



**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

Gorce Ultra-Trail 2020  
Fundacja Run Vegan - GUT  
2020-08-02  
Ochotnica Dolna  
20 km

## OCHOTNICA CHALLENGE 20 KM

B4SPORT  
INTELEKTNE ZAWODY SPORTOWE

**B4SPORT**  
INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Potok 9km	Wieża 10km	Polana pod Gorcem 11km	Kara/ bonifikata	Czas netto 20km	Czas brutto 20km	Różn	Tempo min/km	Tempo km/h
1	<b>MAREK Dariusz</b>	<b>1000</b>	MONK SANDALS TEAM	M 35	1	00:00:04	00:47:06	01:03:37	01:05:54		<b>01:38:00.05</b>	<b>01:38:04.85</b>		4:54	12.2 (100%)
2	<b>BARANOW Łukasz</b>	<b>1001</b>		M 35	2	00:00:05	00:47:56	01:04:55	01:07:24		<b>01:41:03.15</b>	<b>01:41:08.65</b>	+00:03:03 (3.0%)	5:03	11.9 (97.5%)
3	<b>FLISIŃSKI Łukasz</b>	<b>1262</b>		M 36-44	1	00:00:05	00:51:04	01:10:12	01:12:46		<b>01:49:57.60</b>	<b>01:50:03.35</b>	+00:11:57 (10.9%)	5:29	10.9 (89.3%)
4	<b>ŻUCHOWSKI Daniel</b>	<b>1264</b>	MUAY RUNNING TEAM	M 35	3	00:00:05	00:51:32	01:11:02	01:13:32		<b>01:50:52.70</b>	<b>01:50:58.45</b>	+00:12:52 (11.6%)	5:32	10.8 (88.5%)
5	<b>STELMACH Dominika</b>	<b>1269</b>	RKATELICS	K 36-44	1	00:00:05	00:51:27	01:09:53	01:11:36		<b>01:51:28.05</b>	<b>01:51:33.30</b>	+00:13:28 (12.1%)	5:34	10.8 (88.5%)
6	<b>KAWIK Tomasz</b>	<b>1093</b>	KAWIK RUNNING TEAM/ RUNPROGRESS.PL	M 35	4	00:00:06	00:53:38	01:13:11	01:16:13		<b>01:54:57.25</b>	<b>01:55:03.50</b>	+00:16:57 (14.7%)	5:44	10.4 (85.2%)
7	<b>WILK Katarzyna</b>	<b>565</b>		K 35	1	00:00:05	00:55:25	01:15:09	01:18:06		<b>01:56:21.25</b>	<b>01:56:26.50</b>	+00:18:21 (15.8%)	5:49	10.3 (84.4%)
8	<b>KOZŁOWSKI Krzysztof</b>	<b>1111</b>	PRZEMYSKI KLUB BIEGACZA	M 36-44	2	00:00:08	00:56:49	01:17:04	01:19:53		<b>01:57:01.15</b>	<b>01:57:09.15</b>	+00:19:01 (16.3%)	5:51	10.3 (84.4%)
9	<b>TRACZ Łukasz</b>	<b>1003</b>	WWW.TRENINGFIZJOTERAPIA.PL	M 35	5	00:00:06	00:57:25	01:19:31	01:22:05		<b>01:58:46.80</b>	<b>01:58:52.85</b>	+00:20:46 (17.5%)	5:56	10.1 (82.8%)
10	<b>ŁĘŻNIAK Aleksander</b>	<b>1138</b>	MONK SANDALS TEAM	M 35	6	00:00:06	00:57:39	01:18:14	01:20:48		<b>01:59:03.40</b>	<b>01:59:10.35</b>	+00:21:03 (17.7%)	5:57	10.1 (82.8%)
11	<b>BARAN Piotr</b>	<b>1009</b>		M 36-44	3	00:00:05	00:58:14	01:19:57	01:22:32		<b>01:59:33.00</b>	<b>01:59:38.75</b>	+00:21:32 (18.0%)	5:58	10 (82.0%)
12	<b>UMANA Diego Andres</b>	<b>1223</b>	CENTRUM REHABILITACJI FUNKCJONALNEJ SOWA	M 36-44	4	00:00:04	00:58:51	01:19:43	01:22:28		<b>02:01:55.70</b>	<b>02:02:00.50</b>	+00:23:55 (19.6%)	6:05	9.8 (80.3%)
13	<b>MALINOWSKI Piotr</b>	<b>1147</b>	STS BIEGATON MIKOŁÓW	M 36-44	5	00:00:07	00:57:06	01:17:31	01:20:37		<b>02:02:09.05</b>	<b>02:02:16.75</b>	+00:24:09 (19.8%)	6:06	9.8 (80.3%)
14	<b>MIKA Andrzej</b>	<b>1158</b>		M 36-44	6	00:00:06	01:00:09	01:21:49	01:24:50		<b>02:03:48.40</b>	<b>02:03:54.75</b>	+00:25:48 (20.8%)	6:11	9.7 (79.5%)
15	<b>ZARZYCKI Maciej</b>	<b>1252</b>	DOGOŃ GRODZISK MAZOWIECKI	M 35	7	00:00:08	00:55:28	01:16:21	01:19:38		<b>02:03:54.25</b>	<b>02:04:02.45</b>	+00:25:54 (20.9%)	6:11	9.7 (79.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Potok 9km	Wieża 10km	Polana pod Gorcem 11km	Kara/ bonifikata	Czas netto 20km	Czas brutto 20km	Tempo		
													Różn	min/km	km/h
16	<b>ZAJĄC Andrzej</b>	<b>1249</b>	GRUPALUKTRANS.PL	M 36-44	7	00:00:06	01:01:46	01:22:39	01:25:28		<b>02:04:36.10</b>	<b>02:04:43.05</b>	+00:26:36 (21.3%)	6:13	9.6 (78.7%)
17	<b>RUPIŃSKI Krzysztof</b>	<b>1198</b>	TRAINING LAB	M 35	8	00:00:06	00:58:01	01:18:48	01:21:41		<b>02:05:00.90</b>	<b>02:05:07.85</b>	+00:27:00 (21.6%)	6:15	9.6 (78.7%)
18	<b>PAPROCKA Urszula</b>	<b>1263</b>	NOWA HUTA TEAM	K 35	2	00:00:10	01:00:17	01:22:13	01:25:03		<b>02:05:03.15</b>	<b>02:05:13.60</b>	+00:27:03 (21.6%)	6:15	9.6 (78.7%)
19	<b>GAŁUSZKA Filip</b>	<b>1055</b>	KOKOSZKA36TEAM	M 35	9	00:00:12	00:59:28	01:21:21	01:24:43		<b>02:06:55.15</b>	<b>02:07:07.70</b>	+00:28:55 (22.8%)	6:20	9.5 (77.9%)
20	<b>JASNOCH Marcin</b>	<b>1084</b>	OLUSIA TEAM	M 36-44	8	00:00:07	00:59:38	01:23:10	01:26:10		<b>02:08:53.55</b>	<b>02:09:00.80</b>	+00:30:53 (24.0%)	6:26	9.3 (76.2%)
21	<b>GRZĄDKA Przemysław</b>	<b>1069</b>	PZU SPORT TEAM	M 36-44	9	00:00:25	01:02:26	01:23:42	01:27:03		<b>02:08:56.15</b>	<b>02:09:21.50</b>	+00:30:56 (24.0%)	6:26	9.3 (76.2%)
22	<b>VAN NOORTWIJK Jeffrey Marcin</b>	<b>1224</b>	HAAG ATLETIEK	M 35	10	00:00:06	00:57:56	01:22:09	01:26:15		<b>02:10:56.15</b>	<b>02:11:02.70</b>	+00:32:56 (25.2%)	6:32	9.2 (75.4%)
23	<b>JASIURKOWSKI Daniel</b>	<b>1083</b>		M 36-44	10	00:00:10	01:03:17	01:26:52	01:29:55		<b>02:12:20.00</b>	<b>02:12:30.70</b>	+00:34:19 (25.9%)	6:37	9.1 (74.6%)
24	<b>LASIKOWSKI Mateusz</b>	<b>1130</b>	BIEGAJ POD OKIEM TRENERA	M 35	11	00:00:20	01:05:18	01:28:09	01:31:11		<b>02:13:15.30</b>	<b>02:13:35.85</b>	+00:35:15 (26.5%)	6:39	9 (73.8%)
25	<b>GOŁDYN Piotr</b>	<b>1062</b>		M 36-44	11	00:00:05	01:02:34	01:25:31	01:28:35		<b>02:13:51.35</b>	<b>02:13:56.50</b>	+00:35:51 (26.8%)	6:41	9 (73.8%)
26	<b>WÓJCIAK Piotr</b>	<b>431</b>		M 35	12	00:00:38	01:05:11	01:27:55	01:30:58		<b>02:15:47.85</b>	<b>02:16:26.10</b>	+00:37:47 (27.8%)	6:47	8.8 (72.1%)
27	<b>ZMYŚŁOWSKI Aleksander</b>	<b>1256</b>		M 36-44	12	00:00:29	01:04:13	01:27:48	01:31:27		<b>02:16:40.85</b>	<b>02:17:10.45</b>	+00:38:40 (28.3%)	6:50	8.8 (72.1%)
28	<b>KOPIEC Iga</b>	<b>1101</b>		K 35	3	00:00:09	01:02:17	01:24:53	01:28:28		<b>02:17:08.70</b>	<b>02:17:18.50</b>	+00:39:08 (28.5%)	6:51	8.7 (71.3%)
29	<b>DZIEDZIC Witold</b>	<b>1040</b>	RZESZOWSKIE GAZELE I GEPARDY	M 36-44	13	00:00:08	01:06:40	01:29:40	01:33:32		<b>02:17:14.10</b>	<b>02:17:22.65</b>	+00:39:14 (28.6%)	6:51	8.7 (71.3%)
