

DFBG



**KUDOWSKA
SZTAFETA
GÓRSKA**

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Kudowski Festiwal Biegowy
Fundacja MARATONY GÓRSKIE
2024-04-14
Kudowa-Zdrój
42 km

O-BŁĘDNY MARATON

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

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	MAŁYGA Grzegorz	3142	RMT TEAM PRO	M-30	1	01:02:25	02:36:21	03:31:19	03:52:34.25	03:52:34.25		5:32	10.8 (100%)
2	PILARSKI Tomasz	3141	MARCIN ŚWIERC TEAM	M-40	1	01:02:41	02:37:14	03:33:09	03:55:19.15	03:55:19.15	+00:02:44 (1.2%)	5:36	10.7 (99.1%)
3	GÓRAL Grzegorz	3144	HEJ HEJ GÓRALU	M-40	2	01:05:23	02:42:07	03:38:22	03:59:12.50	03:59:12.50	+00:06:38 (2.8%)	5:41	10.5 (97.2%)
4	KOZIOŁ Damian	3164		M-40	3	01:06:43	02:47:25	03:45:18	04:06:03.95	04:06:03.95	+00:13:29 (5.5%)	5:51	10.2 (94.4%)
5	KACZMARCZYK Łukasz	3043	AW-SZYBCIEJ-TEAM	M-30	2	01:04:12	02:44:11	03:44:49	04:07:06.30	04:07:06.30	+00:14:32 (5.9%)	5:53	10.2 (94.4%)
6	WIŚNIEWSKI Paweł	3149	ULTRAKOTLINA TEAM	M-40	4	01:05:18	02:46:31	03:49:09	04:12:45.60	04:12:45.60	+00:20:11 (8.0%)	6:01	10 (92.6%)
7	TRĄMPCZYŃSKI Jakub	3140	AW - SZYBCIEJ - TEAM	M-30	3	01:08:41	02:54:29	03:56:20	04:19:34.05	04:19:34.05	+00:26:59 (10.4%)	6:10	9.7 (89.8%)
8	ZAWADZKI Andrzej	3113	AW-SZYBCIEJ-TEAM	M-40	5	01:08:06	02:56:28	04:00:47	04:26:10.25	04:26:10.25	+00:33:36 (12.6%)	6:20	9.5 (88.0%)
9	BOCHENEK Miłosz	3107		M-40	6	01:12:36	03:03:43	04:07:53	04:32:01.10	04:32:01.10	+00:39:26 (14.5%)	6:28	9.3 (86.1%)
10	MALEŃCZAK Piotr	3073		M-30	4	01:12:54	03:04:39	04:12:15	04:38:18.95	04:38:18.95	+00:45:44 (16.4%)	6:37	9.1 (84.3%)
11	Fijałkowski Sebastian	3100		M-30	5	01:14:23	03:13:02	04:18:59	04:41:57.95	04:41:57.95	+00:49:23 (17.5%)	6:42	8.9 (82.4%)
12	GUZIKIEWICZ Kamil	3000		M-30	6	01:12:53	03:04:00	04:13:28	04:42:07.95	04:42:07.95	+00:49:33 (17.6%)	6:43	8.9 (82.4%)

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
13	ŁOPATYŃSKI Ireneusz	3137		M-50	1	01:11:32	03:04:26	04:16:26	04:43:33.15	04:43:33.15	+00:50:58 (18.0%)	6:45	8.9 (82.4%)
14	MARCINIAK Jakub	3083	TLENOWA RADOŚĆ TEAM	M-30	7	01:09:50	03:08:38	04:19:18	04:44:38.05	04:44:38.05	+00:52:03 (18.3%)	6:46	8.9 (82.4%)
15	BEDNARZ Krzysztof	3010	PRZEDWOJEWSKI TEAM	M-40	7	01:11:33	03:07:21	04:19:20	04:45:35.75	04:45:35.75	+00:53:01 (18.6%)	6:47	8.8 (81.5%)
16	CARUK Damian	3092	PGN NIERUCHOMOŚCI	M-40	8	01:13:17	03:09:38	04:20:50	04:47:43.90	04:47:43.90	+00:55:09 (19.2%)	6:51	8.8 (81.5%)
17	STACHOWIAK Grzegorz	3143	HULTAJ SOLO RUN	M-40	9	01:12:52	03:13:04	04:23:24	04:49:47.00	04:49:47.00	+00:57:12 (19.7%)	6:53	8.7 (80.6%)
