



PÓŁMARATON 1X BABIA GÓRA

B4SPORT

Wydarzenie: GRIVEL ULTRAMARATON BABIA GÓRA 2019
Organizator: KOZICA Fundacja Biegów Górskich
Data: 2019-06-08
Miejsce: Babia Góra
Dystans: 23.5 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P3_Babia 9km	P5_Markowe 17.6km	Czas netto 23.5km	Czas brutto 23.5km	Różn	Tempo min/km	Tempo km/h
1	SEDLAK Michał	583		M2	1	01:09:05	01:57:43	02:25:04.75	02:25:06.25		6:10	9.7 (100%)
2	PODSIADŁO Mikołaj	563	GRIVEL SCARPA JULBO TEAM	M1	1	01:11:53	02:02:23	02:32:23.95	02:32:25.15	+00:07:18 (4.8%)	6:29	9.3 (95.9%)
3	GRZELAK Adrian	462		M1	2	01:25:13	02:24:30	02:58:08.50	02:58:13.10	+00:33:06 (18.6%)	7:34	7.9 (81.4%)
4	SCHRAMM Rafał	582	MARCINŚWIERCTEAM / SPRINTEM DO ULTRA	M1	3	01:27:37	02:25:42	02:59:09.80	02:59:11.70	+00:34:05 (19.0%)	7:37	7.9 (81.4%)
5	BUKOWSKI Maciej	427	UKA WARSZAWA	M1	4	01:27:21	02:27:45	03:01:17.90	03:01:37.00	+00:36:30 (20.1%)	7:42	7.8 (80.4%)
6	KANIA Mateusz	477		M1	5	01:21:54	02:30:01	03:07:28.70	03:07:31.60	+00:42:25 (22.6%)	7:58	7.5 (77.3%)
7	BEKAS Marcin	409		M2	2	01:28:07	02:32:52	03:10:09.30	03:10:12.20	+00:45:05 (23.7%)	8:05	7.4 (76.3%)
8	RAMOS Bartosz	571		M1	6	01:23:42	02:35:51	03:14:10.35	03:14:15.70	+00:49:09 (25.3%)	8:15	7.3 (75.3%)
9	GRAMS Krzysztof	457		M2	3	01:31:34	02:40:17	03:19:15.75	03:19:20.70	+00:54:14 (27.2%)	8:28	7.1 (73.2%)
10	STRAŚ Jarek	605		M1	7	01:28:15	02:35:20	03:20:29.05	03:20:42.35	+00:55:36 (27.7%)	8:31	7 (72.2%)
11	NOWICKI Tomasz	545	PORSCHE RYBNIK	M1	8	01:28:48	02:40:21	03:21:12.30	03:21:16.90	+00:56:10 (27.9%)	8:33	7 (72.2%)
12	BUDA Wojciech	424		M2	4	01:30:00	02:35:37	03:21:34.90	03:21:38.25	+00:56:32 (28.0%)	8:34	7 (72.2%)
13	BAROSZ Natalia	406	MARCINŚWIERCTEAM/SPRINTEM DO ULTRA	K1	1	01:32:12	02:41:56	03:22:04.45	03:22:06.75	+00:57:00 (28.2%)	8:35	7 (72.2%)
14	MAGNUCKI Adam	522		M1	9	01:28:52	02:40:21	03:23:34.05	03:23:36.45	+00:58:30 (28.7%)	8:39	6.9 (71.1%)
15	MIECH Szymon	534	HUSARIA RACE TEAM	M2	5	01:30:30	02:41:20	03:24:17.35	03:24:20.45	+00:59:14 (29.0%)	8:41	6.9 (71.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P3_Babia 9km	P5_Markowe 17.6km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 23.5km	brutto 23.5km			
16	KUBERA Dawid	503	ALWAYSINMOTION.PL	M1	10	01:32:43	02:45:28	03:24:50.80	03:24:54.60	+00:59:48 (29.2%)	8:43	6.9 (71.1%)
17	JĘDRZEJAK Piotr	471		M2	6	01:31:17	02:44:20	03:25:00.60	03:25:14.65	+01:00:08 (29.3%)	8:43	6.9 (71.1%)
18	KONIK Jaroslaw	488		M1	11	01:31:50	02:42:32	03:26:22.15	03:26:28.85	+01:01:22 (29.7%)	8:46	6.8 (70.1%)
19	ZAWADZKI Piotr	639		M2	7	01:34:44	02:47:50	03:26:19.00	03:26:34.30	+01:01:28 (29.8%)	8:46	6.8 (70.1%)
20	ŁĄCZ Małgorzata	516	RUN FOR FUN	K2	1	01:36:37	02:45:49	03:27:57.05	03:28:17.10	+01:03:10 (30.3%)	8:50	6.8 (70.1%)
21	MISIARZ Bartłomiej	536		M1	12	01:30:04	02:45:05	03:29:52.60	03:29:56.55	+01:04:50 (30.9%)	8:55	6.7 (69.1%)
22	GRUSZKA Dariusz	460	NIEPOŁOMICE BIEGAJĄ	M2	8	01:35:04	02:50:00	03:30:50.65	03:31:01.05	+01:05:54 (31.2%)	8:58	6.7 (69.1%)
23	SZAREK Marcin	610	BAŁUCKIE TYGRYSY	M2	9	01:30:08	02:46:08	03:33:13.70	03:33:23.00	+01:08:16 (32.0%)	9:04	6.6 (68.0%)
