



**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

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

## KAMIENNA TRZYDZIESTKA

B4SPORT

**B4SPORT**  
INTELIGENTNE 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	<b>SZCZEPANIAK Kamil</b>	<b>1108</b>	140MINUT.PL/KARPACZSPORT	M20	1	01:27:42	<b>02:43:41.75</b>	<b>02:43:44.30</b>		5:06	11.7 (100%)
2	<b>CZARNY Jaroslaw</b>	<b>1057</b>	#SOBASTEAM	M30	1	01:31:17	<b>02:53:12.20</b>	<b>02:53:16.35</b>	+00:09:32 (5.5%)	5:24	11.1 (94.9%)
3	<b>JURCZAK Tomasz</b>	<b>1018</b>	MUKN POD STRÓŻĄ MISZKOWICE	M20	2	01:32:59	<b>02:53:35.35</b>	<b>02:53:40.60</b>	+00:09:56 (5.7%)	5:25	11.1 (94.9%)
4	<b>WITEK Karolina</b>	<b>1086</b>		K20	1		<b>02:53:55.80</b>	<b>02:54:00.05</b>	+00:10:15 (5.9%)	5:26	11 (94.0%)
5	<b>GADZIMSKI Michał</b>	<b>2108</b>	KOWARY BIEGAJĄ	M30	2		<b>02:56:33.45</b>	<b>02:56:36.35</b>	+00:12:52 (7.3%)	5:31	10.9 (93.2%)
6	<b>PARSZCZYŃSKA Izabela</b>	<b>1065</b>	TEAM PARSZCZYŃSKICH	K30	1	01:34:40	<b>02:57:23.30</b>	<b>02:57:28.40</b>	+00:13:44 (7.7%)	5:32	10.8 (92.3%)
7	<b>JARMOLIŃSKI Piotr</b>	<b>2107</b>					<b>02:57:42.85</b>	<b>02:57:45.25</b>	+00:14:00 (7.9%)	5:33	10.8 (92.3%)
8	<b>CZYŻKOWSKI Rafał</b>	<b>2119</b>	CHŁOPAKI Z NIZIN			01:36:49	<b>03:02:15.40</b>	<b>03:02:19.95</b>	+00:18:35 (10.2%)	5:41	10.5 (89.7%)
9	<b>ŁABUZ Małgorzata</b>	<b>1058</b>	#SOBASTEAM	K30	2	01:36:19	<b>03:02:26.55</b>	<b>03:02:30.90</b>	+00:18:46 (10.3%)	5:42	10.5 (89.7%)
10	<b>WANIELISTA Piotr</b>	<b>1097</b>		M30	3	01:37:02	<b>03:04:14.50</b>	<b>03:04:23.00</b>	+00:20:38 (11.2%)	5:45	10.4 (88.9%)
11	<b>RUTKOWSKI Dawid</b>	<b>1048</b>	GRIZZLYTEAM	M30	4	01:34:10	<b>03:05:28.80</b>	<b>03:05:32.60</b>	+00:21:48 (11.8%)	5:47	10.4 (88.9%)
12	<b>GAŁĘSKI Jakub</b>	<b>1079</b>	ARCHIBANDA	M30	5	01:38:06	<b>03:06:32.15</b>	<b>03:06:38.00</b>	+00:22:53 (12.3%)	5:49	10.3 (88.0%)
13	<b>PAWLAK Bartek</b>	<b>2106</b>				01:40:27	<b>03:07:00.85</b>	<b>03:07:05.50</b>	+00:23:21 (12.5%)	5:50	10.3 (88.0%)
14	<b>WOŁCZEK Przemysław</b>	<b>1114</b>	GRUPA BIEGOWA 'BEZ GRANIC'	M40	1	01:40:04	<b>03:08:51.25</b>	<b>03:08:58.05</b>	+00:25:13 (13.4%)	5:54	10.2 (87.2%)
15	<b>THIER Dominik</b>	<b>2115</b>	TATRA CAMP			01:39:58	<b>03:09:04.25</b>	<b>03:09:09.40</b>	+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	<b>KURIATA Robert</b>	<b>919</b>	ZLB ZŁOTORYJA	M50	1	01:38:03	<b>03:09:52.70</b>	<b>03:09:55.65</b>	+00:26:11 (13.8%)	5:56	10.1 (86.3%)
17	<b>STELMACH Szymon</b>	<b>904</b>	DRAEXLMAIER	M20	3	01:37:53	<b>03:10:33.20</b>	<b>03:10:39.25</b>	+00:26:54 (14.1%)	5:57	10.1 (86.3%)
18	<b>ONISZCZUK Bartosz</b>	<b>1116</b>		M30	6	01:36:31	<b>03:12:37.55</b>	<b>03:12:42.20</b>	+00:28:57 (15.0%)	6:01	10 (85.5%)
19	<b>KULIG Maciej</b>	<b>1113</b>	DAJESZ DAJESZ	M30	7	01:40:56	<b>03:13:36.90</b>	<b>03:13:43.25</b>	+00:29:58 (15.5%)	6:03	9.9 (84.6%)
