



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: OPEN

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	DUTKOWSKI Mikołaj	8018	CX-80 POLSKA	Senior II M - 30	1	00:45:59	01:18:31.85	01:18:35.85		5:18	11.3 (100%)
2	SOKÓŁ Krzysztof	8110	TEAM EAZYMUT.PL	Senior I M - 20	1	00:48:52	01:25:49.10	01:25:51.35	+00:07:15 (8.5%)	5:47	10.3 (91.2%)
3	GÓRAK Przemysław	8143	BLACK HAT PRO	Masters M - 40	1	00:50:28	01:26:43.60	01:26:45.15	+00:08:09 (9.4%)	5:51	10.2 (90.3%)
4	KURZAWIAK Grzegorz	8005	KUDOWIANKA RUN	Masters M - 40	2	00:51:52	01:30:10.15	01:30:12.10	+00:11:36 (12.9%)	6:05	9.8 (86.7%)
5	JARMOLIŃSKI Piotr	8132	MARCIN ŚWIERC TEAM	Masters M - 40	3	00:53:29	01:34:12.00	01:34:13.80	+00:15:37 (16.6%)	6:21	9.4 (83.2%)
6	MAZUR Jan	8012		Senior I M - 20	2	00:54:47	01:34:19.30	01:34:21.90	+00:15:46 (16.7%)	6:22	9.4 (83.2%)
7	SZRAMOWIAT Marek	8112	BRITA	Masters M - 40	4	00:57:31	01:37:30.10	01:37:39.35	+00:19:03 (19.5%)	6:35	9.1 (80.5%)
8	BURMISTRZ Bartosz	8082	TARNOWO PODGÓRNE BIEGA	Senior II M - 30	2	00:57:39	01:37:32.90	01:37:40.35	+00:19:04 (19.5%)	6:35	9.1 (80.5%)
9	RAINCO Jerzy	8119	BIEGACZE SPECJALNEJ TROSKI	Senior II M - 30	3	00:54:45	01:37:45.05	01:37:50.90	+00:19:15 (19.7%)	6:36	9.1 (80.5%)
10	SZYPKOWSKI Marek	8129	SPORT	Masters M - 40	5	00:57:50	01:40:09.05	01:40:27.40	+00:21:51 (21.8%)	6:46	8.9 (78.8%)
11	WOŹNIAK Joanna	8120	LEMON TEAM	Senior II K - 30	1	00:58:48	01:40:32.90	01:40:37.65	+00:22:01 (21.9%)	6:47	8.8 (77.9%)
12	MICHAŁKIEWICZ Wojciech	8125	AKADEMIA WOJSK ŁĄDOWYCH	Weteran I M - 50	1	00:55:26	01:40:39.00	01:40:41.90	+00:22:06 (21.9%)	6:48	8.8 (77.9%)
13	SZTEJKA Damian	8113		Masters M - 40	6	00:58:21	01:42:02.15	01:42:06.40	+00:23:30 (23.0%)	6:53	8.7 (77.0%)
14	MAJCHER Marcin	8091	4T TARNOWSKIE TERMY TRIATHLON TEAM	Weteran I M - 50	2	00:57:31	01:42:48.80	01:43:07.10	+00:24:31 (23.8%)	6:56	8.6 (76.1%)
15	NIEDŹWIEDZKA Anna	8130	SEKCJA BIEGOWA LUBIN	Masters K - 40	1	00:59:57	01:44:31.50	01:44:36.35	+00:26:00 (24.9%)	7:03	8.5 (75.2%)
16	MOREVA Daria	8067	TRAIL RUNNING SCHOOL	Senior II K - 30	2	01:00:10	01:45:07.80	01:45:10.35	+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	SZACH Andrzej	8041	22KBPG	Masters M - 40	7	01:00:37	01:45:30.70	01:45:38.00	+00:27:02 (25.6%)	7:07	8.4 (74.3%)