24	RZEPKA Remigiusz	581		M2	10	01:36:46	02:51:08	03:34:04.75	03:34:06.85	+01:09:00 (32.2%)	9:06	6.6 (68.0%)
25	MAGOCSY Adam	524		M1	13	01:38:44	02:55:04	03:34:12.75	03:34:22.60	+01:09:16 (32.3%)	9:06	6.6 (68.0%)
26	WALITZA Andrzej	626		M1	14	01:36:38	02:53:22	03:35:21.35	03:35:35.30	+01:10:29 (32.7%)	9:09	6.5 (67.0%)
27	KUPIEC Urszula	510	BESKIDNIK	K2	2	01:34:55	02:51:57	03:36:05.30	03:36:06.85	+01:11:00 (32.9%)	9:11	6.5 (67.0%)
28	DRESZER Damian	443		M1	15	01:35:37	02:53:11	03:36:20.65	03:36:22.45	+01:11:16 (32.9%)	9:12	6.5 (67.0%)
29	DANIELAK Roman	435		M3	1	01:39:54	02:54:51	03:38:47.25	03:38:56.75	+01:13:50 (33.7%)	9:18	6.4 (66.0%)
30	WOJCIECHOWSKI Arkadiusz	633		M2	11	01:39:21	02:57:33	03:39:47.55	03:40:05.60	+01:14:59 (34.1%)	9:21	6.4 (66.0%)
31	SOBSTEŁ Przemek	596	ACTIVE JURA	M2	12	01:35:25	02:55:52	03:39:57.20	03:40:05.95	+01:14:59 (34.1%)	9:21	6.4 (66.0%)
32	OLIWA Edward	547	ITMBW KRAKÓW	M3	2	01:36:27	02:54:09	03:40:39.80	03:40:48.95	+01:15:42 (34.3%)	9:23	6.4 (66.0%)
33	CZECZOT Krzysztof	433	DRUŻYNA GRUBEGO MISIA	M2	13	01:36:31	02:53:07	03:41:18.35	03:41:18.35	+01:16:12 (34.4%)	9:25	6.4 (66.0%)
34	ŚMIGIELSKA-STASICKA Monika	621		K2	3	01:41:39	02:58:44	03:41:16.80	03:41:34.95	+01:16:28 (34.5%)	9:24	6.4 (66.0%)
35	STANKOWIAK Maciej	651	STS BIEGATON	M2	14	01:42:15	03:00:32	03:41:46.55	03:41:51.85	+01:16:45 (34.6%)	9:26	6.4 (66.0%)
36	MACIEJOWSKI Michał	518		M1	16	01:32:52	02:53:19	03:42:35.15	03:42:35.15	+01:17:28 (34.8%)	9:28	6.3 (64.9%)
37	LEMANSKI Arkadiusz	512		M2	15	01:39:20	03:00:06	03:43:06.65	03:43:11.35	+01:18:05 (35.0%)	9:29	6.3 (64.9%)
38	WIECZOREK Łukasz	629	OSP GAŚAWA	M2	16	01:36:40	02:54:56	03:43:15.55	03:43:35.80	+01:18:29 (35.1%)	9:30	6.3 (64.9%)

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								netto 23.5km	brutto 23.5km			
39	SKWARNECKI Damian	590	RAZEM TRENUJEMY SPORT	M2	17	01:42:07	03:00:02	03:43:43.30	03:43:44.85	+01:18:38 (35.1%)	9:31	6.3 (64.9%)
40	GARDULSKA-BOTOR Katarzyna	452		K2	4	01:41:55	02:59:58	03:44:09.95	03:44:18.20	+01:19:11 (35.3%)	9:32	6.3 (64.9%)
41	ZGLICZYNSKI Piotr	642		M3	3	01:36:42	02:58:07	03:44:57.20	03:45:18.60	+01:20:12 (35.6%)	9:34	6.3 (64.9%)
42	SIWAK Ryszard	587	TEAM RYŚ SKI	M2	18	01:35:18	02:58:56	03:48:23.80	03:48:33.10	+01:23:26 (36.5%)	9:43	6.2 (63.9%)
43	SŁONINA Artur	591	RUNNING.KRAKOW.PL	M2	19	01:46:48	03:05:40	03:48:24.45	03:48:39.40	+01:23:33 (36.5%)	9:43	6.2 (63.9%)
44	WIDŁAK Krzysztof	628		M1	17	01:40:03	02:58:50	03:48:22.15	03:48:41.10	+01:23:34 (36.5%)	9:43	6.2 (63.9%)
45	IDASZEK Romaric	649		M2	20	01:38:50	02:52:22	03:49:45.70	03:49:58.65	+01:24:52 (36.9%)	9:46	6.1 (62.9%)
46	MAGDA Katarzyna	521	RUN FOR FUN	K2	5	01:47:38	03:04:00	03:51:13.10	03:51:29.10	+01:26:22 (37.3%)	9:50	6.1 (62.9%)
47	NALEPKA Ewa	540	BIEGIEM PRZEZ GÓRY'MATKA POLKA'	K2	6	01:33:15	03:13:38	03:52:37.10	03:52:39.50	+01:27:33 (37.6%)	9:53	6.1 (62.9%)
48	SZUBARTOWSKI Paweł	614	BELŻYCE I OKOLICE BIEGAJĄ	M1	18	01:43:54	03:09:40	03:53:00.75	03:53:16.15	+01:28:09 (37.8%)	9:54	6.1 (62.9%)
49	KULAWIK Bartek	506		M2	21	01:40:04	03:02:31	03:53:20.10	03:53:24.50	+01:28:18 (37.8%)	9:55	6 (61.9%)