20	<b>MOJEK Michał</b>	<b>2121</b>	GOPR KARKONOSZE/SZWAGIER TEAM			01:38:57	<b>03:15:29.80</b>	<b>03:15:33.50</b>	+00:31:49 (16.3%)	6:06	9.8 (83.8%)
21	<b>GRZEGORZEK Marcin</b>	<b>952</b>	KB GEPARD MUROWANA GOŚLINA	M40	2	01:43:37	<b>03:15:48.25</b>	<b>03:16:00.75</b>	+00:32:16 (16.5%)	6:07	9.8 (83.8%)
22	<b>GAWLEWICZ Tomasz</b>	<b>2117</b>	GAWEŁKI TEAM / POZYTYWNIIE ZABIEGANI SANOK			01:44:36	<b>03:19:53.95</b>	<b>03:19:58.40</b>	+00:36:14 (18.1%)	6:14	9.6 (82.1%)
23	<b>MICHALOWSKI Marcin</b>	<b>955</b>	MARCINSWIERCTEAM	M30	8	01:49:31	<b>03:21:13.00</b>	<b>03:21:19.20</b>	+00:37:34 (18.7%)	6:17	9.5 (81.2%)
24	<b>GAPSKI Mateusz</b>	<b>2100</b>				01:41:51	<b>03:21:24.05</b>	<b>03:21:24.05</b>	+00:37:39 (18.7%)	6:17	9.5 (81.2%)
25	<b>OSTROWSKI Krzysztof</b>	<b>1026</b>		M40	3	01:41:53	<b>03:21:40.00</b>	<b>03:21:49.65</b>	+00:38:05 (18.9%)	6:18	9.5 (81.2%)
26	<b>DOBIJA Jacek</b>	<b>993</b>	WĄS NA TATRZAŃSKIEJ	M20	4	01:45:24	<b>03:25:02.40</b>	<b>03:25:15.45</b>	+00:41:31 (20.2%)	6:24	9.4 (80.3%)
27	<b>DUL Zbigniew</b>	<b>1107</b>	BIEGAM DLA ZDROWIA	M60	1	01:48:12	<b>03:25:15.80</b>	<b>03:25:31.75</b>	+00:41:47 (20.3%)	6:24	9.4 (80.3%)
28	<b>ZAWORSKI Tomasz</b>	<b>1005</b>		M30	9	01:49:35	<b>03:25:52.00</b>	<b>03:25:57.80</b>	+00:42:13 (20.5%)	6:26	9.3 (79.5%)
29	<b>PELC-WANIELISTA Agnieszka</b>	<b>1096</b>	KB MANIAC POZNAŃ	K30	3	01:45:01	<b>03:26:15.20</b>	<b>03:26:23.10</b>	+00:42:38 (20.7%)	6:26	9.3 (79.5%)
30	<b>HOŁOWNIA Tomasz</b>	<b>1075</b>		M30	10	01:41:48	<b>03:27:23.45</b>	<b>03:27:29.65</b>	+00:43:45 (21.1%)	6:28	9.3 (79.5%)
31	<b>ŚLIWIŃSKI Rafał</b>	<b>916</b>	ZBIEGACZ.PL	M30	11	01:37:00	<b>03:27:35.95</b>	<b>03:27:40.30</b>	+00:43:56 (21.2%)	6:29	9.2 (78.6%)
32	<b>BURZEC Tomasz</b>	<b>1117</b>		M40	4	01:46:56	<b>03:27:45.00</b>	<b>03:27:51.60</b>	+00:44:07 (21.2%)	6:29	9.2 (78.6%)
33	<b>MOCZURAD Piotr</b>	<b>1078</b>	GREEK TRADE	M20	5		<b>03:28:08.45</b>	<b>03:28:17.80</b>	+00:44:33 (21.4%)	6:30	9.2 (78.6%)
34	<b>WARGUŁA Waldemar</b>	<b>942</b>	KB GEPARD MUROWANA GOŚLINA	M30	12	01:46:26	<b>03:28:27.15</b>	<b>03:28:41.00</b>	+00:44:56 (21.5%)	6:30	9.2 (78.6%)
35	<b>MATYJA Rafał</b>	<b>1103</b>		M30	13	01:49:51	<b>03:28:38.90</b>	<b>03:28:45.15</b>	+00:45:00 (21.6%)	6:31	9.2 (78.6%)
36	<b>HYRNIK Wojciech</b>	<b>1090</b>		M30	14	01:49:04	<b>03:29:08.80</b>	<b>03:29:12.90</b>	+00:45:28 (21.7%)	6:32	9.2 (78.6%)
37	<b>BARANOW Kamil</b>	<b>984</b>		M30	15	01:46:51	<b>03:29:15.30</b>	<b>03:29:20.75</b>	+00:45:36 (21.8%)	6:32	9.2 (78.6%)
38	<b>ŻBIK Bartosz</b>	<b>966</b>	SMART THERAPY	M30	16	01:45:42	<b>03:29:38.00</b>	<b>03:29:43.75</b>	+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	<b>WNOROWSKA Iwona</b>	<b>990</b>		K40	1	01:50:37	<b>03:30:50.40</b>	<b>03:30:54.35</b>	+00:47:10 (22.4%)	6:35	9.1 (77.8%)
40	<b>LULEK Paweł</b>	<b>2118</b>	RUN IS FUN			01:50:28	<b>03:30:49.35</b>	<b>03:30:55.70</b>	+00:47:11 (22.4%)	6:35	9.1 (77.8%)
