



**SUPERMARATON  
GÓR  
STOŁOWYCH**

# PÓŁMARATON GÓR STOŁOWYCH 2017

B4SPORT

**Wydarzenie:** Maraton Gór Stołowych  
**Organizator:** Stowarzyszenie TKKF Kompas  
**Data:** 2017-07-02  
**Miejsce:** Pasterka  
**Dystans:** 21 km

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

| Msc | Zawodnik                     | Numer      | Klub                   | Kategoria | Mkat | Parking<br>7km | Skaly<br>14km | Czas<br>netto<br>21km | Czas<br>brutto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|------------------------------|------------|------------------------|-----------|------|----------------|---------------|-----------------------|------------------------|----------------------|-----------------|-----------------|
| 1   | <b>BRYDL Pavel</b>           | <b>266</b> |                        | M-30      | 1    | 00:39:18       | 01:10:44      | <b>01:45:22.75</b>    | <b>01:45:24.35</b>     |                      | 5:01            | 12<br>(100%)    |
| 2   | <b>NÁPRAVNÍK Jan</b>         | <b>236</b> |                        | M-30      | 2    | 00:38:32       | 01:11:28      | <b>01:46:00.95</b>    | <b>01:46:02.85</b>     | +00:00:38<br>(0.6%)  | 5:02            | 11.9<br>(99.2%) |
| 3   | <b>WŁODARKIEWICZ Dominik</b> | <b>252</b> | SQUEEZY POLAKA         | M-40      | 1    | 00:41:24       | 01:17:27      | <b>01:53:41.75</b>    | <b>01:53:44.10</b>     | +00:08:19<br>(7.3%)  | 5:24            | 11.1<br>(92.5%) |
| 4   | <b>KRASULAK Daniel</b>       | <b>268</b> | WKS ŚLĄSK WROCŁAW      | M-30      | 3    | 00:41:04       | 01:16:31      | <b>01:54:10.20</b>    | <b>01:54:11.80</b>     | +00:08:47<br>(7.7%)  | 5:26            | 11<br>(91.7%)   |
| 5   | <b>MIEDZIEJEWSKI Andrzej</b> | <b>25</b>  | ABSOLUTEBIKETEAM       | M-30      | 4    | 00:42:42       | 01:17:42      | <b>01:55:03.50</b>    | <b>01:55:06.60</b>     | +00:09:42<br>(8.4%)  | 5:28            | 11<br>(91.7%)   |
| 6   | <b>GLINKA Szymon</b>         | <b>156</b> | SKLEP BIEGACZA WROCŁAW | M-20      | 1    | 00:40:27       | 01:18:18      | <b>01:55:59.80</b>    | <b>01:56:02.75</b>     | +00:10:38<br>(9.2%)  | 5:31            | 10.9<br>(90.8%) |
| 7   | <b>KOZIELSKA Magdalena</b>   | <b>254</b> | DYNAFIT TEAM           | K-20      | 1    | 00:42:20       | 01:18:48      | <b>01:57:21.95</b>    | <b>01:57:24.15</b>     | +00:11:59<br>(10.2%) | 5:35            | 10.7<br>(89.2%) |
| 8   | <b>MYSZCZYSZYN Łukasz</b>    | <b>174</b> | ANTRACYT               | M-30      | 5    | 00:45:18       | 01:22:53      | <b>02:01:46.05</b>    | <b>02:01:48.25</b>     | +00:16:23<br>(13.5%) | 5:47            | 10.3<br>(85.8%) |
| 9   | <b>KANTOR Martyna</b>        | <b>260</b> | SALCO GARMIN TEAM      | K-20      | 2    | 00:45:00       | 01:23:07      | <b>02:02:13.45</b>    | <b>02:02:15.85</b>     | +00:16:51<br>(13.8%) | 5:49            | 10.3<br>(85.8%) |
| 10  | <b>GÓROWSKI Mateusz</b>      | <b>59</b>  | BESKIDZKA 160 NA RATY  | M-30      | 6    | 00:45:01       | 01:23:08      | <b>02:02:18.75</b>    | <b>02:02:21.40</b>     | +00:16:57<br>(13.9%) | 5:49            | 10.3<br>(85.8%) |
| 11  | <b>VOLKOV Nikolai</b>        | <b>166</b> | BERUNNER               | M-20      | 2    | 00:46:56       | 01:26:25      | <b>02:05:22.25</b>    | <b>02:05:25.25</b>     | +00:20:00<br>(16.0%) | 5:58            | 10.1<br>(84.2%) |
| 12  | <b>KRUPA Marcin</b>          | <b>207</b> | AKTYWNA NOWA RUDA      | M-40      | 2    | 00:45:51       | 01:24:56      | <b>02:05:22.30</b>    | <b>02:05:25.80</b>     | +00:20:01<br>(16.0%) | 5:58            | 10.1<br>(84.2%) |
| 13  | <b>WOWER Bartłomiej</b>      | <b>228</b> | CSC ADVENTURE ACADEMY  | M-30      | 7    | 00:47:12       | 01:26:48      | <b>02:06:31.75</b>    | <b>02:06:34.35</b>     | +00:21:10<br>(16.7%) | 6:01            | 10<br>(83.3%)   |
| 14  | <b>PEKALA Krzysztof</b>      | <b>237</b> |                        | M-30      | 8    | 00:45:39       | 01:24:56      | <b>02:07:10.15</b>    | <b>02:07:13.40</b>     | +00:21:49<br>(17.1%) | 6:03            | 9.9<br>(82.5%)  |
| 15  | <b>DETLAFF Mariusz</b>       | <b>259</b> | ADIDAS RUNNERS WARSAW  | M-30      | 9    | 00:47:00       | 01:27:20      | <b>02:09:47.25</b>    | <b>02:09:49.50</b>     | +00:24:25<br>(18.8%) | 6:10            | 9.7<br>(80.8%)  |

