02:28:29	<b>03:24:17.65</b>	<b>03:24:22.80</b>	+01:07:19	6:00	10
39	<b>WANAT Mateusz</b>	<b>1407</b>	PRZEDWOJEWSKI TEAM	M30	19	01:16:16	02:30:06	<b>03:24:48.15</b>	<b>03:24:55.80</b>	+01:07:52	6:01	10
40	<b>SKIBA Ania</b>	<b>1301</b>		K20	3	01:18:00	02:30:49	<b>03:24:52.60</b>	<b>03:25:03.55</b>	+01:08:00	6:01	10
41	<b>JĘDRYCHOWSKI Bartłomiej</b>	<b>1428</b>	WEMECOTEAM	M30	20	01:10:51	02:25:28	<b>03:25:36.50</b>	<b>03:25:39.65</b>	+01:08:36	6:02	9.9
42	<b>SZAFRAŃSKI Dominik</b>	<b>1333</b>	OBORNICKI KLUB LEKKOATLETYCZNY	M30	21	01:10:40	02:23:42	<b>03:26:59.90</b>	<b>03:27:02.35</b>	+01:09:58	6:05	9.9
43	<b>ZYWERT Antonina</b>	<b>1216</b>		K20	4	01:15:10	02:29:33	<b>03:29:35.15</b>	<b>03:29:43.95</b>	+01:12:40	6:09	9.7
44	<b>GÓRECKI Krzysztof</b>	<b>1211</b>		M20	9	01:17:25	02:33:32	<b>03:30:40.20</b>	<b>03:30:46.00</b>	+01:13:42	6:11	9.7
45	<b>KUCZERA Natalia</b>	<b>1418</b>		K30	2	01:17:35	02:33:16	<b>03:30:50.90</b>	<b>03:30:56.40</b>	+01:13:53	6:12	9.7
46	<b>TOMASIK Andrzej</b>	<b>1287</b>		M50	1	01:22:50		<b>03:31:36.50</b>	<b>03:31:42.10</b>	+01:14:38	6:13	9.6
47	<b>KUCHARSKI Adrian</b>	<b>1285</b>	ZEFKA RUNNERS/ PRZEDWOJEWSKI TEAM	M30	22	01:12:33	02:30:36	<b>03:33:03.00</b>	<b>03:33:10.95</b>	+01:16:07	6:15	9.6
48	<b>SERAFIN-GORSZKOWSKA Paulina</b>	<b>1253</b>	#140MINUT.PL	K40	1	01:17:07	02:33:02	<b>03:33:17.65</b>	<b>03:33:23.00</b>	+01:16:19	6:16	9.6
49	<b>BYŚ Mateusz</b>	<b>1329</b>		M30	23	01:16:51	02:34:21	<b>03:34:34.40</b>	<b>03:34:49.95</b>	+01:17:46	6:18	9.5
50	<b>WARDEGA Adrian</b>	<b>1386</b>		M30	24	01:11:05	02:31:09	<b>03:34:47.05</b>	<b>03:34:56.15</b>	+01:17:52	6:19	9.5
51	<b>WUJDA Karolina</b>	<b>1457</b>		K30	3	01:18:06	02:34:53	<b>03:34:46.60</b>	<b>03:35:01.30</b>	+01:17:57	6:19	9.5
52	<b>SIKORSKI Maciej</b>	<b>1402</b>		M40	10	01:15:00	02:32:38	<b>03:34:57.50</b>	<b>03:35:16.40</b>	+01:18:13	6:19	9.5
53	<b>MALIGRANDA Mariusz</b>	<b>1276</b>		M30	25	01:18:27	02:35:31	<b>03:36:25.90</b>	<b>03:36:30.30</b>	+01:19:26	6:21	9.4
54	<b>SKWARSKI Darek</b>	<b>1332</b>		M40	11	01:16:50	02:32:10	<b>03:37:05.95</b>	<b>03:37:13.65</b>	+01:20:10	6:23	9.4
55	<b>WAŁCZYK Mateusz</b>	<b>1283</b>		M30	26	01:13:59	02:32:05	<b>03:38:00.20</b>	<b>03:38:07.80</b>	+01:21:04	6:24	9.4
56	<b>TOMELA Maciej</b>	<b>1350</b>		M30	27	01:14:37	02:34:45	<b>03:39:42.00</b>	<b>03:39:49.60</b>	+01:22:46	6:27	9.3
57	<b>BŁASZCZAK Marek</b>	<b>1294</b>	MOCNA GRUPA CEZARA	M30	28	01:17:19	02:35:25	<b>03:40:19.80</b>	<b>03:40:24.45</b>	+01:23:21	6:28	9.3
58	<b>MAJDER Klaudia</b>	<b>1385</b>		K30	4	01:22:53	02:43:05	<b>03:41:01.50</b>	<b>03:41:07.00</b>	+01:24:03	6:30	9.2
59	<b>MARCINKOWSKI Michał</b>	<b>1393</b>	RUN TEAM RYDZYNA	M40	12	01:15:04	02:35:07	<b>03:41:32.05</b>	<b>03:41:39.95</b>	+01:24:36	6:30	9.2
60	<b>BACHURSKI Tomasz</b>	<b>1316</b>	140MINUT/KB HARCOWNIK	M40	13	01:17:24	02:38:15	<b>03:41:59.65</b>	<b>03:42:04.55</b>	+01:25:01	6:31	9.2
61	<b>KORZYCKI Tadeusz</b>	<b>1450</b>	AMATOR	M60	1	01:16:54	02:36:10	<b>03:42:02.35</b>	<b>03:42:11.25</b>	+01:25:07	6:31	9.2
62	<b>BOROWSKA-NAJDEREK Paulina</b>	<b>1458</b>	FREE RUN/ WLKP ULTRA MOUNTAINS	K40	2	01:17:53	02:38:53	<b>03:42:06.70</b>	<b>03:42:12.85</b>	+01:25:09	6:31	9.2
63	<b>GAWROŃSKI Ireneusz</b>	<b>1227</b>	AMATOR	M60	2	01:19:23		<b>03:43:16.95</b>	<b>03:43:20.55</b>	+01:26:17	6:34	9.1
64	<b>LATOS Janusz</b>	<b>1482</b>		M60	3	01:19:16	02:40:04	<b>03:43:10.90</b>	<b>03:43:26.75</b>	+01:26:23	6:33	9.1