41	<b>SULIMA Grzegorz</b>	<b>925</b>	GRUPA BIEGOWA 'BEZ GRANIC'	M50	2	01:51:22	<b>03:31:45.15</b>	<b>03:31:51.00</b>	+00:48:06 (22.7%)	6:37	9.1 (77.8%)
42	<b>PODLEŚ Robert</b>	<b>1098</b>	COBI POLAND TEAM	M50	3	01:55:17	<b>03:32:25.90</b>	<b>03:32:31.90</b>	+00:48:47 (23.0%)	6:38	9 (76.9%)
43	<b>MARKOWSKA Karolina</b>	<b>1100</b>	EUROPA UBEZPIECZENIA/NOA	K30	4	01:53:33	<b>03:32:29.20</b>	<b>03:32:33.35</b>	+00:48:49 (23.0%)	6:38	9 (76.9%)
44	<b>KRAWCZYK Konrad</b>	<b>1073</b>	CS GROUP RUNNERS	M20	6	01:50:03	<b>03:32:28.45</b>	<b>03:32:37.95</b>	+00:48:53 (23.0%)	6:38	9 (76.9%)
45	<b>BRONIK Tomasz</b>	<b>1118</b>		M30	17	01:50:42	<b>03:32:40.75</b>	<b>03:32:44.85</b>	+00:49:00 (23.0%)	6:38	9 (76.9%)
46	<b>WNOROWSKI Jacek</b>	<b>1070</b>		M40	5	01:51:14	<b>03:32:51.45</b>	<b>03:32:56.35</b>	+00:49:12 (23.1%)	6:39	9 (76.9%)
47	<b>WOCH Agnieszka</b>	<b>980</b>	BRACTWO BIEGACZY ZIELONA GÓRA	K40	2	01:54:23	<b>03:34:12.40</b>	<b>03:34:23.85</b>	+00:50:39 (23.6%)	6:41	9 (76.9%)
48	<b>PIEKARSKA Karina</b>	<b>926</b>		K40	3	01:50:55	<b>03:34:25.30</b>	<b>03:34:31.55</b>	+00:50:47 (23.7%)	6:42	9 (76.9%)
49	<b>KUĆ Jarek</b>	<b>1085</b>	TRI TEAM LUBAŃ	M30	18	01:51:03	<b>03:34:29.35</b>	<b>03:34:38.20</b>	+00:50:53 (23.7%)	6:42	9 (76.9%)
50	<b>CZAPLICKI Janusz</b>	<b>1112</b>	HUTA JULIA	M50	4	01:53:18	<b>03:35:45.00</b>	<b>03:35:49.90</b>	+00:52:05 (24.1%)	6:44	8.9 (76.1%)
51	<b>STAŃCZYK Krzysztof</b>	<b>995</b>	TEAM PLUTEK	M40	6	01:51:36	<b>03:37:39.20</b>	<b>03:37:43.45</b>	+00:53:59 (24.8%)	6:48	8.8 (75.2%)
52	<b>DOLNY Tomasz</b>	<b>1094</b>	GREEN TREES	M40	7	01:49:22	<b>03:38:44.20</b>	<b>03:38:47.80</b>	+00:55:03 (25.2%)	6:50	8.8 (75.2%)
53	<b>RADKOWSKA Małgorzata</b>	<b>1060</b>	DZIOBAKI I NOSIAKI	K30	5	01:58:56	<b>03:38:51.00</b>	<b>03:38:57.35</b>	+00:55:13 (25.2%)	6:50	8.8 (75.2%)
54	<b>ŻUKIEWICZ Piotr</b>	<b>2103</b>	OBOZY GÓRSKIE			01:52:40	<b>03:39:04.90</b>	<b>03:39:09.55</b>	+00:55:25 (25.3%)	6:50	8.8 (75.2%)
55	<b>HAŁAS Katarzyna</b>	<b>943</b>	KB GEPARD MUROWANA GOŚLINA	K30	6	01:59:15	<b>03:40:57.10</b>	<b>03:41:11.70</b>	+00:57:27 (26.0%)	6:54	8.7 (74.4%)
56	<b>GRAD Łukasz</b>	<b>953</b>	FITNESS PIEKARY LEGNICA	M30	19	01:53:03	<b>03:41:07.30</b>	<b>03:41:12.00</b>	+00:57:27 (26.0%)	6:54	8.7 (74.4%)
57	<b>PIŁAT Michał</b>	<b>1055</b>		M40	8	01:54:52	<b>03:41:48.40</b>	<b>03:41:58.55</b>	+00:58:14 (26.2%)	6:55	8.7 (74.4%)
58	<b>BŁESNOWSKI Krzysztof</b>	<b>1049</b>		M30	20	01:49:08	<b>03:42:29.05</b>	<b>03:42:36.70</b>	+00:58:52 (26.4%)	6:57	8.6 (73.5%)
59	<b>KRZYSZTOŃ Maciej</b>	<b>1102</b>	KB GEPARD MUROWANA GOŚLINA	M40	9	01:59:07	<b>03:43:24.50</b>	<b>03:43:36.60</b>	+00:59:52 (26.8%)	6:58	8.6 (73.5%)
60	<b>KAJCA Jakub</b>	<b>1011</b>	TRAILRUN	M30	21	01:59:00	<b>03:43:56.95</b>	<b>03:44:13.95</b>	+01:00:29 (27.0%)	6:59	8.6 (73.5%)
