



# NOCNY TRAIL 15KM

B4SPORT

**Wydarzenie:** Dolnośląski Festiwal Biegów Górskich  
**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2024-07-18  
**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>DUDEK Wojciech</b>	<b>8178</b>	UKS AZYMUT PABIANICE	Senior II M - 30	1	00:43:20	<b>01:15:05.15</b>	<b>01:15:08.65</b>		5:04	11.8 (100%)
2	<b>ŻUCHOWSKI Daniel</b>	<b>8244</b>	ATTIQ TEAM	Senior II M - 30	2	00:43:41	<b>01:17:57.60</b>	<b>01:17:59.35</b>	+00:02:50 (3.6%)	5:16	11.4 (96.6%)
3	<b>DUTKOWSKI Mikołaj</b>	<b>8040</b>	CX-80 POLSKA	Senior II M - 30	3	00:47:27	<b>01:22:06.10</b>	<b>01:22:09.70</b>	+00:07:01 (8.5%)	5:32	10.8 (91.5%)
4	<b>LACKORZYNSKI Olaf</b>	<b>8200</b>		Senior II M - 30	4	00:46:33	<b>01:24:31.90</b>	<b>01:24:36.55</b>	+00:09:27 (11.2%)	5:42	10.5 (89.0%)
5	<b>DĄBEK Kamil</b>	<b>8176</b>		Senior I M - 20	1	00:49:14			+00:05:59	5:47	10.4 (88.1%)
6	<b>TOMASIAK Natalia</b>	<b>8282</b>	SALOMON TEAM	Senior II K - 30	1	00:49:21			+00:05:59	5:48	10.3 (87.3%)
7	<b>ŚWINIARSKI Dawid</b>	<b>8174</b>		Senior II M - 30	5	00:49:24			+00:06:06	5:48	10.3 (87.3%)
8	<b>PŁONOWSKI Maciej</b>	<b>8245</b>	PSZCZÓŁKOWSKI TEAM	Senior II M - 30	6	00:49:35			+00:06:17	5:50	10.3 (87.3%)
9	<b>GRACZ Paweł</b>	<b>8108</b>	ULTRA DIABŁY TEAM LUBRZA	Masters M - 40	1	00:49:37			+00:06:15	5:50	10.3 (87.3%)
10	<b>BEDNARZ Krzysztof</b>	<b>8039</b>	PRZEDWOJEWSKI TEAM	Masters M - 40	2	00:50:43			+00:07:21	5:58	10.1 (85.6%)
11	<b>GĘBORYS Tomasz</b>	<b>8169</b>	SKLEP SALOMON ZAKOPANE	Senior I M - 20	2	00:50:48			+00:07:56	5:58	10 (84.7%)
12	<b>ŁYCZKOWSKI Kamil</b>	<b>8126</b>	WAŁBRZYSKIE PANY	Senior II M - 30	7	00:50:56			+00:07:38	5:59	10 (84.7%)
13	<b>BURYŁO Krzysztof</b>	<b>8078</b>	OBORYGENI	Senior II M - 30	8	00:53:27			+00:10:10	6:17	9.5 (80.5%)
14	<b>BERG Aleksander</b>	<b>8117</b>		Masters M - 40	3	00:53:46			+00:10:24	6:19	9.5 (80.5%)
15	<b>PODGÓRNY Mariusz</b>	<b>8224</b>	TEAM OZIMEK / ULTRANIEPODLEGŁA	Senior II M - 30	9	00:54:28			+00:11:08	6:24	9.4 (79.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	N1 8.5km	Czas netto 14.8km	Czas brutto 14.8km	Różn	Tempo min/km	Tempo km/h
16	<b>BAJSAROWICZ Marlena</b>	<b>8218</b>		Senior I K - 20	1	00:54:29			+00:11:08	6:24	9.4 (79.7%)
17	<b>CHWIŁKA Krzysztof</b>	<b>8237</b>		Senior II M - 30	10	00:55:50			+00:12:46	6:34	9.1 (77.1%)
18	<b>JUCHNIEWICZ Marcin</b>	<b>8230</b>		Masters M - 40	4	00:55:53			+00:12:35	6:34	9.1 (77.1%)
19	<b>NAJDUK Jakub</b>	<b>8035</b>	ROZBIEGANI CHOJNÓW	Senior I M - 20	3	00:55:54			+00:12:34	6:34	9.1 (77.1%)
20	<b>KRUPA Norbert</b>	<b>8073</b>	METR PRZED KOŃCEM ŚWIATA	Masters M - 40	5	00:55:54			+00:12:50	6:34	9.1 (77.1%)
21	<b>PALIŃSKI Bartłomiej</b>	<b>8077</b>	ROZBIEGANI CHOJNÓW	Senior I M - 20	4	00:55:55			+00:12:36	6:34	9.1 (77.1%)
22	<b>BAŁYS Katarzyna</b>	<b>8283</b>		Masters K - 40	1	00:56:07			+00:12:50	6:36	9.1 (77.1%)
23	<b>MODRZYŃSKI Paweł</b>	<b>8223</b>		Senior II M - 30	11	00:56:08			+00:12:51	6:36	9.1 (77.1%)
24	<b>KRAKOWSKA Anna</b>	<b>8226</b>		Senior II K - 30	2	00:56:27			+00:13:08	6:38	9 (76.3%)
25	<b>JANC Kacper</b>	<b>8287</b>		Senior II M - 30	12	00:58:03			+00:15:39	6:49	8.8 (74.6%)
26	<b>ZGOŁA Przemysław</b>	<b>8049</b>	TARNOWO PODGÓRNE BIEGA / MISTRZOWSKI TRENING	Weteran I M - 50	1	00:58:13			+00:14:57	6:50	8.8 (74.6%)
