



Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2024-07-18
Miejsce: Łądek-Zdrój
Dystans: 14.8 km

NOCNY TRAIL 15KM

B4SPORT

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	DUDEK Wojciech	8178	UKS AZYMUT PABIANICE	Senior II M - 30	1	00:43:20	01:15:05.15	01:15:08.65		5:04	11.8 (100%)
2	ŻUCHOWSKI Daniel	8244	ATTIQ TEAM	Senior II M - 30	2	00:43:41	01:17:57.60	01:17:59.35	+00:02:50 (3.6%)	5:16	11.4 (96.6%)
3	DUTKOWSKI Mikołaj	8040	CX-80 POLSKA	Senior II M - 30	3	00:47:27	01:22:06.10	01:22:09.70	+00:07:01 (8.5%)	5:32	10.8 (91.5%)
4	LACKORZYNSKI Olaf	8200		Senior II M - 30	4	00:46:33	01:24:31.90	01:24:36.55	+00:09:27 (11.2%)	5:42	10.5 (89.0%)
5	ŚWINIARSKI Dawid	8174		Senior II M - 30	5	00:49:24	01:24:51.70	01:24:58.55	+00:09:49 (11.6%)	5:43	10.5 (89.0%)
6	TOMASIAK Natalia	8282	SALOMON TEAM	Senior II K - 30	1	00:49:21	01:25:11.70	01:25:14.60	+00:10:05 (11.8%)	5:45	10.4 (88.1%)
7	PŁONOWSKI Maciej	8245	PSZCZÓŁKOWSKI TEAM	Senior II M - 30	6	00:49:35	01:26:37.50	01:26:43.25	+00:11:34 (13.3%)	5:51	10.3 (87.3%)
8	DĄBEK Kamil	8176		Senior I M - 20	1	00:49:14	01:27:46.10	01:27:54.90	+00:12:46 (14.5%)	5:55	10.1 (85.6%)
9	ŁYCZKOWSKI Kamil	8126	WAŁBRZYSKIE PANY	Senior II M - 30	7	00:50:56	01:30:31.25	01:30:37.75	+00:15:29 (17.1%)	6:06	9.8 (83.1%)
10	GRACZ Paweł	8108	ULTRA DIABŁY TEAM LUBRZA	Masters M - 40	1	00:49:37	01:30:41.75	01:30:43.85	+00:15:35 (17.2%)	6:07	9.8 (83.1%)
11	BEDNARZ Krzysztof	8039	PRZEDWOJEWSKI TEAM	Masters M - 40	2	00:50:43	01:31:46.00	01:31:48.70	+00:16:40 (18.2%)	6:12	9.7 (82.2%)
12	GĘBORYS Tomasz	8169	SKLEP SALOMON ZAKOPANE	Senior I M - 20	2	00:50:48	01:32:10.90	01:32:43.70	+00:17:35 (19.0%)	6:13	9.6 (81.4%)
13	BERG Aleksander	8117		Masters M - 40	3	00:53:46	01:32:59.90	01:33:02.95	+00:17:54 (19.2%)	6:16	9.6 (81.4%)
14	BAJSAROWICZ Marlena	8218		Senior I K - 20	1	00:54:29	01:34:31.95	01:34:34.95	+00:19:26 (20.6%)	6:23	9.4 (79.7%)
15	BURYŁO Krzysztof	8078	OBORYGENI	Senior II M - 30	8	00:53:27	01:36:41.75	01:36:48.55	+00:21:39 (22.4%)	6:31	9.2 (78.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	N1 8.5km	Czas netto 14.8km	Czas brutto 14.8km	Różn	Tempo min/km	Tempo km/h
16	BAŁYS Katarzyna	8283		Masters K - 40	1	00:56:07	01:36:57.40	01:37:04.10	+00:21:55 (22.6%)	6:33	9.2 (78.0%)
17	MODRZYŃSKI Paweł	8223		Senior II M - 30	9	00:56:08	01:37:52.35	01:37:59.45	+00:22:50 (23.3%)	6:36	9.1 (77.1%)
18	PODGÓRNY Mariusz	8224	TEAM OZIMEK / ULTRANIEPODLEGŁA	Senior II M - 30	10	00:54:28	01:38:28.20	01:38:32.60	+00:23:23 (23.7%)	6:39	9 (76.3%)
19	JANC Kacper	8287		Senior II M - 30	11	00:58:03	01:38:44.55	01:39:45.35	+00:24:36 (24.7%)	6:40	9 (76.3%)
20	PALIŃSKI Bartłomiej	8077	ROZBIEGANI CHOJNÓW	Senior I M - 20	3	00:55:55	01:41:03.55	01:41:08.80	+00:26:00 (25.7%)	6:49	8.8 (74.6%)
21	KRUPA Norbert	8073	METR PRZED KOŃCEM ŚWIATA	Masters M - 40	4	00:55:54	01:40:57.90	01:41:17.50	+00:26:08 (25.8%)	6:49	8.8 (74.6%)
22	KRAKOWSKA Anna	8226		Senior II K - 30	2	00:56:27	01:41:43.50	01:41:48.20	+00:26:39 (26.2%)	6:52	8.7 (73.7%)
23	JUCHNIEWICZ Marcin	8230		Masters M - 40	5	00:55:53	01:41:42.75	01:41:48.80	+00:26:40 (26.2%)	6:52	8.7 (73.7%)
24	TRYK Sebastian	8145	AUTOMATYKA.TECH	Weteran I M - 50	1	00:59:58	01:43:26.60	01:43:36.40	+00:28:27 (27.5%)	6:59	8.6 (72.9%)
25	ZGOŁA Przemysław	8049	TARNOWO PODGÓRNE BIEGA / MISTRZOWSKI TRENING	Weteran I M - 50	2	00:58:13	01:43:36.25	01:43:44.75	+00:28:36 (27.6%)	7:00	8.6 (72.9%)
26	MOL Michał	8156		Masters M - 40	6	00:59:32	01:44:04.95	01:44:41.25	+00:29:32 (28.2%)	7:01	8.5 (72.0%)
27	PACEK Tomasz	8177	FIZJOBIEGACZE SZCZECIN	Senior II M - 30	12	00:59:36	01:44:25.65	01:44:54.70	+00:29:46 (28.4%)	7:03	8.5 (72.0%)
28	PACZEŚNY Artur	8140		Senior I M - 20	4	00:58:17	01:43:52.05	01:44:59.75	+00:29:51 (28.4%)	7:01	8.5 (72.0%)
29	PODSKARBI Michał	8149		Senior II M - 30	13	00:59:22	01:44:00.50	01:45:00.95	+00:29:52 (28.4%)	7:01	8.5 (72.0%)
30	CHWIŁKA Krzysztof	8237		Senior II M - 30	14	00:55:50	01:45:53.25	01:46:13.50	+00:31:04 (29.3%)	7:09	8.4 (71.2%)
31	KARWACKI Grzegorz	8188	KATCROS WAŁBRZYCH	Weteran I M - 50	3	01:00:20	01:46:27.60	01:46:32.85	+00:31:24 (29.5%)	7:11	8.3 (70.3%)
32	BUSS Jakub	8288	KUDOWIANKA RUN	Weteran I M - 50	4	01:02:18	01:46:12.85	01:46:51.95	+00:31:43 (29.7%)	7:10	8.4 (71.2%)
