

ZIMOWY PÓŁMARATON GÓR STOŁOWYCH 2018

Organizator: Fundacja MARATONY GÓRSKIE
Data: 2018-01-20
Miejsce: Karłów
Dystans: 21 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	**PRZEDWOJEWSKI Bartłomiej**	**8**	SALOMON SUUNTO TEAM POLAND	M-20	1	NIE	00:38:49	01:17:22	**01:57:36.05**	**01:57:39.30**		5:36	10.7 (100%)
2	**BRÝDL Pavel**	**10**	ENERVIT YOKO XC LIFE TEAM	M-30	1	NIE	00:39:35	01:18:29	**01:59:37.95**	**01:59:40.30**	+00:02:01 (1.7%)	5:41	10.5 (98.1%)
3	**DYBEK Paweł**	**9**	SALOMON SUUNTO TEAM POLAND	M-40	1	NIE	00:43:01	01:27:50	**02:11:33.50**	**02:11:35.65**	+00:13:56 (10.6%)	6:15	9.6 (89.7%)
4	**PODOLSKI Przemyslaw**	**527**		M-20	2	NO	00:45:18	01:29:34	**02:14:46.55**	**02:15:04.25**	+00:17:24 (12.9%)	6:25	9.3 (86.9%)
5	**BONIEC Radosław**	**440**		M-20	3	NIE	00:45:04	01:29:46	**02:15:14.95**	**02:15:17.95**	+00:17:38 (13.0%)	6:26	9.3 (86.9%)
6	**PODGÓRSKI Bogusz**	**541**	EMITT RACE TEAM	M-30	2	NIE	00:46:45	01:31:04	**02:15:21.10**	**02:15:24.95**	+00:17:45 (13.1%)	6:26	9.3 (86.9%)
7	**SWOBODA Marek**	**378**	CRANBERRY TEAM	M-30	3	NIE	00:45:50	01:29:54	**02:15:32.70**	**02:15:49.25**	+00:18:09 (13.4%)	6:27	9.3 (86.9%)
8	**NASKRĘT Sławomir**	**555**	SKLEPBIEGACZA.PL	M-40	2	NIE	00:43:42	01:29:23	**02:16:31.25**	**02:16:33.65**	+00:18:54 (13.8%)	6:30	9.2 (86.0%)
9	**KAMMER Krzysztof**	**153**	PRO366	M-30	4	NIE	00:47:17	01:31:12	**02:16:41.85**	**02:16:45.40**	+00:19:06 (14.0%)	6:30	9.2 (86.0%)
10	**BADOWSKI Aleksander**	**406**	MARCIN ŚWIERC TEAM	M-30	5	NIE	00:45:20	01:31:22	**02:17:37.10**	**02:17:40.65**	+00:20:01 (14.5%)	6:33	9.2 (86.0%)
11	**BECZKOWSKI Łukasz**	**560**	UKS LUDWIKOWICE	M-30	6	NIE	00:45:12	01:30:58	**02:17:40.95**	**02:17:48.45**	+00:20:09 (14.6%)	6:33	9.2 (86.0%)
12	**URBAŃCZYK Grzegorz**	**465**	FOR RUN TEAM & ADRUNALINA	M-30	7	NIE	00:46:04	01:30:58	**02:18:04.00**	**02:18:04.00**	+00:20:24 (14.8%)	6:34	9.1 (85.0%)
13	**ŁĄCZAK Mgdalena**	**2**	SALOMON SUUNTO TEAM POLAND	K-40	1	NIE	00:45:49	01:31:38	**02:18:17.15**	**02:18:20.35**	+00:20:41 (15.0%)	6:35	9.1 (85.0%)
14	**BUCZEK Bartłomiej**	**503**		M-30	8	NIE	00:46:47	01:31:40	**02:18:27.55**	**02:18:31.40**	+00:20:52 (15.1%)	6:35	9.1 (85.0%)
15	**KAPROŃ Sebastian**	**488**		M-40	3	NIE	00:45:18	01:31:19	**02:18:37.00**	**02:18:40.55**	+00:21:01 (15.2%)	6:36	9.1 (85.0%)
16	**MYSZCZYSZYN Łukasz**	**310**	ANTRACYT	M-30	9	NIE	00:46:48	01:32:10	**02:19:00.30**	**02:19:06.55**	+00:21:27 (15.4%)	6:37	9.1 (85.0%)
17	**KITA Michał**	**252**	PĘDZĄCY W MIEJSCU	M-40	4	TAK	00:45:27	01:31:24	**02:19:09.30**	**02:19:13.40**	+00:21:34 (15.5%)	6:37	9.1 (85.0%)
18	**DURKOWSKI Marcin**	**41**	OBORYGENI	M-30	10	NIE	00:46:53	01:32:29	**02:19:25.65**	**02:19:29.60**	+00:21:50 (15.7%)	6:38	9 (84.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
19	**PAZDAN Piotr**	**127**	KOWARY BIEGAJĄ	M-30	11	NIE	00:47:00	01:32:31	**02:19:56.05**	**02:19:56.05**	+00:22:16 (15.9%)	6:39	9 (84.1%)
20	**TOMASIAK Natalia**	**3**	KW ZAKOPANE // SALOMON SUUNTO TEAM	K-30	1	TAK	00:46:28	01:32:26	**02:20:16.75**	**02:20:21.00**	+00:22:41 (16.2%)	6:40	9 (84.1%)
21	**SZOPA Marek**	**176**	TEAM KOPEĆ	M-40	5	NIE	00:49:38	01:35:05	**02:22:02.55**	**02:22:08.30**	+00:24:29 (17.2%)	6:45	8.9 (83.2%)
22	**WILK Maciej**	**154**	RAMBO 3	M-30	12	NIE	00:45:07	01:30:30	**02:21:56.40**	**02:22:11.95**	+00:24:32 (17.3%)	6:45	8.9 (83.2%)
23	**PIASECKI Mariusz**	**237**		M-40	6	NIE	00:46:52	01:32:59	**02:22:59.35**	**02:23:03.05**	+00:25:23 (17.8%)	6:48	8.8 (82.2%)
24	**GUSTAW Łukasz**	**267**	XRUNNERS	M-20	4	NIE	00:47:44	01:34:37	**02:23:07.60**	**02:23:14.15**	+00:25:34 (17.9%)	6:48	8.8 (82.2%)
25	**RUTKOWSKI Dawid**	**502**	GRIZZLYTEAM	M-30	13	NIE	00:46:13	01:33:37	**02:23:46.00**	**02:23:49.20**	+00:26:09 (18.2%)	6:50	8.8 (82.2%)
26	**SKUDLARSKI Jakub**	**80**	PRO-RUN WROCŁAW	M-20	5	NIE	00:50:58	01:36:59	**02:23:44.90**	**02:23:56.10**	+00:26:16 (18.3%)	6:50	8.8 (82.2%)
27	**MAZURKIEWICZ Jerzy**	**49**	NIGHT RUNNERS WROCŁAW	M-30	14	NIE	00:50:52	01:37:44	**02:24:29.85**	**02:24:37.40**	+00:26:58 (18.6%)	6:52	8.7 (81.3%)
28	**GRYCZKA Mateusz**	**122**	NBR TEAM	M-30	15	NIE	00:47:39	01:35:45	**02:24:58.20**	**02:25:07.80**	+00:27:28 (18.9%)	6:54	8.7 (81.3%)
29	**SZCZERBAKOWICZ Kamil**	**479**		M-20	6	NIE	00:49:41	01:36:15	**02:25:20.25**	**02:25:25.60**	+00:27:46 (19.1%)	6:55	8.7 (81.3%)
30	**PELIKAN Artur**	**327**	NGB KŁOBUCK	M-20	7	NIE	00:52:02	01:37:39	**02:25:42.45**	**02:25:52.80**	+00:28:13 (19.3%)	6:56	8.6 (80.4%)
31	**NICPOŃ Sebastian**	**568**	FALSTART RUDNIKI	M-20	8		00:51:34	01:37:36	**02:25:38.70**	**02:25:52.90**	+00:28:13 (19.3%)	6:56	8.7 (81.3%)
32	**OLKIS Rafał**	**294**	PRZEBIEGA.PL	M-30	16	NIE	00:51:13	01:36:49	**02:25:53.00**	**02:26:11.45**	+00:28:32 (19.5%)	6:56	8.6 (80.4%)
33	**WOLBACH Tomasz**	**179**	WOLNE ŚLIMAKI	M-30	17	NIE	00:51:26	01:38:11	**02:26:15.40**	**02:26:24.40**	+00:28:45 (19.6%)	6:57	8.6 (80.4%)
34	**GONCZARENKO Jarek**	**537**		M-30	18	NIE	00:48:05	01:36:09	**02:26:38.50**	**02:26:42.00**	+00:29:02 (19.8%)	6:59	8.6 (80.4%)
35	**MAZIK Wojciech**	**552**		M-20	9	TAK	00:49:51	01:37:00	**02:27:04.15**	**02:27:12.60**	+00:29:33 (20.1%)	7:00	8.6 (80.4%)
36	**KRUPA Marcin**	**333**	AKTYWNA NOWA RUDA	M-40	7	NIE	00:48:27	01:37:37	**02:28:13.75**	**02:28:20.90**	+00:30:41 (20.7%)	7:03	8.5 (79.4%)
37	**BORZYSTOWSKI Patryk**	**384**	WIDZIALNI.PL	M-30	19	TAK	00:49:14	01:36:18	**02:28:22.90**	**02:28:40.05**	+00:31:00 (20.9%)	7:03	8.5 (79.4%)
38	**IGNACZAK Marcin**	**78**	FILLCO - IFB BROKER	M-40	8	NIE	00:51:42	01:38:46	**02:28:48.90**	**02:28:52.30**	+00:31:13 (21.0%)	7:05	8.5 (79.4%)
39	**PRYSTASZ Krzysztof**	**551**	OŁAWSKA GRUPA BIEGOWA	M-40	9	NIE	00:49:49	01:37:44	**02:29:00.80**	**02:29:05.50**	+00:31:26 (21.1%)	7:05	8.5 (79.4%)
40	**CYBULSKI Marcin**	**413**		M-20	10	TAK	00:47:46	01:35:52	**02:29:21.90**	**02:29:28.50**	+00:31:49 (21.3%)	7:06	8.4 (78.5%)
41	**WYSOCKI Łukasz**	**486**		M-30	20	NIE	00:49:43	01:36:30	**02:29:31.15**	**02:29:37.75**	+00:31:58 (21.4%)	7:07	8.4 (78.5%)
42	**GEZELA Robert**	**312**	EUFORIABIEGACZA.PL	M-40	10	NIE	00:48:43	01:38:00	**02:29:39.90**	**02:29:42.85**	+00:32:03 (21.4%)	7:07	8.4 (78.5%)
43	**GRABIŃSKI Wojciech**	**272**	GRUNWALD TEAM POZNAŃ	M-20	11	NIE	00:51:56	01:39:30	**02:29:22.05**	**02:29:46.10**	+00:32:06 (21.4%)	7:06	8.4 (78.5%)
44	**NOWAK Mariusz**	**224**		M-30	21	NIE	00:52:02	01:39:37	**02:29:46.80**	**02:29:54.60**	+00:32:15 (21.5%)	7:07	8.4 (78.5%)

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45	**KOSTASZ Mariusz**	**138**	KB FAURECIA STOOR	M-30	22	NIE	00:50:36	01:39:03	**02:30:10.85**	**02:30:13.40**	+00:32:34 (21.7%)	7:09	8.4 (78.5%)
46	**NIEZGÓDKA Tomasz**	**398**		M-40	11	NIE	00:50:36	01:38:53	**02:30:09.90**	**02:30:16.15**	+00:32:36 (21.7%)	7:09	8.4 (78.5%)
47	**KOZŁOWSKI Gabriel**	**292**	BÓBR TŁUSZCZ	M-40	12	NIE	00:55:30	01:43:15	**02:30:10.90**	**02:30:21.55**	+00:32:42 (21.8%)	7:09	8.4 (78.5%)
48	**SOCHA Seweryn**	**63**	DZIKIE BOBRY	M-30	23	NO	00:49:51	01:39:18	**02:31:57.90**	**02:32:06.10**	+00:34:26 (22.6%)	7:14	8.3 (77.6%)
49	**GRUND Marek**	**296**	MAFIA TEAM LUBLINIEC	M-20	12	NIE	00:51:47	01:39:43	**02:32:07.25**	**02:32:07.25**	+00:34:27 (22.7%)	7:14	8.3 (77.6%)
50	**STASZELIS Krzysztof**	**566**	POCOLOCO AT	M-30	24	NIE	00:52:56	01:41:32	**02:31:50.25**	**02:32:10.10**	+00:34:30 (22.7%)	7:13	8.3 (77.6%)
51	**PIĄTKOWSKI Przemysław**	**212**	TEAM KOPEĆ	M-40	13	NIE	00:51:24	01:41:24	**02:32:26.10**	**02:32:30.20**	+00:34:50 (22.9%)	7:15	8.3 (77.6%)
52	**MIŚ Zbigniew**	**441**	PŁOMIEŃ ZAGORZYCE	M-30	25	NIE	00:46:25	01:36:51	**02:32:32.80**	**02:32:40.90**	+00:35:01 (22.9%)	7:15	8.3 (77.6%)
53	**LUBAŃSKI Robert**	**474**		M-50	1	NIE	00:51:03	01:39:19	**02:33:01.70**	**02:33:07.10**	+00:35:27 (23.2%)	7:17	8.2 (76.6%)
54	**URBAŃSKI Leszek**	**264**	POCOLOCO ADVENTURE TEAM	M-20	13	NIE	00:51:57	01:40:43	**02:33:11.85**	**02:33:31.15**	+00:35:51 (23.4%)	7:17	8.2 (76.6%)
55	**LASEK Jakub**	**300**	KW OPOLE	M-20	14	TAK	00:51:21	01:40:49	**02:33:18.75**	**02:33:31.25**	+00:35:51 (23.4%)	7:18	8.2 (76.6%)
56	**JARMOLIŃSKI Piotr**	**468**	WIECZORNE BIEGANIE W SZCZECINIE	M-40	14	NIE	00:51:48	01:41:40	**02:33:33.15**	**02:33:38.85**	+00:35:59 (23.4%)	7:18	8.2 (76.6%)
57	**ZAWOJAK Aleksader**	**425**	RONAK POLSKA RUN	M-20	15	NIE	00:52:42	01:41:36	**02:33:46.45**	**02:33:57.45**	+00:36:18 (23.6%)	7:19	8.2 (76.6%)
58	**WAHL Daniel**	**330**	T.S. AKS CHORZÓW	M-40	15	TAK	00:53:43	01:43:12	**02:34:21.25**	**02:34:25.80**	+00:36:46 (23.8%)	7:21	8.2 (76.6%)
59	**BUCHLA Marcin**	**494**	GT RAT	M-40	16	NIE	00:55:02	01:43:56	**02:34:26.10**	**02:34:33.15**	+00:36:53 (23.9%)	7:21	8.2 (76.6%)
60	**OMIELJANIUK Konrad**	**325**		M-20	16	NIE	00:49:43	01:38:08	**02:34:35.70**	**02:34:41.35**	+00:37:02 (23.9%)	7:21	8.2 (76.6%)
61	**SOBOL Tomasz**	**348**		M-40	17	NIE	00:52:10	01:42:07	**02:34:41.40**	**02:34:47.35**	+00:37:08 (24.0%)	7:22	8.1 (75.7%)
62	**HALADYN Łukasz**	**94**	AURATREE	M-40	18	TAK	00:51:50	01:40:50	**02:34:47.50**	**02:34:52.85**	+00:37:13 (24.0%)	7:22	8.1 (75.7%)
63	**TEKIELI Kacper**	**7**	PHZ	M-30	26	TAK	00:48:45	01:38:17	**02:35:07.10**	**02:35:09.65**	+00:37:30 (24.2%)	7:23	8.1 (75.7%)
