

**Wydarzenie:** Kudowski Festiwal Biegowy - Sztafeta Górską 2021  
**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2021-05-09  
**Miejsce:** Kudowa-Zdrój  
**Dystans:** 21 km

Klasyfikacja: OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
1	<b>LAGNER Sebastian</b>	<b>3085</b>	KB SOBÓTKA	M-20	1	00:57:15	01:25:04	<b>01:43:04.40</b>		4:54	12.2 (100%)
2	<b>PASIK Tomasz</b>	<b>3264</b>	RMT TEAM PRO	M-40	1	00:58:32	01:25:13	<b>01:44:03.40</b>	+00:00:59 (0.9%)	4:57	12.1 (99.2%)
3	<b>ROSKOSZ Bartosz</b>	<b>3217</b>	JELCZ TRIATHLON PROJECT	M-30	1	00:59:38	01:30:29	<b>01:48:29.70</b>	+00:05:25 (5.0%)	5:09	11.6 (95.1%)
4	<b>PIĄTEK Mateusz</b>	<b>3075</b>	RMT TEAM	M-30	2	01:02:10	01:32:54	<b>01:52:31.05</b>	+00:09:26 (8.4%)	5:21	11.2 (91.8%)
5	<b>KIEŁBASIEWICZ Dawid</b>	<b>3064</b>	MOYA RACING TEAM	M-20	2	01:06:45	01:36:53	<b>01:57:28.90</b>	+00:14:24 (12.3%)	5:35	10.7 (87.7%)
6	<b>KOWALIK Marcin</b>	<b>3262</b>		M-30	3	01:05:37	01:37:18	<b>01:57:32.00</b>	+00:14:27 (12.3%)	5:35	10.7 (87.7%)
7	<b>PIHIL Piotr</b>	<b>3045</b>		M-40	2	01:05:22	01:37:45	<b>01:58:46.60</b>	+00:15:42 (13.2%)	5:39	10.6 (86.9%)
8	<b>ŁĘŻNIAK Aleksander</b>	<b>3193</b>	MONK SANDALS TEAM	M-30	4	01:06:23	01:38:57	<b>02:00:43.55</b>	+00:17:39 (14.6%)	5:44	10.4 (85.2%)
9	<b>MOCZULSKA Małgorzata</b>	<b>3208</b>		K-40	1	01:06:02	01:39:27	<b>02:00:45.30</b>	+00:17:40 (14.6%)	5:45	10.4 (85.2%)
10	<b>ROSKOSZ Michał</b>	<b>3224</b>	KAC RUNNING TEAM	M-40	3	01:06:35	01:39:54	<b>02:02:04.35</b>	+00:18:59 (15.6%)	5:48	10.3 (84.4%)
11	<b>LEŚNIAK Jakub</b>	<b>3265</b>		M-30	5	01:06:59	01:40:24	<b>02:02:24.00</b>	+00:19:19 (15.8%)	5:49	10.3 (84.4%)
12	<b>KARWACKI Maciej</b>	<b>3172</b>		M-20	3	01:07:08	01:42:10	<b>02:03:13.25</b>	+00:20:08 (16.4%)	5:52	10.2 (83.6%)
13	<b>PAZDAN Piotr</b>	<b>3086</b>	140MINUT.PL	M-30	6	01:15:21	01:45:25	<b>02:04:34.05</b>	+00:21:29 (17.3%)	5:55	10.1 (82.8%)
14	<b>STREICH Tomasz</b>	<b>3147</b>		M-20	4	01:09:12	01:43:41	<b>02:04:37.00</b>	+00:21:32 (17.3%)	5:56	10.1 (82.8%)
15	<b>NIEZGÓDKA Tomasz</b>	<b>3266</b>	ZAŁOGA GÓRSKA	M-50	1	01:09:51	01:43:31	<b>02:05:53.65</b>	+00:22:49 (18.1%)	5:59	10 (82.0%)
16	<b>AWRYCEWICZ Roman</b>	<b>3268</b>		M-60	1	01:10:29	01:42:58	<b>02:06:41.00</b>	+00:23:36 (18.6%)	6:01	9.9 (81.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
17	<b>WALCZAK Maciej</b>	<b>3240</b>	QUAY POZNAŃ/HERCOG RUNNING TEAM	M-40	4	01:09:53	01:45:19	<b>02:07:08.10</b>	+00:24:03 (18.9%)	6:03	9.9 (81.1%)
18	<b>KUBICZEK Andrzej</b>	<b>3227</b>		M-30	7	01:11:12	01:45:39	<b>02:08:54.60</b>	+00:25:50 (20.0%)	6:08	9.8 (80.3%)
19	<b>MŁYNARSKI Mateusz</b>	<b>3186</b>	TRITOGO	M-30	8	01:10:39	01:45:22	<b>02:09:26.10</b>	+00:26:21 (20.4%)	6:09	9.7 (79.5%)
20	<b>ZACHURA Grzegorz</b>	<b>3258</b>		M-30	9	01:10:34	01:44:34	<b>02:09:30.80</b>	+00:26:26 (20.4%)	6:10	9.7 (79.5%)
21	<b>BRZOZOWSKI Jakub</b>	<b>3116</b>		M-30	10	01:12:41	01:47:42	<b>02:10:20.00</b>	+00:27:15 (20.9%)	6:12	9.7 (79.5%)
22	<b>ADAM Piotr</b>	<b>3226</b>		M-40	5	01:10:59	01:48:54	<b>02:11:13.00</b>	+00:28:08 (21.4%)	6:14	9.6 (78.7%)
23	<b>NIKOLIN Andrzej</b>	<b>3188</b>		M-30	11	01:10:45	01:47:08	<b>02:11:16.15</b>	+00:28:11 (21.5%)	6:15	9.6 (78.7%)
24	<b>KOSTKA Aleksander</b>	<b>3141</b>	AZS-AWF KRAKÓW	M-30	12	01:14:16	01:48:22	<b>02:11:36.75</b>	+00:28:32 (21.7%)	6:16	9.6 (78.7%)
25	<b>PIETROSZEK-DOMORADZKA Agata</b>	<b>3181</b>	EX TEAM	K-20	1	01:12:32	01:48:48	<b>02:11:49.15</b>	+00:28:44 (21.8%)	6:16	9.6 (78.7%)
26	<b>WOJCIECHOWSKI Maciej</b>	<b>3179</b>		M-20	5	01:13:55	01:49:00	<b>02:12:10.85</b>	+00:29:06 (22.0%)	6:17	9.5 (77.9%)
27	<b>FILIPEK Wojciech</b>	<b>3041</b>		M-30	13	01:13:49	01:49:45	<b>02:13:12.90</b>	+00:30:08 (22.6%)	6:20	9.5 (77.9%)
28	<b>KOTLAREK Dawid</b>	<b>3148</b>	VEGE RUNNERS	M-40	6	01:14:49	01:51:09	<b>02:14:16.65</b>	+00:31:12 (23.2%)	6:23	9.4 (77.0%)
