



**Organiser:** Fundacja Bieg Rzeźnika  
**Date:** 2016-09-24  
**Place:** Łądek Zdrój  
**Distance:** 8.611 km

## K2 RUN

B4SPORT  
INTELEGENNE ZAWODY SPORTOWE

**B4SPORT**  
INTELEGENNE ZAWODY SPORTOWE

Classification: All

Place	Participant	Number	Club	Category	MCat	Net time 8.611km	Czas brutto 8.611km	Gap	Pace min/km	Pace km/h
1	JOCHYMEK Piotr	154	WYSZEDŁZDOMU.PL	M18-35	1	00:35:21.00	00:35:21.00		4:06	14,6 (100%)
2	WRÓBEL Łukasz	196	KGB GRZMOT KOMORNIKI	M36-49	1	00:35:39.00	00:35:39.00	+00:00:18 (0.8%)	4:08	14,5 (100%)
3	SZPINEK Marcin	109	TUTU TEAM	M36-49	2	00:38:07.00	00:38:07.00	+00:02:46 (7.3%)	4:25	13,6 (92.9%)
4	NOWAK Wojciech	208		M18-35	2	00:38:28.00	00:38:28.00	+00:03:07 (8.1%)	4:28	13,4 (92.9%)
5	KOBRYŃ Dominik	210	BYLEDOBIEC ANIN	M36-49	3	00:38:41.00	00:38:41.00	+00:03:20 (8.6%)	4:29	13,4 (92.9%)
6	PĘKALA Krzysztof	183		M36-49	4	00:38:53.00	00:38:53.00	+00:03:32 (9.1%)	4:30	13,3 (92.9%)
7	WĄCHAŁA Łukasz	175		M18-35	3	00:39:06.00	00:39:06.00	+00:03:45 (9.6%)	4:32	13,2 (92.9%)
8	KITA Michał	116	PĘDZĄCY W MIEJSCU	M36-49	5	00:39:14.00	00:39:14.00	+00:03:53 (9.9%)	4:33	13,2 (92.9%)
9	MICHNOL Kamil	158	7 KONTYMENTÓW	M36-49	6	00:39:22.00	00:39:22.00	+00:04:01 (10.2%)	4:34	13,1 (92.9%)
10	DOMOWICZ Wojciech	156	CYKLOSPORT BOLESŁAWIEC	M18-35	4	00:39:28.00	00:39:28.00	+00:04:07 (10.4%)	4:35	13,1 (92.9%)
11	KOWALIK Andrzej	209	BIEG OPOLSKI	M36-49	7	00:40:06.00	00:40:06.00	+00:04:45 (11.8%)	4:39	12,9 (85.7%)
12	BONDARA Sylwia	219	JACEKBIEGA RUNNING TEAM	K18-35	1	00:40:27.00	00:40:27.00	+00:05:06 (12.6%)	4:41	12,8 (85.7%)
13	WOWER Bartłomiej	134	CSC ADVENTURE ACADEMY	M18-35	5	00:40:36.00	00:40:36.00	+00:05:15 (12.9%)	4:42	12,7 (85.7%)
14	SZCZEPANIAK Kamil	153	KARPACZ SPORT	M18-35	6	00:40:57.00	00:40:57.00	+00:05:36 (13.7%)	4:45	12,6 (85.7%)
15	GOLAK Agnieszka	120	RUNNER'S POWER	K36-49	1	00:40:58.00	00:40:58.00	+00:05:37 (13.7%)	4:45	12,6 (85.7%)
16	CIECIUCH Maciej	197	OLAWS ZŁOTORYJA	M36-49	8	00:41:06.00	00:41:06.00	+00:05:45 (14.0%)	4:46	12,6 (85.7%)
17	ZIELIŃSKI Paweł	122		M18-35	7	00:41:07.00	00:41:07.00	+00:05:46 (14.0%)	4:46	12,6 (85.7%)

Place	Participant	Number	Club	Category	MCat	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
						8.611km	8.611km			
18	<b>DZIUK Łukasz</b>	<b>105</b>		M18-35	8	<b>00:41:10.00</b>	<b>00:41:10.00</b>	+00:05:49 (14.1%)	4:46	12,5 (85.7%)