18	AZAREWICZ Grzegorz	3166		M-40	10	01:13:16	03:15:37	04:23:44	04:51:10.70	04:51:10.70	+00:58:36 (20.1%)	6:55	8.7 (80.6%)
19	JODŁOWSKI Marek	3148		M-40	11	01:19:25	03:18:49	04:26:50	04:53:17.75	04:53:17.75	+01:00:43 (20.7%)	6:58	8.6 (79.6%)
20	WALCZAK Patryk	3128	PRZEDWOJEWSKITEAM	M-30	8	01:09:24	03:09:21	04:24:08	04:54:29.50	04:54:29.50	+01:01:55 (21.0%)	7:00	8.6 (79.6%)
21	KOWALCZYK Krzysztof	3076	AW SZYBCIEJ TEAM	M-30	9	01:17:41	03:16:17	04:26:28	04:55:19.25	04:55:19.25	+01:02:45 (21.2%)	7:01	8.5 (78.7%)
22	ROGÓRZ Piotr	3156		M-50	2	01:15:58	03:18:00	04:29:58	04:56:46.35	04:56:46.35	+01:04:12 (21.6%)	7:03	8.5 (78.7%)
23	HERMAN Michał	3095		M-30	10	01:20:09	03:21:18	04:33:11	04:59:07.60	04:59:07.60	+01:06:33 (22.3%)	7:07	8.4 (77.8%)
24	NIELACNY Jakub	3153		M-20	1	01:15:46	03:19:26	04:32:52	04:59:20.10	04:59:20.10	+01:06:45 (22.3%)	7:07	8.4 (77.8%)
25	BURZYŃSKI Łukasz	3007	BIEGAJĄCE KREJZOLE	M-30	11	01:17:38	03:19:41	04:34:17	05:01:17.50	05:01:17.50	+01:08:43 (22.8%)	7:10	8.4 (77.8%)
26	GOLONKA Paweł	3053	KB WIKON NOWA SÓL	M-40	12	01:12:50	03:13:06	04:28:41	05:01:39.10	05:01:39.10	+01:09:04 (22.9%)	7:10	8.4 (77.8%)
27	NAGLAK Łukasz	3115	TLENOWA RADOŚĆ TEAM	M-40	13	01:19:13	03:20:25	04:35:29	05:02:41.40	05:02:41.40	+01:10:07 (23.2%)	7:12	8.3 (76.9%)
28	GĄSIOROWSKI Jarosław	3031	ADDED VALUE NIERUCHOMOŚCI	M-30	12	01:20:45	03:18:35	04:32:38	05:02:50.90	05:02:50.90	+01:10:16 (23.2%)	7:12	8.3 (76.9%)
29	JARMUŻEK Paweł	3104		M-50	3	01:16:02	03:19:11	04:34:13	05:02:52.85	05:02:52.85	+01:10:18 (23.2%)	7:12	8.3 (76.9%)
30	DASZEWSKI Filip	3097		M-20	2	01:17:39	03:24:27	04:37:24	05:02:59.00	05:02:59.00	+01:10:24 (23.2%)	7:12	8.3 (76.9%)
31	BOGUCKA Emilia	3162	BROWAR FORTUNA TEAM, WLKP MOUNTAINS ULTRA	K-40	1	01:17:28	03:20:39	04:35:34	05:02:59.10	05:02:59.10	+01:10:24 (23.2%)	7:12	8.3 (76.9%)
32	IDOWIAK Łukasz	3120	OSIR PONIEC	M-40	14	01:17:41	03:20:31	04:34:36	05:03:37.95	05:03:37.95	+01:11:03 (23.4%)	7:13	8.3 (76.9%)
33	SZUKALSKA Milena	3078	DTR BIEGA MARIO TEAM	K-30	1	01:20:24	03:25:40	04:39:49	05:08:31.05	05:08:31.05	+01:15:56 (24.6%)	7:20	8.2 (75.9%)
34	WRĘCZYCKI Robert	3020	O CO BIEGA W KALETACH	M-40	15	01:16:27	03:20:35	04:39:06	05:09:05.00	05:09:05.00	+01:16:30 (24.8%)	7:21	8.2 (75.9%)
35	PIWOWOŃSKI Paweł	3161		M-40	16	01:13:41	03:20:25	04:39:38	05:09:59.35	05:09:59.35	+01:17:25 (25.0%)	7:22	8.1 (75.0%)

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36	KAZIMIEROWICZ Jacek	3047		M-40	17	01:19:46	03:25:07	04:40:02	05:10:22.30	05:10:22.30	+01:17:48 (25.1%)	7:23	8.1 (75.0%)
37	SMOROWIŃSKI Sebastian	3119	SZOGUNY KRZYCKO WIELKIE	M-30	13	01:20:05	03:24:26	04:41:02	05:12:29.75	05:12:29.75	+01:19:55 (25.6%)	7:26	8.1 (75.0%)
