



# 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**  
INTELIĞENTNE 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	<b>02:25:04.75</b>	<b>02:25:06.25</b>		6:10	9.7 (100%)
2	PODSIADŁO Mikołaj	563	GRIVEL SCARPA JULBO TEAM	M1	1	01:11:53	02:02:23	<b>02:32:23.95</b>	<b>02:32:25.15</b>	+00:07:18 (4.8%)	6:29	9.3 (95.9%)
3	GRZELAK Adrian	462		M1	2	01:25:13	02:24:30	<b>02:58:08.50</b>	<b>02:58:13.10</b>	+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	<b>02:59:09.80</b>	<b>02:59:11.70</b>	+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	<b>03:01:17.90</b>	<b>03:01:37.00</b>	+00:36:30 (20.1%)	7:42	7.8 (80.4%)
6	KANIA Mateusz	477		M1	5	01:21:54	02:30:01	<b>03:07:28.70</b>	<b>03:07:31.60</b>	+00:42:25 (22.6%)	7:58	7.5 (77.3%)
7	BEKAS Marcin	409		M2	2	01:28:07	02:32:52	<b>03:10:09.30</b>	<b>03:10:12.20</b>	+00:45:05 (23.7%)	8:05	7.4 (76.3%)
8	RAMOS Bartosz	571		M1	6	01:23:42	02:35:51	<b>03:14:10.35</b>	<b>03:14:15.70</b>	+00:49:09 (25.3%)	8:15	7.3 (75.3%)
9	GRAMS Krzysztof	457		M2	3	01:31:34	02:40:17	<b>03:19:15.75</b>	<b>03:19:20.70</b>	+00:54:14 (27.2%)	8:28	7.1 (73.2%)
10	STRAŚ Jarek	605		M1	7	01:28:15	02:35:20	<b>03:20:29.05</b>	<b>03:20:42.35</b>	+00:55:36 (27.7%)	8:31	7 (72.2%)
11	NOWICKI Tomasz	545	PORSCHE RYBNIK	M1	8	01:28:48	02:40:21	<b>03:21:12.30</b>	<b>03:21:16.90</b>	+00:56:10 (27.9%)	8:33	7 (72.2%)
12	BUDA Wojciech	424		M2	4	01:30:00	02:35:37	<b>03:21:34.90</b>	<b>03:21:38.25</b>	+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	<b>03:22:04.45</b>	<b>03:22:06.75</b>	+00:57:00 (28.2%)	8:35	7 (72.2%)
14	MAGNUCKI Adam	522		M1	9	01:28:52	02:40:21	<b>03:23:34.05</b>	<b>03:23:36.45</b>	+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	<b>03:24:17.35</b>	<b>03:24:20.45</b>	+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	<b>03:24:50.80</b>	<b>03:24:54.60</b>	+00:59:48 (29.2%)	8:43	6.9 (71.1%)
17	JĘDRZEJAK Piotr	471		M2	6	01:31:17	02:44:20	<b>03:25:00.60</b>	<b>03:25:14.65</b>	+01:00:08 (29.3%)	8:43	6.9 (71.1%)
18	KONIK Jaroslaw	488		M1	11	01:31:50	02:42:32	<b>03:26:22.15</b>	<b>03:26:28.85</b>	+01:01:22 (29.7%)	8:46	6.8 (70.1%)
19	ZAWADZKI Piotr	639		M2	7	01:34:44	02:47:50	<b>03:26:19.00</b>	<b>03:26:34.30</b>	+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	<b>03:27:57.05</b>	<b>03:28:17.10</b>	+01:03:10 (30.3%)	8:50	6.8 (70.1%)
21	MISIARZ Bartłomiej	536		M1	12	01:30:04	02:45:05	<b>03:29:52.60</b>	<b>03:29:56.55</b>	+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	<b>03:30:50.65</b>	<b>03:31:01.05</b>	+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	<b>03:33:13.70</b>	<b>03:33:23.00</b>	+01:08:16 (32.0%)	9:04	6.6 (68.0%)