64	**JAŁOCHA Tomek**	**256**		M-40	19	NIE	00:53:42	01:42:38	**02:35:01.75**	**02:35:14.55**	+00:37:35 (24.2%)	7:22	8.1 (75.7%)
65	**GODLEWSKI Krzysztof**	**534**	GVT	M-30	27	NIE	00:53:42	01:42:05	**02:34:46.05**	**02:35:17.50**	+00:37:38 (24.2%)	7:22	8.1 (75.7%)
66	**BIELA Konrad**	**233**	GOPR KARKONOSZE / KOWARY BIEGAJĄ & KARPACZ SPORT	M-20	17	NIE	00:51:18	01:41:44	**02:35:12.40**	**02:35:18.65**	+00:37:39 (24.2%)	7:23	8.1 (75.7%)
67	**ORACZ Mateusz**	**311**	BEZ LITOŚCI / KALENJI TEAM POLAND	M-30	28	NIE	00:53:41	01:44:44	**02:34:56.10**	**02:35:19.05**	+00:37:39 (24.2%)	7:22	8.1 (75.7%)
68	**LEWANDOWSKI Piotr**	**339**		M-20	18	NIE	00:52:04	01:41:10	**02:36:04.40**	**02:36:10.95**	+00:38:31 (24.7%)	7:25	8.1 (75.7%)
69	**STAWIARSKI Tomasz**	**317**	KOWARY BIEGAJĄ	M-40	20	NIE	00:52:48	01:43:18	**02:36:17.60**	**02:36:24.30**	+00:38:45 (24.8%)	7:26	8.1 (75.7%)

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70	**LIPNICKA Marta**	**554**	FUNDACJA PRZEJŚCIE KOTLINY	K-30	2	NIE	00:52:02	01:42:36	**02:36:32.75**	**02:36:39.15**	+00:38:59 (24.9%)	7:27	8 (74.8%)
71	**MICHALSKI Jakub**	**550**		M-30	29	NIE	00:55:54	01:45:00	**02:36:30.95**	**02:36:46.80**	+00:39:07 (25.0%)	7:27	8.1 (75.7%)
72	**SKALSKI Radosław**	**79**	KB AKTYWNI KONIN	M-40	21	NIE	00:54:12	01:43:28	**02:36:47.05**	**02:36:47.05**	+00:39:07 (25.0%)	7:27	8 (74.8%)
73	**EWERT Adam**	**508**	JUDO TEAM SZCZECIN	M-20	19	NIE	00:55:14	01:42:27	**02:36:30.20**	**02:36:58.05**	+00:39:18 (25.0%)	7:27	8.1 (75.7%)
74	**LINKOWSKI Michał**	**427**	KB ILOVEZIEMEK	M-40	22	NIE	00:53:53	01:44:59	**02:37:10.20**	**02:37:14.70**	+00:39:35 (25.2%)	7:29	8 (74.8%)
75	**MADOŃ Rafał**	**21**		M-20	20	NIE	00:56:15	01:44:42	**02:37:03.10**	**02:37:30.60**	+00:39:51 (25.3%)	7:28	8 (74.8%)
76	**THIER Dominik**	**422**	KS KANDAHAR	M-40	23	TAK	00:51:28	01:42:22	**02:37:34.65**	**02:37:39.35**	+00:40:00 (25.4%)	7:30	8 (74.8%)
77	**GOŁĄB Mateusz**	**328**		M-30	30	NIE	00:55:46	01:44:54	**02:37:27.60**	**02:37:42.40**	+00:40:03 (25.4%)	7:29	8 (74.8%)
78	**ŁAŹNIOWSKI Dawid**	**133**	KUDOWSCY MIŁOŚNICY BIEGANIA	M-30	31	NIE	00:54:22	01:44:33	**02:38:14.30**	**02:38:26.80**	+00:40:47 (25.7%)	7:32	8 (74.8%)
79	**UGOREK Jarosław**	**42**	TEAM KOPEĆ	M-40	24	NIE	00:53:02	01:43:27	**02:38:43.55**	**02:38:43.55**	+00:41:04 (25.9%)	7:33	7.9 (73.8%)
80	**URBANIAK Hubert**	**126**	ROZBIEGANYRAWICZ	M-30	32	NIE	00:52:05	01:42:16	**02:38:26.60**	**02:38:44.00**	+00:41:04 (25.9%)	7:32	8 (74.8%)
81	**PURCZYŃSKI Grzegorz**	**429**	DRZONKOWIANKA	M-30	33	NIE	00:51:50	01:43:34	**02:39:14.35**	**02:39:19.40**	+00:41:40 (26.2%)	7:34	7.9 (73.8%)
82	**KOWALIK Mariusz**	**111**	NGB KŁOBUCK	M-30	34	TAK	00:54:40	01:46:08	**02:39:24.60**	**02:39:38.40**	+00:41:59 (26.3%)	7:35	7.9 (73.8%)
83	**JABŁOŃSKI Paweł**	**379**	KUDOWSCY MIŁOŚNICY BIEGANIA	M-40	25	NIE	00:55:46	01:45:49	**02:39:25.75**	**02:39:39.40**	+00:42:00 (26.3%)	7:35	7.9 (73.8%)
84	**MIKA Andrzej**	**67**		M-30	35	NIE	00:59:27	01:47:47	**02:39:00.90**	**02:39:40.20**	+00:42:00 (26.3%)	7:34	7.9 (73.8%)
85	**WALASIK Damian**	**531**		M-20	21	NIE	01:00:25	01:49:34	**02:39:14.40**	**02:39:45.75**	+00:42:06 (26.4%)	7:34	7.9 (73.8%)
86	**WALENDA Arkadiusz**	**409**	VEGE ULTRA RUNNERS	M-40	26	NIE	00:53:24	01:44:03	**02:40:15.65**	**02:40:23.60**	+00:42:44 (26.6%)	7:37	7.9 (73.8%)
87	**KARASIAK Piotr**	**266**		M-30	36	NO	00:55:59	01:44:37	**02:40:02.90**	**02:40:26.70**	+00:42:47 (26.7%)	7:37	7.9 (73.8%)
88	**STACHURSKI Piotr**	**172**	IM-POSSIBLE TEAM	M-30	37	NIE	00:48:05	01:37:43	**02:40:36.25**	**02:40:36.25**	+00:42:56 (26.7%)	7:38	7.8 (72.9%)
89	**SZOTA Robert**	**556**		M-30	38	NIE	00:56:05	01:47:19	**02:40:16.15**	**02:40:36.80**	+00:42:57 (26.7%)	7:37	7.9 (73.8%)
90	**MALISZEWSKI Adam**	**146**	PRO366 / RUNNERSCLUB.PL POZNAŃ / KB UE POZNAŃ	M-20	22	NIE	01:01:45	01:51:17	**02:40:32.35**	**02:40:38.90**	+00:42:59 (26.8%)	7:38	7.8 (72.9%)
91	**DUBIEL Piotr**	**359**	WILD DOGS TEAM / SUDECKI KLUB WYSOKOGÓRSKI	M-30	39	TAK	00:56:11	01:46:26	**02:40:30.90**	**02:40:39.80**	+00:43:00 (26.8%)	7:38	7.8 (72.9%)
92	**WÓJCIK Robert**	**248**	NOA	M-30	40	NIE	00:52:48	01:43:19	**02:40:35.45**	**02:40:39.85**	+00:43:00 (26.8%)	7:38	7.8 (72.9%)
93	**FRANKIEWICZ Artur**	**392**		M-30	41	TAK	00:56:48	01:47:00	**02:40:22.15**	**02:40:40.05**	+00:43:00 (26.8%)	7:38	7.9 (73.8%)
94	**PIECUCH Marcin**	**149**	LACHO TEAM	M-30	42	NIE	00:56:29	01:47:23	**02:40:32.75**	**02:40:43.30**	+00:43:04 (26.8%)	7:38	7.8 (72.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
95	**NIEPAŁA Jacek**	**161**	OBORYGENI	M-30	43	NO	00:54:27	01:44:39	**02:40:45.10**	**02:40:53.50**	+00:43:14 (26.9%)	7:39	7.8 (72.9%)
96	**FRĄCKOWIAK Michał**	**558**	CZERWONAK BIEGA	M-40	27	NIE	00:54:27	01:46:44	**02:40:53.80**	**02:41:00.65**	+00:43:21 (26.9%)	7:39	7.8 (72.9%)
97	**STANKIEWICZ Paweł**	**557**	CZERWONAK BIEGA	M-40	28	NIE	00:54:23	01:46:45	**02:40:53.50**	**02:41:00.95**	+00:43:21 (26.9%)	7:39	7.8 (72.9%)
98	**KOZIEŁ Tomasz**	**274**	KUDOWSCY MIŁOŚNICY BIEGANIA	M-30	44	NIE	00:55:00	01:45:47	**02:41:01.60**	**02:41:15.25**	+00:43:35 (27.0%)	7:40	7.8 (72.9%)
99	**SZUKAŁA Piotr**	**559**		M-30	45	TAK	00:57:55	01:47:19	**02:41:00.70**	**02:41:16.75**	+00:43:37 (27.0%)	7:40	7.8 (72.9%)
100	**ANTOSIAK Tomasz**	**74**	TRIATHLON MIETKÓW TEAM	M-30	46	NIE	00:56:15	01:47:57	**02:41:40.95**	**02:41:45.65**	+00:44:06 (27.3%)	7:41	7.8 (72.9%)
101	**ŁUCZAK Paweł**	**220**		M-40	29	TAK	00:58:15	01:48:58	**02:41:23.55**	**02:41:51.95**	+00:44:12 (27.3%)	7:41	7.8 (72.9%)
102	**DZIUBA Piotr**	**175**		M-40	30	NIE	00:54:44	01:45:51	**02:42:06.80**	**02:42:14.70**	+00:44:35 (27.5%)	7:43	7.8 (72.9%)
103	**DĄBROWICZ Jakub**	**107**		M-30	47	NIE	00:56:17	01:45:51	**02:42:03.55**	**02:42:16.00**	+00:44:36 (27.5%)	7:43	7.8 (72.9%)
104	**ZIMNY Tomasz**	**53**		M-60	1	NIE	00:57:00	01:48:26	**02:42:20.40**	**02:42:25.80**	+00:44:46 (27.6%)	7:43	7.8 (72.9%)
105	**SADOWSKI Tomasz**	**309**	KOSSMATE ŻUKI	M-40	31	NIE	00:59:14	01:49:17	**02:42:10.05**	**02:42:28.35**	+00:44:49 (27.6%)	7:43	7.8 (72.9%)
106	**WIŚNIEWSKI Paweł**	**553**	RUN@BALANCE	M-30	48	NIE	00:50:55	01:42:01	**02:42:22.45**	**02:42:29.80**	+00:44:50 (27.6%)	7:43	7.8 (72.9%)
107	**SANKOWSKI Pawel**	**467**	PLACKI TEAM	M-30	49	NIE	00:56:13	01:46:58	**02:42:27.55**	**02:42:45.25**	+00:45:05 (27.7%)	7:44	7.8 (72.9%)
108	**DĄBROWSKI Jacek**	**302**	DĄBROWSKI BROTHERS	M-30	50	NIE	00:56:11	01:47:06	**02:42:54.15**	**02:43:01.90**	+00:45:22 (27.8%)	7:45	7.7 (72.0%)
109	**KOWALCZYK Paweł**	**125**	KĘCKIE HARPAGANY	M-40	32	NIE	00:53:22	01:45:31	**02:43:05.80**	**02:43:08.70**	+00:45:29 (27.9%)	7:46	7.7 (72.0%)
110	**KRÓL Marcin**	**446**	OŚ RACING TEAM	M-30	51	NIE	00:56:18	01:47:47	**02:43:02.40**	**02:43:12.10**	+00:45:32 (27.9%)	7:45	7.7 (72.0%)
111	**PRZYPOLSKI Paweł**	**40**	IM-POSSIBLE TEAM	M-40	33	NIE	00:52:45	01:45:04	**02:43:07.80**	**02:43:15.25**	+00:45:35 (27.9%)	7:46	7.7 (72.0%)
112	**DARMOCHWAL Leszek**	**20**	DZIKIE BOBRY	M-40	34	NO	00:57:07	01:48:15	**02:43:45.85**	**02:43:45.85**	+00:46:06 (28.2%)	7:47	7.7 (72.0%)
113	**ZARODA Zbyszek**	**145**		M-40	35	NIE	00:56:11	01:48:06	**02:43:59.20**	**02:44:02.50**	+00:46:23 (28.3%)	7:48	7.7 (72.0%)
114	**BAŁYS Katarzyna**	**375**	HERCOG RUNNING TEAM	K-30	3	NIE	00:56:21	01:47:44	**02:43:56.60**	**02:44:05.20**	+00:46:25 (28.3%)	7:48	7.7 (72.0%)
115	**ŚWIDA Adam**	**225**	GET RUN	M-30	52	NIE	00:58:16	01:50:48	**02:43:48.90**	**02:44:10.90**	+00:46:31 (28.3%)	7:48	7.7 (72.0%)
116	**DUC-SYPOSZ Aureliusz**	**462**		M-40	36	NIE	00:59:17	01:49:31	**02:44:20.15**	**02:44:37.10**	+00:46:57 (28.5%)	7:49	7.7 (72.0%)
117	**KOCIK Marcin**	**532**	FATBOY SPRINT	M-40	37	NIE	00:59:18	01:49:29	**02:44:20.35**	**02:44:55.65**	+00:47:16 (28.7%)	7:49	7.7 (72.0%)
118	**ŁUCZAK Marcin**	**533**	RUN4ENERGY	M-30	53	NIE	00:56:08	01:48:22	**02:45:15.15**	**02:45:19.70**	+00:47:40 (28.8%)	7:52	7.6 (71.0%)
119	**STEC Piotr**	**361**		M-40	38	NIE	00:58:10	01:47:50	**02:44:49.95**	**02:45:25.35**	+00:47:46 (28.9%)	7:50	7.6 (71.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
120	**SIERZPUTOWSKI Robert**	**260**	NASIELSK BASZTA TEAM	M-40	39	NIE	01:02:46	01:52:38	**02:44:29.15**	**02:45:25.75**	+00:47:46 (28.9%)	7:49	7.7 (72.0%)
121	**FILIPOWSKI Krzysztof**	**251**	BBL ZIELONA GÓRA	M-30	54	NIE	00:57:33	01:49:07	**02:45:09.95**	**02:45:26.00**	+00:47:46 (28.9%)	7:51	7.6 (71.0%)
122	**STELMASZCZYK Bartłomiej**	**270**	SCOUT TAEM	M-40	40	NIE	00:58:04	01:50:53	**02:45:48.35**	**02:46:01.70**	+00:48:22 (29.1%)	7:53	7.6 (71.0%)
123	**VERHEYDEN Sam**	**201**	TMT	M-30	55	NIE	00:56:25	01:48:36	**02:45:51.45**	**02:46:09.65**	+00:48:30 (29.2%)	7:53	7.6 (71.0%)
124	**NOWAK Adam**	**525**	TAB2	M-40	41	TAK	00:56:27	01:48:59	**02:45:56.05**	**02:46:14.25**	+00:48:34 (29.2%)	7:54	7.6 (71.0%)
125	**KRYM Katarzyna**	**29**	NIGHT RUNNERS WROCŁAW	K-40	2	NIE	01:01:26	01:53:02	**02:45:43.75**	**02:46:16.45**	+00:48:37 (29.2%)	7:53	7.6 (71.0%)
126	**LACHOWSKI Robert**	**258**		M-30	56	NIE	00:58:29	01:50:21	**02:46:04.50**	**02:46:16.85**	+00:48:37 (29.2%)	7:54	7.6 (71.0%)
