



# NOCNY TRAIL 15KM

B4SPORT

**Wydarzenie:** Dolnośląski Festiwal Biegów Górskich  
**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2023-07-13  
**Miejsce:** Łądek-Zdrój  
**Dystans:** 14.8 km

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	N1 8.5km	Czas netto 14.8km	Czas brutto 14.8km	Różn	Tempo min/km	Tempo km/h
1	<b>DUTKOWSKI Mikołaj</b>	<b>8018</b>	CX-80 POLSKA	Senior II M - 30	1	00:45:59	<b>01:18:31.85</b>	<b>01:18:35.85</b>		5:18	11.3 (100%)
2	<b>SOKÓŁ Krzysztof</b>	<b>8110</b>	TEAM EAZYMUT.PL	Senior I M - 20	1	00:48:52	<b>01:25:49.10</b>	<b>01:25:51.35</b>	+00:07:15 (8.5%)	5:47	10.3 (91.2%)
3	<b>GÓRAK Przemysław</b>	<b>8143</b>	BLACK HAT PRO	Masters M - 40	1	00:50:28	<b>01:26:43.60</b>	<b>01:26:45.15</b>	+00:08:09 (9.4%)	5:51	10.2 (90.3%)
4	<b>KURZAWIAK Grzegorz</b>	<b>8005</b>	KUDOWIANKA RUN	Masters M - 40	2	00:51:52	<b>01:30:10.15</b>	<b>01:30:12.10</b>	+00:11:36 (12.9%)	6:05	9.8 (86.7%)
5	<b>JARMOLIŃSKI Piotr</b>	<b>8132</b>	MARCIN ŚWIERC TEAM	Masters M - 40	3	00:53:29	<b>01:34:12.00</b>	<b>01:34:13.80</b>	+00:15:37 (16.6%)	6:21	9.4 (83.2%)
6	<b>MAZUR Jan</b>	<b>8012</b>		Senior I M - 20	2	00:54:47	<b>01:34:19.30</b>	<b>01:34:21.90</b>	+00:15:46 (16.7%)	6:22	9.4 (83.2%)
7	<b>SZRAMOWIAT Marek</b>	<b>8112</b>	BRITA	Masters M - 40	4	00:57:31	<b>01:37:30.10</b>	<b>01:37:39.35</b>	+00:19:03 (19.5%)	6:35	9.1 (80.5%)
8	<b>BURMISTRZ Bartosz</b>	<b>8082</b>	TARNOWO PODGÓRNE BIEGA	Senior II M - 30	2	00:57:39	<b>01:37:32.90</b>	<b>01:37:40.35</b>	+00:19:04 (19.5%)	6:35	9.1 (80.5%)
9	<b>RAINCO Jerzy</b>	<b>8119</b>	BIEGACZE SPECJALNEJ TROSKI	Senior II M - 30	3	00:54:45	<b>01:37:45.05</b>	<b>01:37:50.90</b>	+00:19:15 (19.7%)	6:36	9.1 (80.5%)
10	<b>SZYPKOWSKI Marek</b>	<b>8129</b>	SPORT	Masters M - 40	5	00:57:50	<b>01:40:09.05</b>	<b>01:40:27.40</b>	+00:21:51 (21.8%)	6:46	8.9 (78.8%)
11	<b>WOŹNIAK Joanna</b>	<b>8120</b>	LEMON TEAM	Senior II K - 30	1	00:58:48	<b>01:40:32.90</b>	<b>01:40:37.65</b>	+00:22:01 (21.9%)	6:47	8.8 (77.9%)
12	<b>MICHAŁKIEWICZ Wojciech</b>	<b>8125</b>	AKADEMIA WOJSK ŁĄDOWYCH	Weteran I M - 50	1	00:55:26	<b>01:40:39.00</b>	<b>01:40:41.90</b>	+00:22:06 (21.9%)	6:48	8.8 (77.9%)
13	<b>SZTEJKA Damian</b>	<b>8113</b>		Masters M - 40	6	00:58:21	<b>01:42:02.15</b>	<b>01:42:06.40</b>	+00:23:30 (23.0%)	6:53	8.7 (77.0%)
14	<b>MAJCHER Marcin</b>	<b>8091</b>	4T TARNOWSKIE TERMY TRIATHLON TEAM	Weteran I M - 50	2	00:57:31	<b>01:42:48.80</b>	<b>01:43:07.10</b>	+00:24:31 (23.8%)	6:56	8.6 (76.1%)
15	<b>NIEDŹWIEDZKA Anna</b>	<b>8130</b>	SEKCJA BIEGOWA LUBIN	Masters K - 40	1	00:59:57	<b>01:44:31.50</b>	<b>01:44:36.35</b>	+00:26:00 (24.9%)	7:03	8.5 (75.2%)
