

**Wydarzenie:** UltraKotlina  
**Organizator:** Fundacja Przejście Kotliny  
**Data:** 2021-10-09  
**Miejsce:** Szklarska Poręba  
**Dystans:** 54 km

## Klasyfikacja: Wszyscy

| Msc | Zawodnik            | Numer | Klub                                     | Kategoria | Mkat | Goduszyn<br>17km | Górzyniec<br>31km | Kopalnia<br>42km | Czas<br>netto<br>56km | Czas<br>brutto<br>56km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|---------------------|-------|------------------------------------------|-----------|------|------------------|-------------------|------------------|-----------------------|------------------------|----------------------|-----------------|-----------------|
| 1   | KARWACZYŃSKI Roger  | 1036  |                                          | M30       | 1    | 01:19:32         | 02:29:12          | 03:40:44         | 04:58:50.10           | 04:58:51.45            |                      | 5:20            | 11.2<br>(100%)  |
| 2   | MOCZEK Tomasz       | 1028  |                                          | M40       | 1    | 01:23:45         | 02:36:39          | 03:50:33         | 05:09:56.90           | 05:09:57.70            | +00:11:06<br>(3.6%)  | 5:32            | 10.8<br>(96.4%) |
| 3   | PILARSKI Tomasz     | 985   | IZERY BOGATYNIA                          | M40       | 2    | 01:23:46         | 02:39:01          | 03:54:18         | 05:10:32.15           | 05:10:32.90            | +00:11:41<br>(3.8%)  | 5:32            | 10.8<br>(96.4%) |
| 4   | GRIMSTRUP Simon     | 1072  | SILKEBORG OK TRAIL                       | M40       | 3    | 01:25:12         | 02:40:53          | 03:54:48         | 05:11:09.30           | 05:11:10.80            | +00:12:19<br>(4.0%)  | 5:33            | 10.8<br>(96.4%) |
| 5   | SMOLIŃSKI Marcin    | 826   | BIEGIEM PO MARZENIA TEAM/RUNPROGRESSTEAM | M30       | 2    | 01:25:11         | 02:38:40          | 03:59:00         | 05:21:02.80           | 05:21:05.60            | +00:22:14<br>(6.9%)  | 5:43            | 10.5<br>(93.8%) |
| 6   | ŁUKASZEWSKI Szymon  | 948   |                                          | M30       | 3    | 01:23:49         | 02:41:17          | 04:02:31         | 05:32:19.10           | 05:32:20.30            | +00:33:28<br>(10.1%) | 5:56            | 10.1<br>(90.2%) |
| 7   | KWAŚNIEWSKI Mariusz | 1040  | SZWLA STARGARD                           | M30       | 4    | 01:30:37         | 02:52:40          | 04:13:01         | 05:35:46.60           | 05:35:49.95            | +00:36:58<br>(11.0%) | 5:59            | 10<br>(89.3%)   |
| 8   | MIELEWCZYK Tomasz   | 803   | VERGE RUNNING TEAM                       | M40       | 4    | 01:31:26         | 02:53:41          | 04:19:09         | 05:40:55.55           | 05:41:02.00            | +00:42:10<br>(12.4%) | 6:05            | 9.9<br>(88.4%)  |
| 9   | PILARSKI Michał     | 1044  | RUNDOMSKO                                | M30       | 5    | 01:23:36         | 02:45:23          | 04:20:12         | 05:45:02.75           | 05:45:07.50            | +00:46:16<br>(13.4%) | 6:09            | 9.7<br>(86.6%)  |
| 10  | KAMERDUŁA Łukasz    | 1063  | #TEAMCZTERY                              | M40       | 5    | 01:23:30         | 02:45:15          | 04:14:24         | 05:45:15.35           | 05:45:16.85            | +00:46:25<br>(13.4%) | 6:09            | 9.7<br>(86.6%)  |
| 11  | MOSKALSKI Dariusz   | 977   | EDI TEAM ZGORZELEC                       | M50       | 1    | 01:34:35         | 02:58:53          | 04:24:43         | 05:54:09.00           | 05:54:09.80            | +00:55:18<br>(15.6%) | 6:19            | 9.5<br>(84.8%)  |
| 12  | ŁOPATYŃSKI Irek     | 1088  | REMA SPORT TEAM                          | M40       | 6    | 01:31:25         | 02:57:58          | 04:22:58         | 05:54:14.25           | 05:54:18.05            | +00:55:26<br>(15.6%) | 6:19            | 9.5<br>(84.8%)  |
| 13  | WYSOKIŃSKI Konrad   | 1066  | MESMERIK RUNNERS                         | M40       | 7    | 01:27:39         | 02:52:59          | 04:24:27         | 05:58:01.05           | 05:58:01.05            | +00:59:09<br>(16.5%) | 6:23            | 9.4<br>(83.9%)  |
| 14  | BARANOWSKI Jacek    | 1075  | JACEKBIEGA RUNNING TEAM                  | M40       | 8    | 01:34:56         | 03:03:08          | 04:30:44         | 06:02:24.80           | 06:02:28.90            | +01:03:37<br>(17.6%) | 6:28            | 9.3<br>(83.0%)  |
| 15  | ZIĘBA Tomek         | 1076  | JACEKBIEGA RUNNING TEAM                  | M40       | 9    | 01:38:03         | 03:06:54          | 04:33:27         | 06:03:18.60           | 06:03:18.95            | +01:04:27<br>(17.7%) | 6:29            | 9.2<br>(82.1%)  |
| 16  | KONKEL Katarzyna    | 834   | MAJA TEAM / DECATHLON LUBLIN CZECHÓW     | K20       | 1    | 01:31:18         | 02:54:17          | 04:24:31         | 06:03:30.70           | 06:03:39.55            | +01:04:48<br>(17.8%) | 6:29            | 9.2<br>(82.1%)  |

| Msc | Zawodnik            | Numer | Klub                    | Kategoria | Mkat | Goduszyn<br>17km | Górzyniec<br>31km | Kopalnia<br>42km | Czas<br>netto<br>56km | Czas<br>brutto<br>56km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|---------------------|-------|-------------------------|-----------|------|------------------|-------------------|------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 17  | NOWAKOWSKA Anna     | 812   | ALPIMADE TEAM           | K30       | 1    | 01:31:18         | 02:54:22          | 04:31:24         | 06:06:31.60           | 06:06:31.60            | +01:07:40<br>(18.5%) | 6:32            | 9.2<br>(82.1%) |
| 18  | FLOREK Katarzyna    | 824   |                         | K30       | 2    | 01:33:24         | 03:03:25          | 04:38:01         | 06:07:12.30           | 06:07:12.30            | +01:08:20<br>(18.6%) | 6:33            | 9.2<br>(82.1%) |
| 19  | MAJCHRZAK Maciej    | 855   | 140MINUT.PL             | M30       | 6    | 01:35:44         |                   | 04:36:48         | 06:11:57.90           | 06:12:05.75            | +01:13:14<br>(19.7%) | 6:38            | 9<br>(80.4%)   |
| 20  | NOWICKI Marcin      | 838   |                         | M40       | 10   | 01:36:42         | 03:10:04          | 04:45:21         | 06:12:18.95           | 06:12:20.75            | +01:13:29<br>(19.7%) | 6:38            | 9<br>(80.4%)   |
| 21  | LATAK Michał        | 988   |                         | M40       | 11   | 01:37:14         | 03:05:14          | 04:37:30         | 06:14:01.25           | 06:14:08.60            | +01:15:17<br>(20.1%) | 6:40            | 9<br>(80.4%)   |
| 22  | RYSZ Robert         | 885   |                         | M30       | 7    | 01:35:26         | 03:06:28          | 04:39:10         | 06:14:40.25           | 06:14:48.90            | +01:15:57<br>(20.3%) | 6:41            | 9<br>(80.4%)   |
| 23  | NOSEK Mateusz       | 1020  |                         | M20       | 1    | 01:40:47         | 03:14:47          | 04:47:51         | 06:14:53.50           | 06:15:01.45            | +01:16:10<br>(20.3%) | 6:41            | 9<br>(80.4%)   |
| 24  | WOLAŃSKI Jan        | 968   |                         | M40       | 12   | 01:36:31         | 03:02:59          | 04:31:07         | 06:15:12.65           | 06:15:14.95            | +01:16:23<br>(20.4%) | 6:42            | 9<br>(80.4%)   |
| 25  | RABSKI Tomek        | 891   |                         | M30       | 8    | 01:34:38         | 03:06:03          | 04:43:58         | 06:15:17.05           | 06:15:19.25            | +01:16:27<br>(20.4%) | 6:42            | 9<br>(80.4%)   |
| 26  | PASZKOWSKI Piotr    | 965   | WKURW_TEAM              | M40       | 13   | 01:34:57         | 03:03:11          | 04:45:32         | 06:16:10.05           | 06:16:21.25            | +01:17:29<br>(20.6%) | 6:43            | 8.9<br>(79.5%) |
| 27  | CAPUTA Wojciech     | 1070  |                         | M40       | 14   | 01:38:25         | 03:08:22          | 04:43:48         | 06:18:03.35           | 06:18:06.40            | +01:19:14<br>(21.0%) | 6:45            | 8.9<br>(79.5%) |
| 28  | STAROŃ Norbert      | 889   | EDITEAM                 | M40       | 15   |                  | 03:05:58          | 04:43:17         | 06:22:18.55           | 06:22:19.75            | +01:23:28<br>(21.8%) | 6:49            | 8.8<br>(78.6%) |
| 29  | WITOSŁAWSKI Maciej  | 859   |                         | M30       | 9    | 01:39:33         | 03:12:38          | 04:50:42         | 06:23:08.80           | 06:23:10.90            | +01:24:19<br>(22.0%) | 6:50            | 8.8<br>(78.6%) |
| 30  | KARPOWICZ Rafal     | 835   |                         | M40       | 16   | 01:37:23         | 03:07:52          | 04:44:43         | 06:23:17.65           | 06:23:21.90            | +01:24:30<br>(22.0%) | 6:50            | 8.8<br>(78.6%) |