127	**KSIĄŻKIEWICZ Bartłomiej**	**192**	ROCKY BALBOA RUNNING CLUB	M-30	57	NIE	00:55:13	01:46:04	**02:46:07.45**	**02:46:47.55**	+00:49:08 (29.5%)	7:54	7.6 (71.0%)
128	**FRĄCKOWIAK Dariusz**	**540**	EMITT RACE TEAM / SROKABIAŁOBOKA	M-30	58	NIE	00:57:54	01:49:26	**02:46:37.05**	**02:46:53.10**	+00:49:13 (29.5%)	7:56	7.6 (71.0%)
129	**PIECUCH Karolina**	**195**	LACHO TEAM/SKLEP BIEGACZA	K-30	4	NIE	00:58:45	01:51:06	**02:46:49.65**	**02:46:59.15**	+00:49:19 (29.5%)	7:56	7.6 (71.0%)
130	**PALACZ Marcin**	**37**	OPTIMA CARDIO	M-40	42	NIE	00:56:23	01:49:02	**02:46:43.40**	**02:47:09.85**	+00:49:30 (29.6%)	7:56	7.6 (71.0%)
131	**BEDNARZ Sebastian**	**83**		M-40	43	NIE	00:57:33	01:49:07	**02:47:14.90**	**02:47:30.65**	+00:49:51 (29.8%)	7:57	7.5 (70.1%)
132	**TOŚ Sebastian**	**332**		M-40	44	NIE	00:55:38	01:49:34	**02:47:31.90**	**02:47:38.00**	+00:49:58 (29.8%)	7:58	7.5 (70.1%)
133	**URBAŃSKI Michał**	**442**	FLUNKYBALL TEAM LĄDEK-ZDRÓJ	M-30	59	NIE	00:58:35	01:50:25	**02:47:39.80**	**02:47:53.15**	+00:50:13 (29.9%)	7:59	7.5 (70.1%)
134	**BŁASZKIEWICZ Bogusz**	**362**		M-30	60	NIE	00:55:37	01:49:36	**02:47:54.60**	**02:48:04.10**	+00:50:24 (30.0%)	7:59	7.5 (70.1%)
135	**KOPROWSKI Tomasz**	**64**	ZHP HUFIEC POZNAŃ NOWE	M-30	61	NIE	00:58:44	01:50:00	**02:47:25.00**	**02:48:12.10**	+00:50:32 (30.1%)	7:58	7.5 (70.1%)
136	**KLICHOWSKI Marek**	**51**	IFON.PL KOLARZ KLUB	M-30	62	NIE	00:59:22	01:52:03	**02:48:12.45**	**02:48:40.40**	+00:51:01 (30.2%)	8:00	7.5 (70.1%)
137	**OLSZEWSKI Tomasz**	**507**	KSRG ZG RUDNA	M-40	45	NIE	01:00:16	01:51:46	**02:48:13.70**	**02:48:59.60**	+00:51:20 (30.4%)	8:00	7.5 (70.1%)
138	**STANUCHIEWICZ Oskar**	**500**		M-40	46	NIE	01:00:11	01:50:22	**02:48:44.15**	**02:49:15.50**	+00:51:36 (30.5%)	8:02	7.5 (70.1%)
139	**BONIKOWSKI Tomasz**	**199**		M-40	47	NIE	00:56:52	01:50:03	**02:49:09.70**	**02:49:30.50**	+00:51:51 (30.6%)	8:03	7.4 (69.2%)
140	**ROSOCHACZ Krzysztof**	**394**		M-40	48	NIE	00:55:46	01:48:54	**02:48:59.15**	**02:49:36.30**	+00:51:57 (30.6%)	8:02	7.5 (70.1%)
141	**PLONKOWSKI Sebastian**	**103**		M-40	49	NIE	01:00:35	01:52:14	**02:49:20.95**	**02:49:36.50**	+00:51:57 (30.6%)	8:03	7.4 (69.2%)
142	**ŁĘCKA Agnieszka**	**431**	HERCOG RUNNING TEAM	K-20	1	NIE	00:59:32	01:52:47	**02:49:20.95**	**02:49:37.10**	+00:51:57 (30.6%)	8:03	7.4 (69.2%)
143	**KARWACKI Grzegorz**	**471**	GLOBUS	M-40	50	TAK	01:02:05	01:54:03	**02:49:16.20**	**02:49:38.05**	+00:51:58 (30.6%)	8:03	7.4 (69.2%)
144	**STRZYGOCKI Maciej**	**110**		M-40	51	NIE	01:00:16	01:50:11	**02:49:06.45**	**02:49:38.45**	+00:51:59 (30.6%)	8:03	7.5 (70.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
145	**GWIZDAŁA Anna**	**287**		K-40	3	NIE	00:57:26	01:50:57	**02:49:29.40**	**02:49:40.60**	+00:52:01 (30.7%)	8:04	7.4 (69.2%)
146	**WÓJCIK Marcin**	**282**	FLOWERPOWERUN KOWARYB	M-40	52	TAK	00:56:25	01:49:40	**02:49:26.30**	**02:49:42.50**	+00:52:03 (30.7%)	8:04	7.4 (69.2%)
147	**BOCIAN Ryszard**	**283**	KW TORUŃ	M-40	53	TAK	00:58:17	01:52:05	**02:49:45.50**	**02:49:56.80**	+00:52:17 (30.8%)	8:05	7.4 (69.2%)
148	**DĄBROWSKA Katarzyna**	**265**		K-30	5	NIE	01:05:42	01:57:19	**02:49:07.55**	**02:49:58.15**	+00:52:18 (30.8%)	8:03	7.4 (69.2%)
149	**URBAŃSKI Krzysztof**	**89**	KROK ZA GROSZ	M-40	54	NIE	00:59:37	01:52:52	**02:49:45.15**	**02:49:58.95**	+00:52:19 (30.8%)	8:05	7.4 (69.2%)
150	**BARAN Jacek**	**198**	KB WARTKO	M-50	2	NIE	01:03:52	01:56:31	**02:49:39.80**	**02:50:02.75**	+00:52:23 (30.8%)	8:04	7.4 (69.2%)
151	**KRECZMANSKI Robert**	**116**		M-50	3	NIE	00:59:12	01:51:57	**02:49:35.35**	**02:50:04.85**	+00:52:25 (30.8%)	8:04	7.4 (69.2%)
152	**SPECHT Mikołaj**	**234**		M-40	55	NIE	01:00:24	01:52:39	**02:49:33.40**	**02:50:05.05**	+00:52:25 (30.8%)	8:04	7.4 (69.2%)
153	**KAMIENNIK Sebastian**	**491**		M-40	56	NIE	01:00:32	01:53:21	**02:49:31.25**	**02:50:05.40**	+00:52:26 (30.8%)	8:04	7.4 (69.2%)
154	**RODAK Zbigniew**	**223**	STRZEGOMSKA DWUNASTKA	M-30	63	NIE	01:01:51	01:53:33	**02:49:25.15**	**02:50:18.30**	+00:52:39 (30.9%)	8:04	7.4 (69.2%)
155	**OLSZYNA Jakub**	**539**	SZKOŁA ASPIRANTÓW PSP POZNAŃ	M-20	23	NIE	00:59:15	01:52:03	**02:49:49.40**	**02:50:19.50**	+00:52:40 (30.9%)	8:05	7.4 (69.2%)
156	**NOWAKOWSKI Sebastian**	**23**	RYSIE	M-30	64	TAK	01:00:59	01:52:58	**02:49:48.85**	**02:50:22.15**	+00:52:42 (30.9%)	8:05	7.4 (69.2%)
157	**CZARNIECKI Daniel**	**33**	THIS IS ENGLISH	M-30	65	NIE	00:58:47	01:52:00	**02:50:14.85**	**02:50:30.30**	+00:52:51 (31.0%)	8:06	7.4 (69.2%)
158	**SALACH Radosław**	**346**	MOCNI NA STARCIE	M-40	57	NIE	01:01:38	01:52:45	**02:50:15.35**	**02:50:47.60**	+00:53:08 (31.1%)	8:06	7.4 (69.2%)
159	**HANDZIAK Tomasz**	**402**		M-30	66	NIE	01:02:38	01:56:30	**02:50:40.50**	**02:51:00.10**	+00:53:20 (31.2%)	8:07	7.4 (69.2%)
160	**PORĘBSKI Łukasz**	**453**		M-30	67	NIE	01:01:49	01:54:48	**02:50:29.30**	**02:51:05.30**	+00:53:26 (31.2%)	8:07	7.4 (69.2%)
161	**JĘDRYCHOWSKI Bartłomiej**	**399**		M-30	68	NIE	00:57:32	01:49:48	**02:51:52.75**	**02:52:08.65**	+00:54:29 (31.7%)	8:11	7.3 (68.2%)
162	**KUPCZYK Rafał**	**301**	ROZBIEGANY RAWICZ	M-30	69	NIE	00:57:23	01:51:04	**02:51:56.30**	**02:52:10.55**	+00:54:31 (31.7%)	8:11	7.3 (68.2%)
163	**PAPROCKI Krzysztof**	**87**		M-40	58	NIE	01:01:51	01:55:19	**02:51:45.80**	**02:52:19.15**	+00:54:39 (31.7%)	8:10	7.3 (68.2%)
164	**JARUGA Marcin**	**424**	KB MARATON TUREK	M-40	59	NIE	01:01:49	01:55:37	**02:52:41.40**	**02:53:02.10**	+00:55:22 (32.0%)	8:13	7.3 (68.2%)
165	**KURZAWINSKI Marcin**	**73**	KB MARATON TUREK	M-40	60	NIE	01:01:49	01:55:43	**02:52:42.50**	**02:53:02.40**	+00:55:23 (32.0%)	8:13	7.3 (68.2%)
166	**ŁUCZAK Tomasz**	**121**	KB MARATON TUREK	M-30	70	NIE	00:59:40	01:52:54	**02:52:37.50**	**02:53:02.50**	+00:55:23 (32.0%)	8:13	7.3 (68.2%)
167	**KRAWCZYK Krzysztof**	**97**	KB MARATON TUREK	M-40	61	NIE	01:00:37	01:54:01	**02:52:39.80**	**02:53:02.70**	+00:55:23 (32.0%)	8:13	7.3 (68.2%)
168	**MNICH Tomasz**	**376**		M-40	62	NIE	01:01:20	01:55:24	**02:52:41.95**	**02:53:03.05**	+00:55:23 (32.0%)	8:13	7.3 (68.2%)
169	**OPOWICZ Rafał**	**289**		M-40	63	NIE	01:00:39	01:52:43	**02:52:41.70**	**02:53:14.60**	+00:55:35 (32.1%)	8:13	7.3 (68.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
170	**LEŚNIOWSKI Andrzej**	**483**	FOR RUN TEAM	M-30	71	NIE	00:58:35	01:51:00	**02:53:11.60**	**02:53:16.75**	+00:55:37 (32.1%)	8:14	7.3 (68.2%)
171	**STACHURSKI Daniel**	**353**	EMERYCI I RENCIŚCI	M-40	64	NIE	01:00:38	01:53:52	**02:52:48.70**	**02:53:17.55**	+00:55:38 (32.1%)	8:13	7.3 (68.2%)
172	**SZPINEK Marcin**	**437**	TUTU TEAM	M-30	72	NIE	00:58:53	01:52:49	**02:53:07.40**	**02:53:19.90**	+00:55:40 (32.1%)	8:14	7.3 (68.2%)
173	**TOL Kamil**	**434**	MAFIA TEAM LUBLINIEC	M-30	73	NIE	00:58:25	01:52:16	**02:53:08.05**	**02:53:20.75**	+00:55:41 (32.1%)	8:14	7.3 (68.2%)
174	**ZGARDA Jacek**	**26**	TMTEAM	M-40	65	NO	00:57:47	01:53:09	**02:53:26.60**	**02:53:31.95**	+00:55:52 (32.2%)	8:15	7.3 (68.2%)
175	**TRETIAK Mateusz**	**102**		M-30	74	NIE	01:00:48	01:54:38	**02:53:17.95**	**02:53:34.65**	+00:55:55 (32.2%)	8:15	7.3 (68.2%)
176	**MAŚLANKA Andrzej**	**501**		M-30	75	NIE	01:10:54	02:01:22	**02:52:36.15**	**02:53:39.70**	+00:56:00 (32.3%)	8:13	7.3 (68.2%)
177	**JASTRZĘBSKI Leszek**	**196**	PUSZCZYK BUKOWY	M-40	66	NIE	01:04:20	01:56:55	**02:53:15.40**	**02:53:55.60**	+00:56:16 (32.4%)	8:15	7.3 (68.2%)
178	**MRÓZ Marcin**	**147**	DZIKIE BOBRY	M-40	67	NIE	00:58:45	01:54:52	**02:54:17.05**	**02:54:27.40**	+00:56:48 (32.6%)	8:17	7.2 (67.3%)
179	**ROJEWSKI Paweł**	**338**		M-30	76	NIE	00:56:08	01:50:17	**02:54:27.90**	**02:54:41.20**	+00:57:01 (32.6%)	8:18	7.2 (67.3%)
180	**ORUBA Dawid**	**144**		M-20	24	NIE	01:00:06	01:55:01	**02:54:00.35**	**02:54:42.05**	+00:57:02 (32.7%)	8:17	7.2 (67.3%)
181	**WOLFF-STEFANIAK Maria**	**480**		K-30	6	NIE	00:59:14	01:56:34	**02:55:26.55**	**02:55:41.05**	+00:58:01 (33.0%)	8:21	7.2 (67.3%)
182	**LACKOWSKI Andrzej**	**56**	AIKIDO UMK TORUN	M-30	77	NIE	00:54:42	01:49:04	**02:55:31.65**	**02:55:41.25**	+00:58:01 (33.0%)	8:21	7.2 (67.3%)
183	**NOWAK Daniel**	**129**	MKKK	M-30	78	NIE	01:02:37	01:56:25	**02:55:14.80**	**02:55:42.05**	+00:58:02 (33.0%)	8:20	7.2 (67.3%)
184	**GRABIŃSKI Waldemar**	**354**	ROGOZIŃSKI KLUB BIEGACZA	M-40	68	NIE	01:01:58	01:55:41	**02:55:19.30**	**02:56:16.60**	+00:58:37 (33.3%)	8:20	7.2 (67.3%)
185	**KURZAWSKI Piotr**	**489**		M-30	79	NIE	01:06:36	01:59:24	**02:55:16.80**	**02:56:17.20**	+00:58:37 (33.3%)	8:20	7.2 (67.3%)
186	**KACZMAREK Karol**	**173**	ROZBIEGANYRAWICZ	M-40	69	NIE	01:00:40	01:53:52	**02:56:15.00**	**02:56:37.65**	+00:58:58 (33.4%)	8:23	7.1 (66.4%)
187	**MICHALSKI Piotr**	**341**		M-30	80	NIE	01:02:34	01:56:25	**02:56:11.95**	**02:56:37.95**	+00:58:58 (33.4%)	8:23	7.2 (67.3%)
188	**BISOWSKI Mariusz**	**323**	KOZY W UCHU	M-40	70	NIE	01:06:34	02:00:07	**02:55:55.25**	**02:56:38.95**	+00:58:59 (33.4%)	8:22	7.2 (67.3%)
189	**ŁYSIAK Sylwia**	**139**	ROZBIEGANY ROZBIEGANY	K-40	4	NIE	01:02:32	01:57:57	**02:56:18.40**	**02:56:39.35**	+00:59:00 (33.4%)	8:23	7.1 (66.4%)
190	**KICINSKA Dorota**	**43**	ROZBIEGANY RAWICZ	K-30	7	NIE	01:01:21	01:56:17	**02:56:21.85**	**02:56:40.75**	+00:59:01 (33.4%)	8:23	7.1 (66.4%)
