



Klasyfikacja: Wszyscy

# OCHOTNICA CHALLENGE 20 KM

B4SPORT

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

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

Gorce Ultra-Trail 2021  
Fundacja Run Vegan - GUT  
2021-08-01  
Ochotnica Dolna  
20 km

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Potok 9km	Wieża 10km	Polana pod Gorcem 11km	Czas netto 20km	Czas brutto 20km	Różn	Tempo min/km	Tempo km/h
1	<b>SIOŁA Karol</b>	<b>1183</b>	TEAM DYNAFIT	M 35	1	00:51:19	01:09:50	01:11:43	<b>01:51:41.15</b>	<b>01:51:43.70</b>		5:35	10.7 (100%)
2	<b>ZARZYCKI Maciej</b>	<b>1229</b>	DOGOŃ GRODZISK MAZOWIECKI	M 35	2	00:51:37	01:10:05	01:12:39	<b>01:54:01.25</b>	<b>01:54:04.85</b>	+00:02:21 (2.1%)	5:42	10.5 (98.1%)
3	<b>BALIGA Cezary</b>	<b>1001</b>		M 35	3	00:51:31	01:10:20	01:13:06	<b>01:54:38.30</b>	<b>01:54:41.45</b>	+00:02:57 (2.6%)	5:43	10.5 (98.1%)
4	<b>KOSTELA Piotr</b>	<b>1085</b>		M 35	4	00:56:23	01:15:35	01:18:23	<b>02:01:40.35</b>	<b>02:01:43.00</b>	+00:09:59 (8.2%)	6:05	9.9 (92.5%)
5	<b>JARZĄBEK Robert</b>	<b>1065</b>	TEAM MOUNTAIN FUEL POLSKA	M 35	5	00:57:24	01:16:34	01:19:18	<b>02:03:00.10</b>	<b>02:03:03.65</b>	+00:11:19 (9.2%)	6:09	9.8 (91.6%)
6	<b>STELMACH Dominika</b>	<b>1193</b>	TERRANOVA POLSKA	K 36-44	1	00:54:42	01:16:30	01:19:08	<b>02:03:17.25</b>	<b>02:03:19.65</b>	+00:11:35 (9.4%)	6:09	9.7 (90.7%)
7	<b>WILK Katarzyna</b>	<b>1247</b>		K 36-44	2	00:57:55	01:16:45	01:19:35	<b>02:04:49.45</b>	<b>02:04:51.90</b>	+00:13:08 (10.5%)	6:14	9.6 (89.7%)
8	<b>GRZYWNOWICZ Piotr</b>	<b>1054</b>		M 35	6	00:57:57	01:17:17	01:20:18	<b>02:05:27.05</b>	<b>02:05:34.95</b>	+00:13:51 (11.0%)	6:16	9.6 (89.7%)
9	<b>STACHERSKI Łukasz</b>	<b>1191</b>	RUNNERS TEAM PRZEDBÓRZ	M 35	7	00:57:06	01:16:51	01:19:56	<b>02:06:35.40</b>	<b>02:06:38.55</b>	+00:14:54 (11.8%)	6:19	9.5 (88.8%)
10	<b>MIKA Andrzej</b>	<b>1128</b>		M 36-44	1	00:59:28	01:20:07	01:23:05	<b>02:08:23.75</b>	<b>02:08:26.20</b>	+00:16:42 (13.0%)	6:25	9.3 (86.9%)
11	<b>HEBDA Adrian</b>	<b>1056</b>		M 35	8	00:57:15	01:16:57	01:19:37	<b>02:08:47.95</b>	<b>02:08:51.40</b>	+00:17:07 (13.3%)	6:26	9.3 (86.9%)
12	<b>DADOK Janusz</b>	<b>1030</b>		M 36-44	2		01:15:19	01:18:30	<b>02:10:50.05</b>	<b>02:10:58.80</b>	+00:19:15 (14.7%)	6:32	9.2 (86.0%)
13	<b>UMANA Diego</b>	<b>653</b>	CENTRUM REHABILITACJI FUNKCJONALNEJ SOWA	M 36-44	3	00:59:44	01:20:39	01:23:45	<b>02:11:33.90</b>	<b>02:11:37.70</b>	+00:19:54 (15.1%)	6:34	9.1 (85.0%)
14	<b>MATUSZ Krystian</b>	<b>1124</b>		M 35	9		01:15:03	01:18:20	<b>02:15:42.70</b>	<b>02:16:01.75</b>	+00:24:18 (17.9%)	6:47	8.8 (82.2%)
15	<b>TOTA Radosław</b>	<b>1238</b>		M 36-44	4	00:57:59	01:19:53	01:23:05	<b>02:16:02.45</b>	<b>02:16:10.20</b>	+00:24:26 (17.9%)	6:48	8.8 (82.2%)
16	<b>SAINTEMARIE Arnaud</b>	<b>1178</b>	#MARCINSWIERCTEAM	M 36-44	5	01:04:45	01:26:01	01:28:51	<b>02:17:52.30</b>	<b>02:17:56.60</b>	+00:26:12 (19.0%)	6:53	8.7 (81.3%)
17	<b>SZELEŻYŃSKI Kamil</b>	<b>1201</b>		M 35	10	01:02:59	01:24:40	01:27:52	<b>02:18:04.00</b>	<b>02:18:06.95</b>	+00:26:23 (19.1%)	6:54	8.7 (81.3%)
18	<b>FLORYS Jakub</b>	<b>1041</b>	MORSKI KOŃ	M 36-44	6	01:03:14	01:26:06	01:29:04	<b>02:18:39.35</b>	<b>02:18:45.35</b>	+00:27:01 (19.5%)	6:55	8.7 (81.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Potok 9km	Wieża 10km	Polana pod Gorcem 11km	Czas netto 20km	Czas brutto 20km	Różn	Tempo min/km	Tempo km/h
19	ZIĘBA Tomek	1231	JACEKBIEGA RUNNING TEAM	M 45-59	1	01:05:21	01:28:36	01:31:52	<b>02:20:53.10</b>	<b>02:20:57.80</b>	+00:29:14 (20.7%)	7:02	8.5 (79.4%)
20	GÓRA Krzysztof	1049	MAMY TO	M 45-59	2	01:03:12	01:25:56	01:28:56	<b>02:21:15.00</b>	<b>02:21:19.10</b>	+00:29:35 (20.9%)	7:03	8.5 (79.4%)
21	MRÓZ Rafał	1135		M 45-59	3		01:15:36	01:20:41	<b>02:21:21.65</b>	<b>02:21:29.00</b>	+00:29:45 (21.0%)	7:04	8.5 (79.4%)
22	GOŁDYN Piotr	1047		M 36-44	7	01:03:10	01:25:40	01:28:41	<b>02:21:32.60</b>	<b>02:21:34.70</b>	+00:29:51 (21.1%)	7:04	8.5 (79.4%)
23	JANUS Adam	1064		M 35	11		01:20:21	01:24:03	<b>02:21:17.55</b>	<b>02:21:35.10</b>	+00:29:51 (21.1%)	7:03	8.5 (79.4%)
24	NIEDZIELA Sławomir	1139		M 45-59	4	01:05:45	01:28:15	01:31:41	<b>02:22:19.80</b>	<b>02:22:25.75</b>	+00:30:42 (21.6%)	7:06	8.4 (78.5%)
25	ZON Arkadiusz	654		M 35	12	01:04:02	01:27:23	01:30:41	<b>02:22:57.70</b>	<b>02:23:02.90</b>	+00:31:19 (21.9%)	7:08	8.4 (78.5%)