19	<b>TOMASZEWICZ Sylwester</b>	<b>204</b>	TEAM NABIEGOWKACH.PL	M36-49	9	<b>00:41:31.00</b>	<b>00:41:31.00</b>	+00:06:10 (14.9%)	4:49	12,4 (85.7%)
20	<b>NIEZGODKA Tomasz</b>	<b>135</b>	FAKTORING EKSPERT	M36-49	10	<b>00:43:34.00</b>	<b>00:43:34.00</b>	+00:08:13 (18.9%)	5:03	11,9 (78.6%)
21	<b>ZUGAJ Robert</b>	<b>159</b>	WWW.CIAGLEBIEC.PL	M36-49	11	<b>00:43:43.00</b>	<b>00:43:43.00</b>	+00:08:22 (19.1%)	5:04	11,8 (78.6%)
22	<b>NIEKRAŚ Lidia</b>	<b>215</b>		K36-49	2	<b>00:43:50.00</b>	<b>00:43:50.00</b>	+00:08:29 (19.4%)	5:05	11,8 (78.6%)
23	<b>DERENCZ Michał</b>	<b>115</b>	TESAR BIEGA	M36-49	12	<b>00:44:08.00</b>	<b>00:44:08.00</b>	+00:08:47 (19.9%)	5:07	11,7 (78.6%)
24	<b>ŁABUZ Małgorzata</b>	<b>184</b>		K18-35	2	<b>00:44:31.00</b>	<b>00:44:31.00</b>	+00:09:10 (20.6%)	5:10	11,6 (78.6%)
24	<b>CZARNY Jarosław</b>	<b>185</b>		M18-35	9	<b>00:44:31.00</b>	<b>00:44:31.00</b>	+00:09:10 (20.6%)	5:10	11,6 (78.6%)
26	<b>PAWLAK Bartosz</b>	<b>143</b>	ZAŁOGA GÓRALSKA	M18-35	10	<b>00:44:52.00</b>	<b>00:44:52.00</b>	+00:09:31 (21.2%)	5:12	11,5 (78.6%)
27	<b>JANKOWSKI Łukasz</b>	<b>187</b>	TRICLUB	M18-35	11	<b>00:44:53.00</b>	<b>00:44:53.00</b>	+00:09:32 (21.2%)	5:12	11,5 (78.6%)
28	<b>KAWA Konrad</b>	<b>186</b>		M18-35	12	<b>00:44:57.00</b>	<b>00:44:57.00</b>	+00:09:36 (21.4%)	5:13	11,5 (78.6%)
29	<b>FOGIEL-PAWŁOWSKA Agnieszka</b>	<b>117</b>	LOS BIEGANEROS	K36-49	3	<b>00:45:01.00</b>	<b>00:45:01.00</b>	+00:09:40 (21.5%)	5:13	11,5 (78.6%)
30	<b>CZARNIECKI Daniel</b>	<b>217</b>		M18-35	13	<b>00:45:10.00</b>	<b>00:45:10.00</b>	+00:09:49 (21.7%)	5:14	11,4 (78.6%)
31	<b>MALIK Agnieszka</b>	<b>198</b>	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	K36-49	4	<b>00:45:17.00</b>	<b>00:45:17.00</b>	+00:09:56 (21.9%)	5:15	11,4 (78.6%)
32	<b>PIŁAT Michał</b>	<b>148</b>	SPELEOKLUB BOBRY ŻAGAŃ	M36-49	13	<b>00:45:38.00</b>	<b>00:45:38.00</b>	+00:10:17 (22.5%)	5:18	11,3 (78.6%)
33	<b>WALKOWIAK Dominik</b>	<b>149</b>		M18-35	14	<b>00:45:42.00</b>	<b>00:45:42.00</b>	+00:10:21 (22.6%)	5:18	11,3 (78.6%)
34	<b>KABAT Małgorzata</b>	<b>171</b>	KW KRAKÓW	K18-35	3	<b>00:45:50.00</b>	<b>00:45:50.00</b>	+00:10:29 (22.9%)	5:19	11,3 (78.6%)
35	<b>TRETIAK Mateusz</b>	<b>129</b>		M18-35	15	<b>00:46:00.00</b>	<b>00:46:00.00</b>	+00:10:39 (23.2%)	5:20	11,2 (78.6%)
36	<b>HAMRYSZCZAK Dawid</b>	<b>130</b>		M18-35	16	<b>00:46:06.00</b>	<b>00:46:06.00</b>	+00:10:45 (23.3%)	5:21	11,2 (78.6%)
