

**Wydarzenie:** Kudowski Festiwal Biegowy  
**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2023-04-02  
**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	STAJNIAK Bartłomiej	4222	STAJNIAK TEAM / AZS PO	M-30	1	01:01:14	01:33:22	01:52:29.25	01:52:29.25		5:21	11.2 (100%)
2	ŻUCHOWSKI Daniel	4248	HOKA RUNNERS POLAND	M-30	2	01:01:19	01:33:21	01:52:30.60	01:52:30.60	+00:00:01 (0.0%)	5:21	11.2 (100%)
3	PRZYBYLSKI Łukasz	4148	KS IDMAR	M-40	1	01:03:42	01:34:23	01:54:40.05	01:54:40.05	+00:02:10 (1.9%)	5:27	11 (98.2%)
4	SZCZEPANIAK Witold	4072		M-40	2	01:03:26	01:34:56	01:55:51.10	01:55:51.10	+00:03:21 (2.9%)	5:31	10.9 (97.3%)
5	TRZEPAK Łukasz	4200		M-30	3	01:04:21	01:37:41	01:57:19.55	01:57:19.55	+00:04:50 (4.1%)	5:35	10.7 (95.5%)
6	KIEŁBASIEWICZ Dawid	4007	TRAIL IS OUR WAY	M-20	1	01:06:54	01:40:59	02:03:31.45	02:03:31.45	+00:11:02 (8.9%)	5:52	10.2 (91.1%)
7	PIĄTEK Mateusz	4073	RMT TEAM PRO	M-30	4	01:08:43	01:42:24	02:04:12.35	02:04:12.35	+00:11:43 (9.4%)	5:54	10.1 (90.2%)
8	PAPROCKA Urszula	4247	NOWA HUTA TEAM	K-30	1	01:09:29	01:45:11	02:08:18.85	02:08:18.85	+00:15:49 (12.3%)	6:06	9.8 (87.5%)
9	MŁYNARSKI Mateusz	4122	TRITOGO	M-30	5	01:09:20	01:45:30	02:08:27.70	02:08:27.70	+00:15:58 (12.4%)	6:07	9.8 (87.5%)
10	BEDNARZ Kuba	4241	MAGAZYN NA SZCZYCIE	M-40	3	01:11:30	01:46:11	02:09:24.90	02:09:24.90	+00:16:55 (13.1%)	6:09	9.7 (86.6%)
11	PODKAŃSKI Bartosz	4168	GOPR KARKONOSZE	M-40	4	01:10:32	01:46:28	02:09:27.95	02:09:27.95	+00:16:58 (13.1%)	6:09	9.7 (86.6%)
12	SOŁTYSIK Kamil	4263		M-30	6	01:09:26	01:45:11	02:10:11.30	02:10:11.30	+00:17:42 (13.6%)	6:11	9.7 (86.6%)
13	ZAWOJAK Aleksander	4053	RONAL POLSKA RUN	M-30	7	01:13:07	01:49:32	02:12:49.90	02:12:49.90	+00:20:20 (15.3%)	6:19	9.5 (84.8%)
14	KRZESIŃSKI Dariusz	4147	ORANGE POLSKA S.A.	M-40	5	01:12:00	01:49:42	02:13:12.75	02:13:12.75	+00:20:43 (15.6%)	6:20	9.5 (84.8%)
15	BEDNARZ Krzysztof	4267	PRZEDWOJEWSKI TEAM	M-40	6	01:12:32	01:48:57	02:13:21.00	02:13:21.00	+00:20:51 (15.6%)	6:21	9.4 (83.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
16	<b>OBSTÓJ Karolina</b>	<b>4242</b>	ON RUNNING	K-30	2	01:10:34	01:48:58	<b>02:13:36.10</b>	<b>02:13:36.10</b>	+00:21:06 (15.8%)	6:21	9.4 (83.9%)
17	<b>FLOREK Katarzyna</b>	<b>4153</b>	AW-SZYBCIEJ-TEAM	K-30	3	01:13:29	01:50:44	<b>02:14:03.90</b>	<b>02:14:03.90</b>	+00:21:34 (16.1%)	6:23	9.4 (83.9%)
18	<b>STANKIEWICZ Tomasz</b>	<b>4236</b>	PLANYBIEGOWE.PL	M-30	8	01:10:31	01:48:03	<b>02:14:43.55</b>	<b>02:14:43.55</b>	+00:22:14 (16.5%)	6:24	9.4 (83.9%)
19	<b>RYBARCZYK Kamil</b>	<b>4255</b>	MARMUROWE DZIKI	M-30	9	01:13:41	01:50:47	<b>02:15:14.10</b>	<b>02:15:14.10</b>	+00:22:44 (16.8%)	6:26	9.3 (83.0%)
20	<b>KARGÓL Rafał</b>	<b>4152</b>	LOGTECH TEAM RADZIONKÓW	M-40	7	01:12:02	01:50:39	<b>02:17:59.80</b>	<b>02:17:59.80</b>	+00:25:30 (18.5%)	6:34	9.1 (81.3%)
21	<b>DUSZYŃSKI Tomasz</b>	<b>4109</b>	BIEGANIE NA ŚNIADANIE ŚMIGIEL	M-30	10	01:14:42	01:54:00	<b>02:18:46.35</b>	<b>02:18:46.35</b>	+00:26:17 (18.9%)	6:36	9.1 (81.3%)
22	<b>PACEK Tomasz</b>	<b>4206</b>	FIZJOBIEGACZE SZCZECIN	M-30	11	01:13:43	01:53:21	<b>02:19:11.05</b>	<b>02:19:11.05</b>	+00:26:41 (19.2%)	6:37	9.1 (81.3%)
23	<b>MIKA Andrzej</b>	<b>4025</b>		M-30	12	01:17:07	01:55:33	<b>02:21:23.30</b>	<b>02:21:23.30</b>	+00:28:54 (20.4%)	6:43	8.9 (79.5%)
24	<b>MICHALOWSKI Marcin</b>	<b>4214</b>	#MARCINSWIERCTEAM	M-40	8	01:18:55	01:57:04	<b>02:21:28.70</b>	<b>02:21:28.70</b>	+00:28:59 (20.5%)	6:44	8.9 (79.5%)
25	<b>GEZELA Robert</b>	<b>4231</b>	EUFORIA BIEGACZA TEAM	M-40	9	01:18:16	01:55:45	<b>02:21:29.25</b>	<b>02:21:29.25</b>	+00:29:00 (20.5%)	6:44	8.9 (79.5%)
26	<b>CHAMALA Krzysztof</b>	<b>4198</b>	WEEGREE	M-40	10	01:16:43	01:58:36	<b>02:25:03.55</b>	<b>02:25:03.55</b>	+00:32:34 (22.5%)	6:54	8.7 (77.7%)
27	<b>MAZUREK Łukasz</b>	<b>4120</b>	DOMINIK GRZĄDZIEL TEAM	M-30	13	01:18:52	01:58:34	<b>02:25:27.60</b>	<b>02:25:27.60</b>	+00:32:58 (22.7%)	6:55	8.7 (77.7%)
28	<b>VARENYTSIA Nadiia</b>	<b>4144</b>	KABER	K-30	4	01:18:54	02:00:02	<b>02:26:37.90</b>	<b>02:26:37.90</b>	+00:34:08 (23.3%)	6:58	8.6 (76.8%)
29	<b>KONECKI Damian</b>	<b>4207</b>		M-30	14	01:18:56	02:00:29	<b>02:29:01.25</b>	<b>02:29:01.25</b>	+00:36:32 (24.5%)	7:05	8.5 (75.9%)
