



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

CHOJNIK KARKONOSKI FESTIWAL BIEGOWY 2019
FUNDACJA PROFIT MARATON
2019-07-13
Sobieszów
32 km

KAMIENNA TRZYDZIESTKA

B4SPORT

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Wysoki_Kamien 15.75km	Czas netto 32km	Czas brutto 32km	Różn	Tempo min/km	Tempo km/h
1	SZCZEPANIAK Kamil	1108	140MINUT.PL/KARPACZSPORT	M20	1	01:27:42	02:43:41.75	02:43:44.30		5:06	11.7 (100%)
2	CZARNY Jaroslaw	1057	#SOBASTEAM	M30	1	01:31:17	02:53:12.20	02:53:16.35	+00:09:32 (5.5%)	5:24	11.1 (94.9%)
3	JURCZAK Tomasz	1018	MUKN POD STRÓŻĄ MISZKOWICE	M20	2	01:32:59	02:53:35.35	02:53:40.60	+00:09:56 (5.7%)	5:25	11.1 (94.9%)
4	WITEK Karolina	1086		K20	1		02:53:55.80	02:54:00.05	+00:10:15 (5.9%)	5:26	11 (94.0%)
5	GADZIMSKI Michał	2108	KOWARY BIEGAJĄ	M30	2		02:56:33.45	02:56:36.35	+00:12:52 (7.3%)	5:31	10.9 (93.2%)
6	PARSZCZYŃSKA Izabela	1065	TEAM PARSZCZYŃSKICH	K30	1	01:34:40	02:57:23.30	02:57:28.40	+00:13:44 (7.7%)	5:32	10.8 (92.3%)
7	JARMOLIŃSKI Piotr	2107					02:57:42.85	02:57:45.25	+00:14:00 (7.9%)	5:33	10.8 (92.3%)
8	CZYŻKOWSKI Rafał	2119	CHŁOPAKI Z NIZIN			01:36:49	03:02:15.40	03:02:19.95	+00:18:35 (10.2%)	5:41	10.5 (89.7%)
9	ŁABUZ Małgorzata	1058	#SOBASTEAM	K30	2	01:36:19	03:02:26.55	03:02:30.90	+00:18:46 (10.3%)	5:42	10.5 (89.7%)
10	WANIELISTA Piotr	1097		M30	3	01:37:02	03:04:14.50	03:04:23.00	+00:20:38 (11.2%)	5:45	10.4 (88.9%)
11	RUTKOWSKI Dawid	1048	GRIZZLYTEAM	M30	4	01:34:10	03:05:28.80	03:05:32.60	+00:21:48 (11.8%)	5:47	10.4 (88.9%)
12	GAŁĘSKI Jakub	1079	ARCHIBANDA	M30	5	01:38:06	03:06:32.15	03:06:38.00	+00:22:53 (12.3%)	5:49	10.3 (88.0%)
13	PAWLAK Bartek	2106				01:40:27	03:07:00.85	03:07:05.50	+00:23:21 (12.5%)	5:50	10.3 (88.0%)
14	WOŁCZEK Przemysław	1114	GRUPA BIEGOWA 'BEZ GRANIC'	M40	1	01:40:04	03:08:51.25	03:08:58.05	+00:25:13 (13.4%)	5:54	10.2 (87.2%)
15	THIER Dominik	2115	TATRA CAMP			01:39:58	03:09:04.25	03:09:09.40	+00:25:25 (13.4%)	5:54	10.2 (87.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Wysoki_Kamien 15.75km	Czas netto 32km	Czas brutto 32km	Różn	Tempo min/km	Tempo km/h
16	KURIATA Robert	919	ZLB ZŁOTORYJA	M50	1	01:38:03	03:09:52.70	03:09:55.65	+00:26:11 (13.8%)	5:56	10.1 (86.3%)
17	STELMACH Szymon	904	DRAEXLMAIER	M20	3	01:37:53	03:10:33.20	03:10:39.25	+00:26:54 (14.1%)	5:57	10.1 (86.3%)
18	ONISZCZUK Bartosz	1116		M30	6	01:36:31	03:12:37.55	03:12:42.20	+00:28:57 (15.0%)	6:01	10 (85.5%)
19	KULIG Maciej	1113	DAJESZ DAJESZ	M30	7	01:40:56	03:13:36.90	03:13:43.25	+00:29:58 (15.5%)	6:03	9.9 (84.6%)
20	MOJEK Michał	2121	GOPR KARKONOSZE/SZWAGIER TEAM			01:38:57	03:15:29.80	03:15:33.50	+00:31:49 (16.3%)	6:06	9.8 (83.8%)
21	GRZEGORZEK Marcin	952	KB GEPARD MUROWANA GOŚLINA	M40	2	01:43:37	03:15:48.25	03:16:00.75	+00:32:16 (16.5%)	6:07	9.8 (83.8%)
