

Wydarzenie: Kudowski Festiwal Biegowy 2022
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2022-04-10
Miejsce: Kudowa-Zdrój
Dystans: 42 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Pod Szczelińcem 22.8km	Zielona Droga 26km	Jakubowice 37km	Czas netto 42km	Czas brutto 42km	Różn	Tempo min/km	Tempo km/h
1	SZCZEŚNIEWSKI Miłosz	3253	SALCO GARMIN TEAM	M-30	1	01:00:35	02:12:39	02:33:44	03:27:47	03:48:54.00	03:48:55.50		5:27	11 (100%)
2	MASIAREK Maciej	3235		M-20	1	01:00:26	02:12:53	02:32:59	03:29:00	03:49:44.60	03:49:46.75	+00:00:51 (0.4%)	5:28	11 (100%)
3	URBAŃCZYK Karol	3012	NON STOP TRAIL	M-30	2	01:00:25	02:15:39	02:38:43	03:37:50	03:59:37.35	03:59:38.85	+00:10:43 (4.5%)	5:42	10.5 (95.5%)
4	IWAŃSKI Bartłomiej	3237	TEAM KOLARZ POLANICA	M-20	2	01:06:45	02:25:18	02:47:15	03:50:03	04:16:03.70	04:16:06.20	+00:27:10 (10.6%)	6:05	9.8 (89.1%)
5	SKOWROŃSKI Janusz	3255		M-40	1	01:14:13	02:40:30	03:02:19	04:08:35	04:34:37.00	04:34:37.00	+00:45:41 (16.6%)	6:32	9.2 (83.6%)
6	RĄCZKOWSKI Daniel	3119	KB ZDYSZAAANI CHOICIANÓW	M-30	3	01:10:21	02:40:16	03:02:35	04:10:03	04:36:22.25	04:36:24.85	+00:47:29 (17.2%)	6:34	9.1 (82.7%)
7	STYPEREK Jakub	3142	VEGE RUNNERS	M-40	2	01:14:10	02:44:59	03:08:52	04:13:39	04:37:26.30	04:37:29.50	+00:48:34 (17.5%)	6:36	9.1 (82.7%)
8	KOTARSKI Jarosław	3047		M-30	4	01:11:05	02:36:59	03:02:41	04:17:18	04:45:14.05	04:45:18.15	+00:56:22 (19.8%)	6:47	8.8 (80.0%)
9	CZERCHAWSKI Janusz	3137		M-50	1	01:19:56	02:50:53	03:14:39	04:21:53	04:45:21.40	04:45:26.50	+00:56:31 (19.8%)	6:47	8.8 (80.0%)
10	NIEZGÓDKA Tomasz	3258	ZAŁOGA GÓRSKA	M-50	2	01:16:45	02:49:13	03:14:37	04:21:43	04:47:30.35	04:47:32.55	+00:58:37 (20.4%)	6:50	8.8 (80.0%)
11	GONCZAR Szymon	3256		M-30	5	01:19:57	02:47:32	03:10:47	04:21:41	04:50:06.95	04:50:12.55	+01:01:17 (21.1%)	6:54	8.7 (79.1%)
12	ŁOPATYŃSKI Irek	3129	REMA SPORT TEAM	M-50	3	01:15:08	02:44:54	03:09:22	04:25:35	04:54:31.55	04:54:34.90	+01:05:39 (22.3%)	7:00	8.6 (78.2%)
13	KACZMARCZYK Przemysław	3052	140MINUT.PL	M-20	3	01:15:46	02:47:43	03:14:21	04:30:01	04:57:51.10	04:57:53.00	+01:08:57 (23.1%)	7:05	8.5 (77.3%)
14	WOSZEK Tomasz	3132		M-40	3	01:20:13	02:54:45	03:21:09	04:36:21	05:04:43.25	05:04:51.50	+01:15:56 (24.9%)	7:15	8.3 (75.5%)
15	KOPCZYŃSKI Łukasz	3006	K-TEAM	M-40	4	01:22:19	02:58:00	03:23:41	04:37:08	05:04:56.45	05:05:08.15	+01:16:12 (25.0%)	7:15	8.3 (75.5%)
16	WOSZEK Marzena	3133		K-40	1	01:19:12	02:54:39	03:20:47	04:36:21	05:05:08.80	05:05:15.70	+01:16:20 (25.0%)	7:15	8.3 (75.5%)
17	PYREK Krzysztof	3114	1 RBLOG	M-40	5	01:16:08	02:52:42	03:17:58	04:36:47	05:06:00.90	05:06:04.75	+01:17:09 (25.2%)	7:17	8.2 (74.5%)
18	JADACH Grzegorz	3160	NOA	M-40	6	01:22:25	03:02:59	03:27:58	04:40:25	05:07:08.50	05:07:13.60	+01:18:18 (25.5%)	7:18	8.2 (74.5%)

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19	LUBAŃSKI Robert	3210		M-50	4	01:19:03	02:55:38	03:21:06	04:37:59	05:07:17.90	05:07:20.10	+01:18:24 (25.5%)	7:18	8.2 (74.5%)
20	HOLC Katarzyna	3201	BANDA GRUDNIA	K-30	1	01:20:25	02:56:48	03:23:59	04:41:13	05:07:17.85	05:07:21.35	+01:18:25 (25.5%)	7:18	8.2 (74.5%)
21	GŁOWACKI Artur	3112	KGHM ZG RUN	M-40	7	01:19:55	02:58:28	03:25:49	04:40:22	05:07:29.00	05:07:31.85	+01:18:36 (25.6%)	7:19	8.2 (74.5%)
22	KARPOWICZ Rafał	3079		M-40	8	01:19:56	02:58:45	03:24:44	04:41:21	05:09:47.40	05:09:51.45	+01:20:55 (26.1%)	7:22	8.1 (73.6%)
23	WATROS Eryk	3126	31 BAZA LOTNICTWA TAKTYCZNEGO	M-30	6	01:25:27	03:02:50	03:29:09	04:45:48	05:12:03.70	05:12:21.85	+01:23:26 (26.7%)	7:25	8.1 (73.6%)
24	DOMAGAŁA Grzegorz	3113		M-30	7	01:14:14	02:51:14	03:19:04	04:45:25	05:14:58.25	05:14:58.25	+01:26:02 (27.3%)	7:29	8 (72.7%)
25	WIJATYK Adrian	3231	KLUCZBORSKA GRUPA BIEGOWA	M-30	8	01:19:49	02:58:49	03:24:48	04:45:17	05:14:51.40	05:14:58.50	+01:26:03 (27.3%)	7:29	8 (72.7%)