24	RZEPKA Remigiusz	581		M2	10	01:36:46	02:51:08	<b>03:34:04.75</b>	<b>03:34:06.85</b>	+01:09:00 (32.2%)	9:06	6.6 (68.0%)
25	MAGOCSY Adam	524		M1	13	01:38:44	02:55:04	<b>03:34:12.75</b>	<b>03:34:22.60</b>	+01:09:16 (32.3%)	9:06	6.6 (68.0%)
26	WALITZA Andrzej	626		M1	14	01:36:38	02:53:22	<b>03:35:21.35</b>	<b>03:35:35.30</b>	+01:10:29 (32.7%)	9:09	6.5 (67.0%)
27	KUPIEC Urszula	510	BESKIDNIK	K2	2	01:34:55	02:51:57	<b>03:36:05.30</b>	<b>03:36:06.85</b>	+01:11:00 (32.9%)	9:11	6.5 (67.0%)
28	DRESZER Damian	443		M1	15	01:35:37	02:53:11	<b>03:36:20.65</b>	<b>03:36:22.45</b>	+01:11:16 (32.9%)	9:12	6.5 (67.0%)
29	DANIELAK Roman	435		M3	1	01:39:54	02:54:51	<b>03:38:47.25</b>	<b>03:38:56.75</b>	+01:13:50 (33.7%)	9:18	6.4 (66.0%)
30	WOJCIECHOWSKI Arkadiusz	633		M2	11	01:39:21	02:57:33	<b>03:39:47.55</b>	<b>03:40:05.60</b>	+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	<b>03:39:57.20</b>	<b>03:40:05.95</b>	+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	<b>03:40:39.80</b>	<b>03:40:48.95</b>	+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	<b>03:41:18.35</b>	<b>03:41:18.35</b>	+01:16:12 (34.4%)	9:25	6.4 (66.0%)
34	ŚMIGIELSKA-STASICKA Monika	621		K2	3	01:41:39	02:58:44	<b>03:41:16.80</b>	<b>03:41:34.95</b>	+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	<b>03:41:46.55</b>	<b>03:41:51.85</b>	+01:16:45 (34.6%)	9:26	6.4 (66.0%)
36	MACIEJOWSKI Michał	518		M1	16	01:32:52	02:53:19	<b>03:42:35.15</b>	<b>03:42:35.15</b>	+01:17:28 (34.8%)	9:28	6.3 (64.9%)
37	LEMANSKI Arkadiusz	512		M2	15	01:39:20	03:00:06	<b>03:43:06.65</b>	<b>03:43:11.35</b>	+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	<b>03:43:15.55</b>	<b>03:43:35.80</b>	+01:18:29 (35.1%)	9:30	6.3 (64.9%)

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

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

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			
85	CHEŁMIŃSKI Piotr	430		M3	7	01:45:37	03:15:37	<b>04:04:44.05</b>	<b>04:04:49.60</b>	+01:39:43 (40.7%)	10:24	5.8 (59.8%)
86	ADRIAN Maciej	401	PIORUN	M1	27	01:50:38	03:18:19	<b>04:04:57.85</b>	<b>04:05:05.45</b>	+01:39:59 (40.8%)	10:25	5.8 (59.8%)
87	JĘDRZEJCZYK Agnieszka	473		K2	13	01:53:09	03:21:03	<b>04:05:25.00</b>	<b>04:05:35.20</b>	+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	<b>04:06:01.70</b>	<b>04:06:19.60</b>	+01:41:13 (41.1%)	10:28	5.7 (58.8%)
89	RYSKALOK Piotr	579		M1	28	01:48:10	03:17:42	<b>04:06:47.85</b>	<b>04:06:50.95</b>	+01:41:44 (41.2%)	10:30	5.7 (58.8%)
