

**Wydarzenie:** Kudowski Festiwal Biegowy 2022  
**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2022-04-10  
**Miejsce:** Kudowa-Zdrój  
**Dystans:** 21 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	<b>GLAPIAK Damian</b>	<b>4344</b>	ADRUNAFINE	M-40	1	00:54:46	01:23:06	<b>01:41:25.40</b>	<b>01:41:26.50</b>		4:49	12.4 (100%)
2	<b>LAGNER Sebastian</b>	<b>4262</b>	KB SOBÓTKA/ PRZEDWOJEWSKI_TEAM	M-30	1	00:56:18	01:24:31	<b>01:44:08.35</b>	<b>01:44:09.25</b>	+00:02:42 (2.6%)	4:57	12.1 (97.6%)
3	<b>PIHIL Piotr</b>	<b>4345</b>		M-40	2	01:02:39	01:34:01	<b>01:53:36.40</b>	<b>01:53:38.20</b>	+00:12:11 (10.7%)	5:24	11.1 (89.5%)
4	<b>SZKOŁA Wojciech</b>	<b>4306</b>	NATURAL BORN RUNNERS	M-30	2	01:02:36	01:34:06	<b>01:54:12.55</b>	<b>01:54:14.45</b>	+00:12:47 (11.2%)	5:26	11 (88.7%)
5	<b>ROSKOSZ Bartosz</b>	<b>4329</b>	KB HARCOWNIK JELCZ-LASKOWICE	M-30	3	01:02:57	01:36:24	<b>01:57:34.25</b>	<b>01:57:35.35</b>	+00:16:08 (13.7%)	5:35	10.7 (86.3%)
6	<b>ŁĘŻNIAK Aleksander</b>	<b>4257</b>	MONK SANDALS TEAM	M-30	4	01:04:27	01:37:08	<b>01:58:47.25</b>	<b>01:58:49.45</b>	+00:17:22 (14.6%)	5:39	10.6 (85.5%)
7	<b>STANKIEWICZ Tomasz</b>	<b>4236</b>	PLANYBIEGOWE.PL	M-30	5	01:07:02	01:39:40	<b>02:00:40.00</b>	<b>02:00:42.75</b>	+00:19:16 (16.0%)	5:44	10.4 (83.9%)
8	<b>SENKOWSKI Jakub</b>	<b>4334</b>		M-30	6	01:07:07	01:39:56	<b>02:00:54.95</b>	<b>02:00:56.75</b>	+00:19:30 (16.1%)	5:45	10.4 (83.9%)
9	<b>MAKOWSKI Maciej</b>	<b>4058</b>	KORONA PABIANICE	M-40	3	01:07:34	01:39:59	<b>02:01:33.40</b>	<b>02:01:33.40</b>	+00:20:06 (16.5%)	5:47	10.4 (83.9%)
10	<b>MOCZULSKA Małgorzata</b>	<b>4294</b>		K-40	1	01:07:31	01:42:34	<b>02:04:24.60</b>	<b>02:04:27.15</b>	+00:23:00 (18.5%)	5:55	10.1 (81.5%)
11	<b>WOLSKI Marcin</b>	<b>4287</b>		M-30	7	01:09:05	01:44:09	<b>02:06:24.80</b>	<b>02:06:26.60</b>	+00:25:00 (19.8%)	6:01	10 (80.6%)
12	<b>MISZTAL Kamil</b>	<b>4320</b>		M-30	8	01:12:49	01:47:13	<b>02:08:45.60</b>	<b>02:08:48.75</b>	+00:27:22 (21.2%)	6:07	9.8 (79.0%)
13	<b>KULIK-GAWĘDA Iwona</b>	<b>4083</b>	KUDOWIANKARUN	K-30	1	01:09:13	01:45:19	<b>02:10:34.30</b>	<b>02:10:35.95</b>	+00:29:09 (22.3%)	6:13	9.7 (78.2%)
14	<b>FLOREK Katarzyna</b>	<b>4244</b>	140MINUT.PL	K-30	2	01:12:49	01:49:12	<b>02:11:51.65</b>	<b>02:11:53.85</b>	+00:30:27 (23.1%)	6:16	9.6 (77.4%)
15	<b>SADOWSKI Marek</b>	<b>4165</b>		M-40	4	01:12:59	01:49:39	<b>02:13:48.05</b>	<b>02:13:50.80</b>	+00:32:24 (24.2%)	6:22	9.4 (75.8%)
16	<b>SZNUROWSKI Mariusz</b>	<b>4054</b>	KB SOBÓTKA	M-20	1	01:16:00	01:50:57	<b>02:13:47.15</b>	<b>02:13:53.55</b>	+00:32:27 (24.2%)	6:22	9.4 (75.8%)
17	<b>WALKOWIAK Tomasz</b>	<b>4284</b>		M-40	5	01:14:23	01:50:39	<b>02:14:35.15</b>	<b>02:14:38.80</b>	+00:33:12 (24.7%)	6:24	9.4 (75.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
18	<b>ZAJĄCZKOWSKI Jakub</b>	<b>4061</b>	MASTERCHEM RUN TEAM	M-40	6	01:12:51	01:50:11	<b>02:15:35.80</b>	<b>02:15:38.90</b>	+00:34:12 (25.2%)	6:27	9.3 (75.0%)
19	<b>KRAJEWSKI Marcin</b>	<b>4234</b>	ZRYW PARZYMIECHY	M-40	7	01:14:24	01:50:49	<b>02:16:02.30</b>	<b>02:16:04.30</b>	+00:34:37 (25.4%)	6:28	9.3 (75.0%)
20	<b>BUDYNEK Tadeusz</b>	<b>4144</b>	ALVO RACING TEAM	M-40	8	01:18:01	01:57:09	<b>02:20:27.85</b>	<b>02:20:32.30</b>	+00:39:05 (27.8%)	6:41	9 (72.6%)
21	<b>GRZĄBA Szymon</b>	<b>4307</b>		M-40	9	01:16:16	01:55:35	<b>02:20:53.35</b>	<b>02:20:56.50</b>	+00:39:30 (28.0%)	6:42	8.9 (71.8%)
22	<b>KUCIAK Bartosz</b>	<b>4049</b>		M-30	9	01:17:32	01:57:18	<b>02:20:49.05</b>	<b>02:20:56.75</b>	+00:39:30 (28.0%)	6:42	8.9 (71.8%)
23	<b>WOKAN Marcin</b>	<b>4008</b>		M-40	10	01:16:27	01:56:06	<b>02:21:56.50</b>	<b>02:21:59.85</b>	+00:40:33 (28.6%)	6:45	8.9 (71.8%)
24	<b>GRYNKIEWICZ Krzysztof</b>	<b>4275</b>	TRÓJKOWY KLUB TURYSTYCZNY	M-20	2	01:10:23	01:57:04	<b>02:22:26.85</b>	<b>02:22:34.35</b>	+00:41:07 (28.8%)	6:46	8.8 (71.0%)
25	<b>OKOŁOTOWICZ Michał</b>	<b>4020</b>	NOA	M-30	10	01:21:02	01:57:39	<b>02:20:29.65</b>	<b>02:23:30.75</b>	+00:42:04 (29.3%)	6:41	9 (72.6%)
26	<b>GEZELA Robert</b>	<b>4007</b>	EUFORIABIEGACZA TEAM	M-40	11	01:21:04	01:59:04	<b>02:24:54.60</b>	<b>02:24:57.00</b>	+00:43:30 (30.0%)	6:54	8.7 (70.2%)
27	<b>CHAMALA Krzysztof</b>	<b>4086</b>	WEEGREE	M-30	11	01:18:05	02:01:34	<b>02:25:15.70</b>	<b>02:25:15.70</b>	+00:43:49 (30.2%)	6:55	8.7 (70.2%)
28	<b>PIETRASIK Dawid</b>	<b>4067</b>		M-40	12	01:20:27	02:00:49	<b>02:25:25.65</b>	<b>02:25:30.90</b>	+00:44:04 (30.3%)	6:55	8.7 (70.2%)
29	<b>SZAFRAŃSKI Dominik</b>	<b>4335</b>	OBORNICKI KLUB LEKKOATLETYCZNY	M-30	12		02:01:47	<b>02:25:50.00</b>	<b>02:25:50.00</b>	+00:44:23 (30.4%)	6:56	8.6 (69.4%)
30	<b>BRUS Marcin</b>	<b>4093</b>		M-40	13	01:21:23	02:02:14	<b>02:28:27.05</b>	<b>02:28:29.15</b>	+00:47:02 (31.7%)	7:04	8.5 (68.5%)
31	<b>WOSZEK Szymon</b>	<b>4182</b>		M-20	3	01:20:35	02:03:43	<b>02:28:36.95</b>	<b>02:28:40.35</b>	+00:47:13 (31.8%)	7:04	8.5 (68.5%)