61	<b>MATUSIAK Mateusz</b>	<b>913</b>	ZIELONA GÓRO ZACZNIJ BIEGAĆ	M20	7	01:55:46	<b>03:45:26.25</b>	<b>03:45:35.90</b>	+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	<b>ORWAT Adam</b>	<b>2101</b>	WOLSZTYŃSKI KLUB BIEGOWY			01:56:30	<b>03:46:30.75</b>	<b>03:46:54.10</b>	+01:03:09 (27.8%)	7:04	8.5 (72.6%)
63	<b>MYSŁEK Anna</b>	<b>2105</b>				01:58:23	<b>03:46:55.45</b>	<b>03:47:01.75</b>	+01:03:17 (27.9%)	7:05	8.5 (72.6%)
64	<b>BEDNARCZYK Tomasz</b>	<b>997</b>		M30	22	01:56:54	<b>03:47:59.00</b>	<b>03:48:08.85</b>	+01:04:24 (28.2%)	7:07	8.4 (71.8%)
65	<b>SIKORSKI Szymon</b>	<b>1119</b>		M30	23	01:55:18	<b>03:48:22.00</b>	<b>03:48:22.00</b>	+01:04:37 (28.3%)	7:08	8.4 (71.8%)
66	<b>KOMAR Ania</b>	<b>1088</b>	NOA	K30	7	02:02:14	<b>03:49:46.20</b>	<b>03:49:57.55</b>	+01:06:13 (28.8%)	7:10	8.4 (71.8%)
67	<b>DUL Magdalena</b>	<b>954</b>	FAMILY TEAM/ ŚLĘZAK TEAM	K30	8	01:59:18	<b>03:50:41.80</b>	<b>03:50:49.40</b>	+01:07:05 (29.1%)	7:12	8.3 (70.9%)
68	<b>KOMORZYCKI Robert</b>	<b>924</b>		M20	8	02:02:50	<b>03:50:42.65</b>	<b>03:51:04.00</b>	+01:07:19 (29.1%)	7:12	8.3 (70.9%)
69	<b>WOJCIECHOWSKI Arkadiusz</b>	<b>1004</b>		M30	24	02:00:52	<b>03:51:20.00</b>	<b>03:51:37.90</b>	+01:07:53 (29.3%)	7:13	8.3 (70.9%)
70	<b>WYDRO Krystian</b>	<b>903</b>	ADIDAS RUNNERS WARSAW	M30	25	01:58:06	<b>03:51:27.35</b>	<b>03:51:39.40</b>	+01:07:55 (29.3%)	7:13	8.3 (70.9%)
71	<b>BIELAWSKI Łukasz</b>	<b>929</b>	DRÄXLMAIER	M30	26	02:05:02	<b>03:52:10.30</b>	<b>03:52:14.95</b>	+01:08:30 (29.5%)	7:15	8.3 (70.9%)
72	<b>WOJAK Malwina</b>	<b>992</b>		K30	9	02:01:57	<b>03:53:25.60</b>	<b>03:53:39.05</b>	+01:09:54 (29.9%)	7:17	8.2 (70.1%)
73	<b>SZNYTER Sabina</b>	<b>1044</b>		K20	2	02:00:59	<b>03:53:55.00</b>	<b>03:54:02.95</b>	+01:10:18 (30.0%)	7:18	8.2 (70.1%)
74	<b>DYSARZ Przemysław</b>	<b>1047</b>		M30	27	02:00:59	<b>03:54:08.70</b>	<b>03:54:22.70</b>	+01:10:38 (30.1%)	7:19	8.2 (70.1%)
75	<b>ŁATYSZEW Katarzyna</b>	<b>941</b>	KB GEPARD MUROWANA GOŚLINA	K40	4	02:05:27	<b>03:54:12.35</b>	<b>03:54:24.95</b>	+01:10:40 (30.2%)	7:19	8.2 (70.1%)
76	<b>WAWRZY尼亚K PAJCHROWSKA Lidia</b>	<b>1061</b>	KB GEPARD MUROWANA GOŚLINA	K40	5	02:05:34	<b>03:54:12.65</b>	<b>03:54:25.45</b>	+01:10:41 (30.2%)	7:19	8.2 (70.1%)
77	<b>BRODA Dominik</b>	<b>900</b>	POSITIVE VIBRATION	M30	28	02:04:57	<b>03:56:02.35</b>	<b>03:56:18.00</b>	+01:12:33 (30.7%)	7:22	8.1 (69.2%)
78	<b>OSSOWICZ Marcin</b>	<b>1063</b>		M30	29	02:02:51	<b>03:56:14.50</b>	<b>03:56:31.25</b>	+01:12:46 (30.8%)	7:22	8.1 (69.2%)
79	<b>ZIELIŃSKI Leszek</b>	<b>1104</b>		M30	30	01:59:35	<b>03:56:34.20</b>	<b>03:56:48.90</b>	+01:13:04 (30.9%)	7:23	8.1 (69.2%)
80	<b>BIELAWSKI Jakub</b>	<b>958</b>	DRÄXLMAIER	M30	31	02:04:39	<b>03:56:43.90</b>	<b>03:56:49.60</b>	+01:13:05 (30.9%)	7:23	8.1 (69.2%)
81	<b>JĘDRZEJEWSKA Maria</b>	<b>906</b>		K30	10	02:09:17	<b>03:56:43.20</b>	<b>03:56:51.10</b>	+01:13:06 (30.9%)	7:23	8.1 (69.2%)
82	<b>KOCHANOWSKI Marek</b>	<b>998</b>		M40	10	02:01:04	<b>03:56:50.20</b>	<b>03:57:01.95</b>	+01:13:17 (30.9%)	7:24	8.1 (69.2%)