37	<b>GLĄDALSKI Bartosz</b>	<b>138</b>		M18-35	17	<b>00:46:15.00</b>	<b>00:46:15.00</b>	+00:10:54 (23.6%)	5:22	11,2 (78.6%)
38	<b>PAWLIŃSKI Adam</b>	<b>195</b>	PRO-RUN WROCŁAW	M36-49	14	<b>00:46:17.00</b>	<b>00:46:17.00</b>	+00:10:56 (23.6%)	5:22	11,2 (78.6%)
39	<b>JERKA Marek</b>	<b>168</b>		M36-49	15	<b>00:46:18.00</b>	<b>00:46:18.00</b>	+00:10:57 (23.7%)	5:22	11,2 (78.6%)
40	<b>PELPLIŃSKI Piotr</b>	<b>114</b>	INTEL RUNNERS	M18-35	18	<b>00:46:21.00</b>	<b>00:46:21.00</b>	+00:11:00 (23.7%)	5:22	11,1 (78.6%)
41	<b>ZAŁUSKI Dariusz</b>	<b>147</b>		M50+	1	<b>00:46:39.00</b>	<b>00:46:39.00</b>	+00:11:18 (24.2%)	5:25	11,1 (78.6%)
41	<b>PACHURA Kinga</b>	<b>150</b>	MAGAZYN GÓRY	K36-49	5	<b>00:46:39.00</b>	<b>00:46:39.00</b>	+00:11:18 (24.2%)	5:25	11,1 (78.6%)

Place	Participant	Number	Club	Category	MCat	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
						8.611km	8.611km			
43	<b>LIZURA Sławomir</b>	<b>112</b>	FABRYKA TRIATHLONU	M18-35	19	<b>00:46:57.00</b>	<b>00:46:57.00</b>	+00:11:36 (24.7%)	5:27	11 (78.6%)
44	<b>MIECH Szymon</b>	<b>118</b>		M18-35	20	<b>00:47:14.00</b>	<b>00:47:14.00</b>	+00:11:53 (25.2%)	5:29	10,9 (71.4%)
45	<b>TUROSZ Iwona</b>	<b>176</b>		K18-35	4	<b>00:47:25.00</b>	<b>00:47:25.00</b>	+00:12:04 (25.4%)	5:30	10,9 (71.4%)
46	<b>PODSADNY Marcin</b>	<b>170</b>	GT RAT	M18-35	21	<b>00:47:35.00</b>	<b>00:47:35.00</b>	+00:12:14 (25.7%)	5:31	10,9 (71.4%)
47	<b>URBAŃSKI Michał</b>	<b>214</b>	FLUNKYBALL TEAM ŁĄDEK-ZDRÓJ	M18-35	22	<b>00:47:36.00</b>	<b>00:47:36.00</b>	+00:12:15 (25.7%)	5:31	10,9 (77.9%)
48	<b>JACEWICZ Karol</b>	<b>144</b>	WATAHA	M36-49	16	<b>00:47:37.00</b>	<b>00:47:37.00</b>	+00:12:16 (25.8%)	5:31	10,8 (71.4%)
49	<b>KOCHMAŃSKI Jakub</b>	<b>201</b>		M36-49	17	<b>00:47:53.00</b>	<b>00:47:53.00</b>	+00:12:32 (26.2%)	5:33	10,8 (71.4%)
50	<b>ŁUCZKOWSKA Maja</b>	<b>174</b>	RYSIE	K36-49	6	<b>00:47:59.00</b>	<b>00:47:59.00</b>	+00:12:38 (26.3%)	5:34	10,8 (71.4%)
51	<b>URBANIAK Marcin</b>	<b>213</b>	SHINKYOKUSHINKAI CZARNY BÓR	M36-49	18	<b>00:48:02.00</b>	<b>00:48:02.00</b>	+00:12:41 (26.4%)	5:34	10,8 (71.4%)
52	<b>SAJKOWSKA Gabriela</b>	<b>145</b>		K36-49	7	<b>00:48:04.00</b>	<b>00:48:04.00</b>	+00:12:43 (26.5%)	5:34	10,7 (71.4%)
53	<b>SZELEREWICZ-GŁADYSZ Paulina</b>	<b>127</b>	NIEPOŁOMICE BIEGAJĄ	K36-49	8	<b>00:48:15.00</b>	<b>00:48:15.00</b>	+00:12:54 (26.7%)	5:36	10,7 (71.4%)