191	**GRABOŚ Nina**	**521**		K-40	5	NIE	01:02:09	01:57:53	**02:56:24.55**	**02:56:41.05**	+00:59:01 (33.4%)	8:24	7.1 (66.4%)
192	**LEWANDOWSKI Wojciech**	**204**		M-40	71	NIE	00:58:20	01:51:51	**02:56:21.40**	**02:56:42.45**	+00:59:03 (33.4%)	8:23	7.1 (66.4%)
193	**GRAMZA Katarzyna**	**15**	EUFORIABIEGACZA	K-30	8	NIE	01:03:26	01:58:09	**02:56:22.85**	**02:56:43.30**	+00:59:04 (33.4%)	8:23	7.1 (66.4%)
194	**BALCERZAK Robert**	**31**	KLUB BIEGACZA WARTA	M-40	72	NIE	01:00:21	01:55:18	**02:56:36.55**	**02:56:57.90**	+00:59:18 (33.5%)	8:24	7.1 (66.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
195	**DIERING Tomasz**	**549**	ROWERY MAŁGOŚKA	M-30	81	NIE	01:02:17	01:56:27	**02:56:45.85**	**02:57:03.15**	+00:59:23 (33.5%)	8:25	7.1 (66.4%)
196	**HALADYN Małgorzata**	**156**		K-30	9	NIE	01:02:25	01:57:49	**02:56:51.25**	**02:57:18.00**	+00:59:38 (33.6%)	8:25	7.1 (66.4%)
197	**ZERZUT Jarosław**	**306**	PUSZCZYK BUKOWY	M-50	4	NIE	01:06:53	01:58:30	**02:56:41.15**	**02:57:21.05**	+00:59:41 (33.7%)	8:24	7.1 (66.4%)
198	**BACA Łukasz**	**191**	RAMBO 3	M-30	82	NIE	01:02:35	01:59:52	**02:57:41.85**	**02:57:41.85**	+01:00:02 (33.8%)	8:27	7.1 (66.4%)
199	**KURZAWIAK Grzegorz**	**365**	KARŁÓW	M-30	83	NIE	01:01:47	01:55:50	**02:56:53.20**	**02:57:42.90**	+01:00:03 (33.8%)	8:25	7.1 (66.4%)
200	**DĄBROWSKI Damian**	**367**	MOTOINTEGRATOR RUNNING TEAM	M-30	84	NIE	01:00:32	01:55:09	**02:57:51.80**	**02:57:58.65**	+01:00:19 (33.9%)	8:28	7.1 (66.4%)
201	**HETMAŃCZYK Jakub**	**119**		M-30	85	NIE	01:04:34	02:00:01	**02:57:18.75**	**02:58:00.65**	+01:00:21 (33.9%)	8:26	7.1 (66.4%)
202	**MŁYNARCZYK Krzysztof**	**418**		M-40	73	NIE	01:00:32	01:56:26	**02:57:41.25**	**02:58:01.15**	+01:00:21 (33.9%)	8:27	7.1 (66.4%)
203	**TYŚ Radek**	**517**		M-30	86	NIE	01:01:45	01:56:35	**02:58:36.75**	**02:59:05.15**	+01:01:25 (34.3%)	8:30	7.1 (66.4%)
204	**NIESPODZIANY Maciej**	**450**	EXTREM OUTDOOR	M-30	87	NO	01:08:06	02:01:45	**02:58:38.65**	**02:59:28.40**	+01:01:49 (34.4%)	8:30	7.1 (66.4%)
205	**BRZEZIŃSKI Marcin**	**269**		M-40	74	NIE	00:58:25	01:56:15	**02:59:22.90**	**02:59:34.35**	+01:01:55 (34.5%)	8:32	7 (65.4%)
206	**TULIK Przemysław**	**473**		M-50	5	NIE	01:04:15	02:00:02	**02:59:07.05**	**02:59:45.25**	+01:02:05 (34.5%)	8:31	7 (65.4%)
207	**ŁAMPIKA Kinga**	**96**	NIGHT RUNNERS WROCŁAW	K-30	10	NIE	01:06:11	01:59:35	**02:58:59.85**	**02:59:45.85**	+01:02:06 (34.6%)	8:31	7 (65.4%)
208	**BALWIERCZAK Piotr**	**71**	NIGHT RUNNERS WROCŁAW	M-20	25	NIE	01:06:10	01:59:35	**02:58:59.00**	**02:59:46.00**	+01:02:06 (34.6%)	8:31	7 (65.4%)
209	**SZYSZKOWSKI Rafal**	**167**		M-40	75	NIE	01:02:40	02:00:19	**02:59:35.90**	**02:59:55.75**	+01:02:16 (34.6%)	8:33	7 (65.4%)
210	**STECZKOWSKA Anna**	**420**	OŁAWSKA GRUPA BIEGOWA	K-30	11	NIE	01:07:33	02:01:49	**02:59:03.50**	**02:59:57.75**	+01:02:18 (34.6%)	8:31	7 (65.4%)
211	**KOWALSKI Bogusław**	**216**	KLUB WYSOKOGÓRSKI W TORUNIU	M-40	76	TAK	01:01:48	01:58:07	**02:59:59.20**	**02:59:59.20**	+01:02:19 (34.6%)	8:34	7 (65.4%)
212	**POSPIESZNY Rafał**	**185**		M-30	88	NIE	01:06:07	02:01:00	**02:59:29.30**	**03:00:09.20**	+01:02:29 (34.7%)	8:32	7 (65.4%)
213	**TRZEPIZUR Dominik**	**130**	NGB KŁOBUCK	M-30	89	NIE	01:04:43	02:01:59	**03:00:00.50**	**03:00:11.85**	+01:02:32 (34.7%)	8:34	7 (65.4%)
214	**PRZYBYŁ Tomasz**	**243**	NIGHT RUNNERS	M-40	77	NIE	01:02:22	01:58:42	**02:59:53.70**	**03:00:19.95**	+01:02:40 (34.8%)	8:33	7 (65.4%)
215	**KOWALEWSKI Grzegorz**	**505**		M-40	78	NIE	01:01:43	02:00:05	**03:00:12.00**	**03:00:22.05**	+01:02:42 (34.8%)	8:34	7 (65.4%)
216	**BINKOWSKI Marcin**	**469**		M-40	79	NIE	01:00:30	01:58:04	**03:00:22.90**	**03:00:32.50**	+01:02:53 (34.8%)	8:35	7 (65.4%)
217	**TYRALSKI Dominik**	**543**	POLSAT BIEGA	M-40	80	NIE	01:05:45	02:00:19	**03:00:05.10**	**03:00:34.05**	+01:02:54 (34.8%)	8:34	7 (65.4%)
218	**PYTKO Jarosław**	**286**		M-30	90	NIE	00:58:33	01:55:06	**03:00:17.85**	**03:00:35.00**	+01:02:55 (34.8%)	8:35	7 (65.4%)
219	**LESZKO Jacek**	**326**	LESZTEK SKALAK TEAM	M-40	81	NIE	01:09:36		**03:00:45.65**	**03:00:45.65**	+01:03:06 (34.9%)	8:36	7 (65.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
220	**KWOLIK Daniel**	**1**	WIELKA ORKIESTRA ŚWIĄTECZNEJ POMOCY	M-40	82	NIE	01:01:52	01:57:07	**02:59:52.45**	**03:00:51.15**	+01:03:11 (34.9%)	8:33	7 (65.4%)
221	**KRAWCZYK Jakub**	**277**		M-20	26	NIE	01:02:18	01:58:27	**03:00:33.10**	**03:01:02.40**	+01:03:23 (35.0%)	8:35	7 (65.4%)
222	**KOŁODZIEJ Mariusz**	**77**	TMT	M-40	83	NIE	01:00:49	01:58:21	**03:01:28.20**	**03:01:33.25**	+01:03:53 (35.2%)	8:38	6.9 (64.5%)
223	**PAZDAN Natalia**	**236**	KOWARY BIEGAJĄ	K-30	12	NIE	01:05:43	02:01:35	**03:01:01.15**	**03:01:34.20**	+01:03:54 (35.2%)	8:37	7 (65.4%)
224	**SZMANIA Jakub**	**561**	HKT AZYMUT	M-30	91	NIE	01:08:12	02:02:00	**03:01:04.00**	**03:01:35.00**	+01:03:55 (35.2%)	8:37	7 (65.4%)
225	**CHORZĘPA Adam**	**428**	SZCZYTNA BIEGA	M-50	6	NIE	01:04:01	02:01:44	**03:01:24.90**	**03:01:36.05**	+01:03:56 (35.2%)	8:38	6.9 (64.5%)
226	**STEFANOWSKI Marcin**	**84**		M-40	84	NIE	01:06:11	02:02:16	**03:01:04.25**	**03:01:37.00**	+01:03:57 (35.2%)	8:37	7 (65.4%)
227	**ŻMUDKA Bartek**	**68**	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M-40	85	NIE	01:03:15	02:02:05	**03:01:51.85**	**03:02:01.75**	+01:04:22 (35.4%)	8:39	6.9 (64.5%)
228	**PODOLAK Tomek**	**123**		M-20	27	NIE	01:06:04	02:01:34	**03:01:10.40**	**03:02:05.85**	+01:04:26 (35.4%)	8:37	7 (65.4%)
229	**SURMACZ Rafał**	**519**	CARDIORUNNERS	M-40	86	NIE	01:04:02	02:00:06	**03:01:58.55**	**03:02:12.80**	+01:04:33 (35.4%)	8:39	6.9 (64.5%)
230	**WYSOCKI Tomasz**	**131**	OCHAJORUN & FRIENDS	M-40	87	NIE	01:05:04	02:02:05	**03:02:06.70**	**03:02:15.50**	+01:04:36 (35.4%)	8:40	6.9 (64.5%)
231	**KRUŻOŁEK Monika**	**242**	TURBOPTYSIE	K-30	13	NIE	01:06:33	02:03:11	**03:01:48.85**	**03:02:17.60**	+01:04:38 (35.5%)	8:39	6.9 (64.5%)
232	**WACHOWSKI Robert**	**45**		M-40	88	NIE	01:06:46	02:01:20	**03:01:35.95**	**03:02:19.40**	+01:04:40 (35.5%)	8:38	6.9 (64.5%)
233	**RANGL Jowita**	**360**		K-40	6	NIE	01:08:34	02:04:03	**03:01:52.40**	**03:02:25.70**	+01:04:46 (35.5%)	8:39	6.9 (64.5%)
234	**GÓRNY Aleksander**	**151**	KROK ZA GROSZ	M-40	89	NIE	01:03:44	02:00:34	**03:02:27.55**	**03:02:27.55**	+01:04:48 (35.5%)	8:41	6.9 (64.5%)
235	**ORZECHOWSKI Daniel**	**171**	I-SPORT	M-30	92	NIE	01:05:20	02:02:20	**03:02:23.75**	**03:02:47.75**	+01:05:08 (35.6%)	8:41	6.9 (64.5%)
236	**LACKORZYŃSKA Alicja**	**134**	FIZJOBIEGACZE SZCZECIN	K-20	2	NIE	01:02:05	01:59:58	**03:02:17.90**	**03:02:50.15**	+01:05:10 (35.6%)	8:40	6.9 (64.5%)
237	**MUCHA Piotr**	**115**	FIZJOBIEGACZE SZCZECIN	M-30	93	NO	01:02:20	01:59:49	**03:02:20.10**	**03:02:51.00**	+01:05:11 (35.7%)	8:41	6.9 (64.5%)
238	**RUTKOWSKI Krzysztof**	**100**	FIZJOBIEGACZE SZCZECIN	M-30	94	NIE	01:02:19	01:59:58	**03:02:18.30**	**03:02:52.45**	+01:05:13 (35.7%)	8:40	6.9 (64.5%)
239	**SZCZOTKA Łukasz**	**203**		M-30	95	TAK	01:10:56	02:07:06	**03:02:24.40**	**03:02:57.45**	+01:05:18 (35.7%)	8:41	6.9 (64.5%)
240	**KRASOWSKI Jakub**	**90**	ATAK KRETA	M-30	96	NIE	00:59:53	01:58:32	**03:02:46.80**	**03:03:01.00**	+01:05:21 (35.7%)	8:42	6.9 (64.5%)
241	**PILARSKA Magdalena**	**414**	STR POZNAŃ	K-30	14	TAK	01:08:20	02:02:47	**03:02:41.65**	**03:03:11.85**	+01:05:32 (35.8%)	8:41	6.9 (64.5%)
242	**FOGIEL-PAWŁOWSKA Agnieszka**	**99**	LOS BIEGANEROS	K-30	15	NIE	01:07:11	02:04:19	**03:03:02.70**	**03:03:19.35**	+01:05:40 (35.8%)	8:43	6.9 (64.5%)
243	**STANEK Bartosz**	**412**	ŚMIGIEL	M-30	97	NIE	00:58:43	01:56:17	**03:03:09.05**	**03:03:32.50**	+01:05:53 (35.9%)	8:43	6.9 (64.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
244	**LUBIK Adam**	**152**	KSE ON-SIGHT, SPUCHLAKI TEAM	M-30	98	NIE	01:11:07	02:07:20	**03:03:36.60**	**03:03:36.60**	+01:05:57 (35.9%)	8:44	6.9 (64.5%)
245	**WYBIERAŁA Andrzej**	**284**	ROZBIEGANY RAWICZ	M-50	7	NIE	01:03:21	01:59:52	**03:03:21.10**	**03:03:43.25**	+01:06:03 (36.0%)	8:43	6.9 (64.5%)
246	**FLIS Dariusz**	**447**	BORN TO RUN	M-40	90	NIE	01:07:47	02:01:27	**03:02:53.20**	**03:03:51.15**	+01:06:11 (36.0%)	8:42	6.9 (64.5%)
247	**MAZUR Andrzej**	**226**	MARTOMBIKE	M-30	99	NIE	01:11:34	02:06:36	**03:03:25.15**	**03:04:11.85**	+01:06:32 (36.1%)	8:44	6.9 (64.5%)
248	**BARANOWSKI Damian**	**188**	KSE ON-SIGHT	M-20	28	TAK	01:10:36	02:06:23	**03:03:23.80**	**03:04:21.10**	+01:06:41 (36.2%)	8:44	6.9 (64.5%)
249	**CZAJA Maciej**	**14**	MINICLASSIC.PL	M-40	91	NIE	01:06:09	02:01:08	**03:03:59.55**	**03:04:37.75**	+01:06:58 (36.3%)	8:45	6.8 (63.6%)
250	**CZAJA Małgorzata**	**22**	MINICLASSIC>PL	K-40	7	NIE	01:04:52	02:01:07	**03:03:59.05**	**03:04:38.00**	+01:06:58 (36.3%)	8:45	6.8 (63.6%)
251	**SZOŁTYSEK Wojciech**	**128**	CHAJORUN & FRIENDS	M-40	92	NIE	01:05:29	02:02:08	**03:04:30.65**	**03:04:38.85**	+01:06:59 (36.3%)	8:47	6.8 (63.6%)
252	**JAŻOWNIK Jacek**	**36**	WKURW_TEAM	M-40	93	NO	01:08:07	02:02:30	**03:04:13.70**	**03:04:58.15**	+01:07:18 (36.4%)	8:46	6.8 (63.6%)
253	**BAKA Marcin**	**263**	GTS TRADYCJA	M-50	8	NIE	01:03:21	02:02:08	**03:05:00.85**	**03:05:20.85**	+01:07:41 (36.5%)	8:48	6.8 (63.6%)
