

Wydarzenie: Kudowski Festiwal Biegowy
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2023-04-02
Miejsce: Kudowa-Zdrój
Dystans: 42 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Zielona Droga 26km	Jakubowice 37km	Czas netto 42km	Czas brutto 42km	Różn	Tempo min/km	Tempo km/h
1	JUREK Michał	3189	MILMET MIEROSZÓW / SALOMON	M-40	1	01:02:23	02:33:21	03:27:06	03:47:50.60	03:47:50.60		5:25	11.1 (100%)
2	LEŚNIAK Kamil	3193	HOKA GARMIN TEAM	M-30	1	01:07:11	02:51:16	03:55:01	04:19:35.85	04:19:35.85	+00:31:45 (12.2%)	6:10	9.7 (87.4%)
3	KOŁODZIEJ Roman	3172		M-40	2	01:07:29	02:53:00	04:00:13	04:22:20.50	04:22:20.50	+00:34:29 (13.2%)	6:14	9.6 (86.5%)
4	KOTARSKI Jarosław	3145	TRAIL IS OUR WAY	M-30	2	01:10:58	02:57:35	04:00:26	04:23:28.60	04:23:28.60	+00:35:38 (13.5%)	6:16	9.6 (86.5%)
5	ŁUKASZEWSKI Szymon	3021		M-30	3	01:10:15	02:59:43	04:07:21	04:31:09.75	04:31:09.75	+00:43:19 (16.0%)	6:27	9.3 (83.8%)
6	DAJEK Łukasz	3077		M-40	3	01:10:57	03:01:39	04:09:24	04:35:26.10	04:35:26.10	+00:47:35 (17.3%)	6:33	9.1 (82.0%)
7	RUSIN Jacek	3050	KB MARATON TUREK	M-50	1	01:10:08	02:59:44	04:09:41	04:36:39.95	04:36:39.95	+00:48:49 (17.6%)	6:35	9.1 (82.0%)
8	WIŚNIEWSKI Paweł	3153	ULTRAKOTLINA TEAM	M-40	4	01:09:32	03:02:55	04:13:36	04:40:26.25	04:40:26.25	+00:52:35 (18.8%)	6:40	9 (81.1%)
9	FISZER Sebastian	3097	LESZ NO LIMITS RUNNERS	M-40	5	01:14:39	03:11:59	04:23:43	04:48:58.05	04:48:58.05	+01:01:07 (21.2%)	6:52	8.7 (78.4%)
10	MARKOWSKI Marcin	3105		M-40	6	01:18:14	03:17:51	04:29:38	04:55:31.10	04:55:31.10	+01:07:40 (22.9%)	7:02	8.5 (76.6%)
11	RODEWALD Mateusz	3126		M-30	4	01:10:55	03:09:28	04:29:05	04:58:31.45	04:58:31.45	+01:10:40 (23.7%)	7:06	8.4 (75.7%)
12	DARUL Damian	3032	KB MARATON TUREK	M-40	7	01:14:19	03:15:25	04:33:36	05:02:36.00	05:02:36.00	+01:14:45 (24.7%)	7:12	8.3 (74.8%)
13	KONIAK Michał	3167		M-50	2	01:22:24	03:27:39	04:38:32	05:05:14.45	05:05:14.45	+01:17:23 (25.4%)	7:16	8.3 (74.8%)
14	FOGIEL-PAWŁOWSKA Agnieszka	3045		K-40	1	01:21:56	03:28:46	04:43:52	05:12:30.30	05:12:30.30	+01:24:39 (27.1%)	7:26	8.1 (73.0%)
15	ROGÓRZ Piotr	3188		M-40	8	01:21:57	03:27:12	04:47:05	05:16:50.55	05:16:50.55	+01:28:59 (28.1%)	7:32	8 (72.1%)

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16	PETRÓW Dawid	3123	BIEGIEM NA RYBY / DREAMRUN	M-30	5	01:16:20	03:25:17	04:47:49	05:16:58.25	05:16:58.25	+01:29:07 (28.1%)	7:32	8 (72.1%)
17	LANGE Szymon	3109	WSK- WOJOWNICY SASKIEJ KAWY	M-40	9	01:22:01	03:30:30	04:47:43	05:17:58.85	05:17:58.85	+01:30:08 (28.3%)	7:34	7.9 (71.2%)
18	JAKÓBCZAK Jakub	3103		M-30	6	01:19:54	03:27:32	04:51:11	05:21:30.85	05:21:30.85	+01:33:40 (29.1%)	7:39	7.8 (70.3%)
19	JUNIK Łukasz	3029	MOCNA GRUPA CEZARA	M-30	7	01:21:50	03:25:52	04:55:24	05:22:41.00	05:22:41.00	+01:34:50 (29.4%)	7:40	7.8 (70.3%)
20	LADRA Ryszard	3146	KKM KALORYFER	M-40	10	01:27:16	03:36:43	04:55:23	05:23:23.85	05:23:23.85	+01:35:33 (29.5%)	7:41	7.8 (70.3%)