65	<b>SZCZEPANSKI Bartosz</b>	<b>1249</b>	REBELS SOFTWARE	M30	29	01:14:47	02:36:00	<b>03:43:32.70</b>	<b>03:43:39.65</b>	+01:26:36	6:34	9.1
66	<b>MIKOŁAJSKI Krzysztof</b>	<b>1370</b>	MUD FOXES	M30	30	01:17:13	02:38:21	<b>03:43:52.75</b>	<b>03:43:57.95</b>	+01:26:54	6:35	9.1
67	<b>SAJNÓG Leszek</b>	<b>1435</b>	BIEGAJ LESZNO	M40	14	01:20:33	02:40:41	<b>03:44:06.80</b>	<b>03:44:10.85</b>	+01:27:07	6:35	9.1
68	<b>RABIEJ-OLSZEWSKA Hanna</b>	<b>1322</b>	#SOBASTEAM	K30	5	01:20:09	02:39:43	<b>03:44:24.15</b>	<b>03:44:33.90</b>	+01:27:30	6:36	9.1
69	<b>IWANOWSKI Przemysław</b>	<b>1351</b>	SFORA CHOJNÓW	M40	15	01:15:11	02:36:21	<b>03:44:28.80</b>	<b>03:44:40.10</b>	+01:27:36	6:36	9.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zakręt Śmierci 12km	PK B Jakuszyce 24km	Czas netto 34km	Czas brutto 34km	Różn	Tempo min/km	Tempo km/h
70	<b>GOLA Henryk</b>	<b>1389</b>		M50	2	01:19:29	02:41:52	<b>03:44:56.65</b>	<b>03:45:01.80</b>	+01:27:58	6:36	9.1
71	<b>BEDNARZ Jarosław</b>	<b>1309</b>	SMS SZKLARSKA PORĘBA	M50	3	01:18:11	02:40:10	<b>03:47:14.70</b>	<b>03:47:19.60</b>	+01:30:16	6:41	9
72	<b>DAWIDZIŃSKI Tomasz</b>	<b>1308</b>	AKTYWNI RAZEM	M30	31	01:21:17	02:45:13	<b>03:47:46.20</b>	<b>03:47:56.90</b>	+01:30:53	6:41	9
73	<b>SYCHOWSKI Dawid</b>	<b>1264</b>		M30	32	01:19:08	02:43:20	<b>03:47:46.05</b>	<b>03:48:00.40</b>	+01:30:57	6:41	9
74	<b>FORNALIK Adam</b>	<b>1335</b>	WARSAW INTERNATIONAL TRIATHLON CLUB	M40	16	01:24:51	02:44:00	<b>03:48:34.85</b>	<b>03:48:49.50</b>	+01:31:46	6:43	8.9
75	<b>KRAJEWSKI Marcin</b>	<b>1445</b>		M30	33	01:20:10	02:41:54	<b>03:48:53.65</b>	<b>03:48:59.25</b>	+01:31:55	6:43	8.9
76	<b>SIKORSKI Szymon</b>	<b>1420</b>	NOA	M40	17	01:17:39	02:42:23	<b>03:48:53.95</b>	<b>03:48:59.70</b>	+01:31:56	6:43	8.9
77	<b>STUPAK Ada</b>	<b>1379</b>	KB ODRA OPOLE	K30	6	01:23:15	02:43:22	<b>03:49:08.15</b>	<b>03:49:14.55</b>	+01:32:11	6:44	8.9
78	<b>HRYCAJ Marcin</b>	<b>1380</b>	KB ODRA OPOLE	M40	18	01:23:12	02:43:19	<b>03:49:08.25</b>	<b>03:49:14.95</b>	+01:32:11	6:44	8.9
79	<b>LISOWICZ Krzysztof</b>	<b>1345</b>	XXXXX XXX	M40	19	01:21:49	02:43:04	<b>03:50:01.25</b>	<b>03:50:16.20</b>	+01:33:12	6:45	8.9
80	<b>ZAWIŁA Dominik</b>	<b>1347</b>		M20	10	01:25:46	02:50:04	<b>03:50:08.30</b>	<b>03:50:20.60</b>	+01:33:17	6:46	8.9
81	<b>PASZKOWIAK Dominik</b>	<b>1414</b>		M20	11	01:22:27	02:47:32	<b>03:50:15.30</b>	<b>03:50:31.00</b>	+01:33:27	6:46	8.9
82	<b>DORNIAC Radek</b>	<b>1416</b>		M40	20	01:27:30	02:49:58	<b>03:50:52.45</b>	<b>03:51:06.15</b>	+01:34:02	6:47	8.8
83	<b>DRWIĘGA Tomasz</b>	<b>1293</b>		M30	34	01:22:42	02:42:32	<b>03:51:58.85</b>	<b>03:52:23.60</b>	+01:35:20	6:49	8.8
84	<b>JARONIEC Malgorzata</b>	<b>1421</b>	BUBU TEAM	K30	7	01:26:19	02:49:14	<b>03:53:40.05</b>	<b>03:53:51.90</b>	+01:36:48	6:52	8.7
85	<b>MICHAŁEK Emil</b>	<b>1251</b>	KB HARCOWNIK JELCZ-LASKOWICE	M40	21	01:22:27	02:51:27	<b>03:55:03.95</b>	<b>03:55:13.15</b>	+01:38:09	6:54	8.7
86	<b>WERLE Michał</b>	<b>1453</b>	AI CLEARING	M30	35	01:19:39	02:43:47	<b>03:55:03.50</b>	<b>03:55:21.25</b>	+01:38:17	6:54	8.7
87	<b>PISARCZYK Grzegorz</b>	<b>1443</b>		M30	36	01:25:38	02:51:54	<b>03:55:30.00</b>	<b>03:55:55.20</b>	+01:38:51	6:55	8.7
88	<b>POSADOWSKI Szymon</b>	<b>1444</b>	140MINUT	M30	37		02:58:39	<b>03:56:24.15</b>	<b>03:56:30.30</b>	+01:39:26	6:57	8.6
89	<b>TYL Radosław</b>	<b>1312</b>		M40	22	01:24:24	02:49:26	<b>03:56:30.35</b>	<b>03:56:52.50</b>	+01:39:49	6:57	8.6
90	<b>FORTAK Rafał</b>	<b>1362</b>		M30	38	01:21:26	02:46:19	<b>03:57:36.75</b>	<b>03:58:02.20</b>	+01:40:58	6:59	8.6