254	**STRASZKO Monika**	**66**		K-30	16	NIE	01:07:37	02:05:59	**03:05:35.50**	**03:06:06.05**	+01:08:26 (36.8%)	8:50	6.8 (63.6%)
255	**GUTOWSKI Dariusz**	**32**	NGB KŁOBUCK	M-50	9	NIE	01:04:53	02:03:43	**03:06:12.00**	**03:06:25.15**	+01:08:45 (36.9%)	8:52	6.8 (63.6%)
256	**PISZCZEK Krzysztof**	**148**	KOCHAMTOROBIC	M-30	100	NIE	01:06:36	02:04:55	**03:05:47.05**	**03:06:27.85**	+01:08:48 (36.9%)	8:50	6.8 (63.6%)
257	**OLEJNIK Piotr**	**563**		M-30	101	NIE	01:05:19	02:03:26	**03:06:34.10**	**03:06:48.00**	+01:09:08 (37.0%)	8:53	6.8 (63.6%)
258	**ZERZÁN Dominik**	**202**	NÁCHOD	M-40	94	NIE	00:58:56	01:58:27	**03:06:45.80**	**03:06:50.50**	+01:09:11 (37.0%)	8:53	6.7 (62.6%)
259	**MAJEWSKA Kinga**	**452**		K-40	8	NIE	01:06:12	02:06:08	**03:06:31.30**	**03:06:51.00**	+01:09:11 (37.0%)	8:52	6.8 (63.6%)
260	**KROPISZ Łukasz**	**92**	HRMAX ŻORY	M-30	102	NIE	01:04:37	02:01:11	**03:06:29.60**	**03:07:07.65**	+01:09:28 (37.1%)	8:52	6.8 (63.6%)
261	**KRZESIMOWSKI Damian**	**368**		M-30	103	NIE	01:08:20	02:06:07	**03:07:24.70**	**03:07:50.30**	+01:10:11 (37.4%)	8:55	6.7 (62.6%)
262	**KONOPNIAK Krzysztof**	**297**	ROZBIEGANY RAWICZ	M-40	95	NIE	01:01:36	01:59:50	**03:07:28.80**	**03:07:51.10**	+01:10:11 (37.4%)	8:55	6.7 (62.6%)
263	**SZCZEPARA Wojciech**	**404**		M-20	29	NIE	01:11:21	02:07:09	**03:07:07.25**	**03:07:51.90**	+01:10:12 (37.4%)	8:54	6.7 (62.6%)
264	**WRZESIŃSKI Piotr**	**481**	GAPPAG TEAM	M-40	96	NIE	01:03:26	02:01:53	**03:07:46.35**	**03:07:59.95**	+01:10:20 (37.4%)	8:56	6.7 (62.6%)
265	**ANTECKI Jacek**	**261**		M-30	104	NIE	01:00:39	01:59:40	**03:07:49.25**	**03:08:17.65**	+01:10:38 (37.5%)	8:56	6.7 (62.6%)
266	**HENECZKOWSKA Anna**	**443**	KALENJI TEAM POLAND, BORN TO RUN	K-20	3	NIE	01:11:02	02:02:49	**03:07:21.40**	**03:08:21.15**	+01:10:41 (37.5%)	8:55	6.7 (62.6%)
267	**CZEKALSKA Maria**	**25**		K-30	17	NIE	01:06:26	02:05:50	**03:07:47.80**	**03:08:23.00**	+01:10:43 (37.5%)	8:56	6.7 (62.6%)
268	**KAMIŃSKI Paweł**	**485**		M-40	97	NIE	01:00:34	01:58:11	**03:08:18.20**	**03:08:29.95**	+01:10:50 (37.6%)	8:58	6.7 (62.6%)
269	**SADOWY Rafal**	**482**		M-40	98	NIE	01:04:42	02:05:22	**03:08:18.30**	**03:08:43.80**	+01:11:04 (37.7%)	8:58	6.7 (62.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
270	**RUSIN Jakub**	**470**		M-20	30	NIE	01:09:29	02:07:08	**03:08:16.70**	**03:08:48.70**	+01:11:09 (37.7%)	8:57	6.7 (62.6%)
271	**GAWROŃSKI Roman**	**104**	WKURW_TEAM	M-30	105	NIE	01:09:10	02:06:07	**03:08:14.85**	**03:09:00.00**	+01:11:20 (37.7%)	8:57	6.7 (62.6%)
272	**DUDEK Krzysztof**	**182**	STRZEGOMSKA DWUNASTKA	M-40	99	NIE	01:06:38	02:03:13	**03:08:20.05**	**03:09:12.25**	+01:11:32 (37.8%)	8:58	6.7 (62.6%)
273	**GULCZYŃSKI Tomasz**	**178**	KSE ON-SIGHT	M-30	106	NIE	01:07:49	02:05:26	**03:08:39.00**	**03:09:37.00**	+01:11:57 (38.0%)	8:59	6.7 (62.6%)
274	**MALESZKO Bartosz**	**405**		M-20	31	NIE	01:10:34	02:07:27	**03:08:51.30**	**03:09:37.60**	+01:11:58 (38.0%)	8:59	6.7 (62.6%)
275	**SOKOŁOWSKI Marcin**	**358**	KW OPOLE	M-40	100	TAK	01:10:47	02:07:05	**03:08:50.05**	**03:09:46.20**	+01:12:06 (38.0%)	8:59	6.7 (62.6%)
276	**PANZ Krzysztof**	**391**		M-30	107	TAK	01:02:04	02:00:01	**03:09:28.95**	**03:09:46.80**	+01:12:07 (38.0%)	9:01	6.6 (61.7%)
277	**SZYMAŃSKI Marcin**	**444**	OŁAWSKA GRUPA BIEGOWA	M-40	101	NIE	01:09:05	02:05:39	**03:08:54.90**	**03:09:49.95**	+01:12:10 (38.0%)	8:59	6.7 (62.6%)
278	**ŻARCZYŃSKA Agnieszka**	**496**	OŁAWSKA GRUPA BIEGOWA	K-40	9	NIE	01:09:06	02:05:42	**03:09:00.35**	**03:09:54.15**	+01:12:14 (38.0%)	9:00	6.7 (62.6%)
279	**PILZ-JĘDRZEJCZYK Dominika**	**221**		K-30	18	NIE	01:12:33	02:08:41	**03:09:01.40**	**03:09:57.85**	+01:12:18 (38.1%)	9:00	6.7 (62.6%)
280	**SKUDLARSKI Kamil**	**124**	PRO-RUN WROCŁAW	M-50	10	TAK	01:08:22	02:06:34	**03:09:21.90**	**03:09:59.05**	+01:12:19 (38.1%)	9:01	6.7 (62.6%)
281	**KADŁUBOWSKI Piotr**	**460**	KOTWICA BRZEG / AUTOGAZEXPERT RUNNERS TEAM	M-40	102	NIE	01:04:49	02:02:19	**03:10:10.35**	**03:10:32.05**	+01:12:52 (38.2%)	9:03	6.6 (61.7%)
282	**CYRULEWSKI Rafał**	**268**		M-40	103	NIE			**03:10:33.55**	**03:10:33.55**	+01:12:54 (38.3%)	9:04	6.6 (61.7%)
283	**ŁUKASZCZUK Grzegorz**	**12**		M-30	108	NIE	01:10:52	02:07:26	**03:09:42.65**	**03:10:43.30**	+01:13:04 (38.3%)	9:02	6.6 (61.7%)
284	**KRAWCZYŃSKA Anna**	**19**	POMIOTY SZATANA	K-30	19	TAK	01:05:10	02:06:54	**03:10:45.20**	**03:10:53.90**	+01:13:14 (38.4%)	9:05	6.6 (61.7%)
285	**ŁAPCZYŃSKA Magdalena**	**238**	KARPACZ SPORT	K-40	10	NIE	01:10:27	02:07:57	**03:10:24.40**	**03:10:55.55**	+01:13:16 (38.4%)	9:04	6.6 (61.7%)
286	**ICIEK Mariusz**	**477**	AKTYWNI KAMIEŃSK	M-40	104	NIE	01:14:25	02:10:19	**03:10:02.50**	**03:10:56.65**	+01:13:17 (38.4%)	9:02	6.6 (61.7%)
287	**KAPLIŃSKI Kamil**	**370**		M-30	109	NIE	01:02:37	02:06:03	**03:10:57.45**	**03:11:03.85**	+01:13:24 (38.4%)	9:05	6.6 (61.7%)
288	**GRZESIAK Rafał**	**374**		M-40	105	NIE	01:06:04	02:05:45	**03:10:29.45**	**03:11:04.75**	+01:13:25 (38.4%)	9:04	6.6 (61.7%)
289	**GIEC Anna**	**132**		K-40	11	NIE	01:10:31	02:10:22	**03:10:55.35**	**03:11:35.00**	+01:13:55 (38.6%)	9:05	6.6 (61.7%)
290	**TRZCIONKA Mirosław**	**27**	PROFI AUTO SPORT TEAM	M-30	110	NIE	01:06:38	02:05:22	**03:11:04.35**	**03:11:45.75**	+01:14:06 (38.6%)	9:05	6.6 (61.7%)
291	**WIADERNA Nina**	**350**	SKLEP BIEGACZA WARSZAWA POWIŚLE	K-30	20	TAK	01:07:40	02:08:37	**03:11:37.40**	**03:12:03.00**	+01:14:23 (38.7%)	9:07	6.6 (61.7%)
292	**SKAŁECKI Przemysław**	**112**		M-30	111	NIE	01:11:45	02:10:38	**03:11:55.90**	**03:12:24.50**	+01:14:45 (38.9%)	9:08	6.6 (61.7%)
293	**SMOLIŃSKI Piotr**	**255**		M-30	112	NIE	01:08:17	02:10:43	**03:12:25.10**	**03:12:32.75**	+01:14:53 (38.9%)	9:09	6.5 (60.7%)
294	**SKRZYPCZAK Mirosław**	**513**	BALANSTEAM KATOWICE	M-40	106	TAK	01:05:19	02:05:30	**03:12:36.70**	**03:12:52.00**	+01:15:12 (39.0%)	9:10	6.5 (60.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
295	**GEMZA Anna**	**512**	BALANSTEAM KATOWICE	K-30	21	TAK	01:05:24	02:05:28	**03:12:37.05**	**03:12:52.15**	+01:15:12 (39.0%)	9:10	6.5 (60.7%)
296	**TURLEJ Dariusz**	**222**	KONDYCJA	M-60	2	NIE	01:10:44	02:12:01	**03:12:18.55**	**03:12:53.15**	+01:15:13 (39.0%)	9:09	6.6 (61.7%)
297	**JASICKI Henryk**	**546**	OŁAWSKA GRUPA BIEGOWA	M-50	11	NIE	01:10:33	02:07:18	**03:11:59.60**	**03:12:54.30**	+01:15:15 (39.0%)	9:08	6.6 (61.7%)
298	**DURKIEWICZ Tomasz**	**177**	DOM KULTURY JOGI	M-40	107	NIE	01:10:25	02:10:15	**03:12:13.95**	**03:12:55.15**	+01:15:15 (39.0%)	9:09	6.6 (61.7%)
299	**MADEJ Jan**	**377**		M-40	108	NIE	01:06:00	02:05:49	**03:12:21.35**	**03:12:56.15**	+01:15:16 (39.0%)	9:09	6.5 (60.7%)
300	**MAY-ADAMEK Katarzyna**	**490**		K-40	12	NIE	01:11:19	02:10:40	**03:12:32.45**	**03:12:56.75**	+01:15:17 (39.0%)	9:10	6.5 (60.7%)
301	**BURANT Agnieszka**	**95**		K-30	22	NIE	01:05:01	02:07:04	**03:12:22.10**	**03:12:56.90**	+01:15:17 (39.0%)	9:09	6.5 (60.7%)
302	**ZEGARSKI Arkadiusz**	**478**		M-40	109	NIE	01:07:02	02:07:11	**03:12:34.45**	**03:12:57.55**	+01:15:18 (39.0%)	9:10	6.5 (60.7%)
303	**KULIBERDA Marcin**	**499**		M-30	113	NIE	01:17:38	02:10:43	**03:11:54.50**	**03:12:57.95**	+01:15:18 (39.0%)	9:08	6.6 (61.7%)
304	**BEDNARCZYK Bogdan**	**387**	PRO-RUN	M-50	12	NIE	01:15:06	02:10:48	**03:12:12.80**	**03:12:58.95**	+01:15:19 (39.0%)	9:09	6.6 (61.7%)
305	**KUCHARSKI Piotr**	**514**	DESZCZNO WARRIORS	M-40	110	NIE	01:14:47	02:10:54	**03:12:08.85**	**03:12:59.15**	+01:15:19 (39.0%)	9:09	6.6 (61.7%)
306	**ŚWISTUŃ Eugeniusz**	**352**	RAJSPORT ACTIVE	M-20	32	NIE	01:12:50	02:10:19	**03:12:09.60**	**03:12:59.95**	+01:15:20 (39.0%)	9:09	6.6 (61.7%)
307	**RZADKOWSKI Lesław**	**416**		M-30	114	NIE	01:07:16	02:07:25	**03:13:03.35**	**03:13:15.25**	+01:15:35 (39.1%)	9:11	6.5 (60.7%)
308	**MACIEJASZ Aleksandra**	**304**		K-30	23	NIE	01:05:54	02:08:15	**03:13:13.40**	**03:13:24.40**	+01:15:45 (39.2%)	9:12	6.5 (60.7%)
309	**SKRZYPIEC Karol**	**515**	ŻARÓW BIEGA	M-30	115	NIE	01:06:27	02:05:27	**03:12:54.85**	**03:13:27.85**	+01:15:48 (39.2%)	9:11	6.5 (60.7%)
310	**JACKIEWICZ Łukasz**	**538**	SZKOŁA ASPIRANTÓW PSP W POZNANIU	M-20	33	NIE	01:05:11	02:02:42	**03:13:00.05**	**03:13:29.30**	+01:15:50 (39.2%)	9:11	6.5 (60.7%)
311	**JEDRUSZEK Damian**	**464**		M-30	116	NO	01:10:49	02:08:38	**03:13:09.15**	**03:13:31.65**	+01:15:52 (39.2%)	9:11	6.5 (60.7%)
312	**GLOS Łukasz**	**523**		M-30	117	NIE	01:05:56	02:07:45	**03:13:30.25**	**03:13:51.00**	+01:16:11 (39.3%)	9:12	6.5 (60.7%)
313	**KOŚCIŃSKI Mateusz**	**542**	SZKOŁA ASPIRATNÓW PSP W POZNANIU	M-20	34	NIE	01:02:15	02:02:46	**03:13:26.40**	**03:13:52.55**	+01:16:13 (39.3%)	9:12	6.5 (60.7%)
314	**POTOCZNY Łukasz**	**565**		M-30	118	NIE	01:11:16	02:10:46	**03:13:22.75**	**03:13:53.15**	+01:16:13 (39.3%)	9:12	6.5 (60.7%)
315	**ZIMNIAK Łukasz**	**344**	KB SZERSZEŃ OLEŚNICA	M-30	119	NIE	01:09:57	02:08:58	**03:13:07.45**	**03:13:54.05**	+01:16:14 (39.3%)	9:11	6.5 (60.7%)
316	**SADOWSKA Marta**	**308**	KOSSMATE ŻUKI	K-30	24	NIE	01:15:13	02:12:35	**03:13:44.35**	**03:14:06.05**	+01:16:26 (39.4%)	9:13	6.5 (60.7%)
317	**SAFARYN Dariusz**	**520**		M-20	35	NIE	01:04:17	02:01:42	**03:14:16.55**	**03:14:22.80**	+01:16:43 (39.5%)	9:15	6.5 (60.7%)