16	<b>MOREVA Daria</b>	<b>8067</b>	TRAIL RUNNING SCHOOL	Senior II K - 30	2	01:00:10	<b>01:45:07.80</b>	<b>01:45:10.35</b>	+00:26:34 (25.3%)	7:06	8.4 (74.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	N1 8.5km	Czas netto 14.8km	Czas brutto 14.8km	Różn	Tempo min/km	Tempo km/h
17	<b>SZACH Andrzej</b>	<b>8041</b>	22KBPG	Masters M - 40	7	01:00:37	<b>01:45:30.70</b>	<b>01:45:38.00</b>	+00:27:02 (25.6%)	7:07	8.4 (74.3%)
18	<b>BOROWIEC Bartosz</b>	<b>8037</b>	ATLAS RUNNING TEAM	Masters M - 40	8	01:01:51	<b>01:47:26.90</b>	<b>01:47:46.15</b>	+00:29:10 (27.1%)	7:15	8.3 (73.5%)
19	<b>NAJDUK Jakub</b>	<b>8051</b>	ROZBIEGANI CHOJNÓW	Senior I M - 20	3	00:59:41	<b>01:47:47.00</b>	<b>01:48:09.25</b>	+00:29:33 (27.3%)	7:16	8.2 (72.6%)
20	<b>DALEMBA Tomasz</b>	<b>8076</b>		Masters M - 40	9	00:57:47	<b>01:49:34.15</b>	<b>01:49:38.45</b>	+00:31:02 (28.3%)	7:24	8.1 (71.7%)
21	<b>TATKA Marcin</b>	<b>8088</b>	KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA	Masters M - 40	10	01:01:58	<b>01:50:30.65</b>	<b>01:50:46.10</b>	+00:32:10 (29.0%)	7:27	8 (70.8%)
22	<b>KOLACHA Patryk</b>	<b>8114</b>	STUDIO GTS	Senior I M - 20	4	01:04:20	<b>01:51:25.60</b>	<b>01:51:30.35</b>	+00:32:54 (29.5%)	7:31	8 (70.8%)
23	<b>NOWACKA Marlena</b>	<b>8144</b>		Masters K - 40	2	01:03:32	<b>01:51:24.75</b>	<b>01:51:30.90</b>	+00:32:55 (29.5%)	7:31	8 (70.8%)
24	<b>MIODUSZEWSKI Dominik</b>	<b>8141</b>	SCORPION	Senior II M - 30	4	01:03:31	<b>01:51:22.90</b>	<b>01:51:34.50</b>	+00:32:58 (29.6%)	7:31	8 (70.8%)
25	<b>SUŁEK Tomek</b>	<b>8048</b>		Masters M - 40	11	01:03:05	<b>01:51:49.90</b>	<b>01:51:55.15</b>	+00:33:19 (29.8%)	7:33	7.9 (69.9%)
26	<b>DUDA Natalia</b>	<b>8095</b>		Senior I K - 20	1	01:03:34	<b>01:52:32.35</b>	<b>01:52:40.60</b>	+00:34:04 (30.2%)	7:36	7.9 (69.9%)
27	<b>GRYS Marek</b>	<b>8142</b>	SCORPION	Senior II M - 30	5	01:03:37	<b>01:52:29.65</b>	<b>01:52:40.90</b>	+00:34:05 (30.2%)	7:36	7.9 (69.9%)
28	<b>JARUS Jan</b>	<b>8047</b>	JAGRO	Senior II M - 30	6	01:04:04	<b>01:53:09.60</b>	<b>01:53:20.70</b>	+00:34:44 (30.7%)	7:38	7.8 (69.0%)
29	<b>STASZEWSKI Dariusz</b>	<b>8134</b>	7.BKPOW.	Senior II M - 30	7	01:04:19	<b>01:53:15.90</b>	<b>01:53:34.50</b>	+00:34:58 (30.8%)	7:39	7.8 (69.0%)
30	<b>BALICKI Michał</b>	<b>8073</b>		Senior II M - 30	8	01:04:43	<b>01:55:20.80</b>	<b>01:55:28.45</b>	+00:36:52 (31.9%)	7:47	7.7 (68.1%)
31	<b>GNITECKA Katarzyna</b>	<b>8046</b>	KUDOWIANKA RUN	Senior II K - 30	3	01:05:39	<b>01:55:51.75</b>	<b>01:55:53.45</b>	+00:37:17 (32.2%)	7:49	7.7 (68.1%)
32	<b>ROZMUS Patrycja</b>	<b>8146</b>	SEKCJA BIEGOWA LUBIN	Masters K - 40	3	01:06:26	<b>01:55:41.95</b>	<b>01:55:54.45</b>	+00:37:18 (32.2%)	7:48	7.7 (68.1%)
