

DFBG



**KUDOWSKA
SZTAFETA
GÓRSKA**

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Kudowski Festiwal Biegowy
Fundacja MARATONY GÓRSKIE
2024-04-14
Kudowa-Zdrój
21 km

PÓŁMARATON BŁĘDNYCH SKAŁ

B4SPORT

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

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	PASIK Tomasz	4196	WOLSZTYŃSKI KLUB BIEGOWY/EDENRUN	M-40	1	00:54:41	01:21:17	01:39:20.30	01:39:20.30		4:43	12.7 (100%)
2	KOTARSKI Jarosław	4193	TRAIL IS OUR WAY	M-30	1	01:01:08	01:29:44	01:48:32.00	01:48:32.00	+00:09:11 (8.5%)	5:10	11.6 (91.3%)
3	BUCHERT Filip	4209	JUVENIA GŁUCHOŁAZY	M-20	1	00:59:53	01:29:33	01:48:58.10	01:48:58.10	+00:09:37 (8.8%)	5:11	11.6 (91.3%)
4	NOWACKI Mateusz	4013	REMA SPORT TEAM	M-30	2	01:00:36	01:30:00	01:49:53.00	01:49:53.00	+00:10:32 (9.6%)	5:13	11.5 (90.6%)
5	SOŁTYSIK Kamil	4138		M-30	3	00:59:52	01:30:05	01:50:11.80	01:50:11.80	+00:10:51 (9.9%)	5:14	11.4 (89.8%)
6	HERCOG Jakub	4147		M-30	4	01:00:35	01:31:17	01:51:44.00	01:51:44.00	+00:12:23 (11.1%)	5:19	11.3 (89.0%)
7	ŻUREK Patryk	4254		M-30	5	01:00:51	01:35:05	01:55:39.15	01:55:39.15	+00:16:18 (14.1%)	5:30	10.9 (85.8%)
8	DUTKOWSKI Mikołaj	4035	CX-80 POLSKA	M-30	6	01:03:08	01:34:49	01:56:08.15	01:56:08.15	+00:16:47 (14.5%)	5:31	10.8 (85.0%)
9	RODEWALD Mateusz	4181		M-30	7	01:03:19	01:35:08	01:56:17.25	01:56:17.25	+00:16:56 (14.6%)	5:32	10.8 (85.0%)
10	KARGÓL Rafał	4003	LOGTECH TEAM RADZIONKÓW / F4	M-40	2	01:04:22	01:36:59	01:58:31.25	01:58:31.25	+00:19:10 (16.2%)	5:38	10.6 (83.5%)
11	RINK Jan	4167		M-40	3	01:05:59	01:38:35	01:59:44.65	01:59:44.65	+00:20:24 (17.0%)	5:42	10.5 (82.7%)
12	MARSZAŁEK Kazimierz	4244	ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO	M-50	1	01:06:43	01:39:45	02:00:56.65	02:00:56.65	+00:21:36 (17.9%)	5:45	10.4 (81.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
13	WOJNAROWICZ Paweł	4048		M-30	8	01:06:35	01:39:46	02:01:10.15	02:01:10.15	+00:21:49 (18.0%)	5:46	10.4 (81.9%)
14	NOWORYTA Radosław	4186	ULTRA DIABŁY TEAM LUBRZA	M-40	4	01:08:21	01:41:14	02:02:09.85	02:02:09.85	+00:22:49 (18.7%)	5:49	10.3 (81.1%)
15	SZUKALSKI Krzysztof	4203		M-40	5	01:08:28	01:41:48	02:04:57.25	02:04:57.25	+00:25:36 (20.5%)	5:57	10.1 (79.5%)
16	WOŹNY Paweł	4200	RUNPROGRESS.PL TEAM	M-40	6	01:08:22	01:43:21	02:04:59.00	02:04:59.00	+00:25:38 (20.5%)	5:57	10.1 (79.5%)
17	ROMANIUK Krzysztof	4231		M-40	7	01:06:42	01:43:01	02:05:03.00	02:05:03.00	+00:25:42 (20.6%)	5:57	10.1 (79.5%)
18	GRACZ Paweł	4063	ULTRA DIABŁY TEAM LUBRZA	M-40	8	01:07:30	01:41:34	02:05:12.65	02:05:12.65	+00:25:52 (20.7%)	5:57	10.1 (79.5%)
19	LATAŃSKI Eryk	4091	SKROBKI TEAM	M-20	2	01:06:44	01:42:05	02:05:37.30	02:05:37.30	+00:26:17 (20.9%)	5:58	10 (78.7%)
20	CHAMALA Krzysztof	4137	WEEGREE	M-40	9	01:07:48	01:44:15	02:05:52.50	02:05:52.50	+00:26:32 (21.1%)	5:59	10 (78.7%)
21	FLOREK Katarzyna	4178	AW-SZYBCIEJ-TEAM	K-30	1	01:09:16	01:44:30	02:05:56.50	02:05:56.50	+00:26:36 (21.1%)	5:59	10 (78.7%)
22	JASION Robert	4117	SPORTEM PRZEZ ŻYCIE	M-30	9	01:08:31	01:43:27	02:07:28.00	02:07:28.00	+00:28:07 (22.1%)	6:04	9.9 (78.0%)
23	PIWOWARCZYK Grzegorz	4226	VICTORIA GŁUCHOŁAZY	M-40	10			02:08:03.25	02:08:03.25	+00:28:42 (22.4%)	6:05	9.8 (77.2%)
24	KOWALIK Andrzej	4261	KLUB BIEGOWY ODRA OPOLE	M-40	11	01:10:54	01:45:14	02:08:20.60	02:08:20.60	+00:29:00 (22.6%)	6:06	9.8 (77.2%)
25	ŁUSIAK Łukasz	4110	KB SOBOTKA	M-30	10	01:11:04	01:45:44	02:08:28.45	02:08:28.45	+00:29:08 (22.7%)	6:07	9.8 (77.2%)
26	MICHAŁKIEWICZ Wojciech	4205	AKADEMIA WOJSK LĄDOWYCH	M-50	2	01:10:11	01:45:35	02:08:38.40	02:08:38.40	+00:29:18 (22.8%)	6:07	9.8 (77.2%)
27	MIŚTA Roman	4173		M-50	3	01:09:19	01:45:17	02:08:47.35	02:08:47.35	+00:29:27 (22.9%)	6:07	9.8 (77.2%)