32	<b>FRYSIAK Artur</b>	<b>4223</b>	WIELUŃ ULTRA	M-50	1	01:20:27	02:03:47	<b>02:28:54.10</b>	<b>02:28:57.75</b>	+00:47:31 (31.9%)	7:05	8.5 (68.5%)
33	<b>GAWRYSIAK Marek</b>	<b>4141</b>	BIEGOSTACJA	M-50	2	01:19:50	02:02:11	<b>02:31:02.00</b>	<b>02:31:02.00</b>	+00:49:35 (32.8%)	7:11	8.3 (66.9%)
34	<b>ZIELIŃSKI Dominik</b>	<b>4332</b>		M-30	13	01:26:50	02:06:23	<b>02:31:06.40</b>	<b>02:31:24.50</b>	+00:49:58 (33.0%)	7:11	8.3 (66.9%)
35	<b>RYBSKI Witold</b>	<b>4338</b>		M-40	14	01:23:21	02:05:57	<b>02:32:38.90</b>	<b>02:32:47.50</b>	+00:51:21 (33.6%)	7:16	8.3 (66.9%)
36	<b>DĄBROWSKI Michał</b>	<b>4250</b>	CINCLUS	M-50	3	01:25:21	02:07:19	<b>02:32:31.30</b>	<b>02:32:49.20</b>	+00:51:22 (33.6%)	7:15	8.3 (66.9%)
37	<b>DOBERSZTYN Błażej</b>	<b>4328</b>	FIZJOBIEGACZE	M-40	15	01:21:26	02:02:47	<b>02:32:50.85</b>	<b>02:32:50.85</b>	+00:51:24 (33.6%)	7:16	8.2 (66.1%)
38	<b>ŁUSIAK Łukasz</b>	<b>4298</b>		M-30	14	01:26:29	02:06:55	<b>02:32:39.05</b>	<b>02:32:54.90</b>	+00:51:28 (33.7%)	7:16	8.3 (66.9%)
39	<b>SZCZEPANSKI Bartosz</b>	<b>4309</b>	REBELS SOFTWARE	M-30	15	01:23:50	02:05:59	<b>02:32:54.25</b>	<b>02:33:01.35</b>	+00:51:34 (33.7%)	7:16	8.2 (66.1%)
40	<b>BŁĄŻEJEWSKI Łukasz</b>	<b>4310</b>		M-40	16	01:23:55	02:05:48	<b>02:32:57.70</b>	<b>02:33:02.45</b>	+00:51:35 (33.7%)	7:17	8.2 (66.1%)
41	<b>SZERMENT Eryk</b>	<b>4170</b>	MAZURTEAM	M-40	17	01:26:39	02:09:01	<b>02:35:02.20</b>	<b>02:35:09.50</b>	+00:53:43 (34.6%)	7:22	8.1 (65.3%)
42	<b>OSTROWSKI Konrad</b>	<b>4196</b>	TRENING I GÓRY	M-30	16		02:08:44	<b>02:35:28.30</b>	<b>02:35:28.30</b>	+00:54:01 (34.8%)	7:24	8.1 (65.3%)

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43	<b>BACHURSKI Tomasz</b>	<b>4088</b>	140MINUT.PL	M-40	18	01:25:09	02:07:55	<b>02:35:28.50</b>	<b>02:35:28.50</b>	+00:54:02 (34.8%)	7:24	8.1 (65.3%)
44	<b>RÓŻYCKI Jarosław</b>	<b>4319</b>	OBORNICKI KLUB LEKKOATLETYCZNY	M-40	19	01:23:20	02:08:16	<b>02:35:46.65</b>	<b>02:35:51.10</b>	+00:54:24 (34.9%)	7:25	8.1 (65.3%)
45	<b>WRÓBEL Marcin</b>	<b>4245</b>		M-40	20	01:26:49	02:09:32	<b>02:35:43.90</b>	<b>02:35:56.30</b>	+00:54:29 (34.9%)	7:24	8.1 (65.3%)
46	<b>JAKUS Michał</b>	<b>4314</b>	OTM.B	M-30	17	01:25:28	02:07:57	<b>02:36:07.00</b>	<b>02:36:15.70</b>	+00:54:49 (35.1%)	7:26	8.1 (65.3%)
47	<b>DUDA Monika</b>	<b>4019</b>		K-40	2	01:23:52	02:08:14	<b>02:36:30.35</b>	<b>02:36:37.15</b>	+00:55:10 (35.2%)	7:27	8.1 (65.3%)
48	<b>RUDNICKI Krzysztof</b>	<b>4337</b>		M-30	18	01:26:35	02:09:38	<b>02:36:44.10</b>	<b>02:36:51.20</b>	+00:55:24 (35.3%)	7:27	8 (64.5%)
49	<b>PODOLAK Ula</b>	<b>4212</b>	PRZEDWOJEWSKI TEAM	K-20	1	01:25:32	02:09:03	<b>02:37:52.45</b>	<b>02:37:56.70</b>	+00:56:30 (35.8%)	7:31	8 (64.5%)
50	<b>PAWZUN Bartosz</b>	<b>4116</b>	ZRYW PARZYMIECHY	M-30	19	01:23:54	02:09:09	<b>02:38:03.95</b>	<b>02:38:05.25</b>	+00:56:38 (35.8%)	7:31	8 (64.5%)
51	<b>KRYSTEK Marcin</b>	<b>4240</b>	ZRYW PARZYMIECHY	M-40	21	01:25:05	02:09:40	<b>02:38:04.50</b>	<b>02:38:05.30</b>	+00:56:38 (35.8%)	7:31	8 (64.5%)
52	<b>ORZEŁEK Przemysław</b>	<b>4239</b>	ZRYW PARZYMIECHY	M-30	20	01:24:56	02:09:42	<b>02:38:04.65</b>	<b>02:38:05.45</b>	+00:56:38 (35.8%)	7:31	8 (64.5%)
53	<b>CHODKIEWICZ Tomasz</b>	<b>4127</b>	GARDENFLORA MTB TEAM	M-40	22	01:24:01	02:09:09	<b>02:38:06.95</b>	<b>02:38:08.45</b>	+00:56:41 (35.9%)	7:31	8 (64.5%)
54	<b>POLIWOCZAK Patryk</b>	<b>4132</b>	WILKI GÓR	M-30	21	01:23:59	02:09:02	<b>02:38:29.70</b>	<b>02:38:38.75</b>	+00:57:12 (36.1%)	7:32	8 (64.5%)
55	<b>RATAJCZAK Dorota</b>	<b>4207</b>	TRIO FORTIS	K-40	3	01:25:50	02:10:47	<b>02:39:24.20</b>	<b>02:39:25.70</b>	+00:57:59 (36.4%)	7:35	7.9 (63.7%)
56	<b>GŁUCHY Marek</b>	<b>4286</b>	OBORNICKI KLUB LEKKOATLETYCZNY	M-40	23	01:26:39	02:12:01	<b>02:40:54.35</b>	<b>02:40:58.15</b>	+00:59:31 (37.0%)	7:39	7.8 (62.9%)
57	<b>HARETSKI Aleksander</b>	<b>4210</b>		M-30	22	01:25:54	02:10:52	<b>02:41:35.90</b>	<b>02:41:35.90</b>	+01:00:09 (37.2%)	7:41	7.8 (62.9%)
58	<b>ISHCHUK Aliaksandr</b>	<b>4211</b>		M-30	23	01:25:53	02:10:50	<b>02:41:36.05</b>	<b>02:41:36.05</b>	+01:00:09 (37.2%)	7:41	7.8 (62.9%)
59	<b>LECH Judyta</b>	<b>4295</b>	ITMBW KRAKÓW	K-20	2	01:29:54	02:14:23	<b>02:42:14.45</b>	<b>02:42:19.65</b>	+01:00:53 (37.5%)	7:43	7.8 (62.9%)
60	<b>TOMELA Maciej</b>	<b>4130</b>	TEAM GOSZKA	M-30	24	01:30:05	02:15:36	<b>02:44:10.15</b>	<b>02:44:10.15</b>	+01:02:43 (38.2%)	7:49	7.7 (62.1%)
61	<b>SZYMAŃSKA Monika</b>	<b>4330</b>		K-40	4	01:29:58	02:15:43	<b>02:44:41.95</b>	<b>02:44:44.05</b>	+01:03:17 (38.4%)	7:50	7.7 (62.1%)
62	<b>JAROSIŃSKA Barbara</b>	<b>4034</b>	TEAM BIEGANIE NA ŚNIADANIE	K-30	3	01:29:51	02:17:45	<b>02:45:10.95</b>	<b>02:45:15.60</b>	+01:03:49 (38.6%)	7:51	7.6 (61.3%)
63	<b>KRZESIMOWSKI Damian</b>	<b>4186</b>		M-40	24	01:35:23	02:19:36	<b>02:47:36.20</b>	<b>02:47:44.75</b>	+01:06:18 (39.5%)	7:58	7.5 (60.5%)
64	<b>SZAFER Sylwester</b>	<b>4235</b>	ZRYW PARZYMIECHY	M-40	25	01:29:37	02:18:35	<b>02:48:33.25</b>	<b>02:48:34.90</b>	+01:07:08 (39.8%)	8:01	7.5 (60.5%)