30	<b>OPAŁKA Damian</b>	<b>1175</b>	MYRACE	M 35	13	00:00:09	01:03:27	01:28:12	01:31:46		<b>02:17:31.35</b>	<b>02:17:40.45</b>	+00:39:31 (28.7%)	6:52	8.7 (71.3%)
31	<b>OLSZEWSKI Tomek</b>	<b>1174</b>		M 36-44	14	00:00:15	01:07:05	01:31:39	01:34:47		<b>02:19:33.00</b>	<b>02:19:48.80</b>	+00:41:32 (29.8%)	6:58	8.6 (70.5%)
32	<b>WAŁASZEWSKI Bruno</b>	<b>515</b>		M 35	14	00:00:28	01:06:23	01:29:24	01:33:13		<b>02:20:10.75</b>	<b>02:20:39.10</b>	+00:42:10 (30.1%)	7:00	8.6 (70.5%)
33	<b>HASSAK Maciej</b>	<b>1074</b>	GKC GORLICE	M 36-44	15	00:00:25	01:07:19	01:30:58	01:34:12		<b>02:20:35.90</b>	<b>02:21:00.90</b>	+00:42:35 (30.3%)	7:01	8.5 (69.7%)
34	<b>WOŹNICZKA Jolanta</b>	<b>1247</b>		K 36-44	2	00:00:07	01:06:29	01:30:40	01:33:57		<b>02:20:44.85</b>	<b>02:20:52.10</b>	+00:42:44 (30.4%)	7:02	8.5 (69.7%)
35	<b>MORGAŚ Mariusz</b>	<b>1161</b>	TRENER24H.COM.PL	M 35	15	00:00:46	01:05:53	01:30:26	01:33:54		<b>02:20:53.00</b>	<b>02:21:39.10</b>	+00:42:52 (30.4%)	7:02	8.5 (69.7%)
36	<b>ZAWADA Michał</b>	<b>1253</b>	SPRYTNE WIEWIÓRKI	M 45-59	1	00:00:20	01:08:18	01:33:14	01:36:40		<b>02:21:31.15</b>	<b>02:21:51.35</b>	+00:43:31 (30.8%)	7:04	8.5 (69.7%)
37	<b>WISZ Piotr</b>	<b>1234</b>	SDTEAM	M 35	16	00:00:13	01:01:19	01:23:19	01:26:28	00:15:00	<b>02:21:35.00</b>	<b>02:21:48.00</b>	+00:43:34 (30.8%)	6:19	9.5 (77.9%)
38	<b>GLAB Krzysztof</b>	<b>1058</b>	NGB KLOBUCK / VEGE RUNNERS	M 45-59	2	00:00:11	01:04:07	01:29:24	01:32:30		<b>02:21:55.90</b>	<b>02:22:07.15</b>	+00:43:55 (31.0%)	7:05	8.5 (69.7%)
39	<b>PSZCZÓŁKA Dominik</b>	<b>480</b>		M 36-44	16	00:00:15	01:08:11	01:32:54	01:36:13		<b>02:22:01.05</b>	<b>02:22:16.90</b>	+00:44:01 (31.0%)	7:06	8.4 (68.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Potok 9km	Wieża 10km	Polana pod Gorcem 11km	Kara/ bonifikata	Czas netto 20km	Czas brutto 20km	Różn	Tempo min/km	Tempo km/h
40	MRÓZ Rafał	1163		M 45-59	3	00:00:08	01:08:06	01:33:09	01:36:21		02:22:08.30	02:22:16.60	+00:44:08 (31.1%)	7:06	8.4 (68.9%)
41	RYBACKI Mateusz	1199		M 35	17	00:00:08	01:06:36	01:32:01	01:35:25		02:23:26.00	02:23:34.80	+00:45:25 (31.7%)	7:10	8.4 (68.9%)
42	WANDZEL Tomasz	1228		M 36-44	17	00:00:48	01:10:03	01:34:03	01:37:42		02:23:50.40	02:24:39.30	+00:45:50 (31.9%)	7:11	8.3 (68.0%)
43	PLEWA Rafał	1184		M 36-44	18	00:00:12	01:09:08	01:34:58	01:38:21		02:25:05.65	02:25:17.80	+00:47:05 (32.5%)	7:15	8.3 (68.0%)
44	KORNOBIS Monika	1103		K 35	4	00:00:06	01:09:35	01:35:02	01:38:15		02:26:04.35	02:26:10.85	+00:48:04 (32.9%)	7:18	8.2 (67.2%)
45	WALESIAK Wojciech	1118	REMBERTÓW TEAM	M 35	18	00:00:13	01:11:39	01:36:47	01:40:25		02:26:08.50	02:26:22.00	+00:48:08 (32.9%)	7:18	8.2 (67.2%)
46	PISKORZ Ireneusz	1183		M 36-44	19	00:00:07	01:08:11	01:33:37	01:36:50		02:26:48.25	02:26:56.15	+00:48:48 (33.2%)	7:20	8.2 (67.2%)
47	FARON Marcin	307	KS GORC	M 35	19	00:00:07	01:08:24	01:34:33	01:37:55		02:28:20.35	02:28:27.95	+00:50:20 (33.9%)	7:25	8.1 (66.4%)
48	BIELEC Sebastian	1017	EWELINALOVE	M 35	20	00:00:13	01:08:40	01:34:32	01:37:46		02:28:21.25	02:28:34.35	+00:50:21 (33.9%)	7:25	8.1 (66.4%)
49	GOŁĘBIEWSKA Oliwia	1063		K 35	5	00:00:08	01:12:22	01:38:39	01:42:46		02:28:52.35	02:29:00.35	+00:50:52 (34.2%)	7:26	8.1 (66.4%)
50	BRZEŻNY Sara	1020		K 35	6	00:00:05	01:09:09	01:34:08	01:37:49		02:29:01.50	02:29:06.70	+00:51:01 (34.2%)	7:27	8.1 (66.4%)
51	BODZIOCH Grzegorz	1019	GORLICKA GRUPA BIEGOWA	M 45-59	4	00:00:24	01:11:13	01:37:11	01:41:36		02:29:13.15	02:29:37.35	+00:51:13 (34.3%)	7:27	8 (65.6%)
52	KOZŁOWSKI Przemek	1112		M 36-44	20	00:00:21	01:08:01	01:32:09	01:35:59		02:29:17.65	02:29:38.90	+00:51:17 (34.4%)	7:27	8 (65.6%)
53	PATRO Bartłomiej	1179		M 35	21	00:00:11	01:08:30	01:33:54	01:37:37		02:29:40.90	02:29:52.85	+00:51:40 (34.5%)	7:29	8 (65.6%)
54	BARTOSZEK Tomasz	1013	SAINT-GOBAIN SQUAD	M 35	22	00:00:12	01:08:53	01:35:42	01:39:49		02:30:43.00	02:30:55.45	+00:52:42 (35.0%)	7:32	8 (65.6%)
55	KURSA Marcin	1126		M 35	23	00:00:38	01:11:19	01:36:44	01:40:01		02:30:44.55	02:31:23.00	+00:52:44 (35.0%)	7:32	8 (65.6%)
56	ZYSNARSKI Marek	1115		M 45-59	5	00:01:15	01:12:36	01:38:37	01:42:20		02:31:06.55	02:32:22.00	+00:53:06 (35.1%)	7:33	7.9 (64.8%)
57	WOŻNY Rafał	1246		M 36-44	21	00:00:32	01:13:09	01:38:56	01:43:12		02:32:05.80	02:32:38.65	+00:54:05 (35.6%)	7:36	7.9 (64.8%)
58	KNEBLOCH Kasper	1096	DZIK KOMANDO	M 35	24	00:00:00	01:11:42	01:39:20	01:43:21		02:32:15.55	02:32:15.55	+00:54:15 (35.6%)	7:36	7.9 (64.8%)
59	WOJTECKI Piotr	1245	DZIK KOMANDO	M 36-44	22	00:00:11	01:10:15	01:35:22	01:39:15		02:32:30.80	02:32:41.80	+00:54:30 (35.7%)	7:37	7.9 (64.8%)
60	KOS Lucjan	1104		M 35	25	00:00:08	01:04:50	01:28:17	01:31:50	00:15:00	02:32:36.00	02:32:45.00	+00:54:35 (35.8%)	6:52	8.7 (71.3%)
61	ŚMIGIELSKI Arkadiusz	1215		M 36-44	23	00:01:02	01:13:29	01:38:20	01:42:13		02:32:40.45	02:33:42.60	+00:54:40 (35.8%)	7:38	7.9 (64.8%)
62	FLORIAN Adam	1048		M 36-44	24	00:00:11	01:13:33	01:40:33	01:45:24		02:32:45.10	02:32:56.25	+00:54:45 (35.8%)	7:38	7.9 (64.8%)
63	SZADKOWSKI Denis	1212		M 35	26	00:00:10	01:12:35	01:38:47	01:42:57		02:33:43.90	02:33:54.55	+00:55:43 (36.3%)	7:41	7.8 (63.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Potok 9km	Wieża 10km	Polana pod Gorcem 11km	Kara/ bonifikata	Czas netto 20km	Czas brutto 20km	Różn	Tempo min/km	Tempo km/h
64	<b>WALCZAK Adela</b>	<b>1226</b>	DZIK KOMANDO	K 35	7	00:00:22	01:16:06	01:44:35	01:47:53		<b>02:34:51.40</b>	<b>02:35:14.10</b>	+00:56:51 (36.7%)	7:44	7.7 (63.1%)
65	<b>CHOJNACKI Mikołaj</b>	<b>1026</b>	WARSAW RUN CLUB	M 36-44	25	00:00:17	01:13:03	01:39:27	01:44:47		<b>02:34:57.10</b>	<b>02:35:14.45</b>	+00:56:57 (36.8%)	7:44	7.7 (63.1%)