21	JARMUŻEK Paweł	3190		M-40	11	01:20:15	03:25:08	04:55:18	05:24:06.05	05:24:06.05	+01:36:15 (29.7%)	7:43	7.8 (70.3%)
22	MARKOWSKI Artur	3057	NOA	M-50	3	01:20:41	03:26:04	04:56:04	05:24:09.05	05:24:09.05	+01:36:18 (29.7%)	7:43	7.8 (70.3%)
23	WOJCIECHOWSKI Dariusz	3173	KRAKOWIAK ULTRA TEAM / GÓRAL Z MAZUR RUNNING TEAM	M-40	12	01:25:04	03:35:54	04:57:34	05:24:15.00	05:24:15.00	+01:36:24 (29.7%)	7:43	7.8 (70.3%)
24	NIEMIRO Dominika	3164		K-30	1	01:25:14	03:36:59	04:57:46	05:24:24.30	05:24:24.30	+01:36:33 (29.8%)	7:43	7.8 (70.3%)
25	PACZKOWSKA Katarzyna	3090	BIEGAJĄCE KREJZOLE	K-40	2	01:29:42	03:41:55	04:57:41	05:24:40.85	05:24:40.85	+01:36:50 (29.8%)	7:43	7.8 (70.3%)
26	KULCZYŃSKI Mariusz	3005		M-30	8	01:24:49	03:37:17	04:55:08	05:25:47.90	05:25:47.90	+01:37:57 (30.1%)	7:45	7.7 (69.4%)
27	BIAŁA Katarzyna	3141		K-20	1	01:29:56	03:44:06	04:58:44	05:26:59.75	05:26:59.75	+01:39:09 (30.3%)	7:47	7.7 (69.4%)
28	GRZESIK Paweł	3003	SOR WAŁBRZYCH	M-40	13	01:33:40	03:46:07	04:58:57	05:27:00.15	05:27:00.15	+01:39:09 (30.3%)	7:47	7.7 (69.4%)
29	MALEŃCZAK Piotr	3037		M-30	9	01:27:51	03:37:14	04:57:47	05:28:48.55	05:28:48.55	+01:40:57 (30.7%)	7:49	7.7 (69.4%)
30	JODŁOWSKI Marek	3063		M-40	14	01:29:54	03:44:38	05:01:21	05:29:11.15	05:29:11.15	+01:41:20 (30.8%)	7:50	7.7 (69.4%)
31	WILK Jacek	3182		M-50	4	01:21:56	03:34:43	05:03:28	05:32:40.00	05:32:40.00	+01:44:49 (31.5%)	7:55	7.6 (68.5%)
32	MALIGRANDA Mariusz	3144		M-30	10	01:27:18	03:41:09	05:03:31	05:34:06.50	05:34:06.50	+01:46:15 (31.8%)	7:57	7.5 (67.6%)
33	PIECZARA Błażej	3027	JAWORZ NORUNNERS	M-40	15	01:20:40	03:35:35	05:01:55	05:35:01.00	05:35:01.00	+01:47:10 (32.0%)	7:58	7.5 (67.6%)
34	CIURYK Roman	3133	ŁEMKOWIE	M-20	1	01:27:53	03:45:08	05:06:23	05:35:28.20	05:35:28.20	+01:47:37 (32.1%)	7:59	7.5 (67.6%)
35	MRÓZ Bartłomiej	3096		M-30	11	01:27:24	03:37:36	05:06:14	05:36:26.95	05:36:26.95	+01:48:36 (32.3%)	8:00	7.5 (67.6%)
36	PYREK Krzysztof	3023	1 RBLOG	M-40	16	01:22:06	03:38:33	05:06:53	05:37:15.00	05:37:15.00	+01:49:24 (32.4%)	8:01	7.5 (67.6%)
37	BOBORYCKI Rafał	3100	MOCNA GRUPA CEZARA	M-40	17	01:26:41	03:38:06	05:07:13	05:39:44.40	05:39:44.40	+01:51:53 (32.9%)	8:05	7.4 (66.7%)
38	GŁOGOWSKI Adam	3013	NOA	M-40	18	01:25:36	03:44:23	05:12:17	05:44:51.75	05:44:51.75	+01:57:01 (33.9%)	8:12	7.3 (65.8%)
39	KAZIMIEROWICZ Jacek	3058		M-40	19	01:27:14	03:46:19	05:16:19	05:47:40.20	05:47:40.20	+01:59:49 (34.5%)	8:16	7.2 (64.9%)

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40	WRÓBEL Marcin	3135		M-40	20	01:28:55	03:51:48	05:19:44	05:49:56.35	05:49:56.35	+02:02:05 (34.9%)	8:19	7.2 (64.9%)
41	PARWA Michał	3171	MAGAZYN NA SZCZYCIE	M-30	12	01:29:49	03:55:06	05:20:17	05:50:20.15	05:50:20.15	+02:02:29 (35.0%)	8:20	7.2 (64.9%)
42	FIJOLEK Tomek	3168	FIZJOTERAPIA HD	M-30	13	01:30:03	03:53:57	05:21:51	05:51:25.60	05:51:25.60	+02:03:35 (35.2%)	8:22	7.2 (64.9%)