83	<b>PISTL Jacek</b>	<b>901</b>		M30	32	02:05:29	<b>03:57:55.95</b>	<b>03:58:15.55</b>	+01:14:31 (31.3%)	7:26	8.1 (69.2%)
84	<b>SZYMAŃSKI Mateusz</b>	<b>909</b>		M20	9	02:05:42	<b>03:58:46.55</b>	<b>03:59:05.70</b>	+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	<b>OLEJNIK Piotr</b>	<b>1111</b>		M30	33	02:02:22	<b>04:00:55.50</b>	<b>04:01:16.10</b>	+01:17:31 (32.1%)	7:31	8 (68.4%)
86	<b>MARIN Alberto</b>	<b>1042</b>		M30	34	02:03:35	<b>04:01:07.35</b>	<b>04:01:25.30</b>	+01:17:41 (32.2%)	7:32	8 (68.4%)
87	<b>KANCLERZ-MAZURCZUK Monika</b>	<b>1030</b>	CROSSFITTER BOX CHEŁM	K40	6	02:06:34	<b>04:02:35.25</b>	<b>04:02:45.80</b>	+01:19:01 (32.6%)	7:34	7.9 (67.5%)
88	<b>STANISZCZAK Paweł</b>	<b>1017</b>	STANISZCZAK TEAM	M30	35	02:04:19	<b>04:03:38.85</b>	<b>04:03:47.10</b>	+01:20:02 (32.8%)	7:36	7.9 (67.5%)
89	<b>GROENWALD-NAKONOWSKA Barbara</b>	<b>965</b>	PASZCZA ZAKRZEWO	K30	11	02:06:51	<b>04:03:57.45</b>	<b>04:04:14.35</b>	+01:20:30 (33.0%)	7:37	7.9 (67.5%)
90	<b>KUCZYŃSKI Szymon</b>	<b>1053</b>	ZAWONIA TEAM	M40	11	02:07:13	<b>04:05:33.40</b>	<b>04:05:50.30</b>	+01:22:06 (33.4%)	7:40	7.8 (66.7%)
91	<b>BADOWSKI Sebastian</b>	<b>911</b>	ZAWONIA TEAM	M40	12	02:07:07	<b>04:06:02.65</b>	<b>04:06:19.90</b>	+01:22:35 (33.5%)	7:41	7.8 (66.7%)
92	<b>MICHALIK Izabela</b>	<b>920</b>		K40	7	02:06:32	<b>04:09:10.95</b>	<b>04:09:18.25</b>	+01:25:33 (34.3%)	7:47	7.7 (65.8%)
93	<b>KAZUBOWSKA Ola</b>	<b>937</b>	SZ JAK GEPARD	K40	8	02:03:21	<b>04:10:24.95</b>	<b>04:10:29.50</b>	+01:26:45 (34.6%)	7:49	7.7 (65.8%)
94	<b>JAGNIESZCZAK Zuzanna</b>	<b>1068</b>	ADIDAS RUNNERS WARSAW	K30	12	02:08:06	<b>04:10:58.40</b>	<b>04:11:06.35</b>	+01:27:22 (34.8%)	7:50	7.6 (65.0%)
95	<b>MUCHA Aleksandra</b>	<b>1023</b>		K20	3	02:14:47	<b>04:11:02.75</b>	<b>04:11:25.45</b>	+01:27:41 (34.9%)	7:50	7.6 (65.0%)
96	<b>SOBAŃSKI Bartosz</b>	<b>2110</b>	MALTAŃSKA GRUPA BIEGOWA	M30	36	02:10:39	<b>04:11:45.70</b>	<b>04:11:52.95</b>	+01:28:08 (35.0%)	7:52	7.6 (65.0%)
97	<b>TUDZIAS Dominika</b>	<b>1025</b>	EY RUN4FUN	K30	13	02:08:46	<b>04:11:41.55</b>	<b>04:12:01.90</b>	+01:28:17 (35.0%)	7:51	7.6 (65.0%)
98	<b>PIŁAT Mateusz</b>	<b>933</b>		M30	37	02:03:12	<b>04:11:53.80</b>	<b>04:12:05.55</b>	+01:28:21 (35.0%)	7:52	7.6 (65.0%)
99	<b>HANGIEL Bolesław</b>	<b>1092</b>		M20	10	02:08:49	<b>04:12:26.55</b>	<b>04:12:47.65</b>	+01:29:03 (35.2%)	7:53	7.6 (65.0%)
100	<b>NIEDŹWIECKI Marcin</b>	<b>1031</b>		M30	38	02:12:03	<b>04:13:05.15</b>	<b>04:13:18.95</b>	+01:29:34 (35.4%)	7:54	7.6 (65.0%)
101	<b>FELICH Erwin</b>	<b>985</b>	DRÄXLMAIER	M30	39	02:06:43	<b>04:14:38.65</b>	<b>04:14:44.45</b>	+01:31:00 (35.7%)	7:57	7.5 (64.1%)
102	<b>PRUSZKOWSKI Mariusz</b>	<b>1040</b>	CHEŁM BIEGA/ CROSSFITTER BOX CHEŁM	M40	13	02:10:09	<b>04:14:36.90</b>	<b>04:14:46.25</b>	+01:31:01 (35.7%)	7:57	7.5 (64.1%)
103	<b>ZAWADZKI Bartosz</b>	<b>1001</b>		M40	14	02:05:12	<b>04:15:01.35</b>	<b>04:15:13.15</b>	+01:31:28 (35.8%)	7:58	7.5 (64.1%)