26	RYBACKI Mateusz	1173		M 35	13	01:04:22	01:27:33	01:31:19	<b>02:23:04.35</b>	<b>02:23:07.60</b>	+00:31:23 (21.9%)	7:09	8.4 (78.5%)
27	GÓRALIK Sylwia	1050	TKKF UKLEJNA	K 36-44	3	01:05:45	01:28:43	01:32:10	<b>02:23:27.20</b>	<b>02:23:28.90</b>	+00:31:45 (22.1%)	7:10	8.4 (78.5%)
28	WÓJCIAK Piotr	1225		M 35	14	01:02:57	01:25:46	01:28:41	<b>02:23:44.60</b>	<b>02:23:46.55</b>	+00:32:02 (22.3%)	7:11	8.3 (77.6%)
29	URBANEK Patryk	1240		M 35	15	01:05:02	01:29:10	01:32:34	<b>02:24:17.05</b>	<b>02:24:22.75</b>	+00:32:39 (22.6%)	7:12	8.3 (77.6%)
30	ROGAŁA Grzegorz	1171		M 45-59	5	01:03:39	01:27:21	01:30:29	<b>02:24:41.85</b>	<b>02:24:45.00</b>	+00:33:01 (22.8%)	7:14	8.3 (77.6%)
31	JASIURKOWSKI Daniel	1066	IGEKA	M 45-59	6	01:06:01	01:30:36	01:33:55	<b>02:24:39.30</b>	<b>02:24:46.15</b>	+00:33:02 (22.8%)	7:13	8.3 (77.6%)
32	LENARCZYK Jakub	1109		M 36-44	8	01:04:11	01:27:24	01:31:19	<b>02:25:28.55</b>	<b>02:25:36.70</b>	+00:33:53 (23.3%)	7:16	8.2 (76.6%)
33	GAWRON Łukasz	1045	JEDYNY TAKI	M 36-44	9	01:05:26	01:28:48	01:32:19	<b>02:25:47.35</b>	<b>02:25:53.30</b>	+00:34:09 (23.4%)	7:17	8.2 (76.6%)
34	PLEWA Rafał	1158		M 36-44	10	01:05:36	01:28:42	01:32:09	<b>02:26:12.60</b>	<b>02:26:19.00</b>	+00:34:35 (23.6%)	7:18	8.2 (76.6%)
35	LATOS Marcin	1107	EUROCLEAR RUNNING TEAM	M 35	16	01:06:43	01:30:41	01:34:01	<b>02:28:08.80</b>	<b>02:28:12.80</b>	+00:36:29 (24.6%)	7:24	8.1 (75.7%)
36	OLSZEWSKI Tomek	1143		M 36-44	11	01:06:38	01:30:34	01:34:06	<b>02:28:12.05</b>	<b>02:28:17.45</b>	+00:36:33 (24.7%)	7:24	8.1 (75.7%)
37	HASSAK Maciej	1055	GKC GORLICE	M 36-44	12	01:07:01	01:30:24	01:33:48	<b>02:28:28.55</b>	<b>02:28:34.80</b>	+00:36:51 (24.8%)	7:25	8.1 (75.7%)
38	VAKH Oksana	1212	CAŁA OLEŚNICA BIEGA	K 35	1	01:09:32	01:34:24	01:37:39	<b>02:29:45.95</b>	<b>02:30:04.50</b>	+00:38:20 (25.6%)	7:29	8 (74.8%)
39	ADAMSKA-WYSOCKA Agnieszka	1000	ŁÓDŹ KOCHA SPORT	K 36-44	4	01:06:47	01:30:42	01:34:38	<b>02:31:59.20</b>	<b>02:32:06.35</b>	+00:40:22 (26.5%)	7:35	7.9 (73.8%)
40	FELUCH Krzysztof	1039		M 45-59	7		01:34:25	01:38:40	<b>02:32:19.40</b>	<b>02:32:24.10</b>	+00:40:40 (26.7%)	7:36	7.9 (73.8%)
41	CHROBAK Agnieszka	1024		K 35	2		01:25:22	01:28:24	<b>02:32:18.85</b>	<b>02:32:36.40</b>	+00:40:52 (26.8%)	7:36	7.9 (73.8%)
42	ZAWADA Michał	1230	SPRYTNE WIEWIÓRKI	M 45-59	8	01:10:15	01:35:03	01:38:46	<b>02:32:48.75</b>	<b>02:32:53.90</b>	+00:41:10 (26.9%)	7:38	7.9 (73.8%)
43	ZALEWSKI Konrad	1228		M 35	17	01:07:44	01:31:42	01:35:30	<b>02:33:01.35</b>	<b>02:33:07.90</b>	+00:41:24 (27.0%)	7:39	7.8 (72.9%)
44	WUDARCZYK Tomasz	1226	MAZOVIA PROACTIV CIECHANÓW	M 60+	1		01:21:18	01:25:25	<b>02:33:07.20</b>	<b>02:33:12.20</b>	+00:41:28 (27.1%)	7:39	7.8 (72.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Potok 9km	Wieża 10km	Polana pod Gorcem 11km	Czas netto 20km	Czas brutto 20km	Różn	Tempo min/km	Tempo km/h
45	<b>MALINA Michał</b>	<b>1118</b>	HUTNIK RUN	M 36-44	13	01:09:54	01:34:16	01:37:53	<b>02:33:58.40</b>	<b>02:34:04.20</b>	+00:42:20 (27.5%)	7:41	7.8 (72.9%)
46	<b>KUBIAK Jagoda</b>	<b>1099</b>		K 36-44	5	01:10:26	01:35:05	01:39:11	<b>02:35:14.95</b>	<b>02:35:24.25</b>	+00:43:40 (28.1%)	7:45	7.7 (72.0%)
47	<b>JURKOWSKI Jan</b>	<b>1072</b>		M 45-59	9	01:09:39	01:33:49	01:37:52	<b>02:37:23.05</b>	<b>02:37:33.00</b>	+00:45:49 (29.1%)	7:52	7.6 (71.0%)
48	<b>KOLASA Przemysław</b>	<b>1080</b>		M 35	18	01:10:08	01:34:48	01:38:38	<b>02:37:54.60</b>	<b>02:38:09.60</b>	+00:46:25 (29.4%)	7:53	7.6 (71.0%)
49	<b>JACHYMEK Bartłomiej</b>	<b>1062</b>	JACEKBIEGA RUNNING TEAM	M 45-59	10	01:11:30	01:37:10	01:40:37	<b>02:38:43.85</b>	<b>02:38:50.75</b>	+00:47:07 (29.7%)	7:56	7.6 (71.0%)
50	<b>MOTYKA Michał</b>	<b>1134</b>		M 36-44	14	01:05:25	01:30:55	01:34:20	<b>02:38:58.65</b>	<b>02:39:12.80</b>	+00:47:29 (29.8%)	7:56	7.5 (70.1%)
51	<b>WARDA Paweł</b>	<b>1215</b>	MED-SPORT	M 36-44	15	01:11:29	01:37:10	01:41:04	<b>02:39:36.45</b>	<b>02:39:48.20</b>	+00:48:04 (30.1%)	7:58	7.5 (70.1%)
52	<b>BROK Małgorzata</b>	<b>1015</b>		K 45-59	1	01:10:45	01:36:25	01:40:05	<b>02:40:07.10</b>	<b>02:40:11.95</b>	+00:48:28 (30.3%)	8:00	7.5 (70.1%)
53	<b>LIGAS Andrzej</b>	<b>1111</b>	SPRINTER	M 36-44	16	01:12:16	01:38:38	01:42:40	<b>02:40:07.25</b>	<b>02:40:13.25</b>	+00:48:29 (30.3%)	8:00	7.5 (70.1%)
54	<b>FARON Bartłomiej</b>	<b>1038</b>	OCHOTNICA TEAM	M 35	19	01:11:17	01:38:07	01:41:36	<b>02:40:35.35</b>	<b>02:40:43.85</b>	+00:49:00 (30.5%)	8:01	7.5 (70.1%)