33	BATOR Michał	8204		Masters M - 40	7	01:01:59	01:46:56.25	01:47:05.20	+00:31:56 (29.8%)	7:13	8.3 (70.3%)
34	WOŹNIAK Jakub	8186	MENEON RUNNERS	Senior II M - 30	15	01:01:22	01:46:19.15	01:47:09.85	+00:32:01 (29.9%)	7:11	8.4 (71.2%)
35	BOBER Sebastian	8205	SPORTOWY KAŻMIERZ	Senior II M - 30	16	00:58:24	01:47:04.05	01:47:10.40	+00:32:01 (29.9%)	7:14	8.3 (70.3%)
36	KUROWSKI Michał	8281		Senior I M - 20	5	01:02:35	01:46:43.20	01:47:33.90	+00:32:25 (30.1%)	7:12	8.3 (70.3%)
37	BROMIRSKI Maciej	8168		Masters M - 40	8	00:59:56	01:47:59.65	01:48:26.05	+00:33:17 (30.7%)	7:17	8.2 (69.5%)
38	WILCZYŃSKA Beata	8103	#ZALINIAMETYTEAM	Senior II K - 30	3	01:03:00	01:48:00.55	01:48:34.80	+00:33:26 (30.8%)	7:17	8.2 (69.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	N1 8.5km	Czas netto 14.8km	Czas brutto 14.8km	Różn	Tempo min/km	Tempo km/h
39	KADŁUBOWSKI Piotr	8280	KOTWICA BRZEG/RUN100LOVE	Masters M - 40	9	01:02:35	01:48:45.45	01:48:47.90	+00:33:39 (30.9%)	7:20	8.2 (69.5%)
40	PLOCH Weronika	8090		Senior I K - 20	2	01:03:28	01:47:51.45	01:48:50.55	+00:33:41 (31.0%)	7:17	8.2 (69.5%)
41	WRÓBLEWSKI Wojciech	8094		Senior II M - 30	17	01:01:59	01:48:41.85	01:49:09.80	+00:34:01 (31.2%)	7:20	8.2 (69.5%)
42	GÓRKA Piotr	8248		Masters M - 40	10	01:02:55	01:48:56.30	01:49:23.90	+00:34:15 (31.3%)	7:21	8.2 (69.5%)
43	PERLIK Łukasz	8125	WAŁBRZYSKIE PANY	Senior II M - 30	18	01:00:03	01:49:08.05	01:49:33.65	+00:34:25 (31.4%)	7:22	8.1 (68.6%)
44	MAZUR Monika	8110	KATCROSS	Masters K - 40	2	01:03:19	01:49:42.95	01:49:49.00	+00:34:40 (31.6%)	7:24	8.1 (68.6%)
45	MAZUR Patryk	8180	AKADEMIA RUCHU	Masters M - 40	11	01:03:19	01:49:43.90	01:49:49.85	+00:34:41 (31.6%)	7:24	8.1 (68.6%)
46	MCKENNA Jasmina	8139		Senior II K - 30	4	01:03:20	01:49:55.05	01:50:10.10	+00:35:01 (31.8%)	7:25	8.1 (68.6%)
47	NAJDUK Jakub	8035	ROZBIEGANI CHOJNÓW	Senior I M - 20	6	00:55:54	01:50:53.55	01:50:57.90	+00:35:49 (32.3%)	7:29	8 (67.8%)
48	KULKA Jan	8009		Senior I M - 20	7	01:04:03	01:50:39.35	01:50:58.30	+00:35:49 (32.3%)	7:28	8 (67.8%)
49	JARANOWSKI Tomasz	8107	AKTYWNY GRUDZIĄDZ	Masters M - 40	12	01:03:22	01:49:59.70	01:51:02.05	+00:35:53 (32.3%)	7:25	8.1 (68.6%)
50	TOMAS Paweł	8272		Senior I M - 20	8	01:05:57	01:50:53.60	01:51:25.35	+00:36:16 (32.6%)	7:29	8 (67.8%)
51	PAULI Maciej	8159		Senior I M - 20	9	01:02:27	01:51:21.10	01:51:48.30	+00:36:39 (32.8%)	7:31	8 (67.8%)
52	TRZPIOLA Tycjan	8002	KURACJUSZE	Senior II M - 30	19	01:02:51	01:52:02.55	01:52:27.95	+00:37:19 (33.2%)	7:34	7.9 (66.9%)
53	JABŁOŃSKI Wojciech	8279	SPECSMART	Senior II M - 30	20	01:04:51	01:52:35.95	01:53:18.40	+00:38:09 (33.7%)	7:36	7.9 (66.9%)
54	BERG Elwira	8118		Masters K - 40	3	01:04:46	01:53:22.75	01:53:26.85	+00:38:18 (33.8%)	7:39	7.8 (66.1%)
55	KRUPA Ula	8072	MKS PARASOL WROCŁAW	Senior I K - 20	3	01:03:01	01:53:38.40	01:53:57.90	+00:38:49 (34.1%)	7:40	7.8 (66.1%)
56	WYRWAŁ Tomasz	8278		Senior II M - 30	21	01:04:52	01:53:22.25	01:54:04.15	+00:38:55 (34.1%)	7:39	7.8 (66.1%)
57	KRZEMIŃSKI Arkadiusz	8274		Masters M - 40	13	01:03:46	01:53:48.25	01:54:28.35	+00:39:19 (34.4%)	7:41	7.8 (66.1%)
58	TRZECIAK Jacek	8243	MKS SIECHNICE	Masters M - 40	14	01:03:06	01:54:23.70	01:54:44.90	+00:39:36 (34.5%)	7:43	7.8 (66.1%)
59	ROSZYK Tomasz	8071	TKKF MPK POZNAŃ	Masters M - 40	15	01:07:31	01:53:41.30	01:54:48.85	+00:39:40 (34.6%)	7:40	7.8 (66.1%)
60	CZERWIŃSKA Julia	8162		Senior I K - 20	4	01:05:31	01:54:34.40	01:55:13.85	+00:40:05 (34.8%)	7:44	7.8 (66.1%)
61	LUKASZCZYK Bartosz	8191		Senior I M - 20	10	01:04:38	01:56:04.85	01:56:39.75	+00:41:31 (35.6%)	7:50	7.7 (65.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	N1 8.5km	Czas netto 14.8km	Czas brutto 14.8km	Różn	Tempo min/km	Tempo km/h
62	DUPLAGA Dawid	8268		Senior I M - 20	11	01:08:26	01:56:01.25	01:57:05.70	+00:41:57 (35.8%)	7:50	7.7 (65.3%)
63	KRYGOWSKI Przemysław	8265		Senior I M - 20	12	01:08:04	01:56:37.10	01:57:51.15	+00:42:42 (36.2%)	7:52	7.6 (64.4%)
64	HOLIK Maciej	8264		Masters M - 40	16	01:07:59	01:56:38.55	01:57:53.25	+00:42:44 (36.3%)	7:52	7.6 (64.4%)
65	KRZESIMOWSKI Damian	8047	ENERGENT POLSKA	Masters M - 40	17	01:04:24	01:57:09.55	01:57:54.10	+00:42:45 (36.3%)	7:54	7.6 (64.4%)
66	KOPACKI Tomasz	8253		Senior II M - 30	22	01:07:29	01:57:24.15	01:58:01.40	+00:42:52 (36.3%)	7:55	7.6 (64.4%)