43	SEMENIUK Konrad	3136	RZEPIŃSCY BIEGACZE	M-30	14	01:29:51	03:53:24	05:22:00	05:51:27.30	05:51:27.30	+02:03:36 (35.2%)	8:22	7.2 (64.9%)
44	CHILIMONIUK Mariusz	3024		M-40	21	01:34:43	03:55:27	05:21:36	05:51:40.85	05:51:40.85	+02:03:50 (35.2%)	8:22	7.2 (64.9%)
45	JASEK Maciej	3130		M-40	22	01:31:07	03:51:47	05:21:46	05:54:03.00	05:54:03.00	+02:06:12 (35.6%)	8:25	7.1 (64.0%)
46	DYRAGA Marcin	3030	SAINT-GOBAIN SQUAD	M-40	23	01:27:21	03:52:32	05:22:58	05:54:29.65	05:54:29.65	+02:06:39 (35.7%)	8:26	7.1 (64.0%)
47	MASŁOWSKI Robert	3098	ANTON TEAM	M-40	24	01:27:13	03:52:36	05:22:24	05:55:43.55	05:55:43.55	+02:07:52 (35.9%)	8:28	7.1 (64.0%)
48	PONIATOWSKI Seweryn	3125		M-40	25	01:31:09	03:55:07	05:22:25	05:55:43.85	05:55:43.85	+02:07:53 (36.0%)	8:28	7.1 (64.0%)
49	IWANIEC Dariusz	3071	BIEGOLAS KOSZALIN	M-40	26	01:29:55	03:53:26	05:22:24	05:57:07.40	05:57:07.40	+02:09:16 (36.2%)	8:30	7.1 (64.0%)
50	BERLINIEC Marcin	3128	EPIC ULTRA	M-30	15	01:25:40	03:45:10	05:24:33	05:57:45.45	05:57:45.45	+02:09:54 (36.3%)	8:31	7 (63.1%)
51	KŁOSSAK Wojciech	3175	NOA	M-40	27	01:33:42	03:55:26	05:30:55	06:02:56.45	06:02:56.45	+02:15:05 (37.2%)	8:38	6.9 (62.2%)
52	CHRZANOWSKI Paweł	3184		M-40	28	01:28:09	03:55:25	05:31:45	06:03:59.20	06:03:59.20	+02:16:08 (37.4%)	8:39	6.9 (62.2%)
53	CIOŁEK Damian	3160		M-20	2	01:32:10	03:55:28	05:32:07	06:07:10.75	06:07:10.75	+02:19:20 (37.9%)	8:44	6.9 (62.2%)
54	SAWCZYN Tomasz	3154	DBS	M-40	29	01:30:08	04:01:53	05:36:46	06:09:27.10	06:09:27.10	+02:21:36 (38.3%)	8:47	6.8 (61.3%)
55	JADACH Grzegorz	3112	NOA	M-40	30	01:24:47	04:10:46	05:37:04	06:10:38.00	06:10:38.00	+02:22:47 (38.5%)	8:49	6.8 (61.3%)
56	CHRAPKIEWICZ Kamil	3149		M-20	3	01:33:36	04:06:42	05:39:16	06:11:22.95	06:11:22.95	+02:23:32 (38.6%)	8:50	6.8 (61.3%)
57	NOWACKI Michał	3132		M-40	31	01:30:35	03:59:32	05:39:57	06:11:31.20	06:11:31.20	+02:23:40 (38.7%)	8:50	6.8 (61.3%)
58	KOCISZEWSKI Łukasz	3111		M-40	32	01:40:41	04:13:00	05:40:45	06:11:51.45	06:11:51.45	+02:24:00 (38.7%)	8:51	6.8 (61.3%)
59	WALKOWIAK Maciej	3068	POLONIA ŚRODA	M-30	16	01:43:42	04:13:00	05:40:45	06:11:51.55	06:11:51.55	+02:24:00 (38.7%)	8:51	6.8 (61.3%)
60	FIREK Rafał	3035		M-40	33	01:27:49	03:55:24	05:34:05	06:12:01.85	06:12:01.85	+02:24:11 (38.8%)	8:51	6.8 (61.3%)
61	KARMOWSKI Jakub	3151	MOCNA GRUPA CEZARA	M-40	34	01:32:06	04:12:25	05:40:21	06:12:03.25	06:12:03.25	+02:24:12 (38.8%)	8:51	6.8 (61.3%)
62	CHWIEJ Marcin	3134	BIEGACZE ŚWINOUJŚCIE	M-40	35	01:31:14	04:07:44	05:41:25	06:12:18.75	06:12:18.75	+02:24:28 (38.8%)	8:51	6.8 (61.3%)
63	GRZESIK Joanna	2000		K-40	3	01:37:52	04:05:40	05:39:54	06:12:31.35	06:12:31.35	+02:24:40 (38.8%)	8:52	6.8 (61.3%)

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64	JANCZAK Konrad	3002		M-30	17	01:37:16	04:07:30	05:41:00	06:13:25.00	06:13:25.00	+02:25:34 (39.0%)	8:53	6.7 (60.4%)