33	<b>SMIERZCHAŁA Marta</b>	<b>8065</b>	PRO366	Masters K - 40	4	01:07:00	<b>01:55:53.65</b>	<b>01:56:01.70</b>	+00:37:25 (32.3%)	7:49	7.7 (68.1%)
34	<b>GAJLEWICZ Piotr</b>	<b>8075</b>		Masters M - 40	12	01:04:48	<b>01:57:07.10</b>	<b>01:57:10.55</b>	+00:38:34 (32.9%)	7:54	7.6 (67.3%)
35	<b>SZAL Małgorzata</b>	<b>8029</b>	TENIS CENTRUM AS	Senior II K - 30	4	01:07:35	<b>01:59:02.15</b>	<b>01:59:17.45</b>	+00:40:41 (34.1%)	8:02	7.5 (66.4%)
36	<b>CHOJNACKI Mikołaj</b>	<b>8078</b>	WARSAW RUN CLUB	Masters M - 40	13	01:08:30	<b>02:00:04.85</b>	<b>02:00:27.60</b>	+00:41:51 (34.8%)	8:06	7.4 (65.5%)
37	<b>ZALIŃSKI Leszek</b>	<b>8126</b>		Masters M - 40	14	01:07:11	<b>02:00:19.75</b>	<b>02:00:28.65</b>	+00:41:52 (34.8%)	8:07	7.4 (65.5%)
38	<b>HOLIK Natan</b>	<b>8103</b>		Senior I M - 20	5	01:10:16	<b>02:01:05.40</b>	<b>02:01:33.90</b>	+00:42:58 (35.3%)	8:10	7.3 (64.6%)
39	<b>HOLIK Maciej</b>	<b>8102</b>	GGB	Masters M - 40	15	01:10:15	<b>02:01:10.40</b>	<b>02:01:39.10</b>	+00:43:03 (35.4%)	8:11	7.3 (64.6%)

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40	<b>RYGUŁA Mikołaj</b>	<b>8116</b>		Senior I M - 20	6	01:08:26	<b>02:02:34.90</b>	<b>02:02:40.35</b>	+00:44:04 (35.9%)	8:16	7.2 (63.7%)
41	<b>ZWIERZCHOWSKI Piotr</b>	<b>8034</b>		Senior II M - 30	9	01:07:55	<b>02:04:41.30</b>	<b>02:04:49.80</b>	+00:46:13 (37.0%)	8:25	7.1 (62.8%)
42	<b>JANKOWIAK Dariusz</b>	<b>8050</b>		Weteran I M - 50	3	01:07:45	<b>02:04:45.65</b>	<b>02:04:56.00</b>	+00:46:20 (37.1%)	8:25	7.1 (62.8%)
43	<b>ZIENIEWICZ Wojciech</b>	<b>8100</b>		Masters M - 40	16	01:10:49	<b>02:05:00.15</b>	<b>02:05:17.00</b>	+00:46:41 (37.3%)	8:26	7.1 (62.8%)
44	<b>DULNIK Lidia</b>	<b>8081</b>	TARNOWO PODGÓRNE BIEGA	Senior II K - 30	5	01:10:13	<b>02:05:47.20</b>	<b>02:06:04.40</b>	+00:47:28 (37.7%)	8:29	7.1 (62.8%)
45	<b>WILCZEWSKA Karolina</b>	<b>8090</b>	EMERYCI I RENCIŚCI	Senior II K - 30	6	01:13:11	<b>02:06:41.10</b>	<b>02:07:13.15</b>	+00:48:37 (38.2%)	8:33	7 (61.9%)
46	<b>GAJEWSKI Marek</b>	<b>8056</b>		Senior II M - 30	10	01:14:08	<b>02:07:50.15</b>	<b>02:08:15.55</b>	+00:49:39 (38.7%)	8:38	6.9 (61.1%)
47	<b>MARTYNIAK Rafał</b>	<b>8020</b>		Masters M - 40	17	01:10:59	<b>02:08:45.95</b>	<b>02:08:55.75</b>	+00:50:19 (39.0%)	8:41	6.9 (61.1%)
48	<b>KOPYRA Tomasz</b>	<b>8131</b>	#BIEGAMWOLNOALEDOKŁADNIE	Masters M - 40	18	01:13:38	<b>02:10:18.05</b>	<b>02:10:38.25</b>	+00:52:02 (39.8%)	8:48	6.8 (60.2%)
49	<b>CZESKA Karolina</b>	<b>8023</b>	LAMPART TRENING	Senior II K - 30	7	01:15:04	<b>02:10:36.55</b>	<b>02:11:02.00</b>	+00:52:26 (40.0%)	8:49	6.8 (60.2%)
50	<b>NAGALSKI Mateusz</b>	<b>8109</b>	EAZYMUT.PL	Senior II M - 30	11	01:15:06	<b>02:10:52.85</b>	<b>02:11:16.20</b>	+00:52:40 (40.1%)	8:50	6.8 (60.2%)