91	<b>KOSOWSKI Przemysław</b>	<b>1462</b>	NATIONALE-NEDERLANDEN	M50	4	01:20:47	02:45:13	<b>03:57:59.20</b>	<b>03:58:13.00</b>	+01:41:09	6:59	8.6
92	<b>ZABOROWSKI Kamil</b>	<b>1409</b>	ZALINIAMETY	M30	39	01:30:06	02:55:38	<b>03:58:03.60</b>	<b>03:58:17.80</b>	+01:41:14	7:00	8.6
93	<b>STAJNIAK-STELIGA Izabela</b>	<b>1474</b>	OBORYGENI	K40	3	01:26:13	02:51:55	<b>03:58:12.00</b>	<b>03:58:23.00</b>	+01:41:19	7:00	8.6
94	<b>SŁOWIK Grzegorz</b>	<b>1286</b>	ZEFKA RUNNERS	M40	23	01:25:33	02:52:21	<b>03:58:21.75</b>	<b>03:58:30.45</b>	+01:41:27	7:00	8.6
95	<b>MIGURSKI Jakub</b>	<b>1384</b>		M30	40	01:25:08	02:52:03	<b>03:58:21.95</b>	<b>03:58:33.55</b>	+01:41:30	7:00	8.6
96	<b>JASIAK Karol</b>	<b>1297</b>	ZEFKA RUNNERS	M30	41	01:21:57	02:48:37	<b>04:00:18.25</b>	<b>04:00:27.70</b>	+01:43:24	7:04	8.5
97	<b>KUBISIAK Dariusz</b>	<b>1436</b>		M50	5	01:27:32	02:55:01	<b>04:00:59.35</b>	<b>04:01:18.05</b>	+01:44:14	7:05	8.5
98	<b>KĘDZIOR Bartłomiej</b>	<b>1405</b>		M40	24	01:21:40	02:46:01	<b>04:01:08.20</b>	<b>04:01:24.25</b>	+01:44:20	7:05	8.5
99	<b>PASEK Monika</b>	<b>1456</b>	RUNNING CRAZY STRIPES	K40	4	01:30:08	02:56:34	<b>04:01:12.80</b>	<b>04:01:26.70</b>	+01:44:23	7:05	8.5
100	<b>MIJAKOWSKI Pawel</b>	<b>1464</b>	MIJAKOWSKI TEAM	M50	6	01:21:35	02:49:09	<b>04:01:52.85</b>	<b>04:02:05.70</b>	+01:45:02	7:06	8.4
101	<b>CHILIMONIUK Mariusz</b>	<b>1266</b>		M40	25	01:27:13	02:57:28	<b>04:01:40.45</b>	<b>04:02:05.85</b>	+01:45:02	7:06	8.4
102	<b>KORYTKOWSKI Jakub</b>	<b>1382</b>		M20	12	01:26:27	02:55:09	<b>04:02:32.85</b>	<b>04:02:47.25</b>	+01:45:43	7:08	8.4
103	<b>TRACZYK Piotr</b>	<b>1475</b>		M40	26	01:26:22	02:56:32	<b>04:02:45.35</b>	<b>04:02:57.85</b>	+01:45:54	7:08	8.4
104	<b>GAWROŃSKI Sebastian</b>	<b>1451</b>	PZU SPORT TEAM	M40	27	01:25:56	02:55:07	<b>04:04:10.85</b>	<b>04:04:30.50</b>	+01:47:27	7:10	8.4
105	<b>BIALIK Jędrzej</b>	<b>1239</b>		M30	42	01:31:29	02:58:39	<b>04:04:12.10</b>	<b>04:04:32.55</b>	+01:47:29	7:10	8.4
106	<b>STRONIKOWSKI Wojciech</b>	<b>1296</b>	DRUŻYNA STASIA	M30	43	01:26:07	02:51:21	<b>04:04:45.65</b>	<b>04:05:07.60</b>	+01:48:04	7:11	8.3
107	<b>RAWA Martyna</b>	<b>1422</b>		K20	5	01:28:36		<b>04:06:19.35</b>	<b>04:06:36.10</b>	+01:49:32	7:14	8.3
108	<b>DOBRYCKI Mateusz</b>	<b>1231</b>	NADLEŚNICTWO KAMIENNA GÓRA	M30	44	01:27:37	03:00:12	<b>04:06:56.25</b>	<b>04:07:21.15</b>	+01:50:17	7:15	8.3
109	<b>BUDNY Kamil</b>	<b>1447</b>		M30	45	01:26:19	02:56:04	<b>04:07:22.80</b>	<b>04:07:42.70</b>	+01:50:39	7:16	8.2
110	<b>KRYSZKIEWICZ Tomasz</b>	<b>1353</b>		M50	7	01:26:50	02:53:24	<b>04:07:33.75</b>	<b>04:07:49.75</b>	+01:50:46	7:16	8.2
111	<b>STALA-KONDRAKIEWICZ Katarzyna</b>	<b>1438</b>	KB HARCOWNIK JELCZ-LASKOWICE	K30	8	01:26:20	02:56:27	<b>04:07:42.65</b>	<b>04:07:53.95</b>	+01:50:50	7:17	8.2
112	<b>DANAK Przemek</b>	<b>1299</b>		M40	28	01:38:57	03:14:01	<b>04:08:12.25</b>	<b>04:08:27.80</b>	+01:51:24	7:18	8.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zakręt Śmierci 12km	PK B Jakuszyce 24km	Czas netto 34km	Czas brutto 34km	Różn	Tempo min/km	Tempo km/h
113	<b>KOZŁOWSKI Tomasz</b>	<b>1247</b>	LESZ NO LIMITS RUNNERS	M50	8	01:25:44	02:58:39	<b>04:08:59.55</b>	<b>04:09:04.25</b>	+01:52:00	7:19	8.2
114	<b>NOWAK Dawid</b>	<b>1320</b>	#BIEGAJLESZNO	M30	46	01:23:06	02:50:05	<b>04:09:27.65</b>	<b>04:09:30.95</b>	+01:52:27	7:20	8.2
115	<b>JACHIMECKI Rafał</b>	<b>1317</b>	TUPU-TUPU GŁOGÓW	M40	29	01:23:09	02:50:01	<b>04:09:26.80</b>	<b>04:09:31.05</b>	+01:52:27	7:20	8.2