| 31  | ŚLIWIŃSKI Rafał     | 896   |                         | M30       | 10   | 01:36:26         | 03:05:12          | 04:41:25         | 06:25:43.55           | 06:25:45.85            | +01:26:54<br>(22.5%) | 6:53            | 8.7<br>(77.7%) |
| 32  | HETMAN Łukasz       | 1052  |                         | M40       | 17   | 01:38:53         | 03:08:37          | 04:45:24         | 06:26:18.15           | 06:26:27.60            | +01:27:36<br>(22.7%) | 6:53            | 8.7<br>(77.7%) |
| 33  | WOJCIECHOWSKA Maria | 1077  | JACEKBIEGA RUNNING TEAM | K30       | 3    | 01:38:45         | 03:12:41          | 04:49:55         | 06:26:38.90           | 06:26:47.45            | +01:27:56<br>(22.7%) | 6:54            | 8.7<br>(77.7%) |
| 34  | WEINERT Artur       | 961   | RUNNER'S POWER          | M30       | 11   | 01:37:34         | 03:09:38          | 04:49:49         | 06:26:50.70           | 06:26:50.70            | +01:27:59<br>(22.7%) | 6:54            | 8.7<br>(77.7%) |
| 35  | KISILEWICZ Marek    | 1013  | NOA                     | M40       | 18   | 01:40:35         | 03:12:43          | 04:50:56         | 06:26:53.40           | 06:26:56.20            | +01:28:04<br>(22.8%) | 6:54            | 8.7<br>(77.7%) |
| 36  | CICHY Krzysztof     | 1067  | OPONY SERAFINOWSKI      | M40       | 19   | 01:37:22         | 03:12:24          | 04:56:22         | 06:26:54.10           | 06:26:57.95            | +01:28:06<br>(22.8%) | 6:54            | 8.7<br>(77.7%) |
| 37  | MERDA Katarzyna     | 1014  | MTS HAMER               | K30       | 4    | 01:43:06         | 03:20:55          | 04:59:00         | 06:26:59.55           | 06:26:59.55            | +01:28:08<br>(22.8%) | 6:54            | 8.7<br>(77.7%) |
| 38  | MATUSZEWSKI Marek   | 1031  | RUNNER'S POWER ŚREM     | M40       | 20   | 01:39:52         | 03:14:52          | 04:51:16         | 06:28:32.70           | 06:28:32.70            | +01:29:41<br>(23.1%) | 6:56            | 8.6<br>(76.8%) |
| 39  | BŁĄDEK Sławomir     | 1069  |                         | M30       | 12   | 01:38:44         | 03:13:31          | 04:54:07         | 06:28:48.80           | 06:28:54.60            | +01:30:03<br>(23.2%) | 6:56            | 8.6<br>(76.8%) |
| 40  | MIELEŃCKI Maciej    | 1035  | AZS UWM OLSZTYN         | M50       | 2    | 01:46:10         | 03:20:09          | 04:51:42         | 06:30:34.85           | 06:30:38.20            | +01:31:46<br>(23.5%) | 6:58            | 8.6<br>(76.8%) |

| Msc | Zawodnik                          | Numer | Klub                               | Kategoria | Mkat | Goduszyn<br>17km | Górzyniec<br>31km | Kopalnia<br>42km | Czas<br>netto<br>56km | Czas<br>brutto<br>56km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-----------------------------------|-------|------------------------------------|-----------|------|------------------|-------------------|------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 41  | SIKORSKI Szymon                   | 1053  | NOA                                | M30       | 13   | 01:42:52         | 03:21:57          | 04:57:42         | 06:30:40.00           | 06:30:42.50            | +01:31:51<br>(23.5%) | 6:58            | 8.6<br>(76.8%) |
| 42  | LULEK Paweł                       | 1090  | GOPR KARKONOSZE                    | M40       | 21   | 01:39:24         | 03:14:58          | 04:52:17         | 06:30:58.75           | 06:31:06.70            | +01:32:15<br>(23.6%) | 6:58            | 8.6<br>(76.8%) |
| 43  | PORCZYK Zbigniew                  | 1027  | POWER TRAINING                     | M30       | 14   | 01:39:20         | 03:11:45          | 04:53:29         | 06:31:12.45           | 06:31:17.50            | +01:32:26<br>(23.6%) | 6:59            | 8.6<br>(76.8%) |
| 44  | GRZĄBA Szymon                     | 1019  | HIT THE TRAIL                      | M40       | 22   | 01:41:15         | 03:17:20          | 04:57:19         | 06:34:38.70           | 06:34:43.45            | +01:35:52<br>(24.3%) | 7:02            | 8.5<br>(75.9%) |
| 45  | KUCIAK Bartosz                    | 994   | #LESNYDZIOD                        | M30       | 15   | 01:41:31         | 03:18:22          | 04:56:34         | 06:34:38.15           | 06:34:45.20            | +01:35:53<br>(24.3%) | 7:02            | 8.5<br>(75.9%) |
| 46  | SKOKOWSKI Maciej                  | 811   |                                    | M40       | 23   | 01:42:10         | 03:17:50          | 04:56:28         | 06:35:39.20           | 06:36:02.60            | +01:37:11<br>(24.5%) | 7:03            | 8.5<br>(75.9%) |
| 47  | LORENC Joanna                     | 1085  | SPORTOWE ENDORFINY WĄSOSZ          | K30       | 5    | 01:45:11         | 03:22:47          | 05:00:48         | 06:37:19.60           | 06:37:19.60            | +01:38:28<br>(24.8%) | 7:05            | 8.5<br>(75.9%) |
| 48  | BORDYCH Andrzej                   | 1037  | BOREL MARATHON TEAM                | M40       | 24   | 01:43:34         | 03:17:07          | 04:57:05         | 06:37:26.45           | 06:37:36.05            | +01:38:44<br>(24.8%) | 7:05            | 8.5<br>(75.9%) |
| 49  | DZIĘCZKOWSKA-<br>NIKLEWICZ Joanna | 1059  | ROKIETNICA BIEGA                   | K40       | 1    | 01:42:48         | 03:20:43          | 04:58:49         | 06:37:35.75           | 06:37:36.15            | +01:38:44<br>(24.8%) | 7:05            | 8.5<br>(75.9%) |
| 50  | BORDYCH Jacek                     | 1025  | BOREL MARATHON TEAM                | M50       | 3    | 01:45:57         | 03:21:44          | 04:57:37         | 06:37:46.25           | 06:37:56.65            | +01:39:05<br>(24.9%) | 7:06            | 8.4<br>(75.0%) |
| 51  | DOBROWOLSKI<br>Krzysztof          | 897   |                                    | M30       | 16   | 01:34:31         | 03:05:34          | 04:51:21         | 06:38:02.15           | 06:38:05.80            | +01:39:14<br>(24.9%) | 7:06            | 8.4<br>(75.0%) |
| 52  | KOWALSKI Grzegorz                 | 1024  | PMCG PIASECZNO                     | M50       | 4    | 01:40:08         | 03:14:50          | 04:57:45         | 06:39:29.95           | 06:39:40.70            | +01:40:49<br>(25.2%) | 7:08            | 8.4<br>(75.0%) |
| 53  | OLEJNICZAK Piotr                  | 1007  |                                    | M40       | 25   | 01:39:15         | 03:14:41          | 04:59:01         | 06:40:28.50           | 06:40:34.05            | +01:41:42<br>(25.4%) | 7:09            | 8.4<br>(75.0%) |
| 54  | JANERKA Marzka                    | 1071  | DZIABNIĘCI                         | K40       | 2    | 01:41:31         | 03:20:35          | 05:01:39         | 06:43:38.95           | 06:43:38.95            | +01:44:47<br>(26.0%) | 7:12            | 8.3<br>(74.1%) |
| 55  | PĘKALA Marcin                     | 858   | ONEMANRUNTEAM                      | M40       | 26   | 01:40:26         | 03:17:09          | 04:59:12         | 06:45:04.90           | 06:45:09.90            | +01:46:18<br>(26.2%) | 7:14            | 8.3<br>(74.1%) |
| 56  | ADAMCZYK Iweta                    | 1017  | MOŻE I WOLNO ALE ZA TO BYLE JAK    | K30       | 6    | 01:46:18         | 03:21:16          | 04:57:37         | 06:46:11.00           | 06:46:11.00            | +01:47:19<br>(26.4%) | 7:15            | 8.3<br>(74.1%) |
| 57  | MAZUREK Łukasz                    | 893   | EDITEAM ZGORZELEC                  | M40       | 27   | 01:41:45         | 03:15:07          | 04:59:34         | 06:48:06.30           | 06:48:07.80            | +01:49:16<br>(26.8%) | 7:17            | 8.2<br>(73.2%) |
| 58  | GANDZIAROWSKI<br>Marek            | 925   | #WATAHA_SOBÓTKA                    | M30       | 17   | 01:42:36         | 03:22:41          | 05:11:06         | 06:49:02.85           | 06:49:11.40            | +01:50:19<br>(27.0%) | 7:18            | 8.2<br>(73.2%) |
| 59  | SZELA Łukasz                      | 1080  | BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA | M30       | 18   | 01:38:51         | 03:14:54          | 05:00:56         | 06:52:16.80           | 06:52:21.70            | +01:53:30<br>(27.5%) | 7:21            | 8.2<br>(73.2%) |
| 60  | JAKOWSKI Mateusz                  | 932   |                                    | M20       | 2    | 01:33:53         | 03:08:06          | 04:53:39         | 06:53:57.15           | 06:54:02.40            | +01:55:10<br>(27.8%) | 7:23            | 8.1<br>(72.3%) |
| 61  | OLEŚ Daniel                       | 964   |                                    | M30       | 19   | 01:43:56         | 03:23:52          | 05:07:15         | 06:54:35.20           | 06:54:39.30            | +01:55:47<br>(27.9%) | 7:24            | 8.1<br>(72.3%) |
| 62  | SZYMCZYK Michał                   | 906   |                                    | M40       | 28   | 01:45:44         | 03:25:34          | 05:11:38         | 06:55:52.90           | 06:56:00.90            | +01:57:09<br>(28.2%) | 7:25            | 8.1<br>(72.3%) |