66	<b>MACHEJ Remigiusz</b>	<b>1141</b>	ML DESIGN	M 36-44	26	00:00:12	01:12:21	01:40:28	01:45:26		<b>02:36:24.20</b>	<b>02:36:37.00</b>	+00:58:24 (37.3%)	7:49	7.7 (63.1%)
67	<b>ZAGDAŃSKA Małgorzata</b>	<b>1248</b>		K 36-44	3	00:00:29	01:15:17	01:40:59	01:44:55		<b>02:36:41.40</b>	<b>02:37:10.50</b>	+00:58:41 (37.5%)	7:50	7.7 (63.1%)
68	<b>KULIG Karol</b>	<b>1124</b>	KULIG FIZJOTERAPIA	M 35	27	00:00:19	01:14:20	01:42:24	01:46:13		<b>02:37:33.80</b>	<b>02:37:53.30</b>	+00:59:33 (37.8%)	7:52	7.6 (62.3%)
69	<b>GĘSIAREK Grzegorz</b>	<b>1057</b>		M 36-44	27	00:00:13	01:12:07	01:38:13	01:42:20		<b>02:37:34.20</b>	<b>02:37:47.60</b>	+00:59:34 (37.8%)	7:52	7.6 (62.3%)
70	<b>LIPNICKA Katarzyna</b>	<b>1135</b>	PSZCZÓŁKOWSKI TEAM	K 36-44	4	00:00:18	01:13:36	01:39:21	01:45:21		<b>02:38:07.05</b>	<b>02:38:25.50</b>	+01:00:07 (38.0%)	7:54	7.6 (62.3%)
71	<b>MAŁECKI Jarosław</b>	<b>1148</b>	CZEXRX	M 36-44	28	00:00:29	01:23:35	01:52:25	01:57:42	-00:15:00	<b>02:38:08.00</b>	<b>02:38:38.00</b>	+01:00:07 (38.0%)	8:39	6.9 (56.6%)
72	<b>DZIEDZIC Grzegorz</b>	<b>1039</b>		M 36-44	29	00:00:35	01:15:56	01:44:18	01:48:39		<b>02:38:14.10</b>	<b>02:38:49.55</b>	+01:00:14 (38.1%)	7:54	7.6 (62.3%)
73	<b>TRYBALSKI Piotr</b>	<b>1220</b>	PATO TEAM	M 45-59	6	00:00:40	01:14:26	01:39:37	01:45:56		<b>02:38:19.00</b>	<b>02:38:59.60</b>	+01:00:18 (38.1%)	7:54	7.6 (62.3%)
74	<b>LAMENTA Andrzej</b>	<b>1129</b>	TRENER24H.COM.PL	M 36-44	30	00:00:45	01:12:52	01:39:04	01:43:00		<b>02:39:06.40</b>	<b>02:39:52.35</b>	+01:01:06 (38.4%)	7:57	7.5 (61.5%)
75	<b>LENARCZYK Jakub</b>	<b>1132</b>		M 36-44	31	00:00:17	00:59:04	01:21:33	01:24:52	00:30:00	<b>02:39:46.00</b>	<b>02:40:03.00</b>	+01:01:45 (38.7%)	6:29	9.2 (75.4%)
76	<b>RAKOWSKI Krzysztof</b>	<b>1193</b>	RUCLLIWI ŚWIŃSKA NOGA	M 45-59	7	00:00:29	01:14:51	01:41:34	01:46:00		<b>02:39:50.60</b>	<b>02:40:20.20</b>	+01:01:50 (38.7%)	7:59	7.5 (61.5%)
77	<b>TARNAWSKI Jakub</b>	<b>467</b>	KKB DYSTANS	M 45-59	8	00:01:14	01:15:05	01:43:03	01:46:48		<b>02:42:27.50</b>	<b>02:43:42.35</b>	+01:04:27 (39.7%)	8:07	7.4 (60.7%)
78	<b>WALNIK Rafał</b>	<b>1227</b>		M 45-59	9	00:00:08	01:15:49	01:43:35	01:48:16		<b>02:42:41.15</b>	<b>02:42:49.45</b>	+01:04:41 (39.8%)	8:08	7.4 (60.7%)
79	<b>PASIERBIŃSKI Piotr</b>	<b>409</b>	WTP WTRRUNNING	M 45-59	10	00:00:28	01:17:07	01:43:54	01:48:08		<b>02:43:48.85</b>	<b>02:44:17.05</b>	+01:05:48 (40.2%)	8:11	7.3 (59.8%)
80	<b>PRESNAL-ZMYŚŁOWSKA Agnieszka</b>	<b>1191</b>		K 36-44	5	00:00:32	01:18:51		01:51:27		<b>02:43:55.95</b>	<b>02:44:28.10</b>	+01:05:55 (40.2%)	8:11	7.3 (59.8%)
81	<b>NOWAK Anna</b>	<b>1167</b>	DZIWOLUDY	K 36-44	6	00:00:31	01:18:49	01:47:10	01:51:51		<b>02:43:56.05</b>	<b>02:44:27.90</b>	+01:05:56 (40.2%)	8:11	7.3 (59.8%)
82	<b>MAZURO Monika</b>	<b>1153</b>	KLUB BIEGACZA LIDZBARK WARMIŃSKI, BBL	K 36-44	7	00:00:23	01:18:33		01:51:04		<b>02:44:21.85</b>	<b>02:44:45.75</b>	+01:06:21 (40.4%)	8:13	7.3 (59.8%)
83	<b>JURECZKO Agnieszka</b>	<b>1086</b>	DZIK KOMANDO	K 36-44	8	00:00:16	01:11:47	01:39:01	01:43:08		<b>02:44:33.40</b>	<b>02:44:49.90</b>	+01:06:33 (40.4%)	8:13	7.3 (59.8%)
84	<b>WNUK Mirosław</b>	<b>1241</b>		M 45-59	11	00:00:17	01:16:08	01:43:54	01:48:43		<b>02:44:44.25</b>	<b>02:45:01.70</b>	+01:06:44 (40.5%)	8:14	7.3 (59.8%)
85	<b>STACHERA Ola</b>	<b>1207</b>		K 35	8	00:00:47	01:25:10	01:54:19	01:57:40		<b>02:44:48.35</b>	<b>02:45:35.75</b>	+01:06:48 (40.5%)	8:14	7.3 (59.8%)
86	<b>BINKOWSKI Marcin</b>	<b>1259</b>		M 45-59	12	00:00:43	01:21:21	01:50:02	01:54:12		<b>02:44:52.95</b>	<b>02:45:36.50</b>	+01:06:52 (40.6%)	8:14	7.3 (59.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Potok 9km	Wieża 10km	Polana pod Gorcem 11km	Kara/ bonifikata	Czas netto 20km	Czas brutto 20km	Różn	Tempo min/km	Tempo km/h
87	<b>FALKOWSKI Piotr</b>	<b>1046</b>	KS PEGAZ PIASECZNO	M 45-59	13	00:00:14	01:17:50	01:46:12	01:51:08		<b>02:45:25.25</b>	<b>02:45:39.55</b>	+01:07:25 (40.8%)	8:16	7.3 (59.8%)
88	<b>WAWRZYNIAK Michał</b>	<b>1231</b>	SLOWJOGGING OLSZTYN	M 36-44	32	00:00:27	01:16:55	01:45:42	01:49:59		<b>02:45:35.50</b>	<b>02:46:02.85</b>	+01:07:35 (40.8%)	8:16	7.2 (59.0%)
89	<b>DZIUBAŁA Jakub</b>	<b>1265</b>		M 35	28	00:00:12	01:18:12	01:46:18	01:51:25		<b>02:45:40.90</b>	<b>02:45:53.05</b>	+01:07:40 (40.8%)	8:17	7.2 (59.0%)
90	<b>PISKORSKI Piotr</b>	<b>1182</b>	FARBEN LEHRE	M 36-44	33	00:00:10	01:19:02	01:47:34	01:52:35		<b>02:46:11.30</b>	<b>02:46:21.65</b>	+01:08:11 (41.0%)	8:18	7.2 (59.0%)
91	<b>BRZOZOWSKA Joanna</b>	<b>1021</b>	AZS ZADYSZKA	K 35	9	00:00:07	01:15:36	01:44:00	01:48:12		<b>02:46:12.65</b>	<b>02:46:20.60</b>	+01:08:12 (41.0%)	8:18	7.2 (59.0%)
92	<b>DUBOWIECKI Witek</b>	<b>1033</b>	CHATA BIEGACZA K34 ZAKOPANE	M 45-59	14	00:00:09	01:02:38	01:24:57	01:28:29	00:30:00	<b>02:47:38.00</b>	<b>02:47:47.00</b>	+01:09:37 (41.5%)	6:52	8.7 (71.3%)
93	<b>MUCHA Edward</b>	<b>1164</b>	LIMANOWA FORREST	M 60+	1	00:00:09	01:12:07	01:37:51	01:41:44	00:15:00	<b>02:47:44.00</b>	<b>02:47:53.00</b>	+01:09:43 (41.6%)	7:38	7.9 (64.8%)
94	<b>ESZNER Agnieszka</b>	<b>1042</b>		K 36-44	9	00:00:39	01:15:10	01:40:09	01:44:28	00:15:00	<b>02:48:35.00</b>	<b>02:49:15.00</b>	+01:10:34 (41.9%)	7:40	7.8 (63.9%)
95	<b>SARNA Szymon</b>	<b>1201</b>		M 35	29	00:00:06	01:21:53	01:52:05	01:55:37		<b>02:48:54.30</b>	<b>02:49:01.05</b>	+01:10:54 (42.0%)	8:26	7.1 (58.2%)
96	<b>OLICHWIER Sebastian</b>	<b>1172</b>		M 35	30	00:00:15	01:13:55	01:43:48	01:50:09		<b>02:50:09.45</b>	<b>02:50:24.45</b>	+01:12:09 (42.4%)	8:30	7.1 (58.2%)
97	<b>JAGIELSKI Paweł</b>	<b>1075</b>		M 45-59	15	00:00:59	01:19:52	01:48:09	01:53:31		<b>02:50:23.60</b>	<b>02:51:23.15</b>	+01:12:23 (42.5%)	8:31	7 (57.4%)