90	RYBKOWSKI Hubert	577		M2	34	01:48:09	03:17:59	<b>04:06:59.80</b>	<b>04:07:17.20</b>	+01:42:10 (41.3%)	10:30	5.7 (58.8%)
91	GENDVILAITE Sonata	454	#UNBREAKABLE	K2	14	01:55:19	03:24:11	<b>04:07:12.25</b>	<b>04:07:18.00</b>	+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	<b>04:08:36.55</b>	<b>04:08:41.55</b>	+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	<b>04:09:03.30</b>	<b>04:09:03.30</b>	+01:43:57 (41.7%)	10:35	5.7 (58.8%)
94	ZIĘBA Anna	645		K2	15	01:55:25	03:22:52	<b>04:08:47.30</b>	<b>04:09:11.55</b>	+01:44:05 (41.8%)	10:35	5.7 (58.8%)
95	AUGUŚCIK Mariusz	402		M3	8	01:42:59	03:16:25	<b>04:09:28.80</b>	<b>04:09:40.40</b>	+01:44:34 (41.9%)	10:36	5.7 (58.8%)
96	MAJDAK Bartłomiej	526	PORĄBAŁKO	M2	36	01:57:55	03:25:01	<b>04:10:12.75</b>	<b>04:10:22.20</b>	+01:45:15 (42.0%)	10:38	5.6 (57.7%)
97	SKROBAŁA Miłosz	588		M1	29	01:47:52	03:17:40	<b>04:10:43.50</b>	<b>04:10:53.25</b>	+01:45:47 (42.2%)	10:40	5.6 (57.7%)
98	KOSMAŁSKI Tomasz	492		M1	30	01:44:10	03:14:09	<b>04:10:51.15</b>	<b>04:10:55.30</b>	+01:45:49 (42.2%)	10:40	5.6 (57.7%)
99	KAWIK Anna	481		K1	8	01:49:55	03:19:59	<b>04:11:16.00</b>	<b>04:11:36.90</b>	+01:46:30 (42.3%)	10:41	5.6 (57.7%)
100	BERNACKI Kamil	410	OSTROBIEC	M2	37	01:50:24	03:19:35	<b>04:12:02.35</b>	<b>04:12:19.75</b>	+01:47:13 (42.5%)	10:43	5.6 (57.7%)
101	DREWNIAK Andrzej	444		M3	9	01:45:02	03:20:20	<b>04:13:42.30</b>	<b>04:13:53.95</b>	+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	<b>04:14:58.95</b>	<b>04:15:02.35</b>	+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	<b>04:16:18.85</b>	<b>04:16:18.85</b>	+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	<b>04:16:21.55</b>	<b>04:16:32.95</b>	+01:51:26 (43.4%)	10:54	5.5 (56.7%)
105	KŁAKUS Wojciech	485		M1	32	01:56:57	03:24:52	<b>04:16:43.40</b>	<b>04:16:51.40</b>	+01:51:45 (43.5%)	10:55	5.5 (56.7%)
106	CEBULA Paweł	429	CREADIS	M1	33	01:45:59	03:19:15	<b>04:16:51.25</b>	<b>04:16:55.80</b>	+01:51:49 (43.5%)	10:55	5.5 (56.7%)
107	STRĄCZEK Ula	606		K1	9	01:58:46	03:28:55	<b>04:17:13.45</b>	<b>04:17:20.30</b>	+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	<b>PALASZ Kamil</b>	<b>550</b>		M1	34	01:38:40	03:20:56	<b>04:17:14.00</b>	<b>04:17:20.40</b>	+01:52:14 (43.6%)	10:56	5.5 (56.7%)
109	<b>BOHM Jacek</b>	<b>418</b>	BIEGATON	M3	10	01:45:08	03:24:12	<b>04:18:01.45</b>	<b>04:18:10.00</b>	+01:53:03 (43.8%)	10:58	5.5 (56.7%)
110	<b>FRANCZAK Katarzyna</b>	<b>652</b>		K2	17	01:52:20	03:28:29	<b>04:20:01.10</b>	<b>04:20:05.70</b>	+01:54:59 (44.2%)	11:03	5.4 (55.7%)
