



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	MAREK Dariusz	1000	MONK SANDALS TEAM	M 35	1	00:00:04	00:47:06	01:03:37	01:05:54		01:38:00.05	01:38:04.85		4:54	12.2 (100%)
2	BARANOW Łukasz	1001		M 35	2	00:00:05	00:47:56	01:04:55	01:07:24		01:41:03.15	01:41:08.65	+00:03:03 (3.0%)	5:03	11.9 (97.5%)
3	FLISIŃSKI Łukasz	1262		M 36-44	1	00:00:05	00:51:04	01:10:12	01:12:46		01:49:57.60	01:50:03.35	+00:11:57 (10.9%)	5:29	10.9 (89.3%)
4	ŻUCHOWSKI Daniel	1264	MUAY RUNNING TEAM	M 35	3	00:00:05	00:51:32	01:11:02	01:13:32		01:50:52.70	01:50:58.45	+00:12:52 (11.6%)	5:32	10.8 (88.5%)
5	STELMACH Dominika	1269	RKATELICS	K 36-44	1	00:00:05	00:51:27	01:09:53	01:11:36		01:51:28.05	01:51:33.30	+00:13:28 (12.1%)	5:34	10.8 (88.5%)
6	KAWIK Tomasz	1093	KAWIK RUNNING TEAM/ RUNPROGRESS.PL	M 35	4	00:00:06	00:53:38	01:13:11	01:16:13		01:54:57.25	01:55:03.50	+00:16:57 (14.7%)	5:44	10.4 (85.2%)
7	WILK Katarzyna	565		K 35	1	00:00:05	00:55:25	01:15:09	01:18:06		01:56:21.25	01:56:26.50	+00:18:21 (15.8%)	5:49	10.3 (84.4%)
8	KOZŁOWSKI Krzysztof	1111	PRZEMYSKI KLUB BIEGACZA	M 36-44	2	00:00:08	00:56:49	01:17:04	01:19:53		01:57:01.15	01:57:09.15	+00:19:01 (16.3%)	5:51	10.3 (84.4%)
9	TRACZ Łukasz	1003	WWW.TRENINGFIZJOTERAPIA.PL	M 35	5	00:00:06	00:57:25	01:19:31	01:22:05		01:58:46.80	01:58:52.85	+00:20:46 (17.5%)	5:56	10.1 (82.8%)
10	ŁĘŻNIAK Aleksander	1138	MONK SANDALS TEAM	M 35	6	00:00:06	00:57:39	01:18:14	01:20:48		01:59:03.40	01:59:10.35	+00:21:03 (17.7%)	5:57	10.1 (82.8%)
11	BARAN Piotr	1009		M 36-44	3	00:00:05	00:58:14	01:19:57	01:22:32		01:59:33.00	01:59:38.75	+00:21:32 (18.0%)	5:58	10 (82.0%)
12	UMANA Diego Andres	1223	CENTRUM REHABILITACJI FUNKCJONALNEJ SOWA	M 36-44	4	00:00:04	00:58:51	01:19:43	01:22:28		02:01:55.70	02:02:00.50	+00:23:55 (19.6%)	6:05	9.8 (80.3%)
13	MALINOWSKI Piotr	1147	STS BIEGATON MIKOŁÓW	M 36-44	5	00:00:07	00:57:06	01:17:31	01:20:37		02:02:09.05	02:02:16.75	+00:24:09 (19.8%)	6:06	9.8 (80.3%)
14	MIKA Andrzej	1158		M 36-44	6	00:00:06	01:00:09	01:21:49	01:24:50		02:03:48.40	02:03:54.75	+00:25:48 (20.8%)	6:11	9.7 (79.5%)
15	ZARZYCKI Maciej	1252	DOGOŃ GRODZISK MAZOWIECKI	M 35	7	00:00:08	00:55:28	01:16:21	01:19:38		02:03:54.25	02:04:02.45	+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	ZAJĄC Andrzej	1249	GRUPALUKTRANS.PL	M 36-44	7	00:00:06	01:01:46	01:22:39	01:25:28		02:04:36.10	02:04:43.05	+00:26:36 (21.3%)	6:13	9.6 (78.7%)
17	RUPIŃSKI Krzysztof	1198	TRAINING LAB	M 35	8	00:00:06	00:58:01	01:18:48	01:21:41		02:05:00.90	02:05:07.85	+00:27:00 (21.6%)	6:15	9.6 (78.7%)
18	PAPROCKA Urszula	1263	NOWA HUTA TEAM	K 35	2	00:00:10	01:00:17	01:22:13	01:25:03		02:05:03.15	02:05:13.60	+00:27:03 (21.6%)	6:15	9.6 (78.7%)
19	GAŁUSZKA Filip	1055	KOKOSZKA36TEAM	M 35	9	00:00:12	00:59:28	01:21:21	01:24:43		02:06:55.15	02:07:07.70	+00:28:55 (22.8%)	6:20	9.5 (77.9%)
20	JASNOCH Marcin	1084	OLUSIA TEAM	M 36-44	8	00:00:07	00:59:38	01:23:10	01:26:10		02:08:53.55	02:09:00.80	+00:30:53 (24.0%)	6:26	9.3 (76.2%)
21	GRZĄDKA Przemysław	1069	PZU SPORT TEAM	M 36-44	9	00:00:25	01:02:26	01:23:42	01:27:03		02:08:56.15	02:09:21.50	+00:30:56 (24.0%)	6:26	9.3 (76.2%)
22	VAN NOORTWIJK Jeffrey Marcin	1224	HAAG ATLETIEK	M 35	10	00:00:06	00:57:56	01:22:09	01:26:15		02:10:56.15	02:11:02.70	+00:32:56 (25.2%)	6:32	9.2 (75.4%)
23	JASIURKOWSKI Daniel	1083		M 36-44	10	00:00:10	01:03:17	01:26:52	01:29:55		02:12:20.00	02:12:30.70	+00:34:19 (25.9%)	6:37	9.1 (74.6%)
24	LASIKOWSKI Mateusz	1130	BIEGAJ POD OKIEM TRENERA	M 35	11	00:00:20	01:05:18	01:28:09	01:31:11		02:13:15.30	02:13:35.85	+00:35:15 (26.5%)	6:39	9 (73.8%)
25	GOŁDYN Piotr	1062		M 36-44	11	00:00:05	01:02:34	01:25:31	01:28:35		02:13:51.35	02:13:56.50	+00:35:51 (26.8%)	6:41	9 (73.8%)
26	WÓJCIAK Piotr	431		M 35	12	00:00:38	01:05:11	01:27:55	01:30:58		02:15:47.85	02:16:26.10	+00:37:47 (27.8%)	6:47	8.8 (72.1%)