98	<b>JARZĄBEK Daniel</b>	<b>1082</b>	DANJAR	M 36-44	34	00:00:26	01:16:09	01:45:25	01:51:05		<b>02:50:36.80</b>	<b>02:51:03.65</b>	+01:12:36 (42.6%)	8:31	7 (57.4%)
99	<b>SIKORA Dawid</b>	<b>1203</b>		M 35	31	00:00:27	01:23:50	01:51:29	01:55:55		<b>02:50:58.50</b>	<b>02:51:25.85</b>	+01:12:58 (42.7%)	8:32	7 (57.4%)
100	<b>BALUCH Adam</b>	<b>402</b>		M 45-59	16	00:00:49	01:19:27	01:47:59	01:52:52		<b>02:51:00.95</b>	<b>02:51:50.10</b>	+01:13:00 (42.7%)	8:33	7 (57.4%)
101	<b>MACKOWIAK Mateusz</b>	<b>1145</b>	PROBALANS	M 35	32	00:01:05	01:19:37	01:49:34	01:54:47		<b>02:51:11.45</b>	<b>02:52:17.25</b>	+01:13:11 (42.8%)	8:33	7 (57.4%)
102	<b>LIŚKIEWICZ Hubert</b>	<b>1136</b>	POKOJOWY PATROL	M 35	33	00:00:32	01:18:41	01:48:39	01:53:07		<b>02:51:22.95</b>	<b>02:51:55.40</b>	+01:13:22 (42.8%)	8:34	7 (57.4%)
103	<b>GWÓZDŹ Michał</b>	<b>509</b>	CZELADŹ BIEGA	M 36-44	35	00:01:16	01:12:13	01:38:15	01:42:01	00:15:00	<b>02:51:59.00</b>	<b>02:53:15.00</b>	+01:13:58 (43.0%)	7:50	7.6 (62.3%)
104	<b>PŁATEK Paweł</b>	<b>1185</b>	PGB SPORTOWA PACZKA	M 36-44	36	00:00:29	01:15:07	01:43:08	01:51:06		<b>02:52:42.70</b>	<b>02:53:11.70</b>	+01:14:42 (43.3%)	8:38	6.9 (56.6%)
105	<b>JAGLARZ Jarosław</b>	<b>1076</b>	JAROSŁAW JAGLARZ	M 45-59	17	00:00:48	01:17:56	01:47:16	01:52:54		<b>02:52:44.70</b>	<b>02:53:32.75</b>	+01:14:44 (43.3%)	8:38	6.9 (56.6%)
106	<b>FAJER Marek</b>	<b>1043</b>		M 60+	2	00:00:14	01:17:13	01:47:23	01:52:31		<b>02:52:47.05</b>	<b>02:53:01.65</b>	+01:14:47 (43.3%)	8:38	6.9 (56.6%)
107	<b>DUDA Anna</b>	<b>1036</b>		K 35	10	00:00:51	01:21:45	01:52:51	01:57:46		<b>02:52:49.30</b>	<b>02:53:40.35</b>	+01:14:49 (43.3%)	8:38	6.9 (56.6%)
108	<b>DU CZYŃSKI Maciej</b>	<b>1034</b>		M 35	34	00:00:51	01:21:48	01:52:49	01:57:46		<b>02:52:52.50</b>	<b>02:53:44.40</b>	+01:14:52 (43.3%)	8:38	6.9 (56.6%)
109	<b>BEBEROK Szymon</b>	<b>1014</b>	PROFIAUTOTEAM	M 35	35	00:00:32	01:18:46	01:47:36	01:52:15		<b>02:54:22.75</b>	<b>02:54:55.45</b>	+01:16:22 (43.8%)	8:43	6.9 (56.6%)
110	<b>SZCZEPANIAK Joanna</b>	<b>1213</b>	KB CZESIO BIEGA	K 36-44	10	00:00:36	01:23:01	01:50:57	01:56:06		<b>02:54:27.05</b>	<b>02:55:04.00</b>	+01:16:27 (43.8%)	8:43	6.9 (56.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Potok 9km	Wieża 10km	Polana pod Gorcem 11km	Kara/ bonifikata	Czas netto 20km	Czas brutto 20km	Różn	Tempo min/km	Tempo km/h
111	<b>KOSIELSKA Beata</b>	<b>1105</b>		K 36-44	11	00:00:28		01:52:44	01:58:07		<b>02:54:43.60</b>	<b>02:55:11.75</b>	+01:16:43 (43.9%)	8:44	6.9 (56.6%)
112	<b>GOŁDYŃ Aneta</b>	<b>423</b>		K 36-44	12	00:00:06	01:22:28	01:51:40	01:55:22		<b>02:54:49.95</b>	<b>02:54:56.05</b>	+01:16:49 (43.9%)	8:44	6.9 (56.6%)
113	<b>JAGIEŁO Monika</b>	<b>446</b>		K 36-44	13	00:00:06	01:22:48	01:52:57	01:57:00		<b>02:55:07.55</b>	<b>02:55:13.60</b>	+01:17:07 (44.0%)	8:45	6.9 (56.6%)
114	<b>BARTKOWIAK Grzegorz</b>	<b>1012</b>		M 45-59	18	00:00:52	01:19:54	01:50:33	01:56:53		<b>02:55:55.65</b>	<b>02:56:48.45</b>	+01:17:55 (44.3%)	8:47	6.8 (55.7%)
115	<b>OCZKOWSKI Mateusz</b>	<b>1169</b>	GRUPA BIEGOWA CHTMO	M 36-44	37	00:00:53	01:22:37	01:51:32	01:57:52		<b>02:57:05.65</b>	<b>02:57:59.05</b>	+01:19:05 (44.7%)	8:51	6.8 (55.7%)
116	<b>KADYK Łukasz</b>	<b>1089</b>	CEZAR	M 36-44	38	00:00:52	01:22:49	01:51:42	01:57:56		<b>02:57:08.80</b>	<b>02:58:01.30</b>	+01:19:08 (44.7%)	8:51	6.8 (55.7%)
117	<b>POPARDA Paweł</b>	<b>1190</b>	PZU SPORT TEAM	M 36-44	39	00:00:15	01:18:21	01:49:01	01:55:21		<b>02:58:01.35</b>	<b>02:58:16.75</b>	+01:20:01 (45.0%)	8:54	6.7 (54.9%)
118	<b>WITOWSKA Aleksandra</b>	<b>1239</b>	DELOITTE ADVENTURE TEAM	K 35	11	00:00:22	01:23:39	01:54:13	01:58:34		<b>02:58:32.15</b>	<b>02:58:54.80</b>	+01:20:32 (45.1%)	8:55	6.7 (54.9%)
119	<b>PASEK Monika</b>	<b>1178</b>		K 36-44	14	00:00:19	01:24:59	01:55:41	02:00:27		<b>02:58:46.60</b>	<b>02:59:05.80</b>	+01:20:46 (45.2%)	8:56	6.7 (54.9%)
120	<b>MORDARSKI Jacek</b>	<b>1160</b>		M 60+	3	00:00:11	01:18:21	01:49:29	01:54:47		<b>02:59:16.35</b>	<b>02:59:28.30</b>	+01:21:16 (45.3%)	8:57	6.7 (54.9%)
121	<b>CEDZYŃSKI Jan</b>	<b>1024</b>	BBM	M 45-59	19	00:00:26	01:17:06	01:51:02	01:56:43		<b>02:59:38.20</b>	<b>03:00:04.20</b>	+01:21:38 (45.4%)	8:58	6.7 (54.9%)
122	<b>TAMBORSKI Grzegorz</b>	<b>1217</b>		M 35	36	00:00:13	01:25:14	01:55:59	02:01:46		<b>03:00:25.10</b>	<b>03:00:38.80</b>	+01:22:25 (45.7%)	9:01	6.7 (54.9%)
123	<b>JAGODZIŃSKI Hubert</b>	<b>1077</b>	DZIK KOMANDO	M 35	37	00:00:07	01:21:34	01:55:30	01:59:44		<b>03:00:35.30</b>	<b>03:00:42.55</b>	+01:22:35 (45.7%)	9:01	6.6 (54.1%)
124	<b>JUSZKIEWICZ Tomasz</b>	<b>1088</b>		M 45-59	20	00:00:18	01:21:49	01:51:04	01:55:42		<b>03:01:52.30</b>	<b>03:02:10.60</b>	+01:23:52 (46.1%)	9:05	6.6 (54.1%)
125	<b>LENARCZYK Katarzyna</b>	<b>1131</b>		K 36-44	15	00:00:15	01:22:57	01:53:30	01:58:29		<b>03:02:59.30</b>	<b>03:03:14.60</b>	+01:24:59 (46.4%)	9:08	6.6 (54.1%)
126	<b>BAKUN Mariusz</b>	<b>1006</b>	CHEŁM BIEGA	M 45-59	21	00:00:42	01:23:03	01:53:41	02:01:05		<b>03:03:00.95</b>	<b>03:03:43.80</b>	+01:25:00 (46.5%)	9:09	6.6 (54.1%)
127	<b>WILK Wiola</b>	<b>1233</b>	ACTIVE JURA	K 35	12	00:00:46	01:27:50	02:01:31	02:06:02		<b>03:04:05.50</b>	<b>03:04:51.80</b>	+01:26:05 (46.8%)	9:12	6.5 (53.3%)
128	<b>BAKUN Jolka</b>	<b>1007</b>	CHEŁM BIEGA	K 45-59	1	00:00:41	01:23:11	01:53:46	02:01:13		<b>03:04:07.15</b>	<b>03:04:48.85</b>	+01:26:07 (46.8%)	9:12	6.5 (53.3%)
129	<b>GNOT Krzysztof</b>	<b>1060</b>		M 45-59	22	00:00:41	01:33:28	02:02:27	02:10:12		<b>03:04:42.55</b>	<b>03:05:24.05</b>	+01:26:42 (46.9%)	9:14	6.5 (53.3%)
130	<b>GRZELIŃSKA Dorota</b>	<b>1070</b>	DZIK KOMANDO	K 35	13	00:00:14	01:24:59	01:55:42	02:00:17		<b>03:04:48.10</b>	<b>03:05:02.70</b>	+01:26:48 (47.0%)	9:14	6.5 (53.3%)