26	SZELAĞ Dariusz	3230	LISY PUSTYNI	M-40	9	01:28:52	03:13:35	03:39:40	04:55:06	05:21:19.60	05:21:28.35	+01:32:32 (28.8%)	7:39	7.8 (70.9%)
27	LANGE Szymon	3115	WSK - SZYMONIX	M-40	10	01:19:52	02:57:29	03:24:35	04:46:10	05:21:22.50	05:21:55.20	+01:32:59 (28.9%)	7:39	7.8 (70.9%)
28	MAŚLANY Dominik	3208		M-40	11	01:20:20	03:04:04	03:31:33	04:53:27	05:22:04.10	05:22:10.00	+01:33:14 (28.9%)	7:40	7.8 (70.9%)
29	SCHRODER Patryk	3146	WSK	M-40	12	01:21:10	03:00:45	03:29:02	04:53:04	05:23:28.10	05:23:37.90	+01:34:42 (29.3%)	7:42	7.8 (70.9%)
30	CIEPŁY Kamil	3175	GARMIN WROCŁAW	M-30	9	01:26:36	03:09:09	03:36:44	04:55:35	05:24:16.50	05:24:22.00	+01:35:26 (29.4%)	7:43	7.8 (70.9%)
31	LITKA Krzysztof	3019	PZU SPORT TEAM	M-40	13	01:18:55	02:57:01	03:23:41	04:51:00	05:25:19.05	05:25:26.70	+01:36:31 (29.7%)	7:44	7.7 (70.0%)
32	MUCHA Piotr	3110		M-30	10	01:20:11	03:01:27	03:32:00	04:58:26	05:29:05.25	05:29:09.65	+01:40:14 (30.5%)	7:50	7.7 (70.0%)
33	MALEŃCZAK Piotr	3125		M-30	11	01:26:38	03:09:59	03:41:12	05:02:33	05:31:07.65	05:31:09.80	+01:42:14 (30.9%)	7:53	7.6 (69.1%)
34	ABRAMOWICZ Agata	3250		K-20	1	01:24:12	03:07:14	03:35:01	04:59:06	05:31:35.65	05:31:43.10	+01:42:47 (31.0%)	7:53	7.6 (69.1%)
35	PTASIŃSKI Tomasz	3241	CZAJKERSI	M-40	14	01:33:22	03:21:19	03:47:19	05:06:45	05:32:29.95	05:32:41.45	+01:43:45 (31.2%)	7:54	7.6 (69.1%)
36	ZIELIŃSKI Mateusz	3239		M-30	12	01:26:16	03:13:00	03:40:24	05:03:43	05:32:46.60	05:32:52.00	+01:43:56 (31.2%)	7:55	7.6 (69.1%)
37	KŁODA Dariusz	3026	DRUŻYNA SZPIKU	M-40	15	01:26:43	03:08:47	03:36:49	05:02:42	05:35:44.25	05:35:50.35	+01:46:54 (31.8%)	7:59	7.5 (68.2%)
38	BYŚ Mateusz	3014		M-30	13	01:32:05	03:18:25	03:47:29	05:10:51	05:38:26.90	05:38:44.20	+01:49:48 (32.4%)	8:03	7.4 (67.3%)
39	SZYMAŃSKI Marek	3021		M-40	16	01:30:35	03:11:53	03:40:19	05:08:48	05:39:44.10	05:40:05.95	+01:51:10 (32.7%)	8:05	7.4 (67.3%)
40	DYJA Magdalena	3059	RNB TEAM POLANICA-ZDRÓJ	K-30	2	01:30:43	03:17:28	03:46:49	05:10:55	05:41:34.00	05:41:41.95	+01:52:46 (33.0%)	8:07	7.4 (67.3%)
41	NIEDŹWIECKI Marcin	3228	TRIWAWA	M-30	14	01:22:12	03:08:14	03:35:54	05:06:02	05:42:03.05	05:42:17.45	+01:53:21 (33.1%)	8:08	7.4 (67.3%)
42	BURA Krystian	3074		M-30	15	01:23:50	03:15:05	03:48:29	05:16:47	05:45:02.80	05:45:05.60	+01:56:10 (33.7%)	8:12	7.3 (66.4%)
43	RUSOŁ Tomasz	3055	TROPEM ULTRA	M-30	16	01:19:49	03:09:21	03:36:10	05:09:02	05:45:27.30	05:45:32.55	+01:56:37 (33.7%)	8:13	7.3 (66.4%)
44	SZCZECIŃSKI Piotr	3182		M-40	17	01:27:57	03:18:10	03:47:45	05:15:21	05:45:35.10	05:45:43.25	+01:56:47 (33.8%)	8:13	7.3 (66.4%)

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45	BRONCZAK Tomasz	3116		M-40	18	01:27:56	03:18:20	03:47:50	05:15:23	05:45:42.35	05:45:50.60	+01:56:55 (33.8%)	8:13	7.3 (66.4%)
46	KSIEZKA Joanna	3147	STRZEGOMSKA DWUNASTKA	K-40	2	01:33:23	03:21:04	03:51:50	05:16:48	05:45:51.95	05:46:14.95	+01:57:19 (33.9%)	8:14	7.3 (66.4%)
47	RÓG Krzysztof	3118	KB ZDYSZAAANI CHOCIANÓW	M-50	5	01:25:46	03:17:11	03:49:28	05:17:44	05:48:21.65	05:48:25.95	+01:59:30 (34.3%)	8:17	7.2 (65.5%)
48	KĘDRA Antoni	3054		M-20	4	01:31:50	03:18:57	03:48:32	05:17:58	05:48:19.70	05:48:27.05	+01:59:31 (34.3%)	8:17	7.2 (65.5%)
49	MUCHA Adam	3093		M-50	6	01:26:41	03:20:03	03:50:15	05:20:46	05:49:26.35	05:49:31.00	+02:00:35 (34.5%)	8:19	7.2 (65.5%)
50	RZYHA Hubert	3117	RUNNER'S POWER	M-30	17	01:25:17	03:18:56	03:50:09	05:21:21	05:49:31.60	05:49:35.70	+02:00:40 (34.5%)	8:19	7.2 (65.5%)
51	SROKA Marcin	3120	ST RUNNERS	M-40	19	01:30:54	03:21:07	03:51:20	05:18:55	05:49:51.70	05:50:02.10	+02:01:06 (34.6%)	8:19	7.2 (65.5%)
52	BUCHAŁA Bartek	3187		M-40	20	01:26:39	03:15:55	03:45:49	05:16:51	05:50:49.25	05:50:54.75	+02:01:59 (34.8%)	8:21	7.2 (65.5%)
53	BOKSZA Piotr	3190	TIME4RUNNING	M-40	21	01:26:34	03:17:07	03:48:33	05:18:10	05:51:09.65	05:51:21.90	+02:02:26 (34.8%)	8:21	7.2 (65.5%)