28	BERG Aleksander	4107		M-40	12	01:10:52	01:46:35	02:09:23.75	02:09:23.75	+00:30:03 (23.2%)	6:09	9.7 (76.4%)
29	BUKIEL Justyna	4215	MAPA-TURYSTYCZNA.PL	K-30	2	01:10:30	01:46:34	02:09:34.45	02:09:34.45	+00:30:14 (23.3%)	6:10	9.7 (76.4%)
30	KŁODNICKI Krzysztof	4182		M-40	13	01:11:04	01:46:57	02:10:17.45	02:10:17.45	+00:30:57 (23.8%)	6:12	9.7 (76.4%)
31	ŚWIERK Przemek	4179	ULTRA DIABŁY TEAM LUBRZA	M-40	14	01:09:13	01:46:41	02:10:25.85	02:10:25.85	+00:31:05 (23.8%)	6:12	9.7 (76.4%)
32	PITOŃ Mateusz	4202		M-30	11	01:09:15	01:45:17	02:10:54.10	02:10:54.10	+00:31:33 (24.1%)	6:14	9.6 (75.6%)
33	ORŁOWSKI Kacper	4190	SEKCJA BOKSU WKS ŚLĄSK	M-30	12	01:10:58	01:48:06	02:10:56.05	02:10:56.05	+00:31:35 (24.1%)	6:14	9.6 (75.6%)
34	ŚNIERZYŃSKI Robert	4189		M-30	13	01:11:06	01:46:58	02:11:49.95	02:11:49.95	+00:32:29 (24.6%)	6:16	9.6 (75.6%)
35	DUSZYŃSKI Tomasz	4076	TEAM BIEGANIE NA ŚNIADANIE	M-30	14	01:11:01	01:47:45	02:12:00.70	02:12:00.70	+00:32:40 (24.8%)	6:17	9.5 (74.8%)

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36	WOJTKOWIAK Stefan	4039	PIĄTKOWO NA BIEGOWO	M-50	4	01:13:02	01:50:03	02:13:02.00	02:13:02.00	+00:33:41 (25.3%)	6:20	9.5 (74.8%)
37	LUBAŃSKI Mateusz	4156		M-30	15	01:12:42	01:49:38	02:14:12.60	02:14:12.60	+00:34:52 (26.0%)	6:23	9.4 (74.0%)
38	VARENYTSIA Nadiia	4060		K-30	3	01:12:50	01:50:28	02:14:53.15	02:14:53.15	+00:35:32 (26.4%)	6:25	9.3 (73.2%)
39	WINCENCIAK Jan	4102		M-20	3	01:16:37	01:52:39	02:16:07.00	02:16:07.00	+00:36:46 (27.0%)	6:28	9.3 (73.2%)
40	ADAMSKI Krzysztof	4227	HRW	M-40	15	01:13:03	01:51:01	02:17:12.10	02:17:12.10	+00:37:51 (27.6%)	6:32	9.2 (72.4%)
41	MIELCAREK Tomasz	4155		M-30	16	01:11:07	01:49:30	02:17:25.80	02:17:25.80	+00:38:05 (27.7%)	6:32	9.2 (72.4%)
42	TOMASZEWSKI Michał	4210		M-30	17	01:14:23	01:50:57	02:18:50.65	02:18:50.65	+00:39:30 (28.5%)	6:36	9.1 (71.7%)
43	GŁOGOWSKI Adam	4005	NOA	M-40	16	01:16:16	01:54:28	02:18:59.45	02:18:59.45	+00:39:39 (28.5%)	6:37	9.1 (71.7%)
44	ROSIAK Michał	4201		M-20	4	01:09:17	01:52:40	02:19:08.95	02:19:08.95	+00:39:48 (28.6%)	6:37	9.1 (71.7%)
45	PELEC Albert	4045	FUNDACJA BIEGANIE NA ŚNIADANIE	M-30	18	01:14:35	01:52:52	02:19:10.95	02:19:10.95	+00:39:50 (28.6%)	6:37	9.1 (71.7%)
46	LANGE Szymon	4204	WSK- WOJOWNICY SASKIEJ KAWY	M-40	17	01:14:19	01:54:05	02:19:15.60	02:19:15.60	+00:39:55 (28.7%)	6:37	9 (70.9%)
47	POPADYCZ Bartosz	4145		M-30	19			02:19:24.00	02:19:24.00	+00:40:03 (28.7%)	6:38	9 (70.9%)
48	RATYMIRSKI Wojtek	4238	TRAIL IS OUR WAY	M-40	18	01:16:46	01:55:18	02:20:35.80	02:20:35.80	+00:41:15 (29.3%)	6:41	9 (70.9%)
49	ŻYŁA Łukasz	4001		M-30	20	01:14:22	01:54:25	02:20:41.10	02:20:41.10	+00:41:20 (29.4%)	6:41	9 (70.9%)
50	USTIUHOV Volodymyr	4056		M-30	21	01:16:00	01:54:22	02:21:27.60	02:21:27.60	+00:42:07 (29.8%)	6:44	8.9 (70.1%)
51	PILETSKI Maksim	4125	BIEGACZE STU MOSTÓW	M-30	22	01:18:51	01:56:50	02:22:02.50	02:22:02.50	+00:42:42 (30.1%)	6:45	8.9 (70.1%)
52	GRZEGORZEWSKI Adrian	4230	MATNER RUNNING TEAM	M-30	23	01:18:08	01:56:49	02:22:23.30	02:22:23.30	+00:43:03 (30.2%)	6:46	8.8 (69.3%)
53	NATAMAH Tapac	4068	K-2	M-40	19	01:12:58	01:54:47	02:22:34.35	02:22:34.35	+00:43:14 (30.3%)	6:47	8.8 (69.3%)
53	PAPRZYCKI Romuald	4188		M-50	5	01:19:58	01:57:33	02:22:34.35	02:22:34.35	+00:43:14 (30.3%)	6:47	8.8 (69.3%)
55	BALWIERCZAK Piotr	4225		M-30	24	01:20:10	01:58:46	02:22:39.25	02:22:39.25	+00:43:18 (30.4%)	6:47	8.8 (69.3%)
56	JESIONEK Mateusz	4029		M-30	25	01:18:06	01:57:07	02:23:33.20	02:23:33.20	+00:44:12 (30.8%)	6:50	8.8 (69.3%)
57	SALNIKOV Denis	4008	N/A	M-30	26	01:18:07	01:59:23	02:24:01.55	02:24:01.55	+00:44:41 (31.0%)	6:51	8.7 (68.5%)