22	GAWLEWICZ Tomasz	2117	GAWEŁKI TEAM / POZYTYWNIIE ZABIEGANI SANOK			01:44:36	03:19:53.95	03:19:58.40	+00:36:14 (18.1%)	6:14	9.6 (82.1%)
23	MICHALOWSKI Marcin	955	MARCINSWIERCTEAM	M30	8	01:49:31	03:21:13.00	03:21:19.20	+00:37:34 (18.7%)	6:17	9.5 (81.2%)
24	GAPSKI Mateusz	2100				01:41:51	03:21:24.05	03:21:24.05	+00:37:39 (18.7%)	6:17	9.5 (81.2%)
25	OSTROWSKI Krzysztof	1026		M40	3	01:41:53	03:21:40.00	03:21:49.65	+00:38:05 (18.9%)	6:18	9.5 (81.2%)
26	DOBIJA Jacek	993	WĄS NA TATRZAŃSKIEJ	M20	4	01:45:24	03:25:02.40	03:25:15.45	+00:41:31 (20.2%)	6:24	9.4 (80.3%)
27	DUL Zbigniew	1107	BIEGAM DLA ZDROWIA	M60	1	01:48:12	03:25:15.80	03:25:31.75	+00:41:47 (20.3%)	6:24	9.4 (80.3%)
28	ZAWORSKI Tomasz	1005		M30	9	01:49:35	03:25:52.00	03:25:57.80	+00:42:13 (20.5%)	6:26	9.3 (79.5%)
29	PELC-WANIELISTA Agnieszka	1096	KB MANIAC POZNAŃ	K30	3	01:45:01	03:26:15.20	03:26:23.10	+00:42:38 (20.7%)	6:26	9.3 (79.5%)
30	HOŁOWNIA Tomasz	1075		M30	10	01:41:48	03:27:23.45	03:27:29.65	+00:43:45 (21.1%)	6:28	9.3 (79.5%)
31	ŚLIWIŃSKI Rafał	916	ZBIEGACZ.PL	M30	11	01:37:00	03:27:35.95	03:27:40.30	+00:43:56 (21.2%)	6:29	9.2 (78.6%)
32	BURZEC Tomasz	1117		M40	4	01:46:56	03:27:45.00	03:27:51.60	+00:44:07 (21.2%)	6:29	9.2 (78.6%)
33	MOCZURAD Piotr	1078	GREEK TRADE	M20	5		03:28:08.45	03:28:17.80	+00:44:33 (21.4%)	6:30	9.2 (78.6%)
34	WARGUŁA Waldemar	942	KB GEPARD MUROWANA GOŚLINA	M30	12	01:46:26	03:28:27.15	03:28:41.00	+00:44:56 (21.5%)	6:30	9.2 (78.6%)
35	MATYJA Rafał	1103		M30	13	01:49:51	03:28:38.90	03:28:45.15	+00:45:00 (21.6%)	6:31	9.2 (78.6%)
36	HYRNIK Wojciech	1090		M30	14	01:49:04	03:29:08.80	03:29:12.90	+00:45:28 (21.7%)	6:32	9.2 (78.6%)
37	BARANOW Kamil	984		M30	15	01:46:51	03:29:15.30	03:29:20.75	+00:45:36 (21.8%)	6:32	9.2 (78.6%)
38	ŻBIK Bartosz	966	SMART THERAPY	M30	16	01:45:42	03:29:38.00	03:29:43.75	+00:45:59 (21.9%)	6:33	9.2 (78.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Wysoki_Kamien 15.75km	Czas netto 32km	Czas brutto 32km	Różn	Tempo min/km	Tempo km/h
39	WNOROWSKA Iwona	990		K40	1	01:50:37	03:30:50.40	03:30:54.35	+00:47:10 (22.4%)	6:35	9.1 (77.8%)
40	LULEK Paweł	2118	RUN IS FUN			01:50:28	03:30:49.35	03:30:55.70	+00:47:11 (22.4%)	6:35	9.1 (77.8%)
41	SULIMA Grzegorz	925	GRUPA BIEGOWA 'BEZ GRANIC'	M50	2	01:51:22	03:31:45.15	03:31:51.00	+00:48:06 (22.7%)	6:37	9.1 (77.8%)
42	PODLEŚ Robert	1098	COBI POLAND TEAM	M50	3	01:55:17	03:32:25.90	03:32:31.90	+00:48:47 (23.0%)	6:38	9 (76.9%)
43	MARKOWSKA Karolina	1100	EUROPA UBEZPIECZENIA/NOA	K30	4	01:53:33	03:32:29.20	03:32:33.35	+00:48:49 (23.0%)	6:38	9 (76.9%)
44	KRAWCZYK Konrad	1073	CS GROUP RUNNERS	M20	6	01:50:03	03:32:28.45	03:32:37.95	+00:48:53 (23.0%)	6:38	9 (76.9%)
45	BRONIK Tomasz	1118		M30	17	01:50:42	03:32:40.75	03:32:44.85	+00:49:00 (23.0%)	6:38	9 (76.9%)