55	<b>WICHA Małgorzata</b>	<b>1218</b>	WKS WAWEL	K 35	3	01:13:55	01:39:58	01:43:26	<b>02:41:03.05</b>	<b>02:41:11.10</b>	+00:49:27 (30.7%)	8:03	7.5 (70.1%)
56	<b>PAWŁOWSKA Katarzyna</b>	<b>1153</b>		K 36-44	6	01:11:27	01:40:55	01:44:35	<b>02:41:33.40</b>	<b>02:41:35.55</b>	+00:49:51 (30.9%)	8:04	7.4 (69.2%)
57	<b>LUCJUSZ Krzysztof</b>	<b>1112</b>		M 35	20	01:13:42	01:39:51	01:43:23	<b>02:41:53.10</b>	<b>02:42:03.30</b>	+00:50:19 (31.1%)	8:05	7.4 (69.2%)
58	<b>GÓRA Kamil</b>	<b>1242</b>		M 35	21	01:10:14	01:34:54	01:38:40	<b>02:42:04.60</b>	<b>02:42:17.55</b>	+00:50:33 (31.2%)	8:06	7.4 (69.2%)
59	<b>MUCHA Agnieszka</b>	<b>1136</b>		K 36-44	7	01:10:21	01:37:04	01:41:02	<b>02:42:52.85</b>	<b>02:43:00.05</b>	+00:51:16 (31.5%)	8:08	7.4 (69.2%)
60	<b>ŁOMZIK Marcin</b>	<b>1114</b>		M 36-44	17	01:09:57	01:34:41	01:38:40	<b>02:43:01.90</b>	<b>02:43:12.10</b>	+00:51:28 (31.5%)	8:09	7.4 (69.2%)
61	<b>RZEPECKA-GONTAR Anna</b>	<b>134</b>		K 45-59	2	01:12:10	01:38:16	01:42:33	<b>02:43:19.35</b>	<b>02:43:38.20</b>	+00:51:54 (31.7%)	8:09	7.3 (68.2%)
62	<b>BINKOWSKI Marcin</b>	<b>1009</b>		M 45-59	11	01:14:59	01:42:33	01:46:29	<b>02:43:45.50</b>	<b>02:43:50.60</b>	+00:52:06 (31.8%)	8:11	7.3 (68.2%)
63	<b>MIKUŚKIEWICZ Piotr</b>	<b>1130</b>	10 ŚWIĘTOKRZYSKA BRYGADA OBRONY TERYTORIALNEJ	M 36-44	18	01:16:30	01:43:41	01:48:33	<b>02:44:02.20</b>	<b>02:44:20.40</b>	+00:52:36 (32.0%)	8:12	7.3 (68.2%)
64	<b>KOWALCZYK Artur</b>	<b>1087</b>	BH TEAM	M 35	22	01:11:20	01:38:26	01:42:52	<b>02:44:24.90</b>	<b>02:44:37.40</b>	+00:52:53 (32.1%)	8:13	7.3 (68.2%)
65	<b>BOROWSKA-NAJDEREK Paulina</b>	<b>1014</b>	WLKP ULTRA MOUNTAINS/FREE RUN	K 36-44	8	01:11:09	01:40:46	01:44:26	<b>02:44:30.65</b>	<b>02:44:39.50</b>	+00:52:55 (32.1%)	8:13	7.3 (68.2%)
66	<b>WITEK Gabriela</b>	<b>1221</b>		K 35	4	01:13:58	01:40:36	01:46:58	<b>02:45:59.55</b>	<b>02:46:09.75</b>	+00:54:26 (32.8%)	8:17	7.2 (67.3%)
67	<b>JESKA Tomasz</b>	<b>1068</b>	DIRTY SPARROWS	M 36-44	19	01:13:39	01:39:22	01:47:48	<b>02:46:57.35</b>	<b>02:47:15.55</b>	+00:55:31 (33.2%)	8:20	7.2 (67.3%)
68	<b>DZIEDZIC Grzegorz</b>	<b>1037</b>		M 36-44	20	01:14:59	01:42:39	01:46:45	<b>02:47:12.30</b>	<b>02:47:31.80</b>	+00:55:48 (33.3%)	8:21	7.2 (67.3%)
69	<b>BIELAS Krzysztof</b>	<b>1008</b>		M 36-44	21	01:10:33	01:37:54	01:42:28	<b>02:47:39.60</b>	<b>02:47:46.65</b>	+00:56:02 (33.4%)	8:22	7.2 (67.3%)
70	<b>NOWAK Dominik</b>	<b>1140</b>		M 36-44	22	01:14:58	01:42:53	01:47:00	<b>02:47:44.75</b>	<b>02:47:56.65</b>	+00:56:12 (33.5%)	8:23	7.2 (67.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Potok 9km	Wieża 10km	Polana pod Gorcem 11km	Czas netto 20km	Czas brutto 20km	Różn	Tempo min/km	Tempo km/h
71	<b>BODZIOCH</b> Grzegorz	<b>1011</b>	GORLICKA GRUPA BIEGOWA	M 45-59	12	01:14:15	01:41:10	01:46:11	<b>02:49:17.70</b>	<b>02:49:35.40</b>	+00:57:51 (34.1%)	8:27	7.1 (66.4%)
72	<b>GAWLIKOWSKA</b> Justyna	<b>1044</b>		K 35	5	01:15:05	01:42:18	01:46:38	<b>02:49:58.55</b>	<b>02:50:07.25</b>	+00:58:23 (34.3%)	8:29	7.1 (66.4%)
73	<b>BANACH</b> Mariusz	<b>1003</b>		M 35	23	01:14:00	01:40:58	01:46:06	<b>02:49:48.75</b>	<b>02:50:12.45</b>	+00:58:28 (34.4%)	8:29	7.1 (66.4%)
74	<b>KOLONKO</b> Łukasz	<b>1081</b>		M 45-59	13	01:14:37	01:42:08	01:47:20	<b>02:50:03.15</b>	<b>02:50:24.75</b>	+00:58:41 (34.4%)	8:30	7.1 (66.4%)
75	<b>KOŁAKOWSKI</b> Igor	<b>1082</b>		M 35	24	01:10:59	01:36:15	01:40:38	<b>02:51:43.05</b>	<b>02:52:05.50</b>	+01:00:21 (35.1%)	8:35	7 (65.4%)
76	<b>ZLATKOVA</b> Aleksandra	<b>1232</b>	FEEIT	K 35	6	01:17:52	01:45:09	01:50:05	<b>02:52:19.90</b>	<b>02:52:34.60</b>	+01:00:50 (35.3%)	8:36	7 (65.4%)
77	<b>KOCIELSKA</b> Anna	<b>1079</b>	AKMB PĘDZIWIATR GLIWICE	K 35	7	01:18:31	01:45:29	01:49:42	<b>02:52:26.95</b>	<b>02:52:38.10</b>	+01:00:54 (35.3%)	8:37	7 (65.4%)
78	<b>CZERWIEC</b> Jola	<b>1026</b>		K 36-44	9		01:35:54	01:41:10	<b>02:53:24.25</b>	<b>02:53:39.75</b>	+01:01:56 (35.7%)	8:40	6.9 (64.5%)
79	<b>RAMUS- BŁACHUTA</b> Katarzyna	<b>1168</b>		K 36-44	10		01:34:43	01:39:05	<b>02:53:23.95</b>	<b>02:53:39.95</b>	+01:01:56 (35.7%)	8:40	6.9 (64.5%)
80	<b>BIEL</b> Tomasz	<b>1007</b>		M 36-44	23	01:19:06	01:45:40	01:50:06	<b>02:53:24.40</b>	<b>02:53:47.05</b>	+01:02:03 (35.7%)	8:40	6.9 (64.5%)
81	<b>SKOCZYLAS</b> Karolina	<b>1184</b>	STAY INSANE / SKOCZYLIWLASY	K 35	8	01:19:16	01:49:49	01:53:46	<b>02:54:16.80</b>	<b>02:54:23.35</b>	+01:02:39 (35.9%)	8:42	6.9 (64.5%)