38	STACHOWIAK Kinga	3098	HULTAJ TEAM	K-40	2	01:27:13	03:34:49	04:45:28	05:13:43.65	05:13:43.65	+01:21:09 (25.9%)	7:28	8 (74.1%)
39	WOJDANOWSKI Jan	3121	KB HARCOWNIK JELCZ-LASKOWICE	M-60	1	01:22:51	03:34:17	04:48:12	05:15:02.45	05:15:02.45	+01:22:28 (26.2%)	7:30	8 (74.1%)
40	JUNIK Łukasz	3009	MOCNA GRUPA CEZARA	M-40	18	01:12:48	03:26:57	04:43:45	05:16:13.75	05:16:13.75	+01:23:39 (26.5%)	7:31	8 (74.1%)
41	JASIAK Karol	3094	ZEFKA RUNNERS	M-30	14	01:21:20	03:28:00	04:47:20	05:18:19.40	05:18:19.40	+01:25:45 (26.9%)	7:34	7.9 (73.1%)
41	KRÓLIKOWSKA Magdalena	3096		K-40	3	01:21:23	03:28:18	04:47:20	05:18:19.40	05:18:19.40	+01:25:45 (26.9%)	7:34	7.9 (73.1%)
43	KURZAC Piotr	3102		M-40	19	01:09:04	03:40:43	04:51:35	05:18:25.80	05:18:25.80	+01:25:51 (27.0%)	7:34	7.9 (73.1%)
44	ROZWADOWSKA Łucja	3085	ZUPEŁNIE NIEPOTRZEBNIE	K-40	4	01:27:06	03:35:03	04:50:08	05:18:43.35	05:18:43.35	+01:26:09 (27.0%)	7:35	7.9 (73.1%)
45	RUDNICKI Krzysztof	3082		M-30	15	01:25:59	03:33:54	04:49:13	05:18:59.40	05:18:59.40	+01:26:25 (27.1%)	7:35	7.9 (73.1%)
46	BRYLA Ireneusz	3023	DOMECKO (OPOLSKIE)	M-30	16	01:15:48	03:21:17	04:47:57	05:21:07.50	05:21:07.50	+01:28:33 (27.6%)	7:38	7.8 (72.2%)
47	LEJA Wojciech	3074	ŚLĘŻAK TEAM	M-30	17	01:20:20	03:29:30	04:50:49	05:21:23.45	05:21:23.45	+01:28:49 (27.6%)	7:39	7.8 (72.2%)
48	ŻÓŁDAK Magdalena	3052	ADIDAS RUNNERS POZNAŃ/#BIEGIEMWLAS	K-40	5	01:26:05	03:40:24	04:54:47	05:21:35.95	05:21:35.95	+01:29:01 (27.7%)	7:39	7.8 (72.2%)
49	PONČOVÁ Eva	3028	TJ SOKOL JAROMĚŘ	K-50	1	01:17:54	03:28:41	04:49:18	05:21:44.35	05:21:44.35	+01:29:10 (27.7%)	7:39	7.8 (72.2%)
50	BLICHARZ Jarosław	3054	GAPS POLICE	M-50	4	01:21:17	03:32:41	04:50:46	05:23:11.50	05:23:11.50	+01:30:37 (28.0%)	7:41	7.8 (72.2%)
51	LITKA Krzysztof	3032	PZU SPORT TEAM	M-40	20	01:19:31	03:27:54	04:51:36	05:23:44.20	05:23:44.20	+01:31:09 (28.2%)	7:42	7.8 (72.2%)
52	WIKLIŃSKA Iga	3012		K-20	1	01:24:36	03:36:31	04:53:36	05:23:48.50	05:23:48.50	+01:31:14 (28.2%)	7:42	7.8 (72.2%)
53	JÓZWIAK Piotr	3159		M-40	21	01:17:26	03:28:36	04:51:34	05:24:28.65	05:24:28.65	+01:31:54 (28.3%)	7:43	7.8 (72.2%)
54	BORDYCH Andrzej	3056	BOREL MARATHON TEAM	M-50	5	01:24:31	03:37:41	04:56:09	05:27:11.05	05:27:11.05	+01:34:36 (28.9%)	7:47	7.7 (71.3%)
55	BORDYCH Jacek	3055	BOREL MARATHON TEAM	M-50	6	01:25:55	03:37:41	04:56:11	05:27:11.25	05:27:11.25	+01:34:37 (28.9%)	7:47	7.7 (71.3%)
56	CHWAŁA Przemysław	3003	POWOLNY	M-50	7	01:23:05	03:34:44	04:55:38	05:27:46.10	05:27:46.10	+01:35:11 (29.0%)	7:48	7.7 (71.3%)