318	**CHRAPLEWSKA Karolina**	**239**	PRO366	K-30	25	NIE	01:13:00	02:13:28	**03:13:48.05**	**03:14:32.25**	+01:16:52 (39.5%)	9:13	6.5 (60.7%)
319	**WELCHOWSKI Rafał**	**396**		M-30	120	NIE	01:16:19	02:14:34	**03:13:43.35**	**03:14:34.25**	+01:16:54 (39.5%)	9:13	6.5 (60.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
320	**TARCZYŃSKA Halina**	**305**		K-40	13	NIE	01:08:09	02:10:43	**03:14:17.70**	**03:14:34.55**	+01:16:55 (39.5%)	9:15	6.5 (60.7%)
321	**HENECZKOWSKI Łukasz**	**457**	BORN TO RUN	M-40	111	NIE	01:11:01	02:06:20	**03:13:40.45**	**03:14:39.65**	+01:17:00 (39.6%)	9:13	6.5 (60.7%)
322	**JAROSŁAWSKI Mariusz**	**72**	TERMY JAKUBA - OŁAWSKI PARK WODNY...WROCŁAWSKI KLUB WYSOKOGÓRSKI	M-40	112	TAK	01:07:54	02:08:33	**03:14:50.85**	**03:15:01.40**	+01:17:22 (39.7%)	9:16	6.5 (60.7%)
323	**BULARZ Paulina**	**299**	TERMY JAKUBA - OŁAWSKI PARK WODNY	K-20	4	NIE	01:07:55	02:08:32	**03:14:49.70**	**03:15:01.50**	+01:17:22 (39.7%)	9:16	6.5 (60.7%)
324	**ZAŁUSTOWICZ Maciej**	**209**		M-30	121	NIE	01:11:16	02:10:32	**03:14:22.85**	**03:15:07.95**	+01:17:28 (39.7%)	9:15	6.5 (60.7%)
325	**DOBROCHOWSKI Marek**	**44**	STRZEGOMSKA DWUNASTKA	M-30	122	NIE	01:09:31	02:08:17	**03:14:14.25**	**03:15:08.65**	+01:17:29 (39.7%)	9:14	6.5 (60.7%)
326	**TURNIAK Miłosz**	**85**		M-30	123	NIE	01:10:06	02:10:46	**03:14:27.55**	**03:15:08.95**	+01:17:29 (39.7%)	9:15	6.5 (60.7%)
327	**STACHECKA Marta**	**547**		K-20	5	NIE	01:14:29	02:14:24	**03:14:11.40**	**03:15:10.00**	+01:17:30 (39.7%)	9:14	6.5 (60.7%)
328	**KRYSIŃSKI Maciej**	**395**		M-30	124	NIE	01:10:21	02:06:48	**03:15:33.55**	**03:16:21.10**	+01:18:41 (40.1%)	9:18	6.4 (59.8%)
329	**MARCINEK Łukasz**	**93**	NIE TERAZ, POTEM	M-30	125	NIE	01:04:31	02:04:07	**03:15:54.75**	**03:16:21.30**	+01:18:42 (40.1%)	9:19	6.4 (59.8%)
330	**NEUMANN Jacek**	**69**		M-50	13	NIE	01:11:14	02:10:43	**03:15:40.70**	**03:16:23.65**	+01:18:44 (40.1%)	9:19	6.4 (59.8%)
331	**KRAKOWSKI Krzysztof**	**278**		M-30	126	NIE	01:00:24	02:04:19	**03:17:37.15**	**03:17:48.60**	+01:20:09 (40.5%)	9:24	6.4 (59.8%)
332	**DŁUGOSZ Marek**	**383**	KB GEOTERMIA UNIEJÓW	M-50	14	NIE	01:08:46	02:10:10	**03:17:49.90**	**03:17:49.90**	+01:20:10 (40.5%)	9:25	6.4 (59.8%)
333	**KOZIŃSKI Piotr**	**240**		M-40	113	NIE	01:09:18	02:10:19	**03:17:52.55**	**03:18:23.15**	+01:20:43 (40.7%)	9:25	6.4 (59.8%)
334	**BISKUP Rafał**	**472**	DZIAD NOT DEAD	M-50	15	NIE	01:08:17	02:10:47	**03:18:20.60**	**03:18:56.60**	+01:21:17 (40.9%)	9:26	6.4 (59.8%)
335	**KURZYŃSKI Michał**	**459**	EFEKT GOMBAO	M-30	127	NIE	01:12:56	02:10:38	**03:18:12.15**	**03:19:05.05**	+01:21:25 (40.9%)	9:26	6.4 (59.8%)
336	**JANAS Dariusz**	**456**		M-30	128	NO	01:12:55	02:10:36	**03:18:13.20**	**03:19:08.35**	+01:21:29 (40.9%)	9:26	6.4 (59.8%)
337	**CZARNECKI Krzysztof**	**50**		M-40	114	NIE	01:15:29	02:15:08	**03:18:20.20**	**03:19:09.15**	+01:21:29 (40.9%)	9:26	6.4 (59.8%)
338	**KOSOWSKI Damian**	**273**	DELTA RUN	M-30	129	TAK	01:08:51	02:08:11	**03:18:55.35**	**03:19:43.50**	+01:22:04 (41.1%)	9:28	6.3 (58.9%)
339	**WITKOWSKA Ania**	**75**	KLUB KRÓLIKA STEFANA	K-30	26	NIE	01:15:20	02:16:51	**03:18:47.15**	**03:19:45.75**	+01:22:06 (41.1%)	9:27	6.3 (58.9%)
340	**CZARNY Jan**	**30**		M-20	36	NIE	01:06:39	02:07:56	**03:19:18.30**	**03:19:59.25**	+01:22:19 (41.2%)	9:29	6.3 (58.9%)
341	**FRANKIEWICZ Jakub**	**322**		M-40	115	NIE	01:14:28	02:14:28	**03:19:06.60**	**03:20:00.30**	+01:22:21 (41.2%)	9:28	6.3 (58.9%)
342	**FILIPIAK Sebastian**	**13**		M-40	116	NIE	01:11:24	02:11:55	**03:19:07.85**	**03:20:02.55**	+01:22:23 (41.2%)	9:28	6.3 (58.9%)
343	**GINTER Grzegorz**	**432**	AZS COLLEGIUM MEDICUM UJ	M-30	130	NIE	01:15:26	02:16:00	**03:19:56.40**	**03:20:21.45**	+01:22:42 (41.3%)	9:31	6.3 (58.9%)
344	**ZARZYCKA Sylwia**	**347**	KLUB WYSOKOGÓRSKI WARSZAWA	K-30	27	TAK	01:11:22	02:14:00	**03:19:57.95**	**03:20:25.05**	+01:22:45 (41.3%)	9:31	6.3 (58.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
345	**GRACZYK Teresa**	**279**	PUSZCZYK BUKOWY	K-50	1	TAK	01:11:04	02:14:53	**03:20:06.70**	**03:20:28.10**	+01:22:48 (41.3%)	9:31	6.3 (58.9%)
346	**ROSTEK Mariusz**	**230**	KB MARATON TUREK	M-40	117	NIE	01:09:26	02:10:29	**03:20:20.60**	**03:20:47.40**	+01:23:08 (41.4%)	9:32	6.3 (58.9%)
347	**SULEJA Karol**	**38**	KB MARATON TUREK	M-30	131	NIE	01:09:26	02:10:28	**03:20:24.50**	**03:20:49.10**	+01:23:09 (41.4%)	9:32	6.3 (58.9%)
348	**KANECKA Mariola**	**136**	KOWARY BIEGAJĄ	K-40	14	NIE	01:15:06	02:15:32	**03:19:53.30**	**03:20:53.20**	+01:23:13 (41.4%)	9:31	6.3 (58.9%)
349	**KANECKI Mirosław**	**159**	KOWARY BIEGAJĄ	M-40	118	NIE	01:15:05	02:15:35	**03:19:52.25**	**03:20:53.25**	+01:23:13 (41.4%)	9:31	6.3 (58.9%)
350	**HAREMZA Kinga**	**46**	NIGHT RUNNERS	K-40	15	NIE	01:14:52	02:15:11	**03:20:24.25**	**03:21:08.75**	+01:23:29 (41.5%)	9:32	6.3 (58.9%)
351	**POCIĘGIEL Michał**	**449**	SKAWINA BIEGA	M-30	132	NIE	01:19:03	02:17:28	**03:20:14.20**	**03:21:15.20**	+01:23:35 (41.5%)	9:32	6.3 (58.9%)
352	**GAWRYSZEWSKI Grzegorz**	**241**	ESKALADA / UKA	M-30	133	TAK	01:08:13	02:13:49	**03:21:33.65**	**03:21:44.55**	+01:24:05 (41.7%)	9:35	6.3 (58.9%)
353	**ADAMCZYK Ania**	**17**		K-40	16	NIE	01:14:47	02:17:32	**03:21:34.75**	**03:21:54.45**	+01:24:15 (41.7%)	9:35	6.3 (58.9%)
354	**KRĘŻOŁEK Anna**	**58**		K-30	28	NIE	01:16:35	02:17:21	**03:21:04.50**	**03:21:55.00**	+01:24:15 (41.7%)	9:34	6.3 (58.9%)
355	**CZERWONKA Zbigniew**	**411**	ESKADRA WROCŁAW	M-30	134	NIE	01:08:16	02:14:23	**03:21:41.50**	**03:22:05.30**	+01:24:26 (41.8%)	9:36	6.2 (57.9%)
356	**PAŁUCKA Marta**	**345**	KALENJI POLSKA/FITNESS24SEVEN	K-20	6	NO	01:16:07	02:17:19	**03:21:12.20**	**03:22:09.05**	+01:24:29 (41.8%)	9:34	6.3 (58.9%)
357	**ADAMCZYK Marcin**	**52**		M-40	119	NIE	01:14:44	02:17:38	**03:21:50.65**	**03:22:09.35**	+01:24:30 (41.8%)	9:36	6.2 (57.9%)
358	**BŁACHNO Marcin**	**315**		M-40	120	NIE	01:13:03	02:15:20	**03:21:39.70**	**03:22:32.75**	+01:24:53 (41.9%)	9:36	6.2 (57.9%)
359	**PERUŻYŃSKA-ZYCH Ilona**	**421**		K-40	17	TAK	01:10:56	02:15:24	**03:22:12.10**	**03:22:33.15**	+01:24:53 (41.9%)	9:37	6.2 (57.9%)
360	**ZYCH Herbert**	**492**		M-40	121	NIE	01:10:59	02:14:01	**03:22:19.45**	**03:22:44.05**	+01:25:04 (42.0%)	9:38	6.2 (57.9%)
361	**KOSOWSKA Anna**	**562**		K-30	29	NIE	01:15:07	02:15:52	**03:22:19.55**	**03:22:56.50**	+01:25:17 (42.0%)	9:38	6.2 (57.9%)
362	**WAŁACH-BIŚTA Zuza**	**59**		K-30	30	NIE	01:16:29	02:17:27	**03:22:19.25**	**03:22:57.90**	+01:25:18 (42.0%)	9:38	6.2 (57.9%)
363	**BIŚTA Marcin**	**76**		M-30	135	NIE	01:16:27	02:17:27	**03:22:18.80**	**03:22:58.25**	+01:25:18 (42.0%)	9:38	6.2 (57.9%)
364	**STAWIARSKA Katarzyna**	**314**	KOWARY BIEGAJĄ	K-30	31	NIE	01:15:52	02:15:35	**03:21:59.85**	**03:23:00.65**	+01:25:21 (42.0%)	9:37	6.2 (57.9%)
365	**WAWRZYNIAK Rafał**	**529**	RELAX KONIN	M-40	122	NIE	01:07:54	02:13:44	**03:22:59.75**	**03:23:27.00**	+01:25:47 (42.2%)	9:40	6.2 (57.9%)
366	**WĘGRZYNOWSKA Ewa**	**166**		K-40	18	NIE	01:08:26	02:13:58	**03:23:14.60**	**03:23:27.25**	+01:25:47 (42.2%)	9:40	6.2 (57.9%)
367	**KRUZEL Rafał**	**200**	BIEGOWE MISIE	M-40	123	NIE	01:15:00	02:17:04	**03:22:49.55**	**03:23:32.50**	+01:25:53 (42.2%)	9:39	6.2 (57.9%)
368	**KASIŃSKI Wojciech**	**401**	ULTRAPLESS	M-50	16	NIE	01:14:48	02:17:03	**03:22:48.40**	**03:23:32.65**	+01:25:53 (42.2%)	9:39	6.2 (57.9%)
369	**STAWIŃSKI Michał**	**208**		M-30	136	NO	01:10:23	02:11:52	**03:22:55.30**	**03:23:34.05**	+01:25:54 (42.2%)	9:39	6.2 (57.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
370	**WYSOCKI Grzegorz**	**497**	MORSY TUREK	M-40	124	NIE	01:14:55	02:16:32	**03:23:02.55**	**03:23:36.00**	+01:25:56 (42.2%)	9:40	6.2 (57.9%)
371	**KOLAŚNIEWSKI Marek**	**340**		M-40	125	TAK	01:15:36	02:17:10	**03:23:30.60**	**03:23:54.50**	+01:26:15 (42.3%)	9:41	6.2 (57.9%)
372	**ZIÓŁKOWSKA Sylwia**	**342**	PUSZCZYK BUKOWY	K-40	19	NIE	01:13:33	02:17:10	**03:23:32.70**	**03:23:55.05**	+01:26:15 (42.3%)	9:41	6.2 (57.9%)
373	**NOWAK Katarzyna**	**157**	MKKK	K-30	32	NIE	01:10:51	02:14:50	**03:24:02.00**	**03:24:30.10**	+01:26:50 (42.5%)	9:42	6.2 (57.9%)
374	**GOKIERT-SKRENTNA Justyna**	**207**		K-40	20	NIE	01:15:44	02:17:31	**03:24:04.85**	**03:24:41.20**	+01:27:01 (42.5%)	9:43	6.2 (57.9%)
375	**KOSMALA Piotr**	**458**	GÓRSKA GRUPA BIEGOWA/ QUADYBIELSKO.PL	M-40	126	NIE	01:04:56	02:11:41	**03:24:29.10**	**03:24:46.40**	+01:27:07 (42.5%)	9:44	6.2 (57.9%)
376	**MACIASZCZYK Magdalena**	**510**		K-40	21	NIE	01:11:49	02:16:43	**03:24:28.35**	**03:24:49.90**	+01:27:10 (42.6%)	9:44	6.2 (57.9%)
377	**WALCZAK NOWAK Karolina**	**91**		K-30	33	NIE	01:10:26	02:15:59	**03:24:39.50**	**03:24:54.50**	+01:27:15 (42.6%)	9:44	6.2 (57.9%)
378	**WOŹNIAK Sebastian**	**194**	MOTOINTEGRATOR RUNNING TEAM	M-30	137	NO	01:09:03	02:14:15	**03:25:51.05**	**03:26:19.00**	+01:28:39 (43.0%)	9:48	6.1 (57.0%)
379	**MARCINKIEWICZ Marta**	**135**	MATNER RUNNING TEAM	K-40	22	NIE	01:18:51	02:21:51	**03:25:50.15**	**03:26:38.45**	+01:28:59 (43.1%)	9:48	6.1 (57.0%)
380	**SZCZYGIEŁ Damian**	**213**	KOCHAMTOROBIĆ	M-30	138	NIE	01:11:30	02:14:15	**03:26:01.00**	**03:26:43.05**	+01:29:03 (43.1%)	9:48	6.1 (57.0%)