50	IWANECKI Łukasz	464		M1	19	01:42:11	03:06:46	03:53:27.05	03:53:31.05	+01:28:24 (37.9%)	9:56	6 (61.9%)
51	GRUSZKA Kamila	459	NIEPOŁOMICIE BIEGAJĄ	K2	7	01:41:27	03:05:28	03:53:21.35	03:53:31.40	+01:28:25 (37.9%)	9:55	6 (61.9%)
52	KELLER-MISIARZ Natalia	482		K1	2	01:43:25	03:07:21	03:53:33.45	03:53:36.80	+01:28:30 (37.9%)	9:56	6 (61.9%)
53	JAKUBIEC Ewa	468	PRZEDWOJEWSKI MOUNTAIN TEAM	K1	3	01:42:59	03:08:05	03:53:30.40	03:53:37.85	+01:28:31 (37.9%)	9:56	6 (61.9%)
54	WOŹNIAK Przemysław	635		M2	22	01:43:53	03:08:36	03:53:30.35	03:53:45.00	+01:28:38 (37.9%)	9:56	6 (61.9%)
55	ŁUCZYK Janusz	648	BÓBR TŁUSZCZ	M2	23	01:46:45	03:09:58	03:53:49.95	03:54:03.15	+01:28:56 (38.0%)	9:57	6 (61.9%)
56	PIOTROWICZ Sławomir	560		M1	20	01:40:10	03:05:54	03:54:01.05	03:54:16.10	+01:29:09 (38.1%)	9:57	6 (61.9%)
57	KOZERA Bartłomiej	494		M1	21	01:45:55	03:07:32	03:55:14.00	03:55:14.00	+01:30:07 (38.3%)	10:00	6 (61.9%)
58	SZYMURA Przemysław	617		M1	22	01:36:59	03:02:33	03:55:15.70	03:55:22.55	+01:30:16 (38.4%)	10:00	6 (61.9%)
59	STARZYK Ewa	599		K2	8	01:43:56	03:08:38	03:55:24.10	03:55:32.80	+01:30:26 (38.4%)	10:01	6 (61.9%)
60	JAGIELSKI Piotr	467		M2	24	01:43:42	03:07:12	03:56:48.95	03:57:05.80	+01:31:59 (38.8%)	10:04	6 (61.9%)
61	KUBIK Marek	505		M3	4	01:31:21	02:59:26	03:57:25.45	03:57:29.10	+01:32:22 (38.9%)	10:06	5.9 (60.8%)

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								netto 23.5km	brutto 23.5km			
62	KROKOSZ Paweł	500	KENYANRUNNERS	M1	23	01:39:53	03:12:16	03:58:10.65	03:58:10.65	+01:33:04 (39.1%)	10:08	5.9 (60.8%)
63	KOZIOŁ Artur	495		M2	25	01:45:08	03:09:25	03:57:50.80	03:58:18.30	+01:33:12 (39.1%)	10:07	5.9 (60.8%)
64	ZYCH Andrzej	646		M2	26	01:42:08	03:10:05	03:58:35.95	03:58:46.85	+01:33:40 (39.2%)	10:09	5.9 (60.8%)
65	SIKLUCKI Grzegorz	585	ONE WAY TICKET	M3	5	01:44:24	03:09:50	03:58:51.65	03:59:00.00	+01:33:53 (39.3%)	10:09	5.9 (60.8%)
66	ŚLESICKI Konstanty	619		M1	24	01:39:31	03:05:28	03:58:45.65	03:59:00.70	+01:33:54 (39.3%)	10:09	5.9 (60.8%)
67	BARAŃSKA Monika	405		K3	1	01:43:51	03:10:16	03:59:09.80	03:59:13.90	+01:34:07 (39.3%)	10:10	5.9 (60.8%)
68	RUMIANCEVAITE Viktorija	576		K1	4	01:40:09	03:06:00	03:59:12.10	03:59:18.00	+01:34:11 (39.4%)	10:10	5.9 (60.8%)
69	JABŁOŃSKA Dorota	465		K1	5	01:53:07	03:15:17	03:59:15.20	03:59:32.15	+01:34:25 (39.4%)	10:10	5.9 (60.8%)
70	MERTAS Dominik	532		M2	27	01:45:12	03:07:56	03:59:30.55	03:59:37.85	+01:34:31 (39.4%)	10:11	5.9 (60.8%)
71	BĘBENEK Marcin	411		M1	25	01:55:58	03:19:43	03:59:46.05	03:59:49.20	+01:34:42 (39.5%)	10:12	5.9 (60.8%)
72	MOCZURAD Małgorzata	538		K3	2	01:49:40	03:14:17	03:59:27.50	03:59:50.10	+01:34:43 (39.5%)	10:11	5.9 (60.8%)
73	MOCZURAD Piotr	537	UCREATE RUNNERS	M1	26	01:49:54	03:14:09	03:59:27.05	03:59:50.30	+01:34:44 (39.5%)	10:11	5.9 (60.8%)
74	GĄTKIEWICZ Paweł	453	ESKADRA KRAKÓW	M2	28	01:45:35	03:11:30	04:00:15.15	04:00:21.05	+01:35:14 (39.6%)	10:13	5.9 (60.8%)
75	CZYKIEL Kamilla	434	PULSBIKE TEAM	K2	9	01:48:11	03:15:54	04:00:31.45	04:00:41.05	+01:35:34 (39.7%)	10:14	5.9 (60.8%)