30	<b>PAWLEWICZ Paweł</b>	<b>4151</b>		M-30	15	01:23:44	02:02:17	<b>02:29:05.05</b>	<b>02:29:05.05</b>	+00:36:35 (24.5%)	7:05	8.5 (75.9%)
31	<b>MARCINIAK Maciej</b>	<b>4142</b>		M-40	11	01:22:32	02:02:26	<b>02:29:07.10</b>	<b>02:29:07.10</b>	+00:36:37 (24.6%)	7:06	8.4 (75.0%)
32	<b>MICHAŁKIEWICZ Wojciech</b>	<b>4186</b>	AKADEMIA WOJSK ŁĄDOWY	M-50	1	01:21:24	02:01:50	<b>02:29:15.35</b>	<b>02:29:15.35</b>	+00:36:46 (24.6%)	7:06	8.4 (75.0%)
33	<b>SZÓSTAK Łukasz</b>	<b>4101</b>		M-40	12	01:21:22	02:02:42	<b>02:29:36.95</b>	<b>02:29:36.95</b>	+00:37:07 (24.8%)	7:07	8.4 (75.0%)
34	<b>HRYCAJ Marcin</b>	<b>4268</b>	KB ODRA OPOLE	M-40	13	01:20:25	02:04:03	<b>02:29:51.30</b>	<b>02:29:51.30</b>	+00:37:22 (24.9%)	7:08	8.4 (75.0%)
35	<b>JĘDRYCHOWSKI Bartłomiej</b>	<b>4262</b>		M-40	14	01:24:58	02:05:30	<b>02:31:11.20</b>	<b>02:31:11.20</b>	+00:38:41 (25.6%)	7:11	8.3 (74.1%)
36	<b>PILETSKI Maksim</b>	<b>4244</b>	BIEGACZE STU MOSTÓW	M-30	16	01:23:02	02:05:16	<b>02:31:55.85</b>	<b>02:31:55.85</b>	+00:39:26 (26.0%)	7:14	8.3 (74.1%)
37	<b>MODZELEWSKI Michał</b>	<b>4250</b>		M-20	2	01:23:43	02:05:01	<b>02:31:56.00</b>	<b>02:31:56.00</b>	+00:39:26 (26.0%)	7:14	8.3 (74.1%)
38	<b>CICHOŃ Adrian</b>	<b>4166</b>		M-30	17	01:18:58	02:01:21	<b>02:32:10.05</b>	<b>02:32:10.05</b>	+00:39:40 (26.1%)	7:14	8.3 (74.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
39	<b>OLEJNIK Marcin</b>	<b>4264</b>		M-40	15	01:26:59	02:07:05	<b>02:32:28.75</b>	<b>02:32:28.75</b>	+00:39:59 (26.2%)	7:15	8.3 (74.1%)
40	<b>PIELATOWSKI Adam</b>	<b>4149</b>		M-30	18	01:25:06	02:07:03	<b>02:32:30.10</b>	<b>02:32:30.10</b>	+00:40:00 (26.2%)	7:15	8.3 (74.1%)
41	<b>RASZKE Łukasz</b>	<b>4189</b>	REAL TEAM	M-30	19	01:24:48	02:08:22	<b>02:32:48.25</b>	<b>02:32:48.25</b>	+00:40:19 (26.4%)	7:16	8.2 (73.2%)
42	<b>CIEŚLIK Sławomir</b>	<b>4183</b>	ANTONTEAM	M-40	16	01:24:53	02:08:21	<b>02:32:48.35</b>	<b>02:32:48.35</b>	+00:40:19 (26.4%)	7:16	8.2 (73.2%)
43	<b>SKOCZYLAS Karolina</b>	<b>4209</b>	SKOCZYLIWLASY / STAY INSANE	K-30	5	01:25:45	02:07:35	<b>02:33:31.85</b>	<b>02:33:31.85</b>	+00:41:02 (26.7%)	7:18	8.2 (73.2%)
44	<b>WILAMOWSKI Bartłomiej</b>	<b>4074</b>	RYKOWISKO TEAM	M-30	20	01:24:09	02:07:16	<b>02:34:45.05</b>	<b>02:34:45.05</b>	+00:42:15 (27.3%)	7:22	8.1 (72.3%)
45	<b>NIŻEWSKI Paweł</b>	<b>4238</b>	KRAKOWIAK ULTRA TEAM	M-40	17	01:22:30	02:07:36	<b>02:34:54.45</b>	<b>02:34:54.45</b>	+00:42:25 (27.4%)	7:22	8.1 (72.3%)
46	<b>SKOCZYLAS Łukasz</b>	<b>4253</b>		M-40	18	01:27:23	02:09:26	<b>02:35:06.75</b>	<b>02:35:06.75</b>	+00:42:37 (27.5%)	7:23	8.1 (72.3%)
47	<b>MATYSIAK Marcin</b>	<b>4121</b>	T.S. IRON MAN	M-40	19	01:24:04	02:08:08	<b>02:37:43.85</b>	<b>02:37:43.85</b>	+00:45:14 (28.7%)	7:30	8 (71.4%)
48	<b>NOWAK Łukasz</b>	<b>4103</b>		M-30	21	01:25:46	02:08:24	<b>02:38:50.20</b>	<b>02:38:50.20</b>	+00:46:20 (29.2%)	7:33	7.9 (70.5%)
49	<b>KAYSIEWICZ Maciej</b>	<b>4205</b>	NATURAL BORN RUNNERS TEAM	M-50	2	01:26:39	02:09:47	<b>02:39:13.20</b>	<b>02:39:13.20</b>	+00:46:43 (29.4%)	7:34	7.9 (70.5%)
50	<b>SZCZEPANSKI Bartosz</b>	<b>4023</b>	REBELS RUNNING TEAM	M-30	22	01:26:50	02:11:07	<b>02:39:30.80</b>	<b>02:39:30.80</b>	+00:47:01 (29.5%)	7:35	7.9 (70.5%)
51	<b>KORALEWSKI Bartłomiej</b>	<b>4163</b>		M-40	20	01:29:06	02:12:24	<b>02:40:53.65</b>	<b>02:40:53.65</b>	+00:48:24 (30.1%)	7:39	7.8 (69.6%)
52	<b>BURKICIAK Dominik</b>	<b>4157</b>		M-30	23	01:29:10	02:11:40	<b>02:41:19.05</b>	<b>02:41:19.05</b>	+00:48:49 (30.3%)	7:40	7.8 (69.6%)
53	<b>KĘDZIORA Jacek</b>	<b>4108</b>	BIEGANIE NA ŚNIADANIE ŚMIGIEL	M-40	21	01:26:47	02:11:49	<b>02:41:44.05</b>	<b>02:41:44.05</b>	+00:49:14 (30.4%)	7:42	7.8 (69.6%)
54	<b>ZEMLEDUCH Tomasz</b>	<b>4022</b>	ZEMLEDUCHY	M-30	24	01:26:58	02:12:04	<b>02:42:04.95</b>	<b>02:42:04.95</b>	+00:49:35 (30.6%)	7:43	7.8 (69.6%)
55	<b>AKUTKO Dawid</b>	<b>4130</b>		M-30	25	01:28:47	02:12:26	<b>02:42:19.25</b>	<b>02:42:19.25</b>	+00:49:50 (30.7%)	7:43	7.8 (69.6%)
56	<b>JAKUBIAK Jakub</b>	<b>4141</b>	SPORTOWE RZEZIMIESZKI	M-30	26	01:23:41	02:09:20	<b>02:42:30.40</b>	<b>02:42:30.40</b>	+00:50:01 (30.8%)	7:44	7.8 (69.6%)