116	<b>CIRILLO Saverio</b>	<b>1437</b>		M30	47	01:25:51	02:58:00	<b>04:09:16.85</b>	<b>04:09:34.60</b>	+01:52:31	7:19	8.2
117	<b>BUGAJ Alan</b>	<b>1226</b>		M30	48	01:26:35	02:58:28	<b>04:09:31.55</b>	<b>04:09:44.40</b>	+01:52:41	7:20	8.2
118	<b>ŁATWIŃSKI Mateusz</b>	<b>1300</b>	MOCNA GRUPA CEZARA	M20	13	01:26:04	03:00:40	<b>04:09:44.75</b>	<b>04:09:49.90</b>	+01:52:46	7:20	8.2
119	<b>MATUSIAK Mateusz</b>	<b>1252</b>		M30	49	01:28:56	02:56:04	<b>04:09:59.35</b>	<b>04:10:10.05</b>	+01:53:06	7:21	8.2
120	<b>GÓRNY Robert</b>	<b>1311</b>	THESKYISTHELIMIT	M30	50	01:27:11	02:58:25	<b>04:09:59.85</b>	<b>04:10:23.05</b>	+01:53:19	7:21	8.2
121	<b>DUSZYŃSKA Ewa</b>	<b>1468</b>	MIEJMY TO JUŻ ZA SOBĄ!	K30	9	01:24:57	02:57:36	<b>04:11:14.25</b>	<b>04:11:21.35</b>	+01:54:17	7:23	8.1
122	<b>KOSTOWSKI Roman</b>	<b>1280</b>		M30	51	01:24:22	02:56:04	<b>04:11:05.15</b>	<b>04:11:26.40</b>	+01:54:23	7:23	8.1
123	<b>SNOWACKI Kamil</b>	<b>1448</b>		M30	52	01:15:20	02:52:52	<b>04:11:39.10</b>	<b>04:11:45.45</b>	+01:54:42	7:24	8.1
124	<b>RABIEJ Wojciech</b>	<b>1363</b>	DUCLA ACADEMY	M40	30	01:21:39	02:47:10	<b>04:12:02.50</b>	<b>04:12:17.25</b>	+01:55:13	7:24	8.1
125	<b>BOŁDYS Paweł</b>	<b>1400</b>		M30	53	01:29:35	02:59:56	<b>04:12:13.55</b>	<b>04:12:25.50</b>	+01:55:22	7:25	8.1
126	<b>ROZMIAREK Przemysław</b>	<b>1274</b>	SZCZĘŚLIWY AMATOR	M40	31	01:22:38		<b>04:12:05.80</b>	<b>04:12:29.90</b>	+01:55:26	7:24	8.1
127	<b>JAKIMOWICZ Kamila</b>	<b>1410</b>	TEAM TATARA	K20	6	01:31:14	02:58:49	<b>04:12:19.10</b>	<b>04:12:33.90</b>	+01:55:30	7:25	8.1
128	<b>MARKOWIAK Paulina</b>	<b>1292</b>		K30	10	01:29:51	02:59:28	<b>04:12:35.85</b>	<b>04:12:54.35</b>	+01:55:50	7:25	8.1
129	<b>ONISZCZUK Agnieszka</b>	<b>1291</b>		K20	7	01:29:47	02:59:22	<b>04:12:36.15</b>	<b>04:12:54.55</b>	+01:55:51	7:25	8.1
130	<b>ONISZCZUK Karol</b>	<b>1290</b>		M20	14	01:28:53	02:59:16	<b>04:12:36.65</b>	<b>04:12:54.65</b>	+01:55:51	7:25	8.1
131	<b>BIELAWSKI Paweł</b>	<b>1368</b>		M30	54	01:24:16	02:59:33	<b>04:14:20.45</b>	<b>04:14:25.15</b>	+01:57:21	7:28	8
132	<b>PIETRZAK Marek</b>	<b>1238</b>		M40	32	01:30:19	03:01:49	<b>04:14:54.35</b>	<b>04:15:11.85</b>	+01:58:08	7:29	8
133	<b>BAKSALARY Lidia</b>	<b>1326</b>	#BIEGAJLESZNO	K40	5	01:21:13	02:56:17	<b>04:15:21.90</b>	<b>04:15:25.65</b>	+01:58:22	7:30	8
134	<b>HEJNE Agnieszka</b>	<b>1324</b>		K40	6	01:28:39	03:03:57	<b>04:16:12.55</b>	<b>04:16:31.90</b>	+01:59:28	7:32	8
135	<b>BOROWIAK Łukasz</b>	<b>1284</b>	#BIEGAJLESZNO	M40	33	01:21:01	02:56:15	<b>04:16:34.35</b>	<b>04:16:38.10</b>	+01:59:34	7:32	8
136	<b>NALEPA Szymon</b>	<b>1360</b>		M30	55	01:30:46	03:05:20	<b>04:16:35.60</b>	<b>04:16:48.50</b>	+01:59:45	7:32	8
137	<b>WOJTASIK Izabela</b>	<b>1365</b>		K40	7	01:30:44	03:05:23	<b>04:16:35.65</b>	<b>04:16:48.85</b>	+01:59:45	7:32	8
138	<b>KAMINSKI Jerzy</b>	<b>1381</b>		M60	4	01:28:52		<b>04:16:49.70</b>	<b>04:17:11.95</b>	+02:00:08	7:33	7.9
139	<b>GIBALSKA Marzena</b>	<b>1470</b>	ABORYGENI	K40	8	01:34:41	03:08:14	<b>04:17:35.40</b>	<b>04:17:46.40</b>	+02:00:43	7:34	7.9
140	<b>FRAŃSKI Łukasz</b>	<b>1219</b>	NKB CHYŻY	M40	34	01:31:06	03:02:13	<b>04:18:13.10</b>	<b>04:18:28.40</b>	+02:01:25	7:35	7.9
141	<b>PAWLAK Robert</b>	<b>1388</b>		M30	56	01:28:53	03:05:29	<b>04:18:40.20</b>	<b>04:18:49.50</b>	+02:01:46	7:36	7.9
142	<b>NIEWIADOMSKI Marek</b>	<b>1406</b>	CROSS KRAPKOWICE	M30	57	01:28:32	03:02:53	<b>04:19:37.80</b>	<b>04:19:58.85</b>	+02:02:55	7:38	7.9