29	<b>TRZECIAKIEWICZ Mieczysław</b>	<b>3253</b>	INŻYNIERIA BIEGANIA	M-50	2	01:12:17	01:48:53	<b>02:14:23.85</b>	+00:31:19 (23.3%)	6:23	9.4 (77.0%)
30	<b>PISAREWICZ Karol</b>	<b>3236</b>		M-30	14	01:17:07	01:53:18	<b>02:14:37.45</b>	+00:31:33 (23.4%)	6:24	9.4 (77.0%)
31	<b>KARAMON Marcin</b>	<b>3261</b>		M-40	7	01:15:19	01:51:26	<b>02:15:41.85</b>	+00:32:37 (24.0%)	6:27	9.3 (76.2%)
32	<b>GRACZYK Mariusz</b>	<b>3006</b>	ZIELONA GÓRO ZACZNIJ BIEGAĆ	M-40	8	01:17:15	01:51:12	<b>02:16:05.00</b>	+00:33:00 (24.3%)	6:28	9.3 (76.2%)
33	<b>CHAMALA Krzysztof</b>	<b>3135</b>	WEEGREE	M-30	15	01:14:46	01:53:21	<b>02:16:50.45</b>	+00:33:46 (24.7%)	6:30	9.2 (75.4%)
34	<b>KURASIK Tomasz</b>	<b>3049</b>		M-40	9	01:14:23	01:52:40	<b>02:17:00.10</b>	+00:33:55 (24.8%)	6:31	9.2 (75.4%)
35	<b>PACEK Tomasz</b>	<b>3124</b>	PIANIŚCI	M-30	16	01:14:05	01:53:37	<b>02:17:26.45</b>	+00:34:22 (25.0%)	6:32	9.2 (75.4%)
36	<b>MARÍN Alberto</b>	<b>3241</b>		M-30	17	01:15:58	01:53:51	<b>02:18:02.15</b>	+00:34:57 (25.3%)	6:34	9.1 (74.6%)
37	<b>MOCHEGIANI Andrea</b>	<b>3246</b>	BAD ORGANIZER TEAM	M-50	3	01:14:10	01:54:20	<b>02:19:38.95</b>	+00:36:34 (26.2%)	6:38	9 (73.8%)
38	<b>MARZEC Tomasz</b>	<b>3152</b>		M-40	10	01:17:30	01:55:01	<b>02:20:13.90</b>	+00:37:09 (26.5%)	6:40	9 (73.8%)
39	<b>FILIPEK Mateusz</b>	<b>3061</b>	NIEWYCHOWANI FIZYCZNIE	M-20	6	01:16:54	01:54:28	<b>02:20:14.60</b>	+00:37:10 (26.5%)	6:40	9 (73.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
40	<b>BRUS Marcin</b>	<b>3001</b>		M-40	11	01:17:36	01:56:43	<b>02:20:49.95</b>	+00:37:45 (26.8%)	6:42	8.9 (73.0%)
41	<b>SADOWSKI Marek</b>	<b>3113</b>		M-40	12	01:16:31	01:56:12	<b>02:21:27.10</b>	+00:38:22 (27.1%)	6:44	8.9 (73.0%)
42	<b>WOJDANOWSKI Jan</b>	<b>3221</b>	KB HARCOWNIK JELCZ-LASKOWICE	M-50	4	01:20:16	01:57:10	<b>02:21:35.10</b>	+00:38:30 (27.2%)	6:44	8.9 (73.0%)
43	<b>PIETRZYK Tomasz</b>	<b>3153</b>	140MINUT.PL	M-40	13	01:17:45	01:56:31	<b>02:22:04.20</b>	+00:38:59 (27.4%)	6:45	8.9 (73.0%)
44	<b>MISZTAL Kamil</b>	<b>3248</b>		M-30	18	01:23:55	01:58:35	<b>02:22:05.05</b>	+00:39:00 (27.5%)	6:45	8.9 (73.0%)
45	<b>JĘDRAS Remigiusz</b>	<b>3155</b>		M-40	14	01:16:57	01:54:21	<b>02:22:05.90</b>	+00:39:01 (27.5%)	6:45	8.9 (73.0%)
46	<b>GAWRYSIAK Marek</b>	<b>3182</b>	BIEGOSTACJA	M-40	15	01:17:53	01:55:43	<b>02:23:22.60</b>	+00:40:18 (28.1%)	6:49	8.8 (72.1%)
47	<b>KOWZAN Piotr</b>	<b>3185</b>		M-40	16	01:18:23	01:57:22	<b>02:23:32.50</b>	+00:40:28 (28.2%)	6:50	8.8 (72.1%)
48	<b>OWCZAREK Tomasz</b>	<b>3184</b>	BIEGAJĄCĄ KASTA MIEDZIOWEGO MIASTA	M-40	17	01:18:30	01:57:26	<b>02:23:37.25</b>	+00:40:32 (28.2%)	6:50	8.8 (72.1%)
49	<b>GIERAK Wojciech</b>	<b>3222</b>	JELCZ TRIATLON PROJECT	M-40	18	01:20:20	01:59:29	<b>02:25:08.20</b>	+00:42:03 (29.0%)	6:54	8.7 (71.3%)
50	<b>LUBAŃSKI Mateusz</b>	<b>3143</b>		M-30	19	01:17:38	01:58:32	<b>02:25:38.80</b>	+00:42:34 (29.2%)	6:56	8.7 (71.3%)
51	<b>ZENDWALEWICZ Ewa</b>	<b>3117</b>	JELCZ TRIATHLON PROJECT	K-30	1	01:21:00	02:01:00	<b>02:25:42.85</b>	+00:42:38 (29.3%)	6:56	8.6 (70.5%)
52	<b>IGNASZEWSKI Michał</b>	<b>3259</b>	DRUŻYNA SZPIKU	M-30	20	01:19:37	01:59:03	<b>02:26:58.25</b>	+00:43:53 (29.9%)	6:59	8.6 (70.5%)
53	<b>GRZYWIŃSKI Grzegorz</b>	<b>3030</b>	RUN BYDGOSZCZ	M-40	19	01:19:50	02:00:49	<b>02:27:17.85</b>	+00:44:13 (30.0%)	7:00	8.6 (70.5%)
54	<b>NIMSZ Kamila</b>	<b>3002</b>	KB HARCOWNIK JELCZ-LASKOWICE	K-40	2	01:13:48	02:04:39	<b>02:27:39.35</b>	+00:44:34 (30.2%)	7:01	8.5 (69.7%)
55	<b>KAPROŃ Martyna</b>	<b>3256</b>	KB HARCOWNIK JELCZ-LASKOWICE	K-20	2	01:22:53	02:03:01	<b>02:28:20.50</b>	+00:45:16 (30.5%)	7:03	8.5 (69.7%)
56	<b>POŁEĆ Leszek</b>	<b>3163</b>	WATAHA/SBRT	M-30	21	01:21:02	02:03:09	<b>02:28:49.65</b>	+00:45:45 (30.7%)	7:05	8.5 (69.7%)
57	<b>MŁOTKOWSKI Michał</b>	<b>3159</b>		M-30	22	01:19:57	02:01:23	<b>02:29:18.40</b>	+00:46:14 (31.0%)	7:06	8.4 (68.9%)
58	<b>GANDYRA Rafał</b>	<b>3105</b>		M-30	23	01:22:20	02:02:39	<b>02:29:34.55</b>	+00:46:30 (31.1%)	7:07	8.4 (68.9%)