104	<b>BOMBA Alina</b>	<b>1095</b>		K30	14	02:13:17	<b>04:15:17.00</b>	<b>04:15:36.50</b>	+01:31:52 (35.9%)	7:58	7.5 (64.1%)
105	<b>GRABOWICZ Paweł</b>	<b>1087</b>		M40	15	01:32:18	<b>04:15:32.45</b>	<b>04:15:46.85</b>	+01:32:02 (36.0%)	7:59	7.5 (64.1%)
106	<b>NOWAK Jarosław</b>	<b>1080</b>		M40	16	02:10:17	<b>04:15:34.90</b>	<b>04:15:47.05</b>	+01:32:02 (36.0%)	7:59	7.5 (64.1%)
107	<b>SKOWRON Marek</b>	<b>1043</b>		M40	17	02:13:30	<b>04:15:50.60</b>	<b>04:16:04.20</b>	+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	<b>JĄSKOWSKI Sebastian Tomasz</b>	<b>930</b>	ZABIEGANI.COM.PL	M40	18	02:07:39	<b>04:16:19.00</b>	<b>04:16:27.75</b>	+01:32:43 (36.2%)	8:00	7.5 (64.1%)
109	<b>OSICA Łukasz</b>	<b>972</b>		M30	40	02:15:36	<b>04:18:42.40</b>	<b>04:18:51.90</b>	+01:35:07 (36.7%)	8:05	7.4 (63.2%)
110	<b>MADEJ Anna</b>	<b>1062</b>	VEGE RUNNERS	K40	9	02:15:21	<b>04:18:43.20</b>	<b>04:18:52.05</b>	+01:35:07 (36.7%)	8:05	7.4 (63.2%)
111	<b>JACHYMSKI Ignacy</b>	<b>2102</b>	AKG ŁÓDŹ			02:15:44	<b>04:18:43.20</b>	<b>04:18:55.15</b>	+01:35:10 (36.8%)	8:05	7.4 (63.2%)
112	<b>KOROŃSKI Tadeusz</b>	<b>1014</b>		M40	19	02:12:47	<b>04:18:46.15</b>	<b>04:19:11.75</b>	+01:35:27 (36.8%)	8:05	7.4 (63.2%)
113	<b>NAKONOWSKI Marcin</b>	<b>964</b>	PASZCZA ZAKRZEWO	M40	20	02:12:18	<b>04:19:18.55</b>	<b>04:19:35.40</b>	+01:35:51 (36.9%)	8:06	7.4 (63.2%)
114	<b>SZCZEPAŃSKA-BUDA Anna</b>	<b>978</b>		K30	15	02:16:16	<b>04:20:46.65</b>	<b>04:20:55.85</b>	+01:37:11 (37.2%)	8:08	7.4 (63.2%)
115	<b>PAŹDZIOR Wojciech</b>	<b>1066</b>	ACTIVE STRATEGY	M30	41	02:11:20	<b>04:23:16.10</b>	<b>04:23:29.30</b>	+01:39:45 (37.9%)	8:13	7.3 (62.4%)
116	<b>NOWAK Piotr</b>	<b>1056</b>	CZARNE BIEGA	M30	42	02:13:37	<b>04:23:16.55</b>	<b>04:23:31.45</b>	+01:39:47 (37.9%)	8:13	7.3 (62.4%)
117	<b>KONDRAT Adam</b>	<b>1105</b>		M50	5	02:10:41	<b>04:23:37.95</b>	<b>04:23:46.10</b>	+01:40:01 (37.9%)	8:14	7.3 (62.4%)
118	<b>WERYHO Krzysztof</b>	<b>981</b>		M30	43	02:18:05	<b>04:24:33.45</b>	<b>04:24:45.90</b>	+01:41:01 (38.2%)	8:16	7.3 (62.4%)
119	<b>JARACZ-PATEREK Alina</b>	<b>1059</b>		K30	16	02:16:27	<b>04:25:05.90</b>	<b>04:25:19.70</b>	+01:41:35 (38.3%)	8:17	7.2 (61.5%)
120	<b>MAKLES Wioletta</b>	<b>1054</b>	EUROPA UBEZPIECZENIA / NOA	K30	17	02:16:27	<b>04:25:08.85</b>	<b>04:25:20.00</b>	+01:41:35 (38.3%)	8:17	7.2 (61.5%)
121	<b>NARKUN Ewa</b>	<b>917</b>		K30	18	02:21:17	<b>04:26:00.55</b>	<b>04:26:08.45</b>	+01:42:24 (38.5%)	8:18	7.2 (61.5%)
122	<b>STUPIŃSKA Monika</b>	<b>1038</b>	WKURW TEAM	K30	19	02:18:19	<b>04:26:26.10</b>	<b>04:26:46.85</b>	+01:43:02 (38.6%)	8:19	7.2 (61.5%)
123	<b>WIERZBICKA Joanna</b>	<b>936</b>	KB GEPARD MUROWANA GOŚLINA	K40	10	02:19:56	<b>04:28:56.35</b>	<b>04:29:10.95</b>	+01:45:26 (39.2%)	8:24	7.1 (60.7%)
123	<b>JAKUBOWSKA Kamila</b>	<b>1028</b>	KB GEPARD MUROWANA GOŚLINA	K30	20	02:19:59	<b>04:28:55.90</b>	<b>04:29:10.95</b>	+01:45:26 (39.2%)	8:24	7.1 (60.7%)