67	MISIURA Łukasz	8228		Senior II M - 30	23	01:04:54	01:57:22.65	01:58:24.35	+00:43:15 (36.5%)	7:55	7.6 (64.4%)
68	SZYDŁOWSKI Robert	8275		Weteran I M - 50	5	01:08:08	01:58:40.50	01:59:00.50	+00:43:51 (36.9%)	8:01	7.5 (63.6%)
69	FRELICH Natalia	8146	KAT CROSS	Senior II K - 30	5	01:09:10	01:59:37.30	01:59:58.10	+00:44:49 (37.4%)	8:04	7.4 (62.7%)
70	ROZDOLSKA Lucyna	8147	ATLAS WARD	Senior II K - 30	6		01:59:38.15	01:59:59.50	+00:44:50 (37.4%)	8:05	7.4 (62.7%)
71	NYC Pina	8256		Senior II K - 30	7	01:09:03	02:00:09.20	02:00:22.70	+00:45:14 (37.6%)	8:07	7.4 (62.7%)
72	BELICA Daniel	8003		Masters M - 40	18	01:08:48	01:59:54.50	02:00:38.45	+00:45:29 (37.7%)	8:06	7.4 (62.7%)
73	ŁUKASZEWSKI Michał	8102	#ZALINAMETYTEAM	Masters M - 40	19	01:08:45	02:00:11.15	02:00:43.80	+00:45:35 (37.8%)	8:07	7.4 (62.7%)
74	EISLER Sebastian	8222		Senior II M - 30	24	01:06:19	01:59:58.45	02:01:02.60	+00:45:53 (37.9%)	8:06	7.4 (62.7%)
75	MAŚLARZ Szymon	8192		Senior I M - 20	13	01:14:31	02:01:03.05	02:01:37.20	+00:46:28 (38.2%)	8:10	7.3 (61.9%)
76	STANOSZ-CHEŁKOWSKA Aneta	8262	HARDE DZIKI	Masters K - 40	4	01:09:25	02:01:48.65	02:02:02.55	+00:46:53 (38.4%)	8:13	7.3 (61.9%)
77	PIETRUSZKA Łukasz	8057		Senior II M - 30	25	01:09:17	02:01:50.35	02:02:15.25	+00:47:06 (38.5%)	8:13	7.3 (61.9%)
78	BRĘKUS Aleksandra	8142		Senior II K - 30	8	01:10:49	02:02:08.90	02:02:18.30	+00:47:09 (38.6%)	8:15	7.3 (61.9%)
79	TYL Radosław	8060		Masters M - 40	20	01:08:09	02:01:35.50	02:02:41.35	+00:47:32 (38.8%)	8:12	7.3 (61.9%)
80	GRZYWOCZ Filip	8213		Senior I M - 20	14	01:08:50	02:02:15.45	02:02:45.45	+00:47:36 (38.8%)	8:15	7.3 (61.9%)
81	KOPROWSKI Tomasz	8261	BIEGANIE.PL	Senior II M - 30	26	01:10:53	02:01:53.65	02:02:50.85	+00:47:42 (38.8%)	8:14	7.3 (61.9%)
82	JORDAN Robert	8038	TARNOWO PODGÓRNE BIEGA	Weteran I M - 50	6	01:08:27	02:02:11.35	02:02:59.15	+00:47:50 (38.9%)	8:15	7.3 (61.9%)
83	SIKORA Malwina	8128	DROGA DO ULTRA	Senior I K - 20	5	01:12:43	02:03:20.45	02:03:28.55	+00:48:19 (39.1%)	8:20	7.2 (61.0%)
84	MROZIŃSKI Marcin	8041	SPORT GENERATION	Masters M - 40	21	01:09:39	02:03:16.70	02:03:38.95	+00:48:30 (39.2%)	8:19	7.2 (61.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	N1 8.5km	Czas netto 14.8km	Czas brutto 14.8km	Różn	Tempo min/km	Tempo km/h
85	POPADYCZ Damian	8236	MATNER RUNNING TEAM WROCŁAW	Senior II M - 30	27	01:08:59	02:03:01.00	02:03:48.30	+00:48:39 (39.3%)	8:18	7.2 (61.0%)
86	MIKOLAJCZYK Krzysztof	8249	ULTRASY Z WIENERWALD	Masters M - 40	22	01:08:34	02:02:46.75	02:04:02.20	+00:48:53 (39.4%)	8:17	7.2 (61.0%)
87	GRZYWOCZ Sebastian	8212	SUUNTO	Senior II M - 30	28	01:08:36	02:03:45.45	02:04:15.80	+00:49:07 (39.5%)	8:21	7.2 (61.0%)
88	REGUŁA Piotr	8131		Senior I M - 20	15	01:00:49	02:03:55.95	02:04:23.15	+00:49:14 (39.6%)	8:22	7.2 (61.0%)
89	KOŁODKO Natalia	8199	TARNOWO PODGÓRNE BIEGA	Masters K - 40	5	01:09:35	02:03:41.30	02:04:29.30	+00:49:20 (39.6%)	8:21	7.2 (61.0%)
90	PLUTA Kinga	8011		Senior I K - 20	6	01:11:04	02:03:38.65	02:04:41.85	+00:49:33 (39.7%)	8:21	7.2 (61.0%)
91	PAWLAK Jarosław	8241	KOŁO BIEGA	Masters M - 40	23	01:08:22	02:04:45.10	02:04:49.30	+00:49:40 (39.8%)	8:25	7.1 (60.2%)
92	STASZEWSKI Dariusz	8185		Senior II M - 30	29	01:09:58	02:04:46.50	02:05:32.50	+00:50:23 (40.1%)	8:25	7.1 (60.2%)
93	NAZIMEK Piotr	8044		Masters M - 40	24	01:10:53	02:05:55.00	02:06:31.80	+00:51:23 (40.6%)	8:30	7.1 (60.2%)
94	KAMECKA Sylwia	8242		Senior II K - 30	9	01:10:28	02:05:57.10	02:06:32.30	+00:51:23 (40.6%)	8:30	7.1 (60.2%)
95	NAPIERAŁA Andrzej	8197	MTS DRUŻYNA SZPIKU KGHM	Weteran II M - 60	1	01:12:15	02:05:28.50	02:07:04.00	+00:51:55 (40.9%)	8:28	7.1 (60.2%)
96	KUBASIK Marcin	8271		Masters M - 40	25	01:12:26	02:07:05.65	02:07:29.95	+00:52:21 (41.1%)	8:35	7 (59.3%)
97	STARZYCKA Barbara	8141		Senior II K - 30	10	01:12:27	02:07:05.50	02:07:41.50	+00:52:32 (41.2%)	8:35	7 (59.3%)
98	KOSTRUBIEC Maciej	8144	SII RUNNING TEAM	Senior I M - 20	16	01:10:19	02:07:11.10	02:07:52.10	+00:52:43 (41.2%)	8:35	7 (59.3%)
99	BRĘKUS Bartosz	8143		Senior II M - 30	30	01:10:49	02:08:22.55	02:08:32.70	+00:53:24 (41.5%)	8:40	6.9 (58.5%)
100	SMUSZ Grzegorz	8121		Masters M - 40	26	01:08:03	02:09:02.20	02:09:15.20	+00:54:06 (41.9%)	8:43	6.9 (58.5%)
101	ŁAMPIKA Kinga	8109	GOOD MOVE	Masters K - 40	6	01:11:44	02:09:10.95	02:09:26.80	+00:54:18 (41.9%)	8:43	6.9 (58.5%)