54	DŁUGOSZ-SAWICKA Marta	3104	ZBÓJ TEAM	K-40	3	01:31:17	03:24:17	03:53:55	05:21:17	05:51:37.05	05:51:43.35	+02:02:47 (34.9%)	8:22	7.2 (65.5%)
55	KRZEPKOWSKI Radosław	3048	ADIDAS RUNNERS WARSAW	M-40	22	01:31:47	03:25:25	03:54:49	05:21:41	05:51:40.25	05:51:46.80	+02:02:51 (34.9%)	8:22	7.2 (65.5%)
56	HAMERLA Adam	3185		M-30	18	01:31:45	03:18:56	03:46:54	05:17:39	05:52:47.75	05:52:57.90	+02:04:02 (35.1%)	8:23	7.1 (64.5%)
57	KUCHARSKI Adrian	3204		M-30	19	01:28:59	03:22:13	03:53:23	05:22:29	05:53:02.40	05:53:07.40	+02:04:11 (35.2%)	8:24	7.1 (64.5%)
58	SAMSON Robert	3167	VESTAS / SUNCHASER TRAILRUNNING TEAM	M-40	23	01:28:50	03:16:39	03:49:35	05:21:47	05:52:59.45	05:53:08.95	+02:04:13 (35.2%)	8:24	7.1 (64.5%)
59	TOMCZUK Krzysztof	3198		M-40	24	01:31:58	03:22:57	03:53:07	05:22:57	05:54:54.15	05:55:03.50	+02:06:08 (35.5%)	8:27	7.1 (64.5%)
60	WOJEWODA Maciej	3148	VEGE RUNNERS	M-30	20	01:29:07	03:26:50	03:54:59	05:23:06	05:55:01.55	05:55:07.25	+02:06:11 (35.5%)	8:27	7.1 (64.5%)
61	RĘBIAŁKOWSKI Jakub	3057	RNB TEAM POLANICA ZDRÓJ	M-30	21	01:30:44	03:22:49	03:53:34	05:24:38	05:55:32.35	05:55:40.30	+02:06:44 (35.6%)	8:27	7.1 (64.5%)
62	RUTKOWSKI Konrad	3227		M-30	22	01:30:47	03:19:33	03:47:04	05:24:13	05:55:46.00	05:55:58.35	+02:07:02 (35.7%)	8:28	7.1 (64.5%)
63	HERBINGER Maciej	3249		M-40	25	01:20:16	03:12:54	03:41:03	05:19:09	05:55:56.35	05:56:03.45	+02:07:07 (35.7%)	8:28	7.1 (64.5%)
64	DYRAGA Marcin	3164	SAINT-GOBAIN SQUAD	M-40	26	01:28:57	03:23:06	03:52:37	05:23:39	05:56:01.15	05:56:10.15	+02:07:14 (35.7%)	8:28	7.1 (64.5%)
65	SZECHOWSKI Paweł	3244		M-40	27	01:33:03	03:22:05	03:52:13	05:20:19	05:56:30.50	05:56:36.00	+02:07:40 (35.8%)	8:29	7.1 (64.5%)
66	MARCINEK Łukasz	3016	NIE TERAZ, POTEM	M-40	28	01:29:05	03:22:25	03:52:46	05:25:00	05:57:40.15	05:57:44.70	+02:08:49 (36.0%)	8:30	7 (63.6%)
67	SOBOLEWSKI Dariusz	3166	BOREL MARATHON TEAM	M-30	23	01:28:46	03:20:56	03:53:15	05:26:19	05:59:09.70	05:59:18.25	+02:10:22 (36.3%)	8:33	7 (63.6%)
68	SZYMANIK Paweł	3149		M-40	29	01:33:30	03:26:04	03:56:06	05:28:40	05:59:13.60	05:59:22.15	+02:10:26 (36.3%)	8:33	7 (63.6%)
69	PACZKOWSKA Katarzyna	3075	BIEGAJĄCE KREJZOLE	K-30	3	01:30:33	03:25:04	03:56:35	05:28:02	05:59:29.40	05:59:33.45	+02:10:37 (36.3%)	8:33	7 (63.6%)
70	STROMIDŁO Sebastian	3213	KB AKTYWNI KRZYŻ WLKP	M-40	30	01:30:35	03:22:59	03:53:43	05:24:41	05:59:31.30	05:59:34.95	+02:10:39 (36.3%)	8:33	7 (63.6%)

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71	LEWANDOWSKI Grzegorz	3035	GOLENIÓW	M-40	31	01:35:52	03:28:15	04:02:37	05:27:37	05:59:55.60	06:00:05.10	+02:11:09 (36.4%)	8:34	7 (63.6%)
72	WAŃKOWICZ Adrian	3209		M-40	32	01:28:41	03:26:13	03:57:41	05:28:13	05:59:55.10	06:00:10.20	+02:11:14 (36.4%)	8:34	7 (63.6%)
73	KOZŁOWSKA Iwona	3195	LESZNO LIMITS RUNNERS	K-40	4	01:35:14	03:32:57	04:09:02	05:31:32	06:01:16.25	06:01:19.90	+02:12:24 (36.6%)	8:36	7 (63.6%)
74	MASTERNAK Marta	3145		K-30	4	01:36:14	03:30:43	04:02:33	05:29:56	06:01:54.45	06:02:00.85	+02:13:05 (36.8%)	8:37	7 (63.6%)
75	MAŁYSZKA Krzysztof	3205	KRISTRANS KRZYSZTOF MAŁYSZKA	M-50	7	01:26:36	03:19:21	03:49:35	05:28:00	06:02:21.80	06:02:24.10	+02:13:28 (36.8%)	8:37	7 (63.6%)
76	PODLEŚ Robert	3022	COBI POLAND	M-60	1	01:42:15	03:35:42	04:04:04	05:31:25	06:02:31.40	06:02:35.05	+02:13:39 (36.9%)	8:37	7 (63.6%)
77	CHWAŁA Przemysław	3169	POWOLNY	M-40	33	01:28:49	03:20:22	03:52:30	05:29:14	06:03:36.45	06:03:45.75	+02:14:50 (37.1%)	8:39	6.9 (62.7%)
78	LISIECKI Tomasz	3154		M-30	24	01:30:47	03:24:11	03:53:49	05:28:06	06:03:39.65	06:03:46.35	+02:14:50 (37.1%)	8:39	6.9 (62.7%)
79	LISOWSKI Grzegorz	3229		M-40	34	01:31:19	03:29:06	04:02:26	05:32:08	06:05:05.30	06:05:11.70	+02:16:16 (37.3%)	8:41	6.9 (62.7%)