27	ZMYŚŁOWSKI Aleksander	1256		M 36-44	12	00:00:29	01:04:13	01:27:48	01:31:27		02:16:40.85	02:17:10.45	+00:38:40 (28.3%)	6:50	8.8 (72.1%)
28	KOPIEC Iga	1101		K 35	3	00:00:09	01:02:17	01:24:53	01:28:28		02:17:08.70	02:17:18.50	+00:39:08 (28.5%)	6:51	8.7 (71.3%)
29	DZIEDZIC Witold	1040	RZESZOWSKIE GAZELE I GEPARDY	M 36-44	13	00:00:08	01:06:40	01:29:40	01:33:32		02:17:14.10	02:17:22.65	+00:39:14 (28.6%)	6:51	8.7 (71.3%)
30	OPAŁKA Damian	1175	MYRACE	M 35	13	00:00:09	01:03:27	01:28:12	01:31:46		02:17:31.35	02:17:40.45	+00:39:31 (28.7%)	6:52	8.7 (71.3%)
31	OLSZEWSKI Tomek	1174		M 36-44	14	00:00:15	01:07:05	01:31:39	01:34:47		02:19:33.00	02:19:48.80	+00:41:32 (29.8%)	6:58	8.6 (70.5%)
32	WAŁASZEWSKI Bruno	515		M 35	14	00:00:28	01:06:23	01:29:24	01:33:13		02:20:10.75	02:20:39.10	+00:42:10 (30.1%)	7:00	8.6 (70.5%)
33	HASSAK Maciej	1074	GKC GORLICE	M 36-44	15	00:00:25	01:07:19	01:30:58	01:34:12		02:20:35.90	02:21:00.90	+00:42:35 (30.3%)	7:01	8.5 (69.7%)
34	WOŹNICZKA Jolanta	1247		K 36-44	2	00:00:07	01:06:29	01:30:40	01:33:57		02:20:44.85	02:20:52.10	+00:42:44 (30.4%)	7:02	8.5 (69.7%)
35	MORGAŚ Mariusz	1161	TRENER24H.COM.PL	M 35	15	00:00:46	01:05:53	01:30:26	01:33:54		02:20:53.00	02:21:39.10	+00:42:52 (30.4%)	7:02	8.5 (69.7%)
36	ZAWADA Michał	1253	SPRYTNE WIEWIÓRKI	M 45-59	1	00:00:20	01:08:18	01:33:14	01:36:40		02:21:31.15	02:21:51.35	+00:43:31 (30.8%)	7:04	8.5 (69.7%)
37	WISZ Piotr	1234	SDTEAM	M 35	16	00:00:13	01:01:19	01:23:19	01:26:28	00:15:00	02:21:35.00	02:21:48.00	+00:43:34 (30.8%)	6:19	9.5 (77.9%)
38	GLAB Krzysztof	1058	NGB KLOBUCK / VEGE RUNNERS	M 45-59	2	00:00:11	01:04:07	01:29:24	01:32:30		02:21:55.90	02:22:07.15	+00:43:55 (31.0%)	7:05	8.5 (69.7%)
39	PSZCZÓŁKA Dominik	480		M 36-44	16	00:00:15	01:08:11	01:32:54	01:36:13		02:22:01.05	02:22:16.90	+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	WALCZAK Adela	1226	DZIK KOMANDO	K 35	7	00:00:22	01:16:06	01:44:35	01:47:53		02:34:51.40	02:35:14.10	+00:56:51 (36.7%)	7:44	7.7 (63.1%)
65	CHOJNACKI Mikołaj	1026	WARSAW RUN CLUB	M 36-44	25	00:00:17	01:13:03	01:39:27	01:44:47		02:34:57.10	02:35:14.45	+00:56:57 (36.8%)	7:44	7.7 (63.1%)
66	MACHEJ Remigiusz	1141	ML DESIGN	M 36-44	26	00:00:12	01:12:21	01:40:28	01:45:26		02:36:24.20	02:36:37.00	+00:58:24 (37.3%)	7:49	7.7 (63.1%)
67	ZAGDAŃSKA Małgorzata	1248		K 36-44	3	00:00:29	01:15:17	01:40:59	01:44:55		02:36:41.40	02:37:10.50	+00:58:41 (37.5%)	7:50	7.7 (63.1%)
68	KULIG Karol	1124	KULIG FIZJOTERAPIA	M 35	27	00:00:19	01:14:20	01:42:24	01:46:13		02:37:33.80	02:37:53.30	+00:59:33 (37.8%)	7:52	7.6 (62.3%)
69	GĘSIAREK Grzegorz	1057		M 36-44	27	00:00:13	01:12:07	01:38:13	01:42:20		02:37:34.20	02:37:47.60	+00:59:34 (37.8%)	7:52	7.6 (62.3%)
70	LIPNICKA Katarzyna	1135	PSZCZÓŁKOWSKI TEAM	K 36-44	4	00:00:18	01:13:36	01:39:21	01:45:21		02:38:07.05	02:38:25.50	+01:00:07 (38.0%)	7:54	7.6 (62.3%)
71	MAŁECKI Jarosław	1148	CZEXRX	M 36-44	28	00:00:29	01:23:35	01:52:25	01:57:42	-00:15:00	02:38:08.00	02:38:38.00	+01:00:07 (38.0%)	8:39	6.9 (56.6%)
72	DZIEDZIC Grzegorz	1039		M 36-44	29	00:00:35	01:15:56	01:44:18	01:48:39		02:38:14.10	02:38:49.55	+01:00:14 (38.1%)	7:54	7.6 (62.3%)
73	TRYBALSKI Piotr	1220	PATO TEAM	M 45-59	6	00:00:40	01:14:26	01:39:37	01:45:56		02:38:19.00	02:38:59.60	+01:00:18 (38.1%)	7:54	7.6 (62.3%)
74	LAMENTA Andrzej	1129	TRENER24H.COM.PL	M 36-44	30	00:00:45	01:12:52	01:39:04	01:43:00		02:39:06.40	02:39:52.35	+01:01:06 (38.4%)	7:57	7.5 (61.5%)
75	LENARCZYK Jakub	1132		M 36-44	31	00:00:17	00:59:04	01:21:33	01:24:52	00:30:00	02:39:46.00	02:40:03.00	+01:01:45 (38.7%)	6:29	9.2 (75.4%)
76	RAKOWSKI Krzysztof	1193	RUCLLIWI ŚWIŃSKA NOGA	M 45-59	7	00:00:29	01:14:51	01:41:34	01:46:00		02:39:50.60	02:40:20.20	+01:01:50 (38.7%)	7:59	7.5 (61.5%)
77	TARNAWSKI Jakub	467	KKB DYSTANS	M 45-59	8	00:01:14	01:15:05	01:43:03	01:46:48		02:42:27.50	02:43:42.35	+01:04:27 (39.7%)	8:07	7.4 (60.7%)