57	KSIĘŻARCZYK Michał	3124		M-40	22	01:21:26	03:36:49	04:58:33	05:29:16.95	05:29:16.95	+01:36:42 (29.4%)	7:50	7.7 (71.3%)
58	RYCHTYK Dawid	3126		M-40	23	01:20:54	03:36:21	05:01:02	05:31:09.40	05:31:09.40	+01:38:35 (29.8%)	7:53	7.6 (70.4%)

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59	MATYJA Rafał	3123	LESZNOLIMITS RUNNERS	M-30	18	01:27:09	03:44:51	05:07:11	05:35:21.40	05:35:21.40	+01:42:47 (30.6%)	7:59	7.5 (69.4%)
60	VOLOSHYN Serhii	3110		M-40	24	01:19:23	03:33:34	05:00:36	05:36:34.95	05:36:34.95	+01:44:00 (30.9%)	8:00	7.5 (69.4%)
61	LESZCZYŃSKI Michał	3034	SHT	M-40	25	01:23:39	03:41:48	05:02:45	05:37:48.95	05:37:48.95	+01:45:14 (31.2%)	8:02	7.5 (69.4%)
62	SKIBA Ania	3072		K-20	2	01:23:26	03:40:15	05:03:54	05:37:51.05	05:37:51.05	+01:45:16 (31.2%)	8:02	7.5 (69.4%)
63	CIEŚLEWICZ Wojciech	3058	PLATINUM TEAM	M-40	26	01:26:01	03:38:41	05:04:00	05:37:55.35	05:37:55.35	+01:45:21 (31.2%)	8:02	7.5 (69.4%)
64	ROZWADOWSKI Bartłomiej	3086	ZUPEŁNIE NIEPOTRZEBNIE	M-40	27	01:27:57	03:43:38	05:07:18	05:39:16.65	05:39:16.65	+01:46:42 (31.5%)	8:04	7.4 (68.5%)
65	JESIONOWSKI Piotr	3005	DOM JESIONÓW	M-20	3	01:23:40	03:44:03	05:07:19	05:39:22.10	05:39:22.10	+01:46:47 (31.5%)	8:04	7.4 (68.5%)
66	BANASIK Krzysztof	3029		M-40	28	01:24:25	03:45:47	05:08:54	05:39:30.15	05:39:30.15	+01:46:55 (31.5%)	8:05	7.4 (68.5%)
67	BANASIK Monika	3030		K-40	6	01:24:14	03:45:46	05:08:54	05:39:30.40	05:39:30.40	+01:46:56 (31.5%)	8:05	7.4 (68.5%)
68	JAKUBIAK Jakub	3008	SPORTOWE RZEZIMIESZKI	M-30	19	01:23:57	03:35:29	05:03:04	05:39:47.40	05:39:47.40	+01:47:13 (31.6%)	8:05	7.4 (68.5%)
69	CIEŚLIK Sławomir	3087	ANTONTEAM	M-40	29	01:22:48	03:42:50	05:07:58	05:42:01.25	05:42:01.25	+01:49:27 (32.0%)	8:08	7.4 (68.5%)
70	RASZKE Łukasz	3090	REAL TEAM	M-40	30	01:22:45	03:42:49	05:08:00	05:42:01.85	05:42:01.85	+01:49:27 (32.0%)	8:08	7.4 (68.5%)
71	RYBARCZYK Roman	3066		M-40	31	01:28:24	03:55:28	05:16:34	05:46:49.05	05:46:49.05	+01:54:14 (32.9%)	8:15	7.3 (67.6%)
72	WAŃKOWICZ Adrian	3040		M-40	32	01:24:33	03:45:14	05:17:02	05:48:47.15	05:48:47.15	+01:56:12 (33.3%)	8:18	7.2 (66.7%)
73	SKOCZEK Sebastian	3038	PARKRUN JEZIORO SWARZĘDZKIE	M-40	33	01:26:01	03:38:40	05:10:44	05:48:47.45	05:48:47.45	+01:56:13 (33.3%)	8:18	7.2 (66.7%)
74	MORYL Krystian	3099		M-40	34	01:27:04	03:52:08	05:18:14	05:48:48.05	05:48:48.05	+01:56:13 (33.3%)	8:18	7.2 (66.7%)
75	MUSIAŁ Piotr	3080		M-40	35	01:27:03	03:43:35	05:14:06	05:49:08.00	05:49:08.00	+01:56:33 (33.4%)	8:18	7.2 (66.7%)
76	JAMROZIAK Grzegorz	3088	AARSLEFF.BIZ RUNNING TEAM	M-40	36	01:25:57	03:49:03	05:19:25	05:49:41.25	05:49:41.25	+01:57:07 (33.5%)	8:19	7.2 (66.7%)