80	WAJDA Maciej	3102	SPELEOCLUB WROCŁAW	M-30	25	01:33:15	03:27:51	04:00:56	05:35:49	06:07:38.70	06:07:58.90	+02:19:03 (37.8%)	8:45	6.9 (62.7%)
81	JURDZIAK Jakub	3082		M-30	26	01:34:55	03:33:15	04:05:02	05:34:21	06:08:01.00	06:08:12.70	+02:19:17 (37.8%)	8:45	6.8 (61.8%)
82	PURCZYŃSKI Grzegorz	3009		M-40	35	01:30:53	03:25:54	03:57:37	05:32:04	06:08:43.45	06:08:46.20	+02:19:50 (37.9%)	8:46	6.8 (61.8%)
83	BINIENDA Agnieszka	3215	KOBIETY WATAHY	K-40	5	01:34:40	03:34:11	04:07:00	05:35:44	06:09:03.40	06:09:11.55	+02:20:16 (38.0%)	8:47	6.8 (61.8%)
84	ZIEBARTH Przemysław	3176		M-40	36	01:38:21	03:37:56	04:09:52	05:36:47	06:10:14.45	06:10:29.50	+02:21:34 (38.2%)	8:48	6.8 (61.8%)
85	HACUŚ Jacek	3050		M-30	27	01:35:31	03:30:33	03:59:58	05:35:13	06:11:06.50	06:11:12.50	+02:22:17 (38.3%)	8:50	6.8 (61.8%)
86	ORŁOWSKI Kacper	3136		M-30	28	01:22:20	03:16:10	03:52:30	05:36:27	06:11:34.00	06:11:37.20	+02:22:41 (38.4%)	8:50	6.8 (61.8%)
87	CHOLEWA Zbigniew	3225	LISY PUSTYNI	M-40	37	01:34:53	03:32:02	04:05:53	05:36:06	06:12:01.75	06:12:12.35	+02:23:16 (38.5%)	8:51	6.8 (61.8%)
88	RYCHLIK Sebastian	3226	LISY PUSTYNI	M-40	38	01:35:17	03:32:39	04:05:48	05:36:06	06:12:01.10	06:12:12.60	+02:23:17 (38.5%)	8:51	6.8 (61.8%)
89	CICHOŃ Magdalena	3199	PROFIL OPOLE	K-40	6	01:39:56	03:43:04	04:14:22	05:41:33	06:15:16.45	06:15:16.45	+02:26:20 (39.0%)	8:56	6.7 (60.9%)
90	MAZAN Wojciech	3221		M-30	29	01:43:38	03:39:58	04:12:51	05:39:38	06:14:52.50	06:15:16.85	+02:26:21 (39.0%)	8:55	6.7 (60.9%)
91	KOTARSKI Marek	3134	KRS TKKF RELAKS WODZISŁAW ŚLASKI	M-50	8	01:33:36	03:29:11	03:59:39	05:42:25	06:15:52.80	06:16:01.95	+02:27:06 (39.1%)	8:56	6.7 (60.9%)
92	KASPERKIEWICZ Wojtek	3203		M-30	30	01:39:57	03:45:07	04:16:08	05:45:03	06:16:28.00	06:16:32.75	+02:27:37 (39.2%)	8:57	6.7 (60.9%)
93	PIOTROWSKI Michał	3013	#ŻEBERKATEAM	M-40	39	01:35:07	03:32:19	04:06:07	05:44:02	06:16:31.40	06:16:43.70	+02:27:48 (39.2%)	8:57	6.7 (60.9%)
94	BORECKI Piotr	3238	CZAJKERSI	M-30	31	01:43:36	03:37:52	04:10:05	05:42:16	06:16:50.00	06:17:03.65	+02:28:08 (39.3%)	8:58	6.7 (60.9%)
95	WALKOWIAK Maciej	3211		M-30	32	01:36:36	03:35:27	04:09:24	05:43:29	06:17:50.10	06:18:04.90	+02:29:09 (39.5%)	8:59	6.7 (60.9%)
96	KUJAWSKA Agnieszka	3005		K-40	7	01:43:25	03:44:27	04:16:51	05:47:33	06:19:17.35	06:19:36.80	+02:30:41 (39.7%)	9:01	6.6 (60.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne		Pod		Zielona		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						Skały	10km	Szczelińcem	22.8km	Droga	26km					
97	JĄSKOWIAK Michał	3084	PROXICOM	M-30	33	01:33:28	03:34:48	04:11:14	05:43:39	06:19:48.85	06:19:53.10	+02:30:57 (39.7%)	9:02	6.6 (60.0%)		
98	BARTKOWIAK Marek	3080	BEST TEAM ŚREM	M-30	34	01:32:21	03:34:03	04:10:58	05:43:31	06:19:49.70	06:19:53.55	+02:30:58 (39.7%)	9:02	6.6 (60.0%)		
99	ZARĘBA Anna	3202		K-30	5	01:36:12	03:37:42	04:10:48	05:43:33	06:21:00.55	06:21:05.15	+02:32:09 (39.9%)	9:04	6.6 (60.0%)		
100	JASIAK Karol	3206	NIE WIEM GDZIE JESTEM	M-30	35	01:38:07	03:36:32	04:10:38	05:45:56	06:21:00.40	06:21:08.95	+02:32:13 (39.9%)	9:04	6.6 (60.0%)		
101	TKACZYK Katarzyna	3041		K-40	8	01:41:49	03:43:12	04:14:50	05:47:52	06:20:47.35	06:21:09.95	+02:32:14 (39.9%)	9:03	6.6 (60.0%)		
102	WALKOWIAK Marcin	3042	CZERWONAK BIEGA	M-20	5	01:35:07	03:29:21	04:09:46	05:47:05	06:21:28.00	06:21:41.20	+02:32:45 (40.0%)	9:04	6.6 (60.0%)		
103	SYCHOWSKI Dawid	3252		M-30	36	01:32:07	03:31:04	04:08:59	05:44:23	06:22:16.85	06:22:29.75	+02:33:34 (40.1%)	9:06	6.6 (60.0%)		
104	MARCHEWKA Jarosław	3168	W DRODZE	M-40	40	01:35:27	03:35:19	04:09:37	05:48:43	06:23:39.60	06:23:46.95	+02:34:51 (40.4%)	9:08	6.6 (60.0%)		
105	MYCIELSKI Mariusz	3105	W DRODZE	M-50	9	01:35:29	03:35:24	04:09:27	05:48:44	06:23:40.05	06:23:47.10	+02:34:51 (40.4%)	9:08	6.6 (60.0%)		