131	<b>TABOR Piotr</b>	<b>1216</b>	WWW.MOJEHOTELE.PL	M 36-44	40	00:00:13	01:22:04	01:55:56	02:03:48		<b>03:05:28.50</b>	<b>03:05:41.65</b>	+01:27:28 (47.2%)	9:16	6.5 (53.3%)
132	<b>MAZUREK Grzegorz</b>	<b>1268</b>		M 36-44	41	00:00:16	01:23:41	01:54:36	02:00:22		<b>03:05:34.95</b>	<b>03:05:51.15</b>	+01:27:34 (47.2%)	9:16	6.5 (53.3%)
133	<b>ZIĘBA Hubert</b>	<b>1254</b>		M 35	38	00:00:51	01:18:18	01:46:16	01:50:32	00:15:00	<b>03:06:01.00</b>	<b>03:06:53.00</b>	+01:28:00 (47.3%)	8:33	7 (57.4%)
134	<b>WOJTECKA Maria</b>	<b>1244</b>		K 36-44	16	00:00:27	01:24:44	01:54:46	01:59:22		<b>03:06:23.90</b>	<b>03:06:51.35</b>	+01:28:23 (47.4%)	9:19	6.4 (52.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Potok 9km	Wieża 10km	Polana pod Gorcem 11km	Kara/ bonifikata	Czas netto 20km	Czas brutto 20km	Tempo		
													Różn	min/km	Tempo km/h
135	<b>MAJKA Wojciech</b>	<b>1146</b>	TRENER24H.COM.PL	M 36-44	42	00:00:47	01:36:57	02:08:48	02:13:37		<b>03:06:30.90</b>	<b>03:07:18.30</b>	+01:28:30 (47.5%)	9:19	6.4 (52.5%)
136	<b>ZIĘBA Dariusz</b>	<b>1255</b>		M 35	39	00:00:42	01:24:21	01:55:34	02:01:03		<b>03:06:38.05</b>	<b>03:07:20.25</b>	+01:28:38 (47.5%)	9:19	6.4 (52.5%)
137	<b>KONDRACIUK Katarzyna</b>	<b>1097</b>	KAJAKKAJAKI	K 45-59	2	00:00:13	01:32:11	02:03:58	02:08:31		<b>03:08:10.00</b>	<b>03:08:23.70</b>	+01:30:09 (47.9%)	9:24	6.4 (52.5%)
138	<b>ZAŁOGA Zuzanna</b>	<b>306</b>		K 36-44	17	00:00:47	01:22:21	01:51:52	01:57:06	00:15:00	<b>03:08:19.00</b>	<b>03:09:06.00</b>	+01:30:18 (48.0%)	8:39	6.9 (56.6%)
139	<b>TRZEŚNIEWSKI Krzysztof</b>	<b>1221</b>	VEGE RUNNERS	M 35	40	00:00:08	01:18:13	01:48:48	01:54:37		<b>03:08:23.85</b>	<b>03:08:32.65</b>	+01:30:23 (48.0%)	9:25	6.4 (52.5%)
140	<b>BUDKIEWICZ-FELUCH Donata</b>	<b>1022</b>		K 45-59	3	00:00:17	01:25:05	01:55:23	02:03:18		<b>03:09:27.65</b>	<b>03:09:44.70</b>	+01:31:27 (48.3%)	9:28	6.3 (51.6%)
141	<b>UHRIN Stanislav</b>	<b>1261</b>	PREŠOV TRAIL RUN SVK	M 36-44	43	00:00:10	01:24:10	01:56:09	02:01:48		<b>03:09:55.80</b>	<b>03:10:06.65</b>	+01:31:55 (48.4%)	9:29	6.3 (51.6%)
142	<b>GRANECKA Monika</b>	<b>1068</b>		K 36-44	18	00:00:23	01:22:06	01:53:14	01:57:46	00:15:00	<b>03:10:24.00</b>	<b>03:10:47.00</b>	+01:32:23 (48.5%)	8:46	6.8 (55.7%)
143	<b>KRAWCZYK Marcin</b>	<b>1114</b>		M 35	41	00:00:25	01:26:00	01:55:57	02:02:35		<b>03:10:30.55</b>	<b>03:10:55.90</b>	+01:32:30 (48.6%)	9:31	6.3 (51.6%)
144	<b>KRAWCZYK Sebastian</b>	<b>1113</b>	MOVE FOR HEALTH	M 36-44	44	00:00:07	01:02:30	01:25:01	01:28:24	01:00:00	<b>03:10:36.00</b>	<b>03:10:43.00</b>	+01:32:35 (48.6%)	6:31	9.2 (75.4%)
145	<b>GOLAS Marcin</b>	<b>1061</b>	APLITT.PL	M 36-44	45	00:00:58	01:27:29	02:01:26	02:05:51		<b>03:11:08.90</b>	<b>03:12:07.40</b>	+01:33:08 (48.7%)	9:33	6.3 (51.6%)
146	<b>KNAPP Anna</b>	<b>1095</b>		K 36-44	19	00:00:11	01:24:45	01:58:53	02:04:50		<b>03:11:54.25</b>	<b>03:12:05.60</b>	+01:33:54 (48.9%)	9:35	6.3 (51.6%)
147	<b>OGIEGŁO Dominik</b>	<b>1171</b>		M 35	42	00:00:30	01:26:34	01:59:11	02:04:36		<b>03:11:57.25</b>	<b>03:12:27.75</b>	+01:33:57 (48.9%)	9:35	6.3 (51.6%)
148	<b>KARCZ Joanna</b>	<b>1091</b>	BĘDUSKA BRYGADA BIEGOWA	K 36-44	20	00:00:16	01:29:15	02:04:15	02:11:42		<b>03:12:05.35</b>	<b>03:12:22.15</b>	+01:34:05 (49.0%)	9:36	6.2 (50.8%)
149	<b>KULCZYCKI Łukasz</b>	<b>1123</b>	ATLAS RUNNING TEAM	M 36-44	46	00:00:19	01:30:23	02:02:06	02:06:57		<b>03:13:22.25</b>	<b>03:13:41.30</b>	+01:35:22 (49.3%)	9:40	6.2 (50.8%)
150	<b>ZARZECZNY Radosław</b>	<b>1251</b>		M 35	43	00:00:21	01:21:52	01:50:54	01:55:47	00:15:00	<b>03:13:52.00</b>	<b>03:14:13.00</b>	+01:35:51 (49.4%)	8:56	6.7 (54.9%)
151	<b>KUCZEK Katarzyna</b>	<b>1260</b>	PGB SPORTOWA PACZKA	K 36-44	21	00:00:26	01:29:40	01:58:49	02:06:22		<b>03:14:41.95</b>	<b>03:15:08.70</b>	+01:36:41 (49.7%)	9:44	6.2 (50.8%)
152	<b>LADRA Tomasz</b>	<b>1128</b>	RE/MAX POLSKA	M 36-44	47	00:00:06	01:15:48	01:43:47	01:48:53	00:30:00	<b>03:14:52.00</b>	<b>03:14:58.00</b>	+01:36:51 (49.7%)	8:14	7.3 (59.8%)
153	<b>POCHWAŁA Adam</b>	<b>1188</b>		M 35	44	00:00:26	01:23:59	01:52:10	01:56:23	00:15:00	<b>03:15:09.00</b>	<b>03:15:36.00</b>	+01:37:08 (49.8%)	9:00	6.7 (54.9%)
154	<b>RUPIŃSKI Maciej</b>	<b>1197</b>		M 45-59	23	00:00:38	01:26:22	01:58:32	02:06:09		<b>03:15:26.95</b>	<b>03:16:05.40</b>	+01:37:26 (49.9%)	9:46	6.1 (50.0%)
155	<b>WIŚNIEWSKI Rafał</b>	<b>1237</b>		M 36-44	48	00:00:23	01:33:51	02:08:53	02:13:54		<b>03:15:29.75</b>	<b>03:15:53.05</b>	+01:37:29 (49.9%)	9:46	6.1 (50.0%)
156	<b>POCHWAŁA Maciej</b>	<b>1187</b>		M 35	45	00:00:24	01:28:21	02:03:34	02:09:21		<b>03:16:23.60</b>	<b>03:16:47.75</b>	+01:38:23 (50.1%)	9:49	6.1 (50.0%)
157	<b>TUCHOWSKA Anna</b>	<b>1222</b>		K 36-44	22	00:00:12	01:30:41	02:02:59	02:08:34		<b>03:16:58.30</b>	<b>03:17:10.85</b>	+01:38:58 (50.2%)	9:50	6.1 (50.0%)
158	<b>PUDZISZ Piotr</b>	<b>1192</b>		M 36-44	49	00:00:20	01:25:29	01:57:54	02:04:44	00:15:00	<b>03:17:17.00</b>	<b>03:17:38.00</b>	+01:39:16 (50.3%)	9:06	6.6 (54.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Potok 9km	Wieża 10km	Polana pod Gorcem 11km	Kara/ bonifikata	Czas netto 20km	Czas brutto 20km	Różn	Tempo min/km	Tempo km/h
159	<b>CENDRZAK Katarzyna</b>	<b>1025</b>		K 35	14	00:00:33	01:33:43	02:08:17	02:14:16		<b>03:17:21.45</b>	<b>03:17:55.15</b>	+01:39:21 (50.3%)	9:52	6.1 (50.0%)
160	<b>GAWEŁ Krzysztof</b>	<b>1267</b>	ANIELSKI ORSZAK	M 35	46	00:00:48	01:28:55	01:58:47	02:07:48		<b>03:18:37.35</b>	<b>03:19:25.65</b>	+01:40:37 (50.7%)	9:55	6 (49.2%)
161	<b>SYKUŁA Rafał</b>	<b>1211</b>	TRUCK BULLS	M 36-44	50	00:00:19	01:32:13	02:05:51	02:10:27		<b>03:18:55.45</b>	<b>03:19:15.40</b>	+01:40:55 (50.7%)	9:56	6 (49.2%)