76	SUCHENIA Daniel	608	GANG RÓŻOWYCH MISIÓW	M2	29	01:55:16	03:18:22	04:01:10.25	04:01:22.45	+01:36:16 (39.9%)	10:15	5.8 (59.8%)
77	PALUCH Andrzej	551	RUN FOR FUN	M2	30	01:44:04	03:12:46	04:01:30.05	04:01:37.35	+01:36:31 (39.9%)	10:16	5.8 (59.8%)
78	DANIEL Maria	650		K1	6	01:50:25	03:15:51	04:01:38.60	04:01:45.90	+01:36:39 (40.0%)	10:16	5.8 (59.8%)
79	KORZENIOWSKA Małgorzata	490		K2	10	01:50:32	03:14:59	04:02:12.30	04:02:15.35	+01:37:09 (40.1%)	10:18	5.8 (59.8%)
80	SZYSZKA Ryszard	618		M2	31	01:48:07	03:13:27	04:02:20.85	04:02:38.40	+01:37:32 (40.2%)	10:18	5.8 (59.8%)
81	BŁĄŻEJOWSKI Krzysztof	414		M3	6	01:52:09	03:19:12	04:02:48.60	04:03:12.75	+01:38:06 (40.3%)	10:19	5.8 (59.8%)
82	KUBIAK Karolina	504	EXCALIBUR	K2	11	01:50:51	03:17:21	04:03:22.05	04:03:41.35	+01:38:35 (40.5%)	10:21	5.8 (59.8%)
83	SKRZYPIEC Katarzyna	589		K2	12	01:41:49	03:10:14	04:03:42.80	04:03:46.20	+01:38:39 (40.5%)	10:22	5.8 (59.8%)
84	TOPOLSKI Marcin	625	CZŁOWIEK KTÓRY NIE BOI SIĘ CHUCKA NORRISA	M2	32	01:17:32	02:17:20	04:04:34.00	04:04:36.40	+01:39:30 (40.7%)	10:24	5.8 (59.8%)

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85	CHEŁMIŃSKI Piotr	430		M3	7	01:45:37	03:15:37	04:04:44.05	04:04:49.60	+01:39:43 (40.7%)	10:24	5.8 (59.8%)
86	ADRIAN Maciej	401	PIORUN	M1	27	01:50:38	03:18:19	04:04:57.85	04:05:05.45	+01:39:59 (40.8%)	10:25	5.8 (59.8%)
87	JĘDRZEJCZYK Agnieszka	473		K2	13	01:53:09	03:21:03	04:05:25.00	04:05:35.20	+01:40:28 (40.9%)	10:26	5.7 (58.8%)
88	KULIGA Michał	509	EASYRUN RACIBÓRZ	M2	33	01:52:12	03:20:58	04:06:01.70	04:06:19.60	+01:41:13 (41.1%)	10:28	5.7 (58.8%)
89	RYSKALOK Piotr	579		M1	28	01:48:10	03:17:42	04:06:47.85	04:06:50.95	+01:41:44 (41.2%)	10:30	5.7 (58.8%)
90	RYBKOWSKI Hubert	577		M2	34	01:48:09	03:17:59	04:06:59.80	04:07:17.20	+01:42:10 (41.3%)	10:30	5.7 (58.8%)
91	GENDVILAITE Sonata	454	#UNBREAKABLE	K2	14	01:55:19	03:24:11	04:07:12.25	04:07:18.00	+01:42:11 (41.3%)	10:31	5.7 (58.8%)
92	GAPSKA Anna	451	GRUPA BIEGOWA 65	K1	7	01:55:31	03:24:09	04:08:36.55	04:08:41.55	+01:43:35 (41.7%)	10:34	5.7 (58.8%)
93	JĘDRZEJCZAK Bartosz	472	LEONARDO TEAM	M2	35	01:48:10	03:17:35	04:09:03.30	04:09:03.30	+01:43:57 (41.7%)	10:35	5.7 (58.8%)
94	ZIĘBA Anna	645		K2	15	01:55:25	03:22:52	04:08:47.30	04:09:11.55	+01:44:05 (41.8%)	10:35	5.7 (58.8%)
95	AUGUŚCIK Mariusz	402		M3	8	01:42:59	03:16:25	04:09:28.80	04:09:40.40	+01:44:34 (41.9%)	10:36	5.7 (58.8%)
96	MAJDAK Bartłomiej	526	PORĄBAŁKO	M2	36	01:57:55	03:25:01	04:10:12.75	04:10:22.20	+01:45:15 (42.0%)	10:38	5.6 (57.7%)
97	SKROBAŁA Miłosz	588		M1	29	01:47:52	03:17:40	04:10:43.50	04:10:53.25	+01:45:47 (42.2%)	10:40	5.6 (57.7%)
98	KOSMAŁSKI Tomasz	492		M1	30	01:44:10	03:14:09	04:10:51.15	04:10:55.30	+01:45:49 (42.2%)	10:40	5.6 (57.7%)
99	KAWIK Anna	481		K1	8	01:49:55	03:19:59	04:11:16.00	04:11:36.90	+01:46:30 (42.3%)	10:41	5.6 (57.7%)
100	BERNACKI Kamil	410	OSTROBIEC	M2	37	01:50:24	03:19:35	04:12:02.35	04:12:19.75	+01:47:13 (42.5%)	10:43	5.6 (57.7%)
101	DREWNIAK Andrzej	444		M3	9	01:45:02	03:20:20	04:13:42.30	04:13:53.95	+01:48:47 (42.8%)	10:47	5.6 (57.7%)
102	LESIŃSKI Marcin	513	ML CONSULTING	M2	38	01:43:59	03:20:52	04:14:58.95	04:15:02.35	+01:49:56 (43.1%)	10:51	5.5 (56.7%)