58	JASICKI Krzysztof	4255	RUNHOGS TYCHY	M-40	20	01:22:11	02:00:26	02:24:14.80	02:24:14.80	+00:44:54 (31.1%)	6:52	8.7 (68.5%)

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59	GEZELA Robert	4218	EUFORIA BIEGACZA TEAM	M-40	21	01:20:09	01:58:20	02:24:28.75	02:24:28.75	+00:45:08 (31.2%)	6:52	8.7 (68.5%)
60	PODGÓRNY Mariusz	4166	TEAM OZIMEK	M-30	27	01:16:35	01:57:53	02:24:34.25	02:24:34.25	+00:45:13 (31.3%)	6:53	8.7 (68.5%)
61	PAWZUN Bartosz	4243	ZRYW PARZYMIECHY MOCNA GRUPA CEZARA	M-30	28	01:18:47	01:58:53	02:24:39.35	02:24:39.35	+00:45:19 (31.3%)	6:53	8.7 (68.5%)
62	CZAPLA Łukasz	4015		M-40	22	01:19:28	01:58:21	02:24:43.90	02:24:43.90	+00:45:23 (31.4%)	6:53	8.7 (68.5%)
63	MORÁVEK David	4065		M-40	23	01:18:21	01:59:25	02:25:17.05	02:25:17.05	+00:45:56 (31.6%)	6:55	8.7 (68.5%)
64	ZIENIEWICZ Wojciech	4104		M-40	24	01:18:04	01:59:22	02:25:20.70	02:25:20.70	+00:46:00 (31.7%)	6:55	8.7 (68.5%)
65	OLEJNIK Marcin	4247		M-40	25	01:20:16	01:59:45	02:25:48.25	02:25:48.25	+00:46:27 (31.9%)	6:56	8.6 (67.7%)
66	KARWACKI Grzegorz	4183	KATCROS WAŁBRZYCH	M-50	6	01:18:50	01:59:00	02:26:06.80	02:26:06.80	+00:46:46 (32.0%)	6:57	8.6 (67.7%)
67	PIJANOWSKI Paweł	4233		M-40	26	01:19:32	01:59:41	02:26:10.15	02:26:10.15	+00:46:49 (32.0%)	6:57	8.6 (67.7%)
68	WOJTKOWIAK Renata	4038	PIĄTKOWO NA BIEGOWO	K-50	1	01:18:05	01:59:39	02:26:21.15	02:26:21.15	+00:47:00 (32.1%)	6:58	8.6 (67.7%)
69	GOLEC Paweł	4085		M-30	29	01:18:20	01:59:32	02:26:38.45	02:26:38.45	+00:47:18 (32.3%)	6:58	8.6 (67.7%)
70	PŁONKA Leszek	4168	LADERMON TEAM	M-40	27	01:21:29	02:01:58	02:27:09.65	02:27:09.65	+00:47:49 (32.5%)	7:00	8.6 (67.7%)
71	KOCOŁ Tomasz	4072		M-40	28	01:21:41	02:01:55	02:27:11.80	02:27:11.80	+00:47:51 (32.5%)	7:00	8.6 (67.7%)
72	KRAKOWSKA Anna	4023		K-30	4	01:18:53	02:00:08	02:27:43.70	02:27:43.70	+00:48:23 (32.8%)	7:02	8.5 (66.9%)
73	KRZESIMOWSKI Damian	4047	ENERGENT POLSKA	M-40	29	01:22:18	02:01:42	02:27:54.90	02:27:54.90	+00:48:34 (32.8%)	7:02	8.5 (66.9%)
74	RATAJCZAK Hubert	4075	FUNDACJA BIEGANIE NA ŚNIADANIE	M-40	30	01:21:39	02:01:51	02:28:19.65	02:28:19.65	+00:48:59 (33.0%)	7:03	8.5 (66.9%)
74	DUSZYŃSKI Łukasz	4077	FUNDACJA BIEGANIE NA ŚNIADANIE	M-30	30	01:21:36	02:01:51	02:28:19.65	02:28:19.65	+00:48:59 (33.0%)	7:03	8.5 (66.9%)
76	RĘKOSIEWICZ Jakub	4234		M-40	31	01:19:24	02:01:27	02:28:45.75	02:28:45.75	+00:49:25 (33.2%)	7:05	8.5 (66.9%)
77	MAJKA Jarek	4121	FAMILIAMAJKA	M-40	32	01:20:23	02:01:25	02:29:20.55	02:29:20.55	+00:50:00 (33.5%)	7:06	8.4 (66.1%)
78	FEICHTINGER Marek	4141		M-40	33	01:19:57	02:02:36	02:29:26.15	02:29:26.15	+00:50:05 (33.5%)	7:06	8.4 (66.1%)
79	KOTARSKI Marek	4136	TKKF RELAKS WODZISŁAW ŚLĄSKI	M-60	1	01:22:48	02:01:32	02:29:34.55	02:29:34.55	+00:50:14 (33.6%)	7:07	8.4 (66.1%)
80	BARTECKI Tomasz	4074		M-40	34	01:23:26	02:02:24	02:29:40.10	02:29:40.10	+00:50:19 (33.6%)	7:07	8.4 (66.1%)
81	MOSÓR Mariusz	4057	LISY PUSTYNI	M-50	7	01:19:01	02:02:08	02:30:10.60	02:30:10.60	+00:50:50 (33.9%)	7:09	8.4 (66.1%)

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82	BIERNACKI Radek	4073		M-40	35	01:20:08	02:03:12	02:30:30.85	02:30:30.85	+00:51:10 (34.0%)	7:10	8.4 (66.1%)
83	MAZUR Monika	4142	KATCROSS	K-40	1	01:22:46	02:02:21	02:30:40.70	02:30:40.70	+00:51:20 (34.1%)	7:10	8.4 (66.1%)
84	NOWAK Dawid	4135	#BIEGAJLESZNO	M-40	36	01:21:16	02:03:21	02:30:45.20	02:30:45.20	+00:51:24 (34.1%)	7:10	8.4 (66.1%)
85	BAUM Tomasz	4094		M-30	31	01:21:14	02:03:23	02:30:45.55	02:30:45.55	+00:51:25 (34.1%)	7:10	8.4 (66.1%)
86	SAJNÓG Leszek	4093	#BIEGAJLESZNO	M-40	37	01:21:12	02:03:25	02:30:45.90	02:30:45.90	+00:51:25 (34.1%)	7:10	8.4 (66.1%)