65	DYJA Magdalena	3140	RNB TEAM POLANICA-ZDROJ	K-30	2	01:43:50	04:14:58	05:43:35	06:13:48.05	06:13:48.05	+02:25:57 (39.0%)	8:54	6.7 (60.4%)
66	WYBRANIEC Michal	3033		M-30	18	01:37:55	04:11:03	05:39:51	06:13:52.55	06:13:52.55	+02:26:01 (39.1%)	8:54	6.7 (60.4%)
67	MARCELA Marcin	3028	FAT MAMA'S SPORT CLUB	M-40	36	01:34:42	04:06:09	05:39:53	06:13:59.90	06:13:59.90	+02:26:09 (39.1%)	8:54	6.7 (60.4%)
68	NIEDZIELA Marcin	3034	FAT MAMA'S SPORT CLUB	M-50	5	01:34:37	04:06:11	05:39:51	06:14:00.15	06:14:00.15	+02:26:09 (39.1%)	8:54	6.7 (60.4%)
69	DOMINIAK Marcin	3116	PSIA EDUKACJA	M-50	6	01:33:15	04:06:00	05:41:49	06:15:01.60	06:15:01.60	+02:27:11 (39.2%)	8:55	6.7 (60.4%)
70	SOJKOWSKI Piotr	3118	4FUN TRIATHLON/NAJMOWICZ TRIATHLON	M-40	37	01:39:34	04:10:52	05:44:15	06:19:01.20	06:19:01.20	+02:31:10 (39.9%)	9:01	6.6 (59.5%)
71	GANCZEWSKI Paweł	3099		M-50	7	01:31:31	04:05:44	05:46:17	06:19:41.95	06:19:41.95	+02:31:51 (40.0%)	9:02	6.6 (59.5%)
72	CHLUDZIŃSKI Patryk	3186	ARVATO S.C. REP	M-40	38	01:38:26	04:09:21	05:46:47	06:20:18.85	06:20:18.85	+02:32:28 (40.1%)	9:03	6.6 (59.5%)
73	PAWZUN Bartosz	3148	ZRYW PARZYMIECHY	M-30	19	01:37:23	04:11:47	05:44:22	06:20:21.20	06:20:21.20	+02:32:30 (40.1%)	9:03	6.6 (59.5%)
74	RADZIWANOWSKI Leszek	3084		M-40	39	01:38:04	04:09:14	05:46:45	06:20:36.00	06:20:36.00	+02:32:45 (40.1%)	9:03	6.6 (59.5%)
75	TYCZYŃSKI Sławomir	3039	FILGROSOIL	M-40	40	01:33:32	04:09:29	05:47:03	06:21:35.30	06:21:35.30	+02:33:44 (40.3%)	9:05	6.6 (59.5%)
76	MASALSKI Romuald	3121	ZABIEGANI CZERNIKOWO	M-50	8	01:33:26	04:05:18	05:47:01	06:22:22.95	06:22:22.95	+02:34:32 (40.4%)	9:06	6.6 (59.5%)
77	CHWAŁA Przemysław	3049	POWOLNY	M-50	9	01:33:34	04:05:19	05:46:23	06:22:44.50	06:22:44.50	+02:34:53 (40.5%)	9:06	6.6 (59.5%)
78	RYGAŁ Janusz	3170		M-30	20	01:33:37	04:05:38	05:48:25	06:23:34.30	06:23:34.30	+02:35:43 (40.6%)	9:07	6.6 (59.5%)
79	WAŃKOWICZ Adrian	3087		M-40	41	01:34:24	04:12:41	05:50:08	06:23:56.35	06:23:56.35	+02:36:05 (40.7%)	9:08	6.6 (59.5%)
80	KUŚNIERZ Paweł	3106	SPORTOWY KAŻMIERZ	M-30	21	01:48:20	04:20:42	05:50:55	06:25:05.55	06:25:05.55	+02:37:14 (40.8%)	9:10	6.5 (58.6%)
81	STASIAK Łukasz	3054		M-40	42	01:37:44	04:12:23	05:49:34	06:26:08.35	06:26:08.35	+02:38:17 (41.0%)	9:11	6.5 (58.6%)
82	WATAŁA Krzysztof	3161	SZYBCIEJ	M-50	10	01:43:40	04:18:54	05:53:23	06:26:14.35	06:26:14.35	+02:38:23 (41.0%)	9:11	6.5 (58.6%)
83	NOWAK Krzysztof	3177		M-30	22	01:39:50	04:18:15	05:53:23	06:26:30.85	06:26:30.85	+02:38:40 (41.1%)	9:12	6.5 (58.6%)
84	KONSTANCIUK Dariusz	3180	JAZDAAAAA	M-40	43	01:29:37	04:11:47	05:50:06	06:27:01.10	06:27:01.10	+02:39:10 (41.1%)	9:12	6.5 (58.6%)
85	SYCHOWSKI Dawid	3004		M-30	23	01:29:40	04:05:39	05:47:25	06:27:01.85	06:27:01.85	+02:39:11 (41.1%)	9:12	6.5 (58.6%)
86	KICIŃSKA Zuzanna	3163		K-30	3	01:38:11	04:19:45	05:54:47	06:27:07.40	06:27:07.40	+02:39:16 (41.1%)	9:13	6.5 (58.6%)