82	<b>SOŁTYSIAK</b> Marta	<b>1189</b>		K 36-44	11	01:16:50	01:46:23	01:50:33	<b>02:54:59.80</b>	<b>02:55:06.80</b>	+01:03:23 (36.2%)	8:44	6.9 (64.5%)
83	<b>CHOJNACKI</b> Mikołaj	<b>1237</b>	WARSAW RUN CLUB	M 36-44	24	01:17:00	01:44:42	01:50:04	<b>02:54:39.15</b>	<b>02:55:10.75</b>	+01:03:27 (36.2%)	8:43	6.9 (64.5%)
84	<b>KOPIEC</b> Arkadiusz	<b>1084</b>		M 45-59	14	01:14:49	01:42:21	01:47:30	<b>02:55:12.70</b>	<b>02:55:25.20</b>	+01:03:41 (36.3%)	8:45	6.8 (63.6%)
85	<b>HANLEY</b> Chris	<b>1245</b>		M 45-59	15	01:15:15	01:42:43	01:47:28	<b>02:56:58.55</b>	<b>02:57:27.85</b>	+01:05:44 (37.0%)	8:50	6.8 (63.6%)
86	<b>BŁACH</b> Bartosz	<b>1010</b>		M 35	25	01:16:21	01:44:29	01:49:03	<b>02:57:35.40</b>	<b>02:57:41.75</b>	+01:05:58 (37.1%)	8:52	6.8 (63.6%)
87	<b>PLOK</b> Krzysztof	<b>1159</b>	TEAM PLOK	M 45-59	16	01:18:23	01:47:01	01:51:08	<b>02:57:50.20</b>	<b>02:57:59.00</b>	+01:06:15 (37.2%)	8:53	6.7 (62.6%)
88	<b>KOWALSKA</b> Dorota	<b>1088</b>	KB PARANTELA	K 36-44	12	01:19:21	01:49:23	01:54:14	<b>02:58:48.55</b>	<b>02:58:59.35</b>	+01:07:15 (37.6%)	8:56	6.7 (62.6%)
89	<b>GONTAR</b> Rafał	<b>135</b>		M 45-59	17	01:18:01	01:46:41	01:51:27	<b>02:58:49.05</b>	<b>02:59:09.15</b>	+01:07:25 (37.6%)	8:56	6.7 (62.6%)
90	<b>NOWAK- GÓRECKA</b> Anna	<b>1141</b>		K 36-44	13	01:17:09	01:44:31	01:49:18	<b>02:59:37.70</b>	<b>02:59:48.00</b>	+01:08:04 (37.9%)	8:58	6.7 (62.6%)
91	<b>METRYCKI</b> Dariusz	<b>1127</b>		M 36-44	25	01:22:14	01:50:13	01:54:36	<b>02:59:30.70</b>	<b>02:59:55.60</b>	+01:08:11 (37.9%)	8:58	6.7 (62.6%)
92	<b>PRZESMYCKI</b> Krzysztof	<b>1164</b>		M 36-44	26	01:18:17	01:46:35	01:50:31	<b>03:00:22.35</b>	<b>03:00:40.25</b>	+01:08:56 (38.2%)	9:01	6.7 (62.6%)
93	<b>ŁUCKA</b> Artur	<b>1115</b>		M 35	26	01:22:01	01:49:48	01:54:47	<b>03:00:25.80</b>	<b>03:00:48.30</b>	+01:09:04 (38.2%)	9:01	6.7 (62.6%)
94	<b>RUSNARCZYK</b> Wojciech	<b>1241</b>	KS GORC	M 36-44	27	01:19:12	01:47:10	01:51:13	<b>03:03:27.85</b>	<b>03:03:32.05</b>	+01:11:48 (39.1%)	9:10	6.5 (60.7%)
95	<b>SZCZEPANEK</b> Kamil	<b>1200</b>		M 35	27	01:19:33	01:47:55	01:54:02	<b>03:03:52.40</b>	<b>03:04:05.80</b>	+01:12:22 (39.3%)	9:11	6.5 (60.7%)
96	<b>BOKSA</b> Bartłomiej	<b>1012</b>	KKM KALORYFER	M 36-44	28	01:22:09	01:52:13	01:56:25	<b>03:03:50.70</b>	<b>03:04:12.00</b>	+01:12:28 (39.3%)	9:11	6.5 (60.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Potok 9km	Wieża 10km	Polana pod Gorcem 11km	Czas netto 20km	Czas brutto 20km	Różn	Tempo min/km	Tempo km/h
97	<b>KUJAWSKA Agnieszka</b>	<b>1102</b>		K 36-44	14	01:20:27	01:49:44	01:54:02	<b>03:03:55.55</b>	<b>03:04:14.00</b>	+01:12:30 (39.4%)	9:11	6.5 (60.7%)
98	<b>MACKOWIAK Mateusz</b>	<b>1116</b>	PROBALANS	M 35	28	01:20:23	01:49:58	01:55:34	<b>03:04:45.10</b>	<b>03:04:55.10</b>	+01:13:11 (39.6%)	9:14	6.5 (60.7%)
99	<b>UCHEREK Kazimierz</b>	<b>1211</b>		M 45-59	18	01:21:04	01:50:32	01:56:11	<b>03:05:00.75</b>	<b>03:05:10.25</b>	+01:13:26 (39.7%)	9:15	6.5 (60.7%)
100	<b>WĘDRYCHOWICZ Grzegorz</b>	<b>1217</b>	RUN4FUN	M 45-59	19	01:21:41	01:49:55	01:57:05	<b>03:05:02.25</b>	<b>03:05:22.00</b>	+01:13:38 (39.7%)	9:15	6.5 (60.7%)
101	<b>OSIAL Mariusz</b>	<b>1144</b>	KB IM. PIOTRA SĘKOWSKIEGO	M 36-44	29	01:18:40	01:46:51	01:51:20	<b>03:05:17.70</b>	<b>03:05:46.55</b>	+01:14:02 (39.9%)	9:15	6.5 (60.7%)
102	<b>SOBEL-ADAMSKA Dorota</b>	<b>1187</b>		K 36-44	15	01:19:54	01:47:04	01:52:52	<b>03:05:24.20</b>	<b>03:05:51.65</b>	+01:14:07 (39.9%)	9:16	6.5 (60.7%)
103	<b>PUDŁO Sebastian</b>	<b>1166</b>		M 36-44	30	01:19:13	01:47:47	01:53:40	<b>03:05:56.00</b>	<b>03:06:07.20</b>	+01:14:23 (40.0%)	9:17	6.5 (60.7%)
104	<b>MARKOWSKA Izabela</b>	<b>1122</b>		K 36-44	16	01:17:43	01:45:01	01:53:31	<b>03:05:51.95</b>	<b>03:06:19.40</b>	+01:14:35 (40.0%)	9:17	6.5 (60.7%)
105	<b>KRZYKWA Artur</b>	<b>1094</b>		M 45-59	20	01:23:38	01:52:13	01:56:50	<b>03:05:55.50</b>	<b>03:06:21.45</b>	+01:14:37 (40.0%)	9:17	6.5 (60.7%)
106	<b>KOZYRA Marek</b>	<b>1089</b>	BBM KIELCE	M 60+	2	01:22:06	01:50:21	01:56:18	<b>03:06:10.10</b>	<b>03:06:22.00</b>	+01:14:38 (40.0%)	9:18	6.4 (59.8%)
107	<b>PASTWA Janusz</b>	<b>1151</b>		M 45-59	21	01:19:59	01:50:09	01:56:03	<b>03:06:31.65</b>	<b>03:06:45.60</b>	+01:15:01 (40.2%)	9:19	6.4 (59.8%)
108	<b>HILLER Artur</b>	<b>1058</b>		M 36-44	31	01:22:19	01:51:24	01:56:58	<b>03:06:58.20</b>	<b>03:07:19.25</b>	+01:15:35 (40.4%)	9:20	6.4 (59.8%)