87	CIEŻ Marcelina	4062		K-30	5	01:24:15	02:03:29	02:31:32.10	02:31:32.10	+00:52:11 (34.4%)	7:12	8.3 (65.4%)
88	ŁUSIAK Katarzyna	4115	KB BIEGACZA	K-30	6	01:23:01	02:02:31	02:31:40.90	02:31:40.90	+00:52:20 (34.5%)	7:13	8.3 (65.4%)
89	KUBABSKI Patryk	4236		M-30	32	01:23:40	02:03:30	02:31:49.00	02:31:49.00	+00:52:28 (34.6%)	7:13	8.3 (65.4%)
90	MAZUR Patryk	4154	AKADEMIA RUCHU	M-40	38	01:22:45	02:02:23	02:31:52.75	02:31:52.75	+00:52:32 (34.6%)	7:13	8.3 (65.4%)
91	KADŁUBOWSKI Piotr	4260	KOTWICA BRZEG/RUN100LOVE	M-40	39	01:23:42	02:03:20	02:32:22.10	02:32:22.10	+00:53:01 (34.8%)	7:15	8.3 (65.4%)
92	CHMIELEWSKI Adrian	4250		M-30	33	01:20:15	02:03:22	02:33:41.25	02:33:41.25	+00:54:20 (35.4%)	7:19	8.2 (64.6%)
93	GRUDZIEN-JURKOWSKA Malgorzata	4106		K-40	2	01:23:48	02:06:52	02:33:45.65	02:33:45.65	+00:54:25 (35.4%)	7:19	8.2 (64.6%)
94	RAJZER Piotr	4098		M-30	34	01:24:13	02:06:59	02:33:55.15	02:33:55.15	+00:54:34 (35.5%)	7:19	8.2 (64.6%)
95	POŁOK Bartosz	4031		M-20	5	01:25:00	02:07:31	02:34:01.15	02:34:01.15	+00:54:40 (35.5%)	7:20	8.2 (64.6%)
96	KSIEZKA Joanna	4160	STRZEGOMSKA12	K-40	3	01:24:59	02:07:52	02:34:07.80	02:34:07.80	+00:54:47 (35.5%)	7:20	8.2 (64.6%)
97	WORONOWICZ Piotr	4228	NOTORYCZNI DEBIUTANCI	M-30	35	01:23:33	02:06:50	02:34:25.10	02:34:25.10	+00:55:04 (35.7%)	7:21	8.2 (64.6%)
98	SZYMKOWIAK Dominik	4101		M-40	40	01:21:17	02:02:34	02:35:28.80	02:35:28.80	+00:56:08 (36.1%)	7:24	8.1 (63.8%)
99	GAWRYSIAK Marek	4214		M-50	8	01:20:02	02:02:10	02:35:37.25	02:35:37.25	+00:56:16 (36.2%)	7:24	8.1 (63.8%)
100	GAJEWSKI Michał	4030		M-20	6	01:25:36	02:07:56	02:35:42.40	02:35:42.40	+00:56:22 (36.2%)	7:24	8.1 (63.8%)
101	PORĘBSKI Łukasz	4019	STOWARZYSZENIE PODRÓŻNIKÓW „ŻYC Z PASJĄ”	M-30	36	01:23:24	02:06:46	02:36:27.80	02:36:27.80	+00:57:07 (36.5%)	7:27	8.1 (63.8%)
102	KOSTRUBIEC Maciej	4153		M-20	7	01:23:27	02:06:49	02:36:34.35	02:36:34.35	+00:57:14 (36.6%)	7:27	8 (63.0%)
103	BERG Elwira	4108		K-40	4	01:26:25	02:08:42	02:36:57.45	02:36:57.45	+00:57:37 (36.7%)	7:28	8 (63.0%)
104	ŻACZYK Mateusz	4162		M-30	37	01:25:48	02:10:25	02:38:27.75	02:38:27.75	+00:59:07 (37.3%)	7:32	8 (63.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
105	KĘDZIORA Jacek	4082	BIEGANIE NA ŚNIADANIE	M-40	41	01:23:00	02:07:54	02:38:31.35	02:38:31.35	+00:59:11 (37.3%)	7:32	7.9 (62.2%)
105	JAROSIŃSKA Barbara	4081	BIEGANIE NA ŚNIADANIE	K-30	7	01:26:27	02:09:01	02:38:31.35	02:38:31.35	+00:59:11 (37.3%)	7:32	7.9 (62.2%)
107	POCZĄTEK Łukasz	4022	AUTOLIV RUN TEAM	M-40	42	01:26:48	02:08:57	02:38:34.95	02:38:34.95	+00:59:14 (37.4%)	7:33	7.9 (62.2%)
108	SMIERZCHAŁA Adam	4089		M-50	9	01:26:37	02:10:01	02:38:56.45	02:38:56.45	+00:59:36 (37.5%)	7:34	7.9 (62.2%)
109	JAGODZIK Michał	4212	#FEIFERTEAM #MONDISIMET	M-30	38	01:26:14	02:08:14	02:39:49.55	02:39:49.55	+01:00:29 (37.8%)	7:36	7.9 (62.2%)
110	DZICZEK Ireneusz	4126	RAZ SZCZECIN	M-60	2	01:24:05	02:09:50	02:39:54.45	02:39:54.45	+01:00:34 (37.9%)	7:36	7.9 (62.2%)
111	DRAGANEK Ewelina	4084		K-40	5	01:28:33	02:11:59	02:39:59.70	02:39:59.70	+01:00:39 (37.9%)	7:37	7.9 (62.2%)
112	ZIELIŃSKI Patryk	4237		M-30	39	01:23:29	02:07:36	02:40:01.45	02:40:01.45	+01:00:41 (37.9%)	7:37	7.9 (62.2%)
113	GANDYRA Rafał	4067		M-40	43	01:25:15	02:09:47	02:40:12.45	02:40:12.45	+01:00:52 (38.0%)	7:37	7.9 (62.2%)
114	NIEWIADOMSKI Marek	4111	SOBAS TEAM/ CROSS KRAPKOWICE	M-30	40	01:24:45	02:12:57	02:41:44.60	02:41:44.60	+01:02:24 (38.6%)	7:42	7.8 (61.4%)
115	TOMASZEWSKI Mariusz	4053	CZŁOWIEK NIE JEST TAKI...	M-40	44	01:24:57	02:11:25	02:41:53.80	02:41:53.80	+01:02:33 (38.6%)	7:42	7.8 (61.4%)
116	WIĘCEK Maria	4229		K-30	8	01:28:37	02:13:39	02:42:12.90	02:42:12.90	+01:02:52 (38.8%)	7:43	7.8 (61.4%)