78	WALNIK Rafał	1227		M 45-59	9	00:00:08	01:15:49	01:43:35	01:48:16		02:42:41.15	02:42:49.45	+01:04:41 (39.8%)	8:08	7.4 (60.7%)
79	PASIERBIŃSKI Piotr	409	WTP WTRRUNNING	M 45-59	10	00:00:28	01:17:07	01:43:54	01:48:08		02:43:48.85	02:44:17.05	+01:05:48 (40.2%)	8:11	7.3 (59.8%)
80	PRESNAL-ZMYŚŁOWSKA Agnieszka	1191		K 36-44	5	00:00:32	01:18:51		01:51:27		02:43:55.95	02:44:28.10	+01:05:55 (40.2%)	8:11	7.3 (59.8%)
81	NOWAK Anna	1167	DZIWOLUDY	K 36-44	6	00:00:31	01:18:49	01:47:10	01:51:51		02:43:56.05	02:44:27.90	+01:05:56 (40.2%)	8:11	7.3 (59.8%)
82	MAZURO Monika	1153	KLUB BIEGACZA LIDZBARK WARMIŃSKI, BBL	K 36-44	7	00:00:23	01:18:33		01:51:04		02:44:21.85	02:44:45.75	+01:06:21 (40.4%)	8:13	7.3 (59.8%)
83	JURECZKO Agnieszka	1086	DZIK KOMANDO	K 36-44	8	00:00:16	01:11:47	01:39:01	01:43:08		02:44:33.40	02:44:49.90	+01:06:33 (40.4%)	8:13	7.3 (59.8%)
84	WNUK Mirosław	1241		M 45-59	11	00:00:17	01:16:08	01:43:54	01:48:43		02:44:44.25	02:45:01.70	+01:06:44 (40.5%)	8:14	7.3 (59.8%)
85	STACHERA Ola	1207		K 35	8	00:00:47	01:25:10	01:54:19	01:57:40		02:44:48.35	02:45:35.75	+01:06:48 (40.5%)	8:14	7.3 (59.8%)
86	BINKOWSKI Marcin	1259		M 45-59	12	00:00:43	01:21:21	01:50:02	01:54:12		02:44:52.95	02:45:36.50	+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	FALKOWSKI Piotr	1046	KS PEGAZ PIASECZNO	M 45-59	13	00:00:14	01:17:50	01:46:12	01:51:08		02:45:25.25	02:45:39.55	+01:07:25 (40.8%)	8:16	7.3 (59.8%)
88	WAWRZYNIAK Michał	1231	SLOWJOGGING OLSZTYN	M 36-44	32	00:00:27	01:16:55	01:45:42	01:49:59		02:45:35.50	02:46:02.85	+01:07:35 (40.8%)	8:16	7.2 (59.0%)
89	DZIUBAŁA Jakub	1265		M 35	28	00:00:12	01:18:12	01:46:18	01:51:25		02:45:40.90	02:45:53.05	+01:07:40 (40.8%)	8:17	7.2 (59.0%)
90	PISKORSKI Piotr	1182	FARBEN LEHRE	M 36-44	33	00:00:10	01:19:02	01:47:34	01:52:35		02:46:11.30	02:46:21.65	+01:08:11 (41.0%)	8:18	7.2 (59.0%)
91	BRZOZOWSKA Joanna	1021	AZS ZADYSZKA	K 35	9	00:00:07	01:15:36	01:44:00	01:48:12		02:46:12.65	02:46:20.60	+01:08:12 (41.0%)	8:18	7.2 (59.0%)
92	DUBOWIECKI Witek	1033	CHATA BIEGACZA K34 ZAKOPANE	M 45-59	14	00:00:09	01:02:38	01:24:57	01:28:29	00:30:00	02:47:38.00	02:47:47.00	+01:09:37 (41.5%)	6:52	8.7 (71.3%)
93	MUCHA Edward	1164	LIMANOWA FORREST	M 60+	1	00:00:09	01:12:07	01:37:51	01:41:44	00:15:00	02:47:44.00	02:47:53.00	+01:09:43 (41.6%)	7:38	7.9 (64.8%)
94	ESZNER Agnieszka	1042		K 36-44	9	00:00:39	01:15:10	01:40:09	01:44:28	00:15:00	02:48:35.00	02:49:15.00	+01:10:34 (41.9%)	7:40	7.8 (63.9%)
95	SARNA Szymon	1201		M 35	29	00:00:06	01:21:53	01:52:05	01:55:37		02:48:54.30	02:49:01.05	+01:10:54 (42.0%)	8:26	7.1 (58.2%)
96	OLICHWIER Sebastian	1172		M 35	30	00:00:15	01:13:55	01:43:48	01:50:09		02:50:09.45	02:50:24.45	+01:12:09 (42.4%)	8:30	7.1 (58.2%)
97	JAGIELSKI Paweł	1075		M 45-59	15	00:00:59	01:19:52	01:48:09	01:53:31		02:50:23.60	02:51:23.15	+01:12:23 (42.5%)	8:31	7 (57.4%)
98	JARZĄBEK Daniel	1082	DANJAR	M 36-44	34	00:00:26	01:16:09	01:45:25	01:51:05		02:50:36.80	02:51:03.65	+01:12:36 (42.6%)	8:31	7 (57.4%)
99	SIKORA Dawid	1203		M 35	31	00:00:27	01:23:50	01:51:29	01:55:55		02:50:58.50	02:51:25.85	+01:12:58 (42.7%)	8:32	7 (57.4%)
100	BALUCH Adam	402		M 45-59	16	00:00:49	01:19:27	01:47:59	01:52:52		02:51:00.95	02:51:50.10	+01:13:00 (42.7%)	8:33	7 (57.4%)
101	MACKOWIAK Mateusz	1145	PROBALANS	M 35	32	00:01:05	01:19:37	01:49:34	01:54:47		02:51:11.45	02:52:17.25	+01:13:11 (42.8%)	8:33	7 (57.4%)
102	LIŚKIEWICZ Hubert	1136	POKOJOWY PATROL	M 35	33	00:00:32	01:18:41	01:48:39	01:53:07		02:51:22.95	02:51:55.40	+01:13:22 (42.8%)	8:34	7 (57.4%)
103	GWÓZDŹ Michał	509	CZELADŹ BIEGA	M 36-44	35	00:01:16	01:12:13	01:38:15	01:42:01	00:15:00	02:51:59.00	02:53:15.00	+01:13:58 (43.0%)	7:50	7.6 (62.3%)