102	ZAWARTKA Małgorzata	8173		Senior II K - 30	11	01:13:36	02:09:14.35	02:09:46.85	+00:54:38 (42.1%)	8:43	6.9 (58.5%)
103	SZRAMOWIAT Marek	8238	SALOMON	Masters M - 40	27	01:13:36	02:09:16.00	02:09:49.15	+00:54:40 (42.1%)	8:44	6.9 (58.5%)
104	KLUCZKIEWICZ Wojciech	8229		Senior II M - 30	31	01:12:09	02:09:55.25	02:10:18.45	+00:55:09 (42.3%)	8:46	6.8 (57.6%)
105	KUŹNIAK Martyna	8286		Weteran K - 50	1	01:13:56	02:11:21.25	02:11:30.05	+00:56:21 (42.9%)	8:52	6.8 (57.6%)
106	BARCZAK Ewelina	8043	AKTYWNY GRUDZIĄDZ	Senior II K - 30	12	01:16:04	02:13:51.65	02:14:54.05	+00:59:45 (44.3%)	9:02	6.6 (55.9%)
107	ULEJCZYK Kamil	8086	TUPTUP	Senior I M - 20	17	01:16:59	02:14:08.05	02:14:54.65	+00:59:46 (44.3%)	9:03	6.6 (55.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	N1 8.5km	Czas netto 14.8km	Czas brutto 14.8km	Różn	Tempo min/km	Tempo km/h
108	JANECZKO Michał	8116	POWOLNIAK	Senior II M - 30	32	01:14:49	02:14:58.75	02:15:24.75	+01:00:16 (44.5%)	9:07	6.6 (55.9%)
109	RYCHTER Maciej	8123	ONE STEP	Senior II M - 30	33	01:14:37	02:14:31.55	02:15:38.35	+01:00:29 (44.6%)	9:05	6.6 (55.9%)
110	KASPEROWICZ Mateusz	8130		Senior II M - 30	34	01:13:51	02:14:33.30	02:15:40.50	+01:00:31 (44.6%)	9:05	6.6 (55.9%)
111	SKRZYPEK Hubert	8206		Senior I M - 20	18	01:16:40	02:15:14.45	02:15:44.35	+01:00:35 (44.6%)	9:08	6.6 (55.9%)
112	STAWUJAK Jacek	8010		Masters M - 40	28	01:11:33	02:15:24.90	02:15:45.40	+01:00:36 (44.6%)	9:08	6.6 (55.9%)
113	KWIATEK Filip	8163		Senior II M - 30	35	01:18:26	02:15:55.25	02:16:00.40	+01:00:51 (44.7%)	9:11	6.5 (55.1%)
114	SCHAUER Krzysztof	8250	ULTRASZY Z WIENERWALD	Masters M - 40	29		02:15:41.95	02:16:01.95	+01:00:53 (44.8%)	9:10	6.5 (55.1%)
115	WALAC Jacek	8045	100 MARATHON CLUB POLSKA	Masters M - 40	30	01:16:49	02:15:38.50	02:16:03.10	+01:00:54 (44.8%)	9:09	6.5 (55.1%)
116	BUGAJSKI Marcin	8194		Masters M - 40	31	01:16:42	02:15:32.70	02:16:04.55	+01:00:55 (44.8%)	9:09	6.6 (55.9%)
117	SZYMAŃSKI Jarosław	8013		Senior I M - 20	19	01:22:27	02:15:07.60	02:16:12.95	+01:01:04 (44.8%)	9:07	6.6 (55.9%)
118	MILEJ Wojciech	8239		Senior II M - 30	36	01:19:01	02:15:31.20	02:16:15.65	+01:01:07 (44.9%)	9:09	6.6 (55.9%)
119	CZESKA Karolina	8063	LAMPART TRENING	Senior II K - 30	13	01:18:16	02:15:33.00	02:16:35.90	+01:01:27 (45.0%)	9:09	6.6 (55.9%)
120	RUDA Kamila	8114		Senior II K - 30	14	01:16:44	02:16:11.15	02:17:03.85	+01:01:55 (45.2%)	9:12	6.5 (55.1%)
121	SZAL Małgorzata	8105	TENIS CENTRUM AS	Senior II K - 30	15	01:14:18	02:17:27.40	02:18:05.90	+01:02:57 (45.6%)	9:17	6.5 (55.1%)
122	PRZYBYLAK Kasia	8104	#ZALINIAMETYTEAM	Senior I K - 20	7	01:18:55	02:19:10.20	02:19:44.50	+01:04:35 (46.2%)	9:24	6.4 (54.2%)
123	JOŃCZYK Paula	8084	TUPTUP	Senior II K - 30	16	01:17:07	02:19:56.75	02:20:41.90	+01:05:33 (46.6%)	9:27	6.3 (53.4%)
124	OLSZEWSKI Jacek	8170		Masters M - 40	32	01:18:23	02:19:55.95	02:20:52.80	+01:05:44 (46.7%)	9:27	6.3 (53.4%)
125	OLSZEWSKI Tomek	8172		Masters M - 40	33	01:18:22	02:19:58.80	02:20:54.20	+01:05:45 (46.7%)	9:27	6.3 (53.4%)
126	SIBIELAK Tomasz	8080	BIEGOWA KUŹNIA	Masters M - 40	34	01:20:45	02:20:38.70	02:21:02.50	+01:05:53 (46.7%)	9:30	6.3 (53.4%)
127	SOCHA Michał	8098	WARTKIE PIERONY	Weteran I M - 50	7	01:16:59	02:20:00.25	02:21:11.90	+01:06:03 (46.8%)	9:27	6.3 (53.4%)
128	DE RAADT Peter De Raadt	8030	AV ZUIDWAL, NEDERLAND	Weteran I M - 50	8	01:17:54	02:21:11.05	02:21:22.00	+01:06:13 (46.8%)	9:32	6.3 (53.4%)
129	SCHRAM Arne	8026	AV ZUIDWAL, NEDERLAND	Weteran I M - 50	9	01:17:13	02:21:07.05	02:21:22.30	+01:06:13 (46.8%)	9:32	6.3 (53.4%)
130	BOUT Ed	8007	AV ZUIDWAL, NEDERLAND	Weteran I M - 50	10	01:17:30	02:21:03.00	02:21:23.00	+01:06:14 (46.9%)	9:31	6.3 (53.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	N1 8.5km	Czas netto 14.8km	Czas brutto 14.8km	Różn	Tempo min/km	Tempo km/h
131	IDZENGA Hessel	8028	AV ZUIDWAL, NEDERLAND	Weteran I M - 50	11	01:17:44	02:21:05.60	02:21:23.45	+01:06:14 (46.9%)	9:31	6.3 (53.4%)
132	BUCKO Karolina	8246	TP BIEGA	Weteran K - 50	2	01:17:47	02:20:42.85	02:21:31.40	+01:06:22 (46.9%)	9:30	6.3 (53.4%)
133	SNIEGOCKI Paweł	8263	TARNOWSKIE TERMY TRIATHLON TEAM	Masters M - 40	35	01:12:03	02:21:35.80	02:22:04.20	+01:06:55 (47.1%)	9:33	6.3 (53.4%)
134	ŁESKE Jan	8036	ZA LINIĄ METY TEAM	Masters M - 40	36	01:19:00	02:21:54.00	02:22:30.10	+01:07:21 (47.3%)	9:35	6.3 (53.4%)