59	<b>ULIKOWSKA Martyna</b>	<b>3052</b>	ZAŁOGA GÓRSKA	K-30	2	01:22:58	02:03:57	<b>02:29:58.60</b>	+00:46:54 (31.3%)	7:08	8.4 (68.9%)
60	<b>HRYCAJ Marcin</b>	<b>3035</b>	KB ODRA OPOLE	M-40	20	01:19:07	02:02:28	<b>02:30:30.60</b>	+00:47:26 (31.5%)	7:10	8.4 (68.9%)
61	<b>DEMKOWSKI Marcin</b>	<b>3149</b>		M-30	24	01:23:30	02:04:06	<b>02:31:06.20</b>	+00:48:01 (31.8%)	7:11	8.3 (68.0%)
62	<b>ANDRZEJCZAK Anna</b>	<b>3053</b>	NKB CHYŻY NOWY TOMYŚL	K-30	3	01:23:55	02:04:53	<b>02:31:06.25</b>	+00:48:01 (31.8%)	7:11	8.3 (68.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
63	<b>MAZUREK Artur</b>	<b>3168</b>	GMINA LUDZI Z PASJĄ	M-50	5	01:24:04	02:05:51	<b>02:32:27.40</b>	+00:49:23 (32.4%)	7:15	8.3 (68.0%)
64	<b>SABATOWSKI Krzysztof</b>	<b>3232</b>	CARBON SILESIA SPORT	M-40	21	01:22:41	02:03:45	<b>02:32:32.75</b>	+00:49:28 (32.4%)	7:15	8.3 (68.0%)
65	<b>OSTROWSKI Konrad</b>	<b>3202</b>	TRAINING LAB	M-30	25	01:20:56	02:04:03	<b>02:32:49.60</b>	+00:49:45 (32.6%)	7:16	8.2 (67.2%)
66	<b>KURAŚ Szymon</b>	<b>3112</b>	NKB CHYŻY NOWY TOMYŚL	M-40	22	01:09:35	01:43:57	<b>02:33:57.40</b>	+00:50:53 (33.1%)	7:19	8.2 (67.2%)
67	<b>SKOCZEK Sebastian</b>	<b>3111</b>		M-40	23	01:24:49	02:07:22	<b>02:34:06.30</b>	+00:51:01 (33.1%)	7:20	8.2 (67.2%)
68	<b>PILONIS Paweł</b>	<b>3038</b>	BIEGOSTACJA	M-40	24	01:23:36	02:06:21	<b>02:34:37.20</b>	+00:51:32 (33.3%)	7:21	8.1 (66.4%)
69	<b>KOWALSKI Krzysztof</b>	<b>3042</b>	HRMAXCROSSTEAM	M-50	6	01:22:20	02:06:43	<b>02:34:52.30</b>	+00:51:47 (33.4%)	7:22	8.1 (66.4%)
70	<b>ZALIŃSKI Leszek</b>	<b>3154</b>		M-30	26	01:20:52	02:06:26	<b>02:35:01.90</b>	+00:51:57 (33.5%)	7:22	8.1 (66.4%)
71	<b>MAJEWSKA Joanna</b>	<b>3263</b>		K-40	3	01:22:31	02:06:44	<b>02:35:05.50</b>	+00:52:01 (33.5%)	7:23	8.1 (66.4%)
72	<b>BŁASZCZAK Łukasz</b>	<b>3103</b>		M-30	27	01:31:29	02:11:00	<b>02:36:25.50</b>	+00:53:21 (34.1%)	7:26	8.1 (66.4%)
73	<b>ANDRZEJCZAK Łukasz</b>	<b>3055</b>	NKB CHYŻY NOWY TOMYŚL	M-30	28	01:26:10	02:08:35	<b>02:37:07.30</b>	+00:54:02 (34.4%)	7:28	8 (65.6%)
74	<b>SZOFER Adam</b>	<b>3079</b>	NKB CHYŻY NOWY TOMYŚL	M-30	29	01:12:18	01:47:06	<b>02:37:18.60</b>	+00:54:14 (34.5%)	7:29	8 (65.6%)
75	<b>WANKIEWICZ Krzysztof</b>	<b>3092</b>		M-40	25	01:25:33	02:09:40	<b>02:37:39.95</b>	+00:54:35 (34.6%)	7:30	8 (65.6%)
76	<b>KACZOR Marcin</b>	<b>3171</b>	ADJ	M-40	26	01:27:11	02:11:28	<b>02:37:42.55</b>	+00:54:38 (34.6%)	7:30	8 (65.6%)
77	<b>BINIENDA Agnieszka</b>	<b>3257</b>	KOBIETY WATAHY	K-40	4	01:24:28	02:10:57	<b>02:37:47.35</b>	+00:54:42 (34.7%)	7:30	8 (65.6%)
78	<b>KOT Wioleta</b>	<b>3119</b>		K-30	4	01:25:12	02:09:18	<b>02:37:48.70</b>	+00:54:44 (34.7%)	7:30	8 (65.6%)
79	<b>ŁYKO Marcin</b>	<b>3173</b>		M-30	30	01:22:47	02:08:37	<b>02:37:55.50</b>	+00:54:51 (34.7%)	7:31	8 (65.6%)
80	<b>TOKARCZUK Tomasz</b>	<b>3048</b>		M-30	31	01:26:27	02:11:16	<b>02:38:44.85</b>	+00:55:40 (35.1%)	7:33	7.9 (64.8%)
81	<b>PIWOWARSKI Maciej</b>	<b>3106</b>		M-30	32	01:29:39	02:10:53	<b>02:39:38.60</b>	+00:56:34 (35.4%)	7:36	7.9 (64.8%)
82	<b>ZAWORSKI Tomasz</b>	<b>3090</b>		M-30	33	01:28:23	02:12:16	<b>02:39:50.85</b>	+00:56:46 (35.5%)	7:36	7.9 (64.8%)
83	<b>JERMAK Kamil</b>	<b>3104</b>	BOHAR PALETY RUN&TTRAVEL ZIELONA GÓRA	M-40	27	01:22:13	02:18:01	<b>02:39:50.95</b>	+00:56:46 (35.5%)	7:36	7.9 (64.8%)
84	<b>PODSADNY Bartosz</b>	<b>3239</b>		M-30	34	01:26:44	02:11:03	<b>02:39:59.25</b>	+00:56:54 (35.6%)	7:37	7.9 (64.8%)
85	<b>BIELAWSKI Paweł</b>	<b>3095</b>		M-30	35	01:27:26	02:10:40	<b>02:40:12.65</b>	+00:57:08 (35.7%)	7:37	7.9 (64.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
86	<b>KUJACZYŃSKA Iga</b>	<b>3177</b>	BISTURI	K-30	5	01:27:18	02:11:15	<b>02:40:22.15</b>	+00:57:17 (35.7%)	7:38	7.9 (64.8%)
87	<b>OLIŃSKI Paweł</b>	<b>3057</b>		M-30	36	01:26:17	02:12:19	<b>02:41:07.75</b>	+00:58:03 (36.0%)	7:40	7.8 (63.9%)
88	<b>KUBKOWSKI Mateusz</b>	<b>3142</b>		M-30	37	01:27:06	02:13:48	<b>02:41:08.75</b>	+00:58:04 (36.0%)	7:40	7.8 (63.9%)