54	<b>GRUSZKOWSKI Piotr</b>	<b>222</b>	GÓRY MAGAZYN	M36-49	19	<b>00:48:19.00</b>	<b>00:48:19.00</b>	+00:12:58 (26.8%)	5:36	10,7 (71.4%)
55	<b>MADERA Marek</b>	<b>157</b>		M36-49	20	<b>00:48:20.00</b>	<b>00:48:20.00</b>	+00:12:59 (26.9%)	5:36	10,7 (71.4%)
56	<b>OBSZARNY Paweł</b>	<b>131</b>		M18-35	23	<b>00:48:22.00</b>	<b>00:48:22.00</b>	+00:13:01 (26.9%)	5:37	10,7 (71.4%)
57	<b>ZWOLIŃSKI Łukasz</b>	<b>110</b>	OTK RZEŹNIK	M18-35	24	<b>00:48:33.00</b>	<b>00:48:33.00</b>	+00:13:12 (27.2%)	5:38	10,6 (71.4%)
58	<b>KOPACKI Grzegorz</b>	<b>146</b>		M18-35	25	<b>00:48:55.00</b>	<b>00:48:55.00</b>	+00:13:34 (27.7%)	5:40	10,6 (71.4%)
59	<b>PĘKALA Małgorzata</b>	<b>182</b>		K18-35	5	<b>00:49:05.00</b>	<b>00:49:05.00</b>	+00:13:44 (28.0%)	5:42	10,5 (71.4%)
59	<b>PŁASKOCIŃSKI Robert</b>	<b>164</b>	PRO-RUN WROCŁAW	M36-49	21	<b>00:49:05.00</b>	<b>00:49:05.00</b>	+00:13:44 (28.0%)	5:42	10,5 (71.4%)
61	<b>TOKARZ Karolina</b>	<b>121</b>		K18-35	6	<b>00:49:24.00</b>	<b>00:49:24.00</b>	+00:14:03 (28.4%)	5:44	10,5 (71.4%)
62	<b>DEMKOWSKI Marcin</b>	<b>161</b>		M18-35	26	<b>00:49:38.00</b>	<b>00:49:38.00</b>	+00:14:17 (28.8%)	5:45	10,4 (71.4%)
63	<b>DURSKI Adam</b>	<b>206</b>		M18-35	27	<b>00:49:42.00</b>	<b>00:49:42.00</b>	+00:14:21 (28.9%)	5:46	10,4 (71.4%)
64	<b>KORYCIŃSKA Marta</b>	<b>202</b>		K18-35	7	<b>00:50:03.00</b>	<b>00:50:03.00</b>	+00:14:42 (29.4%)	5:48	10,3 (71.4%)
65	<b>SZMYT Łukasz</b>	<b>181</b>		M36-49	22	<b>00:50:05.00</b>	<b>00:50:05.00</b>	+00:14:44 (29.4%)	5:49	10,3 (71.4%)
66	<b>ŚLIWKA Wioletta</b>	<b>137</b>	NINIWATEAM	K36-49	9	<b>00:50:11.00</b>	<b>00:50:11.00</b>	+00:14:50 (29.6%)	5:49	10,3 (71.4%)
67	<b>PRASZELIK Łukasz</b>	<b>123</b>		M36-49	23	<b>00:50:23.00</b>	<b>00:50:23.00</b>	+00:15:02 (29.8%)	5:51	10,3 (71.4%)

Place	Participant	Number	Club	Category	MCat	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
						8.611km	8.611km			
68	<b>WOJRACH Marcin</b>	<b>216</b>	WILDCAT TEAM	M18-35	28	<b>00:50:58.00</b>	<b>00:50:58.00</b>	+00:15:37 (30.6%)	5:55	10,1 (71.4%)
69	<b>ŻELICHOWSKI Krzysztof</b>	<b>190</b>		M36-49	24	<b>00:50:59.00</b>	<b>00:50:59.00</b>	+00:15:38 (30.7%)	5:55	10,1 (71.4%)
70	<b>BIELECKI Adam</b>	<b>218</b>	ABTEAM	M18-35	29	<b>00:51:01.00</b>	<b>00:51:01.00</b>	+00:15:40 (30.7%)	5:55	10,1 (71.4%)