381	**LUBAŃSKA Alicja**	**466**	ZS BUKOWICE	K-50	2	NIE	01:09:26	02:14:05	**03:26:38.15**	**03:26:57.85**	+01:29:18 (43.2%)	9:50	6.1 (57.0%)
382	**HOFFMANN Grzegorz**	**232**		M-40	127	NIE	01:16:43	02:18:10	**03:26:09.70**	**03:27:03.35**	+01:29:24 (43.2%)	9:49	6.1 (57.0%)
383	**JACH-BALICKA Aleksandra**	**54**		K-30	34	NIE	01:19:12	02:22:23	**03:26:42.45**	**03:27:07.35**	+01:29:28 (43.2%)	9:50	6.1 (57.0%)
384	**RYZIŃSKI Ryszard**	**455**		M-40	128	NIE	01:18:30	02:20:13	**03:26:25.00**	**03:27:08.70**	+01:29:29 (43.2%)	9:49	6.1 (57.0%)
385	**BALICKI Marcin**	**60**		M-30	139	NIE	01:18:58	02:22:23	**03:26:46.15**	**03:27:11.15**	+01:29:31 (43.2%)	9:50	6.1 (57.0%)
386	**NATKAŃSKI Jurek**	**6**	POLSKI HIMALAIZM ZIMOWY	M-60	3	TAK	01:11:10	02:17:57	**03:27:34.95**	**03:27:56.65**	+01:30:17 (43.4%)	9:53	6.1 (57.0%)
387	**RADOŁA Błażej**	**321**		M-30	140	NIE		02:18:55	**03:28:06.45**	**03:28:06.45**	+01:30:27 (43.5%)	9:54	6.1 (57.0%)
388	**BYKS Tomasz**	**57**		M-30	141	NO	01:07:59	02:14:39	**03:27:58.15**	**03:28:07.35**	+01:30:28 (43.5%)	9:54	6.1 (57.0%)
389	**GOLEMBKA Karol**	**324**		M-40	129	NIE		02:20:00	**03:28:09.70**	**03:28:09.70**	+01:30:30 (43.5%)	9:54	6.1 (57.0%)
390	**GRODZKI Piotr**	**448**		M-40	130	NIE		02:10:45	**03:28:47.90**	**03:28:47.90**	+01:31:08 (43.7%)	9:56	6 (56.1%)
391	**JUSZCZAK Zbigniew**	**205**		M-50	17	NIE	01:16:44	02:21:12	**03:27:49.70**	**03:28:48.30**	+01:31:09 (43.7%)	9:53	6.1 (57.0%)
392	**RZEŹNIK Mariusz**	**229**	ROZBIEGANY RAWICZ	M-40	131	NIE	01:09:20	02:15:08	**03:28:23.85**	**03:28:49.85**	+01:31:10 (43.7%)	9:55	6 (56.1%)
393	**KOWALSKA Małgorzata**	**249**		K-30	35	NIE	01:08:06	02:15:01	**03:29:16.65**	**03:29:28.45**	+01:31:49 (43.8%)	9:57	6 (56.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
394	**MAĆKOWIAK Damian**	**509**		M-30	142	NO	01:16:18	02:17:28	**03:28:39.75**	**03:29:39.35**	+01:32:00 (43.9%)	9:56	6 (56.1%)
395	**WOJCIECHOWSKI Aleksander**	**548**	ROWERY MAŁGOŚKA	M-30	143	NIE	01:10:18	02:18:09	**03:29:52.25**	**03:30:09.40**	+01:32:30 (44.0%)	9:59	6 (56.1%)
396	**NOWAK Cyprian**	**163**		M-40	132	NIE	01:19:31	02:23:42	**03:29:56.85**	**03:30:12.70**	+01:32:33 (44.0%)	9:59	6 (56.1%)
397	**KRZYSZTOFIAK Aleksandra**	**271**	KOWARY BIEGAJĄ	K-30	36	NIE	01:15:07	02:16:53	**03:29:19.50**	**03:30:21.20**	+01:32:41 (44.1%)	9:58	6 (56.1%)
398	**RUSIN Szymon**	**463**		M-30	144	TAK	01:10:33	02:14:51	**03:29:58.40**	**03:30:27.95**	+01:32:48 (44.1%)	9:59	6 (56.1%)
399	**ZAJĄC Zbigniew**	**475**	KB MARATON TUREK	M-50	18	NIE	01:18:37	02:24:32	**03:30:04.95**	**03:30:30.25**	+01:32:50 (44.1%)	10:00	6 (56.1%)
400	**RUPNIK Janusz**	**114**	KB MARATON TUREK	M-40	133	NIE	01:18:46	02:24:38	**03:30:08.60**	**03:30:30.35**	+01:32:51 (44.1%)	10:00	6 (56.1%)
401	**KUCHARCZYK Monika**	**285**	TRI TEAM WÓJTOWICZ	K-40	23	NIE	01:16:49	02:22:21	**03:30:05.05**	**03:30:47.80**	+01:33:08 (44.2%)	10:00	6 (56.1%)
402	**PIASKOWSKI Krzysztof**	**386**		M-40	134	NIE	01:04:41	02:13:38	**03:30:38.75**	**03:30:49.30**	+01:33:10 (44.2%)	10:01	6 (56.1%)
403	**NIESPODZIANA Anna**	**351**	ROGOZIŃSKI KLUB BIEGACZA	K-30	37	NIE	01:12:47	02:19:20	**03:30:05.25**	**03:30:51.45**	+01:33:12 (44.2%)	10:00	6 (56.1%)
404	**BARANOWSKI Filip**	**105**		M-40	135	NIE	01:10:42	02:13:40	**03:30:02.00**	**03:30:58.85**	+01:33:19 (44.2%)	10:00	6 (56.1%)
405	**AUGUSTOWSKA Izabela**	**385**	KB GEOTERMIA UNIEJÓW	K-40	24	NIE	01:14:49	02:19:26	**03:30:59.05**	**03:31:24.75**	+01:33:45 (44.3%)	10:02	6 (56.1%)
406	**PACANOWSKI Łukasz**	**187**	PARA-NIE-DO-PARY	M-30	145	NIE			**03:31:57.60**	**03:31:57.60**	+01:34:18 (44.5%)	10:05	5.9 (55.1%)
407	**SROKA Jacek**	**369**		M-40	136	NIE	01:18:22	02:23:35	**03:31:43.50**	**03:32:30.20**	+01:34:50 (44.6%)	10:04	6 (56.1%)
408	**GLINA-KRAWCZYK Małgorzata**	**419**	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	K-40	25	NIE	01:18:16	02:21:08	**03:31:47.90**	**03:32:47.05**	+01:35:07 (44.7%)	10:05	5.9 (55.1%)
409	**NAGÓRSKI Robert**	**530**		M-30	146	NIE	01:10:19	02:14:38	**03:32:40.20**	**03:32:57.45**	+01:35:18 (44.8%)	10:07	5.9 (55.1%)
410	**GORZAŁKA Mateusz**	**197**	KRUK SA/ŻYCIE CZESTOCHOWY TEAM	M-30	147	NIE	01:16:46	02:20:46	**03:32:46.40**	**03:33:01.50**	+01:35:22 (44.8%)	10:07	5.9 (55.1%)
411	**NARECKI Jarosław**	**82**		M-40	137	NIE	01:12:52	02:20:19	**03:32:57.85**	**03:33:29.85**	+01:35:50 (44.9%)	10:08	5.9 (55.1%)
412	**FILIPIAK Paweł**	**55**		M-40	138	NIE	01:15:57	02:19:52	**03:33:13.00**	**03:33:55.95**	+01:36:16 (45.0%)	10:09	5.9 (55.1%)
413	**WOLSZCZAK Konrad**	**536**	KLUB RUGBY MIEDZIOWI LUBIN	M-30	148	NIE	01:16:50	02:21:55	**03:33:23.35**	**03:33:57.30**	+01:36:18 (45.0%)	10:09	5.9 (55.1%)
414	**MYDLARZ Szymon**	**108**		M-20	37	NO	01:13:29	02:19:22	**03:33:48.95**	**03:33:59.50**	+01:36:20 (45.0%)	10:10	5.9 (55.1%)
415	**STEC Adam**	**439**		M-30	149	NIE	01:12:55	02:17:10	**03:33:48.60**	**03:34:30.30**	+01:36:51 (45.2%)	10:10	5.9 (55.1%)
416	**BRACH Jakub**	**39**		M-30	150	NIE	01:20:59	02:24:43	**03:33:46.80**	**03:34:34.10**	+01:36:54 (45.2%)	10:10	5.9 (55.1%)
417	**SEDLAK Robert**	**355**		M-40	139	NIE	01:09:56	02:20:01	**03:34:45.65**	**03:34:57.55**	+01:37:18 (45.3%)	10:13	5.9 (55.1%)
418	**CHOLEWA Agnieszka**	**28**		K-30	38	NIE	01:21:13	02:29:09	**03:34:56.95**	**03:35:24.90**	+01:37:45 (45.4%)	10:14	5.9 (55.1%)
419	**SPYCHALSKA-WASZEK Hanna**	**290**	SAMBOR TEAM	K-30	39	NO	01:19:31	02:27:10	**03:34:57.70**	**03:35:25.05**	+01:37:45 (45.4%)	10:14	5.9 (55.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
419	**WASZEK Sławomir**	**65**	KARKONOSZ RUNNING TEAM	M-30	151	NIE	01:18:47	02:28:25	**03:34:57.95**	**03:35:25.05**	+01:37:45 (45.4%)	10:14	5.9 (55.1%)
421	**LEWANDOWSKI Waldemar**	**535**		M-30	152	NIE	01:15:06	02:20:10	**03:34:53.05**	**03:35:42.90**	+01:38:03 (45.5%)	10:13	5.9 (55.1%)
422	**FIGUŁA Sławomir**	**423**		M-30	153	NIE	01:20:43	02:24:24	**03:35:01.05**	**03:36:01.40**	+01:38:22 (45.5%)	10:14	5.9 (55.1%)
423	**KACZOREK Robert**	**495**		M-40	140	NIE	01:15:36	02:23:01	**03:35:15.55**	**03:36:03.45**	+01:38:24 (45.5%)	10:15	5.9 (55.1%)
424	**POŁCZYŃSKI Maciej**	**298**	STALOWA ŁYDA	M-30	154	NIE	01:21:04	02:31:25	**03:35:10.20**	**03:36:12.10**	+01:38:32 (45.6%)	10:14	5.9 (55.1%)
425	**KASPRZYK Emil**	**81**		M-30	155	NIE	01:16:38	02:23:29	**03:36:30.35**	**03:37:21.95**	+01:39:42 (45.9%)	10:18	5.8 (54.2%)
426	**ONAK Izabela**	**11**	OCHAJORUN & FRIENDS	K-40	26	NIE	01:22:45	02:30:12	**03:37:02.10**	**03:37:40.15**	+01:40:00 (45.9%)	10:20	5.8 (54.2%)
427	**BERNAT Jolanta**	**331**	SZCZYTNA BIEGA	K-30	40	NIE	01:15:05	02:25:08	**03:37:41.95**	**03:37:54.05**	+01:40:14 (46.0%)	10:22	5.8 (54.2%)
428	**MILER Tomasz**	**403**	BIEGAM BO KRZYCZY	M-40	141	NIE	01:14:42	02:24:00	**03:37:41.95**	**03:38:00.85**	+01:40:21 (46.0%)	10:22	5.8 (54.2%)
429	**KORZENIOWSKI Krzysztof**	**343**	MARATON LESZNO	M-40	142	NIE	01:16:53	02:23:29	**03:37:17.45**	**03:38:02.85**	+01:40:23 (46.0%)	10:20	5.8 (54.2%)
430	**KASPRZYK Kamil**	**47**		M-30	156	NIE	01:16:43	02:23:28	**03:37:33.50**	**03:38:24.80**	+01:40:45 (46.1%)	10:21	5.8 (54.2%)
431	**ROPEL Mirosław**	**291**	KIS TRANSPORT	M-50	19	NIE	01:15:41	02:21:51	**03:37:53.80**	**03:38:29.70**	+01:40:50 (46.2%)	10:22	5.8 (54.2%)
432	**CHRZUSZCZ Anna**	**511**		K-30	41	NIE	01:18:53	02:25:56	**03:37:40.95**	**03:38:30.75**	+01:40:51 (46.2%)	10:21	5.8 (54.2%)
433	**BIECHOŃSKI Jarosław**	**61**	FUNDACJA LAF	M-40	143	NIE	01:10:10	02:16:30	**03:39:12.30**	**03:39:40.15**	+01:42:00 (46.4%)	10:26	5.7 (53.3%)
434	**BIELIŃSKA Monika**	**275**	PRO-RUN	K-30	42	NIE	01:22:09	02:25:53	**03:39:33.85**	**03:40:20.25**	+01:42:40 (46.6%)	10:27	5.7 (53.3%)
435	**ZIELINSKI Damian**	**158**		M-30	157	TAK	01:12:56	02:21:30	**03:40:02.95**	**03:40:38.25**	+01:42:58 (46.7%)	10:28	5.7 (53.3%)
436	**BARANOWSKI Szymon**	**190**	ON-SIGHT, SPUCHLAKI TEAM	M-20	38	NIE	01:21:07	02:35:21	**03:39:40.05**	**03:40:38.90**	+01:42:59 (46.7%)	10:27	5.7 (53.3%)
437	**ORDZIEJEWSKI Dominik**	**214**		M-30	158	TAK	01:12:55	02:21:30	**03:40:10.75**	**03:40:45.45**	+01:43:06 (46.7%)	10:29	5.7 (53.3%)
438	**SIP Mirosław**	**329**		M-50	20	NIE	01:12:21	02:22:10	**03:41:28.70**	**03:41:53.00**	+01:44:13 (47.0%)	10:32	5.7 (53.3%)
439	**MORAWSKA Anna**	**373**		K-60	1	NIE	01:18:45	02:26:48	**03:42:12.30**	**03:42:45.95**	+01:45:06 (47.2%)	10:34	5.7 (53.3%)
440	**DĄBROWICZ Katarzyna**	**160**		K-30	43	NIE	01:17:09	02:25:52	**03:42:58.10**	**03:43:10.85**	+01:45:31 (47.3%)	10:37	5.7 (53.3%)
441	**WISZNIOWSKA Agata**	**307**	NIGHT RUNNERS WROCŁAW	K-30	44	NIE	01:24:33	02:30:47	**03:42:44.95**	**03:43:30.25**	+01:45:50 (47.4%)	10:36	5.7 (53.3%)
442	**KITA Ewa**	**280**	BIEGAMDLAZDROWIA.PL	K-50	3	NIE	01:20:59	02:32:04	**03:44:14.75**	**03:44:44.95**	+01:47:05 (47.7%)	10:40	5.6 (52.3%)
443	**PEŻYŃSKA Anna**	**180**		K-30	45	NIE	01:18:26	02:29:41	**03:45:22.50**	**03:46:01.50**	+01:48:22 (47.9%)	10:43	5.6 (52.3%)
444	**PEŻYŃSKI Piotr**	**142**		M-30	159	NIE	01:18:27	02:29:40	**03:45:25.70**	**03:46:03.50**	+01:48:24 (48.0%)	10:44	5.6 (52.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
445	**PASŁAWSKA Olga**	**319**	PRZEBIEGA.PL	K-30	46	NIE	01:22:07	02:30:10	**03:45:49.35**	**03:46:08.95**	+01:48:29 (48.0%)	10:45	5.6 (52.3%)