89	<b>KRAWCZYK Robert</b>	<b>3169</b>		M-20	7	01:26:49	02:10:58	<b>02:41:30.30</b>	+00:58:25 (36.2%)	7:41	7.8 (63.9%)
90	<b>SZYMAŃSKI Michał</b>	<b>3231</b>	TENIS CENTRUM AS	M-20	8	01:26:49	02:11:46	<b>02:41:31.10</b>	+00:58:26 (36.2%)	7:41	7.8 (63.9%)
91	<b>SZAL Małgorzata</b>	<b>3225</b>	TENIS CENTRUM AS	K-30	6	01:26:54	02:11:50	<b>02:41:36.35</b>	+00:58:31 (36.2%)	7:41	7.8 (63.9%)
92	<b>MAZUR Marek</b>	<b>3167</b>		M-40	28	01:26:44	02:12:00	<b>02:41:42.15</b>	+00:58:37 (36.3%)	7:42	7.8 (63.9%)
93	<b>HUBKA Jerzy</b>	<b>3160</b>	ZABRZAŃSKIE PARKOWE BIEGANIE	M-60	2	01:27:02	02:13:29	<b>02:42:09.15</b>	+00:59:04 (36.4%)	7:43	7.8 (63.9%)
94	<b>MARCINIAK Wojciech</b>	<b>3127</b>		M-40	29	01:29:58	02:13:41	<b>02:42:14.85</b>	+00:59:10 (36.5%)	7:43	7.8 (63.9%)
95	<b>WÓJCIK Karol</b>	<b>3063</b>	NIEWYCHOWANI FIZYCZNIE	M-20	9	01:25:04	02:11:20	<b>02:42:23.10</b>	+00:59:18 (36.5%)	7:43	7.8 (63.9%)
96	<b>GRSZEWSKA Marina</b>	<b>3062</b>	NIEWYCHOWANI FIZYCZNIE	K-20	3	01:25:05	02:11:24	<b>02:42:27.00</b>	+00:59:22 (36.6%)	7:44	7.8 (63.9%)
97	<b>MARCINIAK Magdalena</b>	<b>3128</b>		K-40	5	01:30:22	02:14:02	<b>02:42:36.45</b>	+00:59:32 (36.6%)	7:44	7.7 (63.1%)
98	<b>RADOMSKI Bartosz</b>	<b>3110</b>		M-30	38	01:30:37	02:14:16	<b>02:42:39.30</b>	+00:59:34 (36.6%)	7:44	7.7 (63.1%)
99	<b>WERLE Michał</b>	<b>3213</b>	WARBUD RUNNING TEAM	M-30	39	01:25:22	02:12:20	<b>02:42:41.65</b>	+00:59:37 (36.6%)	7:44	7.7 (63.1%)
100	<b>STROJNY Radosław</b>	<b>3107</b>	KILOMETRY POMOCY	M-20	10	01:30:46	02:14:25	<b>02:42:47.85</b>	+00:59:43 (36.7%)	7:45	7.7 (63.1%)
101	<b>KRZESIMOWSKI Damian</b>	<b>3089</b>		M-30	40	01:30:25	02:12:40	<b>02:42:49.90</b>	+00:59:45 (36.7%)	7:45	7.7 (63.1%)
102	<b>KOZŁOWSKI Szymon</b>	<b>3125</b>		M-40	30	01:28:34	02:14:11	<b>02:43:26.35</b>	+01:00:21 (36.9%)	7:46	7.7 (63.1%)
103	<b>BYLINA Bartosz</b>	<b>3229</b>		M-40	31	01:27:52	02:14:57	<b>02:44:59.30</b>	+01:01:54 (37.5%)	7:51	7.6 (62.3%)
104	<b>ALBERT Damian</b>	<b>3115</b>	FIZJOBIEGACZE SZCZECIN	M-30	41	01:29:48	02:15:16	<b>02:45:16.10</b>	+01:02:11 (37.6%)	7:52	7.6 (62.3%)
105	<b>LEWICKA Magdalena</b>	<b>3088</b>	CAŁA OLEŚNICA BIEGA	K-40	6	01:30:19	02:16:41	<b>02:45:36.35</b>	+01:02:31 (37.8%)	7:53	7.6 (62.3%)
106	<b>SURDAKCI Piotr</b>	<b>3068</b>	SPODKRZYŻA	M-40	32	01:34:14	02:18:45	<b>02:46:16.75</b>	+01:03:12 (38.0%)	7:55	7.6 (62.3%)
107	<b>TKACZYK Katarzyna</b>	<b>3194</b>		K-30	7	01:31:09	02:16:16	<b>02:46:23.15</b>	+01:03:18 (38.1%)	7:55	7.6 (62.3%)
108	<b>KOWALSKI Mariusz</b>	<b>3166</b>		M-40	33	01:26:41	02:12:55	<b>02:46:59.40</b>	+01:03:55 (38.3%)	7:57	7.5 (61.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
109	<b>PILONIS Eleonora</b>	<b>3109</b>	BIEGOSTACJA	K-40	7	01:31:04	02:17:57	<b>02:47:15.30</b>	+01:04:10 (38.4%)	7:57	7.5 (61.5%)
110	<b>HACUŚ Jacek</b>	<b>3156</b>		M-30	42	01:30:36	02:15:42	<b>02:47:37.10</b>	+01:04:32 (38.5%)	7:58	7.5 (61.5%)
111	<b>ŚWIATOWIEC Anna</b>	<b>3211</b>		K-50	1	01:32:36	02:18:58	<b>02:47:41.00</b>	+01:04:36 (38.5%)	7:59	7.5 (61.5%)
112	<b>BACHURSKI Tomasz</b>	<b>3020</b>		M-40	34	01:30:21	02:16:27	<b>02:48:13.40</b>	+01:05:09 (38.7%)	8:00	7.5 (61.5%)
113	<b>STELMACH Mariusz</b>	<b>3069</b>		M-30	43	01:30:49	02:18:58	<b>02:48:21.90</b>	+01:05:17 (38.8%)	8:01	7.5 (61.5%)
114	<b>KICIŃSKI Patryk</b>	<b>3134</b>		M-20	11	01:30:45	02:20:15	<b>02:48:23.55</b>	+01:05:19 (38.8%)	8:01	7.5 (61.5%)
115	<b>STELMACH Arkadiusz</b>	<b>3099</b>		M-20	12	01:30:56	02:19:05	<b>02:48:29.00</b>	+01:05:24 (38.8%)	8:01	7.5 (61.5%)
116	<b>PLAZA Artur</b>	<b>3267</b>	PLAZA TEAM	M-40	35	01:30:03	02:17:58	<b>02:48:40.45</b>	+01:05:36 (38.9%)	8:01	7.5 (61.5%)
117	<b>ROLIŃSKI Radosław</b>	<b>3091</b>		M-40	36	01:32:45	02:15:32	<b>02:49:22.00</b>	+01:06:17 (39.1%)	8:03	7.4 (60.7%)
118	<b>WIERCIAK Piotr</b>	<b>3123</b>	PIANIŚCI	M-30	44	01:32:09	02:19:08	<b>02:49:40.15</b>	+01:06:35 (39.3%)	8:04	7.4 (60.7%)