117	HAIDA Marcin	4010		M-40	45	01:24:12	02:11:26	02:42:42.75	02:42:42.75	+01:03:22 (38.9%)	7:44	7.7 (60.6%)
118	TRĘBACZ Łukasz	4009		M-40	46	01:28:39	02:14:31	02:44:30.35	02:44:30.35	+01:05:10 (39.6%)	7:50	7.7 (60.6%)
119	PIASKOWSKI Marcin	4242		M-40	47	01:27:32	02:13:48	02:44:30.65	02:44:30.65	+01:05:10 (39.6%)	7:50	7.7 (60.6%)
120	SKROBAŃSKA Laura	4086	MŁYNARCZYK ENDURANCE TEAM, SKROBKITEAM	K-20	1	01:29:22	02:15:07	02:45:00.00	02:45:00.00	+01:05:39 (39.8%)	7:51	7.6 (59.8%)
121	ŁAMPIKA Kinga	4213	GOOD MOVE	K-40	6	01:27:32	02:14:55	02:45:04.70	02:45:04.70	+01:05:44 (39.8%)	7:51	7.6 (59.8%)
122	HAJDASZ Arkadiusz	4169	KORMORANY NAMYSŁÓW	M-50	10	01:27:27	02:15:11	02:46:32.50	02:46:32.50	+01:07:12 (40.4%)	7:55	7.6 (59.8%)
123	MAKUCH Mirosław	4175	KORMORANY NAMYSŁÓW	M-50	11	01:27:25	02:15:12	02:46:32.60	02:46:32.60	+01:07:12 (40.4%)	7:55	7.6 (59.8%)
124	KANIA Roman	4170	KORMORANY NAMYSŁÓW	M-50	12	01:27:30	02:15:10	02:46:32.70	02:46:32.70	+01:07:12 (40.4%)	7:55	7.6 (59.8%)
125	RUP Krzysztof	4161	BLUES BROTHERS	M-40	48	01:30:45	02:17:54	02:46:45.10	02:46:45.10	+01:07:24 (40.4%)	7:56	7.6 (59.8%)
126	ZIÓŁKOWSKI Jarosław	4148		M-40	49	01:31:25	02:17:23	02:46:53.90	02:46:53.90	+01:07:33 (40.5%)	7:56	7.6 (59.8%)
127	BELICA Daniel	4024		M-40	50	01:31:36	02:17:29	02:47:15.95	02:47:15.95	+01:07:55 (40.6%)	7:57	7.5 (59.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
128	SIKORA Malwina	4164		K-20	2	01:32:49	02:18:39	02:47:24.85	02:47:24.85	+01:08:04 (40.7%)	7:58	7.5 (59.1%)
129	PLUTA Kinga	4043		K-20	3	01:30:54	02:18:36	02:49:15.05	02:49:15.05	+01:09:54 (41.3%)	8:03	7.4 (58.3%)
130	BAJER Karol	4064		M-40	51	01:30:50	02:18:13	02:49:32.30	02:49:32.30	+01:10:12 (41.4%)	8:04	7.4 (58.3%)
131	JARONI Bartosz	4036		M-30	41	01:30:02	02:19:08	02:49:36.15	02:49:36.15	+01:10:15 (41.4%)	8:04	7.4 (58.3%)
132	ILASHCHUK Oleksandr	4000		M-30	42	01:35:29	02:19:57	02:49:39.25	02:49:39.25	+01:10:18 (41.4%)	8:04	7.4 (58.3%)
133	MIEDZIŃSKI Michał	4113	JKS SALAMANDRA	M-40	52	01:30:59	02:19:12	02:49:45.30	02:49:45.30	+01:10:25 (41.5%)	8:05	7.4 (58.3%)
134	NADOBNIK Beata	4133	SPORTOWY KAŻMIERZ	K-50	2	01:30:56	02:19:08	02:49:57.95	02:49:57.95	+01:10:37 (41.6%)	8:05	7.4 (58.3%)
135	POŁCZYŃSKI Maciej	4083	STALOWA ŁYDA	M-40	53	01:35:53	02:23:50	02:50:35.15	02:50:35.15	+01:11:14 (41.8%)	8:07	7.4 (58.3%)
136	SKROBAŃSKA Katarzyna	4014	SKROBKITEAM	K-40	7	01:33:37	02:20:17	02:50:50.00	02:50:50.00	+01:11:29 (41.9%)	8:08	7.4 (58.3%)
137	FRANICA Małgorzata	4206		K-40	8	01:35:19	02:22:25	02:52:13.55	02:52:13.55	+01:12:53 (42.3%)	8:12	7.3 (57.5%)
137	FRANICA Tomasz	4207		M-40	54	01:35:20	02:22:26	02:52:13.55	02:52:13.55	+01:12:53 (42.3%)	8:12	7.3 (57.5%)
139	JANOWICZ Wojciech	4232		M-30	43	01:33:25	02:20:47	02:52:27.00	02:52:27.00	+01:13:06 (42.4%)	8:12	7.3 (57.5%)
140	SZOPKA Bartosz	4080		M-40	55	01:30:06	02:19:30	02:52:43.80	02:52:43.80	+01:13:23 (42.5%)	8:13	7.3 (57.5%)
141	MARCISZ Karol	4157	KROTOSZYŃSKA GRUPA BIEGOWA	M-40	56	01:32:13	02:21:31	02:52:48.25	02:52:48.25	+01:13:27 (42.5%)	8:13	7.3 (57.5%)
142	BŁACHNIO Krzysztof	4127	RAZ SZCZECIN	M-50	13	01:32:36	02:19:50	02:52:49.35	02:52:49.35	+01:13:29 (42.5%)	8:13	7.3 (57.5%)
143	KUBUJ Karolina	4249		K-30	9	01:36:16	02:22:17	02:52:53.00	02:52:53.00	+01:13:32 (42.5%)	8:13	7.3 (57.5%)
144	WĘGRZYNEK Mirka	4192		K-50	3	01:35:05	02:23:56	02:54:13.80	02:54:13.80	+01:14:53 (43.0%)	8:17	7.2 (56.7%)
145	PAWIŃSKI Artur	4187		M-40	57	01:35:01	02:23:36	02:54:14.20	02:54:14.20	+01:14:53 (43.0%)	8:17	7.2 (56.7%)
146	FERENC Stanislaw	4152	ZRYW	M-40	58	01:32:54	02:20:22	02:54:37.85	02:54:37.85	+01:15:17 (43.1%)	8:18	7.2 (56.7%)