106	PIWOWARSKI Maciej	3140		M-30	37	01:43:26	03:46:36	04:18:24	05:52:58	06:25:54.30	06:26:15.20	+02:37:19 (40.7%)	9:11	6.5 (59.1%)		
107	LITEWKA Grzegorz	3078	JTC TEAM	M-50	10	01:37:59	03:37:27	04:11:32	05:48:45	06:26:05.10	06:26:20.25	+02:37:24 (40.7%)	9:11	6.5 (59.1%)		
108	SZYMAŃSKI Michał	3223	TENIS CENTRUM AS	M-20	6	01:43:35	03:43:01	04:14:03	05:53:05	06:27:24.30	06:27:37.00	+02:38:41 (40.9%)	9:13	6.5 (59.1%)		
109	SKRZYPIŃSKI Arkadiusz	3073	PSI PATROL	M-40	41	01:40:02	03:43:10	04:16:49	05:53:27	06:27:44.95	06:27:58.70	+02:39:03 (41.0%)	9:13	6.5 (59.1%)		
110	SŁOWIK Grzegorz	3222	NIE WIEM GDZIE JESTEM	M-40	42	01:35:30	03:36:23	04:11:54	05:51:47	06:28:01.65	06:28:10.50	+02:39:15 (41.0%)	9:14	6.5 (59.1%)		
111	BRZEZIŃSKI Cezary	3143	PAŃSTWOWA UCZELNIA IM. STEFANA BATOREGO W SKIERNIEWICACH	M-50	11	01:33:39	03:33:28	04:10:31	05:54:09	06:28:37.65	06:28:42.30	+02:39:46 (41.1%)	9:15	6.5 (59.1%)		
112	KUCHARSKI Dariusz	3214		M-40	43	01:45:00	03:50:21	04:24:59	05:58:36	06:30:14.15	06:30:28.20	+02:41:32 (41.4%)	9:17	6.5 (59.1%)		
113	KLIMECKI Łukasz	3184	KB INTREX POZNAŃ	M-30	38	01:40:03	03:40:22	04:13:10	05:51:15	06:30:30.35	06:30:45.50	+02:41:50 (41.4%)	9:17	6.5 (59.1%)		
114	BYLINA Bartosz	3101		M-50	12	01:33:40	03:33:35	04:07:54	05:52:49	06:32:33.55	06:32:43.50	+02:43:48 (41.7%)	9:20	6.4 (58.2%)		
115	GAWRON Bartłomiej	3178		M-40	44	01:36:09	03:36:55	04:11:59	05:52:43	06:32:41.20	06:32:50.95	+02:43:55 (41.7%)	9:20	6.4 (58.2%)		
116	RATAJCZAK Mateusz	3194	MFS	M-40	45	01:29:28	03:30:04	04:09:44	05:54:52	06:33:05.65	06:33:11.50	+02:44:16 (41.8%)	9:21	6.4 (58.2%)		
117	KUBIAK Karolina	3128		K-40	9	01:42:04	03:47:14	04:17:52	05:57:41	06:33:46.45	06:34:02.10	+02:45:06 (41.9%)	9:22	6.4 (58.2%)		
118	TURNIAK Miłosz	3011		M-30	39	01:40:01	03:42:51	04:16:09	05:58:55	06:35:22.85	06:35:33.45	+02:46:37 (42.1%)	9:24	6.4 (58.2%)		
119	KOWALEWSKI Grzegorz	3085		M-50	13	01:45:49	03:45:41	04:17:32	05:59:18	06:35:54.45	06:36:01.45	+02:47:05 (42.2%)	9:25	6.4 (58.2%)		
120	JACKOWIAK Agnieszka	3153	RUNNER'S POWER	K-30	6	01:43:36	03:51:21	04:30:18	06:05:53	06:39:15.70	06:39:20.65	+02:50:25 (42.7%)	9:30	6.3 (57.3%)		
121	PROSOWIECKA SMAK Katarzyna	3200		K-40	10	01:39:50	03:46:29	04:20:48	06:02:35	06:39:30.70	06:39:38.50	+02:50:43 (42.7%)	9:30	6.3 (57.3%)		
122	DZICZEK Ireneusz	3003		M-50	14	01:40:09	03:43:17	04:17:07	06:01:04	06:39:31.50	06:39:42.30	+02:50:46 (42.7%)	9:30	6.3 (57.3%)		

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Pod Szczelińcem 22.8km	Zielona Droga 26km	Jakubowice 37km	Czas netto 42km	Czas brutto 42km	Różn	Tempo min/km	Tempo km/h
123	ZARĘBSKI Marcin	3162	EXTREME WOLF	M-40	46	01:43:50	03:49:57	04:19:42	06:02:48	06:39:27.20	06:39:46.30	+02:50:50 (42.7%)	9:30	6.3 (57.3%)
124	PREISS Grzegorz	3135		M-40	47	01:43:28	03:42:54	04:15:51	06:00:48	06:39:47.55	06:40:04.20	+02:51:08 (42.8%)	9:31	6.3 (57.3%)
125	ROMANOWSKI Bartłomiej	3121		M-40	48	01:41:58	03:42:51	04:16:27	06:01:09	06:40:08.05	06:40:24.55	+02:51:29 (42.8%)	9:31	6.3 (57.3%)
126	MACIEJEWSKI Adrian	3234		M-20	7	01:44:17	03:48:24	04:19:57	06:08:30	06:41:44.55	06:42:00.65	+02:53:05 (43.1%)	9:33	6.3 (57.3%)
127	JAKUBIAK Anna	3081	RUCHOWA AKADEMIA ZDROWIA	K-50	1	01:40:33	03:45:53	04:20:12	06:07:37	06:41:49.60	06:42:01.20	+02:53:05 (43.1%)	9:34	6.3 (57.3%)
128	RUCIŃSKI Adam	3212		M-50	15	01:47:18	03:53:24	04:29:27	06:08:02	06:42:07.30	06:42:28.50	+02:53:33 (43.1%)	9:34	6.3 (57.3%)
129	PISULA Łukasz	3040		M-30	40	01:36:42	03:48:57	04:25:32	06:11:35	06:43:17.85	06:43:24.75	+02:54:29 (43.3%)	9:36	6.2 (56.4%)
130	MRÓZ Anna	3099		K-30	7	01:45:36	04:01:26	04:38:00	06:13:37	06:44:55.85	06:44:55.85	+02:56:00 (43.5%)	9:38	6.2 (56.4%)
131	LUBELCZYK Grzegorz	3130	SPELEOCLUB WROCŁAW	M-50	16	01:43:58	03:42:59	04:17:56	06:06:06	06:45:11.15	06:45:31.30	+02:56:35 (43.5%)	9:38	6.2 (56.4%)