119	<b>BOHAREWICZ Paweł</b>	<b>3158</b>	BOHAR PALETY RUN&TRAVEL ZIELONA GÓRA	M-40	37	01:24:34	02:20:42	<b>02:50:10.65</b>	+01:07:06 (39.4%)	8:06	7.4 (60.7%)
120	<b>BERG Elwira</b>	<b>3082</b>		K-30	8	01:32:40	02:19:53	<b>02:50:51.45</b>	+01:07:47 (39.7%)	8:08	7.4 (60.7%)
121	<b>MRÓWKA Michał</b>	<b>3223</b>		M-30	45	01:35:01	02:21:03	<b>02:51:08.35</b>	+01:08:03 (39.8%)	8:08	7.4 (60.7%)
122	<b>MRÓWKA Małgorzata</b>	<b>3220</b>		K-30	9	01:35:07	02:21:06	<b>02:51:13.20</b>	+01:08:08 (39.8%)	8:09	7.4 (60.7%)
123	<b>ZIÓŁEK Mirosław</b>	<b>3233</b>	STAY INSANE/ BANDA GRUDNIA	M-50	7	01:32:45	02:20:26	<b>02:51:31.55</b>	+01:08:27 (39.9%)	8:10	7.3 (59.8%)
124	<b>SZULC Rafał</b>	<b>3027</b>	PREGRES	M-30	46	01:32:17	02:20:59	<b>02:51:38.90</b>	+01:08:34 (40.0%)	8:10	7.3 (59.8%)
125	<b>MIKŁUSZKA Dorota</b>	<b>3235</b>		K-40	8	01:35:05	02:21:14	<b>02:51:47.40</b>	+01:08:43 (40.0%)	8:10	7.3 (59.8%)
126	<b>KLABIK Maciej</b>	<b>3133</b>	EL RAPIDO	M-40	38	01:33:54	02:22:59	<b>02:52:07.25</b>	+01:09:02 (40.1%)	8:11	7.3 (59.8%)
127	<b>CZECHOLIŃSKI Piotr</b>	<b>3131</b>	LESZNO LIMITS RUNNERS	M-50	8	01:33:57	02:23:04	<b>02:52:09.35</b>	+01:09:04 (40.1%)	8:11	7.3 (59.8%)
128	<b>JOPEK Wojciech</b>	<b>3243</b>		M-30	47	01:35:40	02:22:43	<b>02:53:02.80</b>	+01:09:58 (40.4%)	8:14	7.3 (59.8%)
129	<b>MAŚLANY Mariusz</b>	<b>3174</b>	ELEKTROMETAL ENERGETYKA SA	M-40	39	01:35:54	02:25:34	<b>02:53:56.45</b>	+01:10:52 (40.7%)	8:16	7.2 (59.0%)
130	<b>KSIĘZKA Joanna</b>	<b>3145</b>	STRZEGOMSKA DWUNASTKA	K-30	10	01:35:48	02:24:18	<b>02:53:58.85</b>	+01:10:54 (40.8%)	8:17	7.2 (59.0%)
131	<b>PODULKA Grzegorz</b>	<b>3122</b>		M-40	40	01:32:17	02:23:02	<b>02:54:01.05</b>	+01:10:56 (40.8%)	8:17	7.2 (59.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
132	<b>PLOK Krzysztof</b>	<b>3206</b>	TEAMPLOK	M-50	9	01:33:46	02:23:56	<b>02:54:23.65</b>	+01:11:19 (40.9%)	8:18	7.2 (59.0%)
133	<b>MAZUR Wiktor</b>	<b>3144</b>		M-30	48	01:32:44	02:22:07	<b>02:54:56.95</b>	+01:11:52 (41.1%)	8:19	7.2 (59.0%)
134	<b>BRZOZOWSKA Marlena</b>	<b>3210</b>		K-40	9	01:35:34	02:25:12	<b>02:55:26.05</b>	+01:12:21 (41.2%)	8:21	7.2 (59.0%)
135	<b>BRZOZOWSKI Marcin</b>	<b>3093</b>		M-40	41	01:35:40	02:25:24	<b>02:55:37.25</b>	+01:12:32 (41.3%)	8:21	7.2 (59.0%)
136	<b>TOPOLEWSKI Filip</b>	<b>3230</b>		M-40	42	01:35:01	02:25:47	<b>02:55:42.55</b>	+01:12:38 (41.3%)	8:22	7.2 (59.0%)
137	<b>MASZTALSKA Joanna</b>	<b>3059</b>		K-20	4	01:36:56	02:24:11	<b>02:56:05.70</b>	+01:13:01 (41.5%)	8:23	7.2 (59.0%)
138	<b>DOLECKA Ela</b>	<b>3071</b>	NKB CHYŻY NOWY TOMYŚL	K-40	10	01:34:51	02:24:44	<b>02:56:30.10</b>	+01:13:25 (41.6%)	8:24	7.1 (58.2%)
139	<b>TOMKIEWICZ Przemysław</b>	<b>3175</b>		M-40	43	01:36:01	02:25:41	<b>02:56:46.65</b>	+01:13:42 (41.7%)	8:25	7.1 (58.2%)
140	<b>OLENDER Tomasz</b>	<b>3151</b>		M-50	10	01:37:31	02:24:17	<b>02:56:53.55</b>	+01:13:49 (41.7%)	8:25	7.1 (58.2%)
141	<b>DZIERGWA Agnieszka</b>	<b>3216</b>	PRZEDWOJEWSKI TEAM	K-30	11	01:37:54	02:28:16	<b>02:58:19.40</b>	+01:15:15 (42.2%)	8:29	7.1 (58.2%)
142	<b>SPYRA Adam</b>	<b>3060</b>	NIEWYCHOWANI FIZYCZNIE	M-20	13	01:33:24	02:26:30	<b>02:58:19.60</b>	+01:15:15 (42.2%)	8:29	7.1 (58.2%)
143	<b>KOENIG Krzysztof</b>	<b>3087</b>	PROFIAUTO	M-30	49	01:35:27	02:25:42	<b>02:59:10.50</b>	+01:16:06 (42.5%)	8:31	7 (57.4%)
144	<b>RÓŻAŃSKA Magdalena</b>	<b>3051</b>		K-40	11	01:38:32	02:28:12	<b>02:59:20.50</b>	+01:16:16 (42.5%)	8:32	7 (57.4%)
145	<b>RACZKOWSKI Rafał</b>	<b>3067</b>		M-40	44	01:38:42	02:26:57	<b>02:59:21.05</b>	+01:16:16 (42.5%)	8:32	7 (57.4%)
146	<b>KOZAK Bartosz</b>	<b>3072</b>	KOZAKI	M-40	45	01:35:38	02:29:36	<b>03:00:16.95</b>	+01:17:12 (42.8%)	8:35	7 (57.4%)
147	<b>WESOŁOWSKI Maciej</b>	<b>3245</b>		M-50	11	01:36:03	02:28:53	<b>03:00:40.30</b>	+01:17:35 (42.9%)	8:36	7 (57.4%)
148	<b>WESOŁOWSKA Urszula</b>	<b>3244</b>		K-50	2	01:36:07	02:28:59	<b>03:00:44.95</b>	+01:17:40 (43.0%)	8:36	7 (57.4%)