46	WNOROWSKI Jacek	1070		M40	5	01:51:14	03:32:51.45	03:32:56.35	+00:49:12 (23.1%)	6:39	9 (76.9%)
47	WOCH Agnieszka	980	BRACTWO BIEGACZY ZIELONA GÓRA	K40	2	01:54:23	03:34:12.40	03:34:23.85	+00:50:39 (23.6%)	6:41	9 (76.9%)
48	PIEKARSKA Karina	926		K40	3	01:50:55	03:34:25.30	03:34:31.55	+00:50:47 (23.7%)	6:42	9 (76.9%)
49	KUĆ Jarek	1085	TRI TEAM LUBAŃ	M30	18	01:51:03	03:34:29.35	03:34:38.20	+00:50:53 (23.7%)	6:42	9 (76.9%)
50	CZAPLICKI Janusz	1112	HUTA JULIA	M50	4	01:53:18	03:35:45.00	03:35:49.90	+00:52:05 (24.1%)	6:44	8.9 (76.1%)
51	STAŃCZYK Krzysztof	995	TEAM PLUTEK	M40	6	01:51:36	03:37:39.20	03:37:43.45	+00:53:59 (24.8%)	6:48	8.8 (75.2%)
52	DOLNY Tomasz	1094	GREEN TREES	M40	7	01:49:22	03:38:44.20	03:38:47.80	+00:55:03 (25.2%)	6:50	8.8 (75.2%)
53	RADKOWSKA Małgorzata	1060	DZIOBAKI I NOSIAKI	K30	5	01:58:56	03:38:51.00	03:38:57.35	+00:55:13 (25.2%)	6:50	8.8 (75.2%)
54	ŻUKIEWICZ Piotr	2103	OBOZY GÓRSKIE			01:52:40	03:39:04.90	03:39:09.55	+00:55:25 (25.3%)	6:50	8.8 (75.2%)
55	HAŁAS Katarzyna	943	KB GEPARD MUROWANA GOŚLINA	K30	6	01:59:15	03:40:57.10	03:41:11.70	+00:57:27 (26.0%)	6:54	8.7 (74.4%)
56	GRAD Łukasz	953	FITNESS PIEKARY LEGNICA	M30	19	01:53:03	03:41:07.30	03:41:12.00	+00:57:27 (26.0%)	6:54	8.7 (74.4%)
57	PIŁAT Michał	1055		M40	8	01:54:52	03:41:48.40	03:41:58.55	+00:58:14 (26.2%)	6:55	8.7 (74.4%)
58	BŁESNOWSKI Krzysztof	1049		M30	20	01:49:08	03:42:29.05	03:42:36.70	+00:58:52 (26.4%)	6:57	8.6 (73.5%)
59	KRZYSZTOŃ Maciej	1102	KB GEPARD MUROWANA GOŚLINA	M40	9	01:59:07	03:43:24.50	03:43:36.60	+00:59:52 (26.8%)	6:58	8.6 (73.5%)
60	KAJCA Jakub	1011	TRAILRUN	M30	21	01:59:00	03:43:56.95	03:44:13.95	+01:00:29 (27.0%)	6:59	8.6 (73.5%)
61	MATUSIAK Mateusz	913	ZIELONA GÓRO ZACZNIJ BIEGAĆ	M20	7	01:55:46	03:45:26.25	03:45:35.90	+01:01:51 (27.4%)	7:02	8.5 (72.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Wysoki_Kamien 15.75km	Czas netto 32km	Czas brutto 32km	Różn	Tempo min/km	Tempo km/h
62	ORWAT Adam	2101	WOLSZTYŃSKI KLUB BIEGOWY			01:56:30	03:46:30.75	03:46:54.10	+01:03:09 (27.8%)	7:04	8.5 (72.6%)
63	MYSŁEK Anna	2105				01:58:23	03:46:55.45	03:47:01.75	+01:03:17 (27.9%)	7:05	8.5 (72.6%)
64	BEDNARCZYK Tomasz	997		M30	22	01:56:54	03:47:59.00	03:48:08.85	+01:04:24 (28.2%)	7:07	8.4 (71.8%)
65	SIKORSKI Szymon	1119		M30	23	01:55:18	03:48:22.00	03:48:22.00	+01:04:37 (28.3%)	7:08	8.4 (71.8%)
66	KOMAR Ania	1088	NOA	K30	7	02:02:14	03:49:46.20	03:49:57.55	+01:06:13 (28.8%)	7:10	8.4 (71.8%)
67	DUL Magdalena	954	FAMILY TEAM/ ŚLĘZAK TEAM	K30	8	01:59:18	03:50:41.80	03:50:49.40	+01:07:05 (29.1%)	7:12	8.3 (70.9%)
68	KOMORZYCKI Robert	924		M20	8	02:02:50	03:50:42.65	03:51:04.00	+01:07:19 (29.1%)	7:12	8.3 (70.9%)
69	WOJCIECHOWSKI Arkadiusz	1004		M30	24	02:00:52	03:51:20.00	03:51:37.90	+01:07:53 (29.3%)	7:13	8.3 (70.9%)