77	SYCHOWSKI Dawid	3033		M-40	37	01:23:08	03:47:07	05:18:04	05:49:57.90	05:49:57.90	+01:57:23 (33.5%)	8:19	7.2 (66.7%)
78	BRZOSKOWSKA Sylwia	3157		K-30	2	01:33:15	03:54:54	05:20:21	05:50:27.45	05:50:27.45	+01:57:53 (33.6%)	8:20	7.2 (66.7%)
79	DYJA Magdalena	3158	RNB TEAM POLANICA-ZDRÓJ	K-30	3	01:27:48	03:48:21	05:18:06	05:50:49.35	05:50:49.35	+01:58:15 (33.7%)	8:21	7.2 (66.7%)
80	WROE Agnieszka	3068		K-40	7	01:27:11	03:54:31	05:20:43	05:52:42.70	05:52:42.70	+02:00:08 (34.1%)	8:23	7.1 (65.7%)
81	WIŚNIEWSKA Barbara	3049	SPARTA RUNNERS	K-30	4	01:27:16	03:51:40	05:20:51	05:54:23.00	05:54:23.00	+02:01:48 (34.4%)	8:26	7.1 (65.7%)

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82	VOLÁK Pavel	3081		M-50	8	01:20:18	03:44:40	05:21:22	05:55:59.90	05:55:59.90	+02:03:25 (34.7%)	8:28	7.1 (65.7%)
83	DUBAS Anna	3117	WWW.SPRAWDZAMY-NIERUCHOMOSCI.PL	K-30	5	01:28:25	03:53:19	05:22:50	05:57:24.20	05:57:24.20	+02:04:49 (34.9%)	8:30	7.1 (65.7%)
84	BOREK Bogusław	3059	O CO BIEGA W KALETACH	M-40	38	01:17:57	03:35:34	05:19:11	05:57:37.35	05:57:37.35	+02:05:03 (35.0%)	8:30	7 (64.8%)
85	MAKLES Paweł	3125		M-20	4	01:32:03	04:06:03	05:33:23	06:03:39.15	06:03:39.15	+02:11:04 (36.0%)	8:39	6.9 (63.9%)
86	KANCELARZ Rafał	3133		M-30	20	01:32:24	04:06:14	05:33:28	06:03:45.40	06:03:45.40	+02:11:11 (36.1%)	8:39	6.9 (63.9%)
87	BANGIS Łukasz	3111	ŻÓRAWSKI TEAM	M-30	21	01:27:51	03:54:18	05:29:01	06:03:48.75	06:03:48.75	+02:11:14 (36.1%)	8:39	6.9 (63.9%)
88	BOGUCKI Sławomir	3101		M-60	2	01:27:06	04:08:41	05:34:55	06:06:40.65	06:06:40.65	+02:14:06 (36.6%)	8:43	6.9 (63.9%)
89	WALKOWIAK Bartosz	3017		M-30	22	01:30:28	03:55:14	05:27:32	06:06:44.90	06:06:44.90	+02:14:10 (36.6%)	8:43	6.9 (63.9%)
90	WYRWAS- ZYGARŁOWSKA Izabela	3064		K-40	8	01:30:20	03:59:33	05:33:39	06:07:53.35	06:07:53.35	+02:15:19 (36.8%)	8:45	6.8 (63.0%)
91	GÓRSKI Szymon	3127	BRIDGE NATION	M-20	5	01:32:02	03:53:44	05:30:06	06:08:14.90	06:08:14.90	+02:15:40 (36.8%)	8:46	6.8 (63.0%)
92	KOPER Dariusz	3061		M-40	39	01:25:53	03:56:43	05:33:56	06:08:47.45	06:08:47.45	+02:16:13 (36.9%)	8:46	6.8 (63.0%)
93	FALISZEWSKI Sebastian	3071	ULTRAWAY.PL RUNNING TEAM	M-40	40	01:30:56	04:02:17	05:34:13	06:11:48.80	06:11:48.80	+02:19:14 (37.4%)	8:51	6.8 (63.0%)
94	RUDZKI Martin	3109		M-30	23	01:22:49	03:50:59	05:33:24	06:12:06.70	06:12:06.70	+02:19:32 (37.5%)	8:51	6.8 (63.0%)
95	SOBOLEWSKI Dariusz	3057	BOREL MARATON TEAM	M-40	41	01:27:02	03:59:00	05:37:49	06:15:13.55	06:15:13.55	+02:22:39 (38.0%)	8:56	6.7 (62.0%)
96	JANKOWSKI Krzysztof	3067		M-30	24	01:27:14	03:51:58	05:33:39	06:15:23.55	06:15:23.55	+02:22:49 (38.0%)	8:56	6.7 (62.0%)