149	<b>ZAJĄCZKOWSKI Damian</b>	<b>3252</b>		M-40	46	01:37:04	02:28:03	<b>03:02:05.35</b>	+01:19:00 (43.4%)	8:40	6.9 (56.6%)
150	<b>JURASZ Aleksandra</b>	<b>3029</b>		K-30	12	01:33:01	02:27:29	<b>03:03:33.00</b>	+01:20:28 (43.8%)	8:44	6.9 (56.6%)
151	<b>WOJCIECHOWSKI Paweł</b>	<b>3114</b>	FIZJOBIEGACZE SZCZECIN	M-30	50	01:31:40	02:28:03	<b>03:04:43.55</b>	+01:21:39 (44.2%)	8:47	6.8 (55.7%)
152	<b>KRÓLIKOWSKA Agnieszka</b>	<b>3183</b>		K-30	13	01:41:43	02:30:48	<b>03:04:45.00</b>	+01:21:40 (44.2%)	8:47	6.8 (55.7%)
153	<b>GRZESIAK Rafał</b>	<b>3026</b>	EMERYT	M-40	47	01:39:19	02:31:16	<b>03:04:55.00</b>	+01:21:50 (44.3%)	8:48	6.8 (55.7%)
154	<b>TARASZKIEWICZ Krzysztof</b>	<b>3023</b>	DZIK DGL	M-40	48	01:39:25	02:31:19	<b>03:04:58.45</b>	+01:21:54 (44.3%)	8:48	6.8 (55.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
155	<b>FRĄTCZAK Ireneusz</b>	<b>3025</b>	KWIELICE	M-40	49	01:39:32	02:31:59	<b>03:05:04.65</b>	+01:22:00 (44.3%)	8:48	6.8 (55.7%)
156	<b>DOBRZYŃSKI Marek</b>	<b>3247</b>	BAD ORGANIZER TEAM	M-40	50	01:42:43	02:33:11	<b>03:06:16.70</b>	+01:23:12 (44.7%)	8:52	6.8 (55.7%)
157	<b>ŚLADCZYK Dominik</b>	<b>3164</b>	MKST	M-30	51	01:31:32	02:27:55	<b>03:07:06.15</b>	+01:24:01 (44.9%)	8:54	6.7 (54.9%)
158	<b>BŁASZKIEWICZ Klaudia</b>	<b>3215</b>		K-20	5	01:41:08	02:34:23	<b>03:07:23.95</b>	+01:24:19 (45.0%)	8:55	6.7 (54.9%)
159	<b>CZECH Dorota</b>	<b>3118</b>		K-40	12	01:43:11	02:35:05	<b>03:09:02.30</b>	+01:25:57 (45.5%)	9:00	6.7 (54.9%)
160	<b>KOŁACZEK Sylwia</b>	<b>3050</b>		K-40	13	01:40:36	02:35:24	<b>03:09:05.30</b>	+01:26:00 (45.5%)	9:00	6.7 (54.9%)
161	<b>WĘGIER Agnieszka</b>	<b>3005</b>	ZIELONA GÓRO ZACZNIJ BIEGAĆ	K-40	14	01:41:18	02:36:28	<b>03:09:08.75</b>	+01:26:04 (45.5%)	9:00	6.7 (54.9%)
162	<b>MAZURKIEWICZ Anna</b>	<b>3195</b>	ZGÓRMYSYNY	K-30	14	01:41:48	02:35:10	<b>03:09:18.25</b>	+01:26:13 (45.6%)	9:00	6.7 (54.9%)
163	<b>HAIDA Marcin</b>	<b>3165</b>		M-40	51	01:38:09	02:33:09	<b>03:09:52.70</b>	+01:26:48 (45.7%)	9:02	6.6 (54.1%)
164	<b>PRZYBYLAK Dariusz</b>	<b>3096</b>	PRZYBYLAK TEAM	M-40	52	01:40:06	02:34:41	<b>03:10:21.15</b>	+01:27:16 (45.9%)	9:03	6.6 (54.1%)
165	<b>GLAZER Marcin</b>	<b>3238</b>	PKO BANK POLSKI	M-30	52	01:42:12	02:35:47	<b>03:11:51.60</b>	+01:28:47 (46.3%)	9:08	6.6 (54.1%)
166	<b>FRYSIAK Barbara</b>	<b>3047</b>	WIELUŃ TRAIL	K-50	3	01:42:03	02:37:57	<b>03:12:04.65</b>	+01:29:00 (46.3%)	9:08	6.6 (54.1%)
167	<b>NIEDZIELA Krzysztof</b>	<b>3196</b>	GOSTYŃ	M-40	53	01:42:00	02:37:24	<b>03:12:06.90</b>	+01:29:02 (46.3%)	9:08	6.6 (54.1%)
168	<b>NIEDZIELA Danuta</b>	<b>3197</b>	GOSTYŃ	K-40	15	01:42:06	02:37:30	<b>03:12:12.55</b>	+01:29:08 (46.4%)	9:09	6.6 (54.1%)
169	<b>LE FELIC Monika</b>	<b>3098</b>		K-40	16	01:42:08	02:37:29	<b>03:13:02.20</b>	+01:29:57 (46.6%)	9:11	6.5 (53.3%)
170	<b>KOZŁOWSKA Agnieszka</b>	<b>3126</b>		K-30	15	01:42:09	02:38:45	<b>03:13:03.60</b>	+01:29:59 (46.6%)	9:11	6.5 (53.3%)
171	<b>SIEMIERNIK Dariusz</b>	<b>3018</b>	WFOCR_TEAM KOSTRZYŃ NAD ODRĄ	M-40	54	01:40:58	02:36:53	<b>03:13:04.05</b>	+01:29:59 (46.6%)	9:11	6.5 (53.3%)
172	<b>STAMM Tomasz</b>	<b>3031</b>		M-40	55	01:38:13	02:36:45	<b>03:13:26.95</b>	+01:30:22 (46.7%)	9:12	6.5 (53.3%)
173	<b>STASZEWSKI Dariusz</b>	<b>3150</b>		M-30	53	01:44:18	02:38:11	<b>03:14:04.35</b>	+01:30:59 (46.9%)	9:14	6.5 (53.3%)
174	<b>MIELNIK Natalia</b>	<b>3044</b>		K-30	16	01:43:45	02:37:19	<b>03:14:48.80</b>	+01:31:44 (47.1%)	9:16	6.5 (53.3%)
175	<b>CZERWIŃSKI Jarosław</b>	<b>3037</b>		M-60	3	01:46:21	02:42:18	<b>03:14:52.65</b>	+01:31:48 (47.1%)	9:16	6.5 (53.3%)
176	<b>CZERWIŃSKA Arleta</b>	<b>3040</b>		K-60	1	01:46:23	02:42:21	<b>03:14:54.55</b>	+01:31:50 (47.1%)	9:16	6.5 (53.3%)
177	<b>HYLIŃSKA Hanna</b>	<b>3234</b>	KOMU CZEMU	K-30	17	01:42:41	02:38:04	<b>03:15:04.90</b>	+01:32:00 (47.2%)	9:17	6.5 (53.3%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