70	WYDRO Krystian	903	ADIDAS RUNNERS WARSAW	M30	25	01:58:06	03:51:27.35	03:51:39.40	+01:07:55 (29.3%)	7:13	8.3 (70.9%)
71	BIELAWSKI Łukasz	929	DRÄXLMAIER	M30	26	02:05:02	03:52:10.30	03:52:14.95	+01:08:30 (29.5%)	7:15	8.3 (70.9%)
72	WOJAK Malwina	992		K30	9	02:01:57	03:53:25.60	03:53:39.05	+01:09:54 (29.9%)	7:17	8.2 (70.1%)
73	SZNYTER Sabina	1044		K20	2	02:00:59	03:53:55.00	03:54:02.95	+01:10:18 (30.0%)	7:18	8.2 (70.1%)
74	DYSARZ Przemysław	1047		M30	27	02:00:59	03:54:08.70	03:54:22.70	+01:10:38 (30.1%)	7:19	8.2 (70.1%)
75	ŁATYSZEW Katarzyna	941	KB GEPARD MUROWANA GOŚLINA	K40	4	02:05:27	03:54:12.35	03:54:24.95	+01:10:40 (30.2%)	7:19	8.2 (70.1%)
76	WAWRZYŃIAK PAJCHROWSKA Lidia	1061	KB GEPARD MUROWANA GOŚLINA	K40	5	02:05:34	03:54:12.65	03:54:25.45	+01:10:41 (30.2%)	7:19	8.2 (70.1%)
77	BRODA Dominik	900	POSITIVE VIBRATION	M30	28	02:04:57	03:56:02.35	03:56:18.00	+01:12:33 (30.7%)	7:22	8.1 (69.2%)
78	OSSOWICZ Marcin	1063		M30	29	02:02:51	03:56:14.50	03:56:31.25	+01:12:46 (30.8%)	7:22	8.1 (69.2%)
79	ZIELIŃSKI Leszek	1104		M30	30	01:59:35	03:56:34.20	03:56:48.90	+01:13:04 (30.9%)	7:23	8.1 (69.2%)
80	BIELAWSKI Jakub	958	DRÄXLMAIER	M30	31	02:04:39	03:56:43.90	03:56:49.60	+01:13:05 (30.9%)	7:23	8.1 (69.2%)
81	JĘDRZEJEWSKA Maria	906		K30	10	02:09:17	03:56:43.20	03:56:51.10	+01:13:06 (30.9%)	7:23	8.1 (69.2%)
82	KOCHANOWSKI Marek	998		M40	10	02:01:04	03:56:50.20	03:57:01.95	+01:13:17 (30.9%)	7:24	8.1 (69.2%)
83	PISTL Jacek	901		M30	32	02:05:29	03:57:55.95	03:58:15.55	+01:14:31 (31.3%)	7:26	8.1 (69.2%)
84	SZYMAŃSKI Mateusz	909		M20	9	02:05:42	03:58:46.55	03:59:05.70	+01:15:21 (31.5%)	7:27	8 (68.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Wysoki_Kamien 15.75km	Czas netto 32km	Czas brutto 32km	Różn	Tempo min/km	Tempo km/h
85	OLEJNIK Piotr	1111		M30	33	02:02:22	04:00:55.50	04:01:16.10	+01:17:31 (32.1%)	7:31	8 (68.4%)
86	MARIN Alberto	1042		M30	34	02:03:35	04:01:07.35	04:01:25.30	+01:17:41 (32.2%)	7:32	8 (68.4%)
87	KANCLERZ-MAZURCZUK Monika	1030	CROSSFITTER BOX CHEŁM	K40	6	02:06:34	04:02:35.25	04:02:45.80	+01:19:01 (32.6%)	7:34	7.9 (67.5%)
88	STANISZCZAK Paweł	1017	STANISZCZAK TEAM	M30	35	02:04:19	04:03:38.85	04:03:47.10	+01:20:02 (32.8%)	7:36	7.9 (67.5%)
89	GROENWALD-NAKONOWSKA Barbara	965	PASZCZA ZAKRZEWO	K30	11	02:06:51	04:03:57.45	04:04:14.35	+01:20:30 (33.0%)	7:37	7.9 (67.5%)
90	KUCZYŃSKI Szymon	1053	ZAWONIA TEAM	M40	11	02:07:13	04:05:33.40	04:05:50.30	+01:22:06 (33.4%)	7:40	7.8 (66.7%)
91	BADOWSKI Sebastian	911	ZAWONIA TEAM	M40	12	02:07:07	04:06:02.65	04:06:19.90	+01:22:35 (33.5%)	7:41	7.8 (66.7%)
92	MICHALIK Izabela	920		K40	7	02:06:32	04:09:10.95	04:09:18.25	+01:25:33 (34.3%)	7:47	7.7 (65.8%)
93	KAZUBOWSKA Ola	937	SZ JAK GEPARD	K40	8	02:03:21	04:10:24.95	04:10:29.50	+01:26:45 (34.6%)	7:49	7.7 (65.8%)