104	PŁATEK Paweł	1185	PGB SPORTOWA PACZKA	M 36-44	36	00:00:29	01:15:07	01:43:08	01:51:06		02:52:42.70	02:53:11.70	+01:14:42 (43.3%)	8:38	6.9 (56.6%)
105	JAGLARZ Jarosław	1076	JAROSŁAW JAGLARZ	M 45-59	17	00:00:48	01:17:56	01:47:16	01:52:54		02:52:44.70	02:53:32.75	+01:14:44 (43.3%)	8:38	6.9 (56.6%)
106	FAJER Marek	1043		M 60+	2	00:00:14	01:17:13	01:47:23	01:52:31		02:52:47.05	02:53:01.65	+01:14:47 (43.3%)	8:38	6.9 (56.6%)
107	DUDA Anna	1036		K 35	10	00:00:51	01:21:45	01:52:51	01:57:46		02:52:49.30	02:53:40.35	+01:14:49 (43.3%)	8:38	6.9 (56.6%)
108	DU CZYŃSKI Maciej	1034		M 35	34	00:00:51	01:21:48	01:52:49	01:57:46		02:52:52.50	02:53:44.40	+01:14:52 (43.3%)	8:38	6.9 (56.6%)
109	BEBEROK Szymon	1014	PROFIAUTOTEAM	M 35	35	00:00:32	01:18:46	01:47:36	01:52:15		02:54:22.75	02:54:55.45	+01:16:22 (43.8%)	8:43	6.9 (56.6%)
110	SZCZEPANIAK Joanna	1213	KB CZESIO BIEGA	K 36-44	10	00:00:36	01:23:01	01:50:57	01:56:06		02:54:27.05	02:55:04.00	+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	KOSIELSKA Beata	1105		K 36-44	11	00:00:28		01:52:44	01:58:07		02:54:43.60	02:55:11.75	+01:16:43 (43.9%)	8:44	6.9 (56.6%)
112	GOŁDYŃ Aneta	423		K 36-44	12	00:00:06	01:22:28	01:51:40	01:55:22		02:54:49.95	02:54:56.05	+01:16:49 (43.9%)	8:44	6.9 (56.6%)
113	JAGIEŁO Monika	446		K 36-44	13	00:00:06	01:22:48	01:52:57	01:57:00		02:55:07.55	02:55:13.60	+01:17:07 (44.0%)	8:45	6.9 (56.6%)
114	BARTKOWIAK Grzegorz	1012		M 45-59	18	00:00:52	01:19:54	01:50:33	01:56:53		02:55:55.65	02:56:48.45	+01:17:55 (44.3%)	8:47	6.8 (55.7%)
115	OCZKOWSKI Mateusz	1169	GRUPA BIEGOWA CHTMO	M 36-44	37	00:00:53	01:22:37	01:51:32	01:57:52		02:57:05.65	02:57:59.05	+01:19:05 (44.7%)	8:51	6.8 (55.7%)
116	KADYK Łukasz	1089	CEZAR	M 36-44	38	00:00:52	01:22:49	01:51:42	01:57:56		02:57:08.80	02:58:01.30	+01:19:08 (44.7%)	8:51	6.8 (55.7%)
117	POPARDA Paweł	1190	PZU SPORT TEAM	M 36-44	39	00:00:15	01:18:21	01:49:01	01:55:21		02:58:01.35	02:58:16.75	+01:20:01 (45.0%)	8:54	6.7 (54.9%)
118	WITOWSKA Aleksandra	1239	DELOITTE ADVENTURE TEAM	K 35	11	00:00:22	01:23:39	01:54:13	01:58:34		02:58:32.15	02:58:54.80	+01:20:32 (45.1%)	8:55	6.7 (54.9%)
119	PASEK Monika	1178		K 36-44	14	00:00:19	01:24:59	01:55:41	02:00:27		02:58:46.60	02:59:05.80	+01:20:46 (45.2%)	8:56	6.7 (54.9%)
120	MORDARSKI Jacek	1160		M 60+	3	00:00:11	01:18:21	01:49:29	01:54:47		02:59:16.35	02:59:28.30	+01:21:16 (45.3%)	8:57	6.7 (54.9%)
121	CEDZYŃSKI Jan	1024	BBM	M 45-59	19	00:00:26	01:17:06	01:51:02	01:56:43		02:59:38.20	03:00:04.20	+01:21:38 (45.4%)	8:58	6.7 (54.9%)
122	TAMBORSKI Grzegorz	1217		M 35	36	00:00:13	01:25:14	01:55:59	02:01:46		03:00:25.10	03:00:38.80	+01:22:25 (45.7%)	9:01	6.7 (54.9%)
123	JAGODZIŃSKI Hubert	1077	DZIK KOMANDO	M 35	37	00:00:07	01:21:34	01:55:30	01:59:44		03:00:35.30	03:00:42.55	+01:22:35 (45.7%)	9:01	6.6 (54.1%)
124	JUSZKIEWICZ Tomasz	1088		M 45-59	20	00:00:18	01:21:49	01:51:04	01:55:42		03:01:52.30	03:02:10.60	+01:23:52 (46.1%)	9:05	6.6 (54.1%)
125	LENARCZYK Katarzyna	1131		K 36-44	15	00:00:15	01:22:57	01:53:30	01:58:29		03:02:59.30	03:03:14.60	+01:24:59 (46.4%)	9:08	6.6 (54.1%)
126	BAKUN Mariusz	1006	CHEŁM BIEGA	M 45-59	21	00:00:42	01:23:03	01:53:41	02:01:05		03:03:00.95	03:03:43.80	+01:25:00 (46.5%)	9:09	6.6 (54.1%)
127	WILK Wiola	1233	ACTIVE JURA	K 35	12	00:00:46	01:27:50	02:01:31	02:06:02		03:04:05.50	03:04:51.80	+01:26:05 (46.8%)	9:12	6.5 (53.3%)
128	BAKUN Jolka	1007	CHEŁM BIEGA	K 45-59	1	00:00:41	01:23:11	01:53:46	02:01:13		03:04:07.15	03:04:48.85	+01:26:07 (46.8%)	9:12	6.5 (53.3%)
129	GNOT Krzysztof	1060		M 45-59	22	00:00:41	01:33:28	02:02:27	02:10:12		03:04:42.55	03:05:24.05	+01:26:42 (46.9%)	9:14	6.5 (53.3%)
130	GRZELIŃSKA Dorota	1070	DZIK KOMANDO	K 35	13	00:00:14	01:24:59	01:55:42	02:00:17		03:04:48.10	03:05:02.70	+01:26:48 (47.0%)	9:14	6.5 (53.3%)
131	TABOR Piotr	1216	WWW.MOJEHOTELE.PL	M 36-44	40	00:00:13	01:22:04	01:55:56	02:03:48		03:05:28.50	03:05:41.65	+01:27:28 (47.2%)	9:16	6.5 (53.3%)