135	BORECKI Tomasz	8068	WARTKIE PIERONY	Weteran I M - 50	12	01:17:49	02:21:28.20	02:22:40.50	+01:07:31 (47.3%)	9:33	6.3 (53.4%)
136	MAZUR Magda	8113		Senior II K - 30	17	01:20:18	02:22:25.15	02:23:14.30	+01:08:05 (47.5%)	9:37	6.2 (52.5%)
137	JACKOWSKA Roksana	8152		Senior II K - 30	18	01:19:29	02:22:37.60	02:23:20.85	+01:08:12 (47.6%)	9:38	6.2 (52.5%)
138	HROBOK Monika	8175		Weteran K - 50	3	01:19:30	02:22:39.95	02:23:23.90	+01:08:15 (47.6%)	9:38	6.2 (52.5%)
139	ROBAK Natalia	8085		Senior II K - 30	19	01:17:08	02:23:20.25	02:24:05.25	+01:08:56 (47.8%)	9:41	6.2 (52.5%)
140	DOLCZEWSKI Bartosz	8082		Senior II M - 30	37	01:20:02	02:23:02.65	02:24:13.20	+01:09:04 (47.9%)	9:39	6.2 (52.5%)
141	PERLIK Natalia	8132		Senior I K - 20	8	01:18:11	02:23:35.80	02:24:29.10	+01:09:20 (48.0%)	9:42	6.2 (52.5%)
142	PTAK Adrian	8234		Senior I M - 20	20	01:18:12	02:23:36.10	02:24:29.70	+01:09:21 (48.0%)	9:42	6.2 (52.5%)
143	OZIMINA Hubert	8055	OBORYGENI	Masters M - 40	37	01:18:28	02:23:59.45	02:24:49.80	+01:09:41 (48.1%)	9:43	6.2 (52.5%)
144	JANOSZ Paweł	8034		Senior I M - 20	21	01:17:00	02:24:17.70	02:25:04.20	+01:09:55 (48.2%)	9:44	6.2 (52.5%)
145	SKOTARCZAK Aleksandra	8285		Senior I K - 20	9	01:19:26	02:24:11.20	02:25:13.95	+01:10:05 (48.3%)	9:44	6.2 (52.5%)
146	BŁAŻEJ Małgorzata	8112	ASSECO ACTIVE TEAM	Senior II K - 30	20	01:20:35	02:24:32.50	02:25:21.35	+01:10:12 (48.3%)	9:45	6.1 (51.7%)
147	ŚWINKA Alicja	8054		Senior I K - 20	10	01:23:36	02:25:21.95	02:26:04.15	+01:10:55 (48.6%)	9:49	6.1 (51.7%)
148	WASZAK Bartosz	8053		Senior I M - 20	22	01:23:35	02:25:24.90	02:26:06.85	+01:10:58 (48.6%)	9:49	6.1 (51.7%)
149	AUGUSTYNOWICZ Andrzej	8069		Weteran I M - 50	13	01:22:00	02:26:56.00	02:26:59.40	+01:11:50 (48.9%)	9:55	6 (50.8%)
150	AUGUSTYNOWICZ Aurelia	8070		Weteran K - 50	4	01:21:48	02:26:57.40	02:27:00.30	+01:11:51 (48.9%)	9:55	6 (50.8%)
151	SOCHA Marlena	8097	WARTKIE PIERONY	Weteran K - 50	5	01:19:37	02:26:02.55	02:27:14.20	+01:12:05 (49.0%)	9:52	6.1 (51.7%)
152	FASZCZA Agnieszka	8042	MARATOŃCZYK POZNAŃ	Senior II K - 30	21	01:23:55	02:26:58.95	02:27:33.95	+01:12:25 (49.1%)	9:55	6 (50.8%)
153	BANACH-SKOWRONEK Joanna	8091	OJ NIEFAJNIE	Senior II K - 30	22	01:23:43	02:27:01.70	02:27:48.10	+01:12:39 (49.2%)	9:56	6 (50.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	N1 8.5km	Czas netto 14.8km	Czas brutto 14.8km	Różn	Tempo min/km	Tempo km/h
154	SKOWRONEK Tomasz	8092	OJ NIEFAJNIE	Senior II M - 30	38	01:23:44	02:27:03.05	02:27:48.95	+01:12:40 (49.2%)	9:56	6 (50.8%)
155	OBSTARCZYK Daria	8150		Senior I K - 20	11	01:20:23	02:27:08.65	02:27:51.25	+01:12:42 (49.2%)	9:56	6 (50.8%)
156	BILOWICZ Miłosz	8221		Senior II M - 30	39	01:23:18	02:27:36.10	02:27:57.15	+01:12:48 (49.2%)	9:58	6 (50.8%)
157	ŁUŻNY Agnieszka	8148		Senior II K - 30	23	01:24:31	02:28:05.15	02:28:40.60	+01:13:31 (49.5%)	10:00	6 (50.8%)
158	PASZKIEWICZ-ŻAK Monika	8064		Senior II K - 30	24	01:22:11	02:29:49.55	02:30:36.95	+01:15:28 (50.1%)	10:07	5.9 (50.0%)
159	ŁOZOWSKI Paweł	8129		Senior II M - 30	40	01:19:00	02:29:38.80	02:30:46.05	+01:15:37 (50.2%)	10:06	5.9 (50.0%)
160	RUSIN Szymon	8267		Senior II M - 30	41	01:23:01	02:29:57.25	02:30:51.60	+01:15:42 (50.2%)	10:07	5.9 (50.0%)
161	HERWICHOWSKI Marcin	8227	TARNOWO PODGÓRNE BIEGA	Weteran I M - 50	14	01:18:33	02:30:06.55	02:30:57.65	+01:15:49 (50.2%)	10:08	5.9 (50.0%)
162	BAR Aleksandra	8210	GMINA STRZELCE OPOLSKIE	Masters K - 40	7	01:24:13	02:30:02.40	02:31:11.00	+01:16:02 (50.3%)	10:08	5.9 (50.0%)
163	HERKOWIAK Monika	8079	TARNOWO PODGÓRNE BIEGA	Senior II K - 30	25	01:23:09	02:31:28.20	02:32:16.45	+01:17:07 (50.7%)	10:14	5.9 (50.0%)
164	KONIECZNA Anna	8096	TARNOWO PODGÓRNE BIEGA	Masters K - 40	8	01:23:09	02:31:26.65	02:32:16.75	+01:17:08 (50.7%)	10:13	5.9 (50.0%)
165	WRÓBEL Zbigniew	8087	TARNOWO	Weteran I M - 50	15	01:23:10	02:31:28.15	02:32:16.85	+01:17:08 (50.7%)	10:14	5.9 (50.0%)
166	WRÓBEL Marzena	8088	TARNOWO PODGÓRNE BIEGA	Weteran K - 50	6	01:23:09	02:31:27.85	02:32:17.15	+01:17:08 (50.7%)	10:13	5.9 (50.0%)
167	BELTER Agnieszka	8037	RKS PIŁA PODLASIE	Masters K - 40	9	01:26:32	02:31:58.80	02:32:39.10	+01:17:30 (50.8%)	10:16	5.8 (49.2%)
168	MORAWSKI Paweł	8127		Masters M - 40	38	01:26:18	02:31:46.20	02:32:40.85	+01:17:32 (50.8%)	10:15	5.9 (50.0%)