65	<b>BARANIAK Robert</b>	<b>4267</b>	JIM TEAM MTB GOSTYŃ	M-40	26	01:26:52	02:16:02	<b>02:48:31.95</b>	<b>02:48:38.35</b>	+01:07:11 (39.8%)	8:01	7.5 (60.5%)
66	<b>BRYGAŁA Tomasz</b>	<b>4322</b>	ADIDAS RUNNERS	M-30	25	01:31:05	02:21:33	<b>02:49:17.35</b>	<b>02:49:42.45</b>	+01:08:15 (40.2%)	8:03	7.4 (59.7%)
67	<b>KOZŁOWSKI Szymon</b>	<b>4299</b>		M-40	27	01:29:55	02:17:58	<b>02:49:50.30</b>	<b>02:49:52.60</b>	+01:08:26 (40.3%)	8:05	7.4 (59.7%)

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68	<b>ŁOBOS Mariusz</b>	<b>4121</b>		M-50	4	01:29:34	02:19:15	<b>02:49:58.45</b>	<b>02:50:04.90</b>	+01:08:38 (40.4%)	8:05	7.4 (59.7%)
69	<b>KRAWIEC Dominik</b>	<b>4050</b>		M-30	26	01:35:24	02:21:34	<b>02:50:04.05</b>	<b>02:50:12.60</b>	+01:08:46 (40.4%)	8:05	7.4 (59.7%)
70	<b>BERDYCHOWSKI Jakub</b>	<b>4187</b>	MEPROZET KOŚCIAN TEAM	M-40	28	01:26:55	02:16:36	<b>02:50:17.75</b>	<b>02:50:26.05</b>	+01:08:59 (40.5%)	8:06	7.4 (59.7%)
71	<b>SKRZYPCZYK Tomasz</b>	<b>4183</b>		M-30	27	01:35:20	02:20:21	<b>02:50:07.15</b>	<b>02:50:27.40</b>	+01:09:00 (40.5%)	8:06	7.4 (59.7%)
72	<b>MICHALSKA Magdalena</b>	<b>4181</b>	SOCIOS SILESIA	K-30	4	01:35:20	02:20:22	<b>02:50:06.75</b>	<b>02:50:27.65</b>	+01:09:01 (40.5%)	8:06	7.4 (59.7%)
73	<b>PIĘTA Piotr</b>	<b>4227</b>		M-20	4	01:30:42	02:19:12	<b>02:50:45.85</b>	<b>02:50:57.75</b>	+01:09:31 (40.7%)	8:07	7.4 (59.7%)
74	<b>BAHLAI Mykhailo</b>	<b>4221</b>		M-20	5	01:41:13	02:25:12	<b>02:53:04.80</b>	<b>02:53:23.80</b>	+01:11:57 (41.5%)	8:14	7.3 (58.9%)
75	<b>SMIERZCHAŁA Adam</b>	<b>4218</b>	MOSINA	M-50	5	01:39:34	02:26:57	<b>02:54:26.65</b>	<b>02:54:33.75</b>	+01:13:07 (41.9%)	8:18	7.2 (58.1%)
76	<b>BUDYNEK Dariusz</b>	<b>4153</b>		M-40	29	01:35:21	02:26:05	<b>02:54:56.35</b>	<b>02:55:01.70</b>	+01:13:35 (42.0%)	8:19	7.2 (58.1%)
77	<b>TULIK Przemysław</b>	<b>4247</b>		M-50	6	01:35:20	02:25:34	<b>02:55:08.45</b>	<b>02:55:17.00</b>	+01:13:50 (42.1%)	8:20	7.2 (58.1%)
78	<b>WOJCIECHOWSKA Dorota</b>	<b>4290</b>		K-40	5	01:35:21	02:24:56	<b>02:55:11.80</b>	<b>02:55:34.10</b>	+01:14:07 (42.2%)	8:20	7.2 (58.1%)
79	<b>DOBEK Mateusz</b>	<b>4062</b>	JAWOR RIVER GYM	M-30	28	01:35:19	02:24:16	<b>02:55:24.25</b>	<b>02:55:41.80</b>	+01:14:15 (42.3%)	8:21	7.2 (58.1%)
80	<b>BOŻEK Grzegorz</b>	<b>4179</b>	KB ZDYSZAAANI CHOCIANÓW	M-40	30	01:39:29	02:26:56	<b>02:55:41.80</b>	<b>02:55:49.60</b>	+01:14:23 (42.3%)	8:21	7.2 (58.1%)
81	<b>NIMSZ Kamila</b>	<b>4276</b>	CS RUNNING CLUB	K-40	6	01:36:09	02:26:22	<b>02:55:48.45</b>	<b>02:56:00.95</b>	+01:14:34 (42.4%)	8:22	7.2 (58.1%)
82	<b>PTAK Patryk</b>	<b>4232</b>	CHORZOWSKIE STOWARZYSZENIE BIEGACZY DŁUGODYSTANSOWYCH "W RUCHU"	M-30	29	01:36:45	02:25:51	<b>02:55:54.70</b>	<b>02:56:04.45</b>	+01:14:37 (42.4%)	8:22	7.2 (58.1%)
83	<b>FILIPEK Tomasz</b>	<b>4079</b>		M-30	30	01:35:30	02:24:33	<b>02:56:41.15</b>	<b>02:56:45.25</b>	+01:15:18 (42.6%)	8:24	7.1 (57.3%)
84	<b>PLOK Krzysztof</b>	<b>4201</b>		M-50	7	01:35:25	02:26:32	<b>02:57:22.15</b>	<b>02:57:27.70</b>	+01:16:01 (42.8%)	8:26	7.1 (57.3%)
85	<b>TRZEPACZ Dorota</b>	<b>4123</b>	KB LUPUS OLEŚNICA	K-40	7	01:39:24	02:26:23	<b>02:57:15.30</b>	<b>02:57:37.80</b>	+01:16:11 (42.9%)	8:26	7.1 (57.3%)
86	<b>BUGAJ Alan</b>	<b>4249</b>		M-30	31	01:39:27	02:27:34	<b>02:58:13.35</b>	<b>02:58:26.30</b>	+01:16:59 (43.2%)	8:29	7.1 (57.3%)
87	<b>SACZUK Dawid</b>	<b>4213</b>		M-30	32	01:35:32	02:26:05	<b>02:58:47.50</b>	<b>02:58:53.60</b>	+01:17:27 (43.3%)	8:30	7 (56.5%)
88	<b>SKARŻYŃSKI Kamil</b>	<b>4147</b>	PLANYBIEGOWE.PL	M-20	6	01:40:29	02:30:27	<b>02:58:36.95</b>	<b>02:58:57.80</b>	+01:17:31 (43.3%)	8:30	7.1 (57.3%)
89	<b>WĘGOREK Monika</b>	<b>4324</b>		K-40	8	01:29:56	02:30:59	<b>02:59:11.95</b>	<b>02:59:17.00</b>	+01:17:50 (43.4%)	8:31	7 (56.5%)
90	<b>BASIŃSKI Bartosz</b>	<b>4274</b>		M-40	31	01:35:21	02:27:10	<b>02:59:14.45</b>	<b>02:59:17.20</b>	+01:17:50 (43.4%)	8:32	7 (56.5%)
91	<b>BRUNKE Tomasz</b>	<b>4339</b>	RUN BYDGOSZCZ	M-50	8	01:41:34	02:30:25	<b>02:59:15.20</b>	<b>02:59:26.70</b>	+01:18:00 (43.5%)	8:32	7 (56.5%)
92	<b>BŁAŻEJCZAK Tomasz</b>	<b>4253</b>	#BIEGAJLESZNO	M-30	33	01:35:20	02:29:53	<b>02:59:36.95</b>	<b>02:59:40.00</b>	+01:18:13 (43.5%)	8:33	7 (56.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
93	<b>RABIEGA Monika</b>	<b>4238</b>	#BIEGAJLESZNO	K-40	9	01:35:19	02:29:53	<b>02:59:37.45</b>	<b>02:59:40.20</b>	+01:18:13 (43.5%)	8:33	7 (56.5%)
94	<b>KUJACZYŃSKA Iga</b>	<b>4285</b>		K-30	5	01:36:50	02:29:13	<b>02:59:38.70</b>	<b>02:59:42.25</b>	+01:18:15 (43.6%)	8:33	7 (56.5%)
95	<b>STEPOWICZ Marek</b>	<b>4159</b>	VEGE RUNNERS	M-50	9	01:35:29	02:28:10	<b>03:00:14.85</b>	<b>03:00:20.95</b>	+01:18:54 (43.8%)	8:34	7 (56.5%)
96	<b>KOŁEK Adrian</b>	<b>4283</b>	DRINK TEAM	M-30	34	01:40:13	02:30:55	<b>03:01:35.35</b>	<b>03:01:35.35</b>	+01:20:08 (44.1%)	8:38	6.9 (55.6%)