111	<b>PIĘTA Bogdan</b>	<b>559</b>	RUN FOR FUN	M3	11	01:53:16	03:28:57	<b>04:20:31.85</b>	<b>04:20:50.35</b>	+01:55:44 (44.4%)	11:05	5.4 (55.7%)
112	<b>WIESIOŁEK Paweł</b>	<b>630</b>	BAGNO	M2	39	01:47:01	03:25:06	<b>04:25:01.15</b>	<b>04:25:13.05</b>	+02:00:06 (45.3%)	11:16	5.3 (54.6%)
113	<b>KAŁŁAUR Krzysztof</b>	<b>475</b>		M1	35	01:55:29	03:35:21	<b>04:26:23.70</b>	<b>04:26:28.65</b>	+02:01:22 (45.5%)	11:20	5.3 (54.6%)
114	<b>PIĄTEK Tomasz</b>	<b>557</b>	WILD BUCHAYS	M2	40	01:58:49	03:35:58	<b>04:26:15.70</b>	<b>04:26:37.10</b>	+02:01:30 (45.6%)	11:19	5.3 (54.6%)
115	<b>LORANC Paweł</b>	<b>514</b>	WILD BUCHAYS	M2	41	01:56:47	03:35:54	<b>04:26:15.55</b>	<b>04:26:37.25</b>	+02:01:31 (45.6%)	11:19	5.3 (54.6%)
116	<b>KRUSZEK Małgorzata</b>	<b>501</b>	PRZEKOTY	K1	10	02:01:52	03:40:38	<b>04:26:32.15</b>	<b>04:26:38.15</b>	+02:01:31 (45.6%)	11:20	5.3 (54.6%)
117	<b>TARASIUK Łukasz</b>	<b>623</b>		M2	42	01:59:25	03:34:53	<b>04:27:23.85</b>	<b>04:27:34.55</b>	+02:02:28 (45.8%)	11:22	5.3 (54.6%)
118	<b>KORZENIOWSKA Anna</b>	<b>491</b>		K1	11	02:02:12	03:35:16	<b>04:28:02.10</b>	<b>04:28:04.40</b>	+02:02:58 (45.9%)	11:24	5.3 (54.6%)
119	<b>MARCINIAK Agata</b>	<b>529</b>	RAZEM TRENUJEMY SPORT	K2	18	01:59:38	03:37:51	<b>04:28:34.20</b>	<b>04:28:43.95</b>	+02:03:37 (46.0%)	11:25	5.3 (54.6%)
120	<b>KOCERKA Jacek</b>	<b>486</b>		M2	43	02:07:15	03:39:53	<b>04:30:30.90</b>	<b>04:30:50.65</b>	+02:05:44 (46.4%)	11:30	5.2 (53.6%)
121	<b>DWORNIK Małgorzata</b>	<b>446</b>		K1	12	02:02:56	03:41:32	<b>04:32:19.05</b>	<b>04:32:26.65</b>	+02:07:20 (46.7%)	11:35	5.2 (53.6%)
122	<b>BAZYDŁO Marcelina</b>	<b>408</b>		K2	19	02:14:35	03:46:57	<b>04:32:28.25</b>	<b>04:32:40.35</b>	+02:07:34 (46.8%)	11:35	5.2 (53.6%)
123	<b>JANUŚ Maria</b>	<b>469</b>		K2	20	02:05:22	03:41:16	<b>04:32:27.75</b>	<b>04:32:46.15</b>	+02:07:39 (46.8%)	11:35	5.2 (53.6%)
124	<b>REGULSKA Monika</b>	<b>572</b>		K1	13	01:59:52	03:39:36	<b>04:33:16.85</b>	<b>04:33:16.85</b>	+02:08:10 (46.9%)	11:37	5.2 (53.6%)
125	<b>SNARSKI Bogdan</b>	<b>595</b>	ALBATROSY	M2	44	02:35:26	03:46:35	<b>04:33:15.25</b>	<b>04:33:17.05</b>	+02:08:10 (46.9%)	11:37	5.2 (53.6%)
126	<b>KARCZEWSKI Jacek</b>	<b>478</b>	GRUPA BIEGOWA UM W-WA	M2	45	02:03:21	03:42:45	<b>04:33:13.20</b>	<b>04:33:29.30</b>	+02:08:23 (46.9%)	11:37	5.2 (53.6%)
126	<b>MROWIEC Paweł</b>	<b>539</b>	HEINEKEN KRAKOW RUNNING CLUB	M2	46	01:32:43	02:47:06	<b>04:33:16.15</b>	<b>04:33:29.30</b>	+02:08:23 (46.9%)	11:37	5.2 (53.6%)