109	<b>BALUCH Adam</b>	<b>1002</b>		M 45-59	22	01:22:04	01:50:26	01:55:45	<b>03:07:25.75</b>	<b>03:07:54.95</b>	+01:16:11 (40.5%)	9:22	6.4 (59.8%)
110	<b>REDEK Sylwia</b>	<b>1235</b>	TEAM ZABIEGANEDNI	K 45-59	3	01:26:59	01:59:22	02:05:22	<b>03:09:45.45</b>	<b>03:10:00.25</b>	+01:18:16 (41.2%)	9:29	6.3 (58.9%)
111	<b>TEMPIŃSKI Bartosz</b>	<b>1207</b>	GGB	M 35	29	01:20:06	01:48:38	01:55:57	<b>03:09:47.70</b>	<b>03:10:09.65</b>	+01:18:25 (41.2%)	9:29	6.3 (58.9%)
112	<b>IWANIEC Piotr</b>	<b>1236</b>	BIEGANIE SZYDERCÓW	M 36-44	32	01:23:54	01:55:33	02:01:31	<b>03:10:32.55</b>	<b>03:10:40.00</b>	+01:18:56 (41.4%)	9:31	6.3 (58.9%)
113	<b>CHMURA Łukasz</b>	<b>1019</b>		M 36-44	33		01:36:02	01:42:56	<b>03:11:02.50</b>	<b>03:11:34.25</b>	+01:19:50 (41.7%)	9:33	6.3 (58.9%)
114	<b>MIROWSKA Barbara</b>	<b>1246</b>		K 36-44	17	01:25:37	01:56:25	02:01:15	<b>03:11:16.60</b>	<b>03:11:38.45</b>	+01:19:54 (41.7%)	9:33	6.3 (58.9%)
115	<b>GAC Karolina</b>	<b>1043</b>	KAROLINA GAC	K 36-44	18	01:26:45	01:57:09	02:01:56	<b>03:11:16.55</b>	<b>03:11:38.50</b>	+01:19:54 (41.7%)	9:33	6.3 (58.9%)
116	<b>MŁOCKA-GORCZYŃSKA Matylda</b>	<b>1132</b>		K 36-44	19	01:25:00	01:54:06	01:58:27	<b>03:12:04.00</b>	<b>03:12:12.15</b>	+01:20:28 (41.9%)	9:36	6.2 (57.9%)
117	<b>PACHUT Krzysztof</b>	<b>1146</b>	NOCETTA RUNNERS	M 36-44	34	01:19:25	01:50:38	01:56:45	<b>03:12:04.30</b>	<b>03:12:15.20</b>	+01:20:31 (41.9%)	9:36	6.2 (57.9%)
118	<b>LEGUTKO Piotr</b>	<b>1108</b>		M 36-44	35	01:23:12	01:53:37	01:58:12	<b>03:12:44.60</b>	<b>03:13:02.15</b>	+01:21:18 (42.1%)	9:38	6.2 (57.9%)
119	<b>DZIADURA Damian</b>	<b>1035</b>	ARP RUN TEAM	M 36-44	36	01:25:23	01:57:04	02:03:19	<b>03:14:54.70</b>	<b>03:15:06.90</b>	+01:23:23 (42.7%)	9:44	6.2 (57.9%)
120	<b>SKROBEK Karolina</b>	<b>1185</b>	VEGE RABBITS	K 36-44	20	01:20:45	01:51:12	01:55:57	<b>03:15:34.60</b>	<b>03:15:42.05</b>	+01:23:58 (42.9%)	9:46	6.1 (57.0%)
121	<b>RZAÇA Magdalena</b>	<b>1174</b>		K 36-44	21	01:23:11	01:54:25	02:00:08	<b>03:16:01.40</b>	<b>03:16:16.00</b>	+01:24:32 (43.1%)	9:48	6.1 (57.0%)
122	<b>OKRASA Tomasz</b>	<b>1142</b>	CAŁA OLEŚNICA BIEGA	M 36-44	37	01:28:05	01:58:38	02:02:57	<b>03:16:07.20</b>	<b>03:16:26.55</b>	+01:24:42 (43.1%)	9:48	6.1 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Potok 9km	Wieża 10km	Polana pod Gorcem 11km	Czas netto 20km	Czas brutto 20km	Różn	Tempo min/km	Tempo km/h
123	KURACH Piotr	1104		M 35	30	01:20:51	01:54:03	01:58:58	03:16:25.40	03:16:32.90	+01:24:49 (43.2%)	9:49	6.1 (57.0%)
124	NAPIERALSKI Michał	1138		M 45-59	23	01:23:40	01:56:12	02:00:46	03:17:08.15	03:17:23.35	+01:25:39 (43.4%)	9:51	6.1 (57.0%)
125	NAPIERALSKA Natalia	1137		K 45-59	4	01:23:25	01:55:30	02:00:34	03:17:09.05	03:17:23.55	+01:25:39 (43.4%)	9:51	6.1 (57.0%)
126	PACIOREK Paweł	1148	THE ONE AND LONELY	M 36-44	38	01:27:09	01:58:57	02:03:45	03:17:16.65	03:17:25.20	+01:25:41 (43.4%)	9:51	6.1 (57.0%)
127	FORNEK Przemysław	1042		M 36-44	39	01:23:07	01:52:48	02:00:09	03:17:11.00	03:17:25.55	+01:25:41 (43.4%)	9:51	6.1 (57.0%)
128	FORDHAM Robert	1248	CHEALSE RUNNING	M 35	31	01:25:12	01:57:07	02:04:42	03:17:29.80	03:17:58.35	+01:26:14 (43.6%)	9:52	6.1 (57.0%)
129	CIEŚLIK Wojtek	1025	SZWADRONY 7.0	M 35	32	01:28:31	02:00:57	02:06:26	03:18:01.30	03:18:22.05	+01:26:38 (43.7%)	9:54	6.1 (57.0%)
130	TWOMEY Mark	1210		M 36-44	40	01:22:57	01:52:10	01:58:42	03:18:27.20	03:18:47.70	+01:27:04 (43.8%)	9:55	6 (56.1%)
131	MAZUREK Grzegorz	1125		M 45-59	24	01:24:45	01:56:23	02:01:21	03:18:51.15	03:19:06.25	+01:27:22 (43.9%)	9:56	6 (56.1%)
132	PIĘTA Marlena	1156	OSTROBIEC	K 36-44	22	01:29:06	02:01:10	02:06:32	03:19:02.55	03:19:15.85	+01:27:32 (43.9%)	9:57	6 (56.1%)
133	KRAWIEC Marcin	1091		M 36-44	41	01:26:03	01:57:11	02:01:58	03:19:19.70	03:19:33.45	+01:27:49 (44.0%)	9:57	6 (56.1%)
134	PIWOWARSKA Anna	1157		K 35	9	01:25:03	01:55:12	02:01:04	03:19:16.00	03:19:38.80	+01:27:55 (44.0%)	9:57	6 (56.1%)
135	NAJDEREK Robert	132		M 36-44	42	01:30:34	02:02:34	02:07:43	03:19:28.55	03:19:54.55	+01:28:10 (44.1%)	9:58	6 (56.1%)
136	STRĘK Joanna	1195		K 36-44	23	01:26:41	01:57:22	02:02:03	03:19:47.70	03:20:05.00	+01:28:21 (44.2%)	9:59	6 (56.1%)
137	CHLIPALA Ewelina	1018		K 35	10	01:29:51	02:01:48	02:06:32	03:20:08.30	03:20:17.05	+01:28:33 (44.2%)	10:00	6 (56.1%)
138	HELIŃSKI Jacek	1057	DZIKIE ŻYCIE RUN TEAM	M 45-59	25	01:22:57	01:55:08	02:01:42	03:20:14.45	03:20:30.90	+01:28:47 (44.3%)	10:00	6 (56.1%)