178	<b>PALUSZKIEWICZ Karolina</b>	<b>3016</b>	MAĆKOWIAK TEAM	K-40	17	01:47:29	02:40:43	<b>03:16:01.15</b>	+01:32:56 (47.4%)	9:20	6.4 (52.5%)
179	<b>GONERA Kazimierz</b>	<b>3014</b>	KB HARCOWNIK JELCZ-LASKOWICE	M-60	4	01:43:06	02:39:00	<b>03:16:03.75</b>	+01:32:59 (47.4%)	9:20	6.4 (52.5%)
180	<b>MAĆKOWIAK Michał</b>	<b>3200</b>	MAĆKOWIAK TEAM	M-40	56	01:47:39	02:40:53	<b>03:16:10.35</b>	+01:33:05 (47.5%)	9:20	6.4 (52.5%)
181	<b>WIŚNIEWSKA Ewa</b>	<b>3255</b>		K-50	4	01:41:58	02:42:33	<b>03:17:09.05</b>	+01:34:04 (47.7%)	9:23	6.4 (52.5%)
182	<b>SZYMAŃSKI Paweł</b>	<b>3136</b>		M-40	57	01:45:17	02:41:09	<b>03:17:36.30</b>	+01:34:31 (47.8%)	9:24	6.4 (52.5%)
183	<b>BUDZIAK Michał</b>	<b>3254</b>		M-30	54	01:42:00	02:40:34	<b>03:17:48.35</b>	+01:34:43 (47.9%)	9:25	6.4 (52.5%)
184	<b>MODZELEWSKA Anna</b>	<b>3251</b>		K-20	6	01:42:06	02:40:40	<b>03:17:54.10</b>	+01:34:49 (47.9%)	9:25	6.4 (52.5%)
185	<b>ŁOBODZIEC Monika</b>	<b>3214</b>		K-40	18	01:45:39	02:45:06	<b>03:18:54.50</b>	+01:35:50 (48.2%)	9:28	6.3 (51.6%)
186	<b>PAWLUK Anna</b>	<b>3212</b>		K-30	18	01:45:44	02:44:58	<b>03:19:00.45</b>	+01:35:56 (48.2%)	9:28	6.3 (51.6%)
187	<b>UCHEREK Kazimierz</b>	<b>3058</b>		M-50	12	01:38:32	02:33:11	<b>03:19:17.85</b>	+01:36:13 (48.3%)	9:29	6.3 (51.6%)
188	<b>KWIATKOWSKA Marta</b>	<b>3083</b>		K-40	19	01:45:17	02:43:52	<b>03:21:11.85</b>	+01:38:07 (48.8%)	9:34	6.3 (51.6%)
189	<b>BRZEZIŃSKI Andrzej</b>	<b>3032</b>		M-60	5	01:46:10	02:44:08	<b>03:21:58.90</b>	+01:38:54 (49.0%)	9:37	6.2 (50.8%)
190	<b>HUBKA Kazimiera</b>	<b>3161</b>		K-60	2	01:48:21	02:47:18	<b>03:23:23.55</b>	+01:40:19 (49.3%)	9:41	6.2 (50.8%)
191	<b>MUSIELAK Marek</b>	<b>3242</b>		M-30	55	01:55:22	02:49:56	<b>03:23:44.95</b>	+01:40:40 (49.4%)	9:42	6.2 (50.8%)
192	<b>KLIMIUK Małgosia</b>	<b>3120</b>		K-40	20	01:55:28	02:50:01	<b>03:23:48.60</b>	+01:40:44 (49.4%)	9:42	6.2 (50.8%)
193	<b>SKORNIAK Katarzyna</b>	<b>3218</b>	WOLNE ŚLIMAKI	K-30	19	01:48:52	02:46:49	<b>03:24:19.50</b>	+01:41:15 (49.6%)	9:43	6.2 (50.8%)
194	<b>OKRASA Tomasz</b>	<b>3162</b>		M-30	56	01:51:00	02:50:05	<b>03:24:43.80</b>	+01:41:39 (49.7%)	9:44	6.2 (50.8%)
195	<b>KOWALEWSKI Dariusz</b>	<b>3170</b>		M-50	13	01:50:56	02:50:00	<b>03:25:06.85</b>	+01:42:02 (49.7%)	9:46	6.1 (50.0%)
196	<b>SKÓRA Marcin</b>	<b>3209</b>	EMES I PARTNERZY	M-50	14	01:54:28	02:52:24	<b>03:25:47.95</b>	+01:42:43 (49.9%)	9:47	6.1 (50.0%)
197	<b>LUBAŃSKA Alicja</b>	<b>3004</b>		K-50	5	01:51:28	02:50:40	<b>03:27:02.15</b>	+01:43:57 (50.2%)	9:51	6.1 (50.0%)
198	<b>KOZAK Ewa</b>	<b>3073</b>	KOZAKI	K-40	21	01:55:41	02:54:18	<b>03:27:06.40</b>	+01:44:02 (50.2%)	9:51	6.1 (50.0%)
199	<b>LACH Agnieszka</b>	<b>3219</b>		K-40	22	01:51:30	02:51:13	<b>03:27:50.85</b>	+01:44:46 (50.4%)	9:53	6.1 (50.0%)
200	<b>MELWIŃSKA Paulina</b>	<b>3017</b>	RUN BYDGOSZCZ	K-40	23	01:55:49	02:55:56	<b>03:30:06.15</b>	+01:47:01 (50.9%)	10:00	6 (49.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
201	<b>KAWAŁKO Ryszard</b>	<b>3250</b>	WOLNY RYŚ 8*	M-50	15	01:46:51	02:50:36	<b>03:30:09.40</b>	+01:47:05 (51.0%)	10:00	6 (49.2%)
202	<b>DZIEŻA Roma</b>	<b>3013</b>	RUN BYDGOSZCZ	K-50	6	01:55:55	02:56:04	<b>03:30:14.50</b>	+01:47:10 (51.0%)	10:00	6 (49.2%)
203	<b>PIĘTKA Piotr</b>	<b>3176</b>		M-40	58	01:52:28	02:51:48	<b>03:30:31.10</b>	+01:47:26 (51.0%)	10:01	6 (49.2%)
204	<b>GÓRSKI Krzysztof</b>	<b>3178</b>	MK-NET	M-40	59	01:52:33	02:51:55	<b>03:30:34.95</b>	+01:47:30 (51.1%)	10:01	6 (49.2%)
205	<b>MROZIŃSKI Albert</b>	<b>3204</b>		M-40	60	01:57:01	02:59:48	<b>03:31:46.70</b>	+01:48:42 (51.3%)	10:05	5.9 (48.4%)
206	<b>KAMIŃSKA Andżelika</b>	<b>3081</b>		K-40	24	01:48:35	02:50:21	<b>03:32:04.00</b>	+01:48:59 (51.4%)	10:05	5.9 (48.4%)
207	<b>PELCZER Agnieszka</b>	<b>3036</b>	KB HARCOWNIK JELCZ-LASKOWICE	K-40	25	01:51:04	02:54:43	<b>03:32:20.60</b>	+01:49:16 (51.5%)	10:06	5.9 (48.4%)
208	<b>KLAJA Agnieszka</b>	<b>3066</b>		K-30	20	01:58:58	03:00:07	<b>03:39:29.95</b>	+01:56:25 (53.0%)	10:27	5.7 (46.7%)