162	<b>KOWALCZYK Magda</b>	<b>1107</b>		K 35	15	00:00:32	01:32:20	02:05:44	02:13:28		<b>03:19:51.30</b>	<b>03:20:24.25</b>	+01:41:51 (51.0%)	9:59	6 (49.2%)
163	<b>FORTUNA Agata</b>	<b>1049</b>	ŚWISZCZĄCY ŁAŃCUCH	K 35	16	00:00:38	01:31:13	02:03:57	02:10:59		<b>03:20:29.10</b>	<b>03:21:07.25</b>	+01:42:29 (51.1%)	10:01	6 (49.2%)
164	<b>METRYCKI Dariusz</b>	<b>1154</b>	BIEGACZ NOWOSOLNA	M 36-44	51	00:00:50	01:24:48	01:57:19	02:06:24		<b>03:20:48.20</b>	<b>03:21:38.55</b>	+01:42:48 (51.2%)	10:02	6 (49.2%)
165	<b>GRABARCZYK Sebastian</b>	<b>1067</b>	BIEGACZ NOWOSOLNA	M 36-44	52	00:00:50	01:24:45	01:57:31	02:06:24		<b>03:20:48.55</b>	<b>03:21:38.60</b>	+01:42:48 (51.2%)	10:02	6 (49.2%)
166	<b>KRYJAK Tomasz</b>	<b>1119</b>		M 36-44	53	00:00:57	01:33:09	02:07:47	02:13:17		<b>03:21:07.20</b>	<b>03:22:04.75</b>	+01:43:07 (51.3%)	10:03	6 (49.2%)
167	<b>KRĘPACKA - GŁOWNIA Monika</b>	<b>1116</b>	CHEŁM BIEGA	K 36-44	23	00:00:39	01:30:54	02:05:25	02:11:38		<b>03:21:26.00</b>	<b>03:22:05.50</b>	+01:43:25 (51.3%)	10:04	6 (49.2%)
168	<b>SKROBEK Karolina</b>	<b>1205</b>	VEGE RUNNERS	K 36-44	24	00:00:37	01:26:16	02:01:59	02:06:49		<b>03:21:49.35</b>	<b>03:22:26.70</b>	+01:43:49 (51.4%)	10:05	5.9 (48.4%)
169	<b>JAJECZNICA Łukasz</b>	<b>1078</b>		M 36-44	54	00:00:49	01:33:04	02:08:53	02:13:52		<b>03:21:52.00</b>	<b>03:22:41.05</b>	+01:43:51 (51.5%)	10:05	5.9 (48.4%)
170	<b>CHORBIŃSKA Paulina</b>	<b>1027</b>		K 35	17	00:00:44	01:30:58	02:05:24	02:11:29		<b>03:22:04.25</b>	<b>03:22:48.40</b>	+01:44:04 (51.5%)	10:06	5.9 (48.4%)
171	<b>SIENKIEWICZ Klaudia</b>	<b>1202</b>		K 35	18	00:00:31	01:35:01	02:12:35	02:17:38		<b>03:22:10.85</b>	<b>03:22:42.40</b>	+01:44:10 (51.5%)	10:06	5.9 (48.4%)
172	<b>NAZIM Tadeusz</b>	<b>1166</b>	SKAWINA BIEGA	M 60+	4	00:00:53	01:31:20	02:05:07	02:13:11		<b>03:22:30.75</b>	<b>03:23:23.85</b>	+01:44:30 (51.6%)	10:07	5.9 (48.4%)
173	<b>PELCZAR Jakub</b>	<b>1181</b>		M 35	47	00:00:45	01:32:36	02:07:24	02:13:17		<b>03:22:40.00</b>	<b>03:23:25.25</b>	+01:44:39 (51.6%)	10:08	5.9 (48.4%)
174	<b>CHORBIŃSKI Krystian</b>	<b>1028</b>		M 36-44	55	00:00:45	01:32:43	02:07:33	02:13:19		<b>03:22:40.05</b>	<b>03:23:25.55</b>	+01:44:40 (51.6%)	10:08	5.9 (48.4%)
175	<b>STROJNY Janusz</b>	<b>1208</b>	NAUKA BIEGA	M 36-44	56	00:00:54	01:30:22	02:04:13	02:12:02		<b>03:23:06.75</b>	<b>03:24:01.15</b>	+01:45:06 (51.8%)	10:09	5.9 (48.4%)
176	<b>ŻARSKA Ilona</b>	<b>1258</b>	NAUKA BIEGA	K 35	19	00:00:54	01:30:26	02:04:25	02:12:00		<b>03:23:07.40</b>	<b>03:24:01.45</b>	+01:45:07 (51.8%)	10:09	5.9 (48.4%)
177	<b>ODOLIŃSKA Agnieszka</b>	<b>1170</b>		K 45-59	4	00:00:17	01:29:36	02:02:42	02:09:37		<b>03:23:53.50</b>	<b>03:24:11.15</b>	+01:45:53 (51.9%)	10:11	5.9 (48.4%)
178	<b>MATUSEWICZ Patrycja</b>	<b>1152</b>		K 36-44	25	00:00:19	01:29:55	02:02:08	02:08:43		<b>03:23:57.65</b>	<b>03:24:17.50</b>	+01:45:57 (52.0%)	10:11	5.9 (48.4%)
179	<b>GEWALD Danuta</b>	<b>1056</b>	TRENER24H.COM.PL	K 35	20	00:00:46	01:36:55	02:12:14	02:16:46		<b>03:24:01.70</b>	<b>03:24:48.25</b>	+01:46:01 (52.0%)	10:12	5.9 (48.4%)
180	<b>SAINTEMARIE Agnieszka</b>	<b>1200</b>		K 36-44	26	00:00:31	01:33:25	02:09:06	02:14:12		<b>03:24:12.50</b>	<b>03:24:44.25</b>	+01:46:12 (52.0%)	10:12	5.9 (48.4%)
181	<b>MACIASZ Sylwia</b>	<b>1143</b>		K 35	21	00:00:59	01:33:51	02:07:34	02:13:30		<b>03:24:26.30</b>	<b>03:25:26.15</b>	+01:46:26 (52.1%)	10:13	5.9 (48.4%)
182	<b>GAŁKA Tomasz</b>	<b>1054</b>	DZIK KOMANDO	M 45-59	24	00:00:29	01:27:10	02:01:44	02:08:14		<b>03:24:33.65</b>	<b>03:25:03.55</b>	+01:46:33 (52.1%)	10:13	5.9 (48.4%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Potok 9km	Wieża 10km	Polana pod Gorcem 11km	Kara/ bonifikata	Czas netto 20km	Czas brutto 20km	Różn	Tempo min/km	Tempo km/h
183	<b>DYLAĞ Andrzej</b>	<b>511</b>		M 36-44	57	00:00:18	01:10:11	01:34:38	01:38:06	01:00:00	<b>03:24:53.00</b>	<b>03:25:11.00</b>	+01:46:52 (52.2%)	7:14	8.3 (68.0%)
184	<b>RUPIŃSKA Agnieszka</b>	<b>1196</b>	RUPIŃSCY TEAM	K 35	22	00:00:38	01:37:54	02:12:46	02:18:37		<b>03:25:28.05</b>	<b>03:26:06.20</b>	+01:47:28 (52.3%)	10:16	5.8 (47.5%)
185	<b>ŁUGOWSKA Aleksandra</b>	<b>1139</b>	ZAKRĘCENI ŁUGOSIE	K 35	23	00:00:36	01:35:54	02:12:19	02:19:28		<b>03:26:10.80</b>	<b>03:26:47.75</b>	+01:48:10 (52.5%)	10:18	5.8 (47.5%)
186	<b>GAJDA Emilia</b>	<b>1053</b>		K 35	24	00:00:23	01:34:23	02:08:30			<b>03:26:18.95</b>	<b>03:26:42.25</b>	+01:48:18 (52.5%)	10:18	5.8 (47.5%)
187	<b>JÓZIAK Ilona</b>	<b>1085</b>		K 35	25	00:00:22	01:34:21	02:08:34	02:15:41		<b>03:26:19.10</b>	<b>03:26:41.95</b>	+01:48:19 (52.5%)	10:18	5.8 (47.5%)
188	<b>GÓRKA Bogusław</b>	<b>1065</b>	SUSKA GRUPA BIEGOWA	M 45-59	25	00:00:10	01:33:38	02:08:12	02:13:59		<b>03:27:36.00</b>	<b>03:27:46.10</b>	+01:49:35 (52.8%)	10:22	5.8 (47.5%)
189	<b>GÓRKA Jolanta</b>	<b>1064</b>	SUSKA GRUPA BIEGOWA	K 36-44	27	00:00:09	01:33:36	02:08:32	02:14:04		<b>03:27:36.20</b>	<b>03:27:46.00</b>	+01:49:36 (52.8%)	10:22	5.8 (47.5%)
190	<b>STRZELCZYK Emilia</b>	<b>1209</b>		K 35	26	00:00:18	01:36:36	02:09:10	02:17:08		<b>03:27:49.40</b>	<b>03:28:08.15</b>	+01:49:49 (52.8%)	10:23	5.8 (47.5%)
191	<b>HOŁDA Dominik</b>	<b>40</b>	KONTENER FORMY	M 35	48	00:00:17	01:36:40	02:09:15	02:17:11		<b>03:27:49.95</b>	<b>03:28:07.70</b>	+01:49:49 (52.8%)	10:23	5.8 (47.5%)
192	<b>ARTEMIUK Eugeniusz</b>	<b>1004</b>	HAJNÓWKA BIEGA	M 45-59	26	00:00:57	01:38:37	02:14:05	02:19:53		<b>03:27:54.45</b>	<b>03:28:52.15</b>	+01:49:54 (52.9%)	10:23	5.8 (47.5%)
193	<b>ARTEMIUK Eugenia</b>	<b>1005</b>	HAJNÓWKA BIEGA	K 60+	1	00:00:57	01:38:29	02:14:02	02:20:01		<b>03:27:54.70</b>	<b>03:28:52.45</b>	+01:49:54 (52.9%)	10:23	5.8 (47.5%)