132	NIKODEM Klaudiusz	3242		M-40	49	01:43:39	03:50:36	04:25:50	06:09:12	06:45:50.60	06:46:03.25	+02:57:07 (43.6%)	9:39	6.2 (56.4%)
133	KAMIŃSKA Ewelina	3103	BIEGAJĄCE KREJZOLE	K-40	11	01:44:22	04:01:19	04:38:29	06:15:07	06:46:46.85	06:46:50.20	+02:57:54 (43.7%)	9:41	6.2 (56.4%)
134	KOSIELSKI Robert	3236		M-40	50	01:43:43	03:51:38	04:27:19	06:07:36	06:47:42.35	06:47:55.20	+02:58:59 (43.9%)	9:42	6.2 (56.4%)
135	BURDELAK Bartosz	3220	6BDOWSP	M-20	8	01:44:21	03:48:29	04:20:59	06:08:33	06:48:57.75	06:49:13.15	+03:00:17 (44.1%)	9:44	6.2 (56.4%)
136	GĘSIAREK Grzegorz	3131		M-40	51	01:43:58	03:45:53	04:18:31	06:09:24	06:50:07.40	06:50:25.30	+03:01:29 (44.2%)	9:45	6.1 (55.5%)
137	KRZYŻYK Agnieszka	3179	TRIO FORTIS	K-40	12	01:43:51	03:52:48	04:30:42	06:13:45	06:51:23.40	06:51:30.55	+03:02:35 (44.4%)	9:47	6.1 (55.5%)
138	SIKORSKI Cezary	3068	BBL GUBIN	M-50	17	01:43:57	03:56:48	04:30:12	06:16:59	06:54:06.55	06:54:09.00	+03:05:13 (44.7%)	9:51	6.1 (55.5%)
139	PANKOWSKI Jerzy	3174	ALEF	M-30	41	01:43:57	03:50:23	04:25:28	06:17:02	06:55:55.85	06:56:15.30	+03:07:19 (45.0%)	9:54	6.1 (55.5%)
140	SZPYTMA Remigiusz	3243	ABY DO PRZODU	M-30	42	01:44:05	03:55:53	04:32:17	06:17:45	06:57:10.30	06:57:27.10	+03:08:31 (45.2%)	9:55	6 (54.5%)
141	STELMACH Mariusz	3163		M-30	43	01:43:56	03:53:10	04:30:10	06:17:03	06:57:09.00	06:57:27.80	+03:08:32 (45.2%)	9:55	6 (54.5%)
142	MAZUR Katarzyna	3067	UMLAUT	K-40	13	01:52:00	04:06:57	04:41:32	06:24:16	06:58:07.95	06:58:10.20	+03:09:14 (45.3%)	9:57	6 (54.5%)
143	JEKIEL Grzegorz	3033		M-40	52	01:47:40	03:59:54	04:38:02	06:25:11	07:03:09.20	07:03:22.35	+03:14:26 (45.9%)	10:04	6 (54.5%)
144	GŁOGOWSKI Adam	3251	NOA	M-40	53	01:44:13	03:57:59	04:37:42	06:26:29	07:03:50.05	07:04:01.50	+03:15:06 (46.0%)	10:05	5.9 (53.6%)
145	HERBEĆ-LABOCHA Magdalena	3156		K-40	14	01:47:02	04:01:07	04:38:14	06:25:56	07:06:15.85	07:06:40.75	+03:17:45 (46.3%)	10:08	5.9 (53.6%)
146	LABOCHA Aleksander	3157		M-40	54	01:47:03	04:01:11	04:38:21	06:25:58	07:06:15.90	07:06:40.95	+03:17:45 (46.3%)	10:08	5.9 (53.6%)
147	PORCZYK Marius	3191	WIKINGS RUN	M-40	55	01:40:14	03:58:39	04:38:59	06:27:55	07:08:37.40	07:08:50.25	+03:19:54 (46.6%)	10:12	5.9 (53.6%)
148	MIELNIK Krzysztof	3196	DCTRIATHLONTEAM	M-30	44	01:47:11	03:59:28	04:39:14	06:31:02	07:10:08.75	07:10:20.25	+03:21:24 (46.8%)	10:14	5.9 (53.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Pod Szczelińcem 22.8km	Zielona Droga 26km	Jakubowice 37km	Czas netto 42km	Czas brutto 42km	Różn	Tempo min/km	Tempo km/h
149	MIŚ Piotr	3189		M-30	45	01:47:11	03:59:23	04:39:07	06:31:00	07:10:09.30	07:10:20.45	+03:21:24 (46.8%)	10:14	5.9 (53.6%)
150	SZTACHELSKI Krzysztof	3219		M-40	56	01:44:55	03:53:02	04:32:39	06:29:03	07:10:28.70	07:10:51.95	+03:21:56 (46.9%)	10:14	5.9 (53.6%)
151	KANIA Damian	3192		M-40	57	01:45:01	03:57:34	04:33:24	06:28:29	07:11:33.10	07:11:33.10	+03:22:37 (47.0%)	10:16	5.8 (52.7%)
152	BUDZIŃSKI Krzysztof	3233		M-50	18	01:50:25	04:06:24	04:47:58	06:32:33	07:12:56.40	07:13:14.00	+03:24:18 (47.2%)	10:18	5.8 (52.7%)
153	ŻMIJEWSKA Dominika	3122	KLUB BIEGOWY TSK ORZEŁ OSIEK	K-30	8	01:45:18	04:03:40	04:45:40	06:37:59	07:13:23.70	07:13:27.10	+03:24:31 (47.2%)	10:19	5.8 (52.7%)
154	STARSAK Marcin	3123	KLUB BIEGOWY TSK ORZEŁ OSIEK	M-40	58	01:45:19	04:03:47	04:45:34	06:37:59	07:13:23.75	07:13:27.40	+03:24:31 (47.2%)	10:19	5.8 (52.7%)
155	BULANDA Barbara	3247	ŻUBRY BOCHNIA	K-40	15	01:50:05	04:12:48	04:50:49	06:37:59	07:16:41.45	07:16:48.00	+03:27:52 (47.6%)	10:23	5.8 (52.7%)
156	BIAŁA Małgorzata	3155		K-30	9	01:54:32	04:11:58	04:49:28	06:37:52	07:16:34.90	07:16:48.10	+03:27:52 (47.6%)	10:23	5.8 (52.7%)
157	KACZMARCZYK Mariusz	3018	REXER	M-50	19	01:40:24	04:02:54	04:46:05	06:37:25	07:17:19.70	07:17:19.70	+03:28:24 (47.7%)	10:24	5.8 (52.7%)