97	TRĄBAŁA Adam	3163	KILOMETRY POMOCY	M-50	9	01:28:57	04:02:41	05:39:13	06:19:08.05	06:19:08.05	+02:26:33 (38.7%)	9:01	6.6 (61.1%)
98	PRZEDASZEK Łukasz	3089		M-30	25	01:33:12	04:03:02	05:41:05	06:19:08.75	06:19:08.75	+02:26:34 (38.7%)	9:01	6.6 (61.1%)
99	BARANOWSKI Robert	3075		M-50	10	01:29:46	04:03:47	05:43:28	06:19:18.75	06:19:18.75	+02:26:44 (38.7%)	9:01	6.6 (61.1%)
100	KARWACKI Krystian	3041	KRYSTIAN KA	M-40	42	01:26:03	04:06:22	05:50:35	06:24:19.95	06:24:19.95	+02:31:45 (39.5%)	9:09	6.6 (61.1%)
101	BARTKIEWICZ Halina	3016		K-50	2	01:31:39	04:09:40	05:48:43	06:24:27.10	06:24:27.10	+02:31:52 (39.5%)	9:09	6.6 (61.1%)
102	MATWIEJCZYK Tomasz	3130		M-40	43	01:28:18	03:59:34	05:43:28	06:24:35.45	06:24:35.45	+02:32:01 (39.5%)	9:09	6.6 (61.1%)
103	FURMANOWSKA Ania	3152		K-30	6	01:30:00	03:59:52	05:46:11	06:24:53.45	06:24:53.45	+02:32:19 (39.6%)	9:09	6.5 (60.2%)
104	NOWAK Patryk	3112		M-30	26	01:37:57	04:08:46	05:47:51	06:25:03.45	06:25:03.45	+02:32:29 (39.6%)	9:10	6.5 (60.2%)

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
104	MARCINISZYN Wojciech	3135	MUCHOBÓR SPORTS CLUB	M-40	44	01:37:58	04:01:34	05:47:28	06:25:03.45	06:25:03.45	+02:32:29 (39.6%)	9:10	6.5 (60.2%)
106	SMYK Sylwester	3025	AUTOLIV RUN TEAM	M-40	45	01:33:34	04:10:55	05:48:52	06:25:43.50	06:25:43.50	+02:33:09 (39.7%)	9:11	6.5 (60.2%)
106	SOSNOWSKA-SMYK Joanna	3026	AUTOLIV RUN TEAM	K-40	9	01:33:37	04:10:53	05:48:51	06:25:43.50	06:25:43.50	+02:33:09 (39.7%)	9:11	6.5 (60.2%)
108	SZPYT Andrzej	3105		M-50	11	01:31:46	04:15:17	05:51:39	06:26:20.50	06:26:20.50	+02:33:46 (39.8%)	9:11	6.5 (60.2%)
109	SZTYK Grzegorz	3155	DOGOŃ GRODZISK MAZOWIECKI	M-30	27	01:27:42	04:01:33	05:47:30	06:31:33.50	06:31:33.50	+02:38:59 (40.6%)	9:19	6.4 (59.3%)
110	BUCZYŃSKI Arkadiusz	3051		M-50	12	01:41:03	04:25:26	05:58:16	06:31:34.10	06:31:34.10	+02:38:59 (40.6%)	9:19	6.4 (59.3%)
111	FILIPOWICZ Dominik	3103		M-30	28	01:37:16	04:15:16	05:52:35	06:31:34.45	06:31:34.45	+02:39:00 (40.6%)	9:19	6.4 (59.3%)
112	TERLECKI Marcin	3138		M-50	13	01:33:30	04:16:00	05:53:38	06:32:15.05	06:32:15.05	+02:39:40 (40.7%)	9:20	6.4 (59.3%)
113	POLIWOCZAK Patryk	3027		M-30	29	01:27:10	03:54:34	05:48:34	06:32:56.15	06:32:56.15	+02:40:21 (40.8%)	9:21	6.4 (59.3%)
114	LEŚNIAK Grzegorz	3147	DIRTY SPARROWS	M-40	46	01:27:45	04:11:44	05:54:26	06:33:33.70	06:33:33.70	+02:40:59 (40.9%)	9:22	6.4 (59.3%)
115	BIADUN Michał	3134		M-40	47	01:39:47	04:14:44	05:57:36	06:34:22.65	06:34:22.65	+02:41:48 (41.0%)	9:23	6.4 (59.3%)
116	KUCZYŃSKI Marcin	3004	KGHM ZG RUN	M-50	14	01:35:45	04:13:11	05:51:13	06:35:01.35	06:35:01.35	+02:42:27 (41.1%)	9:24	6.4 (59.3%)