147	JARUS Jan	4052	JAGRO	M-30	44	01:32:44	02:23:55	02:56:11.40	02:56:11.40	+01:16:51 (43.6%)	8:23	7.2 (56.7%)
148	KUKOBNIKAVA Vitaliya	4124	BIEGACZE STU MOSTÓW	K-30	10	01:31:34	02:25:20	02:56:30.95	02:56:30.95	+01:17:10 (43.7%)	8:24	7.1 (55.9%)
149	STASZEWSKI Piotr	4259	PRO366	M-50	14	01:31:47	02:23:05	02:56:54.30	02:56:54.30	+01:17:34 (43.8%)	8:25	7.1 (55.9%)
150	MAZURKIEWICZ Anna	4128		K-30	11	01:36:05	02:26:26	02:58:26.20	02:58:26.20	+01:19:05 (44.3%)	8:29	7.1 (55.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
151	KASHCHEEV Andrei	4120		M-30	45	01:35:21	02:26:50	02:58:59.40	02:58:59.40	+01:19:39 (44.5%)	8:31	7 (55.1%)
152	DOWNAR-ZAPOLSKI Bolesław	4241		M-50	15	01:35:14	02:27:15	02:59:13.45	02:59:13.45	+01:19:53 (44.6%)	8:32	7 (55.1%)
153	GAJEWSKA Magdalena	4211	MIEDZIOWE TOWARZYSTWO SPORTOWE DRUŻYNA SZPIKU	K-40	9	01:33:51	02:24:00	02:59:52.05	02:59:52.05	+01:20:31 (44.8%)	8:33	7 (55.1%)
154	PIETRYGAŁA Robert	4059	-	M-40	59	01:36:14	02:27:06	02:59:56.05	02:59:56.05	+01:20:35 (44.8%)	8:34	7 (55.1%)
155	WAWRZYNIAK Ilona	4185	NORBULLO TEAM	K-40	10	01:36:04	02:28:30	03:00:11.95	03:00:11.95	+01:20:51 (44.9%)	8:34	7 (55.1%)
156	GNIZA Karolina	4099		K-20	4	01:35:32	02:25:55	03:00:19.95	03:00:19.95	+01:20:59 (44.9%)	8:35	7 (55.1%)
157	MARKIEWICZ Joanna Zuza	4033	PRO366	K-40	11	01:36:57	02:27:19	03:00:24.15	03:00:24.15	+01:21:03 (44.9%)	8:35	7 (55.1%)
158	ZAJĄC Aleksander	4100		M-30	46	01:35:31	02:25:55	03:00:29.35	03:00:29.35	+01:21:09 (45.0%)	8:35	7 (55.1%)
159	KOBIERSKI Michał	4194	#BIEGAJLESZNO	M-40	60	01:35:10	02:27:20	03:00:37.50	03:00:37.50	+01:21:17 (45.0%)	8:36	7 (55.1%)
160	KRYSTKOWIAK Klaudia	4027	#BIEGAJLESZNO	K-30	12	01:37:00	02:28:37	03:01:30.50	03:01:30.50	+01:22:10 (45.3%)	8:38	6.9 (54.3%)
161	SAMOLAK Łukasz	4096	POMYŁKA TEAM	M-40	61	01:38:17	02:28:26	03:01:34.90	03:01:34.90	+01:22:14 (45.3%)	8:38	6.9 (54.3%)
162	KRZYSZTOŃ Grzegorz	4070		M-50	16	01:36:11	02:28:09	03:01:40.65	03:01:40.65	+01:22:20 (45.3%)	8:39	6.9 (54.3%)
163	ROSZAK Karolina	4258	KAROLINKA	K-30	13	01:38:38	02:29:39	03:01:56.25	03:01:56.25	+01:22:35 (45.4%)	8:39	6.9 (54.3%)
164	DOWNAR-ZAPOLSKA Laura	4239	MD RUN	K-30	14	01:39:53	02:29:36	03:02:54.25	03:02:54.25	+01:23:33 (45.7%)	8:42	6.9 (54.3%)
165	DOWNAR-ZAPOLSKA Rita	4240	MD RUN	K-50	4	01:39:54	02:29:37	03:02:54.45	03:02:54.45	+01:23:34 (45.7%)	8:42	6.9 (54.3%)
166	BĄK Piotr	4146		M-40	62	01:38:06	02:30:59	03:04:00.95	03:04:00.95	+01:24:40 (46.0%)	8:45	6.8 (53.5%)
167	TOWPIK Piotr	4049		M-40	63	01:36:01	02:29:38	03:04:48.70	03:04:48.70	+01:25:28 (46.2%)	8:48	6.8 (53.5%)
168	ZAMOŚNY Paweł	4071	WILKI MIĘDZYLESIE	M-30	47	01:36:45	02:30:10	03:04:50.55	03:04:50.55	+01:25:30 (46.3%)	8:48	6.8 (53.5%)
169	STAMM Paulina	4165		K-50	5	01:37:19	02:31:15	03:04:51.85	03:04:51.85	+01:25:31 (46.3%)	8:48	6.8 (53.5%)
170	KUBICKI Piotr	4150	DZIKI ZGON KOŚCIAN	M-30	48	01:35:12	02:29:33	03:05:00.80	03:05:00.80	+01:25:40 (46.3%)	8:48	6.8 (53.5%)
171	ŁUKIEWICZ Agnieszka	4021	AUTOLIV RUN TEAM	K-40	12	01:39:48	02:32:16	03:05:08.20	03:05:08.20	+01:25:47 (46.3%)	8:48	6.8 (53.5%)
172	ŚMIECHOWSKA Małgorzata	4095		K-40	13	01:38:34	02:31:55	03:05:17.95	03:05:17.95	+01:25:57 (46.4%)	8:49	6.8 (53.5%)
173	RABIEJ Kazimierz	4197	ROZBIEGANI CHOJNÓW	M-60	3	01:36:50	02:31:01	03:05:29.25	03:05:29.25	+01:26:08 (46.4%)	8:49	6.8 (53.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
174	KWIATKOWSKA Marta	4044		K-40	14	01:36:07	02:29:23	03:05:32.00	03:05:32.00	+01:26:11 (46.5%)	8:50	6.8 (53.5%)
175	JESIONEK Paweł	4034	XD RUNNERS	M-30	49	01:35:28	02:32:21	03:06:08.15	03:06:08.15	+01:26:47 (46.6%)	8:51	6.8 (53.5%)
176	SAJNÓG Justyna	4097	#BIEGAJLESZNO	K-40	15	01:38:39	02:32:18	03:06:13.75	03:06:13.75	+01:26:53 (46.7%)	8:52	6.8 (53.5%)