125	<b>GAPSKI Piotr</b>	<b>1015</b>	LOFTTEAMEXTREME	M30	44	02:18:43	<b>04:29:35.25</b>	<b>04:29:45.85</b>	+01:46:01 (39.3%)	8:25	7.1 (60.7%)
126	<b>WÓJCIK Renata</b>	<b>910</b>		K30	21	02:15:34	<b>04:32:15.60</b>	<b>04:32:23.85</b>	+01:48:39 (39.9%)	8:30	7.1 (60.7%)
127	<b>PIOTROWSKA Ania</b>	<b>1035</b>		K30	22	02:19:24	<b>04:32:47.15</b>	<b>04:33:14.15</b>	+01:49:29 (40.1%)	8:31	7 (59.8%)
128	<b>ZAWADKA Arek</b>	<b>951</b>		M20	11	02:08:53	<b>04:32:58.00</b>	<b>04:33:20.65</b>	+01:49:36 (40.1%)	8:31	7 (59.8%)
129	<b>WILK Magdalena</b>	<b>1037</b>	DZIADY OCR	K40	11	02:14:55	<b>04:33:55.20</b>	<b>04:34:05.00</b>	+01:50:20 (40.3%)	8:33	7 (59.8%)
130	<b>KAMYK Ewa</b>	<b>1027</b>		K30	23	02:18:20	<b>04:34:13.90</b>	<b>04:34:30.95</b>	+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	<b>MAZUR Wiktor</b>	<b>1021</b>		M30	45	02:13:17	<b>04:36:36.75</b>	<b>04:36:43.90</b>	+01:52:59 (40.8%)	8:38	6.9 (59.0%)
132	<b>SZYSZKA Natalia</b>	<b>1069</b>		K30	24	02:23:01	<b>04:36:56.75</b>	<b>04:37:02.45</b>	+01:53:18 (40.9%)	8:39	6.9 (59.0%)
133	<b>ŚWIĄTEK Monika</b>	<b>1081</b>		K20	4	02:17:54	<b>04:38:46.65</b>	<b>04:39:05.20</b>	+01:55:20 (41.3%)	8:42	6.9 (59.0%)
134	<b>KOWALCZYK Michał</b>	<b>970</b>	EY RUN4FUN	M30	46	02:23:39	<b>04:39:28.85</b>	<b>04:39:50.40</b>	+01:56:06 (41.5%)	8:44	6.9 (59.0%)
135	<b>SKÓRA Zbigniew</b>	<b>1099</b>	SP PARTS	M50	6	02:15:02	<b>04:40:21.65</b>	<b>04:40:31.70</b>	+01:56:47 (41.6%)	8:45	6.8 (58.1%)
136	<b>POMIANOWSKA Anna</b>	<b>914</b>	RĄCZE LACZKI	K30	25	02:21:39	<b>04:41:13.45</b>	<b>04:41:28.85</b>	+01:57:44 (41.8%)	8:47	6.8 (58.1%)
137	<b>HĄŚCIŁO Alina</b>	<b>944</b>		K30	26	02:24:46	<b>04:41:26.80</b>	<b>04:41:39.40</b>	+01:57:55 (41.9%)	8:47	6.8 (58.1%)
138	<b>HĄŚCIŁO Krzysztof</b>	<b>945</b>		M30	47	02:24:29	<b>04:41:27.20</b>	<b>04:41:39.50</b>	+01:57:55 (41.9%)	8:47	6.8 (58.1%)
139	<b>ŁOPATA Witold</b>	<b>2104</b>	WOLSZTYŃSKI KLUB BIEGOWY			02:20:38	<b>04:42:09.15</b>	<b>04:42:32.15</b>	+01:58:47 (42.0%)	8:49	6.8 (58.1%)
140	<b>BOJKOWSKI Tomasz</b>	<b>1029</b>		M40	21	02:17:24	<b>04:42:30.60</b>	<b>04:42:40.70</b>	+01:58:56 (42.1%)	8:49	6.8 (58.1%)
141	<b>DZIOPA Małgorzata</b>	<b>915</b>		K40	12	02:25:52	<b>04:43:55.95</b>	<b>04:44:07.00</b>	+02:00:22 (42.4%)	8:52	6.8 (58.1%)
142	<b>NOWICKA Anna</b>	<b>1071</b>	CHAMPION OF DIETOLOGIST	K20	5	02:21:52	<b>04:45:47.75</b>	<b>04:46:08.00</b>	+02:02:23 (42.8%)	8:55	6.7 (57.3%)
143	<b>HUSARZ Krzysztof</b>	<b>947</b>	EY RUN4FUN	M30	48	02:27:55	<b>04:49:17.80</b>	<b>04:49:41.70</b>	+02:05:57 (43.5%)	9:02	6.6 (56.4%)
144	<b>MACHTAŁOWICZ Szymon</b>	<b>1074</b>		M30	49	02:35:56	<b>04:54:42.20</b>	<b>04:54:58.55</b>	+02:11:14 (44.5%)	9:12	6.5 (55.6%)
144	<b>MACHTAŁOWICZ Beata</b>	<b>2120</b>				02:36:04	<b>04:54:42.70</b>	<b>04:54:58.55</b>	+02:11:14 (44.5%)	9:12	6.5 (55.6%)