| 63  | WILCZKOWIAK Jan                   | 992   | LESZ NO LIMITS RUNNERS             | M30       | 20   | 01:46:15         | 03:22:47          | 05:05:19         | 06:56:41.65           | 06:56:47.90            | +01:57:56<br>(28.3%) | 7:26            | 8.1<br>(72.3%) |
| 64  | KARNICKA Iwona                    | 892   | EDI TEAM ZGORZELEC                 | K40       | 3    | 01:47:31         | 03:31:12          | 05:12:36         | 06:57:24.00           | 06:57:24.10            | +01:58:32<br>(28.4%) | 7:27            | 8<br>(71.4%)   |

| Msc | Zawodnik                   | Numer | Klub                           | Kategoria | Mkat | Goduszyn<br>17km | Górzyniec<br>31km | Kopalnia<br>42km | Czas<br>netto<br>56km | Czas<br>brutto<br>56km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|----------------------------|-------|--------------------------------|-----------|------|------------------|-------------------|------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 65  | WOJTAL Marcin              | 987   | #BIEGAJLESZNO                  | M40       | 29   | 01:41:24         | 03:21:22          | 05:12:31         | 06:58:20.75           | 06:58:29.90            | +01:59:38<br>(28.6%) | 7:28            | 8<br>(71.4%)   |
| 66  | KRZYSZTOŃ Maciej           | 999   | KB GEPARD MUROWANA GOŚLINA     | M40       | 30   | 01:47:06         | 03:27:39          | 05:17:42         | 06:58:12.30           | 06:58:30.30            | +01:59:38<br>(28.6%) | 7:28            | 8<br>(71.4%)   |
| 67  | TOMASIK Andrzej            | 842   |                                | M50       | 5    | 01:47:11         | 03:28:54          | 05:16:43         | 07:00:04.40           | 07:00:24.55            | +02:01:33<br>(28.9%) | 7:30            | 8<br>(71.4%)   |
| 68  | BAK Piotr                  | 843   | KB LUPUS OLEŚNICA              | M40       | 31   | 01:40:18         | 03:20:12          | 05:08:55         | 07:03:15.50           | 07:03:21.05            | +02:04:29<br>(29.4%) | 7:33            | 7.9<br>(70.5%) |
| 69  | MERDA Piotr                | 1015  | MTS HAMER                      | M40       | 32   | 01:43:04         | 03:21:08          | 05:05:43         | 07:03:17.70           | 07:03:21.25            | +02:04:29<br>(29.4%) | 7:33            | 7.9<br>(70.5%) |
| 70  | PIETRZAK Jacek             | 1078  |                                | M40       | 33   | 01:46:01         | 03:23:00          | 05:08:47         | 07:04:30.35           | 07:04:38.65            | +02:05:47<br>(29.6%) | 7:34            | 7.9<br>(70.5%) |
| 71  | JASEK Maciej               | 955   | DRUŻYNA GAZETY ZIELONA GÓRA    | M40       | 34   | 01:45:15         | 03:28:44          | 05:17:27         | 07:04:25.55           | 07:04:44.30            | +02:05:52<br>(29.6%) | 7:34            | 7.9<br>(70.5%) |
| 72  | ŚMICHURSKI Krzysztof       | 982   | WLKP MOUNTAINS ULTRA           | M30       | 21   | 01:44:22         | 03:29:23          | 05:16:36         | 07:05:13.25           | 07:05:14.95            | +02:06:23<br>(29.7%) | 7:35            | 7.9<br>(70.5%) |
| 73  | GRYS Paweł                 | 818   | WAWRZYTEAM                     | M30       | 22   | 01:40:38         | 03:25:57          | 05:16:21         | 07:07:08.50           | 07:07:18.75            | +02:08:27<br>(30.1%) | 7:37            | 7.9<br>(70.5%) |
| 74  | KRZYWDZIŃSKI Bartłomiej    | 861   |                                | M40       | 35   | 01:49:46         | 03:35:00          | 05:22:34         | 07:08:55.75           | 07:09:10.25            | +02:10:18<br>(30.4%) | 7:39            | 7.8<br>(69.6%) |
| 75  | CICHOŃ Magdalena           | 1049  | PROFIL OPOLE                   | K40       | 4    | 01:53:35         | 03:40:13          | 05:27:44         | 07:10:53.25           | 07:10:53.25            | +02:12:01<br>(30.6%) | 7:41            | 7.8<br>(69.6%) |
| 76  | KULCZYK Ewa                | 916   | ULTRA WAY TEAM                 | K30       | 7    | 01:57:51         | 03:48:53          | 05:32:14         | 07:12:22.35           | 07:12:22.35            | +02:13:30<br>(30.9%) | 7:43            | 7.8<br>(69.6%) |
| 77  | WOŹNIAK Paweł              | 833   | KLEP                           | M40       | 36   | 01:46:24         | 03:31:07          | 05:23:00         | 07:12:31.25           | 07:12:45.30            | +02:13:53<br>(30.9%) | 7:43            | 7.8<br>(69.6%) |
| 78  | DUMIŃSKI Tomasz            | 960   | PLOTERTOM RUNNER               | M40       | 37   | 01:41:33         | 03:26:55          | 05:20:34         | 07:14:31.45           | 07:14:33.95            | +02:15:42<br>(31.2%) | 7:45            | 7.7<br>(68.8%) |
| 79  | KONDYCKI Adam              | 890   |                                | M40       | 38   | 01:45:40         | 03:29:16          | 05:23:47         | 07:15:03.25           | 07:15:06.90            | +02:16:15<br>(31.3%) | 7:46            | 7.7<br>(68.8%) |
| 80  | SOBOLEWSKI Dariusz         | 1038  | BOREL MARATHON TEAM            | M30       | 23   | 01:46:06         | 03:31:07          | 05:19:59         | 07:16:06.65           | 07:16:17.10            | +02:17:25<br>(31.5%) | 7:47            | 7.7<br>(68.8%) |
| 81  | ZAJĄC Daria                | 952   | DREAM RUN                      | K20       | 2    | 01:48:25         | 03:28:56          | 05:24:05         | 07:16:30.55           | 07:16:30.55            | +02:17:39<br>(31.5%) | 7:47            | 7.7<br>(68.8%) |
| 82  | PROSOWIECKA SMAK Katarzyna | 1056  |                                | K40       | 5    | 01:53:42         | 03:40:22          | 05:28:05         | 07:17:55.30           | 07:17:55.30            | +02:19:03<br>(31.8%) | 7:49            | 7.7<br>(68.8%) |
| 83  | GILEWICZ-RACHOWSKA Jagoda  | 1058  | DGR KANCELARIA RADCÓW PRAWNYCH | K30       | 8    | 01:55:35         | 03:43:46          | 05:29:41         | 07:21:32.10           | 07:21:32.10            | +02:22:40<br>(32.3%) | 7:53            | 7.6<br>(67.9%) |
| 84  | NARECKI Jarosław           | 1082  |                                | M50       | 6    | 01:58:02         | 03:45:15          | 05:35:00         | 07:22:08.55           | 07:22:28.00            | +02:23:36<br>(32.5%) | 7:53            | 7.6<br>(67.9%) |
| 85  | TOMASZEWSKI Dominik        | 887   | WILLSOOR.PL                    | M40       | 39   | 01:48:58         | 03:35:41          | 05:26:09         | 07:22:46.90           | 07:22:54.10            | +02:24:02<br>(32.5%) | 7:54            | 7.6<br>(67.9%) |
| 86  | SZYMAŃSKA Agata            | 980   |                                | K30       | 9    | 01:51:05         | 03:36:11          | 05:26:20         | 07:23:17.75           | 07:23:20.80            | +02:24:29<br>(32.6%) | 7:54            | 7.6<br>(67.9%) |
| 87  | JÓŹWIAK Oskar Józwiak      | 950   |                                | M20       | 3    | 02:06:28         | 04:03:11          | 05:45:05         | 07:24:55.45           | 07:25:02.00            | +02:26:10<br>(32.8%) | 7:56            | 7.6<br>(67.9%) |
| 88  | LECH Michał                | 809   | ROGOZIŃSKI MISZCZ TEAM         | M40       | 40   | 01:53:55         | 03:40:00          | 05:34:51         | 07:25:05.95           | 07:25:22.35            | +02:26:30<br>(32.9%) | 7:56            | 7.5<br>(67.0%) |

| Msc | Zawodnik                 | Numer | Klub                        | Kategoria | Mkat | Goduszyn<br>17km | Górzyniec<br>31km | Kopalnia<br>42km | Czas<br>netto<br>56km | Czas<br>brutto<br>56km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|--------------------------|-------|-----------------------------|-----------|------|------------------|-------------------|------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 89  | HACUŚ Jacek              | 870   |                             | M30       | 24   | 01:57:09         | 03:41:31          | 05:29:43         | 07:27:15.40           | 07:27:16.80            | +02:28:25<br>(33.2%) | 7:59            | 7.5<br>(67.0%) |
| 90  | NOWACKI Michał           | 1087  |                             | M40       | 41   | 01:51:43         | 03:38:52          | 05:30:43         | 07:27:49.20           | 07:28:09.85            | +02:29:18<br>(33.3%) | 7:59            | 7.5<br>(67.0%) |
| 91  | KAMIŃSKA Ewelina         | 921   | BIEGAJĄCE KREJZOLE          | K30       | 10   | 02:00:27         | 03:52:43          | 05:39:40         | 07:28:52.60           | 07:29:16.45            | +02:30:25<br>(33.5%) | 8:00            | 7.5<br>(67.0%) |
| 92  | NALEWAJKO Jacek          | 1004  | BIEGAJLESZNO                | M40       | 42   | 01:56:07         | 03:41:14          | 05:32:53         | 07:29:59.70           | 07:30:09.55            | +02:31:18<br>(33.6%) | 8:02            | 7.5<br>(67.0%) |
| 93  | MUCHA Adam               | 1010  |                             | M50       | 7    | 01:55:40         | 03:46:55          | 05:39:58         | 07:29:44.45           | 07:30:09.60            | +02:31:18<br>(33.6%) | 8:01            | 7.5<br>(67.0%) |