158	FANAJŁO Kasia	3144	ZIELONA GÓRO ZACZNIJ BIEGAĆ	K-30	10	01:57:04	04:16:37	04:54:28	06:41:46	07:19:10.35	07:19:16.65	+03:30:21 (47.9%)	10:27	5.7 (51.8%)
159	WĘGIER Agnieszka	3108	ZIELONA GÓRA ZACZNIJ BIEGAĆ	K-40	16	01:57:05	04:16:40	04:54:20	06:41:45	07:19:10.15	07:19:17.05	+03:30:21 (47.9%)	10:27	5.7 (51.8%)
160	SZULC Rafał	3083	PREGRES	M-30	46	01:47:06	04:07:11	04:46:29	06:43:11	07:20:55.80	07:21:04.35	+03:32:08 (48.1%)	10:29	5.7 (51.8%)
161	RABIEJ Kazimierz	3161	ROZBIEGANI CHOJNÓW	M-60	2	01:49:44	04:06:15	04:44:06	06:40:05	07:21:05.60	07:21:05.60	+03:32:10 (48.1%)	10:30	5.7 (51.8%)
162	KOWAL Ireneusz	3158		M-40	59	01:43:55	04:06:40	04:48:35	06:41:52	07:22:42.95	07:22:52.25	+03:33:56 (48.3%)	10:32	5.7 (51.8%)
163	ZDYB Grzegorz	3036	44 WOJSKOWY ODDZIAŁ GOSPODARCZY	M-40	60	01:52:58	04:17:49	04:55:07	06:43:14	07:24:10.30	07:24:21.60	+03:35:26 (48.5%)	10:34	5.7 (51.8%)
164	PUZIO Maciej	3023		M-30	47	01:47:11	04:04:03	04:40:48	06:41:25	07:24:51.90	07:25:13.40	+03:36:17 (48.6%)	10:35	5.7 (51.8%)
165	NAWROCKA Aleksandra	3172		K-40	17	01:49:02	04:11:21	04:49:50	06:43:11	07:25:42.10	07:25:49.60	+03:36:54 (48.7%)	10:36	5.7 (51.8%)
166	KONCA Mariusz	3096		M-50	20	01:56:45	04:22:02	04:57:51	06:46:11	07:26:10.85	07:26:31.65	+03:37:36 (48.7%)	10:37	5.6 (50.9%)
167	SIKORSKI Grzegorz	3043		M-50	21	02:02:19	04:26:11	05:04:36	06:48:57	07:27:58.70	07:27:58.70	+03:39:03 (48.9%)	10:39	5.6 (50.9%)
168	SZYMUSIK Tomasz	3020		M-40	61	01:49:05	04:06:14	04:48:25	06:42:19	07:27:47.20	07:28:01.45	+03:39:05 (48.9%)	10:39	5.6 (50.9%)
169	LIS Mirosław	3090		M-40	62	01:49:32	04:11:11	04:48:46	06:44:16	07:27:56.30	07:28:10.70	+03:39:15 (48.9%)	10:39	5.6 (50.9%)
170	GIBOWSKI Łukasz	3091		M-40	63	01:49:31	04:10:40	04:48:40	06:44:10	07:27:56.90	07:28:11.45	+03:39:15 (48.9%)	10:39	5.6 (50.9%)
171	KRÓLIKOWSKA Agnieszka	3141		K-40	18	01:52:58	04:08:10	04:44:07	06:38:53	07:28:15.85	07:28:22.35	+03:39:26 (48.9%)	10:40	5.6 (50.9%)
172	PUZIO Waldemar	3246	MARATOŃCZYK DĘBICA	M-60	3	01:56:28	04:18:41	04:57:57	06:45:40	07:28:02.45	07:28:24.05	+03:39:28 (48.9%)	10:40	5.6 (50.9%)
173	BŁACHNIO Krzysztof	3001	RAZ SZCZECIN	M-50	22	01:44:58	04:04:08	04:49:24	06:43:20	07:28:19.60	07:28:30.65	+03:39:35 (49.0%)	10:40	5.6 (50.9%)
174	GROMADZKA Justyna	3218	KOBIETY WATAHA	K-40	19	01:55:39	04:21:02	04:57:11	06:48:34	07:28:48.90	07:28:57.30	+03:40:01 (49.0%)	10:41	5.6 (50.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Pod Szczelińcem 22.8km	Zielona Droga 26km	Jakubowice 37km	Czas netto 42km	Czas brutto 42km	Różn	Tempo min/km	Tempo km/h
175	KRYSIAK Łukasz	3188	PIĄTKOWO NA BIEGOWO	M-40	64	01:54:29	04:17:40	04:57:44	06:48:06	07:29:20.70	07:29:29.60	+03:40:34 (49.1%)	10:41	5.6 (50.9%)
176	SAŁAMACHA Izabela	3089	MAMY BIEGAMY	K-40	20	01:49:52	04:20:58	04:57:20	06:52:32	07:29:27.95	07:29:35.60	+03:40:40 (49.1%)	10:42	5.6 (50.9%)
177	DOCZEKALSKI Jarek	3000	GB.GALOPUJĄCE ŚLIMAKI	M-50	23	01:49:14	04:16:56	04:54:26	06:43:22	07:29:31.65	07:29:48.85	+03:40:53 (49.1%)	10:42	5.6 (50.9%)
178	JĘDRYKA Sebastian	3031	GB GALOPUJĄCE ŚLIMAKI	M-40	65	01:49:11	04:17:00	04:54:42	06:43:25	07:29:33.70	07:29:51.00	+03:40:55 (49.1%)	10:42	5.6 (50.9%)
179	GRUCHOT Małgorzata	3171	WIECZORNE BIEGANIE W OPOLU	K-40	21	01:47:02	04:10:58	04:53:38	06:55:38	07:32:31.40	07:32:48.30	+03:43:52 (49.4%)	10:46	5.6 (50.9%)
180	BOGACKA Aneta	3109	ZGZB	K-30	11	01:57:17	04:17:03	04:56:59	06:53:49	07:32:45.65	07:32:52.35	+03:43:56 (49.5%)	10:46	5.6 (50.9%)
181	KRAJEWSKA-PALUCH Ewa	3193		K-40	22	01:52:40	04:16:54	04:57:36	06:52:51	07:35:00.15	07:35:12.70	+03:46:17 (49.7%)	10:50	5.5 (50.0%)
182	JURASZ Aleksandra	3058		K-30	12	01:47:42	04:11:09		06:55:42	07:35:39.40	07:35:52.05	+03:46:56 (49.8%)	10:50	5.5 (50.0%)
183	KOT Tomasz	3197		M-40	66	01:58:25	04:21:46	05:04:05	06:52:51	07:37:16.10	07:37:30.20	+03:48:34 (50.0%)	10:53	5.5 (50.0%)