132	MAZUREK Grzegorz	1268		M 36-44	41	00:00:16	01:23:41	01:54:36	02:00:22		03:05:34.95	03:05:51.15	+01:27:34 (47.2%)	9:16	6.5 (53.3%)
133	ZIĘBA Hubert	1254		M 35	38	00:00:51	01:18:18	01:46:16	01:50:32	00:15:00	03:06:01.00	03:06:53.00	+01:28:00 (47.3%)	8:33	7 (57.4%)
134	WOJTECKA Maria	1244		K 36-44	16	00:00:27	01:24:44	01:54:46	01:59:22		03:06:23.90	03:06:51.35	+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	km/h
135	MAJKA Wojciech	1146	TRENER24H.COM.PL	M 36-44	42	00:00:47	01:36:57	02:08:48	02:13:37		03:06:30.90	03:07:18.30	+01:28:30 (47.5%)	9:19	6.4 (52.5%)
136	ZIĘBA Dariusz	1255		M 35	39	00:00:42	01:24:21	01:55:34	02:01:03		03:06:38.05	03:07:20.25	+01:28:38 (47.5%)	9:19	6.4 (52.5%)
137	KONDRACIUK Katarzyna	1097	KAJAKKAJAKI	K 45-59	2	00:00:13	01:32:11	02:03:58	02:08:31		03:08:10.00	03:08:23.70	+01:30:09 (47.9%)	9:24	6.4 (52.5%)
138	ZAŁOGA Zuzanna	306		K 36-44	17	00:00:47	01:22:21	01:51:52	01:57:06	00:15:00	03:08:19.00	03:09:06.00	+01:30:18 (48.0%)	8:39	6.9 (56.6%)
139	TRZEŚNIEWSKI Krzysztof	1221	VEGE RUNNERS	M 35	40	00:00:08	01:18:13	01:48:48	01:54:37		03:08:23.85	03:08:32.65	+01:30:23 (48.0%)	9:25	6.4 (52.5%)
140	BUDKIEWICZ-FELUCH Donata	1022		K 45-59	3	00:00:17	01:25:05	01:55:23	02:03:18		03:09:27.65	03:09:44.70	+01:31:27 (48.3%)	9:28	6.3 (51.6%)
141	UHRIN Stanislav	1261	PREŠOV TRAIL RUN SVK	M 36-44	43	00:00:10	01:24:10	01:56:09	02:01:48		03:09:55.80	03:10:06.65	+01:31:55 (48.4%)	9:29	6.3 (51.6%)
142	GRANECKA Monika	1068		K 36-44	18	00:00:23	01:22:06	01:53:14	01:57:46	00:15:00	03:10:24.00	03:10:47.00	+01:32:23 (48.5%)	8:46	6.8 (55.7%)
143	KRAWCZYK Marcin	1114		M 35	41	00:00:25	01:26:00	01:55:57	02:02:35		03:10:30.55	03:10:55.90	+01:32:30 (48.6%)	9:31	6.3 (51.6%)
144	KRAWCZYK Sebastian	1113	MOVE FOR HEALTH	M 36-44	44	00:00:07	01:02:30	01:25:01	01:28:24	01:00:00	03:10:36.00	03:10:43.00	+01:32:35 (48.6%)	6:31	9.2 (75.4%)
145	GOLAS Marcin	1061	APLITT.PL	M 36-44	45	00:00:58	01:27:29	02:01:26	02:05:51		03:11:08.90	03:12:07.40	+01:33:08 (48.7%)	9:33	6.3 (51.6%)
146	KNAPP Anna	1095		K 36-44	19	00:00:11	01:24:45	01:58:53	02:04:50		03:11:54.25	03:12:05.60	+01:33:54 (48.9%)	9:35	6.3 (51.6%)
147	OGIEGŁO Dominik	1171		M 35	42	00:00:30	01:26:34	01:59:11	02:04:36		03:11:57.25	03:12:27.75	+01:33:57 (48.9%)	9:35	6.3 (51.6%)
148	KARCZ Joanna	1091	BĘDUSKA BRYGADA BIEGOWA	K 36-44	20	00:00:16	01:29:15	02:04:15	02:11:42		03:12:05.35	03:12:22.15	+01:34:05 (49.0%)	9:36	6.2 (50.8%)
149	KULCZYCKI Łukasz	1123	ATLAS RUNNING TEAM	M 36-44	46	00:00:19	01:30:23	02:02:06	02:06:57		03:13:22.25	03:13:41.30	+01:35:22 (49.3%)	9:40	6.2 (50.8%)
150	ZARZECZNY Radosław	1251		M 35	43	00:00:21	01:21:52	01:50:54	01:55:47	00:15:00	03:13:52.00	03:14:13.00	+01:35:51 (49.4%)	8:56	6.7 (54.9%)
151	KUCZEK Katarzyna	1260	PGB SPORTOWA PACZKA	K 36-44	21	00:00:26	01:29:40	01:58:49	02:06:22		03:14:41.95	03:15:08.70	+01:36:41 (49.7%)	9:44	6.2 (50.8%)
152	LADRA Tomasz	1128	RE/MAX POLSKA	M 36-44	47	00:00:06	01:15:48	01:43:47	01:48:53	00:30:00	03:14:52.00	03:14:58.00	+01:36:51 (49.7%)	8:14	7.3 (59.8%)
153	POCHWAŁA Adam	1188		M 35	44	00:00:26	01:23:59	01:52:10	01:56:23	00:15:00	03:15:09.00	03:15:36.00	+01:37:08 (49.8%)	9:00	6.7 (54.9%)
154	RUPIŃSKI Maciej	1197		M 45-59	23	00:00:38	01:26:22	01:58:32	02:06:09		03:15:26.95	03:16:05.40	+01:37:26 (49.9%)	9:46	6.1 (50.0%)
155	WIŚNIEWSKI Rafał	1237		M 36-44	48	00:00:23	01:33:51	02:08:53	02:13:54		03:15:29.75	03:15:53.05	+01:37:29 (49.9%)	9:46	6.1 (50.0%)
156	POCHWAŁA Maciej	1187		M 35	45	00:00:24	01:28:21	02:03:34	02:09:21		03:16:23.60	03:16:47.75	+01:38:23 (50.1%)	9:49	6.1 (50.0%)
157	TUCHOWSKA Anna	1222		K 36-44	22	00:00:12	01:30:41	02:02:59	02:08:34		03:16:58.30	03:17:10.85	+01:38:58 (50.2%)	9:50	6.1 (50.0%)