169	PLACKOWSKI Marcin	8171	MENEON	Senior II M - 30	42	01:17:57	02:32:09.15	02:33:01.35	+01:17:52 (50.9%)	10:16	5.8 (49.2%)
170	PIECZARKA Patryk	8120		Senior II M - 30	43	01:24:03	02:32:42.60	02:33:07.00	+01:17:58 (50.9%)	10:19	5.8 (49.2%)
171	GLAPIAK-PRZYTULA Agnieszka	8025	AV ZUIDWAL, NEDERLAND	Masters K - 40	10	01:25:11	02:34:21.60	02:34:34.15	+01:19:25 (51.4%)	10:25	5.8 (49.2%)
172	BIERNACKA Katarzyna	8277	SPELEOKLUB WARSZAWSKI	Weteran K - 50	7	01:28:11	02:33:45.45	02:34:59.20	+01:19:50 (51.5%)	10:23	5.8 (49.2%)
173	GRZESIOK Paulina	8276	SPELEOKLUB DĄBROWA GÓRNICZA	Senior II K - 30	26	01:28:12	02:33:46.30	02:34:59.40	+01:19:50 (51.5%)	10:23	5.8 (49.2%)
174	CZEKAŁA Zuzanna	8203	BIEGANIE.PL	Senior I K - 20	12	01:25:44	02:34:06.45	02:35:01.75	+01:19:53 (51.5%)	10:24	5.8 (49.2%)
175	ZAWISTOWSKA Katarzyna	8225		Senior II K - 30	27	01:25:44	02:34:05.70	02:35:01.90	+01:19:53 (51.5%)	10:24	5.8 (49.2%)
175	JÓŻWIK Joanna	8189	BIEGANIE.PL	Senior II K - 30	27	01:25:43	02:34:06.35	02:35:01.90	+01:19:53 (51.5%)	10:24	5.8 (49.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	N1 8.5km	Czas netto 14.8km	Czas brutto 14.8km	Różn	Tempo min/km	Tempo km/h
177	DZIEDZIC Anna	8259		Senior II K - 30	29	01:25:13	02:34:43.95	02:35:17.35	+01:20:08 (51.6%)	10:27	5.7 (48.3%)
178	WOŹNIAK Mirosław	8214	TKKF MPK POZNAŃ	Weteran II M - 60	2	01:29:25	02:34:15.45	02:35:23.65	+01:20:15 (51.6%)	10:25	5.8 (49.2%)
179	MAJCHRZYCKI Sławomir	8273	TKKF MPK POZNAŃ	Masters M - 40	39	01:29:24	02:34:14.50	02:35:23.85	+01:20:15 (51.6%)	10:25	5.8 (49.2%)
180	SOJA-WAWRYSZEWICZ Agata	8089	WOJTEK KOTARBA RUNNING TEAM	Masters K - 40	11	01:27:26	02:34:41.60	02:35:25.10	+01:20:16 (51.7%)	10:27	5.7 (48.3%)
181	DUDKIEWICZ Zofia	8201		Senior I K - 20	13	01:28:47	02:34:16.75	02:35:26.40	+01:20:17 (51.7%)	10:25	5.8 (49.2%)
182	ZAJĄC Magdalena	8202		Senior I K - 20	14	01:28:46	02:34:18.70	02:35:28.40	+01:20:19 (51.7%)	10:25	5.8 (49.2%)
183	DANCH Karol	8101	WARTKIE PIERONY	Senior II M - 30	44	01:24:03	02:34:24.80	02:35:37.60	+01:20:28 (51.7%)	10:25	5.8 (49.2%)
184	DRGAS Małgorzata	8100	WARTKIE PIERONY	Senior II K - 30	30	01:24:03	02:34:25.50	02:35:37.95	+01:20:29 (51.7%)	10:26	5.8 (49.2%)
185	SZYPULEWSKA Kamila	8252		Senior II K - 30	31	01:29:58	02:35:26.15	02:35:43.65	+01:20:35 (51.7%)	10:30	5.7 (48.3%)
186	KOŁODZIEJCZAK Magdalena	8251		Senior II K - 30	32	01:29:59	02:35:26.75	02:35:45.00	+01:20:36 (51.8%)	10:30	5.7 (48.3%)
187	KRYSZAK Iwona	8184	KRYSZAK TEAM	Masters K - 40	12	01:24:10	02:34:47.50	02:35:46.45	+01:20:37 (51.8%)	10:27	5.7 (48.3%)
188	KRYSZAK Marcin	8207		Masters M - 40	40	01:24:49	02:34:46.95	02:35:46.80	+01:20:38 (51.8%)	10:27	5.7 (48.3%)
189	KAŹMIERCZAK Łukasz	8179		Masters M - 40	41	01:20:51	02:35:33.90	02:36:32.35	+01:21:23 (52.0%)	10:30	5.7 (48.3%)
190	SZACHT Izabela	8051		Masters K - 40	13	01:29:07	02:36:48.90	02:36:56.80	+01:21:48 (52.1%)	10:35	5.7 (48.3%)
191	SZACHT Rafał	8050		Masters M - 40	42	01:29:18	02:36:52.50	02:37:00.20	+01:21:51 (52.1%)	10:35	5.7 (48.3%)
192	KRYSZAK Aneta	8182	KRYSZAK TEAM	Senior II K - 30	33	01:24:43	02:36:04.00	02:37:03.90	+01:21:55 (52.2%)	10:32	5.7 (48.3%)
193	KRYSZAK Kazimierz	8183	KRYSZAK TEAM	Senior II M - 30	45	01:25:08	02:36:02.30	02:37:04.05	+01:21:55 (52.2%)	10:32	5.7 (48.3%)
194	WÓJCIK Katarzyna	8093		Masters K - 40	14	01:27:25	02:36:33.95	02:37:17.05	+01:22:08 (52.2%)	10:34	5.7 (48.3%)
195	KULA Sebastian	8074		Masters M - 40	43	01:27:48	02:37:14.80	02:37:37.20	+01:22:28 (52.3%)	10:37	5.6 (47.5%)
196	DOSKOCZ Elżbieta	8151		Weteran K - 50	8	01:21:49	02:37:00.70	02:37:44.35	+01:22:35 (52.4%)	10:36	5.7 (48.3%)
197	PILC Wojciech	8220		Masters M - 40	44	01:23:22	02:37:08.95	02:37:49.95	+01:22:41 (52.4%)	10:37	5.7 (48.3%)
198	NOGANOWICZ Agata	8235	PRO-RUN WROCŁAW	Weteran K - 50	9	01:12:11	02:40:22.15	02:40:57.60	+01:25:48 (53.3%)	10:50	5.5 (46.6%)
199	MOSKALSKA Magdalena	8111		Senior II K - 30	34	01:28:12	02:39:50.00	02:40:59.10	+01:25:50 (53.3%)	10:47	5.6 (47.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	N1 8.5km	Czas netto 14.8km	Czas brutto 14.8km	Różn	Tempo min/km	Tempo km/h
200	ŚWIĘTOSŁAWSKA Katarzyna	8133		Masters K - 40	15	01:33:37	02:40:12.50	02:41:17.75	+01:26:09 (53.4%)	10:49	5.5 (46.6%)