146	<b>DAWIDZIAK Paweł</b>	<b>2113</b>	KB I LOVE ZIEMEK / CENTRUM POZYTYWNEJ ENERGII			02:20:41	<b>04:55:25.50</b>	<b>04:55:37.15</b>	+02:11:52 (44.6%)	9:13	6.5 (55.6%)
147	<b>ŁUGOM Dominik</b>	<b>1052</b>		M20	12		<b>04:55:22.55</b>	<b>04:55:37.25</b>	+02:11:52 (44.6%)	9:13	6.5 (55.6%)
148	<b>URWANOWICZ Michał</b>	<b>948</b>		M30	50	02:27:55	<b>04:55:31.40</b>	<b>04:55:54.30</b>	+02:12:10 (44.7%)	9:14	6.5 (55.6%)
149	<b>GÓRCZYŃSKI Rafał</b>	<b>940</b>		M40	22	02:33:56	<b>04:55:36.15</b>	<b>04:55:54.50</b>	+02:12:10 (44.7%)	9:14	6.5 (55.6%)
150	<b>SZERSZEŃ Janusz</b>	<b>921</b>		M40	23	02:33:40	<b>04:55:40.60</b>	<b>04:55:56.00</b>	+02:12:11 (44.7%)	9:14	6.5 (55.6%)
151	<b>ŚWIĄTEK Łukasz</b>	<b>1084</b>		M30	51	02:19:59	<b>04:56:14.15</b>	<b>04:56:33.90</b>	+02:12:49 (44.8%)	9:15	6.5 (55.6%)
152	<b>MASIAREK Czesław</b>	<b>1046</b>		M50	7	01:44:57	<b>04:57:15.20</b>	<b>04:57:36.60</b>	+02:13:52 (45.0%)	9:17	6.5 (55.6%)
153	<b>WOJDAŁOWICZ Ewa</b>	<b>2109</b>	WIERZBICKI RUNNING PROJECT			02:37:38	<b>04:58:20.10</b>	<b>04:58:38.10</b>	+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	<b>BAJERLEIN Jarosław</b>	<b>1033</b>		M30	54	02:45:56	<b>05:32:14.00</b>	<b>05:32:29.05</b>	+02:48:44 (50.8%)	10:22	5.8 (49.6%)
177	<b>MURAWSKA Monika</b>	<b>1032</b>		K30	34	02:46:00	<b>05:32:13.85</b>	<b>05:32:29.05</b>	+02:48:44 (50.8%)	10:22	5.8 (49.6%)
179	<b>ROSZKOWSKA Hanna</b>	<b>1082</b>		K30	35	02:53:43	<b>05:37:04.60</b>	<b>05:37:26.20</b>	+02:53:41 (51.5%)	10:32	5.7 (48.7%)
180	<b>RESZKOWSKI Tomek</b>	<b>1110</b>		M30	55	02:53:37	<b>05:37:03.30</b>	<b>05:37:26.30</b>	+02:53:42 (51.5%)	10:31	5.7 (48.7%)
181	<b>ROSZKOWSKA Justyna</b>	<b>1083</b>		K30	36	02:53:41	<b>05:37:03.95</b>	<b>05:37:26.45</b>	+02:53:42 (51.5%)	10:32	5.7 (48.7%)
182	<b>TOŚKO Tadeusz</b>	<b>1051</b>	HUSARIA RACE TEAM	M40	27	02:46:17	<b>05:47:53.85</b>	<b>05:48:08.45</b>	+03:04:24 (53.0%)	10:52	5.5 (47.0%)
183	<b>CRAPANZANO Blanka</b>	<b>1089</b>		K40	20	03:02:22	<b>05:50:37.70</b>	<b>05:50:46.75</b>	+03:07:02 (53.3%)	10:57	5.5 (47.0%)
184	<b>TRAWINSKA-WOLSKA Monika</b>	<b>1101</b>		K40	21	03:02:16	<b>05:50:37.60</b>	<b>05:50:46.80</b>	+03:07:02 (53.3%)	10:57	5.5 (47.0%)
185	<b>GUDOWSKI Robert</b>	<b>1106</b>	MARATON KRAKOWSKI	M40	28	03:07:22	<b>05:59:25.35</b>	<b>05:59:43.95</b>	+03:15:59 (54.5%)	11:13	5.3 (45.3%)
186	<b>GIELZECKA Iga</b>	<b>977</b>		K30	37	03:02:04	<b>05:59:31.90</b>	<b>05:59:48.00</b>	+03:16:03 (54.5%)	11:14	5.3 (45.3%)
187	<b>WOKAN Marcin</b>	<b>1109</b>		M40	29	01:40:20			+00:12:42	6:22	9.4 (80.3%)
188	<b>POLIWKA Mariusz</b>	<b>983</b>	FITNESS PIEKARY LEGNICA	M40	30	02:00:08			+00:32:24	7:37	7.9 (67.5%)
189	<b>PĘKAŁA Dawid</b>	<b>905</b>	ŻARY RUNNERS TEAM	M40	31	02:14:10			+00:46:50	8:31	7 (59.8%)
190	<b>BRONIK Tomasz</b>	<b>1050</b>		M30	56	02:28:34			+01:00:50	9:25	6.4 (54.7%)
	<b>RUTKOWSKI Jakub</b>	<b>907</b>		M30		01:47:15 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 191 wynik(ów)