87	KOWALEWSKI Grzegorz	3031		M-50	11	01:43:44	04:19:55	05:55:54	06:28:58.20	06:28:58.20	+02:41:07 (41.4%)	9:15	6.5 (58.6%)

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88	NOWAK Natalia	3143	GÓRAL Z MAZUR RUNNING TEAM	K-30	4	01:38:39	04:16:17	05:55:17	06:29:50.75	06:29:50.75	+02:42:00 (41.6%)	9:16	6.5 (58.6%)
89	FILIPOWICZ Dominik	3046		M-30	24	01:39:03	04:15:19	05:54:47	06:31:00.85	06:31:00.85	+02:43:10 (41.7%)	9:18	6.4 (57.7%)
90	LEDNICKI Michał	3187	ARVATO S.C. REP	M-40	44	01:41:42	04:18:56	05:56:04	06:31:22.85	06:31:22.85	+02:43:32 (41.8%)	9:19	6.4 (57.7%)
91	WOJTAS Mateusz	3092		M-30	25	01:39:12	04:11:20	05:54:41	06:33:36.95	06:33:36.95	+02:45:46 (42.1%)	9:22	6.4 (57.7%)
92	GÓRA Roman	3051	BIEGOLAS KOSZALIN	M-60	1	01:37:12	04:19:46	06:00:12	06:34:21.55	06:34:21.55	+02:46:30 (42.2%)	9:23	6.4 (57.7%)
93	SZEWczyk Monika	3086	BRZYSKITRITeam	K-40	4	01:39:22	04:16:32	05:58:27	06:34:35.70	06:34:35.70	+02:46:45 (42.3%)	9:23	6.4 (57.7%)
94	OLSZEWSKI Bogdan	3174		M-20	4	01:35:40	04:13:45	05:58:48	06:34:52.10	06:34:52.10	+02:47:01 (42.3%)	9:24	6.4 (57.7%)
95	PIOTROWIAK Angelika	3038	GARMIN	K-20	2	01:42:35	04:25:17	06:01:17	06:34:56.55	06:34:56.55	+02:47:05 (42.3%)	9:24	6.4 (57.7%)
96	CIEPŁY Kamil	3044	140MINUT.PL	M-30	26	01:42:33	04:25:16	06:01:17	06:34:56.70	06:34:56.70	+02:47:06 (42.3%)	9:24	6.4 (57.7%)
97	LEŚNIAK Grzegorz	3119		M-40	45	01:30:06	04:07:33	05:55:41	06:35:52.25	06:35:52.25	+02:48:01 (42.4%)	9:25	6.4 (57.7%)
98	OLEARCZYK Arkadiusz	3093	BIEGOLAS KOSZALIN	M-50	12	01:37:14	04:20:03	06:01:43	06:36:09.60	06:36:09.60	+02:48:19 (42.5%)	9:25	6.4 (57.7%)
99	JASKÓLSKI Krzysztof	3053	TRIBOY TEAM	M-40	46	01:38:07	04:29:31	06:04:01	06:36:55.90	06:36:55.90	+02:49:05 (42.6%)	9:27	6.3 (56.8%)
100	PIOTROWSKI Kamil	3015		M-40	47	01:24:12	04:21:26	06:05:36	06:37:19.65	06:37:19.65	+02:49:29 (42.7%)	9:27	6.3 (56.8%)
101	KUŁAKOWSKI Dawid	3076	BIEGOLAS KOSZALIN	M-40	48	01:37:25	04:20:04	06:03:53	06:37:50.30	06:37:50.30	+02:49:59 (42.7%)	9:28	6.3 (56.8%)
102	BYLINA Bartosz	3067		M-50	13	01:37:21	04:12:19	05:59:13	06:37:56.95	06:37:56.95	+02:50:06 (42.7%)	9:28	6.3 (56.8%)
103	QUIRINI Ewa	3117		K-40	5	01:41:30	04:21:00	06:01:02	06:39:57.85	06:39:57.85	+02:52:07 (43.0%)	9:31	6.3 (56.8%)
104	SZWARC Grzegorz	3179	ARVATO S.C. REP	M-30	27	01:39:01	04:32:12	06:04:52	06:42:56.00	06:42:56.00	+02:55:05 (43.5%)	9:35	6.3 (56.8%)
105	PTAK Jarek	3194		M-50	14	01:37:18	04:24:54	06:06:20	06:43:02.10	06:43:02.10	+02:55:11 (43.5%)	9:35	6.3 (56.8%)
106	OSTASZEWSKI Ireneusz	3056		M-40	49	01:32:07	04:20:09	06:10:51	06:46:08.85	06:46:08.85	+02:58:18 (43.9%)	9:40	6.2 (55.9%)
107	PIECZARKOWSKA-MRÓZ Zuzanna	3081	KKM KALORYFER	K-30	5	01:45:33	04:33:51	06:10:55	06:47:05.10	06:47:05.10	+02:59:14 (44.0%)	9:41	6.2 (55.9%)
108	MAKLES Pawel	3052	BOXING GUBIN	M-20	5	01:37:53	04:29:30	06:11:57	06:48:03.95	06:48:03.95	+03:00:13 (44.2%)	9:42	6.2 (55.9%)