117	CHMIELEWSKA Karolina	3106	PTTK TERAZ SUDETY	K-40	10	01:35:48	04:09:12	05:51:13	06:35:01.55	06:35:01.55	+02:42:27 (41.1%)	9:24	6.4 (59.3%)
118	RUCIŃSKI Adam	3069		M-50	15	01:36:35	04:17:30	05:59:38	06:36:33.35	06:36:33.35	+02:43:59 (41.4%)	9:26	6.4 (59.3%)
119	KOWALEWSKI Grzegorz	3036		M-50	16	01:39:55	04:21:49	06:00:09	06:38:17.60	06:38:17.60	+02:45:43 (41.6%)	9:28	6.3 (58.3%)
120	BAKOWSKI Tomasz	3024	AUTOLIV RUN TEAM	M-40	48	01:40:12	04:20:11	06:04:04	06:42:38.45	06:42:38.45	+02:50:04 (42.2%)	9:35	6.3 (58.3%)
121	TREŚCIŃSKI Mariusz	3035		M-30	30	01:39:52	04:19:38	06:04:58	06:42:57.05	06:42:57.05	+02:50:22 (42.3%)	9:35	6.3 (58.3%)
122	GÓRA Iwona	3037	PARA FIT	K-30	7	01:33:32	04:14:50	06:05:22	06:44:07.75	06:44:07.75	+02:51:33 (42.5%)	9:37	6.2 (57.4%)
123	BIERNACKI Krzysztof	3091		M-40	49	01:34:17	04:16:15	06:04:15	06:46:39.05	06:46:39.05	+02:54:04 (42.8%)	9:40	6.2 (57.4%)
124	WRĘCZYCKA Iwona	3021	O CO BIEGA W KALETACH	K-40	11	01:41:17	04:33:10	06:15:04	06:52:45.25	06:52:45.25	+03:00:11 (43.7%)	9:49	6.1 (56.5%)
125	CZEKALSKA Magdalena	3011	NARAMOWICE BIEGAJĄ	K-40	12	01:40:22	04:31:06	06:17:35	06:53:57.65	06:53:57.65	+03:01:23 (43.8%)	9:51	6.1 (56.5%)
126	KWIATKOWSKA Zuzanna	3131	RNB TEAM POLANICA ZDRÓJ	K-50	3	01:41:17	04:25:49	06:16:12	06:57:25.45	06:57:25.45	+03:04:51 (44.3%)	9:56	6 (55.6%)
127	SIKORSKI Grzegorz	3139		M-50	17	01:37:53	04:30:03	06:17:02	07:00:29.45	07:00:29.45	+03:07:55 (44.7%)	10:00	6 (55.6%)

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
128	KWIATKOWSKA Anna	3048	BIEGAJĄCY TCZEW	K-40	13	01:35:47	04:31:24	06:20:26	07:00:52.15	07:00:52.15	+03:08:17 (44.7%)	10:01	6 (55.6%)
129	FIJAŁKOWSKI Waldemar	3154		M-40	50	01:37:50	04:32:39	06:20:28	07:00:53.15	07:00:53.15	+03:08:18 (44.7%)	10:01	6 (55.6%)
130	CZEKALSKI Tomasz	3014	NARAMOWICE BIEGAJĄ	M-40	51	01:40:23	04:31:41	06:23:40	07:03:28.35	07:03:28.35	+03:10:54 (45.1%)	10:04	6 (55.6%)
131	KOSTYK Grzegorz	3039		M-40	52	01:40:22	04:38:54	06:25:41	07:04:18.40	07:04:18.40	+03:11:44 (45.2%)	10:06	5.9 (54.6%)
132	KOWALEWSKA Anna	3001		K-40	14	01:42:46	04:37:12	06:26:30	07:07:20.45	07:07:20.45	+03:14:46 (45.6%)	10:10	5.9 (54.6%)
133	SIEJEK Natalia	3118		K-30	8	01:36:02	04:36:39	06:26:58	07:07:42.05	07:07:42.05	+03:15:07 (45.6%)	10:11	5.9 (54.6%)
134	SIKORSKI Cezary	3022	BBC	M-50	18	01:40:15	04:42:05	06:30:51	07:09:24.55	07:09:24.55	+03:16:50 (45.8%)	10:13	5.9 (54.6%)
135	DYMOWSKI Piotr	3050		M-40	53	01:35:50	04:22:18	06:21:46	07:10:16.40	07:10:16.40	+03:17:42 (45.9%)	10:14	5.9 (54.6%)