18	BOROWIEC Bartosz	8037	ATLAS RUNNING TEAM	Masters M - 40	8	01:01:51	01:47:26.90	01:47:46.15	+00:29:10 (27.1%)	7:15	8.3 (73.5%)
19	NAJDUK Jakub	8051	ROZBIEGANI CHOJNÓW	Senior I M - 20	3	00:59:41	01:47:47.00	01:48:09.25	+00:29:33 (27.3%)	7:16	8.2 (72.6%)
20	DALEMBA Tomasz	8076		Masters M - 40	9	00:57:47	01:49:34.15	01:49:38.45	+00:31:02 (28.3%)	7:24	8.1 (71.7%)
21	TATKA Marcin	8088	KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA	Masters M - 40	10	01:01:58	01:50:30.65	01:50:46.10	+00:32:10 (29.0%)	7:27	8 (70.8%)
22	KOLACHA Patryk	8114	STUDIO GTS	Senior I M - 20	4	01:04:20	01:51:25.60	01:51:30.35	+00:32:54 (29.5%)	7:31	8 (70.8%)
23	NOWACKA Marlena	8144		Masters K - 40	2	01:03:32	01:51:24.75	01:51:30.90	+00:32:55 (29.5%)	7:31	8 (70.8%)
24	MIODUSZEWSKI Dominik	8141	SCORPION	Senior II M - 30	4	01:03:31	01:51:22.90	01:51:34.50	+00:32:58 (29.6%)	7:31	8 (70.8%)
25	SUŁEK Tomek	8048		Masters M - 40	11	01:03:05	01:51:49.90	01:51:55.15	+00:33:19 (29.8%)	7:33	7.9 (69.9%)
26	DUDA Natalia	8095		Senior I K - 20	1	01:03:34	01:52:32.35	01:52:40.60	+00:34:04 (30.2%)	7:36	7.9 (69.9%)
27	GRYS Marek	8142	SCORPION	Senior II M - 30	5	01:03:37	01:52:29.65	01:52:40.90	+00:34:05 (30.2%)	7:36	7.9 (69.9%)
28	JARUS Jan	8047	JAGRO	Senior II M - 30	6	01:04:04	01:53:09.60	01:53:20.70	+00:34:44 (30.7%)	7:38	7.8 (69.0%)
29	STASZEWSKI Dariusz	8134	7.BKPOW.	Senior II M - 30	7	01:04:19	01:53:15.90	01:53:34.50	+00:34:58 (30.8%)	7:39	7.8 (69.0%)
30	BALICKI Michał	8073		Senior II M - 30	8	01:04:43	01:55:20.80	01:55:28.45	+00:36:52 (31.9%)	7:47	7.7 (68.1%)
31	GNITECKA Katarzyna	8046	KUDOWIANKA RUN	Senior II K - 30	3	01:05:39	01:55:51.75	01:55:53.45	+00:37:17 (32.2%)	7:49	7.7 (68.1%)
32	ROZMUS Patrycja	8146	SEKCJA BIEGOWA LUBIN	Masters K - 40	3	01:06:26	01:55:41.95	01:55:54.45	+00:37:18 (32.2%)	7:48	7.7 (68.1%)
33	SMIERZCHAŁA Marta	8065	PRO366	Masters K - 40	4	01:07:00	01:55:53.65	01:56:01.70	+00:37:25 (32.3%)	7:49	7.7 (68.1%)
34	GAJLEWICZ Piotr	8075		Masters M - 40	12	01:04:48	01:57:07.10	01:57:10.55	+00:38:34 (32.9%)	7:54	7.6 (67.3%)
35	SZAL Małgorzata	8029	TENIS CENTRUM AS	Senior II K - 30	4	01:07:35	01:59:02.15	01:59:17.45	+00:40:41 (34.1%)	8:02	7.5 (66.4%)