109	ZIĘTARA-NOSEK Bożena	3088	KKM KALORYFER	K-40	6	01:44:20	04:33:52	06:11:56	06:48:06.70	06:48:06.70	+03:00:16 (44.2%)	9:43	6.2 (55.9%)
110	GAWLICKI Aleksander	3091	LESZCZYŃSKIE BYCZKI	M-20	6	01:40:38	04:36:47	06:18:36	06:50:57.75	06:50:57.75	+03:03:07 (44.6%)	9:47	6.1 (55.0%)
111	KAŻMIERCZAK Mikołaj	3082	LESZCZYŃSKIE BYCZKI	M-20	7	01:40:36	04:36:48	06:18:38	06:50:58.40	06:50:58.40	+03:03:07 (44.6%)	9:47	6.1 (55.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Zielona Droga 26km	Jakubowice 37km	Czas netto 42km	Czas brutto 42km	Różn	Tempo min/km	Tempo km/h
112	ZYCHOWICZ Zbigniew	3083	MOCNA GRUPA CEZARA	M-40	50	01:38:44	04:26:13	06:14:35	06:51:32.25	06:51:32.25	+03:03:41 (44.6%)	9:47	6.1 (55.0%)
113	PISULA Łukasz	3000		M-30	28	01:41:11	04:30:59	06:16:27	06:53:25.65	06:53:25.65	+03:05:35 (44.9%)	9:50	6.1 (55.0%)
114	SYNOWIEC Grzegorz	3007		M-40	51	01:39:32	04:23:39	06:13:40	06:53:57.65	06:53:57.65	+03:06:07 (45.0%)	9:51	6.1 (55.0%)
115	WALKOWIAK Bartosz	3062		M-30	29	01:42:50	04:29:50	06:16:21	06:54:13.65	06:54:13.65	+03:06:23 (45.0%)	9:51	6.1 (55.0%)
116	MICERSKI Tomasz	3094	BIEGOLAS KOSZALIN	M-40	52	01:37:56	04:25:57	06:18:32	06:57:54.70	06:57:54.70	+03:10:04 (45.5%)	9:57	6 (54.1%)
117	STANEK Katarzyna	3064		K-40	7	01:43:27	04:32:37	06:17:21	06:58:59.20	06:58:59.20	+03:11:08 (45.6%)	9:58	6 (54.1%)
118	OLBERT Ireneusz	3137	PCC ULTRA RUNNERS	M-50	15	01:31:16	04:19:59	06:17:32	07:00:36.25	07:00:36.25	+03:12:45 (45.8%)	10:00	6 (54.1%)
119	RABIEJ Kazimierz	3122	ROZBIEGANI CHOJNÓW	M-60	2	01:43:55	04:35:35	06:24:39	07:02:26.20	07:02:26.20	+03:14:35 (46.1%)	10:03	6 (54.1%)
120	PAWIŃSKI Artur	3019	ADIDAS RUNNERS WARSAW	M-40	53	01:46:50	04:34:55	06:25:25	07:04:43.95	07:04:43.95	+03:16:53 (46.4%)	10:06	5.9 (53.2%)
121	KOPER Dariusz	3176		M-40	54	01:37:43	04:46:44	06:30:41	07:05:51.30	07:05:51.30	+03:18:00 (46.5%)	10:08	5.9 (53.2%)
122	WIŚNIEWSKA Anna	3040		K-30	6	01:49:08	04:44:15	06:32:43	07:05:52.75	07:05:52.75	+03:18:02 (46.5%)	10:08	5.9 (53.2%)
123	RADOMSKI Wojciech	3041	WOJCIECH RADOMSKI	M-30	30	01:49:12	04:44:16	06:32:42	07:05:52.90	07:05:52.90	+03:18:02 (46.5%)	10:08	5.9 (53.2%)
124	JEKIEL Grzegorz	3178		M-40	55	01:41:46	04:34:24	06:26:36	07:07:21.55	07:07:21.55	+03:19:30 (46.7%)	10:10	5.9 (53.2%)
125	KAŻMIERCZAK Adam	3014		M-30	31	01:44:25	04:37:00	06:26:39	07:07:25.05	07:07:25.05	+03:19:34 (46.7%)	10:10	5.9 (53.2%)
126	BRZOZOWSKA Marlena	3080		K-40	8	01:43:29	04:37:24	06:31:46	07:09:44.75	07:09:44.75	+03:21:54 (47.0%)	10:13	5.9 (53.2%)
126	BRZOZOWSKI Marcin	3079		M-40	56	01:43:32	04:37:23	06:31:18	07:09:44.75	07:09:44.75	+03:21:54 (47.0%)	10:13	5.9 (53.2%)
128	WYSOCKI Rafał	3113	KKM KALORYFER	M-40	57	01:47:21	04:44:36	06:33:14	07:10:46.35	07:10:46.35	+03:22:55 (47.1%)	10:15	5.9 (53.2%)
129	BUKOWIEC Justyna	3131	KKM KALORYFER	K-30	7	01:47:25	04:44:37	06:33:12	07:10:46.45	07:10:46.45	+03:22:55 (47.1%)	10:15	5.9 (53.2%)