128	<b>WYSOCKA Marta</b>	<b>637</b>	DRUZYNA GRUBEGO MISIA	K2	21	02:05:22	03:41:53	<b>04:33:39.60</b>	<b>04:33:46.00</b>	+02:08:39 (47.0%)	11:38	5.2 (53.6%)
129	<b>KOŃCZEWSKI Daniel</b>	<b>489</b>		M2	47	02:04:23	03:42:23	<b>04:33:47.40</b>	<b>04:34:09.70</b>	+02:09:03 (47.1%)	11:39	5.2 (53.6%)
130	<b>NAWROCKA Paulina</b>	<b>541</b>		K1	14	02:09:56	03:44:06	<b>04:34:37.10</b>	<b>04:34:48.50</b>	+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	<b>SOKÓLSKA Katarzyna</b>	<b>597</b>	OUTDOOR TRAINING	K1	15	02:05:28	03:42:42	<b>04:35:38.05</b>	<b>04:35:55.00</b>	+02:10:48 (47.4%)	11:43	5.1 (52.6%)
132	<b>OKRÓJ Dawid</b>	<b>546</b>		M2	48	02:09:08	03:45:29	<b>04:36:24.30</b>	<b>04:36:36.65</b>	+02:11:30 (47.5%)	11:45	5.1 (52.6%)
133	<b>BALCER Marcin</b>	<b>403</b>	BARUNKI	M2	49	01:57:29	03:42:46	<b>04:37:29.20</b>	<b>04:37:47.55</b>	+02:12:41 (47.8%)	11:48	5.1 (52.6%)
134	<b>ŁATKA Dorota</b>	<b>515</b>		K2	22	02:09:17	03:48:31	<b>04:40:03.60</b>	<b>04:40:22.85</b>	+02:15:16 (48.2%)	11:55	5 (51.5%)
135	<b>KOZIOŁ Paweł</b>	<b>496</b>		M2	50	02:02:44	03:40:27	<b>04:41:04.95</b>	<b>04:41:29.40</b>	+02:16:23 (48.5%)	11:57	5 (51.5%)
136	<b>KASKA Krzysztof</b>	<b>479</b>		M3	12	02:01:11	03:42:51	<b>04:42:23.70</b>	<b>04:42:40.30</b>	+02:17:34 (48.7%)	12:01	5 (51.5%)
137	<b>KINDLER Bartłomiej</b>	<b>483</b>	#BARUNKI	M2	51	02:09:14	03:50:49	<b>04:43:22.65</b>	<b>04:43:22.65</b>	+02:18:16 (48.8%)	12:03	5 (51.5%)
138	<b>STEFANIAK Bożena</b>	<b>603</b>	ROSZADA ŻORY	K2	23	02:08:16	03:49:04	<b>04:43:38.25</b>	<b>04:43:57.80</b>	+02:18:51 (48.9%)	12:04	5 (51.5%)
139	<b>GROCHOWSKI Marcin</b>	<b>458</b>		M2	52	02:03:56	03:48:44	<b>04:44:28.55</b>	<b>04:44:37.55</b>	+02:19:31 (49.0%)	12:06	5 (51.5%)
140	<b>WERYHO Krzysztof</b>	<b>627</b>		M2	53	02:17:05	03:53:12	<b>04:45:09.10</b>	<b>04:45:21.60</b>	+02:20:15 (49.2%)	12:08	4.9 (50.5%)
141	<b>DĄBROWSKI Michał</b>	<b>437</b>	NASUCZAJ	M1	36	02:13:40	03:54:31	<b>04:47:11.65</b>	<b>04:47:17.75</b>	+02:22:11 (49.5%)	12:13	4.9 (50.5%)
142	<b>BOCIĄGA Andrzej</b>	<b>416</b>		M1	37	02:09:46	03:51:57	<b>04:47:22.30</b>	<b>04:47:29.60</b>	+02:22:23 (49.5%)	12:13	4.9 (50.5%)
143	<b>SZYMELFENIG Gabriela</b>	<b>616</b>	AKADEMIABIEGACZA.PL S.L SALOS-WODNA ŁÓDŹ	K1	16	02:12:19	03:53:40	<b>04:47:36.95</b>	<b>04:47:39.35</b>	+02:22:33 (49.6%)	12:14	4.9 (50.5%)
144	<b>KULIGA Ewa</b>	<b>507</b>	EASYRUN RACIBÓRZ	K2	24	02:11:23	03:54:52	<b>04:47:27.05</b>	<b>04:47:39.45</b>	+02:22:33 (49.6%)	12:13	4.9 (50.5%)
145	<b>SZAFRON Marcin</b>	<b>609</b>		M1	38	01:31:27	03:48:33	<b>04:48:14.60</b>	<b>04:48:23.00</b>	+02:23:16 (49.7%)	12:15	4.9 (50.5%)