143	<b>SZUMIŃSKI Artur</b>	<b>1446</b>		M40	35	01:26:12	03:04:37	<b>04:20:13.60</b>	<b>04:20:19.85</b>	+02:03:16	7:39	7.8
144	<b>OZIMINA Hubert</b>	<b>1250</b>	OBORYGENI	M40	36	01:31:24	03:09:02	<b>04:21:18.45</b>	<b>04:21:28.80</b>	+02:04:25	7:41	7.8
145	<b>CZELUŚNIAK Filip</b>	<b>1218</b>		M30	58	01:37:22	03:14:34	<b>04:21:19.10</b>	<b>04:21:38.00</b>	+02:04:34	7:41	7.8
146	<b>STĘPIEŃ Kamil</b>	<b>1459</b>		M30	59	01:26:27	02:59:34	<b>04:21:33.85</b>	<b>04:21:51.45</b>	+02:04:48	7:41	7.8
147	<b>MATYŚKIEWICZ Mateusz</b>	<b>1355</b>	MASTER SERVICE	M30	60	01:30:58	03:06:00	<b>04:21:51.25</b>	<b>04:22:06.55</b>	+02:05:03	7:42	7.8
148	<b>OLEJNIK Egidiusz</b>	<b>1473</b>		M30	61	01:36:29	03:09:28	<b>04:22:15.10</b>	<b>04:22:35.60</b>	+02:05:32	7:42	7.8
149	<b>SKORA Wojciech</b>	<b>1471</b>		M40	37	01:35:52	03:09:49	<b>04:22:31.25</b>	<b>04:22:45.60</b>	+02:05:42	7:43	7.8
150	<b>PEREIRA Ruben</b>	<b>1408</b>	ARMADA LUSITANA	M30	62	01:25:43	02:58:47	<b>04:23:45.95</b>	<b>04:23:53.75</b>	+02:06:50	7:45	7.7
151	<b>PISCO Tiago</b>	<b>1404</b>	ARMADA LUSITANA	M30	63	01:25:42	02:58:49	<b>04:23:46.80</b>	<b>04:23:54.10</b>	+02:06:50	7:45	7.7
152	<b>TUNDAK Zuzanna</b>	<b>1313</b>	WYBIEGANIZM	K30	11	01:31:14	03:04:57	<b>04:23:53.35</b>	<b>04:24:19.50</b>	+02:07:16	7:45	7.7
153	<b>GRABOWSKI Mariusz</b>	<b>1319</b>		M30	64	01:31:16	03:05:01	<b>04:23:53.60</b>	<b>04:24:19.60</b>	+02:07:16	7:45	7.7
154	<b>PORĘBSKI Tomasz</b>	<b>1217</b>	#STANDARDASAPTEAM	M30	65	01:35:30	03:11:12	<b>04:23:58.10</b>	<b>04:24:21.60</b>	+02:07:18	7:45	7.7
155	<b>KOTOWSKI Andrzej</b>	<b>1256</b>		M50	9	01:35:14	03:07:21	<b>04:24:26.00</b>	<b>04:24:42.85</b>	+02:07:39	7:46	7.7
156	<b>RABIEJ Kazimierz</b>	<b>1223</b>	ROZBIEGANI CHOJNÓW	M60	5	01:30:47		<b>04:24:36.20</b>	<b>04:24:49.30</b>	+02:07:45	7:46	7.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zakręt Śmierci 12km	PK B Jakuszyce 24km	Czas netto 34km	Czas brutto 34km	Różn	Tempo min/km	Tempo km/h
157	<b>KUBICKI Piotr</b>	<b>1392</b>	DZIKI ZGON KOŚCIAN	M30	66	01:32:56	03:08:23	<b>04:24:46.30</b>	<b>04:25:08.65</b>	+02:08:05	7:47	7.7
158	<b>MIŁOSZEWSKA Katarzyna</b>	<b>1378</b>	IZERY BOGATYNIA	K40	9	01:32:01	03:07:20	<b>04:26:00.45</b>	<b>04:26:04.50</b>	+02:09:01	7:49	7.7
159	<b>GRZEGRZÓŁKA Anna</b>	<b>1358</b>	ZABIEGANI Z LEŚNEJ	K40	10	01:32:04	03:07:25	<b>04:26:00.90</b>	<b>04:26:04.80</b>	+02:09:01	7:49	7.7
160	<b>GNIADY Krzysztof</b>	<b>1383</b>	FOXYFIT ICT POLAND	M40	38	01:32:24	03:13:51	<b>04:26:52.10</b>	<b>04:27:05.65</b>	+02:10:02	7:50	7.6
161	<b>CICHOCKI Jerzy</b>	<b>1325</b>		M40	39	01:36:33	03:10:27	<b>04:27:50.90</b>	<b>04:28:10.20</b>	+02:11:06	7:52	7.6
162	<b>ZĄŁOGA Agnieszka</b>	<b>1480</b>	STARE BABICE BIEGAJĄ	K30	12	01:37:08	03:14:18	<b>04:29:34.15</b>	<b>04:29:46.10</b>	+02:12:42	7:55	7.6
163	<b>KONDRAKIEWICZ Rafał</b>	<b>1479</b>		M40	40	01:34:29	03:14:18	<b>04:29:46.75</b>	<b>04:30:02.00</b>	+02:12:58	7:56	7.6
164	<b>GONCERZEWICZ Anna</b>	<b>1460</b>		K30	13	01:37:02	03:14:12	<b>04:29:46.70</b>	<b>04:30:02.10</b>	+02:12:58	7:56	7.6
165	<b>BARTON Anna</b>	<b>1269</b>		K20	8	01:44:43	03:23:11	<b>04:29:56.60</b>	<b>04:30:15.35</b>	+02:13:11	7:56	7.6
166	<b>OKONIEWSKA Agnieszka</b>	<b>1302</b>		K40	11	01:36:00	03:17:06	<b>04:30:20.10</b>	<b>04:30:40.90</b>	+02:13:37	7:57	7.5
167	<b>WALIGÓRA Judyta</b>	<b>1348</b>		K30	14	01:36:00	03:15:46	<b>04:30:20.55</b>	<b>04:30:41.15</b>	+02:13:37	7:57	7.5
168	<b>BEŻYK Bartosz</b>	<b>1268</b>	GOPR SUDETY	M20	15	01:44:44	03:23:08	<b>04:30:30.95</b>	<b>04:30:50.15</b>	+02:13:46	7:57	7.5