71	<b>MARCINKOWSKI Piotr</b>	<b>173</b>	OSW TRI TEAM	M36-49	25	<b>00:51:02.00</b>	<b>00:51:02.00</b>	+00:15:41 (30.7%)	5:55	10,1 (71.4%)
72	<b>DURSKI Maciej</b>	<b>211</b>		M18-35	30	<b>00:51:18.00</b>	<b>00:51:18.00</b>	+00:15:57 (31.1%)	5:57	10,1 (71.4%)
73	<b>RUSZKOWSKI Daniel</b>	<b>119</b>	INFORMACJA KULTURALNO-SPORTOWA STUDENTÓW UNIwersYTETU EKONOMICZNEGO WE WROCLAWIU	M18-35	31	<b>00:51:32.00</b>	<b>00:51:32.00</b>	+00:16:11 (31.4%)	5:59	10 (71.4%)
74	<b>BALA Dariusz</b>	<b>169</b>	ZAWISZA LEGNICA/WOLNY TYBET	M36-49	26	<b>00:51:36.00</b>	<b>00:51:36.00</b>	+00:16:15 (31.5%)	5:59	10 (71.4%)
75	<b>PISTL Jacek</b>	<b>139</b>		M18-35	32	<b>00:51:46.00</b>	<b>00:51:46.00</b>	+00:16:25 (31.7%)	6:00	10 (71.4%)
76	<b>KLEPACZ Piotr</b>	<b>107</b>	BEZ	M36-49	27	<b>00:51:52.00</b>	<b>00:51:52.00</b>	+00:16:31 (31.8%)	6:01	10 (71.4%)
77	<b>KUPCZAK Karol</b>	<b>160</b>		M18-35	33	<b>00:52:06.00</b>	<b>00:52:06.00</b>	+00:16:45 (32.1%)	6:03	9,9 (64.3%)
78	<b>KRZYSZTOFIAK Aleksandra</b>	<b>179</b>	KARPACZ SPORT	K18-35	8	<b>00:52:13.00</b>	<b>00:52:13.00</b>	+00:16:52 (32.3%)	6:03	9,9 (64.3%)
79	<b>NATKAŃSKI Jerzy</b>	<b>221</b>	SUMMER 2016 K2 EXPEDITION TEAM	M50+	2	<b>00:52:19.00</b>	<b>00:52:19.00</b>	+00:16:58 (32.4%)	6:04	9,9 (64.3%)
80	<b>STAŃCZAK Maciej</b>	<b>223</b>	KW OPACZ	M18-35	34	<b>00:52:34.00</b>	<b>00:52:34.00</b>	+00:17:13 (32.8%)	6:06	9,8 (64.3%)
81	<b>JEZIERSKI Daniel</b>	<b>203</b>		M18-35	35	<b>00:52:37.00</b>	<b>00:52:37.00</b>	+00:17:16 (32.8%)	6:06	9,8 (64.3%)
82	<b>SŁOŃSKI Piotr</b>	<b>193</b>		M36-49	28	<b>00:52:45.00</b>	<b>00:52:45.00</b>	+00:17:24 (33.0%)	6:07	9,8 (64.3%)
83	<b>WITKOWSKA Ania</b>	<b>128</b>	ORKA [TO TAKA PANDA]	K36-49	10	<b>00:53:12.00</b>	<b>00:53:12.00</b>	+00:17:51 (33.6%)	6:10	9,7 (64.3%)
84	<b>KOZŁOWSKI Artur</b>	<b>125</b>		M36-49	29	<b>00:53:13.00</b>	<b>00:53:13.00</b>	+00:17:52 (33.6%)	6:10	9,7 (64.3%)
85	<b>BALA Agnieszka</b>	<b>167</b>	ZAWISZA LEGNICA/WOLNY TYBET	K36-49	11	<b>00:53:42.00</b>	<b>00:53:42.00</b>	+00:18:21 (34.2%)	6:14	9,6 (64.3%)
86	<b>WESOŁOWSKA-KRUPA Paulina</b>	<b>199</b>		K18-35	9	<b>00:53:45.00</b>	<b>00:53:45.00</b>	+00:18:24 (34.2%)	6:14	9,6 (64.3%)
87	<b>KRUZEL Rafał</b>	<b>155</b>	BIEGOWE MISIE	M36-49	30	<b>00:53:55.00</b>	<b>00:53:55.00</b>	+00:18:34 (34.4%)	6:15	9,6 (64.3%)