27	<b>PACZEŚNY Artur</b>	<b>8140</b>		Senior I M - 20	5	00:58:17			+00:16:00	6:51	8.8 (74.6%)
28	<b>BOBER Sebastian</b>	<b>8205</b>	SPORTOWY KAŻMIERZ	Senior II M - 30	13	00:58:24			+00:15:06	6:52	8.7 (73.7%)
29	<b>PODSKARBI Michał</b>	<b>8149</b>		Senior II M - 30	14	00:59:22			+00:16:58	6:59	8.6 (72.9%)
30	<b>MOL Michał</b>	<b>8156</b>		Masters M - 40	6	00:59:32			+00:16:44	7:00	8.6 (72.9%)
31	<b>PACEK Tomasz</b>	<b>8177</b>	FIZJOBIEGACZE SZCZECIN	Senior II M - 30	15	00:59:36			+00:16:41	7:00	8.6 (72.9%)
32	<b>BROMIRSKI Maciej</b>	<b>8168</b>		Masters M - 40	7	00:59:56			+00:16:58	7:03	8.5 (72.0%)
33	<b>TRYK Sebastian</b>	<b>8145</b>	AUTOMATYKA.TECH	Weteran I M - 50	2	00:59:58			+00:16:43	7:03	8.5 (72.0%)
34	<b>PERLIK Łukasz</b>	<b>8125</b>	WAŁBRZYSKIE PANY	Senior II M - 30	16	01:00:03			+00:17:05	7:03	8.5 (72.0%)
35	<b>KARWACKI Grzegorz</b>	<b>8188</b>	KATCROS WAŁBRZYCH	Weteran I M - 50	3	01:00:20			+00:17:00	7:05	8.5 (72.0%)
36	<b>REGUŁA Piotr</b>	<b>8131</b>		Senior I M - 20	6	01:00:49			+00:17:52	7:09	8.4 (71.2%)
37	<b>WOŹNIAK Jakub</b>	<b>8186</b>	MENEON RUNNERS	Senior II M - 30	17	01:01:22			+00:18:48	7:13	8.3 (70.3%)
38	<b>BATOR Michał</b>	<b>8204</b>		Masters M - 40	8	01:01:59			+00:18:44	7:17	8.2 (69.5%)
39	<b>WRÓBLEWSKI Wojciech</b>	<b>8094</b>		Senior II M - 30	18	01:01:59			+00:19:03	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
40	<b>BUSS Jakub</b>	<b>8288</b>	KUDOWIANKA RUN	Weteran I M - 50	4	01:02:18			+00:19:33	7:19	8.2 (69.5%)
41	<b>PAULI Maciej</b>	<b>8159</b>		Senior I M - 20	7	01:02:27			+00:19:30	7:20	8.2 (69.5%)
42	<b>KADŁUBOWSKI Piotr</b>	<b>8280</b>	KOTWICA BRZEG/RUN100LOVE	Masters M - 40	9	01:02:35			+00:19:13	7:21	8.1 (68.6%)
43	<b>KUROWSKI Michał</b>	<b>8281</b>		Senior I M - 20	8	01:02:35			+00:20:01	7:21	8.1 (68.6%)
44	<b>TRZPIOLA Tycjan</b>	<b>8002</b>	KURACJUSZE	Senior II M - 30	19	01:02:51			+00:19:52	7:23	8.1 (68.6%)
45	<b>GÓRKA Piotr</b>	<b>8248</b>		Masters M - 40	10	01:02:55			+00:19:58	7:24	8.1 (68.6%)
46	<b>WILCZYŃSKA Beata</b>	<b>8103</b>	#ZALINIAMETYTEAM	Senior II K - 30	3	01:03:00			+00:20:10	7:24	8.1 (68.6%)
47	<b>KRUPA Ula</b>	<b>8072</b>	MKS PARASOL WROCLAW	Senior I K - 20	2	01:03:01			+00:19:57	7:24	8.1 (68.6%)
48	<b>TRZECIAK Jacek</b>	<b>8243</b>	MKS SIECHNICE	Masters M - 40	11	01:03:06			+00:20:03	7:25	8.1 (68.6%)
49	<b>MAZUR Patryk</b>	<b>8180</b>	AKADEMIA RUCHU	Masters M - 40	12	01:03:19			+00:20:00	7:26	8.1 (68.6%)
50	<b>MAZUR Monika</b>	<b>8110</b>	KATCROSS	Masters K - 40	2	01:03:19			+00:20:01	7:26	8.1 (68.6%)
51	<b>MCKENNA Jasmina</b>	<b>8139</b>		Senior II K - 30	4	01:03:20			+00:20:11	7:27	8.1 (68.6%)
52	<b>JARANOWSKI Tomasz</b>	<b>8107</b>	AKTYWNY GRUDZIĄDZ	Masters M - 40	13	01:03:22			+00:21:00	7:27	8 (67.8%)
53	<b>PLOCH Weronika</b>	<b>8090</b>		Senior I K - 20	3	01:03:28			+00:21:02	7:28	8 (67.8%)
54	<b>KRZEMIŃSKI Arkadiusz</b>	<b>8274</b>		Masters M - 40	14	01:03:46			+00:21:02	7:30	8 (67.8%)
55	<b>KULKA Jan</b>	<b>8009</b>		Senior I M - 20	9	01:04:03			+00:20:57	7:32	8 (67.8%)
56	<b>KRZESIMOWSKI Damian</b>	<b>8047</b>	ENERGENT POLSKA	Masters M - 40	15	01:04:24			+00:21:44	7:34	7.9 (66.9%)
57	<b>LUKASZCZYK Bartosz</b>	<b>8191</b>		Senior I M - 20	10	01:04:38			+00:21:49	7:36	7.9 (66.9%)
58	<b>BERG Elwira</b>	<b>8118</b>		Masters K - 40	3	01:04:46			+00:21:25	7:37	7.9 (66.9%)