57	<b>KSIEZKA Joanna</b>	<b>4237</b>	PCH SPORT / S12	K-40	1	01:29:11	02:14:12	<b>02:42:33.85</b>	<b>02:42:33.85</b>	+00:50:04 (30.8%)	7:44	7.8 (69.6%)
58	<b>ZAJĄC Aleksander</b>	<b>4212</b>		M-30	27	01:27:14	02:12:50	<b>02:42:51.90</b>	<b>02:42:51.90</b>	+00:50:22 (30.9%)	7:45	7.7 (68.8%)
59	<b>MIŚTA Roman</b>	<b>4104</b>		M-50	3	01:27:18	02:12:48	<b>02:42:55.25</b>	<b>02:42:55.25</b>	+00:50:26 (31.0%)	7:45	7.7 (68.8%)
60	<b>SZERMENT Eryk</b>	<b>4000</b>	MAZURTEAM	M-40	22	01:29:09	02:13:08	<b>02:43:07.50</b>	<b>02:43:07.50</b>	+00:50:38 (31.0%)	7:46	7.7 (68.8%)
61	<b>NIEDŹWIECKI Marcin</b>	<b>4118</b>		M-30	28	01:28:20	02:12:47	<b>02:44:00.15</b>	<b>02:44:00.15</b>	+00:51:30 (31.4%)	7:48	7.7 (68.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
62	<b>OLEJNIK Egidiusz</b>	<b>4208</b>		M-30	29	01:34:37	02:17:23	<b>02:45:37.35</b>	<b>02:45:37.35</b>	+00:53:08 (32.1%)	7:53	7.6 (67.9%)
63	<b>RECZUCH Andrzej</b>	<b>4243</b>	DYWIZJON 102	M-40	23	01:30:35	02:16:27	<b>02:46:24.45</b>	<b>02:46:24.45</b>	+00:53:55 (32.4%)	7:55	7.6 (67.9%)
64	<b>BUGAJ Alan</b>	<b>4048</b>		M-30	30	01:30:36	02:17:21	<b>02:47:27.40</b>	<b>02:47:27.40</b>	+00:54:58 (32.8%)	7:58	7.5 (67.0%)
65	<b>JAROSIŃSKA Barbara</b>	<b>4135</b>	BIEGANIE NA ŚNIADANIE	K-30	6	01:32:57	02:18:14	<b>02:47:42.75</b>	<b>02:47:42.75</b>	+00:55:13 (32.9%)	7:59	7.5 (67.0%)
66	<b>GRYMUŁA Agnieszka</b>	<b>4199</b>		K-30	7	01:30:10	02:18:13	<b>02:48:41.15</b>	<b>02:48:41.15</b>	+00:56:11 (33.3%)	8:01	7.5 (67.0%)
67	<b>KRZESIMOWSKI Damian</b>	<b>4002</b>		M-40	24	01:35:56	02:20:27	<b>02:48:46.45</b>	<b>02:48:46.45</b>	+00:56:17 (33.4%)	8:02	7.5 (67.0%)
68	<b>MRÓWKA Małgorzata</b>	<b>4055</b>		K-30	8	01:30:58	02:19:54	<b>02:49:07.50</b>	<b>02:49:07.50</b>	+00:56:38 (33.5%)	8:03	7.5 (67.0%)
69	<b>SAJNÓG Leszek</b>	<b>4067</b>	BIEGAJ LESZNO	M-40	25	01:33:57	02:18:35	<b>02:49:17.05</b>	<b>02:49:17.05</b>	+00:56:47 (33.6%)	8:03	7.4 (66.1%)
70	<b>ŁUKOWIAK Krzysztof</b>	<b>4177</b>	FLY OR DIE	M-30	31	01:34:55	02:20:44	<b>02:49:18.35</b>	<b>02:49:18.35</b>	+00:56:49 (33.6%)	8:03	7.4 (66.1%)
71	<b>AKUTKO Sebastian</b>	<b>4143</b>		M-40	26	01:31:01	02:18:57	<b>02:49:39.50</b>	<b>02:49:39.50</b>	+00:57:10 (33.7%)	8:04	7.4 (66.1%)
72	<b>BIELAWSKI Paweł</b>	<b>4266</b>		M-30	32	01:32:54	02:18:46	<b>02:50:00.45</b>	<b>02:50:00.45</b>	+00:57:31 (33.8%)	8:05	7.4 (66.1%)
73	<b>JANKOWSKI Krzysztof</b>	<b>4232</b>		M-30	33	01:32:51	02:19:35	<b>02:50:20.55</b>	<b>02:50:20.55</b>	+00:57:51 (34.0%)	8:06	7.4 (66.1%)
74	<b>WIKLIŃSKA Iga</b>	<b>4210</b>		K-20	1	01:32:50	02:20:09	<b>02:50:21.80</b>	<b>02:50:21.80</b>	+00:57:52 (34.0%)	8:06	7.4 (66.1%)
75	<b>HARETSKI Aleksander</b>	<b>4251</b>	AKADEMIA	M-30	34	01:28:39	02:18:41	<b>02:50:27.30</b>	<b>02:50:27.30</b>	+00:57:58 (34.0%)	8:07	7.4 (66.1%)
76	<b>ISHCHUK Aliaksandr</b>	<b>4252</b>	AKADEMIA	M-30	35	01:28:40	02:18:29	<b>02:50:27.50</b>	<b>02:50:27.50</b>	+00:57:58 (34.0%)	8:07	7.4 (66.1%)
77	<b>MARCHEWICZ Marek</b>	<b>4138</b>		M-30	36	01:30:34	02:19:59	<b>02:50:30.25</b>	<b>02:50:30.25</b>	+00:58:01 (34.0%)	8:07	7.4 (66.1%)
78	<b>BRYLA Ireneusz</b>	<b>4001</b>	NIE MA LIPY!!(DOMECKO)	M-30	37	01:34:57	02:20:46	<b>02:50:54.20</b>	<b>02:50:54.20</b>	+00:58:24 (34.2%)	8:08	7.4 (66.1%)
79	<b>BOHAREWICZ Paweł</b>	<b>4021</b>	BOHAR PALETY & TRANSPORT	M-40	27	01:35:15	02:21:14	<b>02:51:04.30</b>	<b>02:51:04.30</b>	+00:58:35 (34.2%)	8:08	7.4 (66.1%)
80	<b>ZDANOWICZ Dominika</b>	<b>4115</b>		K-30	9	01:29:47	02:18:35	<b>02:51:22.30</b>	<b>02:51:22.30</b>	+00:58:53 (34.4%)	8:09	7.4 (66.1%)
81	<b>GANDYRA Rafał</b>	<b>4099</b>		M-40	28	01:32:49	02:19:47	<b>02:51:57.75</b>	<b>02:51:57.75</b>	+00:59:28 (34.6%)	8:11	7.3 (65.2%)
82	<b>GRUDZIEN-JURKOWSKA Małgorzata</b>	<b>4125</b>		K-40	2	01:32:55	02:20:32	<b>02:52:00.35</b>	<b>02:52:00.35</b>	+00:59:31 (34.6%)	8:11	7.3 (65.2%)
83	<b>GOLASZ Marek</b>	<b>4197</b>		M-50	4	01:34:07	02:20:32	<b>02:52:02.65</b>	<b>02:52:02.65</b>	+00:59:33 (34.6%)	8:11	7.3 (65.2%)
84	<b>TROC Krzysztof</b>	<b>4220</b>		M-30	38	01:32:03	02:20:45	<b>02:52:16.25</b>	<b>02:52:16.25</b>	+00:59:47 (34.7%)	8:12	7.3 (65.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