88	<b>MAJCHRZAK Jarosław</b>	<b>192</b>	ALTAX TEAM	M36-49	31	<b>00:54:01.00</b>	<b>00:54:01.00</b>	+00:18:40 (34.6%)	6:16	9,6 (64.3%)
89	<b>SIEKIERZYŃSKI Radosław</b>	<b>194</b>		M36-49	32	<b>00:54:18.00</b>	<b>00:54:18.00</b>	+00:18:57 (34.9%)	6:18	9,5 (64.3%)
90	<b>RAKOCZY Ireneusz</b>	<b>152</b>		M50+	3	<b>00:54:46.00</b>	<b>00:54:46.00</b>	+00:19:25 (35.5%)	6:21	9,4 (64.3%)
91	<b>REJTERADA Aleksandra</b>	<b>191</b>	VEGE RUNNERS	K18-35	10	<b>00:54:53.00</b>	<b>00:54:53.00</b>	+00:19:32 (35.6%)	6:22	9,4 (64.3%)
92	<b>SADOWY Andrzej</b>	<b>126</b>	SUDECKI KLUB WYSOKOGORSKI	M50+	4	<b>00:55:52.00</b>	<b>00:55:52.00</b>	+00:20:31 (36.7%)	6:29	9,2 (64.3%)

Place	Participant	Number	Club	Category	MCat	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
						8.611km	8.611km			
93	<b>SZPOJANKOWSKA-ESSEL Anna</b>	<b>188</b>		K36-49	12	<b>00:56:05.00</b>	<b>00:56:05.00</b>	+00:20:44 (37.0%)	6:30	9,2 (64.3%)
94	<b>WALCZAK Barbara</b>	<b>101</b>		K18-35	11	<b>00:56:24.00</b>	<b>00:56:24.00</b>	+00:21:03 (37.3%)	6:33	9,2 (64.3%)
95	<b>CZUKIEWSKI Łukasz</b>	<b>136</b>		M36-49	33	<b>00:57:07.00</b>	<b>00:57:07.00</b>	+00:21:46 (38.1%)	6:38	9 (64.3%)
96	<b>KRZOS Dariusz</b>	<b>151</b>		M50+	5	<b>00:57:26.00</b>	<b>00:57:26.00</b>	+00:22:05 (38.5%)	6:40	9 (64.3%)
97	<b>STELMACH Tomasz</b>	<b>207</b>		M36-49	34	<b>00:58:11.00</b>	<b>00:58:11.00</b>	+00:22:50 (39.2%)	6:45	8,9 (57.1%)
98	<b>KRÓL-SZREMSKA Halina</b>	<b>200</b>		K18-35	12	<b>00:58:16.00</b>	<b>00:58:16.00</b>	+00:22:55 (39.3%)	6:46	8,9 (57.1%)
99	<b>KONOPKA Anna</b>	<b>111</b>	KASZUBSKA PONIEWIERKA	K18-35	13	<b>00:59:14.00</b>	<b>00:59:14.00</b>	+00:23:53 (40.3%)	6:52	8,7 (57.1%)
100	<b>BALICZ Agnieszka</b>	<b>162</b>		K18-35	14	<b>00:59:19.00</b>	<b>00:59:19.00</b>	+00:23:58 (40.4%)	6:53	8,7 (57.1%)
101	<b>BRZUCHNALSKA Beata</b>	<b>142</b>	TEAM TOYA DESIGN	K50+	1	<b>00:59:31.00</b>	<b>00:59:31.00</b>	+00:24:10 (40.6%)	6:54	8,7 (57.1%)
102	<b>SAYED Akbar</b>	<b>220</b>	SUMMER 2016 K2 EXPEDITION TEAM	M18-35	36	<b>00:59:54.00</b>	<b>00:59:54.00</b>	+00:24:33 (41.0%)	6:57	8,6 (57.1%)
103	<b>SIERAKOWSKI Maciej</b>	<b>140</b>		M18-35	37	<b>01:00:58.00</b>	<b>01:00:58.00</b>	+00:25:37 (42.0%)	7:04	8,5 (57.1%)
104	<b>SZYMANIAK Emil</b>	<b>108</b>	KW LUBLIN	M18-35	38	<b>01:01:02.00</b>	<b>01:01:02.00</b>	+00:25:41 (42.1%)	7:05	8,5 (57.1%)
105	<b>MIKOŁAJCZYK Agata</b>	<b>113</b>		K36-49	13	<b>01:01:25.00</b>	<b>01:01:25.00</b>	+00:26:04 (42.4%)	7:07	8,4 (57.1%)