177	PYREK Iwona	4032		K-40	16	01:39:55	02:33:56	03:09:13.15	03:09:13.15	+01:29:52 (47.5%)	9:00	6.7 (52.8%)
178	DOMBEK Andrzej	4017		M-50	17	01:38:03	02:34:27	03:09:26.95	03:09:26.95	+01:30:06 (47.6%)	9:01	6.7 (52.8%)
179	KAMIŃSKA Krystyna	4018		K-50	6	01:38:04	02:34:27	03:09:27.15	03:09:27.15	+01:30:06 (47.6%)	9:01	6.7 (52.8%)
180	GIDASZEWSKA Jolanta	4016	GIDAŚ TEAM	K-40	17	01:39:47	02:35:56	03:09:40.65	03:09:40.65	+01:30:20 (47.6%)	9:01	6.6 (52.0%)
181	KUCZYŃSKA Ada	4012	DRUŻYNA SZPIKU	K-30	15	01:41:11	02:34:03	03:10:07.40	03:10:07.40	+01:30:47 (47.8%)	9:03	6.6 (52.0%)
182	WRÓBEL Kamila	4149	ASICS FRONTRUNNER	K-30	16	01:39:51	02:34:51	03:10:11.70	03:10:11.70	+01:30:51 (47.8%)	9:03	6.6 (52.0%)
183	CZECH Dorota	4139	ASICS FRONTRUNNER POLAND	K-40	18	01:39:49	02:35:01	03:10:11.75	03:10:11.75	+01:30:51 (47.8%)	9:03	6.6 (52.0%)
184	SZWARGOT Marta	4131	SPORTOWY KAŻMIERZ	K-30	17	01:41:40	02:36:42	03:11:16.80	03:11:16.80	+01:31:56 (48.1%)	9:06	6.6 (52.0%)
184	NADOBNIK Bartek	4134	SPORTOWY KAŻMUERZ	M-20	8	01:41:41	02:36:43	03:11:16.80	03:11:16.80	+01:31:56 (48.1%)	9:06	6.6 (52.0%)
186	FURGAŁ-ŻUREK Joanna	4092		K-40	19	01:44:56	02:37:36	03:11:47.45	03:11:47.45	+01:32:27 (48.2%)	9:07	6.6 (52.0%)
187	ŁOPATKA Piotr	4219		M-50	18	01:48:14	02:38:45	03:13:14.55	03:13:14.55	+01:33:54 (48.6%)	9:12	6.5 (51.2%)
188	BULLERT Jakub	4257	KAROLINKA	M-30	50	01:43:24	02:38:26	03:14:51.70	03:14:51.70	+01:35:31 (49.0%)	9:16	6.5 (51.2%)
189	BULLERT Agnieszka	4253	KAROLINKA	K-30	18	01:43:29	02:38:28	03:14:51.75	03:14:51.75	+01:35:31 (49.0%)	9:16	6.5 (51.2%)
190	WIĄCKIEWICZ Ewa	4171	BBL	K-40	20	01:41:42	02:39:20	03:16:53.35	03:16:53.35	+01:37:33 (49.5%)	9:22	6.4 (50.4%)
191	HONKA Aneta	4176	DYCZUŚ TEAM	K-40	21	01:40:59	02:39:22	03:16:59.55	03:16:59.55	+01:37:39 (49.6%)	9:22	6.4 (50.4%)
192	DROŹDZIEWICZ Piotr	4020		M-30	51	01:47:58	02:42:19	03:16:59.85	03:16:59.85	+01:37:39 (49.6%)	9:22	6.4 (50.4%)
193	KOZŁOWSKA Magdalena	4174	RUNNERS KONIN	K-40	22	01:44:04	02:42:34	03:19:12.15	03:19:12.15	+01:39:51 (50.1%)	9:29	6.3 (49.6%)
194	WUDECKA Beata	4256		K-50	7	01:41:01	02:38:25	03:20:08.50	03:20:08.50	+01:40:48 (50.4%)	9:31	6.3 (49.6%)
195	SŁAWIŃSKI Damian	4079		M-40	64	01:40:50	02:39:41	03:20:11.40	03:20:11.40	+01:40:51 (50.4%)	9:31	6.3 (49.6%)
196	BABIACZYK Mateusz	4195	ŚMIESZKI	M-20	9	01:44:14	02:42:08	03:21:30.45	03:21:30.45	+01:42:10 (50.7%)	9:35	6.3 (49.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
197	BURA Karolina	4028	#BIEGAJLESZNO	K-40	23	01:45:40	02:43:44	03:22:25.30	03:22:25.30	+01:43:05 (50.9%)	9:38	6.2 (48.8%)
198	KRZYWIECKA Beata	4163		K-50	8	01:44:58	02:45:03	03:24:07.75	03:24:07.75	+01:44:47 (51.3%)	9:43	6.2 (48.8%)
199	MARCINIAK Irmína	4088	BIEGANIE NA ŚNIADANIE	K-40	24	01:54:20	02:52:28	03:29:37.55	03:29:37.55	+01:50:17 (52.6%)	9:58	6 (47.2%)
200	APANOVA Ekaterina	4235		K-30	19	01:44:55	02:51:00	03:29:55.95	03:29:55.95	+01:50:35 (52.7%)	9:59	6 (47.2%)
201	JURGA Karol	4103		M-40	65	01:44:50	02:44:33	03:29:58.00	03:29:58.00	+01:50:37 (52.7%)	9:59	6 (47.2%)
202	NOWAK - KASPRZAK Anna	4222		K-30	20	01:49:45	02:52:54	03:33:30.45	03:33:30.45	+01:54:10 (53.5%)	10:10	5.9 (46.5%)
203	KASPRZAK Łukasz	4223		M-30	52	01:49:48	02:52:54	03:33:30.75	03:33:30.75	+01:54:10 (53.5%)	10:10	5.9 (46.5%)
204	RÓŻAŃSKA Magdalena	4037		K-40	25	01:58:39	02:57:17	03:34:24.90	03:34:24.90	+01:55:04 (53.7%)	10:12	5.9 (46.5%)
205	BIEŃKOWSKA Magdalena	4216		K-30	21	01:50:29	02:55:33	03:35:37.45	03:35:37.45	+01:56:17 (53.9%)	10:16	5.8 (45.7%)
206	MISIAK Ula	4224		K-30	22	01:49:00	02:55:08	03:36:56.65	03:36:56.65	+01:57:36 (54.2%)	10:19	5.8 (45.7%)