97	<b>ŁUSIAK Katarzyna</b>	<b>4297</b>		K-30	6	01:41:12	02:30:35	<b>03:01:31.85</b>	<b>03:01:48.15</b>	+01:20:21 (44.2%)	8:38	6.9 (55.6%)
98	<b>GAJDA Michał</b>	<b>4178</b>		M-30	35	01:44:57	02:33:00	<b>03:02:20.15</b>	<b>03:02:34.10</b>	+01:21:07 (44.4%)	8:40	6.9 (55.6%)
99	<b>KOPKA Paweł</b>	<b>4190</b>		M-40	32	01:39:25	02:29:43	<b>03:02:24.65</b>	<b>03:02:42.70</b>	+01:21:16 (44.5%)	8:41	6.9 (55.6%)
100	<b>KACZMAREK Mateusz</b>	<b>4326</b>		M-30	36	01:44:58	02:33:06	<b>03:02:42.90</b>	<b>03:03:03.75</b>	+01:21:37 (44.6%)	8:42	6.9 (55.6%)
101	<b>ZIOMBKA Kuba</b>	<b>4085</b>		M-40	33	01:39:33	02:30:46	<b>03:03:12.20</b>	<b>03:03:17.75</b>	+01:21:51 (44.7%)	8:43	6.9 (55.6%)
102	<b>MASZTALSKA Joanna</b>	<b>4209</b>		K-20	3	01:37:43	02:31:55	<b>03:03:47.50</b>	<b>03:03:51.20</b>	+01:22:24 (44.8%)	8:45	6.9 (55.6%)
103	<b>CZELUŚNIAK Filip</b>	<b>4266</b>		M-30	37	01:43:34	02:33:46	<b>03:04:09.00</b>	<b>03:04:19.35</b>	+01:22:52 (45.0%)	8:46	6.8 (54.8%)
104	<b>DZIERGWA Agnieszka</b>	<b>4340</b>	RNB TEAM POLANICA ZDRÓJ/ PRZEDWOJEWSKI TEAM	K-30	7	01:39:50	02:30:58	<b>03:04:11.80</b>	<b>03:04:21.15</b>	+01:22:54 (45.0%)	8:46	6.8 (54.8%)
105	<b>JANOWICZ Wojtek</b>	<b>4164</b>		M-30	38	01:38:25	02:31:45	<b>03:04:33.30</b>	<b>03:04:33.30</b>	+01:23:06 (45.0%)	8:47	6.8 (54.8%)
106	<b>JASIŃSKI Adam</b>	<b>4291</b>		M-40	34	01:44:54	02:34:56	<b>03:04:19.05</b>	<b>03:04:41.05</b>	+01:23:14 (45.1%)	8:46	6.8 (54.8%)
107	<b>WYLEŻAŁA Marzena</b>	<b>4174</b>	#BIEGIEMWLAS	K-40	10	01:39:23	02:33:53	<b>03:05:44.50</b>	<b>03:05:56.60</b>	+01:24:30 (45.4%)	8:50	6.8 (54.8%)
108	<b>JESKE Marek</b>	<b>4010</b>	RUN BYDGOSZCZ	M-50	10	01:41:24	02:32:45	<b>03:05:57.25</b>	<b>03:06:07.90</b>	+01:24:41 (45.5%)	8:51	6.8 (54.8%)
109	<b>ZIELEZINSKI Łukasz</b>	<b>4263</b>	HURAGAN LIGOTA	M-30	39	01:42:27	02:34:10	<b>03:06:20.40</b>	<b>03:06:30.35</b>	+01:25:03 (45.6%)	8:52	6.8 (54.8%)
110	<b>BŁASZKIEWICZ Klaudia</b>	<b>4280</b>		K-30	8	01:43:07	02:34:40	<b>03:06:29.10</b>	<b>03:06:35.25</b>	+01:25:08 (45.6%)	8:52	6.8 (54.8%)
111	<b>UPTAS Tomasz</b>	<b>4242</b>	CROSS STRACEŃCÓW TEAM	M-40	35	01:43:42	02:38:31	<b>03:07:01.00</b>	<b>03:07:09.55</b>	+01:25:43 (45.8%)	8:54	6.7 (54.0%)
112	<b>OSSOWSKI Adam</b>	<b>4272</b>		M-40	36	01:46:14	02:33:54	<b>03:07:01.10</b>	<b>03:07:24.15</b>	+01:25:57 (45.9%)	8:54	6.7 (54.0%)
113	<b>WÓJCICKI Tomasz</b>	<b>4331</b>	ITMBW KRAKÓW	M-30	40	01:40:05	02:35:16	<b>03:07:25.75</b>	<b>03:07:30.70</b>	+01:26:04 (45.9%)	8:55	6.7 (54.0%)
114	<b>LAUBACH Radosław</b>	<b>4197</b>	RAAN	M-30	41	01:47:08	02:42:23	<b>03:07:45.10</b>	<b>03:07:45.10</b>	+01:26:18 (46.0%)	8:56	6.7 (54.0%)
115	<b>KOZAK Bartosz</b>	<b>4119</b>	KOZAKI	M-40	37	01:44:47	02:39:00	<b>03:07:41.10</b>	<b>03:08:02.70</b>	+01:26:36 (46.1%)	8:56	6.7 (54.0%)
116	<b>MODZELEWSKA Anna</b>	<b>4336</b>		K-20	4	01:42:28	02:35:32	<b>03:08:19.50</b>	<b>03:08:26.70</b>	+01:27:00 (46.2%)	8:58	6.7 (54.0%)
117	<b>BUSZEWSKI Zbyszek</b>	<b>4217</b>		M-30	42	01:42:31	02:35:16	<b>03:08:33.25</b>	<b>03:08:42.10</b>	+01:27:15 (46.2%)	8:58	6.7 (54.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
118	<b>CYBUSLKI Dariusz</b>	<b>4204</b>	KB INTREX POZNAŃ	M-40	38	01:45:08	02:37:38	<b>03:09:01.90</b>	<b>03:09:08.60</b>	+01:27:42 (46.4%)	9:00	6.7 (54.0%)
119	<b>LUBAŃSKA Alicja</b>	<b>4273</b>		K-50	1	01:40:55	02:37:56	<b>03:09:24.95</b>	<b>03:09:31.55</b>	+01:28:05 (46.5%)	9:01	6.7 (54.0%)
120	<b>SUCHENIA Daniel</b>	<b>4163</b>		M-50	11	01:47:25	02:39:11	<b>03:10:09.45</b>	<b>03:10:25.95</b>	+01:28:59 (46.7%)	9:03	6.6 (53.2%)
121	<b>SKRĘTEK Monika</b>	<b>4151</b>	BIEGAMDLAZDROWIA. PL	K-50	2	01:46:22	02:39:07	<b>03:10:15.45</b>	<b>03:10:34.75</b>	+01:29:08 (46.8%)	9:03	6.6 (53.2%)
122	<b>WOJCIECHOWSKI Mariusz</b>	<b>4203</b>	KB INTREX POZNAŃ	M-30	43	01:45:07	02:37:40	<b>03:10:36.60</b>	<b>03:10:43.40</b>	+01:29:16 (46.8%)	9:04	6.6 (53.2%)
123	<b>NOWAK Arkadiusz</b>	<b>4148</b>		M-30	44	01:44:46	02:39:19	<b>03:11:29.25</b>	<b>03:11:29.25</b>	+01:30:02 (47.0%)	9:07	6.6 (53.2%)
124	<b>ORŁOWSKI Robert</b>	<b>4056</b>	BIEGNĘ NA PÓŁNOC	M-30	45	01:44:58	02:38:49	<b>03:12:29.90</b>	<b>03:12:40.90</b>	+01:31:14 (47.4%)	9:09	6.5 (52.4%)
125	<b>KUSZ Joanna</b>	<b>4243</b>	CROSS STRACEŃCÓW TEAM	K-30	9	01:43:44	02:39:17	<b>03:12:50.50</b>	<b>03:12:58.30</b>	+01:31:31 (47.4%)	9:10	6.5 (52.4%)
126	<b>WALKOWIAK Dominika</b>	<b>4135</b>	#BIEGAJLESZNO	K-30	10	01:42:18	02:39:44	<b>03:13:04.50</b>	<b>03:13:10.30</b>	+01:31:43 (47.5%)	9:11	6.5 (52.4%)
127	<b>RACZKOWSKI Rafał</b>	<b>4096</b>		M-40	39	01:48:08	02:39:14	<b>03:12:52.85</b>	<b>03:13:14.00</b>	+01:31:47 (47.5%)	9:11	6.5 (52.4%)
128	<b>CZYŻOWICZ-GOTFRYD Agnieszka</b>	<b>4268</b>	POLISH RUNNERS SQUAD	K-50	3	01:50:00	02:42:15	<b>03:13:13.65</b>	<b>03:13:28.90</b>	+01:32:02 (47.6%)	9:12	6.5 (52.4%)
129	<b>BARTKIEWICZ Lech</b>	<b>4059</b>		M-40	40	01:46:02	02:42:29	<b>03:14:04.85</b>	<b>03:14:19.50</b>	+01:32:53 (47.8%)	9:14	6.5 (52.4%)