51	<b>NAGALSKA Martyna</b>	<b>8107</b>	EAZYMUT.PL	Senior II K - 30	8		<b>02:11:17.10</b>	<b>02:11:17.10</b>	+00:52:41 (40.1%)	8:52	6.8 (60.2%)
52	<b>ZAMIATOWSKA Kinga</b>	<b>8057</b>	BELLA LINE	Masters K - 40	5	01:13:53	<b>02:12:20.10</b>	<b>02:12:25.45</b>	+00:53:49 (40.6%)	8:56	6.7 (59.3%)
53	<b>GORSKI Sławomir</b>	<b>8058</b>		Masters M - 40	19	01:13:56	<b>02:12:19.65</b>	<b>02:12:25.75</b>	+00:53:49 (40.6%)	8:56	6.7 (59.3%)
54	<b>WACZKÓW KACZMAREK Justyna</b>	<b>8070</b>	ODOBENUS	Masters K - 40	6	01:14:38	<b>02:13:30.70</b>	<b>02:14:04.60</b>	+00:55:28 (41.4%)	9:01	6.7 (59.3%)
55	<b>POWSZEK Paweł</b>	<b>8071</b>	ODOBENUS	Weteran I M - 50	4	01:14:40	<b>02:13:31.45</b>	<b>02:14:04.80</b>	+00:55:28 (41.4%)	9:01	6.7 (59.3%)
56	<b>KOŁODKO Natalia</b>	<b>8096</b>	TARNOWO PODGÓRNE BIEGA	Masters K - 40	7	01:13:22	<b>02:14:23.65</b>	<b>02:14:41.35</b>	+00:56:05 (41.6%)	9:04	6.6 (58.4%)
57	<b>SZPONAR Bartłomiej</b>	<b>8013</b>		Masters M - 40	20	01:12:45	<b>02:14:32.20</b>	<b>02:14:54.45</b>	+00:56:18 (41.7%)	9:05	6.6 (58.4%)
58	<b>SEREDA Andrii</b>	<b>8001</b>		Senior II M - 30	12	01:12:22	<b>02:15:00.45</b>	<b>02:15:30.50</b>	+00:56:54 (42.0%)	9:07	6.6 (58.4%)
59	<b>KLAMKA Rafał</b>	<b>8117</b>	WIECZORNE BIEGANIE W OPOLU	Masters M - 40	21	01:09:37	<b>02:15:30.00</b>	<b>02:15:46.45</b>	+00:57:10 (42.1%)	9:09	6.6 (58.4%)
60	<b>GARNCARZ Anna</b>	<b>8069</b>	ODOBENUS	Masters K - 40	8	01:12:22	<b>02:15:14.70</b>	<b>02:15:48.60</b>	+00:57:12 (42.1%)	9:08	6.6 (58.4%)
61	<b>STACHOŃ Grzegorz</b>	<b>8118</b>		Masters M - 40	22	01:09:38	<b>02:15:34.10</b>	<b>02:15:50.75</b>	+00:57:14 (42.1%)	9:09	6.6 (58.4%)
62	<b>DYKO Jakub</b>	<b>8104</b>	SPARTA ŚWIDNICA	Senior I M - 20	7	01:12:29	<b>02:16:15.75</b>	<b>02:16:21.85</b>	+00:57:46 (42.4%)	9:12	6.5 (57.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	N1 8.5km	Czas netto 14.8km	Czas brutto 14.8km	Różn	Tempo min/km	Tempo km/h
63	<b>DZIERŻANOWSKI Jacek</b>	<b>8066</b>	BIEGAM WOLNO BO MI WOLNO	Masters M - 40	23	01:15:54	<b>02:16:43.65</b>	<b>02:16:58.00</b>	+00:58:22 (42.6%)	9:14	6.5 (57.5%)
64	<b>SKRZĄTEK Anna</b>	<b>8006</b>		Weteran K - 50	1	01:16:46	<b>02:17:01.90</b>	<b>02:17:06.90</b>	+00:58:31 (42.7%)	9:15	6.5 (57.5%)
65	<b>GIERSZEWSKA Grażyna</b>	<b>8015</b>		Weteran K - 50	2	01:16:45	<b>02:17:01.65</b>	<b>02:17:07.10</b>	+00:58:31 (42.7%)	9:15	6.5 (57.5%)
66	<b>SKRZĄTEK Robert</b>	<b>8028</b>		Weteran I M - 50	5	01:16:45	<b>02:17:19.35</b>	<b>02:17:23.60</b>	+00:58:47 (42.8%)	9:16	6.5 (57.5%)
67	<b>SMUGA Łukasz</b>	<b>8087</b>	BIEGAJĄCE KREJZOLE	Senior II M - 30	13	01:18:03	<b>02:17:04.65</b>	<b>02:17:26.15</b>	+00:58:50 (42.8%)	9:15	6.5 (57.5%)