139	RICHARDSON Lucyna	1169		K 45-59	5	01:26:27	01:57:39	02:03:31	03:20:27.15	03:20:47.45	+01:29:03 (44.4%)	10:01	6 (56.1%)
140	RICHARDSON Michael	1170		M 36-44	43	01:26:42	01:57:53	02:03:39	03:20:27.45	03:20:47.55	+01:29:03 (44.4%)	10:01	6 (56.1%)
141	CZERWIŃSKI Jarosław	1028		M 60+	3	01:32:00	02:04:39	02:09:45	03:20:28.80	03:21:02.15	+01:29:18 (44.4%)	10:01	6 (56.1%)
142	DZIAMENTSJEVA Vijaleta	1036	JACEKBIEGA RUNNING TEAM	K 35	11	01:25:58	01:56:55	02:04:24	03:21:00.85	03:21:26.75	+01:29:43 (44.5%)	10:03	6 (56.1%)
143	KĘDZIOR Grzegorz	1074		M 35	33	01:31:25	02:03:31	02:08:18	03:21:13.10	03:21:32.80	+01:29:49 (44.6%)	10:03	6 (56.1%)
144	HOROWSKI Tomasz	1060	RUNHOGS TYCHY	M 45-59	26	01:28:53	02:01:41	02:08:17	03:21:10.45	03:21:40.75	+01:29:57 (44.6%)	10:03	6 (56.1%)
145	PODSIEDZIK Marcin	1161		M 36-44	44		01:54:57	02:01:16	03:23:01.45	03:23:18.10	+01:31:34 (45.0%)	10:09	5.9 (55.1%)
146	KOWALCZYK Anna	1086	DOGOŃ GRODZISK MAZOWIECKI, DKMS	K 45-59	6		01:55:05	02:01:16	03:23:01.55	03:23:18.30	+01:31:34 (45.0%)	10:09	5.9 (55.1%)
147	SZYMANIK Anna	1204		K 35	12	01:24:43	01:56:55	02:03:17	03:23:35.70	03:23:45.30	+01:32:01 (45.2%)	10:10	5.9 (55.1%)
148	PAPROCKI Bartek	1150		M 36-44	45	01:29:54	02:03:10	02:08:57	03:24:55.55	03:25:06.75	+01:33:23 (45.5%)	10:14	5.9 (55.1%)
149	TADROWSKI Tomasz	1206		M 45-59	27	01:26:57	02:01:19	02:06:14	03:25:30.80	03:25:58.60	+01:34:14 (45.8%)	10:16	5.8 (54.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Potok 9km	Wieża 10km	Polana pod Gorcem 11km	Czas netto 20km	Czas brutto 20km	Różn	Tempo min/km	Tempo km/h
150	<b>BOKSA Anna</b>	<b>1013</b>	KKM KALORYFER	K 36-44	24	01:31:29	02:04:44	02:09:55	<b>03:28:03.20</b>	<b>03:28:24.25</b>	+01:36:40 (46.4%)	10:24	5.8 (54.2%)
151	<b>OLSCHIMKE-MARMUROWICZ Barbara</b>	<b>133</b>		K 45-59	7	01:30:31	02:03:24	02:09:42	<b>03:28:47.60</b>	<b>03:29:05.65</b>	+01:37:21 (46.6%)	10:26	5.7 (53.3%)
152	<b>KUBAS Marlena</b>	<b>1098</b>		K 35	13	01:35:28	02:06:33	02:12:42	<b>03:30:15.20</b>	<b>03:30:38.60</b>	+01:38:54 (47.0%)	10:30	5.7 (53.3%)
153	<b>MAJEWSKA Monika</b>	<b>1117</b>	OSTROBIEC	K 45-59	8		01:56:00	02:02:57	<b>03:30:58.15</b>	<b>03:31:11.70</b>	+01:39:28 (47.1%)	10:32	5.7 (53.3%)
154	<b>PAŁKA Ewa</b>	<b>1149</b>	KB PARANTELA	K 45-59	9	01:32:52	02:06:22	02:11:21	<b>03:31:06.15</b>	<b>03:31:16.35</b>	+01:39:32 (47.1%)	10:33	5.7 (53.3%)
155	<b>CZERWIŃSKA Arleta</b>	<b>1027</b>		K 60+	1	01:32:21	02:05:30	02:10:54	<b>03:31:50.90</b>	<b>03:32:23.75</b>	+01:40:40 (47.4%)	10:35	5.7 (53.3%)
156	<b>LENARCZYK Katarzyna</b>	<b>1110</b>		K 45-59	10	01:30:08	02:02:28	02:08:01	<b>03:32:15.10</b>	<b>03:32:23.90</b>	+01:40:40 (47.4%)	10:36	5.7 (53.3%)
157	<b>WANGLER Tomasz</b>	<b>1214</b>	MAMY TO	M 45-59	28	01:26:32	01:59:13	02:07:52	<b>03:33:21.15</b>	<b>03:33:40.55</b>	+01:41:56 (47.7%)	10:40	5.6 (52.3%)
158	<b>BARSKA-OLSZEWSKA Ewa</b>	<b>1004</b>	ROZBIEGAJMY RADOMSKO	K 45-59	11	01:32:25	02:06:02	02:13:01	<b>03:33:57.45</b>	<b>03:34:21.90</b>	+01:42:38 (47.9%)	10:41	5.6 (52.3%)
159	<b>GRABARCZYK Seba</b>	<b>1051</b>	BIEGACZ NOWOSOLNA	M 36-44	46	01:28:11	02:02:53	02:10:27	<b>03:34:37.35</b>	<b>03:35:02.85</b>	+01:43:19 (48.0%)	10:43	5.6 (52.3%)
160	<b>SPISS Maria</b>	<b>1190</b>		K 36-44	25	01:34:31	02:09:16	02:14:28	<b>03:34:59.80</b>	<b>03:35:09.15</b>	+01:43:25 (48.1%)	10:44	5.6 (52.3%)
161	<b>SADYŚ Maciej</b>	<b>1177</b>		M 45-59	29	01:31:49	02:05:31	02:10:48	<b>03:35:02.05</b>	<b>03:35:22.25</b>	+01:43:38 (48.1%)	10:45	5.6 (52.3%)
162	<b>SABALA Adrian</b>	<b>1176</b>		M 35	34	01:29:58	02:05:09	02:12:05	<b>03:34:03.30</b>	<b>03:35:24.20</b>	+01:43:40 (48.1%)	10:42	5.6 (52.3%)
163	<b>FAJER Marek</b>	<b>449</b>	ZWIK MYSZKÓW, MYSZKÓW BIEGA, BBB	M 60+	4	01:28:35	02:03:06	02:10:03	<b>03:35:38.70</b>	<b>03:35:48.60</b>	+01:44:04 (48.2%)	10:46	5.6 (52.3%)
164	<b>MODLIŃSKA Kinga</b>	<b>1133</b>	KLUB BIEGACZA WARTA	K 36-44	26	01:35:54	02:11:08	02:17:42	<b>03:37:50.85</b>	<b>03:38:11.95</b>	+01:46:28 (48.8%)	10:53	5.5 (51.4%)
165	<b>SOKOŁOWSKA Anna</b>	<b>1188</b>		K 35	14	01:35:58	02:11:45	02:16:30	<b>03:38:22.30</b>	<b>03:38:30.95</b>	+01:46:47 (48.9%)	10:55	5.5 (51.4%)
166	<b>BRZOZA Norbert</b>	<b>1016</b>	AMBRA ZWINNI	M 36-44	47	01:32:58	02:12:05	02:17:05	<b>03:38:40.95</b>	<b>03:38:57.70</b>	+01:47:14 (49.0%)	10:56	5.5 (51.4%)