59	<b>JABŁOŃSKI Wojciech</b>	<b>8279</b>	SPECSMART	Senior II M - 30	20	01:04:51			+00:22:09	7:37	7.9 (66.9%)
60	<b>WYRWAŁ Tomasz</b>	<b>8278</b>		Senior II M - 30	21	01:04:52			+00:22:09	7:37	7.9 (66.9%)
61	<b>MISIURA Łukasz</b>	<b>8228</b>		Senior II M - 30	22	01:04:54			+00:22:31	7:38	7.9 (66.9%)
62	<b>CZERWIŃSKA Julia</b>	<b>8162</b>		Senior I K - 20	4	01:05:31			+00:22:46	7:42	7.8 (66.1%)
63	<b>TOMAS Paweł</b>	<b>8272</b>		Senior I M - 20	11	01:05:57			+00:23:05	7:45	7.7 (65.3%)
64	<b>EISLER Sebastian</b>	<b>8222</b>		Senior II M - 30	23	01:06:19			+00:23:59	7:48	7.7 (65.3%)

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65	<b>KOPACKI Tomasz</b>	<b>8253</b>		Senior II M - 30	24	01:07:29			+00:24:42	7:56	7.6 (64.4%)
66	<b>ROSZYK Tomasz</b>	<b>8071</b>	TKKF MPK POZNAŃ	Masters M - 40	16	01:07:31			+00:25:14	7:56	7.6 (64.4%)
67	<b>HOLIK Maciej</b>	<b>8264</b>		Masters M - 40	17	01:07:59			+00:25:49	7:59	7.5 (63.6%)
68	<b>SMUSZ Grzegorz</b>	<b>8121</b>		Masters M - 40	18	01:08:03			+00:24:51	8:00	7.5 (63.6%)
69	<b>KRYGOWSKI Przemysław</b>	<b>8265</b>		Senior I M - 20	12	01:08:04			+00:25:54	8:00	7.5 (63.6%)
70	<b>SZYDŁOWSKI Robert</b>	<b>8275</b>		Weteran I M - 50	5	01:08:08			+00:25:04	8:00	7.5 (63.6%)
71	<b>TYL Radosław</b>	<b>8060</b>		Masters M - 40	19	01:08:09			+00:25:51	8:01	7.5 (63.6%)
72	<b>PAWLAK Jarosław</b>	<b>8241</b>	KOŁO BIEGA	Masters M - 40	20	01:08:22			+00:25:02	8:02	7.5 (63.6%)
73	<b>DUPLAGA Dawid</b>	<b>8268</b>		Senior I M - 20	13	01:08:26			+00:26:06	8:03	7.5 (63.6%)
74	<b>JORDAN Robert</b>	<b>8038</b>	TARNOWO PODGÓRNE BIEGA	Weteran I M - 50	6	01:08:27			+00:25:51	8:03	7.5 (63.6%)
75	<b>MIKOLAJCZYK Krzysztof</b>	<b>8249</b>	ULTRASZY Z WIENERWALD	Masters M - 40	21	01:08:34			+00:26:25	8:04	7.4 (62.7%)
76	<b>GRZYWOCZ Sebastian</b>	<b>8212</b>	SUUNTO	Senior II M - 30	25	01:08:36			+00:25:42	8:04	7.4 (62.7%)
77	<b>ŁUKASZEWSKI Michał</b>	<b>8102</b>	#ZALINAMETYTEAM	Masters M - 40	22	01:08:45			+00:25:53	8:05	7.4 (62.7%)
78	<b>BELICA Daniel</b>	<b>8003</b>		Masters M - 40	23	01:08:48			+00:26:08	8:05	7.4 (62.7%)
79	<b>GRZYWOCZ Filip</b>	<b>8213</b>		Senior I M - 20	14	01:08:50			+00:25:56	8:05	7.4 (62.7%)
80	<b>POPADYCZ Damian</b>	<b>8236</b>	MATNER RUNNING TEAM WROCŁAW	Senior II M - 30	26	01:08:59			+00:26:22	8:06	7.4 (62.7%)
81	<b>NYC Pina</b>	<b>8256</b>		Senior II K - 30	5	01:09:03			+00:25:52	8:07	7.4 (62.7%)
82	<b>FRELICH Natalia</b>	<b>8146</b>	KAT CROSS	Senior II K - 30	6	01:09:10			+00:26:07	8:08	7.4 (62.7%)
83	<b>PIETRUSZKA Łukasz</b>	<b>8057</b>		Senior II M - 30	27	01:09:17			+00:26:17	8:09	7.4 (62.7%)
84	<b>STANOSZ-CHEŁKOWSKA Aneta</b>	<b>8262</b>	HARDE DZIKI	Masters K - 40	4	01:09:25			+00:26:15	8:10	7.3 (61.9%)
85	<b>KOŁODKO Natalia</b>	<b>8199</b>	TARNOWO PODGÓRNE BIEGA	Masters K - 40	5	01:09:35			+00:26:59	8:11	7.3 (61.9%)
86	<b>MROZIŃSKI Marcin</b>	<b>8041</b>	SPORT GENERATION	Masters M - 40	24	01:09:39			+00:26:36	8:11	7.3 (61.9%)
87	<b>STASZEWSKI Dariusz</b>	<b>8185</b>		Senior II M - 30	28	01:09:58			+00:27:20	8:13	7.3 (61.9%)

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88	<b>KOSTRUBIEC Maciej</b>	<b>8144</b>	SII RUNNING TEAM	Senior I M - 20	15	01:10:19			+00:27:36	8:16	7.3 (61.9%)
89	<b>KAMECKA Sylwia</b>	<b>8242</b>		Senior II K - 30	7	01:10:28			+00:27:39	8:17	7.2 (61.0%)
90	<b>BRĘKUS Aleksandra</b>	<b>8142</b>		Senior II K - 30	8	01:10:49			+00:27:34	8:19	7.2 (61.0%)