169	<b>MAJDER Paweł</b>	<b>1387</b>		M40	41	01:32:09	03:11:16	<b>04:31:43.00</b>	<b>04:31:51.00</b>	+02:14:47	7:59	7.5
170	<b>SIUDAK Anna`</b>	<b>1281</b>		K40	12	01:35:48	03:17:11	<b>04:31:58.85</b>	<b>04:32:11.00</b>	+02:15:07	7:59	7.5
171	<b>ROSIECKI Grzegorz</b>	<b>1232</b>		M30	67	01:27:59	03:09:04	<b>04:32:16.65</b>	<b>04:32:39.60</b>	+02:15:36	8:00	7.5
172	<b>GRACZYK Mariusz</b>	<b>1425</b>	ZGZB	M40	42	01:45:07	03:22:19	<b>04:33:36.40</b>	<b>04:33:49.95</b>	+02:16:46	8:02	7.5
173	<b>KOPACZUK Monika</b>	<b>1467</b>		K30	15	01:41:46	03:25:31	<b>04:33:32.65</b>	<b>04:33:54.15</b>	+02:16:50	8:02	7.5
174	<b>FANAJŁO Wojciech</b>	<b>1424</b>	ZGZB	M30	68	01:40:28	03:22:21	<b>04:33:48.50</b>	<b>04:34:02.05</b>	+02:16:58	8:03	7.5
175	<b>MAŚLANKA Łukasz</b>	<b>1222</b>	ALOHA TRIATHLON TEAM	M30	69	01:32:21	03:11:08	<b>04:34:24.45</b>	<b>04:34:44.30</b>	+02:17:40	8:04	7.4
176	<b>WIŚNIEWSKA Joann</b>	<b>1279</b>		K40	13	01:36:08	03:17:21	<b>04:36:44.95</b>	<b>04:36:52.00</b>	+02:19:48	8:08	7.4
177	<b>KANIECKI Paweł</b>	<b>1399</b>		M40	43	01:36:03	03:17:36	<b>04:36:44.95</b>	<b>04:36:52.25</b>	+02:19:48	8:08	7.4
178	<b>SZAMBELAŃCZYK Maciej</b>	<b>1441</b>		M40	44	01:26:18	03:19:29	<b>04:36:54.90</b>	<b>04:36:58.80</b>	+02:19:55	8:08	7.4
179	<b>OCZKOWICZ Beata</b>	<b>1463</b>	MOCNA GRUPA CEZARA	K30	16	01:39:43	03:22:15	<b>04:36:49.65</b>	<b>04:36:59.40</b>	+02:19:56	8:08	7.4
180	<b>BRONIKOWSKA Agata</b>	<b>1461</b>		K40	14	01:30:58	03:11:03	<b>04:36:59.60</b>	<b>04:37:09.70</b>	+02:20:06	8:08	7.4
181	<b>PIETRZAKOWSKI Robert</b>	<b>1342</b>		M40	45	01:27:34	03:08:39	<b>04:36:47.40</b>	<b>04:37:11.60</b>	+02:20:08	8:08	7.4
182	<b>KRAWCZYK Marta</b>	<b>1330</b>		K40	15	01:37:14	03:17:18	<b>04:37:16.40</b>	<b>04:37:31.40</b>	+02:20:28	8:09	7.4
183	<b>LESZCZYŃSKI Paweł</b>	<b>1224</b>		M60	6	01:27:49	03:10:54	<b>04:37:41.50</b>	<b>04:37:47.10</b>	+02:20:43	8:10	7.3
184	<b>ZIMNY Ireneusz</b>	<b>1340</b>	EKO-OKNA RUNNERS	M40	46	01:38:48	03:24:05	<b>04:38:38.70</b>	<b>04:38:43.55</b>	+02:21:40	8:11	7.3
185	<b>TWARDY Dariusz</b>	<b>1419</b>	LESZNO	M50	10	01:40:03	03:18:28	<b>04:38:37.50</b>	<b>04:38:55.90</b>	+02:21:52	8:11	7.3
186	<b>KOSTRZEWSKI Maciej</b>	<b>1204</b>		M30	70	01:36:43	03:20:25	<b>04:39:09.70</b>	<b>04:39:28.90</b>	+02:22:25	8:12	7.3
187	<b>STASIŃSKA-KOSTOWSKA Wiktoria</b>	<b>1367</b>		K20	9	01:33:44	03:12:28	<b>04:39:33.55</b>	<b>04:39:54.80</b>	+02:22:51	8:13	7.3
188	<b>MARKIEWICZ Joanna Zuza</b>	<b>1412</b>	TJ! / FORMA NA SZCZYT	K40	16	01:40:33	03:19:19	<b>04:39:56.15</b>	<b>04:40:07.75</b>	+02:23:04	8:14	7.3
189	<b>DZIADEK Bartosz</b>	<b>1225</b>		M40	47	01:34:38	03:15:05	<b>04:39:57.30</b>	<b>04:40:15.50</b>	+02:23:12	8:14	7.3
190	<b>KRÓLICKI Zbigniew</b>	<b>1364</b>		M40	48	01:40:49	03:23:40	<b>04:40:15.50</b>	<b>04:40:32.65</b>	+02:23:29	8:14	7.3
191	<b>MAJER Maja</b>	<b>1397</b>	BIEGAMDLAZDROWIA.PL	K40	17	01:43:42	03:23:35	<b>04:40:48.60</b>	<b>04:40:59.25</b>	+02:23:55	8:15	7.3
192	<b>NOWAK Kornel</b>	<b>1417</b>	LESZNO	M50	11	01:39:58	03:18:27	<b>04:42:24.45</b>	<b>04:42:42.45</b>	+02:25:39	8:18	7.2
193	<b>PLUCIŃSKI Wojciech</b>	<b>1202</b>		M30	71	01:32:25	03:16:06	<b>04:43:28.65</b>	<b>04:43:49.85</b>	+02:26:46	8:20	7.2
194	<b>GAŚIOREK Daniel</b>	<b>1430</b>		M40	49	01:27:22	03:19:11	<b>04:46:48.80</b>	<b>04:47:01.50</b>	+02:29:58	8:26	7.1
195	<b>KROWICKI Tomasz</b>	<b>1403</b>	ZEFKA RUNNERS	M30	72	01:41:23	03:28:16	<b>04:47:04.30</b>	<b>04:47:12.00</b>	+02:30:08	8:26	7.1