167	<b>MIKOŁAJCZYK Katarzyna</b>	<b>1129</b>	MAMY TO	K 36-44	27	01:32:52	02:10:58	02:16:20	<b>03:38:41.65</b>	<b>03:38:57.80</b>	+01:47:14 (49.0%)	10:56	5.5 (51.4%)
168	<b>SZYMANIK Lidia</b>	<b>1203</b>		K 36-44	28	01:37:40	02:15:03	02:22:00	<b>03:43:55.25</b>	<b>03:44:04.30</b>	+01:52:20 (50.1%)	11:11	5.4 (50.5%)
169	<b>OSTROWSKI Artur</b>	<b>1145</b>		M 45-59	30	01:36:56	02:15:59	02:22:58	<b>03:44:43.40</b>	<b>03:45:07.80</b>	+01:53:24 (50.4%)	11:14	5.3 (49.5%)
170	<b>GRYGORUK Marek</b>	<b>1052</b>	VEGE RUNNERS	M 45-59	31	01:44:12	02:20:21	02:33:32	<b>03:44:37.35</b>	<b>03:45:12.30</b>	+01:53:28 (50.4%)	11:13	5.3 (49.5%)
171	<b>DROZD Krystian</b>	<b>1034</b>	PATAGOŃSKIE CHARTY	M 45-59	32	01:36:55	02:16:03	02:22:52	<b>03:44:52.05</b>	<b>03:45:15.40</b>	+01:53:31 (50.4%)	11:14	5.3 (49.5%)
172	<b>IWAN Czesław</b>	<b>1061</b>	WIKAM KIELCE	M 60+	5	01:32:10	02:06:38	02:14:05	<b>03:45:07.45</b>	<b>03:45:21.10</b>	+01:53:37 (50.4%)	11:15	5.3 (49.5%)
173	<b>PUGOWSKA Izabela</b>	<b>1167</b>		K 45-59	12	01:36:44	02:12:50	02:18:31	<b>03:45:46.95</b>	<b>03:45:57.90</b>	+01:54:14 (50.6%)	11:17	5.3 (49.5%)
174	<b>KSIĄŻEK Natalia</b>	<b>1097</b>		K 35	15	01:41:55	02:16:12	02:22:30	<b>03:46:17.15</b>	<b>03:46:40.95</b>	+01:54:57 (50.7%)	11:18	5.3 (49.5%)
175	<b>GLINKOWSKA Monika</b>	<b>1046</b>		K 35	16	01:34:08	02:08:50	02:14:55	<b>03:47:29.95</b>	<b>03:47:58.40</b>	+01:56:14 (51.0%)	11:22	5.3 (49.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Potok 9km	Wieża 10km	Polana pod Gorcem 11km	Czas netto 20km	Czas brutto 20km	Różn	Tempo min/km	Tempo km/h
176	<b>MAŃKA Magdalena</b>	<b>1121</b>		K 36-44	29	01:42:32	02:20:42	02:27:42	<b>03:49:28.20</b>	<b>03:49:45.30</b>	+01:58:01 (51.4%)	11:28	5.2 (48.6%)
177	<b>KULCZYCKI Łukasz</b>	<b>1103</b>	ATLAS RUNNING TEAM	M 36-44	48	01:38:14	02:16:49	02:23:24	<b>03:53:01.35</b>	<b>03:53:18.30</b>	+02:01:34 (52.1%)	11:39	5.1 (47.7%)
178	<b>CHORBIŃSKI Krystian</b>	<b>1022</b>		M 36-44	49	01:38:32	02:16:17	02:23:07	<b>03:54:03.60</b>	<b>03:54:17.60</b>	+02:02:33 (52.3%)	11:42	5.1 (47.7%)
178	<b>CHORBIŃSKA Paulina</b>	<b>1021</b>		K 35	17	01:38:35	02:16:07	02:23:06	<b>03:54:03.65</b>	<b>03:54:17.60</b>	+02:02:33 (52.3%)	11:42	5.1 (47.7%)
180	<b>DROZD Aleksandra</b>	<b>1033</b>	WAWERSKA SZKOŁA REALNA	K 36-44	30	01:41:52	02:20:44	02:27:41	<b>03:55:49.90</b>	<b>03:56:09.00</b>	+02:04:25 (52.7%)	11:47	5.1 (47.7%)
181	<b>KROMER Ludwik</b>	<b>1092</b>		M 60+	6	01:44:54	02:20:58	02:31:34	<b>03:57:13.60</b>	<b>03:57:45.65</b>	+02:06:01 (53.0%)	11:51	5.1 (47.7%)
182	<b>DORSZ Beata</b>	<b>1032</b>		K 45-59	13	01:47:01	02:22:04	02:31:51	<b>03:57:13.25</b>	<b>03:57:45.80</b>	+02:06:02 (53.0%)	11:51	5.1 (47.7%)
183	<b>KONIEWSKA Magdalena</b>	<b>1083</b>	NOWY STYL RUNNING TEAM	K 35	18	01:43:14	02:18:20	02:27:17	<b>03:58:43.95</b>	<b>03:59:10.75</b>	+02:07:27 (53.3%)	11:56	5 (46.7%)
184	<b>PASTWA Monika</b>	<b>1152</b>		K 45-59	14	01:47:07	02:22:22	02:31:34	<b>03:59:38.10</b>	<b>04:00:09.90</b>	+02:08:26 (53.5%)	11:58	5 (46.7%)
185	<b>KIJAK Dominika</b>	<b>1075</b>		K 35	19	01:42:00	02:18:45	02:25:37	<b>04:00:39.20</b>	<b>04:01:03.60</b>	+02:09:19 (53.7%)	12:01	5 (46.7%)
186	<b>PEJSKI Cezary</b>	<b>1154</b>		M 60+	7	01:42:20	02:19:06	02:26:37	<b>04:01:18.15</b>	<b>04:01:40.30</b>	+02:09:56 (53.8%)	12:03	5 (46.7%)
187	<b>BARTOSZEWICZ Beata</b>	<b>1005</b>		K 35	20	01:38:28	02:15:54	02:25:40	<b>04:01:29.10</b>	<b>04:01:53.05</b>	+02:10:09 (53.8%)	12:04	5 (46.7%)
188	<b>KAIM Antoni</b>	<b>1073</b>		M 60+	8	01:43:12	02:21:47	02:30:42	<b>04:02:13.60</b>	<b>04:02:46.55</b>	+02:11:02 (54.0%)	12:06	5 (46.7%)
189	<b>JĘZYK Bartłomiej</b>	<b>1069</b>	JAZOR SPORT BARTŁOMIEJ JĘZYK, RYNEK PODGÓRSKI 7/20, 30-518 KRAKÓW, NIP: 6772187013	M 36-44	50	01:34:42	02:20:14	02:26:53	<b>04:03:05.80</b>	<b>04:03:28.85</b>	+02:11:45 (54.1%)	12:09	4.9 (45.8%)
190	<b>CHORZĘPA Wojciech</b>	<b>1023</b>		M 36-44	51	01:43:33	02:21:02	02:28:44	<b>04:04:01.90</b>	<b>04:04:19.50</b>	+02:12:35 (54.3%)	12:12	4.9 (45.8%)
191	<b>ROMANOWSKA Ewa</b>	<b>1172</b>		K 36-44	31	01:45:47	02:21:28	02:28:40	<b>04:05:04.90</b>	<b>04:05:20.50</b>	+02:13:36 (54.5%)	12:15	4.9 (45.8%)
192	<b>TUSIŃSKA Mariola</b>	<b>1209</b>	MARIOLA TUSIŃSKA	K 45-59	15	01:50:29	02:33:47	02:39:12	<b>04:07:03.35</b>	<b>04:07:15.40</b>	+02:15:31 (54.8%)	12:21	4.9 (45.8%)
