

ZIMOWY PÓŁMARATON GÓR STOŁOWYCH 31 KM

Wydarzenie: Zimowy Półmaraton Gór Stołowych
Organizator: Fundacja Maratony Górskie
Data: 2023-01-22
Miejsce: Karłów
Dystans: 31 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking pod Szczelińcem 7km	Błędne Skały 14km	Lisia Przełęcz 19.7km	Czas netto 31km	Czas brutto 31km	Różn	Tempo min/km	Tempo km/h
1	**PETR Jiří**	**1168**	SALOMON	M-40	1	00:40:00	01:15:15	01:50:23	**02:56:01.55**	**02:56:01.55**		5:40	10.6 (100%)
2	**NORBERT Michał**	**1057**	KB SOBÓTKA	M-30	1	00:43:04	01:22:15	02:01:24	**03:18:33.20**	**03:18:33.20**	+00:22:31 (11.3%)	6:24	9.4 (88.7%)
3	**STANKIEWICZ Tomasz**	**1100**	PLANYBIEGOWE.PL	M-30	2	00:44:54	01:24:22	02:03:06	**03:19:32.60**	**03:19:32.60**	+00:23:31 (11.8%)	6:26	9.3 (87.7%)
4	**KACZMARCZYK Łukasz**	**1173**	ELITE RUNNERS	M-30	3	00:45:02	01:25:13	02:05:11	**03:24:32.80**	**03:24:32.80**	+00:28:31 (13.9%)	6:35	9.1 (85.8%)
5	**KRUPA Marcin**	**1115**	AKTYWNA NOWA RUDA	M-40	2	00:48:10	01:30:22	02:13:21	**03:30:48.80**	**03:30:48.80**	+00:34:47 (16.5%)	6:48	8.8 (83.0%)
6	**PASTUSZKA Paweł**	**1040**	EX TEAM	M-30	4	00:48:56	01:31:11	02:13:47	**03:33:35.25**	**03:33:35.25**	+00:37:33 (17.6%)	6:53	8.7 (82.1%)
7	**LIPNICKA Marta**	**1170**	ULTRAKOTLINA TEAM	K-30	1	00:48:45	01:31:16	02:13:35	**03:34:33.55**	**03:34:33.55**	+00:38:32 (18.0%)	6:55	8.7 (82.1%)
8	**ADAMCZYK Maciej**	**1106**	SKS OBORNIKI	M-40	3	00:48:42	01:30:54	02:13:53	**03:35:44.40**	**03:35:44.40**	+00:39:42 (18.4%)	6:57	8.6 (81.1%)
9	**MACH Tomasz**	**1198**	SPORTFUEL.PL MTB TEAM & WWW.PORCELANAWALBRZYCH.PL	M-30	5	00:48:09	01:30:21	02:14:43	**03:37:20.55**	**03:37:20.55**	+00:41:19 (19.0%)	7:00	8.6 (81.1%)
10	**TRZEPAK Łukasz**	**1171**		M-30	6	00:50:55	01:34:55	02:18:26	**03:38:00.95**	**03:38:00.95**	+00:41:59 (19.3%)	7:01	8.5 (80.2%)
11	**NADKIERNICZNY Zbyszek**	**1118**	GRYFUS SZCZECIN	M-40	4	00:55:00	01:40:26	02:22:48	**03:39:58.30**	**03:39:58.30**	+00:43:56 (20.0%)	7:05	8.5 (80.2%)
12	**KULIK-GAWĘDA Iwona**	**1038**	KUDOWIANKA RUN	K-30	2	00:48:51	01:31:10	02:15:07	**03:41:24.70**	**03:41:24.70**	+00:45:23 (20.5%)	7:08	8.4 (79.2%)
13	**GORCZYŃSKI Norbert**	**1011**	KUDOWIANKA RUN	M-20	1	00:53:53	01:39:19	02:22:32	**03:50:12.35**	**03:50:12.35**	+00:54:10 (23.5%)	7:25	8.1 (76.4%)
14	**RĘBIAŁKOWSKI Jakub**	**1056**	RNB TEAM POLANICA ZDRÓJ	M-30	7	00:56:33	01:42:27	02:27:23	**03:52:17.60**	**03:52:17.60**	+00:56:16 (24.2%)	7:29	8 (75.5%)
15	**CIURASZKIEWICZ Andrzej**	**1153**		M-40	5	00:54:10	01:40:23	02:26:06	**03:52:20.95**	**03:52:20.95**	+00:56:19 (24.2%)	7:29	8 (75.5%)
16	**MARCINIAK Jakub**	**1086**	KOŹMIN BIEGA ULTRA RUNNERS	M-30	8	00:54:20	01:41:08	02:27:37	**03:52:43.15**	**03:52:43.15**	+00:56:41 (24.4%)	7:30	8 (75.5%)

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17	**ADAMCZAK Artur**	**1050**		M-30	9	00:49:36	01:32:12	02:17:40	**03:54:55.95**	**03:54:55.95**	+00:58:54 (25.1%)	7:34	7.9 (74.5%)
18	**MAZIK Wojciech**	**1021**	KW KRAKOW	M-30	10	00:50:53	01:35:43	02:22:02	**03:55:50.45**	**03:55:50.45**	+00:59:48 (25.4%)	7:36	7.9 (74.5%)
19	**HOŁYST Andrzej**	**1010**	GT RAT	M-40	6	00:52:46	01:39:48	02:25:51	**03:55:54.15**	**03:55:54.15**	+00:59:52 (25.4%)	7:36	7.9 (74.5%)
20	**SMOTER Damian**	**1120**		M-40	7	00:53:27	01:39:58	02:24:37	**03:56:31.90**	**03:56:31.90**	+01:00:30 (25.6%)	7:37	7.9 (74.5%)