94	JAGNIESZCZAK Zuzanna	1068	ADIDAS RUNNERS WARSAW	K30	12	02:08:06	04:10:58.40	04:11:06.35	+01:27:22 (34.8%)	7:50	7.6 (65.0%)
95	MUCHA Aleksandra	1023		K20	3	02:14:47	04:11:02.75	04:11:25.45	+01:27:41 (34.9%)	7:50	7.6 (65.0%)
96	SOBAŃSKI Bartosz	2110	MALTAŃSKA GRUPA BIEGOWA	M30	36	02:10:39	04:11:45.70	04:11:52.95	+01:28:08 (35.0%)	7:52	7.6 (65.0%)
97	TUDZIAS Dominika	1025	EY RUN4FUN	K30	13	02:08:46	04:11:41.55	04:12:01.90	+01:28:17 (35.0%)	7:51	7.6 (65.0%)
98	PIŁAT Mateusz	933		M30	37	02:03:12	04:11:53.80	04:12:05.55	+01:28:21 (35.0%)	7:52	7.6 (65.0%)
99	HANGIEL Bolesław	1092		M20	10	02:08:49	04:12:26.55	04:12:47.65	+01:29:03 (35.2%)	7:53	7.6 (65.0%)
100	NIEDŹWIECKI Marcin	1031		M30	38	02:12:03	04:13:05.15	04:13:18.95	+01:29:34 (35.4%)	7:54	7.6 (65.0%)
101	FELICH Erwin	985	DRÄXLMAIER	M30	39	02:06:43	04:14:38.65	04:14:44.45	+01:31:00 (35.7%)	7:57	7.5 (64.1%)
102	PRUSZKOWSKI Mariusz	1040	CHEŁM BIEGA/ CROSSFITTER BOX CHEŁM	M40	13	02:10:09	04:14:36.90	04:14:46.25	+01:31:01 (35.7%)	7:57	7.5 (64.1%)
103	ZAWADZKI Bartosz	1001		M40	14	02:05:12	04:15:01.35	04:15:13.15	+01:31:28 (35.8%)	7:58	7.5 (64.1%)
104	BOMBA Alina	1095		K30	14	02:13:17	04:15:17.00	04:15:36.50	+01:31:52 (35.9%)	7:58	7.5 (64.1%)
105	GRABOWICZ Paweł	1087		M40	15	01:32:18	04:15:32.45	04:15:46.85	+01:32:02 (36.0%)	7:59	7.5 (64.1%)
106	NOWAK Jarosław	1080		M40	16	02:10:17	04:15:34.90	04:15:47.05	+01:32:02 (36.0%)	7:59	7.5 (64.1%)
107	SKOWRON Marek	1043		M40	17	02:13:30	04:15:50.60	04:16:04.20	+01:32:19 (36.1%)	7:59	7.5 (64.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Wysoki_Kamien 15.75km	Czas netto 32km	Czas brutto 32km	Różn	Tempo min/km	Tempo km/h
108	JĄSKOWSKI Sebastian Tomasz	930	ZABIEGANI.COM.PL	M40	18	02:07:39	04:16:19.00	04:16:27.75	+01:32:43 (36.2%)	8:00	7.5 (64.1%)
109	OSICA Łukasz	972		M30	40	02:15:36	04:18:42.40	04:18:51.90	+01:35:07 (36.7%)	8:05	7.4 (63.2%)
110	MADEJ Anna	1062	VEGE RUNNERS	K40	9	02:15:21	04:18:43.20	04:18:52.05	+01:35:07 (36.7%)	8:05	7.4 (63.2%)
111	JACHYMSKI Ignacy	2102	AKG ŁÓDŹ			02:15:44	04:18:43.20	04:18:55.15	+01:35:10 (36.8%)	8:05	7.4 (63.2%)
112	KOROŃSKI Tadeusz	1014		M40	19	02:12:47	04:18:46.15	04:19:11.75	+01:35:27 (36.8%)	8:05	7.4 (63.2%)
113	NAKONOWSKI Marcin	964	PASZCZA ZAKRZEWO	M40	20	02:12:18	04:19:18.55	04:19:35.40	+01:35:51 (36.9%)	8:06	7.4 (63.2%)
114	SZCZEPAŃSKA-BUDA Anna	978		K30	15	02:16:16	04:20:46.65	04:20:55.85	+01:37:11 (37.2%)	8:08	7.4 (63.2%)
115	PAŹDZIOR Wojciech	1066	ACTIVE STRATEGY	M30	41	02:11:20	04:23:16.10	04:23:29.30	+01:39:45 (37.9%)	8:13	7.3 (62.4%)
116	NOWAK Piotr	1056	CZARNE BIEGA	M30	42	02:13:37	04:23:16.55	04:23:31.45	+01:39:47 (37.9%)	8:13	7.3 (62.4%)
117	KONDRAT Adam	1105		M50	5	02:10:41	04:23:37.95	04:23:46.10	+01:40:01 (37.9%)	8:14	7.3 (62.4%)