106	<b>MACIEJEWSKA Małgorzata</b>	<b>177</b>		K18-35	15	<b>01:01:43.00</b>	<b>01:01:43.00</b>	+00:26:22 (42.7%)	7:10	8,4 (57.1%)
107	<b>KAWA-JERKA Agata</b>	<b>166</b>	GNAJĄCA TEMIDA	K36-49	14	<b>01:02:09.00</b>	<b>01:02:09.00</b>	+00:26:48 (43.1%)	7:13	8,3 (57.1%)
108	<b>CHALCIŃSKA Izabela</b>	<b>172</b>		K36-49	15	<b>01:02:10.00</b>	<b>01:02:10.00</b>	+00:26:49 (43.1%)	7:13	8,3 (57.1%)
109	<b>PUSTELNIK Piotr</b>	<b>180</b>	AKG ŁÓDŹ	M50+	6	<b>01:02:43.00</b>	<b>01:02:43.00</b>	+00:27:22 (43.6%)	7:17	8,2 (57.1%)
110	<b>PRASZELIK Sylwia</b>	<b>124</b>		K36-49	16	<b>01:02:59.00</b>	<b>01:02:59.00</b>	+00:27:38 (43.9%)	7:18	8,2 (57.1%)
111	<b>SZCZYPEK Łukasz</b>	<b>212</b>		M18-35	39	<b>01:03:35.00</b>	<b>01:03:35.00</b>	+00:28:14 (44.4%)	7:23	8,1 (57.1%)
112	<b>CIESIELSKI Tomasz</b>	<b>132</b>		M18-35	40	<b>01:03:37.00</b>	<b>01:03:37.00</b>	+00:28:16 (44.4%)	7:23	8,1 (57.1%)
113	<b>BUCHROITHNER Anna</b>	<b>104</b>		K50+	2	<b>01:03:53.00</b>	<b>01:03:53.00</b>	+00:28:32 (44.7%)	7:25	8,1 (57.1%)
114	<b>RÓŻECKA Agnieszka</b>	<b>103</b>		K18-35	16	<b>01:04:27.00</b>	<b>01:04:27.00</b>	+00:29:06 (45.2%)	7:29	8 (57.1%)
115	<b>AUGUSTYNIAK Daria</b>	<b>102</b>		K18-35	17	<b>01:05:03.00</b>	<b>01:05:03.00</b>	+00:29:42 (45.7%)	7:33	7,9 (50.0%)
116	<b>SZAŁAPSKI Marcin</b>	<b>178</b>		M36-49	35	<b>01:05:13.00</b>	<b>01:05:13.00</b>	+00:29:52 (45.8%)	7:34	7,9 (50.0%)
117	<b>ADAMCZYK Krzysztof</b>	<b>141</b>		M18-35	41	<b>01:06:19.00</b>	<b>01:06:19.00</b>	+00:30:58 (46.7%)	7:42	7,8 (50.0%)

Place	Participant	Number	Club	Category	MCat	Net	Czas	Gap	Pace	Pace
						time	brutto			
						8.611km	8.611km			
118	<b>ZIELIŃSKA</b> Jadwiga	<b>165</b>		K18-35	18	<b>01:07:45.00</b>	<b>01:07:45.00</b>	+00:32:24 (47.8%)	7:52	7,6 (50.0%)
119	<b>BALICZ</b> Aleksandra	<b>163</b>		K18-35	19	<b>01:10:09.00</b>	<b>01:10:09.00</b>	+00:34:48 (49.6%)	8:08	7,4 (50.0%)
120	<b>STEFANIAK</b> Jacek	<b>106</b>	KB LUPUS OLEŚNICA	M36-49	36	<b>01:10:57.00</b>	<b>01:10:57.00</b>	+00:35:36 (50.2%)	8:14	7,3 (50.0%)
121	<b>AUGUSTYNIAK</b> Maciej	<b>133</b>	KLAMOTY CHORZEMPOWO	M50+	7	<b>01:11:23.00</b>	<b>01:11:23.00</b>	+00:36:02 (50.5%)	8:17	7,2 (50.0%)
122	<b>MADERA</b> Bogdan	<b>189</b>	RUNWALKRUN	M50+	8	<b>01:20:26.00</b>	<b>01:20:26.00</b>	+00:45:05 (56.1%)	9:20	6,4 (42.9%)

Total 122 results.