21	**HERCHEL Arkadiusz**	**1061**		M-40	8	00:54:43	01:42:35	02:30:29	**03:57:04.15**	**03:57:04.15**	+01:01:02 (25.7%)	7:38	7.8 (73.6%)
22	**KACZOROWSKI Michał**	**1162**	KWIDZYN BIEGA	M-30	11	00:55:57	01:42:51	02:30:02	**03:57:55.95**	**03:57:55.95**	+01:01:54 (26.0%)	7:40	7.8 (73.6%)
23	**ROGÓRZ Piotr**	**1195**		M-40	9	00:55:17	01:44:40	02:32:00	**03:58:07.45**	**03:58:07.45**	+01:02:05 (26.1%)	7:40	7.8 (73.6%)
24	**MOKRYCKI Krystian**	**1194**		M-40	10	00:59:22	01:48:58	02:33:42	**03:58:10.45**	**03:58:10.45**	+01:02:08 (26.1%)	7:40	7.8 (73.6%)
25	**DUC-SYPOSZ Aureliusz**	**1023**		M-40	11	00:56:32	01:45:01	02:33:38	**04:02:23.00**	**04:02:23.00**	+01:06:21 (27.4%)	7:49	7.7 (72.6%)
26	**PIWOWOŃSKI Paweł**	**1200**		M-40	12	00:57:26	01:44:41	02:32:21	**04:03:56.40**	**04:03:56.40**	+01:07:54 (27.8%)	7:52	7.6 (71.7%)
27	**RUSOŁ Tomasz**	**1138**		M-40	13	00:53:17	01:40:08	02:29:51	**04:04:38.05**	**04:04:38.05**	+01:08:36 (28.0%)	7:53	7.6 (71.7%)
28	**TRZECIAKIEWICZ Mieczysław**	**1053**	INŻYNIERIA BIEGANIA	M-50	1	01:00:56	01:48:44	02:34:59	**04:05:45.00**	**04:05:45.00**	+01:09:43 (28.4%)	7:55	7.6 (71.7%)
29	**WILK Jacek**	**1180**		M-50	2	00:54:30	01:42:08	02:30:38	**04:07:13.85**	**04:07:13.85**	+01:11:12 (28.8%)	7:58	7.5 (70.8%)
30	**WOŁOSZYN Konrad**	**1165**	BRACIAKTRANS	M-40	14	00:59:20	01:48:46	02:35:18	**04:07:17.30**	**04:07:17.30**	+01:11:15 (28.8%)	7:58	7.5 (70.8%)
31	**PĘCHRA Mateusz**	**1090**	ULTRA TURY	M-30	12	00:56:45	01:47:05	02:34:32	**04:07:52.75**	**04:07:52.75**	+01:11:51 (29.0%)	7:59	7.5 (70.8%)
32	**KRZESAK Damian**	**1146**	ZAWISZA LEGNICA	M-30	13	01:00:58	01:49:52	02:37:55	**04:08:03.40**	**04:08:03.40**	+01:12:01 (29.0%)	8:00	7.5 (70.8%)
33	**CHOWANIEC Sebastian**	**1081**	SUNFIT STUDIO	M-30	14	00:56:16	01:45:10	02:34:10	**04:08:13.40**	**04:08:13.40**	+01:12:11 (29.1%)	8:00	7.5 (70.8%)
34	**SIKORSKI Dariusz**	**1121**	INSERT TEAM	M-40	15	01:06:56	01:55:14	02:41:50	**04:09:15.90**	**04:09:15.90**	+01:13:14 (29.4%)	8:02	7.5 (70.8%)
35	**KARPOWICZ Rafal**	**1191**		M-40	16	00:54:58	01:43:18	02:32:04	**04:10:06.10**	**04:10:06.10**	+01:14:04 (29.6%)	8:04	7.4 (69.8%)
36	**KRÓL Marcin**	**1157**		M-40	17	01:03:25	01:53:12	02:41:26	**04:10:48.40**	**04:10:48.40**	+01:14:46 (29.8%)	8:05	7.4 (69.8%)
37	**NAPIERAŁA Tomasz**	**1078**		M-40	18	00:59:33	01:48:45	02:37:35	**04:11:05.25**	**04:11:05.25**	+01:15:03 (29.9%)	8:05	7.4 (69.8%)
38	**MICHALAK Dawid**	**1143**	NIAGARA	M-40	19	00:54:12	01:44:58	02:36:21	**04:11:57.35**	**04:11:57.35**	+01:15:55 (30.1%)	8:07	7.4 (69.8%)
39	**ŚWIAT Paweł**	**1054**	RNB TEAM POLANICA ZDRÓJ	M-30	15	00:56:29	01:42:42	02:31:47	**04:13:20.30**	**04:13:20.30**	+01:17:18 (30.5%)	8:10	7.3 (68.9%)
40	**LAMEK Andrzej**	**1149**	AKTYWNY OSTRZESZÓW	M-50	3	01:00:37	01:48:55	02:38:28	**04:13:48.10**	**04:13:48.10**	+01:17:46 (30.6%)	8:11	7.3 (68.9%)

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41	**ZIOBROWSKI Łukasz**	**1199**	SZTUKA RUCHU	M-40	20	00:58:28	01:48:41	02:38:12	**04:13:57.55**	**04:13:57.55**	+01:17:56 (30.7%)	8:11	7.3 (68.9%)
42	**MATCZAK Mateusz**	**1071**	SH RUNNING TEAM	M-30	16	00:58:17	01:48:56	02:39:55	**04:14:15.90**	**04:14:15.90**	+01:18:14 (30.8%)	8:12	7.3 (68.9%)
43	**VISENTIN □□ Eric □**	**1018**	NOA	M-40	21	00:59:21	01:50:42	02:40:45	**04:15:26.25**	**04:15:26.25**	+01:19:24 (31.1%)	8:14	7.3 (68.9%)