158	PUDZISZ Piotr	1192		M 36-44	49	00:00:20	01:25:29	01:57:54	02:04:44	00:15:00	03:17:17.00	03:17:38.00	+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	CENDRZAK Katarzyna	1025		K 35	14	00:00:33	01:33:43	02:08:17	02:14:16		03:17:21.45	03:17:55.15	+01:39:21 (50.3%)	9:52	6.1 (50.0%)
160	GAWEŁ Krzysztof	1267	ANIELSKI ORSZAK	M 35	46	00:00:48	01:28:55	01:58:47	02:07:48		03:18:37.35	03:19:25.65	+01:40:37 (50.7%)	9:55	6 (49.2%)
161	SYKUŁA Rafał	1211	TRUCK BULLS	M 36-44	50	00:00:19	01:32:13	02:05:51	02:10:27		03:18:55.45	03:19:15.40	+01:40:55 (50.7%)	9:56	6 (49.2%)
162	KOWALCZYK Magda	1107		K 35	15	00:00:32	01:32:20	02:05:44	02:13:28		03:19:51.30	03:20:24.25	+01:41:51 (51.0%)	9:59	6 (49.2%)
163	FORTUNA Agata	1049	ŚWISZCZĄCY ŁAŃCUCH	K 35	16	00:00:38	01:31:13	02:03:57	02:10:59		03:20:29.10	03:21:07.25	+01:42:29 (51.1%)	10:01	6 (49.2%)
164	METRYCKI Dariusz	1154	BIEGACZ NOWOSOLNA	M 36-44	51	00:00:50	01:24:48	01:57:19	02:06:24		03:20:48.20	03:21:38.55	+01:42:48 (51.2%)	10:02	6 (49.2%)
165	GRABARCZYK Sebastian	1067	BIEGACZ NOWOSOLNA	M 36-44	52	00:00:50	01:24:45	01:57:31	02:06:24		03:20:48.55	03:21:38.60	+01:42:48 (51.2%)	10:02	6 (49.2%)
166	KRYJAK Tomasz	1119		M 36-44	53	00:00:57	01:33:09	02:07:47	02:13:17		03:21:07.20	03:22:04.75	+01:43:07 (51.3%)	10:03	6 (49.2%)
167	KRĘPACKA - GŁOWNIA Monika	1116	CHEŁM BIEGA	K 36-44	23	00:00:39	01:30:54	02:05:25	02:11:38		03:21:26.00	03:22:05.50	+01:43:25 (51.3%)	10:04	6 (49.2%)
168	SKROBEK Karolina	1205	VEGE RUNNERS	K 36-44	24	00:00:37	01:26:16	02:01:59	02:06:49		03:21:49.35	03:22:26.70	+01:43:49 (51.4%)	10:05	5.9 (48.4%)
169	JAJECZNICA Łukasz	1078		M 36-44	54	00:00:49	01:33:04	02:08:53	02:13:52		03:21:52.00	03:22:41.05	+01:43:51 (51.5%)	10:05	5.9 (48.4%)
170	CHORBIŃSKA Paulina	1027		K 35	17	00:00:44	01:30:58	02:05:24	02:11:29		03:22:04.25	03:22:48.40	+01:44:04 (51.5%)	10:06	5.9 (48.4%)
171	SIENKIEWICZ Klaudia	1202		K 35	18	00:00:31	01:35:01	02:12:35	02:17:38		03:22:10.85	03:22:42.40	+01:44:10 (51.5%)	10:06	5.9 (48.4%)
172	NAZIM Tadeusz	1166	SKAWINA BIEGA	M 60+	4	00:00:53	01:31:20	02:05:07	02:13:11		03:22:30.75	03:23:23.85	+01:44:30 (51.6%)	10:07	5.9 (48.4%)
173	PELCZAR Jakub	1181		M 35	47	00:00:45	01:32:36	02:07:24	02:13:17		03:22:40.00	03:23:25.25	+01:44:39 (51.6%)	10:08	5.9 (48.4%)
174	CHORBIŃSKI Krystian	1028		M 36-44	55	00:00:45	01:32:43	02:07:33	02:13:19		03:22:40.05	03:23:25.55	+01:44:40 (51.6%)	10:08	5.9 (48.4%)
175	STROJNY Janusz	1208	NAUKA BIEGA	M 36-44	56	00:00:54	01:30:22	02:04:13	02:12:02		03:23:06.75	03:24:01.15	+01:45:06 (51.8%)	10:09	5.9 (48.4%)
176	ŻARSKA Ilona	1258	NAUKA BIEGA	K 35	19	00:00:54	01:30:26	02:04:25	02:12:00		03:23:07.40	03:24:01.45	+01:45:07 (51.8%)	10:09	5.9 (48.4%)
177	ODOLIŃSKA Agnieszka	1170		K 45-59	4	00:00:17	01:29:36	02:02:42	02:09:37		03:23:53.50	03:24:11.15	+01:45:53 (51.9%)	10:11	5.9 (48.4%)
178	MATUSEWICZ Patrycja	1152		K 36-44	25	00:00:19	01:29:55	02:02:08	02:08:43		03:23:57.65	03:24:17.50	+01:45:57 (52.0%)	10:11	5.9 (48.4%)
179	GEWALD Danuta	1056	TRENER24H.COM.PL	K 35	20	00:00:46	01:36:55	02:12:14	02:16:46		03:24:01.70	03:24:48.25	+01:46:01 (52.0%)	10:12	5.9 (48.4%)
180	SAINTEMARIE Agnieszka	1200		K 36-44	26	00:00:31	01:33:25	02:09:06	02:14:12		03:24:12.50	03:24:44.25	+01:46:12 (52.0%)	10:12	5.9 (48.4%)
181	MACIASZ Sylwia	1143		K 35	21	00:00:59	01:33:51	02:07:34	02:13:30		03:24:26.30	03:25:26.15	+01:46:26 (52.1%)	10:13	5.9 (48.4%)
182	GAŁKA Tomasz	1054	DZIK KOMANDO	M 45-59	24	00:00:29	01:27:10	02:01:44	02:08:14		03:24:33.65	03:25:03.55	+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	DYLAĞ Andrzej	511		M 36-44	57	00:00:18	01:10:11	01:34:38	01:38:06	01:00:00	03:24:53.00	03:25:11.00	+01:46:52 (52.2%)	7:14	8.3 (68.0%)
184	RUPIŃSKA Agnieszka	1196	RUPIŃSCY TEAM	K 35	22	00:00:38	01:37:54	02:12:46	02:18:37		03:25:28.05	03:26:06.20	+01:47:28 (52.3%)	10:16	5.8 (47.5%)