118	WERYHO Krzysztof	981		M30	43	02:18:05	04:24:33.45	04:24:45.90	+01:41:01 (38.2%)	8:16	7.3 (62.4%)
119	JARACZ-PATEREK Alina	1059		K30	16	02:16:27	04:25:05.90	04:25:19.70	+01:41:35 (38.3%)	8:17	7.2 (61.5%)
120	MAKLES Wioletta	1054	EUROPA UBEZPIECZENIA / NOA	K30	17	02:16:27	04:25:08.85	04:25:20.00	+01:41:35 (38.3%)	8:17	7.2 (61.5%)
121	NARKUN Ewa	917		K30	18	02:21:17	04:26:00.55	04:26:08.45	+01:42:24 (38.5%)	8:18	7.2 (61.5%)
122	STUPIŃSKA Monika	1038	WKURW TEAM	K30	19	02:18:19	04:26:26.10	04:26:46.85	+01:43:02 (38.6%)	8:19	7.2 (61.5%)
123	WIERZBICKA Joanna	936	KB GEPARD MUROWANA GOŚLINA	K40	10	02:19:56	04:28:56.35	04:29:10.95	+01:45:26 (39.2%)	8:24	7.1 (60.7%)
123	JAKUBOWSKA Kamila	1028	KB GEPARD MUROWANA GOŚLINA	K30	20	02:19:59	04:28:55.90	04:29:10.95	+01:45:26 (39.2%)	8:24	7.1 (60.7%)
125	GAPSKI Piotr	1015	LOFTTEAMEXTREME	M30	44	02:18:43	04:29:35.25	04:29:45.85	+01:46:01 (39.3%)	8:25	7.1 (60.7%)
126	WÓJCIK Renata	910		K30	21	02:15:34	04:32:15.60	04:32:23.85	+01:48:39 (39.9%)	8:30	7.1 (60.7%)
127	PIOTROWSKA Ania	1035		K30	22	02:19:24	04:32:47.15	04:33:14.15	+01:49:29 (40.1%)	8:31	7 (59.8%)
128	ZAWADKA Arek	951		M20	11	02:08:53	04:32:58.00	04:33:20.65	+01:49:36 (40.1%)	8:31	7 (59.8%)
129	WILK Magdalena	1037	DZIADY OCR	K40	11	02:14:55	04:33:55.20	04:34:05.00	+01:50:20 (40.3%)	8:33	7 (59.8%)
130	KAMYK Ewa	1027		K30	23	02:18:20	04:34:13.90	04:34:30.95	+01:50:46 (40.4%)	8:34	7 (59.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Wysoki_Kamien 15.75km	Czas netto 32km	Czas brutto 32km	Różn	Tempo min/km	Tempo km/h
131	MAZUR Wiktor	1021		M30	45	02:13:17	04:36:36.75	04:36:43.90	+01:52:59 (40.8%)	8:38	6.9 (59.0%)
132	SZYSZKA Natalia	1069		K30	24	02:23:01	04:36:56.75	04:37:02.45	+01:53:18 (40.9%)	8:39	6.9 (59.0%)
133	ŚWIĄTEK Monika	1081		K20	4	02:17:54	04:38:46.65	04:39:05.20	+01:55:20 (41.3%)	8:42	6.9 (59.0%)
134	KOWALCZYK Michał	970	EY RUN4FUN	M30	46	02:23:39	04:39:28.85	04:39:50.40	+01:56:06 (41.5%)	8:44	6.9 (59.0%)
135	SKÓRA Zbigniew	1099	SP PARTS	M50	6	02:15:02	04:40:21.65	04:40:31.70	+01:56:47 (41.6%)	8:45	6.8 (58.1%)
136	POMIANOWSKA Anna	914	RĄCZE LACZKI	K30	25	02:21:39	04:41:13.45	04:41:28.85	+01:57:44 (41.8%)	8:47	6.8 (58.1%)
137	HĄŚCIŁO Alina	944		K30	26	02:24:46	04:41:26.80	04:41:39.40	+01:57:55 (41.9%)	8:47	6.8 (58.1%)
138	HĄŚCIŁO Krzysztof	945		M30	47	02:24:29	04:41:27.20	04:41:39.50	+01:57:55 (41.9%)	8:47	6.8 (58.1%)
139	ŁOPATA Witold	2104	WOLSZTYŃSKI KLUB BIEGOWY			02:20:38	04:42:09.15	04:42:32.15	+01:58:47 (42.0%)	8:49	6.8 (58.1%)
140	BOJKOWSKI Tomasz	1029		M40	21	02:17:24	04:42:30.60	04:42:40.70	+01:58:56 (42.1%)	8:49	6.8 (58.1%)
141	DZIOPA Małgorzata	915		K40	12	02:25:52	04:43:55.95	04:44:07.00	+02:00:22 (42.4%)	8:52	6.8 (58.1%)