130	<b>WIETRZYŃSKA Agnieszka</b>	<b>4092</b>	SZTUKA RUCHU	K-40	11	01:42:24	02:40:23	<b>03:15:32.25</b>	<b>03:15:40.55</b>	+01:34:14 (48.2%)	9:18	6.4 (51.6%)
131	<b>NEUMANN Jacek</b>	<b>4154</b>	CENTRUM ŁĄKOWA 1	M-50	12	01:47:51	02:41:53	<b>03:16:30.30</b>	<b>03:16:47.30</b>	+01:35:20 (48.5%)	9:21	6.4 (51.6%)
132	<b>BRZEŻAŃSKA Joanna</b>	<b>4333</b>		K-40	12	01:45:33	02:44:51	<b>03:16:54.85</b>	<b>03:17:03.10</b>	+01:35:36 (48.5%)	9:22	6.4 (51.6%)
133	<b>CHUDZIŃSKI Łukasz</b>	<b>4254</b>	JIM TEAM MTB GOSTYŃ	M-40	41	01:45:45	02:41:42	<b>03:17:02.25</b>	<b>03:17:10.85</b>	+01:35:44 (48.6%)	9:22	6.4 (51.6%)
133	<b>PRZEWOŻNY Robert</b>	<b>4265</b>	JIM TEAM MTB GOSTYŃ	M-30	46	01:45:38	02:41:43	<b>03:17:02.90</b>	<b>03:17:10.85</b>	+01:35:44 (48.6%)	9:22	6.4 (51.6%)
135	<b>LAUBACH Anna</b>	<b>4198</b>	RAAN	K-30	11	01:46:57	02:45:14	<b>03:17:07.15</b>	<b>03:17:20.75</b>	+01:35:54 (48.6%)	9:23	6.4 (51.6%)
136	<b>DOMOSŁAWSKA Joanna</b>	<b>4214</b>		K-40	13	01:47:27	02:44:21	<b>03:19:00.60</b>	<b>03:19:11.40</b>	+01:37:44 (49.1%)	9:28	6.3 (50.8%)
137	<b>ERET Marzena</b>	<b>4206</b>		K-40	14	01:45:39	02:44:52	<b>03:20:08.95</b>	<b>03:20:11.80</b>	+01:38:45 (49.3%)	9:31	6.3 (50.8%)
138	<b>HEJNE Agnieszka</b>	<b>4193</b>		K-40	15	01:45:40	02:44:53	<b>03:20:10.50</b>	<b>03:20:13.55</b>	+01:38:47 (49.3%)	9:31	6.3 (50.8%)
139	<b>JANOWSKA Ewa</b>	<b>4142</b>		K-30	12	01:52:44	02:47:30	<b>03:20:04.05</b>	<b>03:20:22.70</b>	+01:38:56 (49.4%)	9:31	6.3 (50.8%)
140	<b>BRZOZOWSKA Marlena</b>	<b>4293</b>		K-40	16	01:47:50	02:46:03	<b>03:21:45.20</b>	<b>03:22:01.90</b>	+01:40:35 (49.8%)	9:36	6.2 (50.0%)
141	<b>BRZOZOWSKI Marcin</b>	<b>4292</b>		M-40	42	01:47:47	02:45:58	<b>03:21:45.05</b>	<b>03:22:02.05</b>	+01:40:35 (49.8%)	9:36	6.2 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
142	<b>LESIK Łukasz</b>	<b>4278</b>		M-40	43		02:45:34	<b>03:22:23.70</b>	<b>03:22:23.70</b>	+01:40:57 (49.9%)	9:38	6.2 (50.0%)
143	<b>STASIAK Łukasz</b>	<b>4013</b>	WATAHA - ŁĄCZY NAS BIEGANIE	M-30	47	01:52:14	02:47:55	<b>03:22:17.45</b>	<b>03:22:40.70</b>	+01:41:14 (49.9%)	9:37	6.2 (50.0%)
144	<b>KAŹMIERCZAK Anna</b>	<b>4230</b>	#BIEGAJLESZNO	K-40	17	01:47:00	02:49:04	<b>03:23:02.65</b>	<b>03:23:09.15</b>	+01:41:42 (50.1%)	9:40	6.2 (50.0%)
145	<b>DZIWAK Dariusz</b>	<b>4012</b>	TIMOTHY	M-30	48	01:51:29	02:49:17	<b>03:22:50.35</b>	<b>03:23:11.15</b>	+01:41:44 (50.1%)	9:39	6.2 (50.0%)
146	<b>SOBOTA Paweł</b>	<b>4095</b>		M-30	49	01:45:03	02:47:36	<b>03:23:26.75</b>	<b>03:23:26.75</b>	+01:42:00 (50.1%)	9:41	6.2 (50.0%)
147	<b>STACHOWIAK Emilia</b>	<b>4173</b>	#BIEGIEMWLAS	K-30	13	01:43:35	02:48:47	<b>03:24:07.75</b>	<b>03:24:21.70</b>	+01:42:55 (50.4%)	9:43	6.2 (50.0%)
148	<b>DZIEŹA Roma</b>	<b>4084</b>	RUN BYDGOSZCZ	K-50	4	01:51:53	02:50:19	<b>03:24:37.50</b>	<b>03:24:50.65</b>	+01:43:24 (50.5%)	9:44	6.2 (50.0%)
148	<b>MELWIŃSKA Paulina</b>	<b>4091</b>	RUN BYDGOSZCZ	K-40	18	01:51:54	02:50:18	<b>03:24:37.45</b>	<b>03:24:50.65</b>	+01:43:24 (50.5%)	9:44	6.2 (50.0%)
150	<b>WUDECKA Beata</b>	<b>4281</b>		K-50	5	01:54:54	02:48:28	<b>03:24:46.90</b>	<b>03:24:59.00</b>	+01:43:32 (50.5%)	9:45	6.2 (50.0%)
151	<b>STAMM Tomasz</b>	<b>4134</b>		M-50	13	01:48:05	02:48:50	<b>03:25:01.80</b>	<b>03:25:16.15</b>	+01:43:49 (50.6%)	9:45	6.1 (49.2%)
152	<b>SZYMURA Izabela</b>	<b>4246</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	K-40	19	01:48:20	02:50:16	<b>03:25:25.15</b>	<b>03:25:31.30</b>	+01:44:04 (50.6%)	9:46	6.1 (49.2%)
153	<b>KONIECZNA Aleksandra</b>	<b>4317</b>	-	K-30	14	01:52:38	02:51:26	<b>03:25:37.05</b>	<b>03:25:55.45</b>	+01:44:28 (50.7%)	9:47	6.1 (49.2%)
154	<b>BERNACKA Kinga</b>	<b>4318</b>		K-30	15	01:52:37	02:51:27	<b>03:25:37.45</b>	<b>03:25:55.60</b>	+01:44:29 (50.7%)	9:47	6.1 (49.2%)
155	<b>ŚMIECHOWSKA Małgorzata</b>	<b>4301</b>		K-40	20	01:52:58	02:52:09	<b>03:26:14.20</b>	<b>03:26:23.55</b>	+01:44:57 (50.9%)	9:49	6.1 (49.2%)
156	<b>NAMYSŁ Maciej</b>	<b>4081</b>	KOŹMIN BIEGA ULTRA RUNNERS	M-40	44	01:45:43	02:44:53	<b>03:26:36.45</b>	<b>03:26:41.35</b>	+01:45:14 (50.9%)	9:50	6.1 (49.2%)
157	<b>WOŹNA Marta</b>	<b>4308</b>	RUN TEAM RYDZYNA	K-30	16	01:51:42	02:50:41	<b>03:26:44.90</b>	<b>03:26:57.20</b>	+01:45:30 (51.0%)	9:50	6.1 (49.2%)
158	<b>LUPA Mirosław</b>	<b>4175</b>		M-50	14	01:54:31	02:50:00	<b>03:27:29.20</b>	<b>03:27:35.80</b>	+01:46:09 (51.1%)	9:52	6.1 (49.2%)
159	<b>KLICH Sylwia</b>	<b>4156</b>	#BIEGIEMWLAS	K-30	17	01:48:05	02:50:57	<b>03:28:03.00</b>	<b>03:28:16.45</b>	+01:46:49 (51.3%)	9:54	6.1 (49.2%)
160	<b>MAŚLANA Katarzyna</b>	<b>4271</b>		K-30	18	01:58:29	02:57:06	<b>03:28:18.30</b>	<b>03:28:34.40</b>	+01:47:07 (51.4%)	9:55	6 (48.4%)
161	<b>GNIZA Karolina</b>	<b>4302</b>		K-20	5	01:48:24	02:48:03	<b>03:29:25.50</b>	<b>03:29:29.50</b>	+01:48:03 (51.6%)	9:58	6 (48.4%)
162	<b>BORKOWSKI Marcel</b>	<b>4101</b>		M-30	50	01:49:35	02:50:16	<b>03:29:17.40</b>	<b>03:29:40.00</b>	+01:48:13 (51.6%)	9:57	6 (48.4%)