85	<b>PODLEŚ Robert</b>	<b>4010</b>	COBI	M-60	1	01:34:06	02:21:31	<b>02:52:20.50</b>	<b>02:52:20.50</b>	+00:59:51 (34.7%)	8:12	7.3 (65.2%)
86	<b>SZCZEPANIAK Grzegorz</b>	<b>4256</b>	JAWOR RIVER GYM	M-30	39	01:32:59	02:21:24	<b>02:52:27.80</b>	<b>02:52:27.80</b>	+00:59:58 (34.8%)	8:12	7.3 (65.2%)
87	<b>WIERZBICKI Kamil</b>	<b>4227</b>	AKADEMIA WOJSK LĄDOWYCH	M-30	40	01:32:06	02:20:45	<b>02:52:30.05</b>	<b>02:52:30.05</b>	+01:00:00 (34.8%)	8:12	7.3 (65.2%)
88	<b>DOBEK Mateusz</b>	<b>4218</b>	JAWOR RIVER GYM	M-40	29	01:31:34	02:20:59	<b>02:52:53.85</b>	<b>02:52:53.85</b>	+01:00:24 (34.9%)	8:13	7.3 (65.2%)
89	<b>SMIERZCHAŁA Adam</b>	<b>4039</b>		M-50	5	01:33:00	02:21:31	<b>02:53:04.60</b>	<b>02:53:04.60</b>	+01:00:35 (35.0%)	8:14	7.3 (65.2%)
90	<b>STRONCIWILK Piotr</b>	<b>4140</b>	PIE RUN	M-30	41	01:32:39	02:20:56	<b>02:54:06.85</b>	<b>02:54:06.85</b>	+01:01:37 (35.4%)	8:17	7.2 (64.3%)
91	<b>ŁĘKAWA Sebastian</b>	<b>4031</b>	140MINUT.PL	M-40	30	01:36:02	02:23:25	<b>02:54:23.35</b>	<b>02:54:23.35</b>	+01:01:54 (35.5%)	8:18	7.2 (64.3%)
92	<b>NOWAK Dawid</b>	<b>4066</b>	#BIEGAJLESZNO	M-30	42	01:33:56	02:23:09	<b>02:54:43.40</b>	<b>02:54:43.40</b>	+01:02:14 (35.6%)	8:19	7.2 (64.3%)
93	<b>GAWRYSIAK Marek</b>	<b>4150</b>	BIEGOSTACJA	M-50	6	01:32:41	02:20:39	<b>02:55:02.20</b>	<b>02:55:02.20</b>	+01:02:32 (35.7%)	8:20	7.2 (64.3%)
94	<b>KOCOŁ Tomasz</b>	<b>4077</b>		M-40	31	01:35:02	02:22:54	<b>02:55:07.25</b>	<b>02:55:07.25</b>	+01:02:38 (35.8%)	8:20	7.2 (64.3%)
95	<b>KOZŁEWSKA Beata</b>	<b>4259</b>	GÓRYLASY	K-50	1	01:32:47	02:22:02	<b>02:55:29.05</b>	<b>02:55:29.05</b>	+01:02:59 (35.9%)	8:21	7.2 (64.3%)
96	<b>DOBROWOLSKI Bartosz</b>	<b>4090</b>		M-30	43	01:32:35	02:24:40	<b>02:55:48.50</b>	<b>02:55:48.50</b>	+01:03:19 (36.0%)	8:22	7.2 (64.3%)
97	<b>GARBACZ Jan</b>	<b>4257</b>		M-40	32	01:32:34	02:24:40	<b>02:55:52.65</b>	<b>02:55:52.65</b>	+01:03:23 (36.0%)	8:22	7.2 (64.3%)
98	<b>KOZAK Bartosz</b>	<b>4088</b>	KOZAKI	M-40	33	01:34:53	02:25:53	<b>02:56:25.55</b>	<b>02:56:25.55</b>	+01:03:56 (36.2%)	8:24	7.1 (63.4%)
99	<b>ŁUKASZCZYKIEWICZ Paweł</b>	<b>4228</b>		M-40	34	01:30:32	02:25:29	<b>02:56:25.80</b>	<b>02:56:25.80</b>	+01:03:56 (36.2%)	8:24	7.1 (63.4%)
100	<b>OLEKSA Robert</b>	<b>4188</b>		M-50	7	01:32:38	02:25:41	<b>02:58:03.80</b>	<b>02:58:03.80</b>	+01:05:34 (36.8%)	8:28	7.1 (63.4%)
101	<b>JANOWICZ Wojtek</b>	<b>4223</b>		M-30	44	01:35:46	02:26:04	<b>02:58:35.55</b>	<b>02:58:35.55</b>	+01:06:06 (37.0%)	8:30	7.1 (63.4%)
102	<b>PIESZAK Marcin</b>	<b>4033</b>	KANAPOWE PAMPRY	M-40	35	01:32:46	02:26:10	<b>02:58:51.00</b>	<b>02:58:51.00</b>	+01:06:21 (37.1%)	8:31	7 (62.5%)
103	<b>BARTECKI Tomasz</b>	<b>4211</b>	PIGWA TRAIL	M-40	36	01:40:06	02:30:07	<b>02:59:22.60</b>	<b>02:59:22.60</b>	+01:06:53 (37.3%)	8:32	7 (62.5%)
104	<b>KOPKA Paweł</b>	<b>4114</b>		M-40	37	01:36:09	02:26:38	<b>02:59:38.05</b>	<b>02:59:38.05</b>	+01:07:08 (37.4%)	8:33	7 (62.5%)
105	<b>KRÓLICKA Anna</b>	<b>4234</b>		K-20	2	01:39:25	02:28:14	<b>02:59:53.45</b>	<b>02:59:53.45</b>	+01:07:24 (37.5%)	8:33	7 (62.5%)
106	<b>SOBAŃSKI Patryk</b>	<b>4119</b>	BIEGAM BO CHCE	M-30	45	01:35:23	02:26:36	<b>02:59:56.10</b>	<b>02:59:56.10</b>	+01:07:26 (37.5%)	8:34	7 (62.5%)
107	<b>JURDZIAK Karolina</b>	<b>4261</b>		K-40	3	01:34:09	02:25:10	<b>03:00:00.20</b>	<b>03:00:00.20</b>	+01:07:30 (37.5%)	8:34	7 (62.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
108	<b>TRĘBACZ Łukasz</b>	<b>4100</b>		M-40	38	01:36:31	02:28:09	<b>03:00:28.90</b>	<b>03:00:28.90</b>	+01:07:59 (37.7%)	8:35	7 (62.5%)
109	<b>WILDE Lukas</b>	<b>4098</b>		M-20	3	01:38:28	02:29:09	<b>03:00:57.40</b>	<b>03:00:57.40</b>	+01:08:28 (37.8%)	8:37	7 (62.5%)
110	<b>TRZEPACZ Dorota</b>	<b>4016</b>	KB LUPUS OLEŚNICA	K-50	2	01:39:23	02:28:47	<b>03:01:27.85</b>	<b>03:01:27.85</b>	+01:08:58 (38.0%)	8:38	6.9 (61.6%)
111	<b>KACZMARCZYK Mariusz</b>	<b>4133</b>		M-50	8	01:36:08	02:27:44	<b>03:01:29.95</b>	<b>03:01:29.95</b>	+01:09:00 (38.0%)	8:38	6.9 (61.6%)
112	<b>MARCINKOWSKA Martyna</b>	<b>4155</b>		K-30	10	01:39:27	02:29:30	<b>03:01:38.15</b>	<b>03:01:38.15</b>	+01:09:08 (38.1%)	8:38	6.9 (61.6%)