146	<b>BIAŁAS Bartosz</b>	<b>412</b>		M2	54	02:00:55	03:48:58	<b>04:49:25.60</b>	<b>04:49:38.20</b>	+02:24:31 (49.9%)	12:18	4.9 (50.5%)
147	<b>KOIM Robert</b>	<b>487</b>		M2	55	02:00:36	03:51:41	<b>04:52:16.55</b>	<b>04:52:23.05</b>	+02:27:16 (50.4%)	12:26	4.8 (49.5%)
148	<b>PRZYBYŁKA Agnieszka</b>	<b>566</b>		K1	17	02:16:44	03:59:42	<b>04:52:38.55</b>	<b>04:52:53.65</b>	+02:27:47 (50.5%)	12:27	4.8 (49.5%)
149	<b>STASZEWSKA Sylwia</b>	<b>602</b>		K2	25	02:11:02	03:52:08	<b>04:53:39.90</b>	<b>04:53:50.40</b>	+02:28:44 (50.6%)	12:29	4.8 (49.5%)
150	<b>ROSZKOWSKA Sylwia</b>	<b>575</b>		K2	26	02:12:10	03:57:27	<b>04:55:19.90</b>	<b>04:55:23.10</b>	+02:30:16 (50.9%)	12:34	4.8 (49.5%)
151	<b>WÓJCIK Zbyszek</b>	<b>636</b>		M1	39	02:10:12	03:58:40	<b>04:55:52.95</b>	<b>04:55:59.95</b>	+02:30:53 (51.0%)	12:35	4.8 (49.5%)
151	<b>OTRĘBSKI Tomasz</b>	<b>548</b>		M2	56	02:05:31	03:58:44	<b>04:55:54.30</b>	<b>04:55:59.95</b>	+02:30:53 (51.0%)	12:35	4.8 (49.5%)
153	<b>PAWLAK Ewa</b>	<b>554</b>		K2	27	02:18:00	04:00:28	<b>04:57:21.95</b>	<b>04:57:37.20</b>	+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	<b>KRAKOWSKI Paweł</b>	<b>498</b>		M1	40	01:55:24	04:04:29	<b>04:59:38.30</b>	<b>04:59:46.25</b>	+02:34:40 (51.6%)	12:45	4.7 (48.5%)
155	<b>GRYGNU Sławomir</b>	<b>461</b>		M2	57	02:08:08	04:00:38	<b>05:01:32.45</b>	<b>05:01:46.85</b>	+02:36:40 (51.9%)	12:49	4.7 (48.5%)
156	<b>MAGOCSY Justyna</b>	<b>525</b>		K1	18	02:22:51	04:10:59	<b>05:02:11.95</b>	<b>05:02:21.80</b>	+02:37:15 (52.0%)	12:51	4.7 (48.5%)
157	<b>SZYMAŃSKA Zuzanna</b>	<b>615</b>		K1	19	02:10:07	04:01:23	<b>05:02:38.35</b>	<b>05:02:44.95</b>	+02:37:38 (52.1%)	12:52	4.7 (48.5%)
158	<b>MAMOŃ Katarzyna</b>	<b>528</b>		K2	28	02:16:18	04:11:04	<b>05:02:55.05</b>	<b>05:03:08.35</b>	+02:38:02 (52.1%)	12:53	4.7 (48.5%)
159	<b>BUINEVICIUTE Asta</b>	<b>426</b>	#UNBREAKABLE	K2	29	02:20:25	04:11:17	<b>05:03:26.35</b>	<b>05:03:46.60</b>	+02:38:40 (52.2%)	12:54	4.6 (47.4%)
160	<b>SZCZERBOWSKI Karol</b>	<b>612</b>		M2	58	02:17:09	04:05:45	<b>05:06:34.75</b>	<b>05:06:45.95</b>	+02:41:39 (52.7%)	13:02	4.6 (47.4%)
161	<b>ŚMIECHOWICZ Daniel</b>	<b>620</b>	PORĄBAŁKO	M2	59	02:14:54	04:10:58	<b>05:07:32.80</b>	<b>05:07:49.35</b>	+02:42:43 (52.9%)	13:05	4.6 (47.4%)
162	<b>SOLA Aneta</b>	<b>598</b>	BEŁŻYCE I OKOLICE BIEGAJĄ	K2	30	02:21:42	04:12:10	<b>05:08:54.30</b>	<b>05:09:12.20</b>	+02:44:05 (53.1%)	13:08	4.6 (47.4%)
163	<b>KAWCZYŃSKI Bartosz</b>	<b>480</b>		M1	41	02:14:47	04:00:43	<b>05:10:31.55</b>	<b>05:10:35.05</b>	+02:45:28 (53.3%)	13:12	4.5 (46.4%)