163	<b>ZIELIŃSKA Małgorzata</b>	<b>4136</b>		K-50	6	01:49:59	02:51:33	<b>03:30:31.35</b>	<b>03:30:39.30</b>	+01:49:12 (51.8%)	10:01	6 (48.4%)
164	<b>DUSZYŃSKI Jacek</b>	<b>4270</b>		M-50	15	01:47:16	02:51:13	<b>03:30:33.80</b>	<b>03:30:41.25</b>	+01:49:14 (51.9%)	10:01	6 (48.4%)
165	<b>SZÓSTAK Krzysztof</b>	<b>4098</b>	KB HARCOWNIK JELCZ-LASKOWICE	M-60	1	01:52:40	02:56:53	<b>03:30:32.95</b>	<b>03:30:47.80</b>	+01:49:21 (51.9%)	10:01	6 (48.4%)
166	<b>KWIATKOWSKA Marta</b>	<b>4107</b>		K-40	21	01:52:57	02:53:09	<b>03:30:43.20</b>	<b>03:30:57.55</b>	+01:49:31 (51.9%)	10:02	6 (48.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
167	<b>RAJTAR Robert</b>	<b>4327</b>		M-40	45	01:59:36	02:57:06	<b>03:31:02.65</b>	<b>03:31:26.35</b>	+01:49:59 (52.0%)	10:02	6 (48.4%)
168	<b>KOŃ Aleksandra</b>	<b>4097</b>	EKIPA LIPA	K-40	22	01:52:05	02:52:11	<b>03:31:40.45</b>	<b>03:31:44.30</b>	+01:50:17 (52.1%)	10:04	6 (48.4%)
169	<b>PACYNA Marek</b>	<b>4220</b>		M-50	16	01:52:56	02:54:04	<b>03:32:24.75</b>	<b>03:32:36.55</b>	+01:51:10 (52.3%)	10:06	5.9 (47.6%)
170	<b>BĘBAS Paweł</b>	<b>4208</b>		M-40	46	01:59:57	02:59:43	<b>03:32:48.75</b>	<b>03:32:48.75</b>	+01:51:22 (52.3%)	10:08	5.9 (47.6%)
171	<b>ZYGOŃ Artur</b>	<b>4158</b>		M-30	51	01:50:49	02:58:36	<b>03:33:18.20</b>	<b>03:33:23.80</b>	+01:51:57 (52.5%)	10:09	5.9 (47.6%)
172	<b>GOZDYRA Dariusz</b>	<b>4011</b>	RAZ SZCZECIN	M-40	47	01:46:33	02:49:25	<b>03:33:21.10</b>	<b>03:33:31.25</b>	+01:52:04 (52.5%)	10:09	5.9 (47.6%)
173	<b>JĄSKIEWICZ Katarzyna</b>	<b>4199</b>		K-40	23	01:52:59	02:52:42	<b>03:33:23.05</b>	<b>03:33:33.10</b>	+01:52:06 (52.5%)	10:09	5.9 (47.6%)
174	<b>DOLECKA Elżbieta</b>	<b>4114</b>	NKB CHYŻY NOWY TOMYŚL	K-40	24	01:58:28	02:58:13	<b>03:33:23.00</b>	<b>03:33:43.00</b>	+01:52:16 (52.5%)	10:09	5.9 (47.6%)
175	<b>GEJDA Przemysław</b>	<b>4259</b>		M-40	48	01:54:27	02:57:05	<b>03:34:03.25</b>	<b>03:34:26.90</b>	+01:53:00 (52.7%)	10:11	5.9 (47.6%)
176	<b>KASPRZYK Marcin</b>	<b>4113</b>		M-20	7	02:01:07	03:00:41	<b>03:34:17.20</b>	<b>03:34:31.45</b>	+01:53:04 (52.7%)	10:12	5.9 (47.6%)
177	<b>HYLIŃSKA Hanna</b>	<b>4076</b>	PATORUNNERS	K-30	19	01:47:28	02:52:24	<b>03:34:27.85</b>	<b>03:34:37.30</b>	+01:53:10 (52.7%)	10:12	5.9 (47.6%)
178	<b>CHEŁCHOWSKA Katarzyna</b>	<b>4078</b>		K-30	20	01:54:21	02:58:02	<b>03:34:50.15</b>	<b>03:34:54.80</b>	+01:53:28 (52.8%)	10:13	5.9 (47.6%)
179	<b>MAJ Magdalena</b>	<b>4117</b>	GRAŻYŃKI OCR	K-30	21	01:54:32	02:58:06	<b>03:34:49.90</b>	<b>03:34:54.90</b>	+01:53:28 (52.8%)	10:13	5.9 (47.6%)
180	<b>POKORNY Tomasz</b>	<b>4282</b>		M-50	17	02:02:56	03:01:02	<b>03:35:18.40</b>	<b>03:35:30.30</b>	+01:54:03 (52.9%)	10:15	5.9 (47.6%)
181	<b>MODRZYŃSKI Przemysław</b>	<b>4139</b>	NGT PROBAR	M-50	18	01:58:11	03:00:11	<b>03:35:33.00</b>	<b>03:35:50.85</b>	+01:54:24 (53.0%)	10:15	5.8 (46.8%)
182	<b>NOLAS Jolanta</b>	<b>4195</b>	KLUB BIEGACZA HARCOWNIK	K-50	7	02:01:05	03:01:20	<b>03:35:56.90</b>	<b>03:36:11.45</b>	+01:54:44 (53.1%)	10:16	5.8 (46.8%)
183	<b>KOZAK Ewa</b>	<b>4118</b>	KOZAKI	K-40	25	01:59:32	03:01:16	<b>03:36:08.85</b>	<b>03:36:30.25</b>	+01:55:03 (53.1%)	10:17	5.8 (46.8%)
184	<b>SKRZĄTEK Anna</b>	<b>4137</b>		K-40	26	02:01:09	03:01:25	<b>03:36:22.45</b>	<b>03:36:33.75</b>	+01:55:07 (53.2%)	10:18	5.8 (46.8%)
185	<b>APANOVA Ekaterina</b>	<b>4256</b>		K-30	22	01:54:14	03:00:28	<b>03:37:09.10</b>	<b>03:37:28.80</b>	+01:56:02 (53.4%)	10:20	5.8 (46.8%)
186	<b>SKÓRSKI Stanisław</b>	<b>4027</b>	RAZ SZCZECIN	M-60	2	01:57:17	03:00:58	<b>03:37:44.05</b>	<b>03:37:53.95</b>	+01:56:27 (53.4%)	10:22	5.8 (46.8%)
187	<b>KOŁODZIEJ Marzena</b>	<b>4155</b>	#BIEGIEMWLAS	K-40	27	01:54:22	03:02:07	<b>03:37:44.85</b>	<b>03:37:58.65</b>	+01:56:32 (53.5%)	10:22	5.8 (46.8%)
188	<b>SAJNAJ Adrian</b>	<b>4080</b>		M-20	8	02:03:06	03:03:01	<b>03:37:58.90</b>	<b>03:38:14.25</b>	+01:56:47 (53.5%)	10:22	5.8 (46.8%)
189	<b>NATKANIEC Grazyna</b>	<b>4100</b>	EKIPA LIPA	K-50	8	01:59:38	02:59:03	<b>03:38:10.30</b>	<b>03:38:14.40</b>	+01:56:47 (53.5%)	10:23	5.8 (46.8%)
190	<b>STACHOWIAK Joanna</b>	<b>4074</b>		K-20	6	02:03:03	03:03:03	<b>03:37:59.05</b>	<b>03:38:14.50</b>	+01:56:48 (53.5%)	10:22	5.8 (46.8%)
191	<b>KAMIŃSKA Andżelika</b>	<b>4177</b>		K-40	28	02:01:01	03:03:09	<b>03:39:28.25</b>	<b>03:39:45.95</b>	+01:58:19 (53.8%)	10:27	5.7 (46.0%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
192	<b>URBAN Alicja</b>	<b>4102</b>	KACZKATEAM	K-20	7	01:57:49	03:03:28	<b>03:39:36.50</b>	<b>03:39:47.90</b>	+01:58:21 (53.8%)	10:27	5.7 (46.0%)
193	<b>MORAŃSKA Małgorzata</b>	<b>4125</b>		K-30	23	02:03:52	03:04:11	<b>03:39:48.65</b>	<b>03:40:07.30</b>	+01:58:40 (53.9%)	10:28	5.7 (46.0%)
194	<b>FLORCZAK Monika</b>	<b>4047</b>		K-30	24	01:58:17	03:05:18	<b>03:40:34.80</b>	<b>03:40:46.10</b>	+01:59:19 (54.1%)	10:30	5.7 (46.0%)