91	<b>BRĘKUS Bartosz</b>	<b>8143</b>		Senior II M - 30	29	01:10:49			+00:27:35	8:19	7.2 (61.0%)
92	<b>NAZIMEK Piotr</b>	<b>8044</b>		Masters M - 40	25	01:10:53			+00:28:05	8:20	7.2 (61.0%)
93	<b>KOPROWSKI Tomasz</b>	<b>8261</b>	BIEGANIE.PL	Senior II M - 30	30	01:10:53			+00:28:26	8:20	7.2 (61.0%)
94	<b>PLUTA Kinga</b>	<b>8011</b>		Senior I K - 20	5	01:11:04			+00:28:43	8:21	7.2 (61.0%)
95	<b>STAWUJAK Jacek</b>	<b>8010</b>		Masters M - 40	26	01:11:33			+00:28:29	8:25	7.1 (60.2%)
96	<b>ŁAMPIKA Kinga</b>	<b>8109</b>	GOOD MOVE	Masters K - 40	6	01:11:44			+00:28:36	8:26	7.1 (60.2%)
97	<b>SNIEGOCKI Paweł</b>	<b>8263</b>	TARNOWSKIE TERMY TRIATHLON TEAM	Masters M - 40	27	01:12:03			+00:29:07	8:28	7.1 (60.2%)
98	<b>KLUCZKIEWICZ Wojciech</b>	<b>8229</b>		Senior II M - 30	31	01:12:09			+00:29:08	8:29	7.1 (60.2%)
99	<b>NOGANOWICZ Agata</b>	<b>8235</b>	PRO-RUN WROCŁAW	Weteran K - 50	1	01:12:11			+00:29:22	8:29	7.1 (60.2%)
100	<b>NAPIERAŁA Andrzej</b>	<b>8197</b>	MTS DRUŻYNA SZPIKU KGHM	Weteran II M - 60	1	01:12:15			+00:30:26	8:30	7.1 (60.2%)
101	<b>KUBASIK Marcin</b>	<b>8271</b>		Masters M - 40	28	01:12:26			+00:29:26	8:31	7 (59.3%)
102	<b>STARZYCKA Barbara</b>	<b>8141</b>		Senior II K - 30	9	01:12:27			+00:29:38	8:31	7 (59.3%)
103	<b>SIKORA Malwina</b>	<b>8128</b>	DROGA DO ULTRA	Senior I K - 20	6	01:12:43			+00:29:27	8:33	7 (59.3%)
104	<b>ZAWARTKA Małgorzata</b>	<b>8173</b>		Senior II K - 30	10	01:13:36			+00:30:44	8:39	6.9 (58.5%)
105	<b>SZRAMOWIAT Marek</b>	<b>8238</b>	SALOMON	Masters M - 40	29	01:13:36			+00:30:45	8:39	6.9 (58.5%)
106	<b>KASPEROWICZ Mateusz</b>	<b>8130</b>		Senior II M - 30	32	01:13:51			+00:31:34	8:41	6.9 (58.5%)
107	<b>KUŹNIAK Martyna</b>	<b>8286</b>		Weteran K - 50	2	01:13:56			+00:30:40	8:41	6.9 (58.5%)
108	<b>SZAL Małgorzata</b>	<b>8105</b>	TENIS CENTRUM AS	Senior II K - 30	11	01:14:18			+00:31:33	8:44	6.9 (58.5%)
109	<b>MAŚLARZ Szymon</b>	<b>8192</b>		Senior I M - 20	16	01:14:31			+00:31:41	8:46	6.8 (57.6%)
110	<b>RYCHTER Maciej</b>	<b>8123</b>	ONE STEP	Senior II M - 30	33	01:14:37			+00:32:20	8:46	6.8 (57.6%)
111	<b>JANECZKO Michał</b>	<b>8116</b>	POWOLNIAK	Senior II M - 30	34	01:14:49			+00:31:51	8:48	6.8 (57.6%)
112	<b>BARCZAK Ewelina</b>	<b>8043</b>	AKTYWNY GRUDZIĄDZ	Senior II K - 30	12	01:16:04			+00:33:42	8:56	6.7 (56.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	N1 8.5km	Czas netto 14.8km	Czas brutto 14.8km	Różn	Tempo min/km	Tempo km/h
113	<b>SKRZYPEK Hubert</b>	<b>8206</b>		Senior I M - 20	17	01:16:40			+00:33:46	9:01	6.7 (56.8%)
114	<b>BUGAJSKI Marcin</b>	<b>8194</b>		Masters M - 40	30	01:16:42			+00:33:49	9:01	6.6 (55.9%)
115	<b>RUDA Kamila</b>	<b>8114</b>		Senior II K - 30	13	01:16:44			+00:34:13	9:01	6.6 (55.9%)
116	<b>WALAC Jacek</b>	<b>8045</b>	100 MARATHON CLUB POLSKA	Masters M - 40	31	01:16:49			+00:33:49	9:02	6.6 (55.9%)
117	<b>ULEJCZYK Kamil</b>	<b>8086</b>	TUPTUP	Senior I M - 20	18	01:16:59			+00:34:21	9:03	6.6 (55.9%)
118	<b>SOCHA Michał</b>	<b>8098</b>	WARTKIE PIERONY	Weteran I M - 50	7	01:16:59			+00:34:47	9:03	6.6 (55.9%)
119	<b>JANOSZ Paweł</b>	<b>8034</b>		Senior I M - 20	19	01:17:00			+00:34:22	9:03	6.6 (55.9%)
120	<b>JOŃCZYK Paula</b>	<b>8084</b>	TUPTUP	Senior II K - 30	14	01:17:07			+00:34:28	9:04	6.6 (55.9%)
121	<b>ROBAK Natalia</b>	<b>8085</b>		Senior II K - 30	15	01:17:08			+00:34:29	9:04	6.6 (55.9%)