446	**BIAŁY Sebastian**	**526**	POLICZMYSIE.PL	M-40	144	NO	01:09:55	02:25:21	**03:46:08.10**	**03:46:23.35**	+01:48:44 (48.0%)	10:46	5.6 (52.3%)
447	**JAROSZ Artur**	**461**		M-30	160	NIE	01:17:20	02:28:56	**03:46:57.65**	**03:47:35.10**	+01:49:55 (48.3%)	10:48	5.6 (52.3%)
448	**PIWOWSKA Magda**	**140**		K-30	47	NO	01:18:53	02:29:14	**03:46:41.85**	**03:47:36.75**	+01:49:57 (48.3%)	10:47	5.6 (52.3%)
449	**GMAJ Karolina**	**335**		K-30	48	NIE	01:18:56	02:29:08	**03:46:41.85**	**03:47:37.20**	+01:49:57 (48.3%)	10:47	5.6 (52.3%)
450	**JERMAK Kamil**	**227**		M-30	161	NO	01:18:52	02:29:13	**03:46:41.95**	**03:47:37.95**	+01:49:58 (48.3%)	10:47	5.6 (52.3%)
451	**JĘDRZEJCZYK Łukasz**	**174**		M-30	162	NIE	01:19:09	02:29:14	**03:46:42.35**	**03:47:38.55**	+01:49:59 (48.3%)	10:47	5.6 (52.3%)
452	**MAĆKOWIAK Paulina**	**484**	DECATHLON	K-30	49	NIE	01:18:14	02:28:38	**03:46:44.00**	**03:47:41.80**	+01:50:02 (48.3%)	10:47	5.6 (52.3%)
453	**JUSKOWIAK Alina**	**120**	GRUNWALD TEAM POZNAŃ	K-30	50	NIE	01:24:44	02:32:20	**03:46:53.40**	**03:47:44.70**	+01:50:05 (48.3%)	10:48	5.6 (52.3%)
454	**CZERWONKA Katarzyna**	**498**		K-30	51	NIE	01:24:45	02:32:08	**03:47:46.25**	**03:48:46.50**	+01:51:07 (48.6%)	10:50	5.5 (51.4%)
455	**KRĘCISZ Zbigniew**	**381**	RACIBORSKA GRUPA OUTDOOROWA	M-60	4	NIE	01:25:18	02:32:23	**03:47:56.75**	**03:48:49.05**	+01:51:09 (48.6%)	10:51	5.5 (51.4%)
456	**MARZEC Dominik**	**193**		M-30	163	NIE	01:21:09	02:29:33	**03:48:00.35**	**03:48:49.45**	+01:51:10 (48.6%)	10:51	5.5 (51.4%)
457	**DĄBROWSKI Ireneusz**	**88**	RAJSPORTACTIVE	M-40	145	NIE	01:19:20	02:30:07	**03:48:15.55**	**03:49:07.20**	+01:51:27 (48.6%)	10:52	5.5 (51.4%)
458	**PASZKE Agnieszka**	**390**		K-20	7	NIE	01:24:44	02:35:23	**03:48:07.95**	**03:49:09.60**	+01:51:30 (48.7%)	10:51	5.5 (51.4%)
459	**ROZMUS Tomasz**	**528**		M-30	164	NIE	01:19:24	02:29:38	**03:49:15.35**	**03:49:54.15**	+01:52:14 (48.8%)	10:55	5.5 (51.4%)
460	**HAUTON Monika**	**98**	NIE TERAZ, POTEM	K-30	52	NIE	01:23:32	02:34:30	**03:49:28.70**	**03:49:54.65**	+01:52:15 (48.8%)	10:55	5.5 (51.4%)
461	**CZEKALSKA Elżbieta**	**109**		K-50	4	NIE	01:20:54	02:32:38	**03:49:21.50**	**03:49:56.00**	+01:52:16 (48.8%)	10:55	5.5 (51.4%)
462	**BOREK Mateusz**	**253**		M-20	39	NIE	01:22:10	02:29:35	**03:50:27.55**	**03:51:16.60**	+01:53:37 (49.1%)	10:58	5.5 (51.4%)
463	**KOT Tomasz**	**288**		M-30	165	NIE	01:19:32	02:32:22	**03:52:03.70**	**03:52:45.75**	+01:55:06 (49.5%)	11:03	5.4 (50.5%)
464	**KACIUPA Agnieszka**	**48**	BIEGACZKI PIJACZKI	K-40	27	NIE	01:23:02	02:34:03	**03:52:00.90**	**03:52:58.95**	+01:55:19 (49.5%)	11:02	5.4 (50.5%)
465	**ANTKOWIAK Klaudia**	**150**		K-20	8	NIE	01:23:27	02:36:44	**03:52:01.05**	**03:53:00.50**	+01:55:21 (49.5%)	11:02	5.4 (50.5%)
466	**ZIEMKOWSKA Monika**	**137**	ŻARÓW BIEGA	K-40	28	NIE	01:21:48	02:36:27	**03:52:32.80**	**03:53:04.55**	+01:55:25 (49.5%)	11:04	5.4 (50.5%)
467	**WLAZŁOWSKI Michał**	**141**		M-20	40	NIE	01:24:47	02:35:25	**03:53:34.85**	**03:54:36.45**	+01:56:57 (49.9%)	11:07	5.4 (50.5%)
468	**KUDEŁKA Janusz**	**436**		M-50	21	NIE	01:17:58	02:32:08	**03:54:26.15**	**03:54:40.95**	+01:57:01 (49.9%)	11:09	5.4 (50.5%)
469	**ANDRZEJCZAK Paweł**	**504**		M-40	146	NIE	01:20:50	02:33:53	**03:53:49.75**	**03:54:47.40**	+01:57:08 (49.9%)	11:08	5.4 (50.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
470	**NASTAWSKA Monika**	**451**		K-40	29	NIE	01:20:53	02:33:44	**03:53:50.55**	**03:54:47.55**	+01:57:08 (49.9%)	11:08	5.4 (50.5%)
471	**NOWAK Justyna**	**86**	OBORYGENI	K-30	53	NIE	01:16:07	02:28:26	**03:54:11.75**	**03:54:51.65**	+01:57:12 (49.9%)	11:09	5.4 (50.5%)
472	**SŁOTA Małgorzata**	**210**		K-30	54	NIE	01:24:45	02:37:37	**03:54:11.35**	**03:54:55.10**	+01:57:15 (49.9%)	11:09	5.4 (50.5%)
473	**BRYSIAK Ziemowit**	**218**		M-40	147	NIE	01:25:21	02:37:08	**03:54:12.75**	**03:54:57.55**	+01:57:18 (49.9%)	11:09	5.4 (50.5%)
474	**KRÓL-PIDANTY Marzena**	**336**	STRZEGOMSKA DWUNASTKA	K-40	30	NIE	01:25:20	02:38:02	**03:54:21.40**	**03:55:15.35**	+01:57:36 (50.0%)	11:09	5.4 (50.5%)
475	**KASPRZAK Bartłomiej**	**244**	BEARD TEAM WROCŁAW	M-30	166	NIE	01:20:36	02:29:42	**03:55:14.40**	**03:56:09.70**	+01:58:30 (50.2%)	11:12	5.4 (50.5%)
476	**WOJDAŁOWICZ Ewa**	**169**	BIEGACZKI PIJACZKI	K-30	55	NIE	01:24:56	02:37:28	**03:55:22.35**	**03:56:21.05**	+01:58:41 (50.2%)	11:12	5.4 (50.5%)
477	**WAJTRYT Krzysztof**	**235**	CORACLUB.EU	M-40	148	NIE	01:23:26	02:36:18	**03:55:20.25**	**03:56:24.00**	+01:58:44 (50.2%)	11:12	5.4 (50.5%)
478	**POPIOŁEK Grzegorz**	**246**	DELTA RUN	M-40	149	NIE	01:16:06	02:28:43	**03:56:41.55**	**03:57:29.70**	+01:59:50 (50.5%)	11:16	5.3 (49.5%)
479	**MUSUR Adam**	**518**	KB SZERSZEN OLESNICA	M-60	5	NIE		02:35:43	**03:57:52.00**	**03:57:52.00**	+02:00:12 (50.5%)	11:19	5.3 (49.5%)
480	**ZAJĄC Krzysztof**	**101**	ZP SZPIKI\WKURW_TEAM\BEZULTRADZIKI	M-40	150	NIE	01:24:35	02:36:22	**03:56:58.10**	**03:58:01.05**	+02:00:21 (50.6%)	11:17	5.3 (49.5%)
481	**SKRZYPCZAK Patryk**	**400**	SPARTACUS	M-30	167	NIE	01:21:04	02:35:58	**03:57:31.90**	**03:58:25.25**	+02:00:45 (50.7%)	11:18	5.3 (49.5%)
482	**SPYCHAŁA Michał**	**397**	SPARTACUS	M-30	168	NIE	01:21:03	02:36:04	**03:57:35.65**	**03:58:27.95**	+02:00:48 (50.7%)	11:18	5.3 (49.5%)
483	**PUSTELNIK Piotr**	**5**	SOUTH POLE EXPEDITION	M-60	6	TAK	01:24:37	02:40:50	**03:57:26.90**	**03:58:29.70**	+02:00:50 (50.7%)	11:18	5.3 (49.5%)
484	**NOWACZYK Zuzanna**	**493**		K-20	9	NIE	01:25:38	02:39:44	**03:59:43.50**	**04:00:19.85**	+02:02:40 (51.0%)	11:24	5.3 (49.5%)
485	**KAWECKA Magdalena**	**16**	BIEGAM BO LUBIĘ ZĄBKI TEAM	K-30	56	NIE	01:29:37	02:42:31	**03:59:50.55**	**04:00:26.75**	+02:02:47 (51.1%)	11:25	5.3 (49.5%)
486	**GRZELCZYK Piotr**	**415**	BIEGAM BO LUBIĘ ZĄBKI TEAM	M-40	151	NIE	01:29:38	02:42:35	**03:59:50.60**	**04:00:27.15**	+02:02:47 (51.1%)	11:25	5.3 (49.5%)
487	**MALINOWSKI Przemysław**	**363**		M-40	152	NIE	01:25:32	02:40:59	**04:02:38.30**	**04:03:34.45**	+02:05:55 (51.7%)	11:33	5.2 (48.6%)
488	**CHROMIŃSKI Maciej**	**366**		M-40	153	NIE	01:24:11	02:43:03	**04:02:57.70**	**04:03:49.95**	+02:06:10 (51.7%)	11:34	5.2 (48.6%)
489	**KUPKA Bazyl**	**254**	SZYBKA KUPKA	M-20	41	NIE	01:24:16	02:43:22	**04:03:38.35**	**04:03:56.40**	+02:06:17 (51.8%)	11:36	5.2 (48.6%)
490	**KUPKA Martyna**	**113**	SWAT TEAM	K-30	57	NIE	01:25:34	02:43:22	**04:03:37.40**	**04:03:56.50**	+02:06:17 (51.8%)	11:36	5.2 (48.6%)
491	**BŁACHOWIAK Jakub**	**388**	STREFASPORTU.PL MW INVEST	M-20	42	NIE	01:25:32	02:43:25	**04:03:37.60**	**04:03:57.00**	+02:06:17 (51.8%)	11:36	5.2 (48.6%)
492	**PODSIADŁY Robert**	**189**	CHATA BIEGACZA K34 ZAKOPANE	M-50	22	NIE	01:24:39	02:39:53	**04:06:06.40**	**04:07:11.65**	+02:09:32 (52.4%)	11:43	5.1 (47.7%)
493	**DZIEWIATOWSKA Agnieszka**	**117**		K-40	31	NIE	01:26:25	02:42:42	**04:06:43.75**	**04:07:21.50**	+02:09:42 (52.4%)	11:44	5.1 (47.7%)
494	**SZOŁTYSEK Beata**	**24**	OCHAJORUN & FRIENDS	K-40	32	NIE	01:23:32	02:42:49	**04:07:06.50**	**04:07:45.25**	+02:10:05 (52.5%)	11:46	5.1 (47.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
495	**MAJKOWSKI Tomasz**	**393**		M-40	154	NIE	01:27:13	02:44:34	**04:09:00.20**	**04:09:49.00**	+02:12:09 (52.9%)	11:51	5.1 (47.7%)
496	**TROJANOWSKA Kinga**	**357**		K-50	5	NIE	01:26:23	02:42:41	**04:09:26.25**	**04:10:03.85**	+02:12:24 (53.0%)	11:52	5.1 (47.7%)
497	**PUDŁO Kamila**	**245**	OBORYGENI	K-30	58	NIE	01:26:29	02:43:11	**04:10:50.30**	**04:11:30.90**	+02:13:51 (53.2%)	11:56	5 (46.7%)
498	**LUDKA Dagmara**	**143**	PSEUDOBIEGACZKI	K-40	33	NIE	01:29:20	02:46:27	**04:13:45.85**	**04:13:45.85**	+02:16:06 (53.6%)	12:05	5 (46.7%)
499	**SZMYT Izabela**	**276**	PSEUDOBIEGACZKI	K-30	59	NIE	01:28:49	02:45:36	**04:13:07.00**	**04:13:46.25**	+02:16:06 (53.6%)	12:03	5 (46.7%)
500	**WARA-WĄSOWSKI Maciej**	**372**		M-40	155	NIE	01:23:24	02:42:43	**04:14:50.70**	**04:15:40.65**	+02:18:01 (54.0%)	12:08	4.9 (45.8%)
501	**KOTLIŃSKI Jarosław**	**382**		M-50	23	NIE	01:29:55	02:53:55	**04:23:31.95**	**04:24:27.95**	+02:26:48 (55.5%)	12:32	4.8 (44.9%)
502	**SZELER Joanna**	**564**		K-40	34	NIE	01:40:24	02:59:03	**04:25:20.10**	**04:25:20.10**	+02:27:40 (55.7%)	12:38	4.7 (43.9%)
503	**FURMAN Agnieszka**	**18**	OCHAJORUN&FRIENDS	K-30	60	NIE	01:37:26	03:00:12	**04:34:48.95**	**04:35:29.95**	+02:37:50 (57.3%)	13:05	4.6 (43.0%)
504	**FURMAN Michał**	**34**	OCHAJO RUN&FRIENDS	M-30	169	NIE	01:37:25	03:00:10	**04:34:52.25**	**04:35:34.15**	+02:37:54 (57.3%)	13:05	4.6 (43.0%)
505	**SZALKOWSKA Dominika**	**183**	ROZBIEGANY	K-30	61	NIE	01:39:29	03:04:14	**04:37:44.85**	**04:38:44.65**	+02:41:05 (57.8%)	13:13	4.5 (42.1%)
506	**ZEMŁA Krzysztof**	**380**		M-50	24	NIE	01:35:24	03:03:54	**04:41:59.55**	**04:42:22.75**	+02:44:43 (58.3%)	13:25	4.5 (42.1%)
507	**MOLSKA Małgorzata**	**445**	BBL GORZÓW	K-50	6	NIE	01:44:25	03:18:57	**04:53:47.75**	**04:54:39.15**	+02:56:59 (60.1%)	13:59	4.3 (40.2%)
508	**JAKUBOWSKI Wojciech**	**407**	KB GEOTERMIA UNIEJÓW	M-40	156	NIE		02:22:40			+01:05:15	10:11	5.9 (55.1%)
509	**HEROD Maciej**	**259**	XRUNNERS	M-20	43	NIE							(0.0%)

Znaleziono 509 wynik(ów)