194	<b>WADAS Katarzyna</b>	<b>1225</b>	NOWA HUTA TEAM	K 45-59	5	00:00:43	01:34:54	02:09:20	02:17:58		<b>03:29:29.80</b>	<b>03:30:13.15</b>	+01:51:29 (53.2%)	10:28	5.7 (46.7%)
195	<b>KOWALCZYK Anna</b>	<b>1108</b>	DOGOŃ GRODZISK MAZOWIECKI	K 45-59	6	00:00:35	01:37:19	02:14:59	02:21:39		<b>03:29:53.65</b>	<b>03:30:29.35</b>	+01:51:53 (53.3%)	10:29	5.7 (46.7%)
196	<b>TRELA Roman</b>	<b>1219</b>	TRUCKS BULLS	M 36-44	58	00:00:20	01:32:09	02:05:53	02:10:11		<b>03:32:20.55</b>	<b>03:32:41.10</b>	+01:54:20 (53.8%)	10:37	5.7 (46.7%)
197	<b>KOPEK Agnieszka</b>	<b>1100</b>	EKIPA Z GROMNIKA	K 36-44	28	00:00:44	01:37:16	02:13:32	02:19:15		<b>03:33:23.75</b>	<b>03:34:07.80</b>	+01:55:23 (54.1%)	10:40	5.6 (45.9%)
198	<b>KOPEK Paweł</b>	<b>1099</b>	EKIPA Z GROMNIKA	M 36-44	59	00:00:44	01:37:14	02:13:29	02:19:18		<b>03:33:28.75</b>	<b>03:34:13.40</b>	+01:55:28 (54.1%)	10:40	5.6 (45.9%)
199	<b>MICHALSKA Edyta</b>	<b>1156</b>	SPINNING WILANÓW	K 36-44	29	00:00:10	01:36:50	02:10:27	02:18:42		<b>03:33:56.05</b>	<b>03:34:06.70</b>	+01:55:56 (54.2%)	10:41	5.6 (45.9%)
200	<b>KOPACZ Agata</b>	<b>1098</b>	SPINNING WILANÓW	K 36-44	30	00:00:10	01:36:54	02:10:25	02:18:35		<b>03:33:57.35</b>	<b>03:34:07.50</b>	+01:55:57 (54.2%)	10:41	5.6 (45.9%)
201	<b>MAŃKA Magdalena</b>	<b>1150</b>		K 36-44	31	00:00:40	01:38:08	02:14:15	02:21:32		<b>03:35:25.60</b>	<b>03:36:05.60</b>	+01:57:25 (54.5%)	10:46	5.6 (45.9%)
202	<b>MICHAEL Sylwia</b>	<b>1155</b>		K 36-44	32	00:00:11	01:36:37	02:12:28	02:19:43		<b>03:35:49.25</b>	<b>03:36:00.70</b>	+01:57:49 (54.6%)	10:47	5.6 (45.9%)
203	<b>JAROSZ-PIWONSKA Aldona</b>	<b>1081</b>		K 36-44	33	00:00:14	01:38:04	02:14:36	02:19:59		<b>03:37:16.90</b>	<b>03:37:31.70</b>	+01:59:16 (54.9%)	10:51	5.5 (45.1%)
204	<b>KEMPKA Marcin</b>	<b>1240</b>	BBL ZDUŃSKA WOLA	M 36-44	60	00:00:25	01:45:57	02:26:03	02:32:54		<b>03:37:37.80</b>	<b>03:38:03.60</b>	+01:59:37 (55.0%)	10:52	5.5 (45.1%)
205	<b>SKIBA Katarzyna</b>	<b>1204</b>		K 36-44	34	00:00:25	01:46:04	02:26:21	02:32:53		<b>03:37:38.85</b>	<b>03:38:04.80</b>	+01:59:38 (55.0%)	10:52	5.5 (45.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Potok 9km	Wieża 10km	Polana pod Gorcem 11km	Kara/ bonifikata	Czas netto 20km	Czas brutto 20km	Różn	Tempo min/km	Tempo km/h
206	<b>KISZKIS Elżbieta</b>	<b>1094</b>		K 45-59	7	00:00:14	01:41:43	02:18:30	02:23:37		<b>03:37:39.95</b>	<b>03:37:53.95</b>	+01:59:39 (55.0%)	10:52	5.5 (45.1%)
207	<b>BEBEROK - SUROWIEC Agnieszka</b>	<b>1015</b>		K 36-44	35	00:00:29	01:38:34	02:15:15	02:22:41		<b>03:37:45.05</b>	<b>03:38:14.05</b>	+01:59:45 (55.0%)	10:53	5.5 (45.1%)
208	<b>GRYGORLIK Marek</b>	<b>1266</b>	VEGE RUNNERS	M 45-59	27	00:00:19	01:39:11	02:15:56	02:21:06		<b>03:38:17.70</b>	<b>03:38:36.75</b>	+02:00:17 (55.1%)	10:54	5.5 (45.1%)
209	<b>DUDA Wojciech</b>	<b>1035</b>	SKAWINA BIEGA	M 45-59	28	00:00:40	01:33:20	02:10:22	02:17:15	00:15:00	<b>03:39:31.00</b>	<b>03:40:11.00</b>	+02:01:30 (55.4%)	10:13	5.9 (48.4%)
210	<b>MIODUSZEWSKA-KONIŁÓW Agnieszka</b>	<b>463</b>		K 45-59	8	00:00:55	01:45:08	02:23:31	02:28:57		<b>03:40:03.40</b>	<b>03:40:58.95</b>	+02:02:03 (55.5%)	11:00	5.5 (45.1%)
211	<b>KUCZYŃSKA-LESZCZYŃSKA Joanna</b>	<b>1121</b>		K 36-44	36	00:00:36	01:42:07	02:18:00	02:24:59		<b>03:40:04.80</b>	<b>03:40:41.00</b>	+02:02:04 (55.5%)	11:00	5.5 (45.1%)
212	<b>DUDEK Dorota Paulina</b>	<b>1037</b>	DZIK KOMANDO	K 45-59	9	00:00:31	01:40:27	02:20:09	02:26:02		<b>03:41:51.55</b>	<b>03:42:22.85</b>	+02:03:51 (55.8%)	11:05	5.4 (44.3%)
213	<b>MAŁYS Mateusz</b>	<b>1149</b>	DZIK KOMANDO	M 35	49	00:00:30	01:35:50	02:10:52	02:17:54		<b>03:41:52.40</b>	<b>03:42:22.95</b>	+02:03:52 (55.8%)	11:05	5.4 (44.3%)
214	<b>FRĄTCZAK Paulina</b>	<b>1051</b>	DZIK KOMANDO	K 35	27	00:00:30	01:35:44	02:10:43	02:17:43		<b>03:41:52.50</b>	<b>03:42:23.00</b>	+02:03:52 (55.8%)	11:05	5.4 (44.3%)
215	<b>WASIK Marta</b>	<b>1230</b>	EDC RUNNERS	K 36-44	37	00:00:21	01:36:13	02:11:31	02:20:43		<b>03:43:12.35</b>	<b>03:43:34.00</b>	+02:05:12 (56.1%)	11:09	5.4 (44.3%)
216	<b>KORNIŁÓW Piotr</b>	<b>453</b>		M 45-59	29	00:00:55	01:46:36	02:27:32	02:32:40		<b>03:43:48.45</b>	<b>03:44:43.80</b>	+02:05:48 (56.2%)	11:11	5.4 (44.3%)
217	<b>KUCHARSKA Katarzyna</b>	<b>1120</b>	REMBERTÓW TEAM	K 36-44	38	00:00:43	01:41:32	02:20:10	02:27:50		<b>03:44:10.50</b>	<b>03:44:54.15</b>	+02:06:10 (56.3%)	11:12	5.4 (44.3%)
218	<b>FILUSCH Monika</b>	<b>1047</b>	DZIK KOMANDO	K 36-44	39	00:00:27	01:43:14	02:23:51	02:29:36		<b>03:44:32.50</b>	<b>03:45:00.35</b>	+02:06:32 (56.4%)	11:13	5.3 (43.4%)
219	<b>GRZESZCZAK Małgorzata</b>	<b>1072</b>	BIEGAMYRAZEM.PL	K 45-59	10	00:01:00	01:40:05	02:20:45	02:28:40		<b>03:45:07.55</b>	<b>03:46:08.40</b>	+02:07:07 (56.5%)	11:15	5.3 (43.4%)
220	<b>DURAŁEK Anna</b>	<b>1038</b>		K 36-44	40	00:00:42	01:40:27	02:20:30	02:29:35		<b>03:48:53.10</b>	<b>03:49:35.95</b>	+02:10:53 (57.2%)	11:26	5.2 (42.6%)
221	<b>TERZONI Karina</b>	<b>305</b>		K 36-44	41	00:00:31	01:35:14	02:10:36	02:18:15	00:15:00	<b>03:49:08.00</b>	<b>03:49:39.00</b>	+02:11:07 (57.2%)	10:42	5.6 (45.9%)
222	<b>JAKÓBIK Piotr</b>	<b>1079</b>		M 35	50	00:00:29	01:37:56	02:18:20	02:26:43		<b>03:49:17.35</b>	<b>03:49:46.65</b>	+02:11:17 (57.3%)	11:27	5.2 (42.6%)
223	<b>MIĘTKA Krzysztof</b>	<b>1157</b>		M 45-59	30	00:00:54	01:39:46	02:21:43	02:27:37		<b>03:49:31.70</b>	<b>03:50:25.75</b>	+02:11:31 (57.3%)	11:28	5.2 (42.6%)
224	<b>WIŚNIEWSKA Katarzyna</b>	<b>1235</b>	PGB SPORTOWA PACZKA	K 45-59	11	00:00:14	01:40:32	02:17:58	02:25:00		<b>03:51:15.80</b>	<b>03:51:30.40</b>	+02:13:15 (57.6%)	11:33	5.2 (42.6%)
225	<b>FOTYGA Agnieszka</b>	<b>1050</b>	OSTROBIEC	K 45-59	12	00:01:00	01:46:48	02:26:46	02:34:09		<b>03:51:25.40</b>	<b>03:52:26.35</b>	+02:13:25 (57.7%)	11:34	5.2 (42.6%)