122	<b>SCHRAM Arne</b>	<b>8026</b>	AV ZUIDWAL, NEDERLAND	Weteran I M - 50	8	01:17:13			+00:34:04	9:05	6.6 (55.9%)
123	<b>BOUT Ed</b>	<b>8007</b>	AV ZUIDWAL, NEDERLAND	Weteran I M - 50	9	01:17:30			+00:34:25	9:07	6.6 (55.9%)
124	<b>IDZENGA Hessel</b>	<b>8028</b>	AV ZUIDWAL, NEDERLAND	Weteran I M - 50	10	01:17:44			+00:34:37	9:08	6.6 (55.9%)
125	<b>BUCKO Karolina</b>	<b>8246</b>	TP BIEGA	Weteran K - 50	3	01:17:47			+00:35:11	9:09	6.6 (55.9%)
126	<b>BORECKI Tomasz</b>	<b>8068</b>	WARTKIE PIERONY	Weteran I M - 50	11	01:17:49			+00:35:37	9:09	6.6 (55.9%)
127	<b>DE RAADT Peter De Raadt</b>	<b>8030</b>	AV ZUIDWAL, NEDERLAND	Weteran I M - 50	12	01:17:54			+00:34:41	9:09	6.5 (55.1%)
128	<b>PLACKOWSKI Marcin</b>	<b>8171</b>	MENEON	Senior II M - 30	35	01:17:57			+00:35:25	9:10	6.5 (55.1%)
129	<b>PERLIK Natalia</b>	<b>8132</b>		Senior I K - 20	7	01:18:11			+00:35:40	9:11	6.5 (55.1%)
130	<b>PTAK Adrian</b>	<b>8234</b>		Senior I M - 20	20	01:18:12			+00:35:41	9:12	6.5 (55.1%)
131	<b>CZESKA Karolina</b>	<b>8063</b>	LAMPART TRENING	Senior II K - 30	16	01:18:16			+00:35:55	9:12	6.5 (55.1%)
132	<b>OLSZEWSKI Tomek</b>	<b>8172</b>		Masters M - 40	32	01:18:22			+00:35:53	9:13	6.5 (55.1%)
133	<b>OLSZEWSKI Jacek</b>	<b>8170</b>		Masters M - 40	33	01:18:23			+00:35:56	9:13	6.5 (55.1%)
134	<b>KWIATEK Filip</b>	<b>8163</b>		Senior II M - 30	36	01:18:26			+00:35:07	9:13	6.5 (55.1%)
135	<b>OZIMINA Hubert</b>	<b>8055</b>	OBORYGENI	Masters M - 40	34	01:18:28			+00:35:54	9:13	6.5 (55.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	N1 8.5km	Czas netto 14.8km	Czas brutto 14.8km	Różn	Tempo min/km	Tempo km/h
136	<b>HERWICHOWSKI Marcin</b>	<b>8227</b>	TARNOWO PODGÓRNE BIEGA	Weteran I M - 50	13	01:18:33			+00:35:59	9:14	6.5 (55.1%)
137	<b>ŻAK Artur</b>	<b>8065</b>	SQUISHY BOI	Senior II M - 30	37	01:18:43			+00:36:11	9:15	6.5 (55.1%)
138	<b>PRZYBYLAK Kasia</b>	<b>8104</b>	#ZALINIAMETYTEAM	Senior I K - 20	8	01:18:55			+00:36:05	9:17	6.5 (55.1%)
139	<b>ŁESKE Jan</b>	<b>8036</b>	ZA LINIĄ METY TEAM	Masters M - 40	35	01:19:00			+00:36:12	9:17	6.5 (55.1%)
140	<b>ŁOZOWSKI Paweł</b>	<b>8129</b>		Senior II M - 30	38	01:19:00			+00:36:42	9:17	6.5 (55.1%)
141	<b>MILEJ Wojciech</b>	<b>8239</b>		Senior II M - 30	39	01:19:01			+00:36:21	9:17	6.5 (55.1%)
142	<b>SKOTARCZAK Aleksandra</b>	<b>8285</b>		Senior I K - 20	9	01:19:26			+00:37:05	9:20	6.4 (54.2%)
143	<b>JACKOWSKA Roksana</b>	<b>8152</b>		Senior II K - 30	17	01:19:29			+00:36:48	9:21	6.4 (54.2%)
144	<b>HROBOK Monika</b>	<b>8175</b>		Weteran K - 50	4	01:19:30			+00:36:49	9:21	6.4 (54.2%)
145	<b>SOCHA Marlena</b>	<b>8097</b>	WARTKIE PIERONY	Weteran K - 50	5	01:19:37			+00:37:24	9:22	6.4 (54.2%)
146	<b>DOLCZEWSKI Bartosz</b>	<b>8082</b>		Senior II M - 30	40	01:20:02			+00:37:49	9:24	6.4 (54.2%)
147	<b>MAZUR Magda</b>	<b>8113</b>		Senior II K - 30	18	01:20:18			+00:37:43	9:26	6.4 (54.2%)
148	<b>OBSTARCZYK Daria</b>	<b>8150</b>		Senior I K - 20	10	01:20:23			+00:37:41	9:27	6.3 (53.4%)
149	<b>BŁAŻEJ Małgorzata</b>	<b>8112</b>	ASSECO ACTIVE TEAM	Senior II K - 30	19	01:20:35			+00:38:00	9:28	6.3 (53.4%)
150	<b>SIBIELAK Tomasz</b>	<b>8080</b>	BIEGOWA KUŹNIA	Masters M - 40	36	01:20:45			+00:37:45	9:30	6.3 (53.4%)
151	<b>KAŹMIERCZAK Łukasz</b>	<b>8179</b>		Masters M - 40	37	01:20:51			+00:38:25	9:30	6.3 (53.4%)
