

**Wydarzenie:** Kudowski Festiwal Biegowy - Sztafeta Górską 2021  
**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2021-05-09  
**Miejsce:** Kudowa-Zdrój  
**Dystans:** 42 km

Klasyfikacja: OPEN

| Msc | Zawodnik               | Numer | Klub                           | Kategoria | Mkat | Błędne<br>Skały<br>10km | Zielona<br>Droga<br>26km | Jakubowice<br>37km | Czas<br>netto<br>42km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|------------------------|-------|--------------------------------|-----------|------|-------------------------|--------------------------|--------------------|-----------------------|----------------------|-----------------|----------------|
| 1   | RUTKOWSKI Dawid        | 2113  | 140MINUT.PL/GRIZZLYTEAM        | M-40      | 1    | 01:07:05                | 02:46:23                 | 03:43:58           | 04:04:39.75           |                      | 5:49            | 10.3<br>(100%) |
| 2   | SKRAJNY Łukasz         | 2112  | 140MINUT.PL                    | M-40      | 2    | 01:06:38                | 02:55:55                 | 04:00:33           | 04:25:24.05           | +00:20:44<br>(7.8%)  | 6:19            | 9.5<br>(92.2%) |
| 3   | STYPEREK Jakub         | 2131  | VEGE RUNNERS                   | M-30      | 1    | 01:08:38                | 02:56:59                 | 04:01:46           | 04:26:36.25           | +00:21:56<br>(8.2%)  | 6:20            | 9.5<br>(92.2%) |
| 4   | BARTYZEL Marek         | 2138  |                                | M-40      | 3    | 01:11:00                | 02:56:12                 | 04:02:00           | 04:26:59.10           | +00:22:19<br>(8.4%)  | 6:21            | 9.4<br>(91.3%) |
| 5   | KACZMARCZYK Łukasz     | 2055  |                                | M-30      | 2    | 01:07:00                | 02:52:41                 | 04:04:01           | 04:29:39.90           | +00:25:00<br>(9.3%)  | 6:25            | 9.3<br>(90.3%) |
| 6   | ROGÓRZ Piotr           | 2134  |                                | M-40      | 4    | 01:11:37                | 03:03:05                 | 04:09:47           | 04:33:09.20           | +00:28:29<br>(10.4%) | 6:30            | 9.2<br>(89.3%) |
| 7   | RĄCZKOWSKI Daniel      | 2021  | KB ZDYSZAAANI CHOCIANÓW        | M-30      | 3    | 01:09:50                | 03:00:51                 | 04:08:26           | 04:34:30.00           | +00:29:50<br>(10.9%) | 6:32            | 9.2<br>(89.3%) |
| 8   | KACZMARCZYK Przemysław | 2042  | 140MINUT.PL                    | M-20      | 1    | 01:09:25                | 03:00:01                 | 04:09:12           | 04:34:31.45           | +00:29:51<br>(10.9%) | 6:32            | 9.2<br>(89.3%) |
| 9   | SZYMURA Wojciech       | 2079  | DECATHLON RYBNIK & PRZYJACIELE | M-40      | 5    | 01:10:01                | 03:01:20                 | 04:09:17           | 04:34:58.80           | +00:30:19<br>(11.0%) | 6:32            | 9.2<br>(89.3%) |
| 10  | BUK Sławomir           | 2000  | LESZ NO LIMITS RUNNERS         | M-40      | 6    | 01:09:36                | 03:01:46                 | 04:08:51           | 04:35:04.55           | +00:30:24<br>(11.1%) | 6:32            | 9.2<br>(89.3%) |
| 11  | BERG Aleksander        | 2039  |                                | M-30      | 4    | 01:11:25                | 03:02:29                 | 04:12:45           | 04:38:09.40           | +00:33:29<br>(12.0%) | 6:37            | 9.1<br>(88.3%) |
| 12  | KOTARSKI Jarosław      | 2087  |                                | M-20      | 2    | 01:09:33                | 03:08:49                 | 04:20:57           | 04:46:20.30           | +00:41:40<br>(14.6%) | 6:49            | 8.8<br>(85.4%) |
| 13  | KWIATKOWSKI Przemysław | 2148  |                                | M-30      | 5    | 01:12:42                |                          | 04:22:00           | 04:48:36.75           | +00:43:57<br>(15.2%) | 6:52            | 8.7<br>(84.5%) |
| 14  | PIĄTEK Joanna          | 2001  |                                | K-30      | 1    | 01:13:33                | 03:13:28                 | 04:23:03           | 04:50:04.95           | +00:45:25<br>(15.7%) | 6:54            | 8.7<br>(84.5%) |
| 15  | DARUL Damian           | 2024  | KB MARATON TUREK               | M-40      | 7    | 01:13:59                | 03:14:43                 | 04:28:31           | 04:55:09.75           | +00:50:30<br>(17.1%) | 7:01            | 8.5<br>(82.5%) |