193	<b>TRELA Roman</b>	<b>1208</b>	TRUCKS BULLS	M 36-44	52	01:41:49	02:19:52	02:25:59	<b>04:09:01.80</b>	<b>04:09:17.95</b>	+02:17:34 (55.2%)	12:27	4.8 (44.9%)
194	<b>KRZYKWA Agnieszka</b>	<b>1093</b>		K 45-59	16	01:41:55	02:20:04	02:28:30	<b>04:10:23.55</b>	<b>04:10:50.25</b>	+02:19:06 (55.5%)	12:31	4.8 (44.9%)
195	<b>CZYŻEWSKA Marlena</b>	<b>1029</b>		K 45-59	17	01:41:48	02:20:01	02:28:28	<b>04:10:24.00</b>	<b>04:10:50.50</b>	+02:19:06 (55.5%)	12:31	4.8 (44.9%)
196	<b>MAZUR Mariusz</b>	<b>1244</b>	ROZBIEGAJMY RADOMSKO	M 45-59	33	01:38:43	02:18:40	02:27:56	<b>04:12:09.75</b>	<b>04:12:35.30</b>	+02:20:51 (55.8%)	12:36	4.8 (44.9%)
197	<b>SKUPIN Agata</b>	<b>1186</b>	KLUB PANI	K 35	21	01:45:06	02:22:06	02:29:12	<b>04:14:03.80</b>	<b>04:14:29.00</b>	+02:22:45 (56.1%)	12:42	4.7 (43.9%)
198	<b>KRZYWIK Daniel</b>	<b>1095</b>	POCHODZONE NW RADOMSKO	M 45-59	34	01:38:21	02:19:25	02:28:14	<b>04:14:08.35</b>	<b>04:14:43.65</b>	+02:22:59 (56.1%)	12:42	4.7 (43.9%)
199	<b>STĘPLEWSKA Małgorzata</b>	<b>1194</b>		K 45-59	18	01:41:36	02:20:26	02:28:31	<b>04:15:15.20</b>	<b>04:15:41.90</b>	+02:23:58 (56.3%)	12:45	4.7 (43.9%)
200	<b>WOŚKO Gabriela</b>	<b>1223</b>	KLINIKA ZDROWIA I URODY IM. CZ. WOŚKO	K 35	22	01:52:16	02:35:08	02:41:31	<b>04:16:10.15</b>	<b>04:16:37.80</b>	+02:24:54 (56.5%)	12:48	4.7 (43.9%)
201	<b>DELEGIEWICZ Olga</b>	<b>1031</b>	OSTROBIEC	K 36-44	32	01:47:36	02:26:18	02:39:13	<b>04:17:23.50</b>	<b>04:17:36.20</b>	+02:25:52 (56.6%)	12:52	4.7 (43.9%)
202	<b>JĘZYK Marek</b>	<b>1070</b>		M 35	35	01:47:03	02:19:19	02:26:47	<b>04:18:06.60</b>	<b>04:18:29.40</b>	+02:26:45 (56.8%)	12:54	4.6 (43.0%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Potok 9km	Wieża 10km	Polana pod Gorcem 11km	Czas netto 20km	Czas brutto 20km	Różn	Tempo min/km	Tempo km/h
203	SULIGA Wioletta	1198		K 36-44	33	01:55:13	02:37:06	02:43:38	04:20:12.95	04:20:42.70	+02:28:59 (57.1%)	13:00	4.6 (43.0%)
204	SALIŃSKI Bartosz	1179		M 36-44	53	01:55:08	02:36:53	02:43:41	04:20:13.50	04:20:43.30	+02:28:59 (57.1%)	13:00	4.6 (43.0%)
205	MALISZEWSKI Adrian	1119	MAMY TO	M 36-44	54	01:45:38	02:24:06	02:32:05	04:20:25.50	04:20:44.55	+02:29:00 (57.1%)	13:01	4.6 (43.0%)
206	PIECUCH Kinga	1155		K 36-44	34	01:57:44	02:36:51	02:44:15	04:20:52.15	04:22:47.75	+02:31:04 (57.5%)	13:02	4.6 (43.0%)
207	KUBICKI Mariusz	1100	KOZŁOWICKI CROSS	M 45-59	35	02:00:30	02:39:27	02:46:41	04:27:26.00	04:27:39.55	+02:35:55 (58.3%)	13:22	4.5 (42.1%)
208	SYPKO-KUBICKA Katarzyna	1199	KOZŁOWICKI CROSS	K 36-44	35	02:00:33	02:39:57	02:46:50	04:27:25.95	04:27:40.00	+02:35:56 (58.3%)	13:22	4.5 (42.1%)
209	WAJMAN-GRASZA Katarzyna	1213	EKSTREMALNE OTK NA RELAKSI3	K 36-44	36	02:01:36	02:41:37	02:48:28	04:28:54.40	04:29:25.40	+02:37:41 (58.5%)	13:26	4.5 (42.1%)
210	FABIŃSKI Marcin	1243	JRC	M 36-44	55	01:36:56	02:10:09	02:17:56	04:28:54.70	04:29:25.70	+02:37:42 (58.5%)	13:26	4.5 (42.1%)
211	LUC Adam	1113	BIEGUSIEM.PL	M 36-44	56	02:00:39	02:42:01		04:32:58.90	04:32:58.90	+02:41:15 (59.1%)	13:38	4.4 (41.1%)
212	KUSMIERCZYK Ewa	1106	MORSY Z RADOMSKA	K 45-59	19	02:02:01	02:44:22	02:52:30	04:36:09.50	04:36:34.70	+02:44:51 (59.6%)	13:48	4.3 (40.2%)
213	STRZELCZYK Emilia	1196		K 35	23	02:05:47	02:46:55	02:55:22	04:50:46.20	04:51:14.45	+02:59:30 (61.6%)	14:32	4.1 (38.3%)
214	STRZELCZYK Mariusz	1239	PROJEKT 1000UP	M 35	36	02:05:50	02:46:42	02:55:20	04:50:46.65	04:51:14.75	+02:59:31 (61.6%)	14:32	4.1 (38.3%)
<b>Przekroczony limit czasu: 05:00:00</b>													
215	MINDA Michał	1131		M 36-44	57	02:30:10	03:15:28	03:25:28	06:04:44.15	06:05:18.40	+04:13:34 (69.4%)	18:14	3.3 (30.8%)
216	WOJCIECHOWSKA Ewa	136		M 45-59	36	02:28:33	03:13:46	03:24:08	06:03:00.45	06:05:19.65	+04:13:35 (69.4%)	18:09	3.3 (30.8%)
217	WODZYŃSKI Robert	1222		M 45-59	37	02:28:28	03:13:29	03:23:56	06:03:00.65	06:05:20.05	+04:13:36 (69.4%)	18:09	3.3 (30.8%)
218	PTAK Ewa	1165	KLUB BIEGACZA WARTA	K 36-44	37	01:44:20	02:24:44	02:33:49			+01:22:23	13:59	4.3 (40.2%)
219	CHODOWIEC Maciej	1020	PGB SPORTOWA PACZKA	M 45-59	38	02:00:23	02:46:06	02:57:05			+01:45:31	16:05	3.7 (34.6%)
220	PŁOSZAJ Marcin	1160		M 36-44	58	01:43:35	02:18:09				+01:08:16	13:48	4.3 (40.2%)
DQ	KNUTELSKI Błażej	1078	GORĄCY POTOK TEAM	M 35		DQ	00:55:49 DQ	00:58:26 DQ	01:39:23.80 DQ	DQ		0:00	12.1 (113.1%)
DQ	PACIOREK Ewa	1147	MARKOWI BIEGACZE	K 36-44		DQ	01:21:27 DQ	01:25:32 DQ	02:23:20.40 DQ	DQ		0:00	8.4 (78.5%)

Znaleziono 222 wynik(ów)