142	NOWICKA Anna	1071	CHAMPION OF DIETOLOGIST	K20	5	02:21:52	04:45:47.75	04:46:08.00	+02:02:23 (42.8%)	8:55	6.7 (57.3%)
143	HUSARZ Krzysztof	947	EY RUN4FUN	M30	48	02:27:55	04:49:17.80	04:49:41.70	+02:05:57 (43.5%)	9:02	6.6 (56.4%)
144	MACHTAŁOWICZ Szymon	1074		M30	49	02:35:56	04:54:42.20	04:54:58.55	+02:11:14 (44.5%)	9:12	6.5 (55.6%)
144	MACHTAŁOWICZ Beata	2120				02:36:04	04:54:42.70	04:54:58.55	+02:11:14 (44.5%)	9:12	6.5 (55.6%)
146	DAWIDZIAK Paweł	2113	KB I LOVE ZIEMEK / CENTRUM POZYTYWNEJ ENERGII			02:20:41	04:55:25.50	04:55:37.15	+02:11:52 (44.6%)	9:13	6.5 (55.6%)
147	ŁUGOM Dominik	1052		M20	12		04:55:22.55	04:55:37.25	+02:11:52 (44.6%)	9:13	6.5 (55.6%)
148	URWANOWICZ Michał	948		M30	50	02:27:55	04:55:31.40	04:55:54.30	+02:12:10 (44.7%)	9:14	6.5 (55.6%)
149	GÓRCZYŃSKI Rafał	940		M40	22	02:33:56	04:55:36.15	04:55:54.50	+02:12:10 (44.7%)	9:14	6.5 (55.6%)
150	SZERSZEŃ Janusz	921		M40	23	02:33:40	04:55:40.60	04:55:56.00	+02:12:11 (44.7%)	9:14	6.5 (55.6%)
151	ŚWIĄTEK Łukasz	1084		M30	51	02:19:59	04:56:14.15	04:56:33.90	+02:12:49 (44.8%)	9:15	6.5 (55.6%)
152	MASIAREK Czesław	1046		M50	7	01:44:57	04:57:15.20	04:57:36.60	+02:13:52 (45.0%)	9:17	6.5 (55.6%)
153	WOJDAŁOWICZ Ewa	2109	WIERZBICKI RUNNING PROJECT			02:37:38	04:58:20.10	04:58:38.10	+02:14:53 (45.2%)	9:19	6.4 (54.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Wysoki_Kamien 15.75km	Czas netto 32km	Czas brutto 32km	Różn	Tempo min/km	Tempo km/h
154	MUCHA Katarzyna	1077		K50	1	02:36:55	04:58:33.65	04:58:45.75	+02:15:01 (45.2%)	9:19	6.4 (54.7%)
155	CHWALISZ Paweł	1067		M40	24	02:24:18	04:59:47.60	05:00:02.05	+02:16:17 (45.4%)	9:22	6.4 (54.7%)
156	WAŚ Aleksander	1039		M30	52	02:28:26	05:01:58.40	05:01:58.40	+02:18:14 (45.8%)	9:26	6.4 (54.7%)
157	SZNEJFUS Beata	1093	ROZBIEGANY PIASTÓW	K30	27	02:23:28	05:02:20.05	05:02:28.90	+02:18:44 (45.9%)	9:26	6.4 (54.7%)
158	PISTL Anna	912		K30	28	02:39:44	05:02:54.70	05:03:14.35	+02:19:30 (46.0%)	9:27	6.3 (53.8%)
159	NATKANIEC Grażyna	946	LZS LIPA	K50	2	02:42:50	05:03:51.65	05:04:09.95	+02:20:25 (46.2%)	9:29	6.3 (53.8%)
160	LEGUTKO Monika	939		K40	13	02:38:19	05:05:13.50	05:05:26.55	+02:21:42 (46.4%)	9:32	6.3 (53.8%)
161	HANGIEL Urszula	1091	ŻWAWĘ ŻÓŁWIE	K30	29	02:45:20	05:06:36.70	05:06:59.30	+02:23:15 (46.7%)	9:34	6.3 (53.8%)
162	WINNICKA Edyta	1064	ADIDAS	K30	30	02:45:48	05:07:02.15	05:07:11.65	+02:23:27 (46.7%)	9:35	6.3 (53.8%)
163	WIEWIÓRA Anna	968		K40	14	02:42:48	05:07:05.75	05:07:21.60	+02:23:37 (46.7%)	9:35	6.3 (53.8%)
164	MRÓZ-SICZYŃSKA Katarzyna	959	KEJT.LAJF	K30	31	02:31:40	05:08:57.35	05:09:13.30	+02:25:29 (47.0%)	9:39	6.2 (53.0%)
165	SZCZEPANIAK Wiesław	1013		M60	2	02:19:36	05:09:25.25	05:09:35.95	+02:25:51 (47.1%)	9:40	6.2 (53.0%)
166	WALNY Agata	987		K30	32	02:36:37	05:10:33.50	05:10:41.40	+02:26:57 (47.3%)	9:42	6.2 (53.0%)