113	<b>SKRABA Grzegorz</b>	<b>4085</b>	DZIAŁKOWICZE	M-30	46	01:35:54	02:29:04	<b>03:03:40.00</b>	<b>03:03:40.00</b>	+01:11:10 (38.8%)	8:44	6.9 (61.6%)
114	<b>KONDRAT Karol</b>	<b>4127</b>		M-30	47	01:39:47	02:33:20	<b>03:03:51.55</b>	<b>03:03:51.55</b>	+01:11:22 (38.8%)	8:45	6.9 (61.6%)
115	<b>MICHALSKI Damian</b>	<b>4123</b>		M-20	4	01:39:53	02:33:28	<b>03:03:51.75</b>	<b>03:03:51.75</b>	+01:11:22 (38.8%)	8:45	6.9 (61.6%)
116	<b>WYRWICKI Przemek</b>	<b>4014</b>		M-40	39	01:35:52	02:30:17	<b>03:04:10.85</b>	<b>03:04:10.85</b>	+01:11:41 (38.9%)	8:46	6.8 (60.7%)
117	<b>NOWAK Marta</b>	<b>4167</b>		K-40	4	01:40:42	02:33:05	<b>03:05:01.65</b>	<b>03:05:01.65</b>	+01:12:32 (39.2%)	8:48	6.8 (60.7%)
118	<b>BARANOWSKI Robert</b>	<b>4246</b>		M-50	9	01:39:59	02:33:21	<b>03:05:15.50</b>	<b>03:05:15.50</b>	+01:12:46 (39.3%)	8:49	6.8 (60.7%)
119	<b>SZYMANSKI Irek</b>	<b>4095</b>	TOGETHER WITH YOU RUN TEAM	M-60	2	01:37:53	02:31:10	<b>03:05:25.05</b>	<b>03:05:25.05</b>	+01:12:55 (39.3%)	8:49	6.8 (60.7%)
120	<b>HERTEL Marie</b>	<b>4056</b>		K-20	3	01:43:39	02:34:11	<b>03:05:38.60</b>	<b>03:05:38.60</b>	+01:13:09 (39.4%)	8:50	6.8 (60.7%)
121	<b>PIÓRKOWSKI Paweł</b>	<b>4049</b>		M-30	48	01:38:27	02:33:02	<b>03:06:13.65</b>	<b>03:06:13.65</b>	+01:13:44 (39.6%)	8:52	6.8 (60.7%)
122	<b>ADAMI Lisa</b>	<b>4046</b>		K-30	11	01:40:11	02:33:26	<b>03:06:22.15</b>	<b>03:06:22.15</b>	+01:13:52 (39.6%)	8:52	6.8 (60.7%)
123	<b>GRABARCZYK Ilona</b>	<b>4076</b>		K-40	5	01:41:55	02:34:16	<b>03:06:28.65</b>	<b>03:06:28.65</b>	+01:13:59 (39.7%)	8:52	6.8 (60.7%)
124	<b>STASZYŃSKA Karolina</b>	<b>4117</b>	BIEGAJĄCE KREJZOLE	K-40	6	01:37:45	02:32:54	<b>03:06:41.75</b>	<b>03:06:41.75</b>	+01:14:12 (39.7%)	8:53	6.7 (59.8%)
125	<b>WIŚNIEWSKA Ewa</b>	<b>4233</b>		K-50	3	01:37:48	02:33:19	<b>03:07:13.35</b>	<b>03:07:13.35</b>	+01:14:44 (39.9%)	8:54	6.7 (59.8%)
126	<b>GNIZA Karolina</b>	<b>4038</b>		K-20	4	01:39:22	02:32:03	<b>03:08:08.35</b>	<b>03:08:08.35</b>	+01:15:39 (40.2%)	8:57	6.7 (59.8%)
127	<b>BAJER Karol</b>	<b>4054</b>		M-40	40	01:43:40	02:36:51	<b>03:09:59.20</b>	<b>03:09:59.20</b>	+01:17:29 (40.8%)	9:02	6.6 (58.9%)
128	<b>KĘDZIORA Alicja</b>	<b>4184</b>		K-30	12	01:41:37	02:36:16	<b>03:10:14.50</b>	<b>03:10:14.50</b>	+01:17:45 (40.9%)	9:03	6.6 (58.9%)
129	<b>CHMIELEWSKI Mariusz</b>	<b>4146</b>	RUN STAJNIAK TEAM	M-30	49	01:40:03	02:33:25	<b>03:10:23.15</b>	<b>03:10:23.15</b>	+01:17:53 (40.9%)	9:03	6.6 (58.9%)
130	<b>KOZAK Ewa</b>	<b>4089</b>	KOZAKI	K-40	7	01:41:34	02:36:10	<b>03:10:24.70</b>	<b>03:10:24.70</b>	+01:17:55 (40.9%)	9:04	6.6 (58.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
131	<b>RYBARCZYK Roman</b>	<b>4006</b>	#BIEGIEMWLAS	M-40	41	01:39:39	02:38:53	<b>03:11:51.00</b>	<b>03:11:51.00</b>	+01:19:21 (41.4%)	9:08	6.6 (58.9%)
132	<b>OLEJNIK Ilona</b>	<b>4065</b>		K-50	4	01:39:22	02:34:19	<b>03:12:23.80</b>	<b>03:12:23.80</b>	+01:19:54 (41.5%)	9:09	6.5 (58.0%)
133	<b>KUKOBNIKAVA Vitaliya</b>	<b>4245</b>	BIEGACZE STU MOSTÓW	K-30	13	01:47:22	02:41:11	<b>03:13:45.30</b>	<b>03:13:45.30</b>	+01:21:16 (41.9%)	9:13	6.5 (58.0%)
134	<b>PATYK Michał</b>	<b>4035</b>		M-30	50	01:44:05	02:40:19	<b>03:13:54.20</b>	<b>03:13:54.20</b>	+01:21:24 (42.0%)	9:14	6.5 (58.0%)
135	<b>PATYK Joanna</b>	<b>4034</b>	FIZJOBIEGACZE SZCZECIN	K-30	14	01:43:43	02:40:20	<b>03:13:54.25</b>	<b>03:13:54.25</b>	+01:21:25 (42.0%)	9:14	6.5 (58.0%)
136	<b>JODŁOWSKA Ewa</b>	<b>4071</b>		K-40	8	01:44:41	02:41:37	<b>03:16:30.20</b>	<b>03:16:30.20</b>	+01:24:00 (42.8%)	9:21	6.4 (57.1%)
137	<b>RYCHLEWICZ Tomasz</b>	<b>4196</b>		M-30	51	01:40:04	02:39:40	<b>03:17:43.70</b>	<b>03:17:43.70</b>	+01:25:14 (43.1%)	9:24	6.4 (57.1%)
138	<b>SZLENDAK Leszek</b>	<b>4107</b>	WARSZAWSKI KLUB ROGATEGO MORSA	M-40	42	01:41:56	02:39:43	<b>03:17:43.85</b>	<b>03:17:43.85</b>	+01:25:14 (43.1%)	9:24	6.4 (57.1%)
139	<b>GŁUSZKOWSKA Monika</b>	<b>4230</b>	TEAM ZABIEGANEDNI	K-50	5	01:43:37	02:42:35	<b>03:18:19.85</b>	<b>03:18:19.85</b>	+01:25:50 (43.3%)	9:26	6.4 (57.1%)
140	<b>FERENC Stanislaw</b>	<b>4169</b>		M-30	52	01:47:30	02:43:11	<b>03:18:23.75</b>	<b>03:18:23.75</b>	+01:25:54 (43.3%)	9:26	6.4 (57.1%)