209	<b>MROZIŃSKA Renata</b>	<b>3203</b>		K-40	26	01:57:00	02:59:48	<b>03:40:12.35</b>	+01:57:07 (53.2%)	10:29	5.7 (46.7%)
210	<b>KONIECZNY Piotr</b>	<b>3046</b>	NKB CHYŻY NOWY TOMYŚL	M-40	61	02:00:00	03:05:57	<b>03:41:57.75</b>	+01:58:53 (53.6%)	10:34	5.7 (46.7%)
211	<b>KOŃ Aleksandra</b>	<b>3012</b>	LZS LIPA	K-40	27	02:01:27	02:59:08	<b>03:42:09.80</b>	+01:59:05 (53.6%)	10:34	5.7 (46.7%)
212	<b>KACZMAREK Monika</b>	<b>3024</b>	NKB CHYŻY NOWY TOMYŚL	K-40	28	02:00:43	03:06:11	<b>03:42:21.85</b>	+01:59:17 (53.6%)	10:35	5.7 (46.7%)
213	<b>PODULKA Małgorzata</b>	<b>3121</b>		K-30	21	01:57:44	03:06:58	<b>03:42:47.20</b>	+01:59:42 (53.7%)	10:36	5.7 (46.7%)
214	<b>MODRZYŃSKI Przemysław</b>	<b>3097</b>	NGT PROBAR	M-50	16	02:03:14	03:06:20	<b>03:43:52.85</b>	+02:00:48 (54.0%)	10:39	5.6 (45.9%)
215	<b>GÓRNA Aldona</b>	<b>3077</b>	ŻÓŁWICE W BIEGU	K-40	29	02:01:26	03:08:01	<b>03:44:11.55</b>	+02:01:07 (54.0%)	10:40	5.6 (45.9%)
216	<b>LANGE Hanna</b>	<b>3076</b>	ŻÓŁWICE W BIEGU	K-40	30	02:01:34	03:08:10	<b>03:44:19.45</b>	+02:01:15 (54.1%)	10:40	5.6 (45.9%)
217	<b>POTOCKI Adam</b>	<b>3137</b>		M-40	62	01:49:53	02:59:01	<b>03:44:34.05</b>	+02:01:29 (54.1%)	10:41	5.6 (45.9%)
218	<b>POTOCKA Wioletta</b>	<b>3138</b>		K-40	31	01:49:38	02:58:53	<b>03:44:39.55</b>	+02:01:35 (54.1%)	10:41	5.6 (45.9%)
219	<b>PERKA Barbara</b>	<b>3022</b>		K-40	32	02:01:37	03:05:27	<b>03:45:25.10</b>	+02:02:20 (54.3%)	10:44	5.6 (45.9%)
220	<b>ZGÓRSKI Maciej</b>	<b>3015</b>	WKURW_TEAM / PIEKŁO	M-40	63	02:01:34	03:08:33	<b>03:45:48.25</b>	+02:02:43 (54.4%)	10:45	5.6 (45.9%)
221	<b>KARDAS Marzena</b>	<b>3140</b>		K-40	33	01:59:00	03:06:21	<b>03:47:39.65</b>	+02:04:35 (54.7%)	10:50	5.5 (45.1%)
222	<b>KINDELA Michał</b>	<b>3139</b>		M-30	57	01:59:01	03:06:25	<b>03:47:43.50</b>	+02:04:39 (54.7%)	10:50	5.5 (45.1%)
223	<b>SZCZEPKOWSKI Paweł</b>	<b>3205</b>	ARTEQUIPMENT	M-60	6	01:56:46	03:04:42	<b>03:48:37.50</b>	+02:05:33 (54.9%)	10:53	5.5 (45.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
224	<b>KINDRA Marek</b>	<b>3198</b>	FC KACZOR LUBIN	M-40	64	02:07:33	03:15:38	<b>03:52:17.40</b>	+02:09:13 (55.6%)	11:03	5.4 (44.3%)
225	<b>DOBROWOLSKA Małgorzata</b>	<b>3192</b>	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	K-40	34	02:07:41	03:15:44	<b>03:52:22.40</b>	+02:09:18 (55.6%)	11:03	5.4 (44.3%)
226	<b>DĄBEK Emilia</b>	<b>3070</b>	ZIELONA GÓRO ZACZNIJ BIEGAĆ	K-30	22	02:01:47	03:09:48	<b>03:52:51.15</b>	+02:09:46 (55.7%)	11:05	5.4 (44.3%)
227	<b>MIŚKIEWICZ Wojciech</b>	<b>3237</b>	PUSSY DESTROYERS 69	M-30	58	02:08:19	03:12:09	<b>03:53:07.65</b>	+02:10:03 (55.8%)	11:06	5.4 (44.3%)
228	<b>FORMELA Justyna</b>	<b>3249</b>		K-40	35	02:08:19	03:12:12	<b>03:53:10.70</b>	+02:10:06 (55.8%)	11:06	5.4 (44.3%)
229	<b>NATKANIEC Grazyna</b>	<b>3102</b>	EKIPA LIPA	K-50	7	02:12:07	03:17:37	<b>03:58:41.45</b>	+02:15:37 (56.8%)	11:21	5.3 (43.4%)
230	<b>FIJAŁKOWSKA Karolina</b>	<b>3201</b>		K-30	23	02:09:42	03:16:46	<b>04:00:06.10</b>	+02:17:01 (57.1%)	11:26	5.2 (42.6%)
231	<b>ADAMSKI Bartłomiej</b>	<b>3207</b>		M-40	65	02:07:48	03:20:21	<b>04:01:13.85</b>	+02:18:09 (57.3%)	11:29	5.2 (42.6%)
232	<b>DOBROWOLSKA Karolina</b>	<b>3146</b>	BIEGAM PO PROSTU BIEGAM	K-30	24	02:08:04	03:24:48	<b>04:20:34.25</b>	+02:37:29 (60.4%)	12:24	4.8 (39.3%)
233	<b>SYGUŁA Monika</b>	<b>3199</b>		K-40	36	02:08:12	03:24:57	<b>04:20:44.40</b>	+02:37:40 (60.5%)	12:24	4.8 (39.3%)
234	<b>DOBROWOLSKI Robert</b>	<b>3100</b>	SPORTOWI EMERYCI JELENIA GÓRA	M-60	7	02:15:41	03:36:53	<b>04:27:16.65</b>	+02:44:12 (61.4%)	12:43	4.7 (38.5%)
235	<b>DOBROWOLSKA Bożena</b>	<b>3101</b>	SPORTOWI EMERYCI JELENIA GÓRA	K-60	3	02:15:48	03:36:56	<b>04:27:21.05</b>	+02:44:16 (61.4%)	12:43	4.7 (38.5%)
236	<b>TWARDOWSKI Wojciech</b>	<b>3021</b>	RUN BYDGOSZCZ	M-50	17	02:20:49	03:50:08	<b>04:46:10.00</b>	+03:03:05 (64.0%)	13:37	4.4 (36.1%)

Znaleziono 236 wynik(ów)