201	TYRALSKA Gaja	8219	DOLNY ŚLĄSK	Senior II K - 30	35	01:33:38	02:40:14.20	02:41:18.95	+01:26:10 (53.4%)	10:49	5.5 (46.6%)
202	BIEŃ Katarzyna	8247		Senior II K - 30	36	01:30:22	02:41:04.25	02:41:57.85	+01:26:49 (53.6%)	10:52	5.5 (46.6%)
203	CIOŁEK Kacper	8211		Senior I M - 20	23	01:26:40	02:41:24.75	02:42:05.85	+01:26:57 (53.6%)	10:54	5.5 (46.6%)
204	ŻAK Artur	8065	SQUISHY BOI	Senior II M - 30	46	01:18:43	02:41:19.35	02:42:11.85	+01:27:03 (53.7%)	10:53	5.5 (46.6%)
205	POMIANOWSKA Romana	8209	KURACJUSZE	Senior II K - 30	37	01:33:57	02:41:23.30	02:42:17.70	+01:27:09 (53.7%)	10:54	5.5 (46.6%)
206	FOGIEL Katarzyna	8076	ROZBIEGANI CHOJNÓW	Senior II K - 30	38	01:30:37	02:41:57.20	02:42:42.50	+01:27:33 (53.8%)	10:56	5.5 (46.6%)
207	KUCHARCZYK Patrycja	8161		Senior I K - 20	15	01:31:12	02:42:52.55	02:42:57.85	+01:27:49 (53.9%)	11:00	5.5 (46.6%)
208	SZCZEPANIAK Małgorzata	8124		Weteran K - 50	10	01:26:49	02:42:21.50	02:43:01.70	+01:27:53 (53.9%)	10:58	5.5 (46.6%)
209	GĄSZCZAK Mariusz	8270	SPARTA ULTRA TEAM	Masters M - 40	45	01:33:41	02:43:59.25	02:44:21.50	+01:29:12 (54.3%)	11:04	5.4 (45.8%)
210	GĄSZCZAK Iwona	8269		Masters K - 40	16	01:31:49	02:44:00.00	02:44:21.65	+01:29:13 (54.3%)	11:04	5.4 (45.8%)
211	MOŚ Dorota	8154		Masters K - 40	17	01:29:44	02:45:14.15	02:46:15.75	+01:31:07 (54.8%)	11:09	5.4 (45.8%)
212	MOŚ Dariusz	8155		Masters M - 40	46	01:29:44	02:45:13.30	02:46:15.90	+01:31:07 (54.8%)	11:09	5.4 (45.8%)
213	SZPUREK Jarosław	8166	TETRYCY SPWL	Masters M - 40	47	01:31:03	02:46:00.55	02:46:26.80	+01:31:18 (54.9%)	11:12	5.3 (44.9%)
213	CHORWACKI Kamil	8167	JJJ	Masters M - 40	47	01:31:19	02:46:00.25	02:46:26.80	+01:31:18 (54.9%)	11:12	5.3 (44.9%)
215	KOŃKA Mariusz	8254	BOGDAN TEAM	Weteran I M - 50	16	01:28:33	02:46:00.50	02:46:40.30	+01:31:31 (54.9%)	11:12	5.3 (44.9%)
216	BOMBOLA Bogumił	8208	TARNOWO PODGÓRNE BIEGA	Weteran I M - 50	17	01:27:14	02:46:35.25	02:47:27.00	+01:32:18 (55.1%)	11:15	5.3 (44.9%)
217	BOMBOLA Monika	8138	TARNOWO PODGÓRNE BIEGA	Masters K - 40	18	01:27:17	02:46:37.35	02:47:27.20	+01:32:18 (55.1%)	11:15	5.3 (44.9%)
218	NOWOWIEJSKA Anita	8266		Masters K - 40	19	01:33:41	02:47:22.50	02:47:56.35	+01:32:47 (55.3%)	11:18	5.3 (44.9%)
219	SZCZEPKOWSKI Paweł	8195	ARTEQUIPMENT	Weteran II M - 60	3	01:36:41	02:47:28.30	02:48:07.05	+01:32:58 (55.3%)	11:18	5.3 (44.9%)
220	DYBEK Judyta	8217		Senior II K - 30	39	01:31:31	02:48:09.75	02:48:20.10	+01:33:11 (55.4%)	11:21	5.3 (44.9%)
221	TUCHENDLER Paweł	8216	HELLS ANGELS MC WROCŁAW	Senior II M - 30	47	01:31:53	02:48:08.90	02:48:20.20	+01:33:11 (55.4%)	11:21	5.3 (44.9%)
222	EESTERMANS Annette	8059	AV ZUIDWAL, NEDERLAND	Weteran K - 50	11	01:33:54	02:48:35.05	02:48:47.30	+01:33:38 (55.5%)	11:23	5.3 (44.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	N1 8.5km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 14.8km	brutto 14.8km			
223	VAN SCHAİK Marleen	8032	AV ZUIDWAL, NEDERLAND	Masters K - 40	20	01:33:47	02:48:35.90	02:48:47.45	+01:33:38 (55.5%)	11:23	5.3 (44.9%)
224	JES Karen	8020	AV ZUIDWAL, NEDERLAND	Weteran K - 50	12	01:33:54	02:48:36.05	02:48:48.40	+01:33:39 (55.5%)	11:23	5.3 (44.9%)
225	HONING Ingrid	8017	AV ZUIDWAL, NEDERLAND	Senior II K - 30	40	01:33:54	02:48:37.75	02:48:48.70	+01:33:40 (55.5%)	11:23	5.3 (44.9%)
226	SZYMCZAK Marcin	8048		Masters M - 40	49	01:29:09	02:48:57.05	02:49:05.55	+01:33:56 (55.6%)	11:24	5.3 (44.9%)
227	DRYMEL Joanna	8137	DESTYLATOR RUNNING TEAM	Masters K - 40	21	01:30:45	02:48:55.15	02:49:18.10	+01:34:09 (55.6%)	11:24	5.3 (44.9%)
228	WESOŁOWSKA Monika	8081		Senior II K - 30	41	01:30:00	02:49:14.80	02:50:06.55	+01:34:57 (55.8%)	11:26	5.2 (44.1%)
229	KOŃCZAL Damian	8067	RL DESIGN	Senior II M - 30	48	01:34:31	02:49:17.90	02:50:08.70	+01:35:00 (55.8%)	11:26	5.2 (44.1%)
230	KACHNIARZ Justyna	8106	SPORT GENERATION	Senior II K - 30	42	01:31:53	02:50:59.20	02:51:37.25	+01:36:28 (56.2%)	11:33	5.2 (44.1%)
231	IZDEBSKA Monika	8066	SPORT GNERATION	Masters K - 40	22	01:31:53	02:50:59.35	02:51:37.50	+01:36:28 (56.2%)	11:33	5.2 (44.1%)
232	KUBICZ Bartłomiej	8284		Masters M - 40	50	01:33:35	02:50:49.05	02:51:53.85	+01:36:45 (56.3%)	11:32	5.2 (44.1%)
233	MROZIŃSKA Agata	8046	SPORT GENERATION	Masters K - 40	23	01:34:27	02:53:06.70	02:53:44.85	+01:38:36 (56.8%)	11:41	5.1 (43.2%)