185	ŁUGOWSKA Aleksandra	1139	ZAKRĘCENI ŁUGOSIE	K 35	23	00:00:36	01:35:54	02:12:19	02:19:28		03:26:10.80	03:26:47.75	+01:48:10 (52.5%)	10:18	5.8 (47.5%)
186	GAJDA Emilia	1053		K 35	24	00:00:23	01:34:23	02:08:30			03:26:18.95	03:26:42.25	+01:48:18 (52.5%)	10:18	5.8 (47.5%)
187	JÓZIAK Ilona	1085		K 35	25	00:00:22	01:34:21	02:08:34	02:15:41		03:26:19.10	03:26:41.95	+01:48:19 (52.5%)	10:18	5.8 (47.5%)
188	GÓRKA Bogusław	1065	SUSKA GRUPA BIEGOWA	M 45-59	25	00:00:10	01:33:38	02:08:12	02:13:59		03:27:36.00	03:27:46.10	+01:49:35 (52.8%)	10:22	5.8 (47.5%)
189	GÓRKA Jolanta	1064	SUSKA GRUPA BIEGOWA	K 36-44	27	00:00:09	01:33:36	02:08:32	02:14:04		03:27:36.20	03:27:46.00	+01:49:36 (52.8%)	10:22	5.8 (47.5%)
190	STRZELCZYK Emilia	1209		K 35	26	00:00:18	01:36:36	02:09:10	02:17:08		03:27:49.40	03:28:08.15	+01:49:49 (52.8%)	10:23	5.8 (47.5%)
191	HOŁDA Dominik	40	KONTENER FORMY	M 35	48	00:00:17	01:36:40	02:09:15	02:17:11		03:27:49.95	03:28:07.70	+01:49:49 (52.8%)	10:23	5.8 (47.5%)
192	ARTEMIUK Eugeniusz	1004	HAJNÓWKA BIEGA	M 45-59	26	00:00:57	01:38:37	02:14:05	02:19:53		03:27:54.45	03:28:52.15	+01:49:54 (52.9%)	10:23	5.8 (47.5%)
193	ARTEMIUK Eugenia	1005	HAJNÓWKA BIEGA	K 60+	1	00:00:57	01:38:29	02:14:02	02:20:01		03:27:54.70	03:28:52.45	+01:49:54 (52.9%)	10:23	5.8 (47.5%)
194	WADAS Katarzyna	1225	NOWA HUTA TEAM	K 45-59	5	00:00:43	01:34:54	02:09:20	02:17:58		03:29:29.80	03:30:13.15	+01:51:29 (53.2%)	10:28	5.7 (46.7%)
195	KOWALCZYK Anna	1108	DOGOŃ GRODZISK MAZOWIECKI	K 45-59	6	00:00:35	01:37:19	02:14:59	02:21:39		03:29:53.65	03:30:29.35	+01:51:53 (53.3%)	10:29	5.7 (46.7%)
196	TRELA Roman	1219	TRUCKS BULLS	M 36-44	58	00:00:20	01:32:09	02:05:53	02:10:11		03:32:20.55	03:32:41.10	+01:54:20 (53.8%)	10:37	5.7 (46.7%)
197	KOPEK Agnieszka	1100	EKIPA Z GROMNIKA	K 36-44	28	00:00:44	01:37:16	02:13:32	02:19:15		03:33:23.75	03:34:07.80	+01:55:23 (54.1%)	10:40	5.6 (45.9%)
198	KOPEK Paweł	1099	EKIPA Z GROMNIKA	M 36-44	59	00:00:44	01:37:14	02:13:29	02:19:18		03:33:28.75	03:34:13.40	+01:55:28 (54.1%)	10:40	5.6 (45.9%)
199	MICHALSKA Edyta	1156	SPINNING WILANÓW	K 36-44	29	00:00:10	01:36:50	02:10:27	02:18:42		03:33:56.05	03:34:06.70	+01:55:56 (54.2%)	10:41	5.6 (45.9%)
200	KOPACZ Agata	1098	SPINNING WILANÓW	K 36-44	30	00:00:10	01:36:54	02:10:25	02:18:35		03:33:57.35	03:34:07.50	+01:55:57 (54.2%)	10:41	5.6 (45.9%)
201	MAŃKA Magdalena	1150		K 36-44	31	00:00:40	01:38:08	02:14:15	02:21:32		03:35:25.60	03:36:05.60	+01:57:25 (54.5%)	10:46	5.6 (45.9%)
202	MICHAEL Sylwia	1155		K 36-44	32	00:00:11	01:36:37	02:12:28	02:19:43		03:35:49.25	03:36:00.70	+01:57:49 (54.6%)	10:47	5.6 (45.9%)
203	JAROSZ-PIWONSKA Aldona	1081		K 36-44	33	00:00:14	01:38:04	02:14:36	02:19:59		03:37:16.90	03:37:31.70	+01:59:16 (54.9%)	10:51	5.5 (45.1%)
204	KEMPKA Marcin	1240	BBL ZDUŃSKA WOLA	M 36-44	60	00:00:25	01:45:57	02:26:03	02:32:54		03:37:37.80	03:38:03.60	+01:59:37 (55.0%)	10:52	5.5 (45.1%)
205	SKIBA Katarzyna	1204		K 36-44	34	00:00:25	01:46:04	02:26:21	02:32:53		03:37:38.85	03:38:04.80	+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	KISZKIS Elżbieta	1094		K 45-59	7	00:00:14	01:41:43	02:18:30	02:23:37		03:37:39.95	03:37:53.95	+01:59:39 (55.0%)	10:52	5.5 (45.1%)
207	BEBEROK - SUROWIEC Agnieszka	1015		K 36-44	35	00:00:29	01:38:34	02:15:15	02:22:41		03:37:45.05	03:38:14.05	+01:59:45 (55.0%)	10:53	5.5 (45.1%)
208	GRYGORLIK Marek	1266	VEGE RUNNERS	M 45-59	27	00:00:19	01:39:11	02:15:56	02:21:06		03:38:17.70	03:38:36.75	+02:00:17 (55.1%)	10:54	5.5 (45.1%)
209	DUDA Wojciech	1035	SKAWINA BIEGA	M 45-59	28	00:00:40	01:33:20	02:10:22	02:17:15	00:15:00	03:39:31.00	03:40:11.00	+02:01:30 (55.4%)	10:13	5.9 (48.4%)
210	MIODUSZEWSKA-KONIŁÓW Agnieszka	463		K 45-59	8	00:00:55	01:45:08	02:23:31	02:28:57		03:40:03.40	03:40:58.95	+02:02:03 (55.5%)	11:00	5.5 (45.1%)