44	**FIGEL Michał**	**1008**	MIKI TEAM	M-40	22	00:57:21	01:48:25	02:37:48	**04:15:57.40**	**04:15:57.40**	+01:19:55 (31.2%)	8:15	7.3 (68.9%)
45	**SZKÓDLIŃSKI Bartosz**	**1102**	ODDYCHAJSWOBODNIE.PL	M-40	23	00:59:19	01:49:25	02:40:07	**04:17:07.70**	**04:17:07.70**	+01:21:06 (31.5%)	8:17	7.2 (67.9%)
46	**JAZ Ernest**	**1183**	ENDORFINY WĄSOSZ	M-40	24	00:59:15	01:52:11	02:41:45	**04:20:43.80**	**04:20:43.80**	+01:24:42 (32.5%)	8:24	7.1 (67.0%)
47	**KOWALSKI Andrzej**	**1152**		M-60	1	01:00:46	01:53:02	02:42:35	**04:21:45.25**	**04:21:45.25**	+01:25:43 (32.8%)	8:26	7.1 (67.0%)
48	**BONIEC-RZEPSKA Gabriela**	**1006**	ANDRZEJ WITEK SZYBCIEJ TEAM	K-30	3	00:55:40	01:47:16	02:38:23	**04:22:25.90**	**04:22:25.90**	+01:26:24 (32.9%)	8:27	7.1 (67.0%)
49	**WIECZOREK Piotr**	**1093**	SULEJOWSKIE MORSY	M-40	25	01:06:50	01:58:36	02:46:15	**04:23:34.65**	**04:23:34.65**	+01:27:33 (33.2%)	8:30	7.1 (67.0%)
50	**ZARODA Zbigniew**	**1036**	TRITON KONIN	M-50	4	00:58:52	01:52:57	02:44:02	**04:24:02.45**	**04:24:02.45**	+01:28:00 (33.3%)	8:31	7 (66.0%)
51	**PIECUCH Karolina**	**1105**		K-30	4	00:59:56	01:53:07	02:44:57	**04:24:29.05**	**04:24:29.05**	+01:28:27 (33.4%)	8:31	7 (66.0%)
52	**ROGOZIK Mariusz**	**1150**		M-30	17	00:59:25	01:52:10	02:43:49	**04:25:23.60**	**04:25:23.60**	+01:29:22 (33.7%)	8:33	7 (66.0%)
53	**GNITECKA Katarzyna**	**1160**	KUDOWIANKA RUN	K-30	5	01:02:53	01:57:04	02:49:25	**04:25:25.40**	**04:25:25.40**	+01:29:23 (33.7%)	8:33	7 (66.0%)
54	**CHRZANOWSKI Paweł**	**1017**		M-40	26	00:55:17	01:45:46	02:36:11	**04:26:05.15**	**04:26:05.15**	+01:30:03 (33.8%)	8:35	7 (66.0%)
55	**PABIN Paweł**	**1107**	#PABINY	M-30	18	00:56:34	01:47:09	02:40:03	**04:26:11.85**	**04:26:11.85**	+01:30:10 (33.9%)	8:35	7 (66.0%)
56	**KRÓL Marcin**	**1058**		M-40	27	01:01:34	01:55:08	02:46:11	**04:26:42.35**	**04:26:42.35**	+01:30:40 (34.0%)	8:36	7 (66.0%)
57	**HAJDA Justyna**	**1080**	MAFIA TEAM LUBLINIEC	K-20	1	01:04:04	01:58:34	02:50:06	**04:26:43.40**	**04:26:43.40**	+01:30:41 (34.0%)	8:36	7 (66.0%)
58	**CZYRNIA Andrzej**	**1099**	ULTRA TURY	M-40	28	00:59:34	01:53:11	02:45:55	**04:27:42.65**	**04:27:42.65**	+01:31:41 (34.2%)	8:38	6.9 (65.1%)
59	**TYŚ Radek**	**1147**	NOWA RUDA BIEGA	M-30	19	01:04:16	01:57:31	02:49:18	**04:27:47.65**	**04:27:47.65**	+01:31:46 (34.3%)	8:38	6.9 (65.1%)
60	**BIECUSZEK Tomasz**	**1096**	AKTYWNA NOWA RUDA	M-40	29	00:56:43	01:49:24	02:43:55	**04:28:00.15**	**04:28:00.15**	+01:31:58 (34.3%)	8:38	6.9 (65.1%)
61	**MARIANOWSKI Krzysztof**	**1112**	KWIDZYN BIEGA	M-40	30	01:03:03	01:58:35	02:51:25	**04:28:46.50**	**04:28:46.50**	+01:32:44 (34.5%)	8:40	6.9 (65.1%)
62	**PLISZKA Bartosz**	**1148**	OLA TEAM	M-50	5	01:02:59	01:58:05	02:50:17	**04:29:18.35**	**04:29:18.35**	+01:33:16 (34.6%)	8:41	6.9 (65.1%)
63	**MIERCZAK Dawid**	**1104**	PENDOLINO TEAM	M-30	20	01:01:31	01:54:49	02:47:51	**04:29:27.45**	**04:29:27.45**	+01:33:25 (34.7%)	8:41	6.9 (65.1%)
64	**ABRAMOWICZ Agata**	**1159**		K-20	2	01:02:11	01:55:26	02:47:40	**04:31:00.95**	**04:31:00.95**	+01:34:59 (35.0%)	8:44	6.9 (65.1%)

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65	**PIELATOWSKI Adam**	**1001**	DIRTY SPARROWS	M-30	21	01:01:47	01:52:58	02:42:56	**04:31:01.35**	**04:31:01.35**	+01:34:59 (35.1%)	8:44	6.9 (65.1%)
66	**HETMAN Łukasz**	**1139**		M-40	31	00:58:02	01:48:42	02:41:34	**04:31:02.60**	**04:31:02.60**	+01:35:01 (35.1%)	8:44	6.9 (65.1%)