| Msc | Zawodnik                     | Numer      | Klub                    | Kategoria | Mkat | Parking<br>7km | Skaly<br>14km | Czas<br>netto<br>21km | Czas<br>brutto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|------------------------------|------------|-------------------------|-----------|------|----------------|---------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 16  | <b>SZUSZKIEWICZ Filip</b>    | <b>147</b> | SMALL GIRL MEDIUM BOY   | M-30      | 10   | 00:48:23       | 01:28:27      | <b>02:10:49.60</b>    | <b>02:10:53.65</b>     | +00:25:29<br>(19.5%) | 6:13            | 9.6<br>(80.0%) |
| 17  | <b>GREGULA Wojciech</b>      | <b>217</b> | STRAŻ POŻARNA           | M-30      | 11   | 00:47:58       | 01:28:54      | <b>02:11:44.45</b>    | <b>02:11:47.45</b>     | +00:26:23<br>(20.0%) | 6:16            | 9.6<br>(80.0%) |
| 18  | <b>NAWROT Wojciech</b>       | <b>112</b> |                         | M-30      | 12   | 00:49:14       | 01:30:20      | <b>02:12:42.10</b>    | <b>02:12:45.10</b>     | +00:27:20<br>(20.6%) | 6:19            | 9.5<br>(79.2%) |
| 19  | <b>BERUS Mikołaj</b>         | <b>6</b>   | KOLANA WĘŻA             | M-20      | 3    | 00:47:11       | 01:31:01      | <b>02:12:43.20</b>    | <b>02:12:48.60</b>     | +00:27:24<br>(20.6%) | 6:19            | 9.5<br>(79.2%) |
| 20  | <b>WIŚNIEWSKA Martyna</b>    | <b>224</b> | ADIDAS RUNNERS WARSAW   | K-20      | 3    | 00:49:23       | 01:31:03      | <b>02:13:49.15</b>    | <b>02:13:51.95</b>     | +00:28:27<br>(21.3%) | 6:22            | 9.4<br>(78.3%) |
| 21  | <b>ADAMCZYK Przemysław</b>   | <b>219</b> | ADIDAS RUNNERS WARSAW   | M-40      | 3    | 00:50:57       | 01:31:52      | <b>02:15:18.80</b>    | <b>02:16:13.70</b>     | +00:30:49<br>(22.6%) | 6:26            | 9.3<br>(77.5%) |
| 22  | <b>KOCHANIAK Rafał</b>       | <b>57</b>  | SOLOIST                 | M-30      | 13   | 00:50:49       | 01:32:37      | <b>02:16:10.20</b>    | <b>02:16:16.10</b>     | +00:30:51<br>(22.6%) | 6:29            | 9.3<br>(77.5%) |
| 23  | <b>MIŚTAK Jola</b>           | <b>49</b>  | OŁAWSKA GRUPA BIEGOWA   | K-30      | 1    | 00:51:27       | 01:33:53      | <b>02:16:50.15</b>    | <b>02:16:53.70</b>     | +00:31:29<br>(23.0%) | 6:30            | 9.2<br>(76.7%) |