103	PARSZEWSKI Krzysiek	553	BIEGNĘ PO MEDAL	M1	31	01:50:28	03:23:24	04:16:18.85	04:16:18.85	+01:51:12 (43.4%)	10:54	5.5 (56.7%)
104	WILK Magdalena	631	TEAM ZABIEGANEDNI	K2	16	01:47:05	03:26:16	04:16:21.55	04:16:32.95	+01:51:26 (43.4%)	10:54	5.5 (56.7%)
105	KŁAKUS Wojciech	485		M1	32	01:56:57	03:24:52	04:16:43.40	04:16:51.40	+01:51:45 (43.5%)	10:55	5.5 (56.7%)
106	CEBULA Paweł	429	CREADIS	M1	33	01:45:59	03:19:15	04:16:51.25	04:16:55.80	+01:51:49 (43.5%)	10:55	5.5 (56.7%)
107	STRĄCZEK Ula	606		K1	9	01:58:46	03:28:55	04:17:13.45	04:17:20.30	+01:52:14 (43.6%)	10:56	5.5 (56.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P3_Babia 9km	P5_Markowe 17.6km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 23.5km	brutto 23.5km			
108	PALASZ Kamil	550		M1	34	01:38:40	03:20:56	04:17:14.00	04:17:20.40	+01:52:14 (43.6%)	10:56	5.5 (56.7%)
109	BOHM Jacek	418	BIEGATON	M3	10	01:45:08	03:24:12	04:18:01.45	04:18:10.00	+01:53:03 (43.8%)	10:58	5.5 (56.7%)
110	FRANCZAK Katarzyna	652		K2	17	01:52:20	03:28:29	04:20:01.10	04:20:05.70	+01:54:59 (44.2%)	11:03	5.4 (55.7%)
111	PIĘTA Bogdan	559	RUN FOR FUN	M3	11	01:53:16	03:28:57	04:20:31.85	04:20:50.35	+01:55:44 (44.4%)	11:05	5.4 (55.7%)
112	WIESIOŁEK Paweł	630	BAGNO	M2	39	01:47:01	03:25:06	04:25:01.15	04:25:13.05	+02:00:06 (45.3%)	11:16	5.3 (54.6%)
113	KAŁŁAUR Krzysztof	475		M1	35	01:55:29	03:35:21	04:26:23.70	04:26:28.65	+02:01:22 (45.5%)	11:20	5.3 (54.6%)
114	PIĄTEK Tomasz	557	WILD BUCHAYS	M2	40	01:58:49	03:35:58	04:26:15.70	04:26:37.10	+02:01:30 (45.6%)	11:19	5.3 (54.6%)
115	LORANC Paweł	514	WILD BUCHAYS	M2	41	01:56:47	03:35:54	04:26:15.55	04:26:37.25	+02:01:31 (45.6%)	11:19	5.3 (54.6%)
116	KRUSZEK Małgorzata	501	PRZEKOTY	K1	10	02:01:52	03:40:38	04:26:32.15	04:26:38.15	+02:01:31 (45.6%)	11:20	5.3 (54.6%)
117	TARASIUK Łukasz	623		M2	42	01:59:25	03:34:53	04:27:23.85	04:27:34.55	+02:02:28 (45.8%)	11:22	5.3 (54.6%)
118	KORZENIOWSKA Anna	491		K1	11	02:02:12	03:35:16	04:28:02.10	04:28:04.40	+02:02:58 (45.9%)	11:24	5.3 (54.6%)
119	MARCINIAK Agata	529	RAZEM TRENUJEMY SPORT	K2	18	01:59:38	03:37:51	04:28:34.20	04:28:43.95	+02:03:37 (46.0%)	11:25	5.3 (54.6%)
120	KOCERKA Jacek	486		M2	43	02:07:15	03:39:53	04:30:30.90	04:30:50.65	+02:05:44 (46.4%)	11:30	5.2 (53.6%)
121	DWORNIK Małgorzata	446		K1	12	02:02:56	03:41:32	04:32:19.05	04:32:26.65	+02:07:20 (46.7%)	11:35	5.2 (53.6%)
122	BAZYDŁO Marcelina	408		K2	19	02:14:35	03:46:57	04:32:28.25	04:32:40.35	+02:07:34 (46.8%)	11:35	5.2 (53.6%)
123	JANUŚ Maria	469		K2	20	02:05:22	03:41:16	04:32:27.75	04:32:46.15	+02:07:39 (46.8%)	11:35	5.2 (53.6%)
124	REGULSKA Monika	572		K1	13	01:59:52	03:39:36	04:33:16.85	04:33:16.85	+02:08:10 (46.9%)	11:37	5.2 (53.6%)
125	SNARSKI Bogdan	595	ALBATROSY	M2	44	02:35:26	03:46:35	04:33:15.25	04:33:17.05	+02:08:10 (46.9%)	11:37	5.2 (53.6%)
126	KARCZEWSKI Jacek	478	GRUPA BIEGOWA UM W-WA	M2	45	02:03:21	03:42:45	04:33:13.20	04:33:29.30	+02:08:23 (46.9%)	11:37	5.2 (53.6%)
126	MROWIEC Paweł	539	HEINEKEN KRAKOW RUNNING CLUB	M2	46	01:32:43	02:47:06	04:33:16.15	04:33:29.30	+02:08:23 (46.9%)	11:37	5.2 (53.6%)