67	**CUPRIAK Daniel**	**1079**	AGROAS TEAM	M-50	6	01:04:17	01:57:06	02:49:31	**04:31:28.05**	**04:31:28.05**	+01:35:26 (35.2%)	8:45	6.9 (65.1%)
68	**WESOŁOWSKI Krzysztof**	**1085**	LASKOWE LUDKI	M-40	32	00:54:36	01:44:57	02:37:57	**04:32:12.60**	**04:32:12.60**	+01:36:11 (35.3%)	8:46	6.8 (64.2%)
69	**TĘCZA Dariusz**	**1161**		M-60	2	01:04:34	01:58:01	02:50:23	**04:32:18.15**	**04:32:18.15**	+01:36:16 (35.4%)	8:47	6.8 (64.2%)
70	**LUBELCZYK Grzegorz**	**1066**	SPELEOCLUB WROCŁAW	M-50	7	01:07:16	02:01:05	02:54:25	**04:32:27.65**	**04:32:27.65**	+01:36:26 (35.4%)	8:47	6.8 (64.2%)
71	**KADYS Łukasz**	**1169**	LKS ISKRA JASZKOWA	M-40	33	01:01:35	01:53:31	02:41:12	**04:32:44.35**	**04:32:44.35**	+01:36:42 (35.5%)	8:47	6.8 (64.2%)
72	**FORTUNA Marcin**	**1033**	ANTONTEAM/ŚWISZCZĄCY ŁAŃCUCH	M-40	34	01:02:47	01:57:07	02:49:35	**04:32:49.30**	**04:32:49.30**	+01:36:47 (35.5%)	8:48	6.8 (64.2%)
73	**DUNAJ Paweł**	**1029**		M-40	35	01:07:49	02:06:04	03:00:13	**04:34:06.85**	**04:34:06.85**	+01:38:05 (35.8%)	8:50	6.8 (64.2%)
74	**GÓRECKI Marcin**	**1179**	WIR	M-40	36	01:02:23	01:57:39	02:52:14	**04:36:48.35**	**04:36:48.35**	+01:40:46 (36.4%)	8:55	6.7 (63.2%)
75	**KARKOSZ Andrzej**	**1032**		M-30	22	01:03:04	01:56:01	02:48:02	**04:37:26.15**	**04:37:26.15**	+01:41:24 (36.6%)	8:56	6.7 (63.2%)
76	**PARZONKA Michał**	**1028**	ŚWISZCZĄCY ŁAŃCUCH	M-30	23	01:03:00	01:55:55	02:50:31	**04:39:55.70**	**04:39:55.70**	+01:43:54 (37.1%)	9:01	6.6 (62.3%)
77	**ŁANGOWICZ Borys**	**1103**		M-20	2	01:05:27	01:59:47	02:50:13	**04:40:02.65**	**04:40:02.65**	+01:44:01 (37.1%)	9:02	6.6 (62.3%)
78	**RADZIWOŃ Anna**	**1108**	GRUPA NIENACHALNIE HEROICZNA	K-40	1	01:06:46	02:03:29	02:58:50	**04:41:19.35**	**04:41:19.35**	+01:45:17 (37.4%)	9:04	6.6 (62.3%)
79	**GONSIOR Tomasz**	**1070**		M-30	24	01:07:14	02:02:14	02:57:10	**04:41:58.35**	**04:41:58.35**	+01:45:56 (37.6%)	9:05	6.6 (62.3%)
80	**CIEŚLA Bartosz**	**1190**	MOCNOPRZYGODOWY.PL	M-30	25	01:01:13	01:55:04	02:47:29	**04:42:01.60**	**04:42:01.60**	+01:46:00 (37.6%)	9:05	6.6 (62.3%)
81	**PAWLAK Sylwester**	**1188**		M-40	37	01:04:03	01:58:20	02:54:06	**04:42:02.00**	**04:42:02.00**	+01:46:00 (37.6%)	9:05	6.6 (62.3%)
82	**MACHAJEWSKA Aneta**	**1187**		K-40	2	01:04:06	01:58:22	02:54:34	**04:42:02.10**	**04:42:02.10**	+01:46:00 (37.6%)	9:05	6.6 (62.3%)
83	**STANKOWSKI Przemysław**	**1013**		M-40	38	01:07:34	02:05:54	02:58:26	**04:42:07.05**	**04:42:07.05**	+01:46:05 (37.6%)	9:06	6.6 (62.3%)
84	**ŁUKASIEWICZ Ewelina**	**1151**	POLFERRIES/PŻB	K-20	3	01:05:29	02:00:30	02:57:30	**04:42:48.00**	**04:42:48.00**	+01:46:46 (37.8%)	9:07	6.6 (62.3%)
85	**SAWCZYN Tomasz**	**1052**	DWÓJKA BEZ SERNIKA	M-40	39	01:03:41	02:00:33	02:54:19	**04:45:39.20**	**04:45:39.20**	+01:49:37 (38.4%)	9:12	6.5 (61.3%)
86	**SYCHOWSKI Dawid**	**1024**		M-30	26	01:01:29	01:56:39	02:53:47	**04:46:17.85**	**04:46:17.85**	+01:50:16 (38.5%)	9:14	6.5 (61.3%)
87	**WAJDA Maciej**	**1076**	SPELEOCLUB WROCŁAW	M-30	27	01:05:32	02:01:59	02:56:55	**04:46:42.65**	**04:46:42.65**	+01:50:41 (38.6%)	9:14	6.5 (61.3%)
88	**JASIŃSKI Marcin**	**1051**		M-40	40	01:03:05	01:57:40	02:49:51	**04:47:28.45**	**04:47:28.45**	+01:51:26 (38.8%)	9:16	6.5 (61.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking pod Szczelińcem 7km	Błędne Skały 14km	Lisia Przełęcz 19.7km	Czas netto 31km	Czas brutto 31km	Różn	Tempo min/km	Tempo km/h