130	KRYCZKA Wojciech	3192	KUDOWIANKA RUN	M-40	58	01:37:47	04:25:56	06:30:56	07:12:13.85	07:12:13.85	+03:24:23 (47.3%)	10:17	5.8 (52.3%)
131	ŁAŻNIOWSKI Dawid	3191		M-30	32	01:37:49	04:25:57	06:30:57	07:12:14.00	07:12:14.00	+03:24:23 (47.3%)	10:17	5.8 (52.3%)
132	PAPIEROWSKA Dagmara	3138	BIEGAJĄCE KREJZOLE	K-30	8	01:42:42	04:45:03	06:34:12	07:15:38.55	07:15:38.55	+03:27:47 (47.7%)	10:22	5.8 (52.3%)
133	LIS Sebastian	3124	BIEGAJĄCE KREJZOLE	M-30	33	01:42:38	04:45:05	06:35:10	07:15:38.95	07:15:38.95	+03:27:48 (47.7%)	10:22	5.8 (52.3%)
134	ZARZECZNY Radosław	3061	JUNIOR AMATOR SUPERSTAR	M-30	34	01:48:59	04:46:42	06:37:23	07:22:01.35	07:22:01.35	+03:34:10 (48.5%)	10:31	5.7 (51.4%)
135	GUCKI Mikołaj	3010		M-40	59	01:46:58	04:46:47	06:37:28	07:22:01.95	07:22:01.95	+03:34:11 (48.5%)	10:31	5.7 (51.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Zielona Droga 26km	Jakubowice 37km	Czas netto 42km	Czas brutto 42km	Różn	Tempo min/km	Tempo km/h
136	MIKŁUSZKA Dorota	3155	KB ODRA OPOLE	K-40	9	01:44:21	04:49:34	06:41:27	07:22:23.75	07:22:23.75	+03:34:33 (48.5%)	10:31	5.7 (51.4%)
137	ZARĘBA Jolanta	3157	RZESZOWSKIE GAZELE I GEPARDY	K-50	1	01:47:34	04:52:05	06:41:32	07:23:24.00	07:23:24.00	+03:35:33 (48.6%)	10:33	5.7 (51.4%)
138	JASICKI Krzysztof	3101	RUNHOGS TYCHY	M-40	60	01:52:00	04:56:22	06:41:33	07:23:41.35	07:23:41.35	+03:35:50 (48.6%)	10:33	5.7 (51.4%)
139	SPYRA Adam	3104	ŻARY RUNNERS TEAM	M-40	61	01:45:39	04:41:12	06:38:58	07:23:55.05	07:23:55.05	+03:36:04 (48.7%)	10:34	5.7 (51.4%)
140	STACHOWIAK Magda	3147	RUN TEAM RYDZYNA	K-30	9	01:51:39	04:56:51	06:41:20	07:26:12.45	07:26:12.45	+03:38:21 (48.9%)	10:37	5.6 (50.5%)
141	KOS Paweł	3158	EAZYMUT.PL	M-50	16	01:56:46	04:55:31	06:45:11	07:27:30.40	07:27:30.40	+03:39:39 (49.1%)	10:39	5.6 (50.5%)
142	JAZUKIEWICZ Ewa	3159	EAZYMUT.PL	K-50	2	01:56:41	04:55:37	06:45:40	07:27:30.65	07:27:30.65	+03:39:40 (49.1%)	10:39	5.6 (50.5%)
143	GUCKA Paulina	3009		K-40	10	01:49:57	04:52:04	06:44:53	07:29:00.55	07:29:00.55	+03:41:09 (49.3%)	10:41	5.6 (50.5%)
144	SOWIŃSKI Michał	3120	RSC RAWICZ	M-20	8	01:45:37	04:57:14	06:42:23	07:29:27.65	07:29:27.65	+03:41:37 (49.3%)	10:42	5.6 (50.5%)
145	FRAĆKOWIAK Dominik	3185		M-30	35	01:49:32	05:00:25		07:36:20.20	07:36:20.20	+03:48:29 (50.1%)	10:51	5.5 (49.5%)
145	MORAŃSKI Paweł	3012		M-30	35	01:53:03	05:00:13		07:36:20.20	07:36:20.20	+03:48:29 (50.1%)	10:51	5.5 (49.5%)
145	MORAŃSKA Małgorzata	3011		K-30	10	01:53:02	05:00:12		07:36:20.20	07:36:20.20	+03:48:29 (50.1%)	10:51	5.5 (49.5%)
148	WIELICZKO Dagmara	3018		K-30	11	01:53:51	05:01:14		07:37:21.05	07:37:21.05	+03:49:30 (50.2%)	10:53	5.5 (49.5%)
149	WIELICZKO Rafał	3017		M-30	37	01:53:47	05:01:13		07:37:21.35	07:37:21.35	+03:49:30 (50.2%)	10:53	5.5 (49.5%)
150	DZIADEK Krzysztof	3115	BIEGOLAS KOSZALIN	M-30	38	01:42:29	05:00:27		07:42:16.95	07:42:16.95	+03:54:26 (50.7%)	11:00	5.5 (49.5%)