152	<b>AUGUSTYNOWICZ Aurelia</b>	<b>8070</b>		Weteran K - 50	6	01:21:48			+00:38:27	9:37	6.2 (52.5%)
153	<b>DOSKOCZ Elżbieta</b>	<b>8151</b>		Weteran K - 50	7	01:21:49			+00:39:08	9:37	6.2 (52.5%)
154	<b>AUGUSTYNOWICZ Andrzej</b>	<b>8069</b>		Weteran I M - 50	14	01:22:00			+00:38:39	9:38	6.2 (52.5%)
155	<b>PASZKIEWICZ-ŻAK Monika</b>	<b>8064</b>		Senior II K - 30	20	01:22:11			+00:39:34	9:40	6.2 (52.5%)
156	<b>SZYMAŃSKI Jarosław</b>	<b>8013</b>		Senior I M - 20	21	01:22:27			+00:40:08	9:42	6.2 (52.5%)
157	<b>RUSIN Szymon</b>	<b>8267</b>		Senior II M - 30	41	01:23:01			+00:40:32	9:46	6.1 (51.7%)
158	<b>HERKOWIAK Monika</b>	<b>8079</b>	TARNOWO PODGÓRNE BIEGA	Senior II K - 30	21	01:23:09			+00:40:33	9:46	6.1 (51.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	N1 8.5km	Czas netto 14.8km	Czas brutto 14.8km	Różn	Tempo min/km	Tempo km/h
159	<b>WRÓBEL Marzena</b>	<b>8088</b>	TARNOWO PODGÓRNE BIEGA	Weteran K - 50	8	01:23:09			+00:40:34	9:46	6.1 (51.7%)
160	<b>KONIECZNA Anna</b>	<b>8096</b>	TARNOWO PODGÓRNE BIEGA	Masters K - 40	7	01:23:09			+00:40:35	9:46	6.1 (51.7%)
161	<b>WRÓBEL Zbigniew</b>	<b>8087</b>	TARNOWO	Weteran I M - 50	15	01:23:10			+00:40:35	9:47	6.1 (51.7%)
162	<b>BILOWICZ Miłosz</b>	<b>8221</b>		Senior II M - 30	42	01:23:18			+00:40:15	9:48	6.1 (51.7%)
163	<b>PILC Wojciech</b>	<b>8220</b>		Masters M - 40	38	01:23:22			+00:40:38	9:48	6.1 (51.7%)
164	<b>WASZAK Bartosz</b>	<b>8053</b>		Senior I M - 20	22	01:23:35			+00:40:53	9:50	6.1 (51.7%)
165	<b>ŚWINKA Alicja</b>	<b>8054</b>		Senior I K - 20	11	01:23:36			+00:40:54	9:50	6.1 (51.7%)
166	<b>BANACH-SKOWRONEK Joanna</b>	<b>8091</b>	OJ NIEFAJNIE	Senior II K - 30	22	01:23:43			+00:41:05	9:50	6.1 (51.7%)
167	<b>SKOWRONEK Tomasz</b>	<b>8092</b>	OJ NIEFAJNIE	Senior II M - 30	43	01:23:44			+00:41:05	9:51	6.1 (51.7%)
168	<b>FASZCZA Agnieszka</b>	<b>8042</b>	MARATOŃCZYK POZNAŃ	Senior II K - 30	23	01:23:55			+00:41:05	9:52	6.1 (51.7%)
169	<b>PIECZARKA Patryk</b>	<b>8120</b>		Senior II M - 30	44	01:24:03			+00:41:03	9:53	6.1 (51.7%)
170	<b>ŁAWNICZAK Justyna</b>	<b>8056</b>	JUTROSIŃSKI KLUB MORSÓW	Masters K - 40	8						(0.0%)
171	<b>KUCHARCZYK Patrycja</b>	<b>8161</b>		Senior I K - 20	12						(0.0%)
172	<b>SZACHT Rafał</b>	<b>8050</b>		Masters M - 40	39						(0.0%)
173	<b>SZACHT Izabela</b>	<b>8051</b>		Masters K - 40	9						(0.0%)
174	<b>SZYMCZAK Marcin</b>	<b>8048</b>		Masters M - 40	40						(0.0%)
175	<b>DE MAN Arjan</b>	<b>8004</b>	AV ZUIDWAL, NEDERLAND	Weteran I M - 50	16						(0.0%)
176	<b>HONING Ingrid</b>	<b>8017</b>	AV ZUIDWAL, NEDERLAND	Senior II K - 30	24						(0.0%)
177	<b>DYBEK Judyta</b>	<b>8217</b>		Senior II K - 30	25						(0.0%)
178	<b>RUGERS Ciska</b>	<b>8006</b>	AV ZUIDWAL, NEDERLAND	Weteran K - 50	9						(0.0%)
179	<b>VAN SCHAİK Marleen</b>	<b>8032</b>	AV ZUIDWAL, NEDERLAND	Masters K - 40	10						(0.0%)
180	<b>TUCHENDLER Paweł</b>	<b>8216</b>	HELLS ANGELS MC WROCŁAW	Senior II M - 30	45						(0.0%)
181	<b>DANENBERG Lianne</b>	<b>8029</b>	AV ZUIDWAL, NEDERLAND	Masters K - 40	11						(0.0%)
182	<b>SLOKKER BOOR Gonnie</b>	<b>8008</b>	AV ZUIDWAL, NEDERLAND	Weteran II K - 60	1						(0.0%)
183	<b>EESTERMANS Annette</b>	<b>8059</b>	AV ZUIDWAL, NEDERLAND	Weteran K - 50	10						(0.0%)
184	<b>GLAPIAK-PRZYTUŁA Agnieszka</b>	<b>8025</b>	AV ZUIDWAL, NEDERLAND	Masters K - 40	12						(0.0%)