| Msc | Zawodnik             | Numer | Klub                                     | Kategoria | Mkat | Błędne<br>Skały<br>10km | Zielona<br>Droga<br>26km | Jakubowice<br>37km | Czas<br>netto<br>42km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|----------------------|-------|------------------------------------------|-----------|------|-------------------------|--------------------------|--------------------|-----------------------|----------------------|-----------------|----------------|
| 16  | DANAK Przemek        | 2007  |                                          | M-40      | 8    | 01:21:49                | 03:20:29                 | 04:32:59           | 04:58:16.10           | +00:53:36<br>(18.0%) | 7:06            | 8.4<br>(81.6%) |
| 17  | JABŁOŃSKI Paweł      | 2133  | KUDOWIANKA RUN                           | M-40      | 9    | 01:15:54                | 03:08:18                 | 04:32:55           | 05:01:59.85           | +00:57:20<br>(19.0%) | 7:11            | 8.3<br>(80.6%) |
| 18  | SAJEWICZ Dominik     | 2103  | ZGÓRMYSYNY                               | M-30      | 6    | 01:18:25                | 03:19:11                 | 04:36:28           | 05:05:13.55           | +01:00:33<br>(19.8%) | 7:16            | 8.3<br>(80.6%) |
| 19  | BARTKIEWICZ Paweł    | 2089  | ADAM DRACZYŃSKI RUNNING TEAM             | M-50      | 1    | 01:20:53                | 03:24:40                 | 04:38:25           | 05:06:31.55           | +01:01:51<br>(20.2%) | 7:17            | 8.2<br>(79.6%) |
| 20  | BOCZEK Leszek        | 2129  | ZAŁOGA GÓRSKA                            | M-30      | 7    | 01:23:36                | 03:26:20                 | 04:44:58           | 05:10:11.10           | +01:05:31<br>(21.1%) | 7:23            | 8.1<br>(78.6%) |
| 21  | GAWLEWICZ Tomasz     | 2038  | GAWĘŁKI TEAM/POZYTYWNIIE ZABIEGANI SANOK | M-40      | 10   | 01:15:46                | 03:18:19                 | 04:38:14           | 05:10:15.40           | +01:05:35<br>(21.1%) | 7:23            | 8.1<br>(78.6%) |
| 22  | CZERNY Tomasz        | 2080  |                                          | M-40      | 11   | 01:17:33                | 03:22:09                 | 04:42:18           | 05:11:47.45           | +01:07:07<br>(21.5%) | 7:25            | 8.1<br>(78.6%) |
| 23  | MAJCHRZAK Marcin     | 2059  | PRZEDWOJEWSKI TEAM                       | M-40      | 12   | 01:20:35                | 03:25:04                 | 04:41:30           | 05:11:58.35           | +01:07:18<br>(21.6%) | 7:25            | 8.1<br>(78.6%) |
| 24  | WEINERT Artur        | 2036  | RUNNER'S POWER                           | M-30      | 8    | 01:20:42                | 03:27:14                 | 04:48:20           | 05:15:38.25           | +01:10:58<br>(22.5%) | 7:30            | 8<br>(77.7%)   |
| 25  | STASZCZAK Łukasz     | 2051  | TRI TEAM LUBAŃ                           | M-40      | 13   | 01:18:45                | 03:30:54                 | 04:48:09           | 05:16:27.55           | +01:11:47<br>(22.7%) | 7:32            | 8<br>(77.7%)   |
| 26  | LAMEK Andrzej        | 2158  | AKTYWNY OSTRZESZÓW                       | M-50      | 2    | 01:18:12                | 03:29:06                 | 04:49:37           | 05:19:28.20           | +01:14:48<br>(23.4%) | 7:36            | 7.9<br>(76.7%) |
| 27  | PASZKIEWICZ Grzegorz | 2153  | RAGS                                     | M-30      | 9    | 01:19:07                | 03:28:22                 | 04:49:26           | 05:19:47.55           | +01:15:07<br>(23.5%) | 7:36            | 7.9<br>(76.7%) |
| 28  | LANGE Szymon         | 2041  |                                          | M-40      | 14   | 01:20:24                | 03:28:06                 | 04:50:37           | 05:21:08.90           | +01:16:29<br>(23.8%) | 7:38            | 7.8<br>(75.7%) |
| 29  | HOTAŁA Sylwia        | 2005  | KUDOWIANKA RUN                           | K-30      | 2    | 01:19:31                | 03:29:59                 | 04:58:54           | 05:26:16.70           | +01:21:36<br>(25.0%) | 7:46            | 7.7<br>(74.8%) |
| 30  | ŁUCJANEK Błażej      | 2072  |                                          | M-20      | 3    | 01:18:12                | 03:30:59                 | 04:58:43           | 05:27:03.15           | +01:22:23<br>(25.2%) | 7:47            | 7.7<br>(74.8%) |
| 31  | PAŻUCHA Wojciech     | 2006  | NAPĘDZANY PIEROGAMI                      | M-40      | 15   | 01:21:49                | 03:37:40                 | 04:59:57           | 05:28:53.35           | +01:24:13<br>(25.6%) | 7:49            | 7.7<br>(74.8%) |
| 32  | KAMIŃSKI Marek       | 2083  | 180 MINUT                                | M-40      | 16   | 01:25:20                | 03:39:06                 | 05:00:34           | 05:29:07.30           | +01:24:27<br>(25.7%) | 7:50            | 7.7<br>(74.8%) |