128	WYSOCKA Marta	637	DRUZYNA GRUBEGO MISIA	K2	21	02:05:22	03:41:53	04:33:39.60	04:33:46.00	+02:08:39 (47.0%)	11:38	5.2 (53.6%)
129	KOŃCZEWSKI Daniel	489		M2	47	02:04:23	03:42:23	04:33:47.40	04:34:09.70	+02:09:03 (47.1%)	11:39	5.2 (53.6%)
130	NAWROCKA Paulina	541		K1	14	02:09:56	03:44:06	04:34:37.10	04:34:48.50	+02:09:42 (47.2%)	11:41	5.1 (52.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P3_Babia 9km	P5_Markowe 17.6km	Czas netto 23.5km	Czas brutto 23.5km	Różn	Tempo min/km	Tempo km/h
131	SOKÓLSKA Katarzyna	597	OUTDOOR TRAINING	K1	15	02:05:28	03:42:42	04:35:38.05	04:35:55.00	+02:10:48 (47.4%)	11:43	5.1 (52.6%)
132	OKRÓJ Dawid	546		M2	48	02:09:08	03:45:29	04:36:24.30	04:36:36.65	+02:11:30 (47.5%)	11:45	5.1 (52.6%)
133	BALCER Marcin	403	BARUNKI	M2	49	01:57:29	03:42:46	04:37:29.20	04:37:47.55	+02:12:41 (47.8%)	11:48	5.1 (52.6%)
134	ŁATKA Dorota	515		K2	22	02:09:17	03:48:31	04:40:03.60	04:40:22.85	+02:15:16 (48.2%)	11:55	5 (51.5%)
135	KOZIOŁ Paweł	496		M2	50	02:02:44	03:40:27	04:41:04.95	04:41:29.40	+02:16:23 (48.5%)	11:57	5 (51.5%)
136	KASKA Krzysztof	479		M3	12	02:01:11	03:42:51	04:42:23.70	04:42:40.30	+02:17:34 (48.7%)	12:01	5 (51.5%)
137	KINDLER Bartłomiej	483	#BARUNKI	M2	51	02:09:14	03:50:49	04:43:22.65	04:43:22.65	+02:18:16 (48.8%)	12:03	5 (51.5%)
138	STEFANIAK Bożena	603	ROSZADA ŻORY	K2	23	02:08:16	03:49:04	04:43:38.25	04:43:57.80	+02:18:51 (48.9%)	12:04	5 (51.5%)
139	GROCHOWSKI Marcin	458		M2	52	02:03:56	03:48:44	04:44:28.55	04:44:37.55	+02:19:31 (49.0%)	12:06	5 (51.5%)
140	WERYHO Krzysztof	627		M2	53	02:17:05	03:53:12	04:45:09.10	04:45:21.60	+02:20:15 (49.2%)	12:08	4.9 (50.5%)
141	DĄBROWSKI Michał	437	NASUCZAJ	M1	36	02:13:40	03:54:31	04:47:11.65	04:47:17.75	+02:22:11 (49.5%)	12:13	4.9 (50.5%)
142	BOCIĄGA Andrzej	416		M1	37	02:09:46	03:51:57	04:47:22.30	04:47:29.60	+02:22:23 (49.5%)	12:13	4.9 (50.5%)
143	SZYMELFENIG Gabriela	616	AKADEMIABIEGACZA.PL S.L SALOS-WODNA ŁÓDŹ	K1	16	02:12:19	03:53:40	04:47:36.95	04:47:39.35	+02:22:33 (49.6%)	12:14	4.9 (50.5%)
144	KULIGA Ewa	507	EASYRUN RACIBÓRZ	K2	24	02:11:23	03:54:52	04:47:27.05	04:47:39.45	+02:22:33 (49.6%)	12:13	4.9 (50.5%)
145	SZAFRON Marcin	609		M1	38	01:31:27	03:48:33	04:48:14.60	04:48:23.00	+02:23:16 (49.7%)	12:15	4.9 (50.5%)
146	BIAŁAS Bartosz	412		M2	54	02:00:55	03:48:58	04:49:25.60	04:49:38.20	+02:24:31 (49.9%)	12:18	4.9 (50.5%)
147	KOIM Robert	487		M2	55	02:00:36	03:51:41	04:52:16.55	04:52:23.05	+02:27:16 (50.4%)	12:26	4.8 (49.5%)
148	PRZYBYŁKA Agnieszka	566		K1	17	02:16:44	03:59:42	04:52:38.55	04:52:53.65	+02:27:47 (50.5%)	12:27	4.8 (49.5%)
149	STASZEWSKA Sylwia	602		K2	25	02:11:02	03:52:08	04:53:39.90	04:53:50.40	+02:28:44 (50.6%)	12:29	4.8 (49.5%)
150	ROSZKOWSKA Sylwia	575		K2	26	02:12:10	03:57:27	04:55:19.90	04:55:23.10	+02:30:16 (50.9%)	12:34	4.8 (49.5%)
151	WÓJCIK Zbyszek	636		M1	39	02:10:12	03:58:40	04:55:52.95	04:55:59.95	+02:30:53 (51.0%)	12:35	4.8 (49.5%)
151	OTRĘBSKI Tomasz	548		M2	56	02:05:31	03:58:44	04:55:54.30	04:55:59.95	+02:30:53 (51.0%)	12:35	4.8 (49.5%)