185	<b>JES Karen</b>	<b>8020</b>	AV ZUIDWAL, NEDERLAND	Weteran K - 50	11						(0.0%)
186	<b>DE WIT Cees</b>	<b>8005</b>	AV ZUIDWAL, NEDERLAND	Weteran II M - 60	2						(0.0%)
187	<b>VAN DE GEIN Carla</b>	<b>8033</b>	AV ZUIDWAL, NEDERLAND	Weteran K - 50	12						(0.0%)
188	<b>PIEPLENBOSCH Wies</b>	<b>8024</b>	AV ZUIDWAL, NEDERLAND	Weteran II K - 60	2						(0.0%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	N1 8.5km	Czas netto 14.8km	Czas brutto 14.8km	Różn	Tempo min/km	Tempo km/h
189	<b>VISSER Inge</b>	<b>8015</b>	AV ZUIDWAL, NEDERLAND	Weteran K - 50	13						(0.0%)
190	<b>VAN LAERE Sibbelien</b>	<b>8022</b>	AV ZUIDWAL, NEDERLAND	Weteran II K - 60	3						(0.0%)
191	<b>STEUR Natascha</b>	<b>8014</b>	AV ZUIDWAL, NEDERLAND	Weteran K - 50	14						(0.0%)
192	<b>SZYPULEWSKA Kamila</b>	<b>8252</b>		Senior II K - 30	26						(0.0%)
193	<b>VAN STEIJN Wim</b>	<b>8031</b>	AV ZUIDWAL, NEDERLAND	Weteran I M - 50	17						(0.0%)
194	<b>KOŁODZIEJCZAK Magdalena</b>	<b>8251</b>		Senior II K - 30	27						(0.0%)
195	<b>ROZDOLSKA Lucyna</b>	<b>8147</b>	ATLAS WARD	Senior II K - 30	28						(0.0%)
196	<b>GĄSZCZAK Iwona</b>	<b>8269</b>		Masters K - 40	13						(0.0%)
197	<b>DRYMEL Joanna</b>	<b>8137</b>	DESTYLATOR RUNNING TEAM	Masters K - 40	14						(0.0%)
198	<b>GĄSZCZAK Mariusz</b>	<b>8270</b>	SPARTA ULTRA TEAM	Masters M - 40	41						(0.0%)
199	<b>KULA Sebastian</b>	<b>8074</b>		Masters M - 40	42						(0.0%)
200	<b>CHORWACKI Kamil</b>	<b>8167</b>	JJJ	Masters M - 40	43						(0.0%)
201	<b>SZPUREK Jarosław</b>	<b>8166</b>	TETRYCY SPWL	Masters M - 40	44						(0.0%)
202	<b>JASICKI Julian</b>	<b>8136</b>	STROŃSKA GRUPA ROWEROWA	Weteran II M - 60	3						(0.0%)
203	<b>KOZERA Kamil</b>	<b>8052</b>	HARPAGAN SOSNOWIEC	Masters M - 40	45						(0.0%)
204	<b>DZIEDZIC Anna</b>	<b>8259</b>		Senior II K - 30	29						(0.0%)
205	<b>NOWOWIEJSKA Anita</b>	<b>8266</b>		Masters K - 40	15						(0.0%)
206	<b>ROKITA Mariola</b>	<b>8190</b>		Masters K - 40	16						(0.0%)
207	<b>ŁUŻNY Agnieszka</b>	<b>8148</b>		Senior II K - 30	30						(0.0%)
208	<b>KACHNIARZ Justyna</b>	<b>8106</b>	SPORT GENERATION	Senior II K - 30	31						(0.0%)
209	<b>DOMINIAK Agnieszka</b>	<b>8160</b>		Masters K - 40	17						(0.0%)
210	<b>SZCZEPKOWSKI Paweł</b>	<b>8195</b>	ARTEQUIPMENT	Weteran II M - 60	4						(0.0%)
211	<b>MROZIŃSKA Agata</b>	<b>8046</b>	SPORT GENERATION	Masters K - 40	18						(0.0%)
212	<b>IZDEBSKA Monika</b>	<b>8066</b>	SPORT GNERATION	Masters K - 40	19						(0.0%)
213	<b>KOŃKA Mariusz</b>	<b>8254</b>	BOGDAN TEAM	Weteran I M - 50	18						(0.0%)
214	<b>SZCZEPANIAK Małgorzata</b>	<b>8124</b>		Weteran K - 50	15						(0.0%)
215	<b>BELTER Agnieszka</b>	<b>8037</b>	RKS PIŁA PODLASIE	Masters K - 40	20						(0.0%)
216	<b>CIOŁEK Kacper</b>	<b>8211</b>		Senior I M - 20	23						(0.0%)
217	<b>SOJA-WAWRYSZEWICZ Agata</b>	<b>8089</b>	WOJTEK KOTARBA RUNNING TEAM	Masters K - 40	21						(0.0%)
218	<b>WÓJCIK Katarzyna</b>	<b>8093</b>		Masters K - 40	22						(0.0%)
219	<b>FOGIEL Katarzyna</b>	<b>8076</b>	ROZBIEGANI CHOJNÓW	Senior II K - 30	32						(0.0%)
220	<b>BOMBOLA Moniką</b>	<b>8138</b>	TARNOWO PODGÓRNE BIEGA	Masters K - 40	23						(0.0%)
221	<b>KOŃCZAL Damian</b>	<b>8067</b>	RL DESIGN	Senior II M - 30	46						(0.0%)
222	<b>WESOŁOWSKA Monika</b>	<b>8081</b>		Senior II K - 30	33						(0.0%)
223	<b>BOMBOLA Bogumił</b>	<b>8208</b>	TARNOWO PODGÓRNE BIEGA	Weteran I M - 50	19						(0.0%)