68	<b>LEONARSKA Małgorzata</b>	<b>8072</b>	BIEGAJĄCE KREJZOLE	Senior II K - 30	9	01:18:03	<b>02:17:05.20</b>	<b>02:17:26.65</b>	+00:58:50 (42.8%)	9:15	6.5 (57.5%)
69	<b>AUGUSTYNOWICZ Andrzej</b>	<b>8040</b>		Weteran I M - 50	6	01:17:36	<b>02:20:01.35</b>	<b>02:20:08.65</b>	+01:01:32 (43.9%)	9:27	6.3 (55.8%)
70	<b>AUGUSTYNOWICZ Aurelia</b>	<b>8039</b>		Masters K - 40	9	01:17:35	<b>02:20:03.30</b>	<b>02:20:10.30</b>	+01:01:34 (43.9%)	9:27	6.3 (55.8%)
71	<b>IVANEYCHIK Anton</b>	<b>8077</b>	RUN4FUN.BY	Senior I M - 20	8	01:21:34	<b>02:21:23.00</b>	<b>02:21:47.70</b>	+01:03:11 (44.6%)	9:33	6.3 (55.8%)
72	<b>STACIWO Justyna</b>	<b>8127</b>	KURACJUSZE	Masters K - 40	10	01:18:01	<b>02:23:29.40</b>	<b>02:23:55.00</b>	+01:05:19 (45.4%)	9:41	6.2 (54.9%)
73	<b>LIAUKOUSKI Ilya</b>	<b>8133</b>		Senior I M - 20	9	01:21:34	<b>02:23:32.50</b>	<b>02:23:57.30</b>	+01:05:21 (45.4%)	9:41	6.2 (54.9%)
74	<b>CIĄPAŁA Jakub</b>	<b>8044</b>		Senior II M - 30	14	01:23:39	<b>02:24:47.55</b>	<b>02:25:05.35</b>	+01:06:29 (45.8%)	9:46	6.1 (54.0%)
75	<b>WALCZUK Marcin</b>	<b>8084</b>		Senior I M - 20	10	01:14:58	<b>02:24:44.70</b>	<b>02:25:14.15</b>	+01:06:38 (45.9%)	9:46	6.1 (54.0%)
76	<b>ROMPCZYK Maciej</b>	<b>8085</b>		Senior I M - 20	11	01:14:59	<b>02:24:51.70</b>	<b>02:25:20.75</b>	+01:06:44 (45.9%)	9:47	6.1 (54.0%)
77	<b>KACZYŃSKI Dariusz</b>	<b>8108</b>	EAZYMUT	Senior II M - 30	15	01:24:49	<b>02:25:19.15</b>	<b>02:25:42.15</b>	+01:07:06 (46.1%)	9:49	6.1 (54.0%)
78	<b>POZNAR Adam</b>	<b>8053</b>		Senior II M - 30	16	01:24:09	<b>02:25:23.50</b>	<b>02:25:53.60</b>	+01:07:17 (46.1%)	9:49	6.1 (54.0%)
79	<b>ROGOCZ Maciej</b>	<b>8049</b>	ROGASIE Z DOLINY ROZTOKI	Masters M - 40	24	01:26:15	<b>02:26:09.25</b>	<b>02:26:36.55</b>	+01:08:00 (46.4%)	9:52	6.1 (54.0%)
80	<b>ZAWISTOWSKA Katarzyna</b>	<b>8138</b>		Senior II K - 30	10	01:26:44	<b>02:27:05.40</b>	<b>02:27:25.55</b>	+01:08:49 (46.7%)	9:56	6 (53.1%)
81	<b>ZAWISTOWSKI Jakub</b>	<b>8147</b>		Senior II M - 30	17	01:26:45	<b>02:27:04.85</b>	<b>02:27:25.60</b>	+01:08:49 (46.7%)	9:56	6 (53.1%)
82	<b>SKORNIAK Katarzyna</b>	<b>8137</b>	WOLNE ŚLIMAKI	Senior II K - 30	11	01:23:55	<b>02:27:09.75</b>	<b>02:27:28.05</b>	+01:08:52 (46.7%)	9:56	6 (53.1%)
83	<b>SNIEGOCKA Magdalena</b>	<b>8092</b>	4T	Masters K - 40	11	01:23:05	<b>02:27:18.95</b>	<b>02:27:36.35</b>	+01:09:00 (46.8%)	9:57	6 (53.1%)
84	<b>IWIŃSKI Marcin</b>	<b>8136</b>	WOLNE ŚLIMAKI	Senior II M - 30	18	01:19:12	<b>02:27:18.50</b>	<b>02:27:37.80</b>	+01:09:01 (46.8%)	9:57	6 (53.1%)
85	<b>GAWRECKI Michał</b>	<b>8032</b>		Masters M - 40	25	01:27:24	<b>02:27:34.20</b>	<b>02:27:44.85</b>	+01:09:09 (46.8%)	9:58	6 (53.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	N1 8.5km	Czas netto 14.8km	Czas brutto 14.8km	Różn	Tempo min/km	Tempo km/h