36	CHOJNACKI Mikołaj	8078	WARSAW RUN CLUB	Masters M - 40	13	01:08:30	02:00:04.85	02:00:27.60	+00:41:51 (34.8%)	8:06	7.4 (65.5%)
37	ZALIŃSKI Leszek	8126		Masters M - 40	14	01:07:11	02:00:19.75	02:00:28.65	+00:41:52 (34.8%)	8:07	7.4 (65.5%)
38	HOLIK Natan	8103		Senior I M - 20	5	01:10:16	02:01:05.40	02:01:33.90	+00:42:58 (35.3%)	8:10	7.3 (64.6%)
39	HOLIK Maciej	8102	GGB	Masters M - 40	15	01:10:15	02:01:10.40	02:01:39.10	+00:43:03 (35.4%)	8:11	7.3 (64.6%)

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

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

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86	KARAŚ Tomasz	8030		Senior II M - 30	19	01:27:20	02:27:37.30	02:27:47.35	+01:09:11 (46.8%)	9:58	6 (53.1%)
87	SZYMAŁA Karolina	8115		Senior I K - 20	2	01:20:00	02:27:48.40	02:28:10.55	+01:09:34 (47.0%)	9:59	6 (53.1%)
88	KRYSKA Paweł	8063		Senior I M - 20	12	01:27:09	02:28:29.15	02:28:56.45	+01:10:20 (47.2%)	10:01	6 (53.1%)
89	DERES Julia	8019		Senior I K - 20	3	01:24:29	02:29:23.60	02:29:30.00	+01:10:54 (47.4%)	10:05	5.9 (52.2%)
90	OLESZEK Magdalena	8097		Senior II K - 30	12	01:24:28	02:29:24.05	02:29:30.25	+01:10:54 (47.4%)	10:05	5.9 (52.2%)
91	SMOLAK Katarzyna	8099		Senior II K - 30	13	01:26:21	02:29:13.50	02:29:51.05	+01:11:15 (47.5%)	10:04	6 (53.1%)
92	DROŹDZIEL Agnieszka	8094		Masters K - 40	12	01:25:47	02:30:42.85	02:30:57.30	+01:12:21 (47.9%)	10:10	5.9 (52.2%)
93	NAPIERAŁA Andrzej	8068	MTS DRUŻYNA SZPIKU KGHM	Weteran II M - 60	1	01:26:45	02:30:27.00	02:31:20.95	+01:12:45 (48.1%)	10:09	5.9 (52.2%)
94	CHWALISZ Paweł	8089		Weteran I M - 50	7	01:20:21	02:33:44.15	02:33:53.35	+01:15:17 (48.9%)	10:23	5.8 (51.3%)
95	KAMIŃSKI Wiesław	8145		Weteran I M - 50	8	01:23:59	02:34:44.35	02:34:52.15	+01:16:16 (49.2%)	10:27	5.7 (50.4%)
96	MOSKALSKA Magdalena	8093		Senior II K - 30	14	01:25:36	02:35:35.80	02:35:59.75	+01:17:23 (49.6%)	10:30	5.7 (50.4%)
97	SZARSKI Jacek	8140	KAPCIOCHY	Senior I M - 20	13	01:16:54	02:35:48.25	02:36:19.75	+01:17:43 (49.7%)	10:31	5.7 (50.4%)
98	BURA Tomasz	8025		Senior II M - 30	20	01:31:26	02:36:15.15	02:36:29.75	+01:17:53 (49.8%)	10:33	5.7 (50.4%)
99	WILKOSZ Piotr	8139	ODOBENUS	Weteran I M - 50	9	01:24:49	02:37:47.20	02:38:20.35	+01:19:44 (50.4%)	10:39	5.6 (49.6%)