141	<b>GRZYBOWSKI Bartłomiej</b>	<b>4219</b>		M-20	5	01:40:09	02:39:50	<b>03:18:51.60</b>	<b>03:18:51.60</b>	+01:26:22 (43.4%)	9:28	6.3 (56.3%)
142	<b>KUCZEWSKI Marek</b>	<b>4078</b>		M-30	53	01:48:40	02:45:16	<b>03:19:29.15</b>	<b>03:19:29.15</b>	+01:26:59 (43.6%)	9:29	6.3 (56.3%)
143	<b>LACH Agnieszka</b>	<b>4172</b>	MOCNA GRUPA CEZARA	K-40	9	01:47:39	02:44:50	<b>03:21:25.15</b>	<b>03:21:25.15</b>	+01:28:55 (44.2%)	9:35	6.3 (56.3%)
144	<b>BAK Piotr</b>	<b>4240</b>		M-40	43	01:43:34	02:47:14	<b>03:22:59.65</b>	<b>03:22:59.65</b>	+01:30:30 (44.6%)	9:39	6.2 (55.4%)
145	<b>PODSIADŁY Maciej</b>	<b>4015</b>	KS STASZEWSCY	M-30	54	01:47:40	02:47:19	<b>03:23:09.65</b>	<b>03:23:09.65</b>	+01:30:40 (44.6%)	9:40	6.2 (55.4%)
146	<b>KOWAL Dawid</b>	<b>4018</b>		M-20	6	01:44:49	02:46:05	<b>03:23:45.75</b>	<b>03:23:45.75</b>	+01:31:16 (44.8%)	9:42	6.2 (55.4%)
147	<b>KOWAL Ireneusz</b>	<b>4017</b>		M-40	44	01:44:46	02:46:04	<b>03:23:45.80</b>	<b>03:23:45.80</b>	+01:31:16 (44.8%)	9:42	6.2 (55.4%)
148	<b>KONDRACIUK Katarzyna</b>	<b>4132</b>	STOWARZYSZENIE KABER	K-50	6	01:51:56	02:51:20	<b>03:26:08.55</b>	<b>03:26:08.55</b>	+01:33:39 (45.4%)	9:48	6.1 (54.5%)
149	<b>SZERMENT Magdalena</b>	<b>4009</b>	MAZURTEAM	K-40	10	01:51:58	02:50:36	<b>03:26:09.85</b>	<b>03:26:09.85</b>	+01:33:40 (45.4%)	9:49	6.1 (54.5%)
150	<b>KWIATKOWSKA Marta</b>	<b>4043</b>		K-40	11	01:44:44	02:48:27	<b>03:26:11.90</b>	<b>03:26:11.90</b>	+01:33:42 (45.4%)	9:49	6.1 (54.5%)
151	<b>KRÓLICKI Tomasz</b>	<b>4235</b>		M-20	7	01:44:55	02:48:27	<b>03:26:12.50</b>	<b>03:26:12.50</b>	+01:33:43 (45.4%)	9:49	6.1 (54.5%)
152	<b>WOJTCZAK Małgorzata</b>	<b>4080</b>		K-50	7	01:51:36	02:50:47	<b>03:26:26.20</b>	<b>03:26:26.20</b>	+01:33:56 (45.5%)	9:49	6.1 (54.5%)
153	<b>MALINOWSKI Marcin</b>	<b>4081</b>		M-40	45	01:51:16	02:49:25	<b>03:27:08.00</b>	<b>03:27:08.00</b>	+01:34:38 (45.7%)	9:51	6.1 (54.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
154	PIEKARCZYK Marcin	4258		M-50	10	01:48:35	02:51:40	03:27:11.95	03:27:11.95	+01:34:42 (45.7%)	9:51	6.1 (54.5%)
155	HERTEL Michał	4239		M-50	11	01:48:38	02:51:39	03:27:12.00	03:27:12.00	+01:34:42 (45.7%)	9:52	6.1 (54.5%)
156	GNATOWICZ-CZARNOŁĘSKA Beata	4204		K-50	8	01:45:38	02:48:38	03:27:28.60	03:27:28.60	+01:34:59 (45.8%)	9:52	6.1 (54.5%)
157	SIEMIĄTKOWSKI Krzysztof	4190	#BIEGAMWOLNOALEDOKŁADNIE	M-30	55	01:48:42	02:47:53	03:27:47.25	03:27:47.25	+01:35:18 (45.9%)	9:53	6.1 (54.5%)
158	SZÓSTAK Krzysztof	4058		M-60	3	01:51:07	02:53:44	03:28:22.55	03:28:22.55	+01:35:53 (46.0%)	9:55	6 (53.6%)
159	KORALEWSKI Janusz	4164		M-60	4	01:48:00	02:47:55	03:28:46.05	03:28:46.05	+01:36:16 (46.1%)	9:56	6 (53.6%)
160	RATAJCZAK Karolina	4111		K-30	15	01:49:53	02:51:50	03:28:57.15	03:28:57.15	+01:36:27 (46.2%)	9:57	6 (53.6%)
161	KACZYŃSKI Dariusz	4249	EAZYMUT.PL	M-30	56	01:53:54	02:54:04	03:30:10.40	03:30:10.40	+01:37:41 (46.5%)	10:00	6 (53.6%)
162	RATAJCZAK Grzegorz	4091		M-50	12	01:49:55	02:55:17	03:30:27.55	03:30:27.55	+01:37:58 (46.6%)	10:01	6 (53.6%)
163	BORKOWSKI Marcel	4124		M-30	57	01:51:31	02:52:09	03:31:23.75	03:31:23.75	+01:38:54 (46.8%)	10:03	6 (53.6%)
164	RACZKOWSKI Rafał	4068		M-40	46	01:51:57	02:50:55	03:31:24.70	03:31:24.70	+01:38:55 (46.8%)	10:04	6 (53.6%)
165	GOŹDZICKA Iwona	4102		K-40	12	01:49:50	02:57:00	03:31:53.70	03:31:53.70	+01:39:24 (46.9%)	10:05	5.9 (52.7%)
166	BARTKIEWICZ Halina	4069		K-40	13	01:49:51	02:56:59	03:31:53.85	03:31:53.85	+01:39:24 (46.9%)	10:05	5.9 (52.7%)
167	RODOWSKI Janusz	4180	XYZ	M-50	13	01:56:13	02:53:30	03:32:03.00	03:32:03.00	+01:39:33 (47.0%)	10:05	5.9 (52.7%)
168	IGNASZEWSKA Marta	4062	BIEGAJĄCE KREJZOLE	K-40	14	01:51:46	02:55:14	03:32:21.00	03:32:21.00	+01:39:51 (47.0%)	10:06	5.9 (52.7%)
169	GACZOŁ Klaudia	4128	STRAIGHT OUTTA SCRANTON	K-30	16	01:51:13	02:52:09	03:32:41.55	03:32:41.55	+01:40:12 (47.1%)	10:07	5.9 (52.7%)
170	CIEKAŃSKA Joanna	4192		K-40	15	01:55:06	02:55:11	03:33:11.65	03:33:11.65	+01:40:42 (47.2%)	10:09	5.9 (52.7%)
171	DOMINIAK Katarzyna	4165	PSIA EDUKACJA	K-50	9	01:59:32	03:00:34	03:33:40.45	03:33:40.45	+01:41:11 (47.4%)	10:10	5.9 (52.7%)