136	STAMM Tomasz	3165		M-50	19	01:38:02	04:35:32	06:30:19	07:11:09.80	07:11:09.80	+03:18:35 (46.1%)	10:15	5.8 (53.7%)
137	FILUT Tomasz	3129	WYBIEGAĆ MARZENIA TEAM	M-40	54	01:40:11	04:34:16	06:26:16	07:12:13.10	07:12:13.10	+03:19:38 (46.2%)	10:17	5.8 (53.7%)
138	WIELICZKO Dagmara	3151		K-30	9	01:45:29	04:42:06	06:33:38	07:16:56.65	07:16:56.65	+03:24:22 (46.8%)	10:24	5.8 (53.7%)
139	WIELICZKO Rafał	3150		M-30	31	01:45:24	04:41:57	06:33:31	07:16:56.90	07:16:56.90	+03:24:22 (46.8%)	10:24	5.8 (53.7%)
140	CHROMIK Krzysztof	3060		M-40	55	01:36:55	04:36:09	06:39:11	07:20:48.50	07:20:48.50	+03:28:14 (47.2%)	10:29	5.7 (52.8%)
141	PYZIO Magda	3114		K-30	10	01:36:20	04:56:07	06:46:47	07:22:06.85	07:22:06.85	+03:29:32 (47.4%)	10:31	5.7 (52.8%)
142	DEDERKO Piotr	3070	DEDETEAM	M-50	20	01:38:05	04:21:35	06:25:51	07:23:19.65	07:23:19.65	+03:30:45 (47.5%)	10:33	5.7 (52.8%)
143	WALIŃSKA Agata	3116	WWW.SPRAWDZAMY-NIERUCHOMOSCI.PL	K-40	15	01:43:56	04:56:09	06:47:08	07:28:40.75	07:28:40.75	+03:36:06 (48.2%)	10:40	5.6 (51.9%)
144	PIETRZAK Agnieszka	3062	BANICI ULTRA	K-50	4	01:46:47	04:55:45	06:50:49	07:32:48.85	07:32:48.85	+03:40:14 (48.6%)	10:46	5.6 (51.9%)
145	PRZYBYSZEWSKA Dominika	3122	ŚWIERCZEWO RUN	K-30	11	01:46:47	04:55:45	06:50:50	07:32:48.95	07:32:48.95	+03:40:14 (48.6%)	10:46	5.6 (51.9%)
146	KOWACZ Agata	3136	SPEEDBAR	K-40	16	01:42:08	04:42:49	06:51:33	07:37:11.75	07:37:11.75	+03:44:37 (49.1%)	10:53	5.5 (50.9%)
147	OLEJNIK Ilona	3046		K-50	5	01:44:57	04:50:06	06:51:11	07:37:41.55	07:37:41.55	+03:45:07 (49.2%)	10:53	5.5 (50.9%)
148	SIERADZKA Maria	3015		K-30	12	01:49:39	04:59:26	06:56:35	07:40:33.60	07:40:33.60	+03:47:59 (49.5%)	10:57	5.5 (50.9%)
149	PAJSZCZYK Blanka	3013		K-30	13	01:49:40	04:59:25	06:56:43	07:40:39.85	07:40:39.85	+03:48:05 (49.5%)	10:58	5.5 (50.9%)
150	CHORAŻY Izabela	3108		K-30	14	01:46:41	04:59:29	06:56:39	07:40:44.10	07:40:44.10	+03:48:09 (49.5%)	10:58	5.5 (50.9%)

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
151	MAĆKOWIAK Karolina	3002	MAĆKOWIAK TEAM	K-40	17	01:50:18	04:59:26	06:56:42	07:41:20.65	07:41:20.65	+03:48:46 (49.6%)	10:59	5.5 (50.9%)
152	GOŹDZICKA Iwona	3042		K-40	18	01:46:00	04:55:55	07:05:57	07:52:57.75	07:52:57.75	+04:00:23 (50.8%)	11:15	5.3 (49.1%)
153	JURASZ Aleksandra	3063		K-30	15	01:50:17	05:03:58	07:17:00	08:13:00.65	08:13:00.65	+04:20:26 (52.8%)	11:44	5.1 (47.2%)
154	WIDERA Adrian	3065	CHOOSE YOURSELF JAWORZNO	M-40	56	01:51:53	05:07:50	07:17:00	08:13:01.25	08:13:01.25	+04:20:27 (52.8%)	11:44	5.1 (47.2%)
	SAJKOWSKI Michał	3146		M-30		01:32:01 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 155 wynik(ów)