153	PAWLAK Ewa	554		K2	27	02:18:00	04:00:28	04:57:21.95	04:57:37.20	+02:32:30 (51.2%)	12:39	4.7 (48.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P3_Babia 9km	P5_Markowe 17.6km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 23.5km	brutto 23.5km			
154	KRAKOWSKI Paweł	498		M1	40	01:55:24	04:04:29	04:59:38.30	04:59:46.25	+02:34:40 (51.6%)	12:45	4.7 (48.5%)
155	GRYGNÝ Sławomir	461		M2	57	02:08:08	04:00:38	05:01:32.45	05:01:46.85	+02:36:40 (51.9%)	12:49	4.7 (48.5%)
156	MAGOCSY Justyna	525		K1	18	02:22:51	04:10:59	05:02:11.95	05:02:21.80	+02:37:15 (52.0%)	12:51	4.7 (48.5%)
157	SZYMAŃSKA Zuzanna	615		K1	19	02:10:07	04:01:23	05:02:38.35	05:02:44.95	+02:37:38 (52.1%)	12:52	4.7 (48.5%)
158	MAMOŃ Katarzyna	528		K2	28	02:16:18	04:11:04	05:02:55.05	05:03:08.35	+02:38:02 (52.1%)	12:53	4.7 (48.5%)
159	BUINEVICIUTE Asta	426	#UNBREAKABLE	K2	29	02:20:25	04:11:17	05:03:26.35	05:03:46.60	+02:38:40 (52.2%)	12:54	4.6 (47.4%)
160	SZCZERBOWSKI Karol	612		M2	58	02:17:09	04:05:45	05:06:34.75	05:06:45.95	+02:41:39 (52.7%)	13:02	4.6 (47.4%)
161	ŚMIECHOWICZ Daniel	620	PORĄBAŁKO	M2	59	02:14:54	04:10:58	05:07:32.80	05:07:49.35	+02:42:43 (52.9%)	13:05	4.6 (47.4%)
162	SOLA Aneta	598	BEŁŻYCE I OKOLICE BIEGAJĄ	K2	30	02:21:42	04:12:10	05:08:54.30	05:09:12.20	+02:44:05 (53.1%)	13:08	4.6 (47.4%)
163	KAWCZYŃSKI Bartosz	480		M1	41	02:14:47	04:00:43	05:10:31.55	05:10:35.05	+02:45:28 (53.3%)	13:12	4.5 (46.4%)
164	NIELIPIŃSKI Mateusz	315	MUFLON PRZYSUCHA	M2	60	02:04:52	04:05:01	05:10:28.40	05:10:50.85	+02:45:44 (53.3%)	13:12	4.5 (46.4%)
165	BORYSOWSKA Monika	420	KORONA SZCZECIN	K2	31	02:10:31	04:12:19	05:11:24.85	05:11:37.75	+02:46:31 (53.4%)	13:15	4.5 (46.4%)
166	DOROŻAŁA Lechosław	441		M2	61	02:15:06	04:14:59	05:12:26.40	05:12:38.00	+02:47:31 (53.6%)	13:17	4.5 (46.4%)
167	DOROŻAŁA Natalia	440		K1	20	02:15:03	04:15:01	05:12:26.85	05:12:38.15	+02:47:31 (53.6%)	13:17	4.5 (46.4%)
168	KAMENECKAS Justinas	476	#UNBREAKABLE	M2	62	02:11:27	04:11:21	05:12:33.30	05:12:54.45	+02:47:48 (53.6%)	13:18	4.5 (46.4%)
169	WOJCIECHOWSKI Marek	632		M2	63	02:15:41	04:07:22	05:13:23.80	05:13:38.35	+02:48:32 (53.7%)	13:20	4.5 (46.4%)
170	BOCHNAK Janek	415		M2	64	02:19:27	04:13:07	05:14:38.25	05:15:00.70	+02:49:54 (53.9%)	13:23	4.5 (46.4%)
171	ZELEŃÁK Kamil	640	AUTOSERVIS ERIKA	M2	65	02:14:32	04:12:31	05:16:08.35	05:16:20.65	+02:51:14 (54.1%)	13:27	4.5 (46.4%)
172	ZEMŁA Krzysztof	641		M3	13	02:18:40	04:11:52	05:17:11.10	05:17:25.15	+02:52:18 (54.3%)	13:29	4.4 (45.4%)
173	SŁOWIK Justyna	593	SŁOWIKI BIEGAJĄ	K1	21	02:32:23	04:27:48	05:17:36.75	05:17:56.60	+02:52:50 (54.4%)	13:30	4.4 (45.4%)
174	RZEPECKA Justyna	580	BULBASY BIEGAJĄ	K1	22	02:22:54	04:16:31	05:21:15.95	05:21:15.95	+02:56:09 (54.8%)	13:40	4.4 (45.4%)
175	CABAJ Rafał	428	BIEGUSIEM.PL	M2	66	02:20:38	04:20:39	05:22:29.25	05:22:40.35	+02:57:34 (55.0%)	13:43	4.4 (45.4%)
176	PRZYBYŁA Patrycja	647		K1	23	02:08:54	04:12:12	05:23:03.90	05:23:09.70	+02:58:03 (55.1%)	13:44	4.4 (45.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P3_Babia 9km	P5_Markowe 17.6km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 23.5km	brutto 23.5km			