211	KUCZYŃSKA-LESZCZYŃSKA Joanna	1121		K 36-44	36	00:00:36	01:42:07	02:18:00	02:24:59		03:40:04.80	03:40:41.00	+02:02:04 (55.5%)	11:00	5.5 (45.1%)
212	DUDEK Dorota Paulina	1037	DZIK KOMANDO	K 45-59	9	00:00:31	01:40:27	02:20:09	02:26:02		03:41:51.55	03:42:22.85	+02:03:51 (55.8%)	11:05	5.4 (44.3%)
213	MAŁYS Mateusz	1149	DZIK KOMANDO	M 35	49	00:00:30	01:35:50	02:10:52	02:17:54		03:41:52.40	03:42:22.95	+02:03:52 (55.8%)	11:05	5.4 (44.3%)
214	FRĄTCZAK Paulina	1051	DZIK KOMANDO	K 35	27	00:00:30	01:35:44	02:10:43	02:17:43		03:41:52.50	03:42:23.00	+02:03:52 (55.8%)	11:05	5.4 (44.3%)
215	WASIK Marta	1230	EDC RUNNERS	K 36-44	37	00:00:21	01:36:13	02:11:31	02:20:43		03:43:12.35	03:43:34.00	+02:05:12 (56.1%)	11:09	5.4 (44.3%)
216	KORNIŁÓW Piotr	453		M 45-59	29	00:00:55	01:46:36	02:27:32	02:32:40		03:43:48.45	03:44:43.80	+02:05:48 (56.2%)	11:11	5.4 (44.3%)
217	KUCHARSKA Katarzyna	1120	REMBERTÓW TEAM	K 36-44	38	00:00:43	01:41:32	02:20:10	02:27:50		03:44:10.50	03:44:54.15	+02:06:10 (56.3%)	11:12	5.4 (44.3%)
218	FILUSCH Monika	1047	DZIK KOMANDO	K 36-44	39	00:00:27	01:43:14	02:23:51	02:29:36		03:44:32.50	03:45:00.35	+02:06:32 (56.4%)	11:13	5.3 (43.4%)
219	GRZESZCZAK Małgorzata	1072	BIEGAMYRAZEM.PL	K 45-59	10	00:01:00	01:40:05	02:20:45	02:28:40		03:45:07.55	03:46:08.40	+02:07:07 (56.5%)	11:15	5.3 (43.4%)
220	DURAŁEK Anna	1038		K 36-44	40	00:00:42	01:40:27	02:20:30	02:29:35		03:48:53.10	03:49:35.95	+02:10:53 (57.2%)	11:26	5.2 (42.6%)
221	TERZONI Karina	305		K 36-44	41	00:00:31	01:35:14	02:10:36	02:18:15	00:15:00	03:49:08.00	03:49:39.00	+02:11:07 (57.2%)	10:42	5.6 (45.9%)
222	JAKÓBIK Piotr	1079		M 35	50	00:00:29	01:37:56	02:18:20	02:26:43		03:49:17.35	03:49:46.65	+02:11:17 (57.3%)	11:27	5.2 (42.6%)
223	MIĘTKA Krzysztof	1157		M 45-59	30	00:00:54	01:39:46	02:21:43	02:27:37		03:49:31.70	03:50:25.75	+02:11:31 (57.3%)	11:28	5.2 (42.6%)
224	WIŚNIEWSKA Katarzyna	1235	PGB SPORTOWA PACZKA	K 45-59	11	00:00:14	01:40:32	02:17:58	02:25:00		03:51:15.80	03:51:30.40	+02:13:15 (57.6%)	11:33	5.2 (42.6%)
225	FOTYGA Agnieszka	1050	OSTROBIEC	K 45-59	12	00:01:00	01:46:48	02:26:46	02:34:09		03:51:25.40	03:52:26.35	+02:13:25 (57.7%)	11:34	5.2 (42.6%)
226	KASZUBA Katarzyna	1092		K 35	28	00:00:33	01:44:39	02:25:36	02:31:12		03:52:14.60	03:52:48.55	+02:14:14 (57.8%)	11:36	5.2 (42.6%)
227	KOWALSKA Agnieszka	1110	KOWALE TEAM	K 36-44	42	00:00:42	01:48:27	02:32:28	02:37:52		03:53:38.20	03:54:20.20	+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	OWCZAREK Sylwia	1177		K 35	37	00:00:14	01:52:41	02:43:17	02:50:46		04:25:52.40	04:26:06.45	+02:47:52 (63.1%)	13:17	4.5 (36.9%)
252	FALKOWSKA Marianna	1044		K 35	38	00:00:34	01:48:31	02:33:22	02:39:25	00:30:00	04:26:19.00	04:26:54.00	+02:48:18 (63.2%)	11:49	5.1 (41.8%)
253	CHUDZIK Wojciech	1029	DZIK W LESIE	M 36-44	63	00:00:56	01:57:35	02:46:37	02:54:02		04:30:37.00	04:31:33.50	+02:52:36 (63.8%)	13:31	4.4 (36.1%)
254	GULBICKA Wioletta	1073	SLOW JOGGING OLSZTYN	K 36-44	46	00:00:25	01:57:23	02:47:59	02:54:16		04:36:36.75	04:37:01.95	+02:58:36 (64.6%)	13:49	4.3 (35.2%)
255	LIMAN Dorota	1134		K 45-59	18	00:00:37	02:15:06	03:07:40	03:15:18		04:51:28.30	04:52:05.35	+03:13:28 (66.4%)	14:34	4.1 (33.6%)
256	DRZEWIECKI-ZARZECZNY Grzegorz	1032	BIAŁYSTOK BIEGA TEAM	M 45-59	34	00:00:21	01:54:43	02:47:49	02:53:52		04:51:43.65	04:52:05.35	+03:13:43 (66.4%)	14:35	4.1 (33.6%)
Przekroczony limit czasu: 05:00:00															
257	CZECHOWSKI Jerzy	1030	MZA - WARSZAWA	M 60+	5	00:00:46	02:29:41	03:34:27	03:45:29		05:50:13.60	05:51:00.00	+04:12:13 (72.0%)	17:30	3.4 (27.9%)
	WIŚNIEWSKI Dawid	1236	ANIELSKI ORSZAK	M 35		DNF	01:29:50 DNF	01:59:37 DNF	DNF		DNF	DNF		-	- (0.0%)
	ZYDEK Katarzyna	1257	DZIK KOMANDO	K 35		DNF	DNF	DNF	DNF	00:15:00	DNF	DNF		-	- (0.0%)
	BALUTA-MAŁECKA Edyta	1008		K 35		DNF	DNF	DNF	DNF		DNF	DNF		-	- (0.0%)

Znaleziono 260 wynik(ów)