172	FURGAŁ-ŻUREK Joanna	4003		K-40	16	01:55:13	02:57:12	03:34:21.15	03:34:21.15	+01:41:51 (47.5%)	10:12	5.9 (52.7%)
173	PIWOWARSKA Kinga	4061		K-20	5	01:52:00	02:55:22	03:34:45.80	03:34:45.80	+01:42:16 (47.6%)	10:13	5.9 (52.7%)
174	KARDACZ Norbert	4028		M-40	47	01:53:36	02:58:43	03:34:48.05	03:34:48.05	+01:42:18 (47.6%)	10:13	5.9 (52.7%)
175	MŁOTKOWSKI Michał	4082		M-30	58	01:51:46	02:58:21	03:34:49.85	03:34:49.85	+01:42:20 (47.6%)	10:13	5.9 (52.7%)
176	KUCZA Maciej	4030		M-50	14	01:53:34	02:58:41	03:34:54.65	03:34:54.65	+01:42:25 (47.7%)	10:14	5.9 (52.7%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
177	WESOŁOWSKA Iwona	4215		K-30	17	01:56:05	02:58:33	03:35:04.55	03:35:04.55	+01:42:35 (47.7%)	10:14	5.9 (52.7%)
178	DRABIK Jacek	4171		M-50	15	01:55:55	02:57:48	03:35:54.90	03:35:54.90	+01:43:25 (47.9%)	10:16	5.8 (51.8%)
179	PĘCIAK Aleksandra	4005	-	K-20	6	01:55:11	03:00:28	03:36:08.45	03:36:08.45	+01:43:39 (48.0%)	10:17	5.8 (51.8%)
180	GIDASZEWSKA Jolanta	4020	LESZNO-GRONOWO	K-40	17	01:54:51	02:58:44	03:36:46.60	03:36:46.60	+01:44:17 (48.1%)	10:19	5.8 (51.8%)
181	HOFFMANN Grzegorz	4229	KOŚCIAN TEAM	M-40	48	01:55:14	02:59:20	03:37:20.25	03:37:20.25	+01:44:51 (48.2%)	10:20	5.8 (51.8%)
182	GROMADZKA-JĘDRUSZCZAK Renata	4113		K-40	18	01:49:47	02:55:41	03:37:37.35	03:37:37.35	+01:45:08 (48.3%)	10:21	5.8 (51.8%)
182	MAKAREWICZ Katarzyna	4105		K-40	18	01:49:48	02:55:50	03:37:37.35	03:37:37.35	+01:45:08 (48.3%)	10:21	5.8 (51.8%)
184	ŻUREK Michał	4004		M-40	49	01:56:08	02:58:11	03:41:51.45	03:41:51.45	+01:49:22 (49.3%)	10:33	5.7 (50.9%)
185	STAMM Tomasz	4032		M-50	16	01:51:53	03:00:36	03:41:58.30	03:41:58.30	+01:49:29 (49.3%)	10:34	5.7 (50.9%)
186	LUBICKI Wojciech	4225	DBS	M-50	17	01:51:43	02:57:16	03:42:17.00	03:42:17.00	+01:49:47 (49.4%)	10:35	5.7 (50.9%)
187	DUCZMAL Wojciech	4221		M-40	50	02:01:34		03:42:24.65	03:42:24.65	+01:49:55 (49.4%)	10:35	5.7 (50.9%)
188	PRZYBYŁ Tomasz	4185	NIGHT RUNNERS	M-40	51	01:59:35	03:02:13	03:43:14.40	03:43:14.40	+01:50:45 (49.6%)	10:37	5.6 (50.0%)
189	POKORNY Tomasz	4075		M-50	18	01:57:32	03:03:45	03:43:28.55	03:43:28.55	+01:50:59 (49.7%)	10:38	5.6 (50.0%)
190	KRZECZKOWSKI Roman	4159	BIEGOWA ŚWIDNICA	M-50	19	02:01:56	03:04:54	03:43:42.80	03:43:42.80	+01:51:13 (49.7%)	10:39	5.6 (50.0%)
191	PIETRZAK Agnieszka	4070	BIEGAJĄCE KREJZOLE	K-50	10	01:57:20	03:05:17	03:44:16.20	03:44:16.20	+01:51:46 (49.8%)	10:40	5.6 (50.0%)
192	PICHER RÓŻYŁO Joanna	4096		K-40	20	02:00:17	03:07:39	03:46:26.65	03:46:26.65	+01:53:57 (50.3%)	10:46	5.6 (50.0%)
193	WOZNIAK Radosław	4097		M-50	20	02:00:15	03:07:40	03:46:26.85	03:46:26.85	+01:53:57 (50.3%)	10:46	5.6 (50.0%)
194	HAMROL Małgorzata	4176	SPORTOWY KAŻMIERZ	K-50	11	02:04:52	03:05:22	03:47:05.05	03:47:05.05	+01:54:35 (50.5%)	10:48	5.5 (49.1%)
195	SAMULSKA Agata	4045	BBLLASY BOGDANIEC	K-50	12	01:57:38	03:09:11	03:48:11.80	03:48:11.80	+01:55:42 (50.7%)	10:51	5.5 (49.1%)
196	KUCHCINSKA Diana	4110		K-40	21	02:00:56	03:08:41	03:49:32.25	03:49:32.25	+01:57:03 (51.0%)	10:55	5.5 (49.1%)
197	JURGA Karol	4050		M-40	52	01:47:27	03:00:59	03:50:12.80	03:50:12.80	+01:57:43 (51.1%)	10:57	5.5 (49.1%)
198	ZAMOŚNY Paweł	4013	WILKI MIĘDZYLESIE	M-30	59	01:51:12	03:05:43	03:50:49.55	03:50:49.55	+01:58:20 (51.3%)	10:59	5.5 (49.1%)
199	JANAS Kacper	4036	PUSZCZYK BUKOWY	M-30	60	02:04:44	03:11:10	03:51:46.10	03:51:46.10	+01:59:16 (51.5%)	11:02	5.4 (48.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
200	<b>KORSAK Agata</b>	<b>4037</b>		K-30	18	02:04:45	03:11:10	<b>03:51:46.15</b>	<b>03:51:46.15</b>	+01:59:16 (51.5%)	11:02	5.4 (48.2%)
201	<b>PERKOWSKI Piotr</b>	<b>4064</b>		M-30	61	02:01:38	03:09:20	<b>03:51:55.90</b>	<b>03:51:55.90</b>	+01:59:26 (51.5%)	11:02	5.4 (48.2%)
202	<b>NOLAS Jolanta</b>	<b>4042</b>	KB HARCOWNIK	K-50	13	01:59:41	03:09:52	<b>03:52:19.05</b>	<b>03:52:19.05</b>	+01:59:49 (51.6%)	11:03	5.4 (48.2%)
203	<b>MARCINIAK Irmina</b>	<b>4134</b>	FUNDACJA BIEGANIE NA ŚNIADANIE	K-40	22	02:01:44	03:13:47	<b>03:55:22.85</b>	<b>03:55:22.85</b>	+02:02:53 (52.2%)	11:12	5.4 (48.2%)
204	<b>MARCINIAK Paulina</b>	<b>4158</b>		K-30	19	02:01:42	03:16:38	<b>03:57:07.05</b>	<b>03:57:07.05</b>	+02:04:37 (52.6%)	11:17	5.3 (47.3%)