100	SCHMIDT Jacek	8009	HERNIK TEAM	Weteran I M - 50	10	01:24:37	02:38:48.90	02:38:52.50	+01:20:16 (50.5%)	10:43	5.6 (49.6%)
101	MIKOŁAJCZYK Małgorzata	8106	MIRAZ RACE TEAM	Weteran II K - 60	1	01:28:25	02:39:53.80	02:40:09.65	+01:21:33 (50.9%)	10:48	5.6 (49.6%)
102	MIKOŁAJCZYK Mirosław	8128	MIRAZ RACE TEAM	Masters M - 40	26	01:28:26	02:39:54.45	02:40:10.60	+01:21:34 (50.9%)	10:48	5.6 (49.6%)
103	WALENCIAK Aleksandra	8122	TARNOWO PODGÓRNE BIEGA	Masters K - 40	13	01:28:19	02:40:36.60	02:40:54.35	+01:22:18 (51.2%)	10:51	5.5 (48.7%)
104	MOJEK Michał	8098	BIEGACZE SPECJALNEJ TROSKI	Masters M - 40	27	01:28:07	02:41:01.30	02:41:16.85	+01:22:41 (51.3%)	10:52	5.5 (48.7%)
105	SADŁOWSKA Magda	8054	BIEGACZE SPECJALNEJ TROSKI	Masters K - 40	14	01:28:07	02:41:02.75	02:41:17.35	+01:22:41 (51.3%)	10:52	5.5 (48.7%)
106	BORKOWSKI Arkadiusz	8010		Senior II M - 30	21	01:26:22	02:40:53.55	02:41:30.50	+01:22:54 (51.3%)	10:52	5.5 (48.7%)
107	KISIAŁA Filip	8008	TATA WOJTUSIA	Masters M - 40	28	01:28:41	02:41:54.90	02:42:14.75	+01:23:38 (51.6%)	10:56	5.5 (48.7%)
108	POMIANOWSKA Romana	8083	KURACJUSZE	Senior II K - 30	15	01:31:57	02:52:49.65	02:53:16.00	+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	MATUSZAK Paula	8135	KURACJUSZE	Senior II K - 30	16	01:35:56	02:53:26.15	02:53:52.20	+01:35:16 (54.8%)	11:43	5.1 (45.1%)
110	PARTYKA Agnieszka	8014	KB HARCOWNIK JELCZ-LASKOWICE	Masters K - 40	15	01:35:54	02:53:49.80	02:54:19.10	+01:35:43 (54.9%)	11:44	5.1 (45.1%)
111	RZESZOWSKA Iwona	8059	MIRAZ RACE TEAM	Masters K - 40	16	01:31:13	02:55:43.85	02:55:56.65	+01:37:20 (55.3%)	11:52	5.1 (45.1%)
112	SZAFRAN Aleksander	8101		Masters M - 40	29	01:31:11	02:55:44.85	02:55:57.95	+01:37:22 (55.3%)	11:52	5.1 (45.1%)
113	KRYSKA Aleksandra	8038	MIRAZ RACE TEAM	Masters K - 40	17	01:31:11	02:55:45.60	02:55:58.25	+01:37:22 (55.3%)	11:52	5.1 (45.1%)
114	KIERNICKA Magdalena	8024		Senior II K - 30	17	01:41:01	03:05:04.05	03:05:17.50	+01:46:41 (57.6%)	12:30	4.8 (42.5%)
115	KRÓL Kamil	8062	OŚ RACING TEAM	Senior II M - 30	22	01:41:02	03:05:05.85	03:05:19.40	+01:46:43 (57.6%)	12:30	4.8 (42.5%)
116	OHLA Justyna	8004	BIEGAM BO NIE LUBIĘ	Masters K - 40	18	01:43:48	03:08:43.80	03:09:08.05	+01:50:32 (58.4%)	12:45	4.7 (41.6%)
117	SOBOLEWSKA Joanna	8011	BIEGAM BO NIE LUBIĘ	Senior II K - 30	18	01:43:50	03:08:43.25	03:09:08.25	+01:50:32 (58.4%)	12:45	4.7 (41.6%)