151	POTOCZNIK Tomasz	3075	BIEGOLAS KOSZALIN	M-40	62	01:48:13	05:00:24		07:46:22.80	07:46:22.80	+03:58:32 (51.1%)	11:06	5.4 (48.6%)
152	KUKIEŁA Tomasz	3069	BIEGOLAS KOSZALIN	M-40	63	01:47:23	05:00:27		07:46:22.85	07:46:22.85	+03:58:32 (51.1%)	11:06	5.4 (48.6%)
153	SIKORSKI Ludwik	3110	HTF LUDWIK SIKORSKI	M-40	64	01:58:26	05:13:27		07:48:56.45	07:48:56.45	+04:01:05 (51.4%)	11:09	5.4 (48.6%)
154	KŁONOWSKI Marek	3065		M-40	65	01:53:14	05:13:55		07:50:11.90	07:50:11.90	+04:02:21 (51.5%)	11:11	5.4 (48.6%)
155	WESOŁOWSKA Urszula	3108		K-50	3	02:00:22	05:21:39		07:57:23.20	07:57:23.20	+04:09:32 (52.3%)	11:21	5.3 (47.7%)
156	CHROMIK Krzysztof	3078		M-40	66	01:48:54	05:13:39		07:57:53.45	07:57:53.45	+04:10:02 (52.3%)	11:22	5.3 (47.7%)
157	PIWAŃSKI Piotr	3022		M-60	3	01:56:43	05:13:37		07:57:55.15	07:57:55.15	+04:10:04 (52.3%)	11:22	5.3 (47.7%)
158	STANIK Mariusz	3066	KLUB BIEGACZA WARTA	M-40	67	01:45:35	04:58:45		07:57:57.20	07:57:57.20	+04:10:06 (52.3%)	11:22	5.3 (47.7%)
159	GWORYS Krzysztof	3026	ZRYW PARZYMIECHY	M-40	68	02:01:02	05:16:54		07:58:00.25	07:58:00.25	+04:10:09 (52.3%)	11:22	5.3 (47.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Zielona Droga 26km	Jakubowice 37km	Czas netto 42km	Czas brutto 42km	Różn	Tempo min/km	Tempo km/h
160	GWORYS Katarzyna	3025	ZRYW PARZYMICHY	K-40	11	02:01:04	05:16:55		07:58:01.25	07:58:01.25	+04:10:10 (52.3%)	11:22	5.3 (47.7%)
161	WESOŁOWSKI Maciej	3107		M-50	17	02:00:25	05:21:37		07:58:05.15	07:58:05.15	+04:10:14 (52.3%)	11:22	5.3 (47.7%)
162	SIKORSKI Grzegorz	3165		M-50	18	01:49:29	05:12:12		08:12:23.95	08:12:23.95	+04:24:33 (53.7%)	11:43	5.1 (45.9%)
163	LEŚNIAK Grzegorz	3183	LUŻNE PIĄTKI	M-40	69	01:59:44	05:24:05		08:16:14.50	08:16:14.50	+04:28:23 (54.1%)	11:48	5.1 (45.9%)
164	MILLER Tomasz	3166	KGHM	M-40	70	01:53:39	05:13:08		08:16:16.90	08:16:16.90	+04:28:26 (54.1%)	11:48	5.1 (45.9%)
165	CZERWIŃSKA Arleta	3043		K-60	1	01:52:05	05:13:28		08:43:54.00	08:43:54.00	+04:56:03 (56.5%)	12:28	4.8 (43.2%)
166	CZERWIŃSKI Jarosław	3042		M-60	4	01:52:09	05:13:31		08:43:58.00	08:43:58.00	+04:56:07 (56.5%)	12:28	4.8 (43.2%)
167	TYRANKIEWICZ Kamila	3102	JUMP&FLY, KABATY	K-40	12	02:06:41	05:39:06		08:51:50.00	08:51:50.00	+05:03:59 (57.2%)	12:39	4.7 (42.3%)
168	KADECKI Marek	3070		M-50	19	02:06:38	05:23:49		08:52:22.00	08:52:22.00	+05:04:31 (57.2%)	12:40	4.7 (42.3%)
169	KAZIMIERCZUK Sylwia	3162	NBR TEAM	K-30	12	01:58:29	05:33:55		09:31:51.00	09:31:51.00	+05:44:00 (60.2%)	13:36	4.4 (39.6%)
170	ADAMCZEWSKI Jakub	3142	NIGHT RUNNERS / NBR TEAM	M-30	39	01:58:31	05:33:55		09:32:03.00	09:32:03.00	+05:44:12 (60.2%)	13:37	4.4 (39.6%)
171	BARAŃSKA Adrianna	3008		K-20	3	02:10:08					+01:07:45	13:00	4.6 (41.4%)
	DZIERGWA Agnieszka	3181	PRZEDWOJEWSKI TEAM / RNB TEAM POLANICA ZDRÓJ	K-30		01:43:49 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 172 wynik(ów)