| 33  | DZITKOWSKI Witold    | 2132  |                                          | M-30      | 10   | 01:19:37                | 03:30:07                 | 04:58:37           | 05:30:15.70           | +01:25:35<br>(25.9%) | 7:51            | 7.6<br>(73.8%) |
| 34  | CARUK Damian         | 2099  |                                          | M-40      | 17   | 01:22:08                | 03:31:20                 | 05:01:06           | 05:30:43.15           | +01:26:03<br>(26.0%) | 7:52            | 7.6<br>(73.8%) |
| 35  | ZIMNY Tomasz         | 2046  | ŚRUNDUNIA                                | M-60      | 1    | 01:25:28                | 03:41:29                 | 05:03:31           | 05:31:35.10           | +01:26:55<br>(26.2%) | 7:53            | 7.6<br>(73.8%) |
| 36  | ZERZUT Jarosław      | 2037  |                                          | M-50      | 3    | 01:25:43                | 03:42:50                 | 05:06:04           | 05:34:05.05           | +01:29:25<br>(26.8%) | 7:57            | 7.5<br>(72.8%) |
| 37  | MEDEJSZO Mariusz     | 2088  | NOWOSOLSKA GRUPA BIEGOWA                 | M-40      | 18   | 01:22:23                | 03:36:03                 | 05:03:27           | 05:34:21.15           | +01:29:41<br>(26.8%) | 7:57            | 7.5<br>(72.8%) |
| 38  | JAMROZIAK Grzegorz   | 2098  | AARSLEFF.BIZ RUNNING TEAM                | M-40      | 19   | 01:28:13                | 03:43:17                 | 05:06:40           | 05:37:00.15           | +01:32:20<br>(27.4%) | 8:01            | 7.5<br>(72.8%) |

| Msc | Zawodnik              | Numer | Klub                             | Kategoria | Mkat | Błędne<br>Skały<br>10km | Zielona<br>Droga<br>26km | Jakubowice<br>37km | Czas<br>netto<br>42km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-----------------------|-------|----------------------------------|-----------|------|-------------------------|--------------------------|--------------------|-----------------------|----------------------|-----------------|----------------|
| 39  | FRYSIAK Artur         | 2027  | WIELUŃ ULTRA                     | M-50      | 4    | 01:23:29                | 03:41:45                 | 05:08:55           | 05:37:47.20           | +01:33:07<br>(27.6%) | 8:02            | 7.5<br>(72.8%) |
| 40  | KACZOR Piotr          | 2116  | TEAM TIR                         | M-40      | 20   | 01:24:49                | 03:48:39                 | 05:13:42           | 05:43:19.10           | +01:38:39<br>(28.7%) | 8:10            | 7.3<br>(70.9%) |
| 41  | ROLICZ Marcin         | 2033  |                                  | M-40      | 21   | 01:23:30                | 03:40:16                 | 05:17:08           | 05:44:26.65           | +01:39:46<br>(29.0%) | 8:12            | 7.3<br>(70.9%) |
| 42  | STACHNIO Tomek        | 2009  | WF OCR TEAM KNO                  | M-30      | 11   | 01:22:45                | 03:40:56                 | 05:17:15           | 05:44:42.45           | +01:40:02<br>(29.0%) | 8:12            | 7.3<br>(70.9%) |
| 43  | KOBYDECKA Klaudia     | 2002  |                                  | K-30      | 3    | 01:25:13                | 03:42:58                 | 05:17:12           | 05:46:03.15           | +01:41:23<br>(29.3%) | 8:14            | 7.3<br>(70.9%) |
| 44  | JASTRZĘBSKI Kamil     | 2101  | NADAKTYWNI NOWE MIASTECZKO       | M-40      | 22   | 01:27:14                | 03:48:49                 | 05:14:37           | 05:46:18.75           | +01:41:39<br>(29.4%) | 8:14            | 7.3<br>(70.9%) |
| 45  | BIEL Sławomir         | 2125  | WWW.42K.COM.PL                   | M-40      | 23   | 01:16:36                | 03:27:46                 | 05:10:53           | 05:46:54.20           | +01:42:14<br>(29.5%) | 8:15            | 7.3<br>(70.9%) |
| 46  | KRYSIAK Tomasz        | 2054  | AMATORSKIE BIEGANIE W SZCZECINIE | M-30      | 12   | 01:23:30                | 03:40:29                 | 05:18:56           | 05:46:54.40           | +01:42:14<br>(29.5%) | 8:15            | 7.3<br>(70.9%) |
| 47  | BATOR Michał          | 2136  |                                  | M-30      | 13   | 01:28:35                | 03:43:02                 | 05:13:36           | 05:46:58.20           | +01:42:18<br>(29.5%) | 8:15            | 7.3<br>(70.9%) |
| 48  | PIĘTA Łukasz          | 2008  | INFINITY GYM                     | M-40      | 24   | 01:27:44                | 03:49:34                 | 05:14:40           | 05:51:42.35           | +01:47:02<br>(30.4%) | 8:22            | 7.2<br>(69.9%) |
| 49  | MAKLES Pawel          | 2073  |                                  | M-20      | 4    | 01:34:48                | 04:07:26                 | 05:24:54           | 05:51:50.80           | +01:47:11<br>(30.5%) | 8:22            | 7.2<br>(69.9%) |