89	**KOWALSKA Justyna**	**1140**	MORSY OŚNO LUBUSKIE	K-40	3	01:04:53	02:03:05	02:59:31	**04:47:40.30**	**04:47:40.30**	+01:51:38 (38.8%)	9:16	6.5 (61.3%)
90	**DRESZLER Wiesław**	**1142**		M-50	8	01:11:58	02:08:57	03:03:06	**04:47:42.70**	**04:47:42.70**	+01:51:41 (38.8%)	9:16	6.5 (61.3%)
91	**WOLF Weronika**	**1062**	W GÓRACH JEST WSZYSTKO CO KOCHAM ❤	K-40	4	01:09:44	02:05:40	03:01:32	**04:48:18.55**	**04:48:18.55**	+01:52:17 (38.9%)	9:18	6.5 (61.3%)
92	**NATKANIEC Krystian**	**1111**	JULJAN	M-50	9	01:01:35	01:57:19	02:53:19	**04:48:39.85**	**04:48:39.85**	+01:52:38 (39.0%)	9:18	6.4 (60.4%)
93	**SIKORA Michał**	**1030**	PASTERKA PANY	M-40	41	01:07:43	02:05:14	03:01:14	**04:48:50.75**	**04:48:50.75**	+01:52:49 (39.1%)	9:19	6.4 (60.4%)
94	**SOBKOWIAK Kamil**	**1154**	ZESPÓŁ SZKÓŁ RATAJE	M-40	42	01:05:30	02:00:31	02:57:35	**04:49:32.45**	**04:49:32.45**	+01:53:30 (39.2%)	9:20	6.4 (60.4%)
95	**LEWANDOWSKI Wojciech**	**1113**	ODRA TRAIL	M-30	28	01:13:14	02:13:06	03:05:41	**04:52:50.40**	**04:52:50.40**	+01:56:48 (39.9%)	9:26	6.4 (60.4%)
96	**KONSTANCIUK Dariusz**	**1059**	JAZDA	M-40	43	00:57:57	01:53:10	02:52:01	**04:53:00.30**	**04:53:00.30**	+01:56:58 (39.9%)	9:27	6.3 (59.4%)
97	**WEYNA Rafał**	**1031**	BIAŁY DOMEK BIEGA	M-50	10	00:59:42	01:55:48	02:53:34	**04:54:37.80**	**04:54:37.80**	+01:58:36 (40.3%)	9:30	6.3 (59.4%)
98	**SZCZEPAŃSKI Marcin**	**1067**	STRZELIŃSKI KLUB BIEGACZA GRANIT	M-30	29	01:06:48	02:05:59	03:02:29	**04:54:38.60**	**04:54:38.60**	+01:58:37 (40.3%)	9:30	6.3 (59.4%)
99	**KOSTOWSKI Roman**	**1097**		M-30	30	01:04:33	02:03:21	03:01:00	**04:55:14.85**	**04:55:14.85**	+01:59:13 (40.4%)	9:31	6.3 (59.4%)
100	**GAŁEK Wojciech**	**1003**	NO PAIN NO GAIN	M-40	44	01:12:42	02:12:59	03:10:27	**04:58:30.05**	**04:58:30.05**	+02:02:28 (41.0%)	9:37	6.2 (58.5%)
101	**STASIAK Łukasz**	**1019**		M-40	45	01:13:04	02:13:47	03:11:13	**04:58:36.15**	**04:58:36.15**	+02:02:34 (41.1%)	9:37	6.2 (58.5%)
102	**JASICKI Krzysztof**	**1116**	RUNHOGS	M-40	46	01:11:55	02:13:03	03:12:31	**04:58:38.05**	**04:58:38.05**	+02:02:36 (41.1%)	9:38	6.2 (58.5%)
103	**SZMAGIEREWSKI Wojciech**	**1075**		M-50	11	01:08:54	02:04:38	03:02:19	**04:59:53.95**	**04:59:53.95**	+02:03:52 (41.3%)	9:40	6.2 (58.5%)
104	**CHOMIAK Katarzyna**	**1083**		K-40	5	01:09:31	02:08:27	03:06:23	**04:59:54.20**	**04:59:54.20**	+02:03:52 (41.3%)	9:40	6.2 (58.5%)
105	**MACIEJOWICZ Michał**	**1044**	VEGERUNNERS	M-30	31	01:02:32	01:57:55	02:58:05	**05:00:37.80**	**05:00:37.80**	+02:04:36 (41.4%)	9:41	6.2 (58.5%)
106	**BALCERZAK Robert**	**1117**	KLUB BIEGACZA WARTA	M-40	47	01:03:11	02:02:46	03:02:37	**05:01:23.05**	**05:01:23.05**	+02:05:21 (41.6%)	9:43	6.2 (58.5%)
107	**GÓRECKI Krzysztof**	**1193**		M-50	12	01:05:59	02:03:20	03:01:51	**05:02:36.55**	**05:02:36.55**	+02:06:35 (41.8%)	9:45	6.1 (57.5%)
108	**RADWANSKI Tomasz**	**1177**	PIECHOTĄ PO SCHODACH	M-40	48	01:06:13	02:04:28	03:05:47	**05:03:26.75**	**05:03:26.75**	+02:07:25 (42.0%)	9:47	6.1 (57.5%)
109	**DIERING Tomasz**	**1065**	ROWERY MAŁGOŚKA	M-30	32	01:10:37	02:10:49	03:08:46	**05:03:36.40**	**05:03:36.40**	+02:07:34 (42.0%)	9:47	6.1 (57.5%)
109	**WALISZEWSKI Jakub**	**1166**	ROWERY MAŁGOŚKA	M-30	32	01:10:23	02:10:47	03:08:34	**05:03:36.40**	**05:03:36.40**	+02:07:34 (42.0%)	9:47	6.1 (57.5%)