177	BARTKOWIAK Slawek	407		M2	67	02:08:55	04:12:13	05:23:02.65	05:23:10.45	+02:58:04 (55.1%)	13:44	4.4 (45.4%)
178	BORZYMOWSKA Judyta	421		K1	24	02:10:33	04:11:33	05:24:26.10	05:24:46.55	+02:59:40 (55.3%)	13:48	4.3 (44.3%)
179	PIĄTEK Ewa	556	DZIK Z DUSZA SARENKI	K1	25	02:20:37	04:28:43	05:25:14.35	05:25:30.35	+03:00:24 (55.4%)	13:50	4.3 (44.3%)
180	PIECZABA Patryk	558		M1	42	02:20:41	04:28:38	05:25:15.15	05:25:30.60	+03:00:24 (55.4%)	13:50	4.3 (44.3%)
181	STASIUTE Aurelija	601	#UNBREAKABLE	K1	26	02:32:17	04:31:27	05:30:06.70	05:30:27.85	+03:05:21 (56.1%)	14:02	4.3 (44.3%)
182	MACIUSZKO Wiesia	519		K2	32	02:24:54	04:26:01	05:30:19.20	05:30:36.80	+03:05:30 (56.1%)	14:03	4.3 (44.3%)
183	RADWAŃSKI Maciej	570		M1	43	02:23:09	04:22:27	05:31:17.05	05:31:35.70	+03:06:29 (56.2%)	14:05	4.3 (44.3%)
184	BUHL Paulina	425		K1	27	02:31:50	04:35:50	05:35:03.90	05:35:25.30	+03:10:19 (56.7%)	14:15	4.2 (43.3%)
185	PALUCH Marzena	552	VAN BERDE	K2	33	02:23:14	04:25:51	05:36:15.15	05:36:34.40	+03:11:28 (56.9%)	14:18	4.2 (43.3%)
186	FURMAN Agnieszka	449		K1	28	02:29:24	04:35:15	05:44:10.05	05:44:26.90	+03:19:20 (57.9%)	14:38	4.1 (42.3%)
187	FURMAN Michał	450	OCHAJORUN&FRIENDS	M1	44	02:29:13	04:35:09	05:44:08.15	05:44:27.25	+03:19:21 (57.9%)	14:38	4.1 (42.3%)
188	KULIGA Marek	508		M1	45	02:21:35	04:42:41	05:47:11.00	05:47:26.05	+03:22:19 (58.2%)	14:46	4.1 (42.3%)
189	KRZEŚNIAK Sylwia	502		K1	29	02:21:41	04:42:48	05:47:13.00	05:47:27.50	+03:22:21 (58.2%)	14:46	4.1 (42.3%)
190	GRAD Lukasz	456		M2	68	02:32:09	04:42:23	05:50:22.20	05:50:35.35	+03:25:29 (58.6%)	14:54	4 (41.2%)
191	KAIM Antoni	474		M3	14	02:40:18	04:52:56	05:56:11.80	05:56:29.10	+03:31:22 (59.3%)	15:09	4 (41.2%)
Przekroczony limit czasu: 06:00:00												
192	STRZYŻ Ryszard	607		M2	69	02:26:50	04:42:39	06:03:37.10	06:03:37.10	+03:38:30 (60.1%)	15:28	3.9 (40.2%)
193	ZIEMKIEWICZ Justyna	643	EASYRUN RACIBÓRZ	K2	34	02:26:53	05:28:41	06:27:48.80	06:27:48.80	+04:02:42 (62.6%)	16:30	3.6 (37.1%)
194	ZIEMKIEWICZ Paweł	644	EASYRUN RACIBÓRZ	M2	70	02:11:49	05:28:18	06:27:35.10	06:27:49.20	+04:02:42 (62.6%)	16:29	3.6 (37.1%)
195	STASIAK Mateusz	600	ITFF BLOCKCHAIN RUNNING TEAM	M1	46	03:01:39	05:32:28	06:55:56.50	06:55:56.50	+04:30:50 (65.1%)	17:41	3.4 (35.1%)
196	ŁOŚ Ania	517	TURLAM SIĘ TEAM/ ALBATROSY	K2	35	03:04:45	05:52:50	07:40:56.30	07:41:21.20	+05:16:14 (68.5%)	19:36	3.1 (32.0%)
DQ	STOPA Michał	604		M1		01:19:49 DQ	02:17:15 DQ	02:51:40.50 DQ	DQ		-	- (0.0%)
DQ	OWCZAREK Dariusz	318		M1		DQ	00:43:10 DQ	02:56:24.25 DQ	DQ		-	- (0.0%)
DQ	KOŻUCH Michał	497	REDLINETEAM	M1		01:21:17 DQ	02:21:58 DQ	03:02:29.60 DQ	DQ		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P3_Babia 9km	P5_Markowe 17.6km	Czas netto 23.5km	Czas brutto 23.5km	Różn	Tempo min/km	Tempo km/h
DQ	MEJKA Małgorzata	531	SPARTAN		K1	01:22:39 DQ	02:28:19 DQ	03:06:04.05 DQ	DQ		-	- (0.0%)
DQ	MAZIARZ Artur	530	RUN FOR FUN		M1	01:23:19 DQ	02:29:59 DQ	03:07:22.60 DQ	DQ		-	- (0.0%)
	KOŚCIELNIAK Kacper	493	SALCO GARMIN TEAM		M1	01:13:36 DNF	02:01:47 DNF	DNF	DNF		-	- (0.0%)
	SZARF Paweł	346	ANTONTEAM		M1	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 203 wynik(ów)