207	PRZYSMĄK Piotr	4184		M-50	19	01:47:06	02:55:24	03:38:47.05	03:38:47.05	+01:59:26 (54.6%)	10:25	5.8 (45.7%)
208	MATUSIAK Mariusz	4123		M-40	66	01:50:55	02:55:45	03:39:09.85	03:39:09.85	+01:59:49 (54.7%)	10:26	5.7 (44.9%)
209	GOŁĘBIEWSKI Jędrzej	4090		M-20	10	01:51:21	02:57:11	03:39:13.25	03:39:13.25	+01:59:52 (54.7%)	10:26	5.7 (44.9%)
210	CHMIELEWSKI Mariusz	4140	STAJNIAKTEAM	M-30	53	01:51:12	02:54:23	03:42:17.95	03:42:17.95	+02:02:57 (55.3%)	10:35	5.7 (44.9%)
211	CHWALISZ Paweł	4177		M-50	20	01:55:57	03:02:13	03:44:23.40	03:44:23.40	+02:05:03 (55.7%)	10:41	5.6 (44.1%)
212	KLEDECKA Agata	4006	POINT EN ROUTE	K-20	5	01:48:21	03:05:13	03:45:15.75	03:45:15.75	+02:05:55 (55.9%)	10:43	5.6 (44.1%)
213	KUBICKI Robert	4248	DRUŻYNA GAZETY	M-50	21	01:56:07	03:03:31	03:46:20.95	03:46:20.95	+02:07:00 (56.1%)	10:46	5.6 (44.1%)
214	MACIAS Waldemar	4172	DRUŻYNA GAZETY	M-60	4	01:56:02	03:03:33	03:46:21.40	03:46:21.40	+02:07:01 (56.1%)	10:46	5.6 (44.1%)
215	BRZEZIŃSKI Andrzej	4114	LANRUNS	M-60	5	01:55:54	03:04:37	03:46:36.95	03:46:36.95	+02:07:16 (56.2%)	10:47	5.6 (44.1%)
216	RÓŻAŃSKI Robert	4251		M-50	22	01:59:12	03:05:15	03:47:48.20	03:47:48.20	+02:08:27 (56.4%)	10:50	5.5 (43.3%)
217	VAN KESSEL - PALUSZKIEWICZ Monika	4050	MAĆKOWIAK TEAM NL	K-50	9	01:57:31	03:06:01	03:49:14.40	03:49:14.40	+02:09:54 (56.7%)	10:54	5.5 (43.3%)
218	LEERS Joyce	4051	MAĆKOWIAK TEAM NL	K-40	26	01:57:32	03:06:02	03:49:14.50	03:49:14.50	+02:09:54 (56.7%)	10:54	5.5 (43.3%)
219	TAMBORSKI Tomasz	4245	HTF	M-40	67	01:48:18	03:10:57	03:49:48.80	03:49:48.80	+02:10:28 (56.8%)	10:56	5.5 (43.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
220	WIESZCZEK Dominik	4246		M-40	68	01:48:19	03:10:56	03:49:49.05	03:49:49.05	+02:10:28 (56.8%)	10:56	5.5 (43.3%)
221	JALOWSKI Andrzej	4252		M-50	23	01:58:49	03:13:55	03:52:07.40	03:52:07.40	+02:12:47 (57.2%)	11:03	5.4 (42.5%)
222	KRAJEWSKA Irmina	4040		K-30	23	02:02:10	03:10:21	03:53:08.60	03:53:08.60	+02:13:48 (57.4%)	11:06	5.4 (42.5%)
223	INOROWICZ Joanna	4158		K-40	27	01:57:33	03:13:57	03:56:11.35	03:56:11.35	+02:16:51 (57.9%)	11:14	5.3 (41.7%)
223	FIKSA Kasia	4191	BIEGACZE ŚCIEMNIACZE	K-40	27	01:58:27	03:13:57	03:56:11.35	03:56:11.35	+02:16:51 (57.9%)	11:14	5.3 (41.7%)
225	LETZA Roksana	4054		K-40	29	02:00:45	03:10:18	03:58:14.70	03:58:14.70	+02:18:54 (58.3%)	11:20	5.3 (41.7%)
226	NADOLNA Karina	4055	RUN TEAM RYDZYNA	K-40	30	02:00:48	03:10:17	03:58:14.80	03:58:14.80	+02:18:54 (58.3%)	11:20	5.3 (41.7%)
227	GRYLEWICZ Tomasz	4087		M-40	69	02:04:33	03:18:43	04:08:36.40	04:08:36.40	+02:29:16 (60.0%)	11:50	5.1 (40.2%)
228	KUMCZYK Marcin	4025	SPORTOWE RZEZIMIESZKI	M-30	54	01:47:57	03:34:15	04:08:39.30	04:08:39.30	+02:29:19 (60.0%)	11:50	5.1 (40.2%)
229	KOŁTOWSKI Michał	4066		M-40	70	02:04:15	03:19:16	04:10:53.35	04:10:53.35	+02:31:33 (60.4%)	11:56	5 (39.4%)
230	FLACZYŃSKA Aldona	4130	ŻÓŁWICE W BIEGU	K-40	31	01:47:56	03:20:59	04:20:33.15	04:20:33.15	+02:41:12 (61.9%)	12:24	4.8 (37.8%)
231	GOŁĘBIOWSKI Sławomir	4129	OSP ŚREM	M-30	55	01:47:53	03:20:59	04:20:33.30	04:20:33.30	+02:41:13 (61.9%)	12:24	4.8 (37.8%)
232	SADŁOWSKA Milena	4220		K-30	24	01:48:01	03:44:02	04:24:43.45	04:24:43.45	+02:45:23 (62.5%)	12:36	4.8 (37.8%)
233	WOŁOSZYN Waldemar	4198		M-20	11	01:48:00	03:45:12	04:31:01.25	04:31:01.25	+02:51:40 (63.3%)	12:54	4.6 (36.2%)
234	ZBORALSKA Justyna	4109		K-40	32	02:24:21	03:43:49	04:33:49.40	04:33:49.40	+02:54:29 (63.7%)	13:02	4.6 (36.2%)
235	STAJER Edyta	4046		K-50	10	02:04:06		04:42:28.50	04:42:28.50	+03:03:08 (64.8%)	13:27	4.5 (35.4%)
	MACIEJEWSKI Adam	4058		M-40		01:23:23 DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 236 wynik(ów)