111	**GRUNDKOWSKI Oskar**	**1064**		M-20	3	01:10:11	02:08:05	03:02:43	**05:03:37.15**	**05:03:37.15**	+02:07:35 (42.0%)	9:47	6.1 (57.5%)
112	**IWACHÓW Sławomir**	**1082**	MXTECH	M-40	49	01:09:57	02:12:57	03:11:18	**05:04:36.85**	**05:04:36.85**	+02:08:35 (42.2%)	9:49	6.1 (57.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking pod Szczelińcem 7km	Błędne Skały 14km	Lisia Przełęcz 19.7km	Czas netto 31km	Czas brutto 31km	Różn	Tempo min/km	Tempo km/h
113	**ZAMYŚLEWSKI Krzysztof**	**1155**	KWIDZYN BIEGA	M-40	50	01:09:29	02:11:45	03:11:15	**05:06:09.45**	**05:06:09.45**	+02:10:07 (42.5%)	9:52	6.1 (57.5%)
114	**KRÓL Jakub**	**1114**		M-30	34	00:58:38	01:57:30	02:59:26	**05:07:20.10**	**05:07:20.10**	+02:11:18 (42.7%)	9:54	6.1 (57.5%)
115	**RADZIWOŃ Krzysztof**	**1109**	GRUPA NIENACHALNIE HEROICZNA	M-40	51	01:12:19	02:13:34	03:14:29	**05:09:09.00**	**05:09:09.00**	+02:13:07 (43.1%)	9:58	6 (56.6%)
116	**BRUSS Krzysztof**	**1034**	DRUŻYNA SZPIKU	M-50	13	01:12:36	02:16:18	03:17:17	**05:11:54.80**	**05:11:54.80**	+02:15:53 (43.6%)	10:03	6 (56.6%)
117	**GARBACZ Marek**	**1101**	LEŚNE ULTRA DZIADY	M-50	14	01:11:59	02:17:17	03:17:06	**05:11:56.00**	**05:11:56.00**	+02:15:54 (43.6%)	10:03	6 (56.6%)
118	**WOSIAK Katarzyna**	**1201**		K-30	6	01:04:09	02:02:05	03:03:33	**05:13:13.60**	**05:13:13.60**	+02:17:12 (43.8%)	10:06	5.9 (55.7%)
119	**ŁOWICKA Maja**	**1094**	AKTYWNI RAZEM	K-30	7	01:12:09	02:11:51	03:11:10	**05:14:09.80**	**05:14:09.80**	+02:18:08 (44.0%)	10:08	5.9 (55.7%)
120	**TRZCIŃSKI Robert**	**1055**	SSW TEAM KROŚNICE	M-30	35	01:16:43	02:19:51	03:18:57	**05:14:19.05**	**05:14:19.05**	+02:18:17 (44.0%)	10:08	5.9 (55.7%)
121	**RADWAŃSKA Justyna**	**1175**		K-40	6	01:23:31	02:25:23	03:29:35	**05:17:05.35**	**05:17:05.35**	+02:21:03 (44.5%)	10:13	5.9 (55.7%)
122	**KUBIAK Anna**	**1137**	STRZEGOMSKA DWUNASTKA	K-40	7	01:18:54	02:25:19	03:25:20	**05:18:02.10**	**05:18:02.10**	+02:22:00 (44.7%)	10:15	5.8 (54.7%)
123	**BOBERSKI Maciej**	**1073**		M-40	52	01:14:49	02:18:31	03:21:40	**05:20:14.20**	**05:20:14.20**	+02:24:12 (45.0%)	10:19	5.8 (54.7%)
124	**KOPYCZYŃSKI Tomasz**	**1074**		M-40	53	01:15:32	02:18:34	03:21:44	**05:20:14.40**	**05:20:14.40**	+02:24:12 (45.0%)	10:19	5.8 (54.7%)
125	**GRAU Joanna**	**1089**	KWIDZYN BIEGA	K-40	8	01:12:12	02:17:13	03:18:40	**05:20:49.65**	**05:20:49.65**	+02:24:48 (45.1%)	10:20	5.8 (54.7%)
126	**SUCHORSKI Sebastian**	**1158**	KOSTRZYNSKI KLUB SPORTOWY DO CELU	M-40	54	01:10:12	02:11:43	03:14:33	**05:21:32.95**	**05:21:32.95**	+02:25:31 (45.3%)	10:22	5.8 (54.7%)
127	**SERAFIN Ewelina**	**1037**		K-40	9	01:08:38	02:11:39	03:14:19	**05:23:11.05**	**05:23:11.05**	+02:27:09 (45.5%)	10:25	5.8 (54.7%)
128	**CZUBALA Beata**	**1123**	LKS ZIĘBICE	K-40	10	01:18:18	02:25:18	03:25:00	**05:24:23.80**	**05:24:23.80**	+02:28:22 (45.7%)	10:27	5.7 (53.8%)
129	**SZYNKLEWSKI Maciej**	**1110**	QUAY POZNAŃ	M-50	15	01:17:00	02:24:39	03:26:24	**05:26:12.90**	**05:26:12.90**	+02:30:11 (46.0%)	10:31	5.7 (53.8%)
130	**DRAJERCZAK Marlena**	**1132**		K-40	11	01:19:20	02:24:51	03:26:20	**05:27:20.15**	**05:27:20.15**	+02:31:18 (46.2%)	10:33	5.7 (53.8%)
131	**SZAL Małgorzata**	**1068**	TENIS CENTRUM AS	K-30	8	01:12:37	02:19:50	03:23:19	**05:27:22.00**	**05:27:22.00**	+02:31:20 (46.2%)	10:33	5.7 (53.8%)
132	**PISKORSKI Łukasz**	**1130**		M-40	55	01:12:05	02:16:32	03:19:19	**05:27:24.35**	**05:27:24.35**	+02:31:22 (46.2%)	10:33	5.7 (53.8%)