86	<b>KARAŚ Tomasz</b>	<b>8030</b>		Senior II M - 30	19	01:27:20	<b>02:27:37.30</b>	<b>02:27:47.35</b>	+01:09:11 (46.8%)	9:58	6 (53.1%)
87	<b>SZYMAŁA Karolina</b>	<b>8115</b>		Senior I K - 20	2	01:20:00	<b>02:27:48.40</b>	<b>02:28:10.55</b>	+01:09:34 (47.0%)	9:59	6 (53.1%)
88	<b>KRYSKA Paweł</b>	<b>8063</b>		Senior I M - 20	12	01:27:09	<b>02:28:29.15</b>	<b>02:28:56.45</b>	+01:10:20 (47.2%)	10:01	6 (53.1%)
89	<b>DERES Julia</b>	<b>8019</b>		Senior I K - 20	3	01:24:29	<b>02:29:23.60</b>	<b>02:29:30.00</b>	+01:10:54 (47.4%)	10:05	5.9 (52.2%)
90	<b>OLESZEK Magdalena</b>	<b>8097</b>		Senior II K - 30	12	01:24:28	<b>02:29:24.05</b>	<b>02:29:30.25</b>	+01:10:54 (47.4%)	10:05	5.9 (52.2%)
91	<b>SMOLAK Katarzyna</b>	<b>8099</b>		Senior II K - 30	13	01:26:21	<b>02:29:13.50</b>	<b>02:29:51.05</b>	+01:11:15 (47.5%)	10:04	6 (53.1%)
92	<b>DROŹDZIEL Agnieszka</b>	<b>8094</b>		Masters K - 40	12	01:25:47	<b>02:30:42.85</b>	<b>02:30:57.30</b>	+01:12:21 (47.9%)	10:10	5.9 (52.2%)
93	<b>NAPIERAŁA Andrzej</b>	<b>8068</b>	MTS DRUŻYNA SZPIKU KGHM	Weteran II M - 60	1	01:26:45	<b>02:30:27.00</b>	<b>02:31:20.95</b>	+01:12:45 (48.1%)	10:09	5.9 (52.2%)
94	<b>CHWALISZ Paweł</b>	<b>8089</b>		Weteran I M - 50	7	01:20:21	<b>02:33:44.15</b>	<b>02:33:53.35</b>	+01:15:17 (48.9%)	10:23	5.8 (51.3%)
95	<b>KAMIŃSKI Wiesław</b>	<b>8145</b>		Weteran I M - 50	8	01:23:59	<b>02:34:44.35</b>	<b>02:34:52.15</b>	+01:16:16 (49.2%)	10:27	5.7 (50.4%)
96	<b>MOSKALSKA Magdalena</b>	<b>8093</b>		Senior II K - 30	14	01:25:36	<b>02:35:35.80</b>	<b>02:35:59.75</b>	+01:17:23 (49.6%)	10:30	5.7 (50.4%)
97	<b>SZARSKI Jacek</b>	<b>8140</b>	KAPCIOCHY	Senior I M - 20	13	01:16:54	<b>02:35:48.25</b>	<b>02:36:19.75</b>	+01:17:43 (49.7%)	10:31	5.7 (50.4%)
98	<b>BURA Tomasz</b>	<b>8025</b>		Senior II M - 30	20	01:31:26	<b>02:36:15.15</b>	<b>02:36:29.75</b>	+01:17:53 (49.8%)	10:33	5.7 (50.4%)
99	<b>WILKOSZ Piotr</b>	<b>8139</b>	ODOBENUS	Weteran I M - 50	9	01:24:49	<b>02:37:47.20</b>	<b>02:38:20.35</b>	+01:19:44 (50.4%)	10:39	5.6 (49.6%)
100	<b>SCHMIDT Jacek</b>	<b>8009</b>	HERNIK TEAM	Weteran I M - 50	10	01:24:37	<b>02:38:48.90</b>	<b>02:38:52.50</b>	+01:20:16 (50.5%)	10:43	5.6 (49.6%)
101	<b>MIKOŁAJCZYK Małgorzata</b>	<b>8106</b>	MIRAZ RACE TEAM	Weteran II K - 60	1	01:28:25	<b>02:39:53.80</b>	<b>02:40:09.65</b>	+01:21:33 (50.9%)	10:48	5.6 (49.6%)
102	<b>MIKOŁAJCZYK Mirosław</b>	<b>8128</b>	MIRAZ RACE TEAM	Masters M - 40	26	01:28:26	<b>02:39:54.45</b>	<b>02:40:10.60</b>	+01:21:34 (50.9%)	10:48	5.6 (49.6%)