167	WIEWIÓRA Krzysztof	969	BIELSKA LIGA KOSZYKÓWKI	M50	8		05:10:43.55	05:10:57.60	+02:27:13 (47.3%)	9:42	6.2 (53.0%)
168	NOWICKA Katarzyna	988		K40	15	02:35:26	05:11:29.50	05:11:42.15	+02:27:57 (47.5%)	9:44	6.2 (53.0%)
169	JAKIMKO Monika	976	LZS LIPA	K40	16	02:44:36	05:14:28.70	05:14:46.60	+02:31:02 (48.0%)	9:49	6.1 (52.1%)
170	PYTLARCZYK Piotr	1003	KLUB BIEGACZA WARTA	M40	25	02:38:04	05:14:37.65	05:14:47.70	+02:31:03 (48.0%)	9:49	6.1 (52.1%)
171	NOWAK Agnieszka	962	WKURW_TEAM	K40	17	02:42:05	05:16:19.60	05:16:39.35	+02:32:55 (48.3%)	9:53	6.1 (52.1%)
172	GOŁASZEWSKA Marzena	1072	GIGA MARATHON PROJEKT	K40	18	02:32:05	05:23:34.00	05:23:50.25	+02:40:05 (49.4%)	10:06	5.9 (50.4%)
173	ANIOŁ Laura	938	NIGHT RUNNERS WROCŁAW	K30	33	02:48:46	05:25:22.45	05:25:30.30	+02:41:46 (49.7%)	10:10	5.9 (50.4%)
174	SERWA Dawid	1009		M30	53	02:42:22	05:27:13.45	05:27:37.70	+02:43:53 (50.0%)	10:13	5.9 (50.4%)
175	KOŃ Aleksandra	935	LZS LIPA	K40	19	02:44:33	05:30:05.80	05:30:24.05	+02:46:39 (50.4%)	10:18	5.8 (49.6%)
176	FILIPIAK Sebastian	934	LZS LIPA	M40	26	02:44:12	05:30:05.10	05:30:24.10	+02:46:39 (50.4%)	10:18	5.8 (49.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Wysoki_Kamien 15.75km	Czas netto 32km	Czas brutto 32km	Różn	Tempo min/km	Tempo km/h
177	BAJERLEIN Jarosław	1033		M30	54	02:45:56	05:32:14.00	05:32:29.05	+02:48:44 (50.8%)	10:22	5.8 (49.6%)
177	MURAWSKA Monika	1032		K30	34	02:46:00	05:32:13.85	05:32:29.05	+02:48:44 (50.8%)	10:22	5.8 (49.6%)
179	ROSZKOWSKA Hanna	1082		K30	35	02:53:43	05:37:04.60	05:37:26.20	+02:53:41 (51.5%)	10:32	5.7 (48.7%)
180	RESZKOWSKI Tomek	1110		M30	55	02:53:37	05:37:03.30	05:37:26.30	+02:53:42 (51.5%)	10:31	5.7 (48.7%)
181	ROSZKOWSKA Justyna	1083		K30	36	02:53:41	05:37:03.95	05:37:26.45	+02:53:42 (51.5%)	10:32	5.7 (48.7%)
182	TOŚKO Tadeusz	1051	HUSARIA RACE TEAM	M40	27	02:46:17	05:47:53.85	05:48:08.45	+03:04:24 (53.0%)	10:52	5.5 (47.0%)
183	CRAPANZANO Blanka	1089		K40	20	03:02:22	05:50:37.70	05:50:46.75	+03:07:02 (53.3%)	10:57	5.5 (47.0%)
184	TRAWINSKA-WOLSKA Monika	1101		K40	21	03:02:16	05:50:37.60	05:50:46.80	+03:07:02 (53.3%)	10:57	5.5 (47.0%)
185	GUDOWSKI Robert	1106	MARATON KRAKOWSKI	M40	28	03:07:22	05:59:25.35	05:59:43.95	+03:15:59 (54.5%)	11:13	5.3 (45.3%)
186	GIELZECKA Iga	977		K30	37	03:02:04	05:59:31.90	05:59:48.00	+03:16:03 (54.5%)	11:14	5.3 (45.3%)
187	WOKAN Marcin	1109		M40	29	01:40:20			+00:12:42	6:22	9.4 (80.3%)
188	POLIWKA Mariusz	983	FITNESS PIEKARY LEGNICA	M40	30	02:00:08			+00:32:24	7:37	7.9 (67.5%)
189	PĘKAŁA Dawid	905	ŻARY RUNNERS TEAM	M40	31	02:14:10			+00:46:50	8:31	7 (59.8%)
190	BRONIK Tomasz	1050		M30	56	02:28:34			+01:00:50	9:25	6.4 (54.7%)
	RUTKOWSKI Jakub	907		M30		01:47:15 DNF	DNF	DNF		-	- (0.0%)

Znaleziono 191 wynik(ów)