133	**FILIPIAK Sebastian**	**1015**	EKIPA LIPA	M-40	56	01:13:51	02:20:15	03:25:48	**05:30:12.75**	**05:30:12.75**	+02:34:11 (46.7%)	10:39	5.6 (52.8%)
134	**SAMBORSKA Anna**	**1184**	ROSSMANN	K-30	9	01:18:07	02:27:01	03:34:40	**05:37:15.05**	**05:37:15.05**	+02:41:13 (47.8%)	10:52	5.5 (51.9%)
135	**ZWIERZYŃSKI Roman**	**1087**	LECĘ BO CHCĘ	M-60	3	01:15:48	02:22:35	03:34:56	**05:37:36.70**	**05:37:36.70**	+02:41:35 (47.9%)	10:53	5.5 (51.9%)
136	**STRZELECKI Krzysztof**	**1129**	LEŚNE ULTRA DZIADY	M-50	16	01:12:18	02:19:48	03:24:54	**05:38:38.50**	**05:38:38.50**	+02:42:36 (48.0%)	10:55	5.5 (51.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking pod Szczelińcem 7km	Błędne Skały 14km	Lisia Przełęcz 19.7km	Czas netto 31km	Czas brutto 31km	Różn	Tempo min/km	Tempo km/h
137	**HERZOG Dobromir**	**1172**	LEŚNE ULTRA DZIADY	M-40	57	01:12:15	02:19:50	03:24:58	**05:38:38.75**	**05:38:38.75**	+02:42:37 (48.0%)	10:55	5.5 (51.9%)
138	**SZYMAŃSKI Arkadiusz**	**1141**	BIEGIEM RADOM!	M-40	58	01:16:36	02:20:37	03:26:42	**05:42:30.00**	**05:42:30.00**	+02:46:28 (48.6%)	11:02	5.4 (50.9%)
139	**LEWANDOWSKA Karolina**	**1192**		K-30	10	01:14:02	02:20:13	03:33:56	**05:44:41.05**	**05:44:41.05**	+02:48:39 (48.9%)	11:07	5.4 (50.9%)
140	**ZAKRZEWSKA Anna**	**1088**		K-40	12	01:22:02	02:30:14	03:37:16	**05:47:47.10**	**05:47:47.10**	+02:51:45 (49.4%)	11:13	5.3 (50.0%)
141	**PANEK Aleksandra**	**1084**		K-50	1	01:18:56	02:31:24	03:37:59	**05:47:58.20**	**05:47:58.20**	+02:51:56 (49.4%)	11:13	5.3 (50.0%)
142	**BISKUP Rafał**	**1048**		M-50	17	01:22:07	02:36:09	03:51:04	**05:48:11.40**	**05:48:11.40**	+02:52:09 (49.4%)	11:13	5.3 (50.0%)
143	**FOKT Rafał**	**1092**		M-30	36	01:04:12	02:10:25	03:24:48	**05:49:58.75**	**05:49:58.75**	+02:53:57 (49.7%)	11:17	5.3 (50.0%)
144	**GAŁECKI Tomasz**	**1197**		M-50	18	01:18:17	02:27:53	03:32:45	**05:51:25.65**	**05:51:25.65**	+02:55:24 (49.9%)	11:20	5.3 (50.0%)
145	**FRĄCKOWIAK Dominik**	**1133**		M-30	37	01:14:51	02:24:35	03:36:30	**05:51:29.00**	**05:51:29.00**	+02:55:27 (49.9%)	11:20	5.3 (50.0%)
146	**JURKIEWICZ Dominik**	**1144**		M-30	38	01:13:38	02:24:37	03:36:14	**05:52:50.30**	**05:52:50.30**	+02:56:48 (50.1%)	11:22	5.3 (50.0%)
147	**DRACHAL Krzysztof**	**1181**		M-40	59	01:15:48	02:15:19	03:27:29	**05:55:19.15**	**05:55:19.15**	+02:59:17 (50.5%)	11:27	5.2 (49.1%)
148	**SERAFIN Robert**	**1039**		M-50	19	01:09:52	02:14:30	03:26:01	**05:55:56.85**	**05:55:56.85**	+02:59:55 (50.5%)	11:28	5.2 (49.1%)
149	**KUBIAK Przemysław**	**1136**	STRZEGOMSKA DWUNASTKA	M-40	60	01:18:57	02:26:00	03:34:15	**05:56:36.25**	**05:56:36.25**	+03:00:34 (50.6%)	11:30	5.2 (49.1%)
150	**KWIATKOWSKA Zuzanna**	**1043**	RNB TEAM POLANICA ZDRÓJ	K-50	2	01:18:07	02:23:53	03:29:23	**05:56:38.90**	**05:56:38.90**	+03:00:37 (50.6%)	11:30	5.2 (49.1%)
151	**ŁYSAKOWSKI Marek**	**1022**		M-40	61	01:19:22	02:28:29	03:35:13	**05:56:46.90**	**05:56:46.90**	+03:00:45 (50.7%)	11:30	5.2 (49.1%)
152	**MORAWSKI Marcin**	**1091**	RANGER SURVIVAL CLUB	M-50	20	01:20:00	02:32:56	03:43:53	**06:00:01.30**	**06:00:01.30**	+03:03:59 (51.1%)	11:36	5.2 (49.1%)
153	**GĄSIOR Paweł**	**1174**	ROZBIEGANY SUSZ	M-30	39	01:17:39	02:27:17	03:39:14	**06:00:22.25**	**06:00:22.25**	+03:04:20 (51.2%)	11:37	5.2 (49.1%)
154	**KOŁODZIEJCZYK Kasia**	**1164**		K-30	11	01:23:35	02:31:31	03:41:13	**06:04:46.30**	**06:04:46.30**	+03:08:44 (51.7%)	11:46	5.1 (48.1%)