234	RUGERS Ciska	8006	AV ZUIDWAL, NEDERLAND	Weteran K - 50	13	01:34:03	02:53:53.20	02:54:03.55	+01:38:54 (56.8%)	11:44	5.1 (43.2%)
234	DANENBERG Lianne	8029	AV ZUIDWAL, NEDERLAND	Masters K - 40	24	01:33:58	02:53:51.60	02:54:03.55	+01:38:54 (56.8%)	11:44	5.1 (43.2%)
236	SLOKKER BOOR Gonnie	8008	AV ZUIDWAL, NEDERLAND	Weteran II K - 60	1	01:33:53	02:53:52.30	02:54:03.90	+01:38:55 (56.8%)	11:44	5.1 (43.2%)
237	CHOMIK Katarzyna	8258	ULTRASZY Z WIENERWALD	Senior II K - 30	43	01:38:06	02:53:02.20	02:54:16.40	+01:39:07 (56.9%)	11:41	5.1 (43.2%)
238	SOŁYGA Magdalena	8164		Masters K - 40	25	01:37:45	02:54:38.10	02:55:43.75	+01:40:35 (57.2%)	11:47	5.1 (43.2%)
238	SOŁYGA Artur	8165		Masters M - 40	51	01:37:45	02:54:37.60	02:55:43.75	+01:40:35 (57.2%)	11:47	5.1 (43.2%)
240	VAN LAERE Sibbelien	8022	AV ZUIDWAL, NEDERLAND	Weteran II K - 60	2	01:41:01	02:59:10.45	02:59:27.40	+01:44:18 (58.1%)	12:06	5 (42.4%)
241	KOZERA Kamil	8052	HARPAGAN SOSNOWIEC	Masters M - 40	52	01:35:07	03:01:01.75	03:01:32.95	+01:46:24 (58.6%)	12:13	4.9 (41.5%)
242	DE MAN Arjan	8004	AV ZUIDWAL, NEDERLAND	Weteran I M - 50	18	01:41:11	03:02:16.60	03:02:26.40	+01:47:17 (58.8%)	12:18	4.9 (41.5%)
243	ŁAWNICZAK Justyna	8056	JUTROSIŃSKI KLUB MORSÓW	Masters K - 40	26	01:40:13	03:04:18.95	03:04:23.50	+01:49:14 (59.2%)	12:27	4.8 (40.7%)
244	KANIA Agnieszka	8231		Senior II K - 30	44		03:04:07.00	03:04:27.00	+01:49:18 (59.3%)	12:26	4.8 (40.7%)
245	WOJCIESZYŃSKA Katarzyna	8061		Senior I K - 20	16	01:40:30	03:03:20.95	03:04:30.60	+01:49:21 (59.3%)	12:23	4.8 (40.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	N1 8.5km	Czas netto 14.8km	Czas brutto 14.8km	Różn	Tempo min/km	Tempo km/h
246	TYBOROWSKI Miłosz	8062		Senior I M - 20	24	01:40:28	03:03:20.45	03:04:30.90	+01:49:22 (59.3%)	12:23	4.8 (40.7%)
247	DE WIT Cees	8005	AV ZUIDWAL, NEDERLAND	Weteran II M - 60	4	01:41:09	03:04:21.55	03:04:35.15	+01:49:26 (59.3%)	12:27	4.8 (40.7%)
248	MROZEK Marcin	8099		Senior I M - 20	25	01:42:43	03:04:06.00	03:05:12.30	+01:50:03 (59.4%)	12:26	4.8 (40.7%)
249	SAFA Hind	8012	AV ZUIDWAL, NEDERLAND	Weteran K - 50	14		03:08:04.85	03:08:24.85	+01:53:16 (60.1%)	12:42	4.7 (39.8%)
250	PLUIM MENTZ Ingeborg	8016	AV ZUIDWAL, NEDERLAND	Weteran K - 50	15		03:08:18.10	03:08:38.10	+01:53:29 (60.2%)	12:43	4.7 (39.8%)
251	SZYSZKA Agnieszka	8157	NIGHT RUNNERS	Masters K - 40	27	01:52:28	03:14:51.75	03:15:53.10	+02:00:44 (61.6%)	13:09	4.6 (39.0%)
252	JERCZYŃSKI Radosław	8158		Masters M - 40	53	01:52:30	03:14:52.60	03:15:53.20	+02:00:44 (61.6%)	13:10	4.6 (39.0%)
253	JASICKI Julian	8136	STROŃSKA GRUPA ROWEROWA	Weteran II M - 60	5	01:49:36	03:23:55.40	03:24:25.90	+02:09:17 (63.2%)	13:46	4.4 (37.3%)
254	STEUR Natascha	8014	AV ZUIDWAL, NEDERLAND	Weteran K - 50	16	01:46:25	03:26:24.00	03:26:41.70	+02:11:33 (63.6%)	13:56	4.3 (36.4%)
255	VAN STEIJN Wim	8031	AV ZUIDWAL, NEDERLAND	Weteran I M - 50	19	01:46:26	03:26:24.75	03:26:43.35	+02:11:34 (63.6%)	13:56	4.3 (36.4%)
256	VIERHOUT Jan Vierhout	8018	AV ZUIDWAL, NEDERLAND	Weteran II M - 60	6	01:40:58	03:26:27.60	03:26:47.60	+02:11:38 (63.7%)	13:56	4.3 (36.4%)
257	ŻEBRACKA-MEJER Kornelia	8134		Senior II K - 30	45	01:49:30	03:26:22.50	03:27:20.00	+02:12:11 (63.8%)	13:56	4.3 (36.4%)
258	PAWEŁKIEWICZ Justyna	8135		Senior II K - 30	46	01:49:30	03:26:21.80	03:27:20.15	+02:12:11 (63.8%)	13:56	4.3 (36.4%)
259	DOMINIAK Agnieszka	8160		Masters K - 40	28	01:50:06	03:27:44.05	03:28:22.70	+02:13:14 (63.9%)	14:02	4.3 (36.4%)
260	MILLER Paweł	8001	BBL LASZ BOGDANIEC	Senior II M - 30	49	01:56:18	03:43:03.60	03:44:01.10	+02:28:52 (66.5%)	15:04	4 (33.9%)
261	VAN DE GEIN Carla	8033	AV ZUIDWAL, NEDERLAND	Weteran K - 50	17	02:03:41	03:54:56.95	03:55:11.45	+02:40:02 (68.0%)	15:52	3.8 (32.2%)
262	VISSER Inge	8015	AV ZUIDWAL, NEDERLAND	Weteran K - 50	18	02:03:37	03:54:57.20	03:55:13.95	+02:40:05 (68.1%)	15:52	3.8 (32.2%)
263	PIEPLENBOSCH Wies	8024	AV ZUIDWAL, NEDERLAND	Weteran II K - 60	3	02:03:41	03:55:07.55	03:55:23.40	+02:40:14 (68.1%)	15:53	3.8 (32.2%)
	ROKITA Mariola	8190		Masters K - 40		01:25:11 DNF	DNF	DNF		-	- (0.0%)
	ŁADOŃSKA Agata	8095		Senior II K - 30		DNF	DNF	DNF		-	- (0.0%)
	PETROVA Katarina	8187		Masters K - 40		DNF	DNF	DNF		-	- (0.0%)
	SEREK Adam	8255	DOGONIĆ BUCZKOWSKIEGO	Senior I M - 20		DNF	DNF	DNF		-	- (0.0%)

Znaleziono 267 wynik(ów)