195	<b>SKIBA Anna</b>	<b>4289</b>	KB HARCOWNIK	K-40	29	02:00:45	03:04:18	<b>03:40:36.55</b>	<b>03:40:52.50</b>	+01:59:26 (54.1%)	10:30	5.7 (46.0%)
196	<b>MAĆKOWIAK Joanna</b>	<b>4225</b>		K-20	8	02:02:50	03:05:13	<b>03:41:04.85</b>	<b>03:41:23.50</b>	+01:59:57 (54.2%)	10:31	5.7 (46.0%)
197	<b>ANTKOWIAK Mirosław</b>	<b>4224</b>		M-50	19	01:55:35	03:04:43	<b>03:41:21.05</b>	<b>03:41:25.30</b>	+01:59:58 (54.2%)	10:32	5.7 (46.0%)
198	<b>STROMIDŁO Anna</b>	<b>4279</b>	BROWAR DOMOWY HATAK	K-40	30	01:56:25	03:02:32	<b>03:42:52.95</b>	<b>03:43:01.85</b>	+02:01:35 (54.5%)	10:36	5.7 (46.0%)
199	<b>OLEJNIK Ilona</b>	<b>4017</b>	KRWIOBIEGANIE	K-50	9	02:03:25	03:08:40	<b>03:43:38.20</b>	<b>03:43:52.25</b>	+02:02:25 (54.7%)	10:38	5.6 (45.2%)
200	<b>BACHURSKA Ewa</b>	<b>4077</b>	KB HARCOWNIK JELCZ-LASKOWICE	K-40	31	02:04:52	03:09:32	<b>03:44:22.85</b>	<b>03:44:38.50</b>	+02:03:12 (54.8%)	10:41	5.6 (45.2%)
201	<b>FRYSIAK Barbara</b>	<b>4222</b>	WIELUŃ	K-50	10	02:01:14	03:07:18	<b>03:44:44.75</b>	<b>03:44:48.10</b>	+02:03:21 (54.9%)	10:42	5.6 (45.2%)
202	<b>KACZMAREK Monika</b>	<b>4124</b>	NKB CHYŻY NOWY TOMYŚL	K-40	32	02:04:50	03:09:32	<b>03:44:34.15</b>	<b>03:44:53.30</b>	+02:03:26 (54.9%)	10:41	5.6 (45.2%)
203	<b>SKRZYŃSKA Marlena</b>	<b>4150</b>	ZIELONA GÓRO ZACZNIJ BIEGAĆ	K-30	25	02:03:28	03:09:00	<b>03:45:11.10</b>	<b>03:45:25.15</b>	+02:03:58 (55.0%)	10:43	5.6 (45.2%)
204	<b>NIEPORECKA Sylwia</b>	<b>4248</b>		K-40	33	02:05:20	03:09:48	<b>03:45:16.70</b>	<b>03:45:34.25</b>	+02:04:07 (55.0%)	10:43	5.6 (45.2%)
205	<b>CICHY Roman</b>	<b>4188</b>	MUAY RUNNING TEAM	M-40	49	02:05:17	03:10:23	<b>03:45:24.70</b>	<b>03:45:41.00</b>	+02:04:14 (55.1%)	10:44	5.6 (45.2%)
206	<b>WIELAND Lidia</b>	<b>4103</b>	RUN TEAM RYDZYNA	K-50	11	02:02:46	03:09:58	<b>03:47:05.05</b>	<b>03:47:12.20</b>	+02:05:45 (55.4%)	10:48	5.5 (44.4%)
206	<b>GISZCZYŃSKA Wanda</b>	<b>4111</b>	RUN TEAM RYDZYNA	K-40	34	02:02:54	03:10:01	<b>03:47:06.65</b>	<b>03:47:12.20</b>	+02:05:45 (55.4%)	10:48	5.5 (44.4%)
208	<b>TRAWA Małgorzata</b>	<b>4108</b>	RUN TEAM RYDZYNA	K-40	35	02:02:44	03:09:55	<b>03:47:06.30</b>	<b>03:47:12.40</b>	+02:05:45 (55.4%)	10:48	5.5 (44.4%)
209	<b>BARTOSZEWSKA Katarzyna</b>	<b>4269</b>	TEAM RÓŻOWEJ PELERYNKI	K-40	36	02:05:10	03:09:29	<b>03:47:30.70</b>	<b>03:47:43.90</b>	+02:06:17 (55.5%)	10:50	5.5 (44.4%)
210	<b>MARCINIAK Irmína</b>	<b>4035</b>	TEAM BIEGANIE NA ŚNIADANIE	K-40	37	02:05:57	03:11:56	<b>03:48:25.70</b>	<b>03:48:42.70</b>	+02:07:16 (55.6%)	10:52	5.5 (44.4%)
211	<b>SKRZYPIŃSKA Agnieszka</b>	<b>4126</b>	PSI PATROL	K-40	38	02:04:27	03:09:58	<b>03:48:41.75</b>	<b>03:48:51.95</b>	+02:07:25 (55.7%)	10:53	5.5 (44.4%)
212	<b>GOŹDZICKA Iwona</b>	<b>4149</b>	ZIELONA GÓRO ZACZNIJ BIEGAĆ / GB STATYSTYKA LUBUSKA	K-40	39	02:06:39	03:10:58	<b>03:49:16.05</b>	<b>03:49:30.00</b>	+02:08:03 (55.8%)	10:55	5.5 (44.4%)
213	<b>BARTKIEWICZ Halina</b>	<b>4018</b>		K-40	40	02:07:16	03:10:56	<b>03:49:16.90</b>	<b>03:49:31.95</b>	+02:08:05 (55.8%)	10:55	5.5 (44.4%)
214	<b>SIARKIEWICZ Jola</b>	<b>4133</b>	BIEGAMDLAZDROWIA.PL	K-60	1	02:04:56	03:10:48	<b>03:49:24.65</b>	<b>03:49:44.35</b>	+02:08:17 (55.8%)	10:55	5.5 (44.4%)
215	<b>PICHER RÓŻYŁO Joanna</b>	<b>4140</b>		K-40	41	02:07:46	03:14:36	<b>03:49:32.35</b>	<b>03:49:51.20</b>	+02:08:24 (55.9%)	10:55	5.5 (44.4%)
216	<b>WOZNIAK Radosław</b>	<b>4143</b>		M-50	20	02:08:04	03:14:38	<b>03:49:32.45</b>	<b>03:49:51.55</b>	+02:08:25 (55.9%)	10:55	5.5 (44.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
217	<b>NOWAK Monika</b>	<b>4233</b>		K-40	42	02:05:09	03:10:18	<b>03:49:58.00</b>	<b>03:50:20.80</b>	+02:08:54 (56.0%)	10:57	5.5 (44.4%)
218	<b>JANKOWSKA Katarzyna</b>	<b>4215</b>		K-40	43	01:54:14	03:07:27	<b>03:50:19.65</b>	<b>03:50:30.30</b>	+02:09:03 (56.0%)	10:58	5.5 (44.4%)
219	<b>MAĆKOWIAK Adam</b>	<b>4226</b>		M-20	9	02:05:59	03:10:29	<b>03:50:38.00</b>	<b>03:50:57.30</b>	+02:09:30 (56.1%)	10:58	5.5 (44.4%)
220	<b>CHILARSKA Elżbieta</b>	<b>4152</b>	KUDOWIANKA RUN	K-30	26	02:05:00	03:12:34	<b>03:51:16.05</b>	<b>03:51:33.75</b>	+02:10:07 (56.2%)	11:00	5.4 (43.5%)
221	<b>KMIECIŃSKI Paweł</b>	<b>4009</b>	KUDOWIANKA RUN	M-40	50	02:04:59	03:12:31	<b>03:51:15.80</b>	<b>03:51:33.85</b>	+02:10:07 (56.2%)	11:00	5.4 (43.5%)
222	<b>SERWATKA Angelika</b>	<b>4277</b>	KOBIETY WATAHY	K-30	27	02:05:28	03:11:57	<b>03:52:03.90</b>	<b>03:52:15.25</b>	+02:10:48 (56.3%)	11:03	5.4 (43.5%)
223	<b>MANDES Anna</b>	<b>4304</b>	IZABELIN NA START	K-40	44	02:06:29	03:13:31	<b>03:52:42.10</b>	<b>03:52:56.95</b>	+02:11:30 (56.5%)	11:04	5.4 (43.5%)
224	<b>ADAMCZYK Piotr</b>	<b>4323</b>		M-30	52	02:02:52	03:10:55	<b>03:52:56.00</b>	<b>03:53:17.70</b>	+02:11:51 (56.5%)	11:05	5.4 (43.5%)
225	<b>DOBRZYŃSKA Joanna</b>	<b>4169</b>		K-40	45	02:07:45	03:19:01	<b>03:55:19.10</b>	<b>03:55:36.00</b>	+02:14:09 (56.9%)	11:12	5.4 (43.5%)
226	<b>ŁUŻNY Agnieszka</b>	<b>4255</b>	TEAM PAPRY	K-30	28	02:05:19	03:17:15	<b>03:55:34.80</b>	<b>03:55:51.05</b>	+02:14:24 (57.0%)	11:13	5.3 (42.7%)