| 50  | ŻYTKOWIAK Maciej      | 2060  | CZARNY BIAŁY WIEWIÓRKA           | M-30      | 14   | 01:21:31                | 03:44:01                 | 05:18:28           | 05:52:23.10           | +01:47:43<br>(30.6%) | 8:23            | 7.2<br>(69.9%) |
| 51  | PIŁAT Tomasz          | 2061  | CZARNY BIAŁY WIEWIÓRKA           | M-30      | 15   | 01:21:34                | 03:43:55                 | 05:18:29           | 05:52:29.65           | +01:47:49<br>(30.6%) | 8:23            | 7.1<br>(68.9%) |
| 52  | SKRZYPIŃSKI Arkadiusz | 2019  | PSI PATROL                       | M-40      | 25   | 01:26:41                | 03:46:43                 | 05:19:14           | 05:52:55.00           | +01:48:15<br>(30.7%) | 8:24            | 7.1<br>(68.9%) |
| 53  | DZIUBA Piotr          | 2091  |                                  | M-40      | 26   | 01:22:25                | 03:40:41                 | 05:20:39           | 05:52:56.65           | +01:48:16<br>(30.7%) | 8:24            | 7.1<br>(68.9%) |
| 54  | MATYJA Rafał          | 2070  | LESZNOLIMITS RUNNERS             | M-30      | 16   | 01:30:29                | 03:53:19                 | 05:23:49           | 05:53:09.20           | +01:48:29<br>(30.7%) | 8:24            | 7.1<br>(68.9%) |
| 55  | PRAŻANOWSKI Sergiusz  | 2076  |                                  | M-30      | 17   | 01:27:21                | 03:46:41                 | 05:21:21           | 05:53:41.60           | +01:49:01<br>(30.8%) | 8:25            | 7.1<br>(68.9%) |
| 56  | KUBIAK Karolina       | 2152  |                                  | K-40      | 1    | 01:30:24                | 03:52:57                 | 05:22:04           | 05:53:55.90           | +01:49:16<br>(30.9%) | 8:25            | 7.1<br>(68.9%) |
| 57  | MALEŃCZAK Piotr       | 2104  |                                  | M-20      | 5    | 01:23:29                | 03:45:31                 | 05:20:43           | 05:54:47.00           | +01:50:07<br>(31.0%) | 8:26            | 7.1<br>(68.9%) |
| 58  | PUDELKO Roman         | 2115  |                                  | M-30      | 18   | 01:32:04                | 03:59:56                 | 05:29:14           | 05:58:10.25           | +01:53:30<br>(31.7%) | 8:31            | 7<br>(68.0%)   |
| 59  | ROSOŁOWSKI Grzegorz   | 2081  | NADAKTYWNI NOWE MIASTECZKO       | M-40      | 27   | 01:27:28                | 03:51:52                 | 05:24:52           | 05:58:25.15           | +01:53:45<br>(31.7%) | 8:32            | 7<br>(68.0%)   |
| 60  | GADOMSKI Dariusz      | 2128  |                                  | M-50      | 5    | 01:31:39                | 03:52:06                 | 05:27:57           | 06:01:10.55           | +01:56:30<br>(32.3%) | 8:35            | 7<br>(68.0%)   |
| 61  | RÓG Krzysztof         | 2032  | KB „ZDYSZAAANI” CHOCIANÓW        | M-40      | 28   | 01:29:35                | 03:57:26                 | 05:31:13           | 06:03:24.10           | +01:58:44<br>(32.7%) | 8:39            | 6.9<br>(67.0%) |

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|-----|----------------------|-------|-------------------------------|-----------|------|-------------------------|--------------------------|--------------------|-----------------------|----------------------|-----------------|----------------|
| 62  | BIENIAS Piotr        | 2147  |                               | M-40      | 29   | 01:29:42                | 03:11:31                 | 05:28:52           | 06:03:59.45           | +01:59:19<br>(32.8%) | 8:39            | 6.9<br>(67.0%) |
| 63  | CIEŚLA Krzysztof     | 2062  | WF OCR TEAM KOSTRZYN NAD ODRĄ | M-30      | 19   | 01:30:50                | 03:52:17                 | 05:28:50           | 06:05:26.25           | +02:00:46<br>(33.0%) | 8:42            | 6.9<br>(67.0%) |
| 64  | LACH Sebastian       | 2143  |                               | M-40      | 30   | 01:20:41                | 03:52:00                 | 05:31:52           | 06:07:47.60           | +02:03:07<br>(33.5%) | 8:45            | 6.9<br>(67.0%) |
| 65  | WAWRZY尼亚K Paweł      | 2135  | RUNNER'S POWER                | M-40      | 31   | 01:35:36                | 04:06:17                 | 05:40:21           | 06:07:52.80           | +02:03:13<br>(33.5%) | 8:45            | 6.9<br>(67.0%) |
| 66  | JACKOWIAK Agnieszka  | 2056  | RUNNER'S POWER                | K-30      | 4    | 01:35:33                | 04:06:47                 | 05:40:13           | 06:10:16.65           | +02:05:36<br>(33.9%) | 8:48            | 6.8<br>(66.0%) |