196	<b>KALINOWSKI Daniel</b>	<b>1337</b>		M40	50	01:41:44	03:27:31	<b>04:47:02.95</b>	<b>04:47:24.40</b>	+02:30:21	8:26	7.1
197	<b>WIŚNIEWSKA Joanna</b>	<b>1278</b>	KOWARY BIEGAJĄ	K40	18	01:38:49	03:24:44	<b>04:48:16.75</b>	<b>04:48:25.85</b>	+02:31:22	8:28	7.1
198	<b>CHMIELEWSKI Mariusz</b>	<b>1361</b>	STAJNIAK TEAM	M30	73	01:37:09	03:23:22	<b>04:49:29.25</b>	<b>04:49:45.85</b>	+02:32:42	8:30	7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zakręt Śmierci 12km	PK B Jakuszyce 24km	Czas netto 34km	Czas brutto 34km	Różn	Tempo min/km	Tempo km/h
199	<b>SOCHA Damian</b>	<b>1215</b>		M40	51	01:33:33	03:19:56	<b>04:49:38.50</b>	<b>04:49:49.65</b>	+02:32:46	8:31	7
200	<b>ŁOPOKA Przemek</b>	<b>1472</b>		M20	16	01:38:15	03:17:24	<b>04:50:15.35</b>	<b>04:50:31.80</b>	+02:33:28	8:32	7
201	<b>GRYGIEL Leszek</b>	<b>1339</b>	ATLAS RUNNING TEAM	M50	12	01:31:34	03:21:26	<b>04:50:49.00</b>	<b>04:51:04.90</b>	+02:34:01	8:33	7
202	<b>ŁASEK Jarosław</b>	<b>1277</b>		M50	13	01:38:05	03:21:42	<b>04:51:56.10</b>	<b>04:52:07.70</b>	+02:35:04	8:35	7
203	<b>PASZKOWSKI Karol</b>	<b>1263</b>		M30	74	01:38:04		<b>04:52:38.70</b>	<b>04:52:58.55</b>	+02:35:55	8:36	7
204	<b>SYNOWIEC-JUDA Agata</b>	<b>1306</b>		K40	19	01:44:26	03:32:27	<b>04:54:18.95</b>	<b>04:54:39.55</b>	+02:37:36	8:39	6.9
205	<b>ANDRUSZKÓW Piotr</b>	<b>1259</b>		M40	52	01:36:33	03:27:40	<b>04:57:49.30</b>	<b>04:58:06.35</b>	+02:41:02	8:45	6.8
206	<b>SZMEL Ewa</b>	<b>1481</b>	BIEGAMDLAZDROWIA	K60	1	01:46:09	03:39:11	<b>04:58:54.35</b>	<b>04:59:17.30</b>	+02:42:13	8:47	6.8
207	<b>PŁOCIŃSKI Norbert</b>	<b>1336</b>	BIAŁA	M20	17	01:43:31	03:33:13	<b>04:59:57.95</b>	<b>05:00:07.45</b>	+02:43:04	8:49	6.8
208	<b>MICHALIK Kamila</b>	<b>1338</b>		K20	10	01:43:27	03:33:15	<b>04:59:57.30</b>	<b>05:00:07.55</b>	+02:43:04	8:49	6.8
209	<b>CZABAN Katarzyna</b>	<b>1295</b>	KULAM SIĘ JAK GUMIKLYJZY	K30	17	01:43:34	03:39:14	<b>05:00:21.75</b>	<b>05:00:35.75</b>	+02:43:32	8:50	6.8
210	<b>HAŁASZYN Joanna</b>	<b>1327</b>		K30	18	01:40:41	03:28:58	<b>05:00:37.55</b>	<b>05:01:00.75</b>	+02:43:57	8:50	6.8
211	<b>PALTIAN Piotr</b>	<b>1298</b>	SĄ WOLNIEJSI / VEGE RUNNERS	M50	14	01:34:09	03:21:12	<b>05:01:09.15</b>	<b>05:01:25.35</b>	+02:44:21	8:51	6.8
212	<b>KANIECKA-CZAJ Justyna</b>	<b>1275</b>	VEGE RUNNERS	K30	19	01:45:11	03:36:05	<b>05:01:24.30</b>	<b>05:01:45.05</b>	+02:44:41	8:51	6.8
213	<b>SIARKIEWICZ Jola</b>	<b>1323</b>	BIEGAMDLAZDROWIA.PL	K60	2	01:47:47	03:40:17	<b>05:02:12.70</b>	<b>05:02:23.05</b>	+02:45:19	8:53	6.8
214	<b>WIECZOREK Sławomir</b>	<b>1235</b>		M40	53	01:41:01	03:34:00	<b>05:03:31.50</b>	<b>05:03:52.00</b>	+02:46:48	8:55	6.7
215	<b>JUSKOWIAK Mikołaj</b>	<b>1240</b>		M30	75	01:43:38	03:31:05	<b>05:05:52.95</b>	<b>05:05:59.45</b>	+02:48:56	8:59	6.7
216	<b>SAMOLEWSKI Andrzej</b>	<b>1454</b>	LESZNO	M50	15	01:36:59	03:19:59	<b>05:06:09.55</b>	<b>05:06:26.80</b>	+02:49:23	9:00	6.7
217	<b>HERCKA Robert</b>	<b>1237</b>		M40	54	01:45:11	03:39:30	<b>05:06:32.65</b>	<b>05:06:49.55</b>	+02:49:46	9:00	6.7
218	<b>PURA Paweł</b>	<b>1243</b>		M40	55	01:46:17	03:36:35	<b>05:07:30.50</b>	<b>05:07:55.85</b>	+02:50:52	9:02	6.6
219	<b>URANTÓWKA Bartosz</b>	<b>1376</b>		M20	18	01:42:26	03:39:58	<b>05:10:15.20</b>	<b>05:10:25.85</b>	+02:53:22	9:07	6.6
220	<b>JÓŻWIK Artur</b>	<b>1234</b>	BIEGAM, BO BIEGAM ☐	M40	56	01:46:23	03:40:27	<b>05:10:13.05</b>	<b>05:10:37.30</b>	+02:53:33	9:07	6.6