| 94  | WNUK Tomasz              | 918   | NAPRZÓD MŁOCINY             | M40       | 43   | 01:49:41         | 03:36:30          | 05:27:35         | 07:30:25.00           | 07:30:29.95            | +02:31:38<br>(33.7%) | 8:02            | 7.5<br>(67.0%) |
| 95  | BIEŃ Magdalena           | 862   |                             | K40       | 6    | 01:51:03         | 03:38:22          | 05:32:55         | 07:30:58.10           | 07:30:58.10            | +02:32:06<br>(33.7%) | 8:03            | 7.5<br>(67.0%) |
| 96  | PIOTROWSKI Krzysztof     | 1043  |                             | M40       | 44   | 01:51:57         | 03:42:55          | 05:37:29         | 07:31:00.80           | 07:31:05.25            | +02:32:13<br>(33.7%) | 8:03            | 7.5<br>(67.0%) |
| 97  | DEPTA Bartłomiej         | 1068  | ONE MAN ARMY                | M20       | 4    | 01:47:59         | 03:34:15          | 05:29:43         | 07:31:24.85           | 07:31:33.85            | +02:32:42<br>(33.8%) | 8:03            | 7.4<br>(66.1%) |
| 98  | ROZNER Artur             | 1079  |                             | M30       | 25   | 01:56:56         | 03:47:22          | 05:38:26         | 07:31:52.75           | 07:32:04.10            | +02:33:12<br>(33.9%) | 8:04            | 7.4<br>(66.1%) |
| 99  | RZYHA Hubert             | 1009  | RUNNER'S POWER/NBR TEAM     | M30       | 26   | 01:55:48         | 03:47:05          | 05:39:28         | 07:31:45.60           | 07:32:07.20            | +02:33:15<br>(33.9%) | 8:04            | 7.4<br>(66.1%) |
| 100 | PACZKOWSKA Katarzyna     | 943   | BIEGAJĄCE KREJZOLE          | K30       | 11   | 01:55:52         | 03:46:57          | 05:40:09         | 07:32:08.85           | 07:32:29.65            | +02:33:38<br>(34.0%) | 8:04            | 7.4<br>(66.1%) |
| 101 | ŁYSIAK Bartek            | 934   |                             | M30       | 27   | 01:47:06         | 03:29:14          | 05:32:44         | 07:32:48.90           | 07:33:03.55            | +02:34:12<br>(34.0%) | 8:05            | 7.4<br>(66.1%) |
| 102 | WASYLUK Cezary           | 933   | CONTROLTEC                  | M30       | 28   | 02:04:39         | 03:55:14          | 05:42:34         | 07:34:15.40           | 07:34:37.70            | +02:35:46<br>(34.3%) | 8:06            | 7.4<br>(66.1%) |
| 103 | MATYSIAK Maciej          | 1057  | OLDSCHOOL HOOLIGANS W BIEGU | M40       | 45   | 01:59:21         | 03:52:01          | 05:40:16         | 07:36:14.85           | 07:36:16.95            | +02:37:25<br>(34.5%) | 8:08            | 7.4<br>(66.1%) |
| 104 | CHYLIŃSKA Agnieszka      | 1083  | CHODZIMISIE                 | K30       | 12   | 01:55:02         | 03:48:41          | 05:48:49         | 07:36:27.90           | 07:36:59.15            | +02:38:07<br>(34.6%) | 8:09            | 7.4<br>(66.1%) |
| 105 | BIAŁEK Adam              | 1062  | GEPARDY Z ŁODZI             | M50       | 8    | 01:54:59         | 03:48:43          | 05:48:59         | 07:36:29.40           | 07:37:00.95            | +02:38:09<br>(34.6%) | 8:09            | 7.4<br>(66.1%) |
| 106 | SOWIŃSKA-JANECZEK Joanna | 816   | KB MARATON TUREK            | K30       | 13   | 01:54:12         | 03:40:10          | 05:35:24         | 07:40:51.10           | 07:40:51.20            | +02:41:59<br>(35.2%) | 8:13            | 7.3<br>(65.2%) |
| 107 | RABIEJ-OLSZEWSKA Hanna   | 800   |                             | K30       | 14   | 01:51:49         | 03:41:36          | 05:41:05         | 07:40:54.25           | 07:40:54.25            | +02:42:02<br>(35.2%) | 8:13            | 7.3<br>(65.2%) |
| 108 | NOWAK Marta              | 840   |                             | K40       | 7    | 02:00:46         | 03:54:59          | 05:47:20         | 07:41:05.20           | 07:41:17.85            | +02:42:26<br>(35.2%) | 8:14            | 7.3<br>(65.2%) |
| 109 | MENDYK Maciej            | 852   | RUNRX                       | M30       | 29   | 02:03:37         | 03:58:05          | 05:49:24         | 07:40:57.85           | 07:41:18.95            | +02:42:27<br>(35.2%) | 8:13            | 7.3<br>(65.2%) |
| 110 | GRABOWY Mateusz          | 807   | NADAKTYWNI NOWE MIASTECZKO  | M20       | 5    | 01:57:03         | 03:51:19          | 05:48:40         | 07:41:06.70           | 07:41:21.80            | +02:42:30<br>(35.2%) | 8:14            | 7.3<br>(65.2%) |
| 111 | ŁABĘDZKI Mariusz         | 819   | STARGARD JA SIĘ NIE ŚCIGAM  | M40       | 46   | 01:57:55         | 03:50:53          | 05:48:05         | 07:41:17.65           | 07:41:29.75            | +02:42:38<br>(35.2%) | 8:14            | 7.3<br>(65.2%) |
| 112 | DUDZIAK Marek            | 911   |                             | M40       | 47   | 01:48:42         | 03:37:49          | 05:34:17         | 07:42:13.65           | 07:42:15.90            | +02:43:24<br>(35.3%) | 8:15            | 7.3<br>(65.2%) |

| Msc | Zawodnik                  | Numer | Klub                       | Kategoria | Mkat | Goduszyn<br>17km | Górzyniec<br>31km | Kopalnia<br>42km | Czas<br>netto<br>56km | Czas<br>brutto<br>56km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|---------------------------|-------|----------------------------|-----------|------|------------------|-------------------|------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 113 | WOJTCZAK Krzysztof        | 941   | ROCK RUN FREEDOM           | M40       | 48   | 01:56:05         | 03:51:23          | 05:49:31         | 07:43:17.15           | 07:43:34.90            | +02:44:43<br>(35.5%) | 8:16            | 7.3<br>(65.2%) |
| 114 | SZYNDLAREWICZ Tomasz      | 908   | VOLVO POLSKA               | M40       | 49   | 01:56:58         | 03:49:56          | 05:45:10         | 07:44:34.30           | 07:44:51.45            | +02:46:00<br>(35.7%) | 8:17            | 7.2<br>(64.3%) |
| 115 | WYPYCH Bartosz            | 804   |                            | M30       | 30   | 01:59:42         | 03:49:19          | 05:56:48         | 07:45:20.35           | 07:45:42.65            | +02:46:51<br>(35.8%) | 8:18            | 7.2<br>(64.3%) |
| 116 | IGNASZEWSKI Michał        | 867   | DRUŻYNA SZPIKU             | M30       | 31   | 01:57:49         | 03:50:13          | 05:48:52         | 07:45:36.15           | 07:45:58.75            | +02:47:07<br>(35.9%) | 8:18            | 7.2<br>(64.3%) |
| 117 | MIKOŁAJEWSKA Justyna      | 847   |                            | K30       | 15   | 01:59:08         | 03:54:44          | 05:51:53         | 07:45:59.75           | 07:46:06.65            | +02:47:15<br>(35.9%) | 8:19            | 7.2<br>(64.3%) |
| 118 | CZARNIK-PECIAK Aleksandra | 846   |                            | K40       | 8    | 01:59:44         | 03:54:42          | 05:45:36         | 07:47:23.35           | 07:47:23.35            | +02:48:31<br>(36.1%) | 8:20            | 7.2<br>(64.3%) |
| 119 | PELC Tomasz               | 831   | DTR BIEGA / MARIO TEAM     | M30       | 32   | 01:56:48         | 03:50:04          | 05:46:31         | 07:47:27.05           | 07:47:39.70            | +02:48:48<br>(36.1%) | 8:20            | 7.2<br>(64.3%) |
| 120 | CHLEWIŃSKI Łukasz         | 903   |                            | M30       | 33   | 01:48:28         | 03:45:08          | 05:48:06         | 07:49:07.50           | 07:49:15.15            | +02:50:23<br>(36.3%) | 8:22            | 7.2<br>(64.3%) |
| 121 | JANKIEWICZ Tomasz         | 1011  | MTS HAMER                  | M40       | 50   | 01:44:38         | 03:38:16          | 05:45:49         | 07:52:11.95           | 07:52:15.35            | +02:53:23<br>(36.7%) | 8:25            | 7.1<br>(63.4%) |
| 122 | SIECZKOWSKI Artur         | 1060  | NATURAL BORN RUNNERS TEAM  | M40       | 51   | 01:56:58         | 03:48:19          | 05:48:01         | 07:51:57.75           | 07:52:24.80            | +02:53:33<br>(36.7%) | 8:25            | 7.1<br>(63.4%) |
| 123 | HAŁAS Katarzyna           | 1003  | KB GEPARD MUROWANA GOŚLINA | K40       | 9    | 02:05:21         | 04:05:31          | 05:59:13         | 07:52:08.10           | 07:52:26.75            | +02:53:35<br>(36.7%) | 8:25            | 7.1<br>(63.4%) |
| 124 | KRAWIEC Dominik           | 895   |                            | M30       | 34   | 01:58:48         | 03:47:40          | 05:48:38         | 07:54:02.15           | 07:54:09.35            | +02:55:17<br>(37.0%) | 8:27            | 7.1<br>(63.4%) |
| 125 | PIECZARA Krzysztof        | 1061  | FEBYS                      | M40       | 52   | 02:00:56         | 03:52:45          | 05:56:33         | 07:55:20.05           | 07:55:43.40            | +02:56:51<br>(37.2%) | 8:29            | 7.1<br>(63.4%) |
| 126 | FURMANIAK Julita          | 996   | HANGAR                     | K30       | 16   | 02:01:29         | 03:59:30          | 05:56:59         | 07:56:16.55           | 07:56:20.40            | +02:57:28<br>(37.3%) | 8:30            | 7.1<br>(63.4%) |