| 67  | RECZUCH Andrzej      | 2149  | DYWIZJON 102                  | M-40      | 32   | 01:32:19                | 04:04:38                 | 05:38:50           | 06:10:50.85           | +02:06:11<br>(34.0%) | 8:49            | 6.8<br>(66.0%) |
| 68  | JĘDRASZEK Damian     | 2077  |                               | M-30      | 20   | 01:31:18                | 04:06:13                 | 05:39:53           | 06:11:16.35           | +02:06:36<br>(34.1%) | 8:50            | 6.8<br>(66.0%) |
| 69  | OLSZEWSKI Jacek      | 2052  |                               | M-40      | 33   | 01:35:01                | 04:07:02                 | 05:39:57           | 06:13:45.10           | +02:09:05<br>(34.5%) | 8:53            | 6.7<br>(65.0%) |
| 70  | RASZTABIGA Sylwester | 2092  |                               | M-50      | 6    | 01:30:24                | 04:06:37                 | 05:42:52           | 06:13:50.10           | +02:09:10<br>(34.6%) | 8:54            | 6.7<br>(65.0%) |
| 71  | BEDNARCZYK Paweł     | 2029  | PZU SPORT TEAM                | M-40      | 34   | 01:24:06                | 03:56:38                 | 05:39:24           | 06:15:10.65           | +02:10:30<br>(34.8%) | 8:55            | 6.7<br>(65.0%) |
| 72  | PŁÓCIENNICZAK Jakub  | 2130  | DREAM RUN                     | M-40      | 35   | 01:28:12                | 03:58:35                 | 05:37:13           | 06:15:46.75           | +02:11:07<br>(34.9%) | 8:56            | 6.7<br>(65.0%) |
| 73  | GĘŚIAREK Grzegorz    | 2012  |                               | M-40      | 36   | 01:29:09                | 03:57:43                 | 05:41:44           | 06:15:47.65           | +02:11:07<br>(34.9%) | 8:56            | 6.7<br>(65.0%) |
| 74  | KUBAŚ Dawid          | 2118  | NADLEŚNICTWO ZDROJE           | M-30      | 21   | 01:32:49                | 04:04:03                 | 05:41:58           | 06:16:10.65           | +02:11:30<br>(35.0%) | 8:57            | 6.7<br>(65.0%) |
| 75  | GRABOWY Mateusz      | 2014  | NADAKTYWNI NOWE MIASTECZKO    | M-20      | 6    | 01:38:07                | 04:08:49                 | 05:47:24           | 06:18:50.25           | +02:14:10<br>(35.4%) | 9:01            | 6.7<br>(65.0%) |
| 76  | RZYHA Hubert         | 2106  | RUNNER'S POWER                | M-30      | 22   | 01:33:56                | 04:05:17                 | 05:43:45           | 06:19:51.40           | +02:15:11<br>(35.6%) | 9:02            | 6.6<br>(64.1%) |
| 77  | MUCHA Adam           | 2105  |                               | M-50      | 7    | 01:34:21                | 04:05:28                 | 05:43:39           | 06:19:56.30           | +02:15:16<br>(35.6%) | 9:02            | 6.6<br>(64.1%) |
| 78  | KUŻEL Adrian         | 2020  | NADAKTYWNI                    | M-40      | 37   | 01:28:35                | 04:02:07                 | 05:45:45           | 06:20:04.55           | +02:15:24<br>(35.6%) | 9:02            | 6.6<br>(64.1%) |
| 79  | NOWAK Bartosz        | 2031  | NKB CHYŻY NOWY TOMYŚL         | M-20      | 7    | 01:28:30                | 04:02:15                 | 05:44:33           | 06:21:14.00           | +02:16:34<br>(35.8%) | 9:04            | 6.6<br>(64.1%) |
| 80  | FLASIŃSKI Michał     | 2146  |                               | M-30      | 23   | 01:36:51                | 03:58:21                 | 05:48:42           | 06:22:38.15           | +02:17:58<br>(36.1%) | 9:06            | 6.6<br>(64.1%) |
| 81  | KANCELARZ Rafał      | 2114  |                               | M-20      | 8    | 01:34:53                | 04:13:14                 | 05:47:38           | 06:22:42.80           | +02:18:03<br>(36.1%) | 9:06            | 6.6<br>(64.1%) |
| 82  | CHYLIŃSKI Sławomir   | 2017  | NADAKTYWNI NOWE MIASTECZKO    | M-50      | 8    | 01:36:05                | 04:13:50                 | 05:51:27           | 06:23:42.55           | +02:19:02<br>(36.2%) | 9:08            | 6.6<br>(64.1%) |
| 83  | NEUMANN Jacek        | 2090  | CENTRUM ŁĄKOWA 1              | M-50      | 9    | 01:37:33                | 04:08:53                 | 05:49:57           | 06:23:54.20           | +02:19:14<br>(36.3%) | 9:08            | 6.6<br>(64.1%) |
| 84  | WESOŁEK Paweł        | 2048  | RUNNER'S POWER ŚREM           | M-40      | 38   | 01:35:43                | 04:08:27                 | 05:48:56           | 06:24:01.65           | +02:19:21<br>(36.3%) | 9:08            | 6.6<br>(64.1%) |