205	<b>MAŃKA Magdalena</b>	<b>4092</b>	ZRYW PARZYMIECHY	K-40	23	02:05:48	03:16:56	<b>03:58:26.15</b>	<b>03:58:26.15</b>	+02:05:56 (52.8%)	11:21	5.3 (47.3%)
206	<b>BOROŃ Magda</b>	<b>4160</b>		K-40	24	02:01:54	03:14:23	<b>04:00:25.35</b>	<b>04:00:25.35</b>	+02:07:56 (53.2%)	11:26	5.2 (46.4%)
207	<b>MACIAS Waldemar</b>	<b>4178</b>		M-60	5	02:04:50	03:19:33	<b>04:02:16.40</b>	<b>04:02:16.40</b>	+02:09:47 (53.6%)	11:32	5.2 (46.4%)
208	<b>RYCHLIK Tomasz</b>	<b>4191</b>	FITNESS PIEKARY LEGNICA	M-30	62	02:07:40	03:19:02	<b>04:02:25.65</b>	<b>04:02:25.65</b>	+02:09:56 (53.6%)	11:32	5.2 (46.4%)
209	<b>SKOWROŃSKI Bartosz</b>	<b>4170</b>		M-30	63	02:07:44	03:19:01	<b>04:02:25.75</b>	<b>04:02:25.75</b>	+02:09:56 (53.6%)	11:32	5.2 (46.4%)
210	<b>KRZYWIECKA Beata</b>	<b>4060</b>		K-50	14	02:01:36	03:16:18	<b>04:04:05.05</b>	<b>04:04:05.05</b>	+02:11:35 (53.9%)	11:37	5.2 (46.4%)
211	<b>DOLIŃSKA Marta</b>	<b>4051</b>	JESTEM LOCO	K-20	7	02:04:46	03:19:41	<b>04:06:13.25</b>	<b>04:06:13.25</b>	+02:13:44 (54.3%)	11:43	5.1 (45.5%)
212	<b>KRAJEWSKA Irmina</b>	<b>4024</b>		K-30	20	02:10:48	03:20:43	<b>04:07:35.95</b>	<b>04:07:35.95</b>	+02:15:06 (54.6%)	11:47	5.1 (45.5%)
213	<b>ZARKOVA Denitsa</b>	<b>4161</b>	NIGHT RUNNERS	K-20	8	02:13:44	03:26:21	<b>04:11:13.80</b>	<b>04:11:13.80</b>	+02:18:44 (55.2%)	11:57	5 (44.6%)
214	<b>FOGIEL Katarzyna</b>	<b>4029</b>		K-30	21	02:08:07	03:26:30	<b>04:11:44.15</b>	<b>04:11:44.15</b>	+02:19:14 (55.3%)	11:59	5 (44.6%)
215	<b>MIECHOWIECKA Maja</b>	<b>4162</b>	HUSKY W PASKI	K-30	22	02:11:24	03:24:58	<b>04:12:34.95</b>	<b>04:12:34.95</b>	+02:20:05 (55.5%)	12:01	5 (44.6%)
216	<b>STRAMEK Lukasz</b>	<b>4182</b>	HUSKY W PASKI	M-30	64	02:11:27	03:24:57	<b>04:12:35.95</b>	<b>04:12:35.95</b>	+02:20:06 (55.5%)	12:01	5 (44.6%)
217	<b>PRZYSMAK Piotr</b>	<b>4174</b>		M-50	21	02:05:59	03:24:33	<b>04:13:09.35</b>	<b>04:13:09.35</b>	+02:20:40 (55.6%)	12:03	5 (44.6%)
218	<b>SOJA-WAWRYSZEWICZ Agata</b>	<b>4019</b>		K-40	25	02:15:18	03:26:15	<b>04:15:27.60</b>	<b>04:15:27.60</b>	+02:22:58 (56.0%)	12:09	4.9 (43.8%)
219	<b>BAJSAROWICZ Zuzanna</b>	<b>4203</b>		K-30	23	02:10:07	03:25:59	<b>04:16:58.45</b>	<b>04:16:58.45</b>	+02:24:29 (56.2%)	12:14	4.9 (43.8%)
220	<b>IHNATOWICZ Łukasz</b>	<b>4202</b>		M-30	65	02:10:09	03:25:59	<b>04:16:58.75</b>	<b>04:16:58.75</b>	+02:24:29 (56.2%)	12:14	4.9 (43.8%)
221	<b>SERAFIN Renata</b>	<b>4044</b>		K-50	15	02:17:29	03:33:37	<b>04:21:53.85</b>	<b>04:21:53.85</b>	+02:29:24 (57.0%)	12:28	4.8 (42.9%)
222	<b>SERAFIN Justyna</b>	<b>4217</b>		K-30	24	02:17:32	03:33:47	<b>04:21:54.05</b>	<b>04:21:54.05</b>	+02:29:24 (57.0%)	12:28	4.8 (42.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
223	<b>FIKSA Halina</b>	<b>4201</b>		K-50	16	02:23:09	03:44:49	<b>04:33:43.55</b>	<b>04:33:43.55</b>	+02:41:14 (58.9%)	13:02	4.6 (41.1%)
224	<b>MAGDZIAREK Bogumiła</b>	<b>4265</b>	SPORTOWY KAŻMIERZ	K-50	17	02:23:05	03:44:54	<b>04:33:44.35</b>	<b>04:33:44.35</b>	+02:41:15 (58.9%)	13:02	4.6 (41.1%)
225	<b>MARCZAK Ola</b>	<b>4131</b>	KB HARCOWNIK	K-30	25	02:23:19	03:44:30	<b>04:37:10.45</b>	<b>04:37:10.45</b>	+02:44:41 (59.4%)	13:11	4.5 (40.2%)
226	<b>PARTYKA Agnieszka</b>	<b>4126</b>	KB HARCOWNIK JELCZ-LASKOWICE	K-40	26	02:23:17	03:44:44	<b>04:37:17.10</b>	<b>04:37:17.10</b>	+02:44:47 (59.4%)	13:12	4.5 (40.2%)
227	<b>STAJER Edyta</b>	<b>4052</b>		K-50	18	02:21:30	03:45:19	<b>04:37:42.75</b>	<b>04:37:42.75</b>	+02:45:13 (59.5%)	13:13	4.5 (40.2%)
228	<b>SZÓSTAK Marzena</b>	<b>4057</b>	KB HARCOWNIK JELCZ-LASKOWICE	K-60	1	02:28:53	04:05:43	<b>04:54:56.50</b>	<b>04:54:56.50</b>	+03:02:27 (61.9%)	14:02	4.3 (38.4%)
229	<b>REK Katarzyna</b>	<b>4040</b>	RADLINIOKI W BIEGU	K-40	27	02:33:32	04:08:41	<b>04:57:41.10</b>	<b>04:57:41.10</b>	+03:05:11 (62.2%)	14:10	4.2 (37.5%)
230	<b>JANIK Ewa</b>	<b>4173</b>		K-40	28	01:55:08				+00:53:53	11:30	5.2 (46.4%)
	<b>CZAJKA Urszula</b>	<b>4079</b>		K-20		02:28:52 DNF	04:07:28 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>JARZĄBEK Michał</b>	<b>4154</b>		M-30		DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 232 wynik(ów)