| 127 | LESNIEWSKI Szymon         | 1073  | HANGAR                     | M30       | 35   | 02:01:26         | 03:59:35          | 05:56:26         | 07:56:17.65           | 07:56:20.50            | +02:57:29<br>(37.3%) | 8:30            | 7.1<br>(63.4%) |
| 128 | CORDO Eddie               | 963   | STG BYDGOSZCZ              | M30       | 36   | 02:00:05         | 03:59:06          | 05:59:25         | 07:56:11.95           | 07:56:28.95            | +02:57:37<br>(37.3%) | 8:30            | 7.1<br>(63.4%) |
| 129 | WOJTKOWSKI Łukasz         | 802   |                            | M30       | 37   | 01:59:45         | 03:49:45          | 05:59:56         | 07:57:36.35           | 07:57:58.65            | +02:59:07<br>(37.5%) | 8:31            | 7<br>(62.5%)   |
| 130 | MIZERSKI Tomasz           | 899   |                            | M40       | 53   | 02:02:13         | 03:50:51          | 05:49:30         | 07:58:43.20           | 07:58:49.60            | +02:59:58<br>(37.6%) | 8:32            | 7<br>(62.5%)   |
| 131 | URBANEK Sylwester         | 1016  |                            | M40       | 54   | 02:04:47         | 04:05:53          | 06:06:38         | 07:59:34.85           | 08:00:02.80            | +03:01:11<br>(37.7%) | 8:33            | 7<br>(62.5%)   |
| 132 | REIMUS Maciej             | 923   | AKTYWNI KOCIEWIACY         | M40       | 55   | 01:49:40         | 03:39:13          | 05:40:05         | 08:01:00.90           | 08:01:05.45            | +03:02:14<br>(37.9%) | 8:35            | 7<br>(62.5%)   |
| 133 | PŁAZA Radosław            | 997   | ULTRASEKUNDA               | M30       | 38   | 02:00:54         | 03:54:34          | 05:57:16         | 08:02:12.00           | 08:02:30.20            | +03:03:38<br>(38.1%) | 8:36            | 7<br>(62.5%)   |
| 134 | JUNIK Łukasz              | 849   | MOCNA GRUPA CEZARA         | M30       | 39   | 01:34:30         | 03:39:40          | 05:55:36         | 08:02:26.15           | 08:02:33.35            | +03:03:41<br>(38.1%) | 8:36            | 7<br>(62.5%)   |
| 135 | SYCHOWIEC Adrian          | 876   |                            | M40       | 56   | 01:58:17         | 03:53:26          | 05:58:54         | 08:02:26.80           | 08:02:37.05            | +03:03:45<br>(38.1%) | 8:36            | 7<br>(62.5%)   |
| 136 | WOJDYLAK Katarzyna        | 953   | ULTRA WAY TEAM             | K40       | 10   | 01:58:39         | 04:01:21          | 06:03:12         | 08:02:41.15           | 08:02:41.15            | +03:03:49<br>(38.1%) | 8:37            | 7<br>(62.5%)   |

| Msc | Zawodnik                          | Numer | Klub                                     | Kategoria | Mkat | Goduszyn<br>17km | Górzyniec<br>31km | Kopalnia<br>42km | Czas<br>netto<br>56km | Czas<br>brutto<br>56km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-----------------------------------|-------|------------------------------------------|-----------|------|------------------|-------------------|------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 137 | ROLIŃSKI Radosław                 | 1033  |                                          | M40       | 57   | 01:58:37         | 03:57:35          | 05:59:14         | 08:02:36.45           | 08:02:46.95            | +03:03:55<br>(38.1%) | 8:37            | 7<br>(62.5%)   |
| 138 | MAZUR Katarzyna                   | 993   | UMLAUT                                   | K40       | 11   | 02:03:58         | 04:04:39          | 06:05:16         | 08:02:55.10           | 08:02:56.60            | +03:04:05<br>(38.1%) | 8:37            | 7<br>(62.5%)   |
| 139 | KAMIENIAK Jacek                   | 1065  | KOLARSKO BIEGOWY KLUB SPORTOWY RADOMSKO  | M40       | 58   | 02:00:52         | 04:06:33          | 06:07:08         | 08:03:53.70           | 08:03:58.90            | +03:05:07<br>(38.3%) | 8:38            | 6.9<br>(61.6%) |
| 140 | ZYWERT Antonina                   | 986   |                                          | K20       | 3    | 01:58:37         | 03:50:18          | 05:51:13         | 08:04:29.00           | 08:04:52.70            | +03:06:01<br>(38.4%) | 8:39            | 6.9<br>(61.6%) |
| 141 | KUREK Damian                      | 989   |                                          | M20       | 6    | 01:58:35         | 03:50:21          | 05:51:08         | 08:04:28.35           | 08:04:52.90            | +03:06:01<br>(38.4%) | 8:39            | 6.9<br>(61.6%) |
| 142 | WALCZAK Robert<br>Krzysztof       | 1089  |                                          | M40       | 59   | 02:10:40         | 04:08:21          | 06:14:11         | 08:06:03.70           | 08:06:27.10            | +03:07:35<br>(38.6%) | 8:40            | 6.9<br>(61.6%) |
| 143 | STASIAK Lukasz                    | 931   | LEŚNE DZIKI PRZYJACIELKSA GRUPA BIEGOWA  | M40       | 60   | 02:01:46         | 04:01:21          | 06:00:38         | 08:07:15.15           | 08:07:19.90            | +03:08:28<br>(38.7%) | 8:42            | 6.9<br>(61.6%) |
| 144 | MAGIERECKI<br>Krzysztof           | 1023  |                                          | M60       | 1    | 01:59:15         | 03:55:35          | 06:04:28         | 08:08:00.75           | 08:08:23.95            | +03:09:32<br>(38.8%) | 8:42            | 6.9<br>(61.6%) |
| 145 | GORĄCZNIAK<br>Maciej              | 832   | PENER Z JEŻYC                            | M40       | 61   | 02:07:34         | 04:09:46          | 06:13:16         | 08:08:28.70           | 08:08:42.85            | +03:09:51<br>(38.8%) | 8:43            | 6.9<br>(61.6%) |
| 146 | SZMYT Piotr                       | 938   | WLKP MOUNTAINS ULTRA/ BIEGAJĄCE KREJZOLE | M40       | 62   | 02:04:08         | 04:08:27          | 06:05:06         | 08:08:48.60           | 08:09:10.45            | +03:10:19<br>(38.9%) | 8:43            | 6.9<br>(61.6%) |
| 147 | MAJCHROWSKI<br>Dariusz            | 1022  |                                          | M50       | 9    | 01:58:52         | 03:55:08          | 06:01:13         | 08:10:13.55           | 08:10:31.70            | +03:11:40<br>(39.1%) | 8:45            | 6.9<br>(61.6%) |
| 148 | MACHULAK<br>Mirosław              | 1054  | SPELEOKLUB WARSZAWSKI                    | M50       | 10   | 01:51:12         | 04:00:10          |                  | 08:10:48.20           | 08:11:23.35            | +03:12:31<br>(39.2%) | 8:45            | 6.8<br>(60.7%) |
| 149 | GALASIŃSKI Andrzej                | 1000  | GRUPA SIGMEO                             | M50       | 11   | 02:01:01         | 04:04:24          | 06:00:37         | 08:12:02.70           | 08:12:10.35            | +03:13:18<br>(39.3%) | 8:47            | 6.8<br>(60.7%) |
| 149 | WYRWAS-<br>ZYGARŁOWSKA<br>Izabela | 1002  | KOBIETY BIEGAJĄ                          | K40       | 12   | 02:02:15         | 04:04:35          | 06:00:31         | 08:12:08.40           | 08:12:10.35            | +03:13:18<br>(39.3%) | 8:47            | 6.8<br>(60.7%) |
| 151 | KWIATKOWSKI<br>Wojciech           | 912   |                                          | M30       | 40   | 02:04:52         | 04:05:52          | 06:05:40         | 08:12:27.05           | 08:12:48.55            | +03:13:57<br>(39.4%) | 8:47            | 6.8<br>(60.7%) |
| 152 | LEWICKI Darek                     | 920   |                                          | M40       | 63   | 02:00:46         | 04:02:18          | 06:03:53         | 08:12:45.90           | 08:13:08.40            | +03:14:16<br>(39.4%) | 8:47            | 6.8<br>(60.7%) |
| 153 | ZALEWSKI Daniel                   | 944   |                                          | M20       | 7    | 01:58:53         | 03:50:58          | 05:51:44         | 08:15:21.05           | 08:15:40.30            | +03:16:48<br>(39.7%) | 8:50            | 6.8<br>(60.7%) |
| 154 | WICIAK Ziemowit                   | 978   | AKTYWNI KOCIEWIACY                       | M50       | 12   | 02:06:04         | 04:16:21          | 06:16:45         | 08:18:34.45           | 08:18:41.00            | +03:19:49<br>(40.1%) | 8:54            | 6.7<br>(59.8%) |
| 155 | GORĄCZNIAK Anna                   | 830   | KOBIETY BIEGAJA                          | K30       | 17   | 02:06:43         | 04:09:39          | 06:12:55         | 08:19:36.05           | 08:19:48.70            | +03:20:57<br>(40.2%) | 8:55            | 6.7<br>(59.8%) |
| 156 | SYGIET Andrzej                    | 874   |                                          | M40       | 64   | 02:02:54         | 04:09:19          | 06:22:08         | 08:20:16.80           | 08:20:35.65            | +03:21:44<br>(40.3%) | 8:56            | 6.7<br>(59.8%) |
| 157 | PTAK Jakub                        | 1006  |                                          | M20       | 8    | 02:04:59         | 04:12:54          | 06:16:38         | 08:20:16.05           | 08:20:41.50            | +03:21:50<br>(40.3%) | 8:56            | 6.7<br>(59.8%) |