| Msc | Zawodnik                      | Numer | Klub                                       | Kategoria | Mkat | Błędne<br>Skały<br>10km | Zielona<br>Droga<br>26km | Jakubowice<br>37km | Czas<br>netto<br>42km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-------------------------------|-------|--------------------------------------------|-----------|------|-------------------------|--------------------------|--------------------|-----------------------|----------------------|-----------------|----------------|
| 85  | NOWEK Łukasz                  | 2065  | NADAKTYWNI NOWE MIASTECZKO                 | M-20      | 9    | 01:37:24                | 04:12:43                 | 05:52:41           | 06:24:55.75           | +02:20:16<br>(36.4%) | 9:09            | 6.5<br>(63.1%) |
| 86  | JAKUBIAK Anna                 | 2022  | RUCHOWA AKADEMIA ZDROWIA                   | K-50      | 1    | 01:32:41                | 04:10:49                 | 05:51:50           | 06:25:06.55           | +02:20:26<br>(36.5%) | 9:10            | 6.5<br>(63.1%) |
| 87  | FRAŃSKI Łukasz                | 2043  | NKB CHYŻY NOWY TOMYŚL                      | M-40      | 39   | 01:32:15                | 04:10:29                 | 05:51:18           | 06:25:27.80           | +02:20:48<br>(36.5%) | 9:10            | 6.5<br>(63.1%) |
| 88  | GULAJSKI Rafał                | 2069  |                                            | M-40      | 40   | 01:30:16                | 03:57:50                 | 05:54:48           | 06:25:34.25           | +02:20:54<br>(36.5%) | 9:10            | 6.5<br>(63.1%) |
| 89  | GORCZYCA Lukasz               | 2064  |                                            | M-40      | 41   | 01:36:39                | 04:12:07                 | 05:53:40           | 06:27:33.20           | +02:22:53<br>(36.9%) | 9:13            | 6.5<br>(63.1%) |
| 90  | MAŚLAK Jacek                  | 2067  | STOWARZYSZENIE POZYTYWNIIE ZABIEGANI SANOK | M-40      | 42   | 01:36:49                | 04:11:11                 | 05:54:10           | 06:29:47.55           | +02:25:07<br>(37.2%) | 9:16            | 6.5<br>(63.1%) |
| 91  | MAŚLAK Marzena                | 2068  | STOWARZYSZENIE POZYTYWNIIE ZABIEGANI SANOK | K-40      | 2    | 01:37:01                | 04:11:30                 | 05:54:23           | 06:30:00.55           | +02:25:20<br>(37.3%) | 9:17            | 6.5<br>(63.1%) |
| 92  | KUSTRA Klaudia                | 2040  |                                            | K-30      | 5    | 01:34:12                | 04:19:15                 | 05:55:09           | 06:30:07.65           | +02:25:27<br>(37.3%) | 9:17            | 6.5<br>(63.1%) |
| 93  | SUCHOCKI Grzegorz             | 2030  | NADAKTYWNI NOWE MIASTECZKO                 | M-50      | 10   | 01:36:40                | 04:13:38                 | 05:56:50           | 06:33:46.85           | +02:29:07<br>(37.9%) | 9:22            | 6.4<br>(62.1%) |
| 94  | WIETRZYŃSKA Agnieszka         | 2010  |                                            | K-40      | 3    | 01:33:49                | 04:12:02                 | 05:58:05           | 06:33:50.50           | +02:29:10<br>(37.9%) | 9:22            | 6.4<br>(62.1%) |
| 95  | LATANOWICZ Bernard            | 2154  | LATECH BERNARD LATANOWICZ                  | M-30      | 24   | 01:34:44                | 04:18:08                 | 06:00:21           | 06:36:32.15           | +02:31:52<br>(38.3%) | 9:26            | 6.4<br>(62.1%) |
| 96  | NOZDRYN-PŁOTNICKI<br>Bolesław | 2050  |                                            | M-40      | 43   | 01:36:21                | 04:16:48                 | 06:00:17           | 06:36:38.45           | +02:31:58<br>(38.3%) | 9:26            | 6.4<br>(62.1%) |
| 97  | KOZICZAK Katarzyna            | 2078  |                                            | K-30      | 6    | 01:39:44                | 04:23:18                 | 06:02:01           | 06:36:39.30           | +02:31:59<br>(38.3%) | 9:26            | 6.4<br>(62.1%) |
| 98  | RUDNICKI Krzysztof            | 2140  |                                            | M-30      | 25   | 01:36:24                | 04:16:44                 | 05:58:29           | 06:36:43.35           | +02:32:03<br>(38.3%) | 9:26            | 6.4<br>(62.1%) |
| 99  | SIKORSKI Cezary               | 2108  | BBL GUBIN                                  | M-50      | 11   | 01:40:12                | 04:28:23                 | 06:05:46           | 06:38:38.80           | +02:33:59<br>(38.6%) | 9:29            | 6.3<br>(61.2%) |
| 100 | MAZUR Katarzyna               | 2034  | UMLAUT                                     | K-40      | 4    | 01:40:15                | 04:28:34                 | 06:05:50           | 06:38:43.00           | +02:34:03<br>(38.6%) | 9:29            | 6.3<br>(61.2%) |