184	GWORYS Katarzyna	3038	ZRYW PARZYMIECHY	K-40	23	01:55:42	04:21:36	04:59:19	06:54:12	07:37:51.35	07:37:54.15	+03:48:58 (50.0%)	10:54	5.5 (50.0%)
185	GWORYS Krzysztof	3039	ZRYW PARZYMIECHY	M-40	67	01:55:44	04:21:26	04:59:10	06:54:11	07:37:51.25	07:37:54.35	+03:48:58 (50.0%)	10:54	5.5 (50.0%)
186	WIELICZKO Rafał	3063	ZONE RUNNERS	M-30	48	01:52:55	04:21:59	05:00:02	06:54:23	07:38:05.50	07:38:15.80	+03:49:20 (50.0%)	10:54	5.5 (50.0%)
186	WIELICZKO Dagmara	3064	ZONE RUNNERS	K-30	13	01:52:56	04:22:01	05:00:08	06:54:29	07:38:04.75	07:38:15.80	+03:49:20 (50.0%)	10:54	5.5 (50.0%)
188	CHROMIK Krzysztof	3072		M-40	68	01:50:11	04:17:54	04:59:50	06:57:51	07:43:36.80	07:43:47.00	+03:54:51 (50.6%)	11:02	5.4 (49.1%)
189	KOPACZYŃSKA Beata	3216	CROSSFIT ZIELONA GÓRA	K-50	2	01:55:26	04:28:07	05:09:34	07:05:17	07:44:32.85	07:44:49.25	+03:55:53 (50.7%)	11:03	5.4 (49.1%)
190	KRAJEWSKA-KŁODA Katarzyna	3027	DRUŻYNA SZPIKU	K-40	24	02:04:51	04:38:56	05:16:26	07:09:19	07:44:33.90	07:44:49.80	+03:55:54 (50.8%)	11:03	5.4 (49.1%)
190	BARANIAK Beata	3025	DRUŻYNA SZPIKU	K-40	24	02:04:54	04:39:03	05:16:30	07:09:21	07:44:33.60	07:44:49.80	+03:55:54 (50.8%)	11:03	5.4 (49.1%)
192	CUPAK Łukasz	3071		M-30	49	01:56:59	04:31:09	05:11:07	07:05:22	07:47:00.45	07:47:10.20	+03:58:14 (51.0%)	11:07	5.4 (49.1%)
193	KONCA Beata	3095	KB OŻARÓW MAZOWIECKI BIEGA	K-40	26	02:06:07	04:37:05	05:16:17	07:09:44	07:51:09.85	07:51:30.65	+04:02:35 (51.4%)	11:13	5.3 (48.2%)
194	KAWIK Janusz	3127		M-50	24	01:52:56	04:28:49	05:20:59	07:12:44	07:51:38.55	07:51:38.55	+04:02:43 (51.5%)	11:13	5.3 (48.2%)
195	SAŁAMACHA Stanisław	3088	BIAŁA BIEGA	M-60	4	01:50:15	04:24:22	05:05:36	07:05:02	07:53:48.30	07:53:56.55	+04:05:01 (51.7%)	11:16	5.3 (48.2%)
196	SALAMACHA Jarek	3124	AKTYWNA NOWA RUDA	M-40	69	01:50:05	04:24:35	05:05:29	07:05:02	07:53:49.50	07:53:57.20	+04:05:01 (51.7%)	11:16	5.3 (48.2%)
Przekroczony limit czasu: 08:00:00														
197	DUBIEL Andrzej	3032		M-40	70	02:03:44	04:44:10	05:28:26	07:25:43	08:11:04.20	08:11:16.10	+04:22:20 (53.4%)	11:41	5.1 (46.4%)
198	TRZCINA Agata	3024		K-40	27	02:10:38	04:59:47	05:39:57		08:27:04.35	08:27:23.50	+04:38:28 (54.9%)	12:04	5 (45.5%)
199	LANGE Hanna	3181	ŻÓŁWICE W BIEGU	K-40	28	02:07:59	04:57:32	05:39:33		08:35:43.15	08:36:01.05	+04:47:05 (55.6%)	12:16	4.9 (44.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Pod Szczelińcem 22.8km	Zielona Droga 26km	Jakubowice 37km	Czas netto 42km	Czas brutto 42km	Różn	Tempo min/km	Tempo km/h
200	GÓRNA Aldona	3183	ZÓŁWICE W BIEGU	K-40	29	02:07:44	04:57:58	05:39:40		08:35:47.15	08:36:05.85	+04:47:10 (55.6%)	12:16	4.9 (44.5%)
201	NOWAK Magdalena	3053	FILIP RUNNING TEAM	K-30	14	02:09:20	05:00:40	05:43:38		08:43:15.55	08:43:25.50	+04:54:30 (56.3%)	12:27	4.8 (43.6%)
202	BEDNARSKA-KOZIOŁ Danuta	3066	WKURW_TEAM	K-40	30	02:10:50	05:02:00	05:40:16		08:43:20.40	08:43:25.90	+04:54:30 (56.3%)	12:27	4.8 (43.6%)
DQ	ZIÓŁKOWSKA Ewelina	3254	KB HARCOWNIK JELCZ LASKOWICE	K-30		02:00:30 DQ	DQ	DQ	03:04:15 DQ	03:40:31.50 DQ	DQ		0:00	11.4 (103.6%)
	DĘBEK Piotr	3257	ŚWIDNICKA GRUPA BIEGOWA	M-40		02:06:16 DNF	04:48:51 DNF	05:33:18 DNF	DNF	DNF	DNF		-	- (0.0%)
	RAJKOWSKI Tomasz	3065		M-30		02:03:14 DNF	04:46:20 DNF	05:38:30 DNF	DNF	DNF	DNF		-	- (0.0%)
	LACHOWSKI Karol	3056	FILIP RUNNING TEAM	M-30		02:09:08 DNF	05:00:50 DNF	05:43:44 DNF	DNF	DNF	DNF		-	- (0.0%)
	DZITKOWSKI Witold	3180		M-30		01:21:58 DNF	03:02:55 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	NOWOMIEJSKI Marcin	3152	PROGRES	M-40		01:30:40 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	POPOWICZ Justyna	3232		K-40		02:06:18 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	HAUTON Monika	3015	NIE TERAZ, POTEM	K-40		DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 210 wynik(ów)