| 158 | BIELECKI Tomasz                   | 984   | GÓRSKI ŁAZIK POZNAŃ                      | M20       | 9    | 02:04:56         | 04:12:46          | 06:16:32         | 08:20:16.20           | 08:20:41.75            | +03:21:50<br>(40.3%) | 8:56            | 6.7<br>(59.8%) |
| 159 | NEDZA Mikołaj                     | 976   | LESZ NO LIMITS RUNNERS                   | M40       | 65   | 01:46:49         | 03:40:01          | 05:46:51         | 08:20:53.55           | 08:20:59.65            | +03:22:08<br>(40.3%) | 8:56            | 6.7<br>(59.8%) |
| 160 | DĄBROWSKI Marcin                  | 1005  |                                          | M40       | 66   | 01:57:35         | 04:02:23          | 06:03:20         | 08:21:39.55           | 08:21:43.95            | +03:22:52<br>(40.4%) | 8:57            | 6.7<br>(59.8%) |

| Msc | Zawodnik             | Numer | Klub                                                 | Kategoria | Mkat | Goduszyn | Górzyniec | Kopalnia | Czas netto  | Czas brutto | Różn              | Tempo min/km | Tempo km/h  |
|-----|----------------------|-------|------------------------------------------------------|-----------|------|----------|-----------|----------|-------------|-------------|-------------------|--------------|-------------|
|     |                      |       |                                                      |           |      | 17km     | 31km      | 42km     | 56km        | 56km        |                   |              |             |
| 161 | WOJCIECHOSKI Michał  | 962   |                                                      | M40       | 67   | 02:04:51 | 04:12:46  | 06:18:56 | 08:21:53.35 | 08:22:03.55 | +03:23:12 (40.5%) | 8:57         | 6.7 (59.8%) |
| 162 | STRONIKOWSKI Kamil   | 810   | DRUŻYNA STASIA                                       | M40       | 68   | 02:04:55 | 04:04:45  | 06:09:57 | 08:22:24.15 | 08:22:40.20 | +03:23:48 (40.5%) | 8:58         | 6.7 (59.8%) |
| 163 | TOMASZEWSKI Tomasz   | 1021  |                                                      | M20       | 10   | 02:11:36 | 04:21:02  | 06:16:34 | 08:22:30.50 | 08:22:40.45 | +03:23:49 (40.5%) | 8:58         | 6.7 (59.8%) |
| 164 | KOTOWSKI Andrzej     | 881   |                                                      | M50       | 13   | 02:02:57 | 04:09:15  | 06:22:14 | 08:23:54.20 | 08:24:13.75 | +03:25:22 (40.7%) | 8:59         | 6.7 (59.8%) |
| 165 | MICHALCZAK Karolina  | 884   | ZIELONA GÓRO ZACZNIJ BIEGAĆ/BIEGAJĄCE MATKI WARIATKI | K40       | 13   | 02:02:10 | 03:59:28  | 06:10:20 | 08:24:25.30 | 08:24:25.90 | +03:25:34 (40.8%) | 9:00         | 6.7 (59.8%) |
| 166 | ODWAŻNY Magdalena    | 829   |                                                      | K40       | 14   | 02:07:53 | 04:17:23  | 06:24:21 | 08:25:27.35 | 08:25:27.35 | +03:26:35 (40.9%) | 9:01         | 6.6 (58.9%) |
| 167 | SZCZERBAL Agnieszka  | 935   | TTKF MPK POZNAŃ                                      | K40       | 15   | 02:10:43 | 04:18:30  | 06:24:10 | 08:25:27.40 | 08:25:27.40 | +03:26:35 (40.9%) | 9:01         | 6.6 (58.9%) |
| 168 | ZGOŁA Przemysław     | 1034  | TARNOWO PODGÓRNE BIEGA                               | M50       | 14   | 02:10:42 | 04:18:24  | 06:24:15 | 08:25:26.90 | 08:25:27.65 | +03:26:36 (40.9%) | 9:01         | 6.6 (58.9%) |
| 169 | OSTAPINSKA Magda     | 869   | OSTRESROKI                                           | K40       | 16   | 02:13:20 | 04:20:49  | 06:23:52 | 08:26:53.05 | 08:27:04.50 | +03:28:13 (41.1%) | 9:03         | 6.6 (58.9%) |
| 170 | WEWIOR Tomasz        | 864   |                                                      | M40       | 69   | 01:56:48 | 04:01:29  | 06:07:34 | 08:27:13.65 | 08:27:29.55 | +03:28:38 (41.1%) | 9:03         | 6.6 (58.9%) |
| 171 | CHYLIŃSKI Łukasz     | 924   | CLOCKWORK DRUID                                      | M30       | 41   | 02:05:17 | 04:08:37  | 06:16:55 | 08:28:02.15 | 08:28:17.25 | +03:29:25 (41.2%) | 9:04         | 6.6 (58.9%) |
| 172 | ABRAMIUK Michał      | 888   |                                                      | M50       | 15   | 02:04:56 | 04:06:47  | 06:16:36 | 08:28:10.05 | 08:28:21.20 | +03:29:29 (41.2%) | 9:04         | 6.6 (58.9%) |
| 173 | ZIMNY Piotr          | 966   |                                                      | M40       | 70   | 02:04:54 | 04:12:43  | 06:18:59 | 08:29:34.85 | 08:29:45.55 | +03:30:54 (41.4%) | 9:05         | 6.6 (58.9%) |
| 174 | KONARSKA Aleksandra  | 983   |                                                      | K30       | 18   | 02:01:56 | 04:04:04  | 06:21:04 | 08:30:00.85 | 08:30:00.85 | +03:31:09 (41.4%) | 9:06         | 6.6 (58.9%) |
| 175 | ŻABIEREK Tomasz      | 940   |                                                      | M40       | 71   | 02:02:07 | 04:04:07  | 06:20:57 | 08:29:58.50 | 08:30:01.45 | +03:31:10 (41.4%) | 9:06         | 6.6 (58.9%) |
| 176 | JASIEWICZ Tomasz     | 1041  |                                                      | M40       | 72   | 02:07:07 | 04:19:54  | 06:30:14 | 08:31:18.55 | 08:31:37.50 | +03:32:46 (41.6%) | 9:07         | 6.6 (58.9%) |
| 177 | MARCINIAK Anna       | 1064  | STRAŻNIK LASU ROTTWEILER TEAM                        | K40       | 17   | 02:10:23 | 04:18:00  | 06:24:00 | 08:32:56.75 | 08:32:57.80 | +03:34:06 (41.7%) | 9:09         | 6.6 (58.9%) |
| 178 | SKRZYPCZYŃSKI Marcin | 839   |                                                      | M40       | 73   | 02:03:00 | 03:59:54  | 06:10:09 | 08:34:08.40 | 08:34:16.45 | +03:35:25 (41.9%) | 9:10         | 6.5 (58.0%) |
| 179 | OBLICKI Bartosz      | 815   |                                                      | M30       | 42   | 01:58:29 | 04:01:49  | 06:13:57 | 08:34:04.90 | 08:34:26.80 | +03:35:35 (41.9%) | 9:10         | 6.5 (58.0%) |
| 180 | RYŚNIK Błażej        | 857   |                                                      | M30       | 43   | 02:05:08 | 04:09:20  | 06:16:54 | 08:35:27.00 | 08:35:47.50 | +03:36:56 (42.1%) | 9:12         | 6.5 (58.0%) |
| 181 | KONICKI Paweł        | 1084  | NO EXUSES TEAM                                       | M40       | 74   | 01:59:31 | 04:06:47  | 06:18:45 | 08:35:41.45 | 08:35:59.75 | +03:37:08 (42.1%) | 9:12         | 6.5 (58.0%) |
| 182 | ZASADA Iwona         | 821   |                                                      | K40       | 18   | 02:16:03 | 04:30:10  | 06:32:01 | 08:36:08.75 | 08:36:08.75 | +03:37:17 (42.1%) | 9:13         | 6.5 (58.0%) |
| 182 | MALICKA Małgorzata   | 930   |                                                      | K40       | 18   | 02:16:01 | 04:30:06  | 06:31:58 | 08:36:08.75 | 08:36:08.75 | +03:37:17 (42.1%) | 9:13         | 6.5 (58.0%) |
| 184 | JAKUBIAK Magdalena   | 822   |                                                      | K40       | 20   | 02:16:01 | 04:30:12  | 06:32:02 | 08:36:08.90 | 08:36:08.90 | +03:37:17 (42.1%) | 9:13         | 6.5 (58.0%) |



| Msc | Zawodnik                      | Numer       |                                                      | Klub | Kategoria | Mkat     | Goduszyn | Górzyniec | Kopalnia | Czas netto         | Czas brutto        | Różn                 | Tempo min/km | Tempo km/h     |
|-----|-------------------------------|-------------|------------------------------------------------------|------|-----------|----------|----------|-----------|----------|--------------------|--------------------|----------------------|--------------|----------------|
|     |                               |             |                                                      |      |           |          | 17km     | 31km      | 42km     | 56km               | 56km               |                      |              |                |
| 185 | <b>SOBKOWIAK Przemysław</b>   | <b>936</b>  | BRAK                                                 |      | M40       | 75       | 02:01:24 | 04:01:43  | 06:19:04 | <b>08:40:00.35</b> | <b>08:40:17.15</b> | +03:41:25<br>(42.6%) | 9:17         | 6.5<br>(58.0%) |
| 186 | <b>SOBKOWIAK Radosław</b>     | <b>1039</b> | NTT DATA                                             |      | M30       | 44       | 02:01:25 | 04:01:40  | 06:19:10 | <b>08:39:59.80</b> | <b>08:40:17.25</b> | +03:41:25<br>(42.6%) | 9:17         | 6.5<br>(58.0%) |
| 187 | <b>WACHOWIAK Sebastian</b>    | <b>959</b>  |                                                      |      | M30       | 45       | 02:00:54 | 04:08:32  |          | <b>08:39:57.70</b> | <b>08:40:22.25</b> | +03:41:30<br>(42.6%) | 9:17         | 6.5<br>(58.0%) |
| 188 | <b>SYDOR Piotr</b>            | <b>1026</b> |                                                      |      | M40       | 76       | 02:05:15 | 04:14:44  | 06:22:10 | <b>08:40:56.00</b> | <b>08:41:16.25</b> | +03:42:24<br>(42.7%) | 9:18         | 6.4<br>(57.1%) |
| 189 | <b>NAKLICKI Marcin</b>        | <b>850</b>  | DRUŻYNA STASIA                                       |      | M30       | 46       | 02:15:52 | 04:23:50  | 06:34:31 | <b>08:41:07.45</b> | <b>08:41:24.55</b> | +03:42:33<br>(42.7%) | 9:18         | 6.4<br>(57.1%) |