| 101 | KINCEL Krzysztof              | 2119  |                                            | M-50      | 12   | 01:21:08                | 04:21:08                 | 06:03:43           | 06:39:06.35           | +02:34:26<br>(38.7%) | 9:30            | 6.3<br>(61.2%) |
| 102 | LIS Mirosław                  | 2011  |                                            | M-40      | 44   | 01:36:32                | 04:14:56                 | 06:01:37           | 06:40:27.30           | +02:35:47<br>(38.9%) | 9:32            | 6.3<br>(61.2%) |
| 103 | OCHNIO Ewa                    | 2120  |                                            | K-40      | 5    | 01:43:09                | 04:17:29                 | 06:02:11           | 06:41:55.75           | +02:37:16<br>(39.1%) | 9:34            | 6.3<br>(61.2%) |
| 104 | FIJĄŁKOWSKI Waldemar          | 2145  |                                            | M-40      | 45   | 01:36:42                | 04:09:07                 | 06:06:08           | 06:46:02.50           | +02:41:22<br>(39.7%) | 9:40            | 6.2<br>(60.2%) |
| 105 | WCISŁO Robert                 | 2141  |                                            | M-40      | 46   | 01:38:25                | 04:28:34                 | 06:11:55           | 06:46:16.45           | +02:41:36<br>(39.8%) | 9:40            | 6.2<br>(60.2%) |
| 106 | LIS Sławomir                  | 2045  | BBL OSTROŁĘKA                              | M-50      | 13   | 01:38:32                | 04:28:49                 | 06:12:03           | 06:46:50.75           | +02:42:11<br>(39.9%) | 9:41            | 6.2<br>(60.2%) |
| 107 | ŁUSZCZ Janusz                 | 2086  | TŁUSTE KOTY                                | M-50      | 14   | 01:34:22                | 04:22:50                 | 06:15:02           | 06:51:20.80           | +02:46:41<br>(40.5%) | 9:47            | 6.1<br>(59.2%) |

| Msc | Zawodnik              | Numer | Klub                       | Kategoria | Mkat | Błędne<br>Skały<br>10km | Zielona<br>Droga<br>26km | Jakubowice<br>37km | Czas<br>netto<br>42km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-----------------------|-------|----------------------------|-----------|------|-------------------------|--------------------------|--------------------|-----------------------|----------------------|-----------------|----------------|
| 108 | ZAJĄCZKOWSKI Grzegorz | 2139  |                            | M-40      | 47   |                         | 04:27:42                 | 06:17:28           | 06:53:47.00           | +02:49:07<br>(40.9%) | 9:51            | 6.1<br>(59.2%) |
| 109 | NAMIOTA Urszula       | 2123  | MARATOŃCZYK                | K-60      | 1    | 01:43:16                | 04:32:44                 | 06:20:47           | 06:55:00.15           | +02:50:20<br>(41.0%) | 9:52            | 6.1<br>(59.2%) |
| 110 | PYTASIŃSKI Adam       | 2155  |                            | M-40      | 48   | 01:33:56                | 04:24:17                 | 06:15:28           | 06:56:06.95           | +02:51:27<br>(41.2%) | 9:54            | 6.1<br>(59.2%) |
| 111 | IGRAS Mieczysław      | 2093  | RUNNERS TEAM NYSA          | M-60      | 2    | 01:34:21                | 04:24:26                 | 06:18:14           | 06:56:54.30           | +02:52:14<br>(41.3%) | 9:55            | 6<br>(58.3%)   |
| 112 | SUSZCZYŃSKI Krzysztof | 2066  |                            | M-40      | 49   | 01:34:36                | 04:24:43                 | 06:18:35           | 06:57:15.60           | +02:52:35<br>(41.4%) | 9:56            | 6<br>(58.3%)   |
| 113 | RUCIŃSKI Adam         | 2013  |                            | M-40      | 50   | 01:43:30                | 04:35:45                 | 06:19:48           | 06:57:20.05           | +02:52:40<br>(41.4%) | 9:56            | 6<br>(58.3%)   |
| 114 | SZPECHT Piotr         | 2117  |                            | M-30      | 26   | 01:40:14                | 04:38:51                 | 06:25:56           | 06:57:31.45           | +02:52:51<br>(41.4%) | 9:56            | 6<br>(58.3%)   |
| 115 | SZPECHT Filip         | 2074  |                            | M-40      | 51   | 01:40:21                | 04:39:08                 | 06:26:02           | 06:57:39.60           | +02:52:59<br>(41.4%) | 9:56            | 6<br>(58.3%)   |
| 116 | JASICKI Krzysztof     | 2142  | RUNHOGS TYCHY              | M-40      | 52   | 01:42:14                | 04:29:41                 | 06:24:20           | 06:59:23.55           | +02:54:43<br>(41.7%) | 9:59            | 6<br>(58.3%)   |
| 117 | STEFAŃSKI Grzegorz    | 2004  | WIERZBICKI RUNNING PROJECT | M-30      | 27   | 01:36:54                | 04:24:36                 | 06:23:52           | 07:00:21.30           | +02:55:41<br>(41.8%) | 10:00           | 6<br>(58.3%)   |