227	<b>PAWLAK Mateusz</b>	<b>4015</b>	BIEGNIJ OŁAWO	M-30	53	02:06:18	03:16:28	<b>03:55:25.25</b>	<b>03:56:44.15</b>	+02:15:17 (57.1%)	11:12	5.4 (43.5%)
227	<b>JAROSŁAWSKI Mariusz</b>	<b>4106</b>	BIEGNIJ OŁAWO	M-50	21	02:06:41	03:16:30	<b>03:55:26.00</b>	<b>03:56:44.15</b>	+02:15:17 (57.1%)	11:12	5.4 (43.5%)
229	<b>SAMULSKA Agata</b>	<b>4109</b>		K-50	12	02:05:24	03:17:54	<b>03:57:04.25</b>	<b>03:57:11.25</b>	+02:15:44 (57.2%)	11:17	5.3 (42.7%)
230	<b>GRĘZEL-GAWRON Jolanta</b>	<b>4044</b>		K-40	46	02:06:34	03:16:18	<b>03:57:13.10</b>	<b>03:57:30.05</b>	+02:16:03 (57.3%)	11:17	5.3 (42.7%)
231	<b>RĘBECKA Violetta</b>	<b>4029</b>	BIEGAMDLAZDROWIA. PL	K-40	47	02:05:57	03:17:41	<b>03:57:55.30</b>	<b>03:58:15.35</b>	+02:16:48 (57.4%)	11:19	5.3 (42.7%)
232	<b>PELCZER Agnieszka</b>	<b>4128</b>	KB HARCOWNIK JELCZ-LASKOWICE	K-40	48	02:08:02	03:18:21	<b>03:59:26.60</b>	<b>03:59:42.35</b>	+02:18:15 (57.7%)	11:24	5.3 (42.7%)
233	<b>IGNASZEWSKA Marta</b>	<b>4160</b>		K-40	49	02:08:19	03:17:33	<b>04:00:37.00</b>	<b>04:00:48.60</b>	+02:19:22 (57.9%)	11:27	5.2 (41.9%)
234	<b>PIETRZAK Agnieszka</b>	<b>4172</b>	BIEGAJĄCE KREJZOLE	K-40	50	02:08:27	03:17:49	<b>04:00:36.20</b>	<b>04:00:48.70</b>	+02:19:22 (57.9%)	11:27	5.2 (41.9%)
235	<b>MAĆKOWIAK Karolina</b>	<b>4072</b>	MAĆKOWIAK TEAM	K-40	51	02:05:43	03:20:27	<b>04:02:01.80</b>	<b>04:02:09.40</b>	+02:20:42 (58.1%)	11:31	5.2 (41.9%)
236	<b>VAN KESSEL - PALUSZKIEWICZ Monika</b>	<b>4073</b>	MAĆKOWIAK TEAM	K-40	52	02:06:05	03:20:31	<b>04:02:01.80</b>	<b>04:02:09.50</b>	+02:20:43 (58.1%)	11:31	5.2 (41.9%)
237	<b>BRZEZIŃSKA Ewa</b>	<b>4138</b>		K-50	13	02:08:20	03:22:04	<b>04:04:19.60</b>	<b>04:04:28.80</b>	+02:23:02 (58.5%)	11:38	5.2 (41.9%)
238	<b>SZALEWICZ Małgorzata</b>	<b>4037</b>	RAZ SZCZECIN	K-50	14	02:08:07	03:21:14	<b>04:05:34.35</b>	<b>04:05:43.95</b>	+02:24:17 (58.7%)	11:41	5.1 (41.1%)
239	<b>BUĆKO Artur</b>	<b>4131</b>	I'M INSPIRATION	M-50	22	02:11:13	03:28:15	<b>04:06:42.95</b>	<b>04:07:03.40</b>	+02:25:36 (58.9%)	11:44	5.1 (41.1%)
240	<b>PIETRZAK Anna</b>	<b>4036</b>		K-40	53	02:17:13	03:29:31	<b>04:07:44.35</b>	<b>04:07:53.55</b>	+02:26:27 (59.1%)	11:47	5.1 (41.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
241	<b>POMAŁECKA Barbara</b>	<b>4094</b>		K-30	29	02:07:20	03:22:29	<b>04:10:42.35</b>	<b>04:10:51.20</b>	+02:29:24 (59.6%)	11:56	5 (40.3%)
242	<b>DZIEDZIC Paweł</b>	<b>4031</b>		M-50	23	02:07:11	03:23:29	<b>04:11:02.80</b>	<b>04:11:26.40</b>	+02:29:59 (59.7%)	11:57	5 (40.3%)
243	<b>PAWLUSIŃSKA Marzena</b>	<b>4057</b>		K-40	54	02:10:12	03:28:35	<b>04:11:18.70</b>	<b>04:11:28.15</b>	+02:30:01 (59.7%)	11:58	5 (40.3%)
244	<b>UCHEREK Kazimierz</b>	<b>4166</b>		M-50	24	02:05:02	03:19:10	<b>04:18:00.55</b>	<b>04:18:11.55</b>	+02:36:45 (60.7%)	12:17	4.9 (39.5%)
245	<b>UCHEREK Kinga</b>	<b>4167</b>		K-40	55	02:05:00	03:19:11	<b>04:17:59.95</b>	<b>04:18:11.85</b>	+02:36:45 (60.7%)	12:17	4.9 (39.5%)
246	<b>KONIECZNY Piotr</b>	<b>4087</b>	NKB CHYŻY NOWY TOMYŚL	M-40	51	02:19:10	03:42:24	<b>04:25:31.20</b>	<b>04:25:50.60</b>	+02:44:24 (61.8%)	12:38	4.7 (37.9%)
247	<b>WOJCIECHOWSKI Przemysław</b>	<b>4066</b>	CHYŁA SPRINT GROUP	M-50	25	02:21:26	03:37:07	<b>04:29:16.80</b>	<b>04:29:41.10</b>	+02:48:14 (62.4%)	12:49	4.7 (37.9%)
248	<b>CAŁKA Barbara</b>	<b>4065</b>	KOBIECE BIEGANIE	K-50	15	02:21:22	03:37:09	<b>04:29:16.90</b>	<b>04:29:41.40</b>	+02:48:14 (62.4%)	12:49	4.7 (37.9%)
249	<b>TWARDOWSKI Wojciech</b>	<b>4168</b>	RUN BYDGOSZCZ	M-50	26	02:34:38	03:54:14	<b>04:41:20.30</b>	<b>04:41:32.40</b>	+03:00:05 (64.0%)	13:23	4.5 (36.3%)
250	<b>BRZEZIŃSKI Andrzej</b>	<b>4162</b>	LANRUNS	M-60	3	02:27:55	03:55:35	<b>04:45:55.55</b>	<b>04:45:59.80</b>	+03:04:33 (64.5%)	13:36	4.4 (35.5%)
251	<b>DOBROWOLSKA Bożena</b>	<b>4104</b>	SPORTOWI EMERYCI JELENIA GÓRA	K-60	2	02:33:03	04:01:35	<b>04:49:23.60</b>	<b>04:49:39.20</b>	+03:08:12 (65.0%)	13:46	4.4 (35.5%)
252	<b>DOBROWOLSKI Robert</b>	<b>4105</b>	SPORTOWI EMERYCI JELENIA GÓRA	M-60	4	02:32:31	04:00:39	<b>04:49:23.55</b>	<b>04:49:39.30</b>	+03:08:12 (65.0%)	13:46	4.4 (35.5%)
253	<b>FRĄKOWIAK Anna</b>	<b>4129</b>	KB HARCOWNIK JELCZ-LASKOWICE	K-50	16	02:38:03	04:01:47	<b>04:49:28.80</b>	<b>04:49:43.50</b>	+03:08:17 (65.0%)	13:47	4.4 (35.5%)
254	<b>BARAŃSKA Adrianna</b>	<b>4261</b>	SOCIOS SILESIA	K-20	9	02:39:30	04:00:14	<b>04:52:34.75</b>	<b>04:52:52.00</b>	+03:11:25 (65.4%)	13:55	4.3 (34.7%)
255	<b>KOSTULSKA Olga</b>	<b>4300</b>	WKURW_TEAM	K-30	30	02:36:31	04:02:26	<b>04:52:41.60</b>	<b>04:52:55.15</b>	+03:11:28 (65.4%)	13:56	4.3 (34.7%)
	<b>BAKSALARY Lidia</b>	<b>4180</b>	#BIEGAJLESZNO	K-40		01:40:58 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>MACHNIO Nikola</b>	<b>4228</b>		K-20		02:58:46 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>KOTYŚ Paweł</b>	<b>4229</b>		M-20		DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 258 wynik(ów)