224	<b>BIEŃ Katarzyna</b>	<b>8247</b>		Senior II K - 30	34						(0.0%)
225	<b>POMIANOWSKA Romana</b>	<b>8209</b>	KURACJUSZE	Senior II K - 30	35						(0.0%)
226	<b>MORAWSKI Paweł</b>	<b>8127</b>		Masters M - 40	46						(0.0%)
227	<b>JÓŻWIK Joanna</b>	<b>8189</b>	BIEGANIE.PL	Senior II K - 30	36						(0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	N1 8.5km	Czas netto 14.8km	Czas brutto 14.8km	Różn	Tempo min/km	Tempo km/h
228	<b>CZEKAŁA</b> Zuzanna	<b>8203</b>	BIEGANIE.PL	Senior I K - 20	13						(0.0%)
229	<b>ZAWISTOWSKA</b> Katarzyna	<b>8225</b>		Senior II K - 30	37						(0.0%)
230	<b>ŻEBRACKA-MEJER</b> Kornelia	<b>8134</b>		Senior II K - 30	38						(0.0%)
231	<b>MILLER</b> Paweł	<b>8001</b>	BBL LASY BOGDANIEC	Senior II M - 30	47						(0.0%)
232	<b>KRYSZAK</b> Iwona	<b>8184</b>	KRYSZAK TEAM	Masters K - 40	24						(0.0%)
233	<b>PAWEŁKIEWICZ</b> Justyna	<b>8135</b>		Senior II K - 30	39						(0.0%)
234	<b>KRYSZAK</b> Marcin	<b>8207</b>		Masters M - 40	47						(0.0%)
235	<b>KRYSZAK</b> Aneta	<b>8182</b>	KRYSZAK TEAM	Senior II K - 30	40						(0.0%)
236	<b>JERCZYŃSKI</b> Radosław	<b>8158</b>		Masters M - 40	48						(0.0%)
237	<b>MOŚ</b> Dorota	<b>8154</b>		Masters K - 40	25						(0.0%)
238	<b>KRYSZAK</b> Kazimierz	<b>8183</b>	KRYSZAK TEAM	Senior II M - 30	48						(0.0%)
239	<b>SZYSZKA</b> Agnieszka	<b>8157</b>	NIGHT RUNNERS	Masters K - 40	26						(0.0%)
240	<b>MOŚ</b> Dariusz	<b>8155</b>		Masters M - 40	49						(0.0%)
241	<b>TYRALSKA</b> Gaja	<b>8219</b>	DOLNY ŚLĄSK	Senior II K - 30	41						(0.0%)
242	<b>KUBICZ</b> Bartłomiej	<b>8284</b>		Masters M - 40	50						(0.0%)
243	<b>SOŁYGA</b> Magdalena	<b>8164</b>		Masters K - 40	27						(0.0%)
244	<b>ŚWIĘTOSŁAWSKA</b> Katarzyna	<b>8133</b>		Masters K - 40	28						(0.0%)
245	<b>MROZEK</b> Marcin	<b>8099</b>		Senior I M - 20	24						(0.0%)
246	<b>SOŁYGA</b> Artur	<b>8165</b>		Masters M - 40	51						(0.0%)
247	<b>WOŹNIAK</b> Mirosław	<b>8214</b>	TKKF MPK POZNAŃ	Weteran II M - 60	5						(0.0%)
248	<b>BAR</b> Aleksandra	<b>8210</b>	GMINA STRZELCE OPOLSKIE	Masters K - 40	29						(0.0%)
249	<b>ZAJĄC</b> Magdalena	<b>8202</b>		Senior I K - 20	14						(0.0%)
250	<b>DUDKIEWICZ</b> Zofia	<b>8201</b>		Senior I K - 20	15						(0.0%)
251	<b>WOJCIESZYŃSKA</b> Katarzyna	<b>8061</b>		Senior I K - 20	16						(0.0%)
252	<b>MAJCHRZYCKI</b> Sławomir	<b>8273</b>	TKKF MPK POZNAŃ	Masters M - 40	52						(0.0%)
253	<b>MOSKALSKA</b> Magdalena	<b>8111</b>		Senior II K - 30	42						(0.0%)
254	<b>TYBOROWSKI</b> Miłosz	<b>8062</b>		Senior I M - 20	25						(0.0%)
255	<b>DRGAS</b> Małgorzata	<b>8100</b>	WARTKIE PIERONY	Senior II K - 30	43						(0.0%)
256	<b>DANCH</b> Karol	<b>8101</b>	WARTKIE PIERONY	Senior II M - 30	49						(0.0%)
257	<b>BIERNACKA</b> Katarzyna	<b>8277</b>	SPELEOKLUB WARSZAWSKI	Weteran K - 50	16						(0.0%)
258	<b>GRZESIOK</b> Paulina	<b>8276</b>	SPELEOKLUB DĄBROWA GÓRNICZA	Senior II K - 30	44						(0.0%)
259	<b>CHOMIK</b> Katarzyna	<b>8258</b>	ULTRASY Z WIENERWALD	Senior II K - 30	45						(0.0%)
	<b>SEREK</b> Adam	<b>8255</b>	DOGONIĆ BUCZKOWSKIEGO	Senior I M - 20		DNF	<b>DNF</b>	<b>DNF</b>		-	-(0.0%)
	<b>PETROVA</b> Katarina	<b>8187</b>		Masters K - 40		DNF	<b>DNF</b>	<b>DNF</b>		-	-(0.0%)
	<b>ŁADOŃSKA</b> Agata	<b>8095</b>		Senior II K - 30		DNF	<b>DNF</b>	<b>DNF</b>		-	-(0.0%)

Znaleziono 262 wynik(ów)