221	<b>NASKRĘT Dariusz</b>	<b>1207</b>	AKTYWNI RAZEM	K40	20	01:41:13	03:34:04	<b>05:11:36.20</b>	<b>05:11:48.75</b>	+02:54:45	9:09	6.5
222	<b>DELEKTA Konrad</b>	<b>1478</b>		M20	19	01:35:07	03:33:06	<b>05:11:29.00</b>	<b>05:11:50.95</b>	+02:54:47	9:09	6.5
222	<b>SŁABICKI Konrad</b>	<b>1401</b>		M20	19	01:35:02	03:33:09	<b>05:11:29.70</b>	<b>05:11:50.95</b>	+02:54:47	9:09	6.5
224	<b>BARTOSZEWSKA Katarzyna</b>	<b>1261</b>	TEAM RÓŻOWEJ PELERYNKI	K40	21	01:40:37	03:36:14	<b>05:12:38.70</b>	<b>05:12:58.70</b>	+02:55:55	9:11	6.5
225	<b>HARAJ Honorata</b>	<b>1241</b>		K40	22	01:46:41	03:40:01	<b>05:14:11.75</b>	<b>05:14:22.85</b>	+02:57:19	9:14	6.5
226	<b>TEREBELSKA Karina</b>	<b>1255</b>	AKTYWNI RAZEM	K40	23	01:47:48	03:39:12	<b>05:14:13.15</b>	<b>05:14:23.20</b>	+02:57:19	9:14	6.5
227	<b>HARAJ Robert</b>	<b>1242</b>		M20	21	01:46:40	03:40:03	<b>05:14:11.55</b>	<b>05:14:23.25</b>	+02:57:19	9:14	6.5
228	<b>TEREBELSKI Sebastian</b>	<b>1265</b>		M40	57	01:47:47	03:39:17	<b>05:14:13.50</b>	<b>05:14:23.40</b>	+02:57:20	9:14	6.5
229	<b>CIRKO Joanna</b>	<b>1246</b>		K40	24	01:42:21	03:39:23	<b>05:14:48.05</b>	<b>05:14:56.55</b>	+02:57:53	9:15	6.5
230	<b>CIRKO Grzegorz</b>	<b>1244</b>	JELEŃIA PLAST SPORT TEAM	M40	58	01:33:25	03:20:32	<b>05:14:48.70</b>	<b>05:14:56.90</b>	+02:57:53	9:15	6.5
231	<b>KOBIAK Krzysztof</b>	<b>1352</b>		M40	59	01:39:00	03:33:25	<b>05:15:32.60</b>	<b>05:15:40.80</b>	+02:58:37	9:16	6.5
232	<b>MUDLAFF Katarzyna</b>	<b>1206</b>	AKTYWNI RAZEM/BIEGAJĄCE KREJZOLE	K30	20	01:43:51		<b>05:16:37.45</b>	<b>05:16:48.25</b>	+02:59:44	9:18	6.4
233	<b>PACYNA Marek</b>	<b>1254</b>		M50	16	01:38:56	03:37:39	<b>05:18:06.85</b>	<b>05:18:29.25</b>	+03:01:25	9:21	6.4
234	<b>KĄŁUSKI Jan</b>	<b>1220</b>	AKTYWNI RAZEM	M30	76	01:41:01	03:37:57	<b>05:21:47.05</b>	<b>05:21:59.25</b>	+03:04:55	9:27	6.3
235	<b>KACZMAREK Michał</b>	<b>1413</b>	BEERHIKER	M40	60	01:44:53	03:43:10	<b>05:23:30.80</b>	<b>05:23:55.40</b>	+03:06:52	9:30	6.3
236	<b>WOLNY Sandra</b>	<b>1455</b>		K30	21	01:46:02	03:47:20	<b>05:29:13.75</b>	<b>05:29:30.55</b>	+03:12:27	9:40	6.2
237	<b>RUSZKIEWICZ Anna</b>	<b>1341</b>	SPARTA	K30	22	01:42:29	03:54:57	<b>05:35:02.55</b>	<b>05:35:06.90</b>	+03:18:03	9:51	6.1
238	<b>BŁACHOWIAK Malgorzata</b>	<b>1205</b>	AKTYWNI RAZEM	K50	1	01:50:42	03:54:58	<b>05:40:54.20</b>	<b>05:41:06.50</b>	+03:24:03	10:01	6
239	<b>RUŚNIAK Konstanty</b>	<b>193</b>	BERSERKERS TEAM WIELKOPOLSKA	M20	22			<b>05:45:35.70</b>	<b>05:45:42.65</b>	+03:28:39	10:09	5.9
240	<b>DOMAŃSKA Anna</b>	<b>1440</b>	AKTYWNI RAZEM	K30	23	01:54:59	04:05:47	<b>05:49:35.85</b>	<b>05:49:44.80</b>	+03:32:41	10:16	5.8
241	<b>TYCZYŃSKA Joanna</b>	<b>1439</b>	AKTYWNI RAZEM	K40	25	01:55:02	04:05:52	<b>05:49:35.95</b>	<b>05:49:45.05</b>	+03:32:41	10:16	5.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zakręt Śmierci 12km	PK B Jakuszyce 24km	Czas netto 34km	Czas brutto 34km	Różn	Tempo min/km	Tempo km/h
242	<b>LESZCZYŃSKA Dominika</b>	<b>1212</b>		K60	3	01:58:07	04:10:31	<b>05:52:43.35</b>	<b>05:52:48.85</b>	+03:35:45	10:22	5.8
243	<b>KOŚCIELNIAK Dagmara</b>	<b>1214</b>	AKTYWNI RAZEM	K40	26	02:01:20	04:20:10	<b>05:54:02.30</b>	<b>05:54:12.95</b>	+03:37:09	10:24	5.8
<b>Przekroczony limit czasu: 06:00:00</b>												
244	<b>MODRZEJEWSKA Anna</b>	<b>1200</b>		K40	27	02:03:49	04:31:23	<b>06:28:22.55</b>	<b>06:28:44.50</b>	+04:11:41	11:25	5.3
245	<b>MODRZEJEWSKA Katarzyna</b>	<b>1201</b>		K40	28	02:03:53	04:31:28	<b>06:28:24.10</b>	<b>06:28:45.30</b>	+04:11:41	11:25	5.3

Znaleziono 245 wynik(ów)