103	<b>WALENCIAK Aleksandra</b>	<b>8122</b>	TARNOWO PODGÓRNE BIEGA	Masters K - 40	13	01:28:19	<b>02:40:36.60</b>	<b>02:40:54.35</b>	+01:22:18 (51.2%)	10:51	5.5 (48.7%)
104	<b>MOJEK Michał</b>	<b>8098</b>	BIEGACZE SPECJALNEJ TROSKI	Masters M - 40	27	01:28:07	<b>02:41:01.30</b>	<b>02:41:16.85</b>	+01:22:41 (51.3%)	10:52	5.5 (48.7%)
105	<b>SADŁOWSKA Magda</b>	<b>8054</b>	BIEGACZE SPECJALNEJ TROSKI	Masters K - 40	14	01:28:07	<b>02:41:02.75</b>	<b>02:41:17.35</b>	+01:22:41 (51.3%)	10:52	5.5 (48.7%)
106	<b>BORKOWSKI Arkadiusz</b>	<b>8010</b>		Senior II M - 30	21	01:26:22	<b>02:40:53.55</b>	<b>02:41:30.50</b>	+01:22:54 (51.3%)	10:52	5.5 (48.7%)
107	<b>KISIAŁA Filip</b>	<b>8008</b>	TATA WOJTUSIA	Masters M - 40	28	01:28:41	<b>02:41:54.90</b>	<b>02:42:14.75</b>	+01:23:38 (51.6%)	10:56	5.5 (48.7%)
108	<b>POMIANOWSKA Romana</b>	<b>8083</b>	KURACJUSZE	Senior II K - 30	15	01:31:57	<b>02:52:49.65</b>	<b>02:53:16.00</b>	+01:34:40 (54.6%)	11:40	5.1 (45.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	N1 8.5km	Czas netto 14.8km	Czas brutto 14.8km	Różn	Tempo min/km	Tempo km/h
109	<b>MATUSZAK Paula</b>	<b>8135</b>	KURACJUSZE	Senior II K - 30	16	01:35:56	<b>02:53:26.15</b>	<b>02:53:52.20</b>	+01:35:16 (54.8%)	11:43	5.1 (45.1%)
110	<b>PARTYKA Agnieszka</b>	<b>8014</b>	KB HARCOWNIK JELCZ-LASKOWICE	Masters K - 40	15	01:35:54	<b>02:53:49.80</b>	<b>02:54:19.10</b>	+01:35:43 (54.9%)	11:44	5.1 (45.1%)
111	<b>RZESZOWSKA Iwona</b>	<b>8059</b>	MIRAZ RACE TEAM	Masters K - 40	16	01:31:13	<b>02:55:43.85</b>	<b>02:55:56.65</b>	+01:37:20 (55.3%)	11:52	5.1 (45.1%)
112	<b>SZAFRAN Aleksander</b>	<b>8101</b>		Masters M - 40	29	01:31:11	<b>02:55:44.85</b>	<b>02:55:57.95</b>	+01:37:22 (55.3%)	11:52	5.1 (45.1%)
113	<b>KRYSKA Aleksandra</b>	<b>8038</b>	MIRAZ RACE TEAM	Masters K - 40	17	01:31:11	<b>02:55:45.60</b>	<b>02:55:58.25</b>	+01:37:22 (55.3%)	11:52	5.1 (45.1%)
114	<b>KIERNICKA Magdalena</b>	<b>8024</b>		Senior II K - 30	17	01:41:01	<b>03:05:04.05</b>	<b>03:05:17.50</b>	+01:46:41 (57.6%)	12:30	4.8 (42.5%)
115	<b>KRÓL Kamil</b>	<b>8062</b>	OŚ RACING TEAM	Senior II M - 30	22	01:41:02	<b>03:05:05.85</b>	<b>03:05:19.40</b>	+01:46:43 (57.6%)	12:30	4.8 (42.5%)
116	<b>OHLA Justyna</b>	<b>8004</b>	BIEGAM BO NIE LUBIĘ	Masters K - 40	18	01:43:48	<b>03:08:43.80</b>	<b>03:09:08.05</b>	+01:50:32 (58.4%)	12:45	4.7 (41.6%)
117	<b>SOBOLEWSKA Joanna</b>	<b>8011</b>	BIEGAM BO NIE LUBIĘ	Senior II K - 30	18	01:43:50	<b>03:08:43.25</b>	<b>03:09:08.25</b>	+01:50:32 (58.4%)	12:45	4.7 (41.6%)
118	<b>MADAJ Paweł</b>	<b>8007</b>	BIEGAM BO NIE LUBIĘ	Masters M - 40	30	01:43:49	<b>03:08:44.05</b>	<b>03:09:08.65</b>	+01:50:32 (58.4%)	12:45	4.7 (41.6%)