164	<b>NIELIPIŃSKI Mateusz</b>	<b>315</b>	MUFLON PRZYSUCHA	M2	60	02:04:52	04:05:01	<b>05:10:28.40</b>	<b>05:10:50.85</b>	+02:45:44 (53.3%)	13:12	4.5 (46.4%)
165	<b>BORYSOWSKA Monika</b>	<b>420</b>	KORONA SZCZECIN	K2	31	02:10:31	04:12:19	<b>05:11:24.85</b>	<b>05:11:37.75</b>	+02:46:31 (53.4%)	13:15	4.5 (46.4%)
166	<b>DOROŻAŁA Lechosław</b>	<b>441</b>		M2	61	02:15:06	04:14:59	<b>05:12:26.40</b>	<b>05:12:38.00</b>	+02:47:31 (53.6%)	13:17	4.5 (46.4%)
167	<b>DOROŻAŁA Natalia</b>	<b>440</b>		K1	20	02:15:03	04:15:01	<b>05:12:26.85</b>	<b>05:12:38.15</b>	+02:47:31 (53.6%)	13:17	4.5 (46.4%)
168	<b>KAMENECKAS Justinas</b>	<b>476</b>	#UNBREAKABLE	M2	62	02:11:27	04:11:21	<b>05:12:33.30</b>	<b>05:12:54.45</b>	+02:47:48 (53.6%)	13:18	4.5 (46.4%)
169	<b>WOJCIECHOWSKI Marek</b>	<b>632</b>		M2	63	02:15:41	04:07:22	<b>05:13:23.80</b>	<b>05:13:38.35</b>	+02:48:32 (53.7%)	13:20	4.5 (46.4%)
170	<b>BOCHNAK Janek</b>	<b>415</b>		M2	64	02:19:27	04:13:07	<b>05:14:38.25</b>	<b>05:15:00.70</b>	+02:49:54 (53.9%)	13:23	4.5 (46.4%)
171	<b>ZELEŃAK Kamil</b>	<b>640</b>	AUTOSERVIS ERIKA	M2	65	02:14:32	04:12:31	<b>05:16:08.35</b>	<b>05:16:20.65</b>	+02:51:14 (54.1%)	13:27	4.5 (46.4%)
172	<b>ZEMŁA Krzysztof</b>	<b>641</b>		M3	13	02:18:40	04:11:52	<b>05:17:11.10</b>	<b>05:17:25.15</b>	+02:52:18 (54.3%)	13:29	4.4 (45.4%)
173	<b>SŁOWIK Justyna</b>	<b>593</b>	SŁOWIKI BIEGAJĄ	K1	21	02:32:23	04:27:48	<b>05:17:36.75</b>	<b>05:17:56.60</b>	+02:52:50 (54.4%)	13:30	4.4 (45.4%)
174	<b>RZEPECKA Justyna</b>	<b>580</b>	BULBASY BIEGAJĄ	K1	22	02:22:54	04:16:31	<b>05:21:15.95</b>	<b>05:21:15.95</b>	+02:56:09 (54.8%)	13:40	4.4 (45.4%)
175	<b>CABAJ Rafał</b>	<b>428</b>	BIEGUSIEM.PL	M2	66	02:20:38	04:20:39	<b>05:22:29.25</b>	<b>05:22:40.35</b>	+02:57:34 (55.0%)	13:43	4.4 (45.4%)
176	<b>PRZYBYŁA Patrycja</b>	<b>647</b>		K1	23	02:08:54	04:12:12	<b>05:23:03.90</b>	<b>05:23:09.70</b>	+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%)
<b>Przekroczony limit czasu: 06:00:00</b>												
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	<b>MEJKA Małgorzata</b>	<b>531</b>	SPARTAN		K1	01:22:39 DQ	02:28:19 DQ	<b>03:06:04.05</b> <b>DQ</b>	<b>DQ</b>		-	- (0.0%)
DQ	<b>MAZIARZ Artur</b>	<b>530</b>	RUN FOR FUN		M1	01:23:19 DQ	02:29:59 DQ	<b>03:07:22.60</b> <b>DQ</b>	<b>DQ</b>		-	- (0.0%)
	<b>KOŚCIELNIAK Kacper</b>	<b>493</b>	SALCO GARMIN TEAM		M1	01:13:36 DNF	02:01:47 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>SZARF Paweł</b>	<b>346</b>	ANTONTEAM		M1	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 203 wynik(ów)