155	**KOŁODZIEJCZYK Łukasz**	**1163**		M-30	40	01:23:37	02:31:33	03:41:09	**06:04:46.80**	**06:04:46.80**	+03:08:45 (51.7%)	11:46	5.1 (48.1%)
156	**WOJCIESZAK Klaudia**	**1009**	TEAM ZABIEGANEDNI	K-40	13	01:23:48	02:41:00	03:56:12	**06:05:16.00**	**06:05:16.00**	+03:09:14 (51.8%)	11:46	5.1 (48.1%)
157	**JURASZ Aleksandra**	**1035**		K-30	12	01:21:09	02:31:38	03:41:52	**06:06:04.00**	**06:06:04.00**	+03:10:02 (51.9%)	11:48	5.1 (48.1%)
158	**BĄK Katarzyna**	**1041**	SPARTANIE DZIECIOM	K-30	13	01:19:19	02:29:07	03:42:14	**06:06:09.40**	**06:06:09.40**	+03:10:07 (51.9%)	11:48	5.1 (48.1%)
159	**ROGÓRZ Andrzej**	**1135**	LOTNIK WROCŁAW	M-40	62	01:13:19	02:22:48	03:37:00	**06:06:36.70**	**06:06:36.70**	+03:10:35 (52.0%)	11:49	5.1 (48.1%)
160	**MACIOŁ Sebastian**	**1189**	TTA BIERUŃ	M-40	63	01:30:23	02:39:53	03:52:27	**06:13:39.35**	**06:13:39.35**	+03:17:37 (52.9%)	12:03	5 (47.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking pod Szczelińcem 7km	Błędne Skały 14km	Lisia Przełęcz 19.7km	Czas netto 31km	Czas brutto 31km	Różn	Tempo min/km	Tempo km/h
161	**JARCZYŃSKA Katarzyna**	**1005**	DRUŻYNA BELGUSA	K-40	14	01:27:04	02:40:43	03:57:41	**06:17:10.90**	**06:17:10.90**	+03:21:09 (53.3%)	12:10	4.9 (46.2%)
162	**PASZKIEL Agnieszka**	**1145**	LEŚNE ULTRA DZIADY	K-50	3	01:23:34	02:41:20	03:56:22	**06:21:59.15**	**06:21:59.15**	+03:25:57 (53.9%)	12:19	4.9 (46.2%)
163	**PASZKIEL Artur**	**1134**	LUDZ	M-50	21	01:23:22	02:41:21	03:56:18	**06:22:00.20**	**06:22:00.20**	+03:25:58 (53.9%)	12:19	4.9 (46.2%)
164	**WRÓBEL Dariusz**	**1196**	TEAM ZABIEGANEDNI	M-50	22	01:20:15	02:38:26	03:58:38	**06:32:38.40**	**06:32:38.40**	+03:36:36 (55.2%)	12:39	4.7 (44.3%)
165	**BIEŃ Małgorzata**	**1014**		K-40	15	01:26:42	02:50:26	04:06:29	**06:32:39.85**	**06:32:39.85**	+03:36:38 (55.2%)	12:39	4.7 (44.3%)
166	**BIEŃ Piotr**	**1004**		M-30	41	01:26:44	02:50:29	04:06:33	**06:32:39.95**	**06:32:39.95**	+03:36:38 (55.2%)	12:39	4.7 (44.3%)
167	**KRZYSZTOFOWICZ Karolina**	**1186**	ULTRASY	K-40	16	01:28:26	02:48:58	04:04:23	**06:38:34.80**	**06:38:34.80**	+03:42:33 (55.8%)	12:51	4.7 (44.3%)
168	**KRZYSZTOFOWICZ Andrzej**	**1185**	ULTRASY	M-40	64	01:26:25	02:48:59	04:04:53	**06:38:35.00**	**06:38:35.00**	+03:42:33 (55.8%)	12:51	4.7 (44.3%)
169	**CZOSZYK-KAWALA Olga**	**1131**	ŚWIERCZEWO RUN	K-40	17	01:28:34	02:43:21	04:05:17	**06:39:41.20**	**06:39:41.20**	+03:43:39 (56.0%)	12:53	4.7 (44.3%)
170	**BINKOWSKA Marta**	**1122**	ŚWIERCZEWO RUN	K-30	14	01:26:58	02:43:23	04:04:16	**06:39:41.25**	**06:39:41.25**	+03:43:39 (56.0%)	12:53	4.7 (44.3%)
171	**KOŚCIELNIAK Marek**	**1126**	M&M BIEGAMY RAZEM	M-40	65	01:29:07	02:43:52	04:04:10	**06:44:31.95**	**06:44:31.95**	+03:48:30 (56.5%)	13:02	4.6 (43.4%)
172	**LOBA Damian**	**1127**	ŚWIERCZEWO RUN	M-50	23	01:28:36	02:43:20		**06:44:34.30**	**06:44:34.30**	+03:48:32 (56.5%)	13:03	4.6 (43.4%)
173	**ROSIŃSKA Agnieszka**	**1128**	ŚWIERCZEWO RUN	K-40	18	01:29:03	02:43:58	04:06:37	**06:44:35.35**	**06:44:35.35**	+03:48:33 (56.5%)	13:03	4.6 (43.4%)
174	**PALUSZKIEWICZ Rafał**	**1125**	ŚWIERCZEWO RUN	M-40	66	01:28:44	02:44:00	04:04:06	**06:44:36.15**	**06:44:36.15**	+03:48:34 (56.5%)	13:03	4.6 (43.4%)
175	**LOSOR Andrzej**	**1182**		M-40	67	01:29:56	02:52:33	04:20:19	**06:57:11.00**	**06:57:11.00**	+04:01:09 (57.8%)	13:27	4.5 (42.5%)

Znaleziono 175 wynik(ów)