226	<b>KASZUBA Katarzyna</b>	<b>1092</b>		K 35	28	00:00:33	01:44:39	02:25:36	02:31:12		<b>03:52:14.60</b>	<b>03:52:48.55</b>	+02:14:14 (57.8%)	11:36	5.2 (42.6%)
227	<b>KOWALSKA Agnieszka</b>	<b>1110</b>	KOWALE TEAM	K 36-44	42	00:00:42	01:48:27	02:32:28	02:37:52		<b>03:53:38.20</b>	<b>03:54:20.20</b>	+02:15:38 (58.1%)	11:40	5.1 (41.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Potok 9km	Wieża 10km	Polana pod Gorcem 11km	Kara/ bonifikata	Czas netto 20km	Czas brutto 20km	Różn	Tempo min/km	Tempo km/h
228	KUŹMA Maciej	1127		M 45-59	31	00:00:41	01:42:44	02:20:06	02:28:58		03:53:51.05	03:54:32.25	+02:15:51 (58.1%)	11:41	5.1 (41.8%)
229	BARANOWSKA-KUŹMA Monika	1010		K 45-59	13	00:00:40	01:42:38	02:19:56	02:28:32		03:53:51.80	03:54:32.25	+02:15:51 (58.1%)	11:41	5.1 (41.8%)
230	BARON Kasia	1011	VADAIN RUNNING CLUB	K 36-44	43	00:00:34	01:48:29	02:30:36	02:39:11		03:56:14.80	03:56:49.70	+02:18:14 (58.5%)	11:48	5.1 (41.8%)
231	FALKOWSKI Lukasz	1045		M 36-44	61	00:00:33	01:48:15	02:28:06	02:39:14		03:56:17.80	03:56:51.05	+02:18:17 (58.5%)	11:48	5.1 (41.8%)
232	LITWIN Agnieszka	1137	NOWA HUTA TEAM	K 45-59	14	00:00:44	01:47:00	02:29:48	02:36:57		04:00:23.35	04:01:07.45	+02:22:23 (59.2%)	12:01	5 (41.0%)
233	GADOMSKA Natalia	1052	DZIADEK I WNUKI	K 35	29	00:00:35	01:46:24	02:28:25	02:37:42		04:00:37.00	04:01:12.10	+02:22:36 (59.3%)	12:01	5 (41.0%)
234	DOBOSZ Damian	1031	DZIADEK I WNUKI	M 35	51	00:00:34	01:46:29	02:28:21	02:37:43		04:00:37.60	04:01:12.15	+02:22:37 (59.3%)	12:01	5 (41.0%)
235	WĄSOWSKA Jagoda	1232	KS PEGAZ PIASECZNO	K 45-59	15	00:00:50	01:52:50	02:35:24	02:42:06		04:04:49.40	04:05:39.85	+02:26:49 (60.0%)	12:14	4.9 (40.2%)
236	ŁUGOWSKA Dominika	1140		K 35	30	00:00:35	01:55:45	02:37:03	02:44:30		04:06:09.25	04:06:45.15	+02:28:09 (60.2%)	12:18	4.9 (40.2%)
237	BOBKOWSKA Kinga	1018		K 35	31	00:00:35	01:59:55	02:44:53	02:51:15		04:06:18.10	04:06:53.55	+02:28:18 (60.2%)	12:18	4.9 (40.2%)
238	ROSŁOŃSKI Piotr	1195		M 36-44	62	00:00:56	01:55:44	02:44:53	02:51:06		04:09:02.60	04:09:59.10	+02:31:02 (60.6%)	12:27	4.8 (39.3%)
239	MARCZEWSKA Zofia	1151		K 36-44	44	00:00:55	01:55:58	02:44:52	02:51:04		04:09:03.70	04:09:58.95	+02:31:03 (60.7%)	12:27	4.8 (39.3%)
240	DZIK Piotr	1041		M 35	52	00:00:41	01:44:02	02:27:27	02:37:40		04:09:34.65	04:10:15.85	+02:31:34 (60.7%)	12:28	4.8 (39.3%)
241	KROCZEK Ewelina	1117	URODZINOWO	K 35	32	00:00:39	01:44:01	02:27:27	02:37:43		04:09:36.75	04:10:16.10	+02:31:36 (60.7%)	12:28	4.8 (39.3%)
242	WĘCKA-WĄSOWICZ Karolina	432		K 35	33	00:00:33	02:00:06	02:45:04	02:51:18		04:10:46.30	04:11:20.25	+02:32:46 (60.9%)	12:32	4.8 (39.3%)
243	MACIUSZKO Wiesia	1144		K 45-59	16	00:00:45	01:53:56	02:40:59	02:50:06		04:15:23.15	04:16:08.65	+02:37:23 (61.6%)	12:46	4.7 (38.5%)
244	SOBOLEWSKI Jarosław	1206		M 45-59	32	00:00:48	01:53:50	02:37:57	02:44:57		04:15:45.25	04:16:33.35	+02:37:45 (61.7%)	12:47	4.7 (38.5%)
245	GRZESIK Renata	1071		K 35	34	00:00:51	02:00:06	02:45:19	02:51:24		04:17:45.75	04:18:37.25	+02:39:45 (62.0%)	12:53	4.7 (38.5%)
246	KOSTULSKA Olga	1106	WKURW_TEAM	K 35	35	00:00:42	01:56:45	02:42:35	02:52:06		04:19:03.25	04:19:45.85	+02:41:03 (62.2%)	12:57	4.6 (37.7%)
247	SYCIN Małgorzata	1210	SLOW JOGGING OLSZTYN	K 36-44	45	00:00:24	02:00:59	02:45:30	02:54:16		04:20:07.60	04:20:32.30	+02:42:07 (62.3%)	13:00	4.6 (37.7%)
248	WITKOWSKA Justyna	1238	SLOW JOGGING OLSZTYN	K 35	36	00:00:24	02:01:08	02:45:36	02:54:20		04:20:07.75	04:20:32.45	+02:42:07 (62.3%)	13:00	4.6 (37.7%)
249	KUKAWSKA Joanna	1122		K 45-59	17	00:00:33	01:48:08	02:34:32	02:44:26		04:21:16.00	04:21:49.35	+02:43:15 (62.5%)	13:03	4.6 (37.7%)
250	KAIM Antoni	1090		M 45-59	33	00:00:56	01:53:15	02:40:13	02:50:43		04:23:57.65	04:24:53.85	+02:45:57 (62.9%)	13:11	4.5 (36.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Potok 9km	Wieża 10km	Polana pod Gorcem 11km	Kara/ bonifikata	Czas netto 20km	Czas brutto 20km	Różn	Tempo min/km	Tempo km/h
251	<b>OWCZAREK Sylwia</b>	<b>1177</b>		K 35	37	00:00:14	01:52:41	02:43:17	02:50:46		<b>04:25:52.40</b>	<b>04:26:06.45</b>	+02:47:52 (63.1%)	13:17	4.5 (36.9%)
252	<b>FALKOWSKA Marianna</b>	<b>1044</b>		K 35	38	00:00:34	01:48:31	02:33:22	02:39:25	00:30:00	<b>04:26:19.00</b>	<b>04:26:54.00</b>	+02:48:18 (63.2%)	11:49	5.1 (41.8%)
253	<b>CHUDZIK Wojciech</b>	<b>1029</b>	DZIK W LESIE	M 36-44	63	00:00:56	01:57:35	02:46:37	02:54:02		<b>04:30:37.00</b>	<b>04:31:33.50</b>	+02:52:36 (63.8%)	13:31	4.4 (36.1%)
254	<b>GULBICKA Wioletta</b>	<b>1073</b>	SLOW JOGGING OLSZTYN	K 36-44	46	00:00:25	01:57:23	02:47:59	02:54:16		<b>04:36:36.75</b>	<b>04:37:01.95</b>	+02:58:36 (64.6%)	13:49	4.3 (35.2%)
255	<b>LIMAN Dorota</b>	<b>1134</b>		K 45-59	18	00:00:37	02:15:06	03:07:40	03:15:18		<b>04:51:28.30</b>	<b>04:52:05.35</b>	+03:13:28 (66.4%)	14:34	4.1 (33.6%)
256	<b>DRZEWIECKI-ZARZECZNY Grzegorz</b>	<b>1032</b>	BIAŁYSTOK BIEGA TEAM	M 45-59	34	00:00:21	01:54:43	02:47:49	02:53:52		<b>04:51:43.65</b>	<b>04:52:05.35</b>	+03:13:43 (66.4%)	14:35	4.1 (33.6%)
<b>Przekroczony limit czasu: 05:00:00</b>															
257	<b>CZECHOWSKI Jerzy</b>	<b>1030</b>	MZA - WARSZAWA	M 60+	5	00:00:46	02:29:41	03:34:27	03:45:29		<b>05:50:13.60</b>	<b>05:51:00.00</b>	+04:12:13 (72.0%)	17:30	3.4 (27.9%)
	<b>WIŚNIEWSKI Dawid</b>	<b>1236</b>	ANIELSKI ORSZAK	M 35		DNF	01:29:50 DNF	01:59:37 DNF	DNF		<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>ZYDEK Katarzyna</b>	<b>1257</b>	DZIK KOMANDO	K 35		DNF	DNF	DNF	DNF	00:15:00	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>BALUTA-MAŁECKA Edyta</b>	<b>1008</b>		K 35		DNF	DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 260 wynik(ów)