118	MADAJ Paweł	8007	BIEGAM BO NIE LUBIĘ	Masters M - 40	30	01:43:49	03:08:44.05	03:09:08.65	+01:50:32 (58.4%)	12:45	4.7 (41.6%)
119	BORIS Aneta	8111	TEAM DFBG	Masters K - 40	19	01:50:17	03:20:04.30	03:20:15.15	+02:01:39 (60.8%)	13:31	4.4 (38.9%)
120	PODHAJNY Piotr	8021	ROZBIEGANI CHOJNÓW	Masters M - 40	31	01:49:35	03:20:22.80	03:20:53.85	+02:02:18 (60.9%)	13:32	4.4 (38.9%)
121	NAJDUK Daniel	8016	ROZBIEGANI CHOJNÓW	Senior II M - 30	23	01:49:38	03:20:23.10	03:20:54.35	+02:02:18 (60.9%)	13:32	4.4 (38.9%)
122	KURKOWIAK Krzysztof	8002	#TEAM_KURA	Masters M - 40	32	01:55:46	03:21:17.50	03:21:39.00	+02:03:03 (61.0%)	13:36	4.4 (38.9%)
123	KURKOWIAK Anna	8003	#TEAMKURA	Senior II K - 30	19	01:55:45	03:21:18.15	03:21:39.20	+02:03:03 (61.0%)	13:36	4.4 (38.9%)
124	DRYMEL Piotr	8042	DESTYLATOR	Masters M - 40	33	01:53:19	03:21:08.50	03:21:53.20	+02:03:17 (61.1%)	13:35	4.4 (38.9%)
125	KNOBLOCH Tomasz	8123	THE PINDOLS	Masters M - 40	34	01:54:43	03:27:11.95	03:27:47.10	+02:09:11 (62.2%)	13:59	4.3 (38.1%)
126	ZIELONKA Marek	8124	THE PINDOLS	Weteran I M - 50	11	01:54:42	03:27:11.40	03:27:47.55	+02:09:11 (62.2%)	13:59	4.3 (38.1%)
127	WIZE-ZIELONKA Karolina	8036	KUNY LEŚNE	Masters K - 40	20	01:54:43	03:27:14.60	03:27:49.45	+02:09:13 (62.2%)	14:00	4.3 (38.1%)
128	KNOBLOCH Ewa	8017	LEŚNE KUNY	Masters K - 40	21	01:54:40	03:27:16.90	03:27:52.65	+02:09:16 (62.2%)	14:00	4.3 (38.1%)
129	WALCZAK Sławomir	8121		Weteran I M - 50	12	01:54:51	03:27:25.65	03:27:57.30	+02:09:21 (62.2%)	14:00	4.3 (38.1%)
130	ŁOZIENKO Anna	8105	KB HARCOWNIK JELCZ-LASKOWICE	Senior II K - 30	20	02:03:45	03:44:40.50	03:45:10.10	+02:26:34 (65.1%)	15:10	4 (35.4%)
131	KUBIATOWICZ Małgorzata	8079		Masters K - 40	22	01:59:03	03:46:20.70	03:46:47.55	+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	KOSZAREK Andrzej	8080		Weteran I M - 50	13	01:59:18	03:46:20.95	03:46:48.10	+02:28:12 (65.3%)	15:17	3.9 (34.5%)
	SMUSZ Grzegorz	8074		Masters M - 40		01:08:37 DNF	DNF	DNF		-	- (0.0%)
	SZAŁAJSKA Monika	8043		Senior I K - 20		DNF	DNF	DNF		-	- (0.0%)
	MROZEK Marcin	8045		Senior I M - 20		DNF	DNF	DNF		-	- (0.0%)
	SROCZYŃSKI Maciej	8026		Masters M - 40		DNF	DNF	DNF		-	- (0.0%)

Znaleziono 136 wynik(ów)