| 190 | <b>KOLASSA Ryszard</b>        | <b>974</b>  | AKTYWNI KOCIEWIACY                                   |      | M60       | 2        | 02:05:48 | 04:16:22  | 06:27:38 | <b>08:41:33.20</b> | <b>08:41:39.75</b> | +03:42:48<br>(42.7%) | 9:18         | 6.4<br>(57.1%) |
| 191 | <b>WALECZEK Sławomir</b>      | <b>875</b>  |                                                      |      | M40       | 77       | 02:05:41 | 04:16:40  | 06:25:47 | <b>08:41:31.10</b> | <b>08:41:51.90</b> | +03:43:00<br>(42.7%) | 9:18         | 6.4<br>(57.1%) |
| 192 | <b>KACZYŃSKI Janusz</b>       | <b>975</b>  | AKTYWNI KOCIEWIACY                                   |      | M50       | 16       | 02:01:00 | 04:06:44  | 06:21:17 | <b>08:42:36.45</b> | <b>08:42:44.45</b> | +03:43:53<br>(42.8%) | 9:19         | 6.4<br>(57.1%) |
| 193 | <b>ŁUKASZCZYKIEWICZ Paweł</b> | <b>879</b>  |                                                      |      | M40       | 78       | 02:06:20 | 04:17:26  | 06:30:03 | <b>08:43:16.30</b> | <b>08:43:34.05</b> | +03:44:42<br>(42.9%) | 9:20         | 6.4<br>(57.1%) |
| 194 | <b>LIS Sebastian</b>          | <b>939</b>  | DRUŻYNA SZPIKU                                       |      | M30       | 47       | 02:04:01 | 04:09:24  | 06:25:59 | <b>08:43:24.35</b> | <b>08:43:46.80</b> | +03:44:55<br>(42.9%) | 9:20         | 6.4<br>(57.1%) |
| 195 | <b>DEIGSLER Przemysław</b>    | <b>956</b>  |                                                      |      | M40       | 79       | 02:04:02 | 04:09:19  | 06:26:01 | <b>08:43:25.40</b> | <b>08:43:49.35</b> | +03:44:57<br>(42.9%) | 9:20         | 6.4<br>(57.1%) |
| 196 | <b>WILK Piotr</b>             | <b>998</b>  |                                                      |      | M40       | 80       | 02:06:48 | 04:17:57  | 06:30:34 | <b>08:44:07.00</b> | <b>08:44:07.00</b> | +03:45:15<br>(43.0%) | 9:21         | 6.4<br>(57.1%) |
| 197 | <b>KAGANEK Jakub</b>          | <b>841</b>  |                                                      |      | M30       | 48       | 02:10:16 | 04:14:07  | 06:25:21 | <b>08:43:45.30</b> | <b>08:44:14.10</b> | +03:45:22<br>(43.0%) | 9:21         | 6.4<br>(57.1%) |
| 198 | <b>ROSZKIEWICZ Mariusz</b>    | <b>883</b>  | ZIELONA GÓRO ZACZNIJ BIEGAĆ                          |      | M40       | 81       | 02:06:36 | 04:20:13  | 06:33:51 | <b>08:44:26.40</b> | <b>08:44:27.65</b> | +03:45:36<br>(43.0%) | 9:21         | 6.4<br>(57.1%) |
| 199 | <b>MRÓZ Anna</b>              | <b>922</b>  |                                                      |      | K30       | 19       | 02:10:47 | 04:17:22  | 06:29:54 | <b>08:44:20.55</b> | <b>08:44:44.80</b> | +03:45:53<br>(43.0%) | 9:21         | 6.4<br>(57.1%) |
| 200 | <b>WĘGIER Agnieszka</b>       | <b>882</b>  | ZIELONA GÓRO ZACZNIJ BIEGAĆ/BIEGAJĄCE MATKI WARIATKI | K40  | 21        | 02:11:53 | 04:22:02 | 06:33:23  |          | <b>08:46:41.90</b> | <b>08:46:42.50</b> | +03:47:51<br>(43.3%) | 9:24         | 6.4<br>(57.1%) |
| 201 | <b>PILONIS Eleonora</b>       | <b>901</b>  | BIEGOSTACJA ULTRA TEAM                               |      | K40       | 22       | 02:11:43 | 04:22:01  | 06:33:22 | <b>08:46:42.80</b> | <b>08:46:42.80</b> | +03:47:51<br>(43.3%) | 9:24         | 6.4<br>(57.1%) |
| 202 | <b>GOSPODAREK Łukasz</b>      | <b>823</b>  | DRUŻYNA STASIA                                       |      | M40       | 82       | 02:15:54 | 04:23:52  | 06:34:51 | <b>08:49:20.45</b> | <b>08:49:37.55</b> | +03:50:46<br>(43.6%) | 9:27         | 6.3<br>(56.3%) |
| 203 | <b>MACIAS Waldemar</b>        | <b>836</b>  |                                                      |      | M60       | 3        | 02:25:05 | 04:43:12  |          | <b>08:52:29.25</b> | <b>08:52:49.40</b> | +03:53:57<br>(43.9%) | 9:30         | 6.3<br>(56.3%) |
| 204 | <b>BOGDAN Ola</b>             | <b>1042</b> |                                                      |      | K30       | 20       | 02:05:12 | 04:19:39  | 06:23:42 | <b>08:56:19.70</b> | <b>08:56:19.70</b> | +03:57:28<br>(44.3%) | 9:34         | 6.3<br>(56.3%) |
| 205 | <b>NOWAK Marek</b>            | <b>845</b>  |                                                      |      | M40       | 83       | 02:00:38 | 04:04:02  | 06:31:02 | <b>08:56:07.10</b> | <b>08:56:19.80</b> | +03:57:28<br>(44.3%) | 9:34         | 6.3<br>(56.3%) |
| 206 | <b>KWASIUK Wojciech</b>       | <b>856</b>  |                                                      |      | M30       | 49       | 02:05:08 | 04:09:59  | 06:21:44 | <b>08:59:57.65</b> | <b>09:00:18.20</b> | +04:01:26<br>(44.7%) | 9:38         | 6.2<br>(55.4%) |
| 207 | <b>KUŚWIK Beata</b>           | <b>1018</b> | CAŁE ŻYCIE NA REDUKCJI                               |      | K30       | 21       | 02:06:45 | 04:20:46  | 06:35:05 | <b>09:00:11.05</b> | <b>09:00:30.70</b> | +04:01:39<br>(44.7%) | 9:38         | 6.2<br>(55.4%) |
| 208 | <b>SZCZYGIEŁ Paweł</b>        | <b>907</b>  |                                                      |      | M30       | 50       | 02:07:06 | 04:25:03  | 06:31:58 | <b>09:00:52.25</b> | <b>09:00:58.65</b> | +04:02:07<br>(44.8%) | 9:39         | 6.2<br>(55.4%) |

| Msc | Zawodnik             | Numer | Klub                  | Kategoria | Mkat | Goduszyn<br>17km | Górzyniec<br>31km | Kopalnia<br>42km | Czas<br>netto<br>56km | Czas<br>brutto<br>56km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|----------------------|-------|-----------------------|-----------|------|------------------|-------------------|------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 209 | ŁUPKOWSKI Paweł      | 872   | VEGE RUNNERS          | M40       | 84   | 02:11:39         | 04:29:21          | 06:43:35         | 09:00:58.40           | 09:01:10.15            | +04:02:18<br>(44.8%) | 9:39            | 6.2<br>(55.4%) |
| 210 | GAJDA Andrzej        | 873   |                       | M30       | 51   | 02:11:43         | 04:29:26          | 06:43:38         | 09:00:58.80           | 09:01:10.45            | +04:02:19<br>(44.8%) | 9:39            | 6.2<br>(55.4%) |
| 211 | POPŁAWSKI Arkadiusz  | 979   |                       | M40       | 85   | 02:09:14         | 04:24:08          | 06:32:43         | 09:04:00.60           | 09:04:15.90            | +04:05:24<br>(45.1%) | 9:42            | 6.2<br>(55.4%) |
| 212 | POPŁAWSKA Katarzyna  | 971   | CZARNE OWCE HIPOLITÓW | K40       | 23   | 02:09:20         | 04:24:13          | 06:32:47         | 09:04:01.05           | 09:04:16.00            | +04:05:24<br>(45.1%) | 9:42            | 6.2<br>(55.4%) |
| 213 | GARBACZ Marek        | 991   | LEŚNE ULTRA DZIADY    | M40       | 86   | 02:09:32         | 04:25:52          | 06:49:23         | 09:04:17.00           | 09:04:30.50            | +04:05:39<br>(45.1%) | 9:43            | 6.2<br>(55.4%) |
| 214 | STRZELECKI Krzysztof | 1001  | LEŚNE ULTRA DZIADY    | M40       | 87   | 02:09:39         | 04:27:04          | 06:49:33         | 09:04:18.65           | 09:04:32.20            | +04:05:40<br>(45.1%) | 9:43            | 6.2<br>(55.4%) |
| 215 | KALISZEWICZ Ewa      | 905   |                       | K40       | 24   | 02:17:47         | 04:29:22          | 06:40:24         | 09:04:20.20           | 09:04:45.65            | +04:05:54<br>(45.1%) | 9:43            | 6.2<br>(55.4%) |
| 216 | KALISZEWICZ Piotr    | 904   |                       | M30       | 52   | 02:17:45         | 04:29:24          | 06:40:19         | 09:04:19.70           | 09:04:45.70            | +04:05:54<br>(45.1%) | 9:43            | 6.2<br>(55.4%) |
| 217 | PISAREK Radek        | 926   |                       | M20       | 11   | 02:05:08         | 04:22:37          | 06:36:46         | 09:04:41.85           | 09:04:55.60            | +04:06:04<br>(45.2%) | 9:43            | 6.2<br>(55.4%) |
| 218 | PIETRZAK Anna        | 915   |                       | K40       | 25   | 02:07:41         | 04:22:00          | 06:40:35         | 09:05:19.70           | 09:05:26.00            | +04:06:34<br>(45.2%) | 9:44            | 6.2<br>(55.4%) |
| 219 | KRUPA Daniel         | 1029  |                       | M40       | 88   | 02:14:30         | 04:27:19          | 06:45:05         | 09:07:31.70           | 09:07:44.25            | +04:08:52<br>(45.4%) | 9:46            | 6.1<br>(54.5%) |
| 219 | RUBINOWSKI Jarek     | 1032  |                       | M40       | 88   | 02:14:19         | 04:27:10          | 06:45:06         | 09:07:30.80           | 09:07:44.25            | +04:08:52<br>(45.4%) | 9:46            | 6.1<br>(54.5%) |
| 221 | RADOŹYCKI Radek      | 1030  |                       | M40       | 90   | 02:14:27         | 04:27:13          | 06:45:09         | 09:07:30.25           | 09:07:44.30            | +04:08:52<br>(45.4%) | 9:46            | 6.1<br>(54.5%) |