119	<b>BORIS Aneta</b>	<b>8111</b>	TEAM DFBG	Masters K - 40	19	01:50:17	<b>03:20:04.30</b>	<b>03:20:15.15</b>	+02:01:39 (60.8%)	13:31	4.4 (38.9%)
120	<b>PODHAJNY Piotr</b>	<b>8021</b>	ROZBIEGANI CHOJNÓW	Masters M - 40	31	01:49:35	<b>03:20:22.80</b>	<b>03:20:53.85</b>	+02:02:18 (60.9%)	13:32	4.4 (38.9%)
121	<b>NAJDUK Daniel</b>	<b>8016</b>	ROZBIEGANI CHOJNÓW	Senior II M - 30	23	01:49:38	<b>03:20:23.10</b>	<b>03:20:54.35</b>	+02:02:18 (60.9%)	13:32	4.4 (38.9%)
122	<b>KURKOWIAK Krzysztof</b>	<b>8002</b>	#TEAM_KURA	Masters M - 40	32	01:55:46	<b>03:21:17.50</b>	<b>03:21:39.00</b>	+02:03:03 (61.0%)	13:36	4.4 (38.9%)
123	<b>KURKOWIAK Anna</b>	<b>8003</b>	#TEAMKURA	Senior II K - 30	19	01:55:45	<b>03:21:18.15</b>	<b>03:21:39.20</b>	+02:03:03 (61.0%)	13:36	4.4 (38.9%)
124	<b>DRYMEL Piotr</b>	<b>8042</b>	DESTYLATOR	Masters M - 40	33	01:53:19	<b>03:21:08.50</b>	<b>03:21:53.20</b>	+02:03:17 (61.1%)	13:35	4.4 (38.9%)
125	<b>KNOBLOCH Tomasz</b>	<b>8123</b>	THE PINDOLS	Masters M - 40	34	01:54:43	<b>03:27:11.95</b>	<b>03:27:47.10</b>	+02:09:11 (62.2%)	13:59	4.3 (38.1%)
126	<b>ZIELONKA Marek</b>	<b>8124</b>	THE PINDOLS	Weteran I M - 50	11	01:54:42	<b>03:27:11.40</b>	<b>03:27:47.55</b>	+02:09:11 (62.2%)	13:59	4.3 (38.1%)
127	<b>WIZE-ZIELONKA Karolina</b>	<b>8036</b>	KUNY LEŚNE	Masters K - 40	20	01:54:43	<b>03:27:14.60</b>	<b>03:27:49.45</b>	+02:09:13 (62.2%)	14:00	4.3 (38.1%)
128	<b>KNOBLOCH Ewa</b>	<b>8017</b>	LEŚNE KUNY	Masters K - 40	21	01:54:40	<b>03:27:16.90</b>	<b>03:27:52.65</b>	+02:09:16 (62.2%)	14:00	4.3 (38.1%)
129	<b>WALCZAK Sławomir</b>	<b>8121</b>		Weteran I M - 50	12	01:54:51	<b>03:27:25.65</b>	<b>03:27:57.30</b>	+02:09:21 (62.2%)	14:00	4.3 (38.1%)
130	<b>ŁOZIENKO Anna</b>	<b>8105</b>	KB HARCOWNIK JELCZ-LASKOWICE	Senior II K - 30	20	02:03:45	<b>03:44:40.50</b>	<b>03:45:10.10</b>	+02:26:34 (65.1%)	15:10	4 (35.4%)
131	<b>KUBIATOWICZ Małgorzata</b>	<b>8079</b>		Masters K - 40	22	01:59:03	<b>03:46:20.70</b>	<b>03:46:47.55</b>	+02:28:11 (65.3%)	15:17	3.9 (34.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	N1 8.5km	Czas netto 14.8km	Czas brutto 14.8km	Różn	Tempo min/km	Tempo km/h
132	<b>KOSZAREK Andrzej</b>	<b>8080</b>		Weteran I M - 50	13	01:59:18	<b>03:46:20.95</b>	<b>03:46:48.10</b>	+02:28:12 (65.3%)	15:17	3.9 (34.5%)
	<b>SMUSZ Grzegorz</b>	<b>8074</b>		Masters M - 40		01:08:37 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>SZAŁAJSKA Monika</b>	<b>8043</b>		Senior I K - 20		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>MROZEK Marcin</b>	<b>8045</b>		Senior I M - 20		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>SROCZYŃSKI Maciej</b>	<b>8026</b>		Masters M - 40		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 136 wynik(ów)