| 118 | SMOLAK Agata          | 2102  |                            | K-30      | 7    | 01:43:24                | 04:37:46                 | 06:26:38           | 07:04:29.60           | +02:59:49<br>(42.4%) | 10:06           | 5.9<br>(57.3%) |
| 119 | SIKORSKI Grzegorz     | 2084  |                            | M-40      | 53   | 01:43:39                | 04:40:21                 | 06:33:26           | 07:10:58.85           | +03:06:19<br>(43.2%) | 10:15           | 5.8<br>(56.3%) |
| 120 | KĘPSKI Grzegorz       | 2127  |                            | M-30      | 28   | 01:41:11                | 04:28:09                 | 06:32:12           | 07:19:37.65           | +03:14:57<br>(44.3%) | 10:28           | 5.7<br>(55.3%) |
| 121 | PUZIO Waldemar        | 2085  | MARATOŃCZYK DĘBICA         | M-60      | 3    | 01:45:12                | 04:51:18                 | 06:43:07           | 07:20:11.45           | +03:15:31<br>(44.4%) | 10:28           | 5.7<br>(55.3%) |
| 122 | DOBROWOLSKA Grażyna   | 2159  | MARATOŃCZYK DĘBICA         | K-50      | 2    | 01:44:45                | 04:51:30                 | 06:43:28           | 07:20:30.70           | +03:15:50<br>(44.5%) | 10:29           | 5.7<br>(55.3%) |
| 123 | RESPONDEK Dariusz     | 2049  |                            | M-40      | 54   | 01:44:01                | 04:49:50                 | 06:46:25           | 07:29:20.35           | +03:24:40<br>(45.6%) | 10:41           | 5.6<br>(54.4%) |
| 124 | COLAUTTI Enrico       | 2137  | BAD ORGANIZER TEAM         | M-50      | 15   | 01:39:26                | 04:52:41                 | 06:52:27           | 07:29:24.65           | +03:24:44<br>(45.6%) | 10:42           | 5.6<br>(54.4%) |
| 125 | WIŚNIEWSKI Sławomir   | 2047  | KS LENIWIEC                | M-30      | 29   | 01:39:03                | 04:48:46                 | 06:52:25           | 07:33:31.45           | +03:28:51<br>(46.1%) | 10:47           | 5.6<br>(54.4%) |
| 126 | FRAĆKOWIAK Dominik    | 2016  |                            | M-30      | 30   | 01:37:39                | 04:56:05                 | 06:51:37           | 07:36:09.05           | +03:31:29<br>(46.4%) | 10:51           | 5.5<br>(53.4%) |
| 127 | BAŃKOWSKI Igor        | 2096  |                            | M-60      | 4    | 01:47:51                | 04:56:47                 | 06:56:56           | 07:36:35.80           | +03:31:56<br>(46.4%) | 10:52           | 5.5<br>(53.4%) |
| 128 | BEBRYS Daniel         | 2063  | CNS NOWA SÓL               | M-40      | 55   | 01:39:52                | 04:48:33                 | 06:51:44           | 07:38:18.90           | +03:33:39<br>(46.6%) | 10:54           | 5.5<br>(53.4%) |
| 129 | DRAĞ Bartłomiej       | 2124  | MARATOŃCZYK DĘBICA         | M-30      | 31   | 01:55:48                | 05:14:22                 | 07:02:20           | 07:40:52.75           | +03:36:13<br>(46.9%) | 10:58           | 5.5<br>(53.4%) |
| 130 | KAWA Barbara          | 2122  | MARATOŃCZYK DĘBICA         | K-30      | 8    | 01:55:53                | 05:14:22                 | 07:02:24           | 07:40:59.50           | +03:36:19<br>(46.9%) | 10:58           | 5.5<br>(53.4%) |

| Msc | Zawodnik            | Numer | Klub                  | Kategoria | Mkat | Błędne<br>Skały<br>10km | Zielona<br>Droga<br>26km | Jakubowice<br>37km | Czas<br>netto<br>42km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|---------------------|-------|-----------------------|-----------|------|-------------------------|--------------------------|--------------------|-----------------------|----------------------|-----------------|----------------|
| 131 | BUDZIŃSKI Krzysztof | 2082  | STARSI PANOWIE DWAJ   | M-50      | 16   | 01:38:54                | 05:00:16                 | 07:01:53           | 07:42:42.90           | +03:38:03<br>(47.1%) | 11:01           | 5.4<br>(52.4%) |
| 132 | GRUCHOT Małgorzata  | 2097  | WBO                   | K-40      | 6    | 01:39:03                | 05:00:26                 | 07:01:59           | 07:42:46.50           | +03:38:06<br>(47.1%) | 11:01           | 5.4<br>(52.4%) |
| 133 | CHOLEWICKA Ewelina  | 2015  |                       | K-30      | 9    | 02:03:37                | 05:22:38                 | 07:26:08           | 08:08:00.00           | +04:03:20<br>(49.9%) | 11:37           | 5.2<br>(50.5%) |
| 134 | GOŁASZEWSKA Marzena | 2028  | GIGA MARATHON PROJEKT | K-40      | 7    | 01:47:51                |                          |                    |                       | +00:40:46            | 10:47           | 5.6<br>(54.4%) |

Znaleziono 134 wynik(ów)