| 222 | WEIN Tomasz          | 886   |                       | M30       | 53   | 02:12:30         | 04:36:57          | 06:49:58         | 09:07:52.15           | 09:08:01.60            | +04:09:10<br>(45.5%) | 9:47            | 6.1<br>(54.5%) |
| 223 | DOLNY Marcin         | 947   |                       | M40       | 91   | 02:03:54         | 04:15:57          | 06:33:40         | 09:07:47.35           | 09:08:11.90            | +04:09:20<br>(45.5%) | 9:46            | 6.1<br>(54.5%) |
| 224 | ADAMUS Adam          | 1046  |                       | M40       | 92   | 02:05:35         | 04:18:45          | 06:30:59         | 09:11:27.05           | 09:11:27.35            | +04:12:35<br>(45.8%) | 9:50            | 6.1<br>(54.5%) |
| 225 | PIECHOL Sebastian    | 949   | RAZEM TRENUJEMY SPORT | M30       | 54   | 02:10:09         | 04:28:50          | 06:40:24         | 09:11:47.30           | 09:12:01.25            | +04:13:09<br>(45.9%) | 9:51            | 6.1<br>(54.5%) |
| 226 | OSTACH Daria         | 1055  |                       | K40       | 26   | 02:17:21         | 04:42:13          | 06:50:51         | 09:16:26.60           | 09:16:26.60            | +04:17:35<br>(46.3%) | 9:56            | 6<br>(53.6%)   |
| 227 | PRUSIEWICZ Beata     | 1047  |                       | K50       | 1    | 02:17:14         | 04:41:30          | 06:50:48         | 09:16:26.65           | 09:16:26.65            | +04:17:35<br>(46.3%) | 9:56            | 6<br>(53.6%)   |
| 228 | STERKOWICZ Olga      | 928   |                       | K30       | 22   | 02:14:02         | 04:33:53          | 06:51:06         | 09:22:55.55           | 09:22:55.55            | +04:24:04<br>(46.9%) | 10:03           | 6<br>(53.6%)   |
| 229 | SZYGENDA Waldemar    | 1081  |                       | M50       | 17   | 02:13:54         | 04:28:42          | 06:55:23         | 09:27:04.50           | 09:27:17.65            | +04:28:26<br>(47.3%) | 10:07           | 5.9<br>(52.7%) |
| 230 | BIERNACKI Krzysztof  | 914   | COTU                  | M40       | 93   | 02:12:20         | 04:46:48          | 07:08:50         | 09:40:49.95           | 09:41:16.30            | +04:42:24<br>(48.6%) | 10:22           | 5.8<br>(51.8%) |
| 231 | DONAJ Adam           | 808   |                       | M40       | 94   | 02:13:35         | 04:39:36          | 07:03:00         | 09:45:00.70           | 09:45:27.60            | +04:46:36<br>(49.0%) | 10:26           | 5.7<br>(50.9%) |
| 232 | PAWEŁKÓW Michał      | 910   |                       | M30       | 55   | 02:10:39         | 04:44:12          | 07:15:34         | 09:49:47.80           | 09:50:16.05            | +04:51:24<br>(49.4%) | 10:31           | 5.7<br>(50.9%) |

| Msc                                | Zawodnik                    | Numer | Klub                   | Kategoria | Mkat | Goduszyn<br>17km | Górzyniec<br>31km | Kopalnia<br>42km | Czas<br>netto<br>56km | Czas<br>brutto<br>56km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|------------------------------------|-----------------------------|-------|------------------------|-----------|------|------------------|-------------------|------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 233                                | BUHL Łukasz                 | 913   |                        | M30       | 56   | 02:10:44         | 04:43:57          | 07:15:19         | 09:49:48.15           | 09:50:16.45            | +04:51:25<br>(49.4%) | 10:31           | 5.7<br>(50.9%) |
| 234                                | JANKIEWICZ Helena           | 1012  | MTS HAMER              | K40       | 27   | 02:24:23         | 04:49:32          | 07:19:36         | 09:57:30.70           | 09:57:30.70            | +04:58:39<br>(50.0%) | 10:40           | 5.6<br>(50.0%) |
| 234                                | PAWELCZYK Anita             | 878   | OSTRESROKI             | K30       | 23   | 02:24:24         | 04:49:14          | 07:19:12         | 09:57:18.20           | 09:57:30.70            | +04:58:39<br>(50.0%) | 10:39           | 5.6<br>(50.0%) |
| 236                                | PALUS Malgorzata            | 957   | ISANDS ENKLAWA SPORTU  | K40       | 28   | 02:21:29         | 04:49:35          | 07:19:31         | 09:57:30.85           | 09:57:30.85            | +04:58:39<br>(50.0%) | 10:40           | 5.6<br>(50.0%) |
| Przekroczony limit czasu: 10:00:00 |                             |       |                        |           |      |                  |                   |                  |                       |                        |                      |                 |                |
| 237                                | SZURKOWSKI Michał           | 969   | GRUNWALD TEAM POZNAŃ   | M30       | 57   | 02:31:41         | 04:53:16          | 07:34:57         | 10:04:05.20           | 10:04:20.05            | +05:05:28<br>(50.5%) | 10:47           | 5.6<br>(50.0%) |
| 238                                | DOBOSZ Leszek               | 970   |                        | M40       | 95   | 02:31:36         | 04:53:17          | 07:34:59         | 10:04:04.25           | 10:04:20.15            | +05:05:28<br>(50.5%) | 10:47           | 5.6<br>(50.0%) |
| 239                                | KUNERT Krzysztof            | 865   |                        | M30       | 58   | 02:24:41         | 05:07:54          | 07:43:03         | 10:35:40.85           | 10:35:57.55            | +05:37:06<br>(53.0%) | 11:21           | 5.3<br>(47.3%) |
|                                    | SUDOMIR Paweł               | 967   |                        | M30       |      | 01:55:56<br>DNF  | DNF               | 02:17:43<br>DNF  | DNF                   | DNF                    |                      | -               | -<br>(0.0%)    |
|                                    | BRZAŃKALSKI Krzysiek        | 825   | PRZEDWOJEWSKI_TEAM     | M30       |      | 01:23:36<br>DNF  | 02:45:49<br>DNF   | DNF              | DNF                   | DNF                    |                      | -               | -<br>(0.0%)    |
|                                    | KISŁO Łukasz                | 946   | WILLSOOR               | M30       |      | 01:43:25<br>DNF  | 03:35:53<br>DNF   | DNF              | DNF                   | DNF                    |                      | -               | -<br>(0.0%)    |
|                                    | KLINICKI Adam               | 942   |                        | M40       |      | 01:45:40<br>DNF  | 03:40:02<br>DNF   | DNF              | DNF                   | DNF                    |                      | -               | -<br>(0.0%)    |
|                                    | MALINOWSKI Ernest           | 1008  | AMBER                  | M40       |      | 01:55:09<br>DNF  | 03:58:43<br>DNF   | DNF              | DNF                   | DNF                    |                      | -               | -<br>(0.0%)    |
|                                    | PRZYBYŚŁAWSKI Kamil         | 868   | 140MINUT.PL            | M30       |      | 01:52:52<br>DNF  | 04:11:20<br>DNF   | DNF              | DNF                   | DNF                    |                      | -               | -<br>(0.0%)    |
|                                    | GRZELCZAK Barbara           | 1086  |                        | K40       |      | 02:32:26<br>DNF  | 05:47:27<br>DNF   | DNF              | DNF                   | DNF                    |                      | -               | -<br>(0.0%)    |
|                                    | GÓRAK Przemysław            | 909   | KB SOBÓTKA             | M40       |      | 01:25:42<br>DNF  | DNF               | DNF              | DNF                   | DNF                    |                      | -               | -<br>(0.0%)    |
|                                    | MAJKOWSKI Tomasz            | 919   | AKTYWNI KOCIEWIACY     | M30       |      | 01:52:16<br>DNF  | DNF               | DNF              | DNF                   | DNF                    |                      | -               | -<br>(0.0%)    |
|                                    | KOZAKIEWICZ Tomek           | 972   | CAŁE ŻYCIE NA REDUKCJI | M30       |      | 02:06:48<br>DNF  | DNF               | DNF              | DNF                   | DNF                    |                      | -               | -<br>(0.0%)    |
|                                    | KOŁTOWSKI Michał            | 954   |                        | M30       |      | 02:35:53<br>DNF  | DNF               | DNF              | DNF                   | DNF                    |                      | -               | -<br>(0.0%)    |
|                                    | SZALKOWSKA-KUPCZYK Dominika | 1074  |                        | K30       |      | 02:45:21<br>DNF  | DNF               | DNF              | DNF                   | DNF                    |                      | -               | -<br>(0.0%)    |

Znaleziono 251 wynik(ów)