| 24  | <b>OLKIS Rafał</b>           | <b>197</b> | PRZEBIEGA.PL            | M-30      | 14   | 00:49:13       | 01:32:08      | <b>02:19:04.85</b>    | <b>02:19:09.20</b>     | +00:33:44<br>(24.3%) | 6:37            | 9.1<br>(75.8%) |
| 25  | <b>GOLICZ Aleksandra</b>     | <b>110</b> | ATRA                    | K-30      | 2    | 00:51:23       | 01:34:56      | <b>02:19:37.95</b>    | <b>02:19:44.10</b>     | +00:34:19<br>(24.6%) | 6:38            | 9<br>(75.0%)   |
| 26  | <b>MĘŻYŃSKI Szymon</b>       | <b>230</b> |                         | M-20      | 4    |                |               | <b>02:21:51.45</b>    | <b>02:21:51.45</b>     | +00:36:27<br>(25.7%) | 6:45            | 8.9<br>(74.2%) |
| 27  | <b>NIEKRASZ Krzysztof</b>    | <b>124</b> |                         | M-40      | 4    | 00:54:43       | 01:38:06      | <b>02:22:04.35</b>    | <b>02:22:13.90</b>     | +00:36:49<br>(25.9%) | 6:45            | 8.9<br>(74.2%) |
| 28  | <b>EWERT Adam</b>            | <b>186</b> |                         | M-20      | 5    | 00:53:01       | 01:35:59      | <b>02:22:46.05</b>    | <b>02:22:53.20</b>     | +00:37:28<br>(26.2%) | 6:47            | 8.8<br>(73.3%) |
| 29  | <b>GRZYWACZEWSKA Justyna</b> | <b>223</b> | CITY TRAIL TEAM         | K-20      | 4    | 00:50:41       | 01:34:53      | <b>02:23:09.30</b>    | <b>02:23:11.20</b>     | +00:37:46<br>(26.4%) | 6:49            | 8.8<br>(73.3%) |
| 30  | <b>CIEŚLAR Marcin</b>        | <b>68</b>  |                         | M-30      | 15   | 00:52:20       | 01:35:48      | <b>02:23:13.45</b>    | <b>02:23:17.25</b>     | +00:37:52<br>(26.4%) | 6:49            | 8.8<br>(73.3%) |
| 31  | <b>PAŁYS Marcin</b>          | <b>205</b> | AKTYWNA NOWA RUDA       | M-30      | 16   | 00:51:06       | 01:35:03      | <b>02:23:23.15</b>    | <b>02:23:27.95</b>     | +00:38:03<br>(26.5%) | 6:49            | 8.8<br>(73.3%) |
| 32  | <b>JACH Paweł</b>            | <b>263</b> | MACIEK BIEGA            | M-50      | 1    | 00:51:54       | 01:36:31      | <b>02:23:31.90</b>    | <b>02:23:36.40</b>     | +00:38:12<br>(26.6%) | 6:50            | 8.8<br>(73.3%) |
| 33  | <b>TĘSIOROWSKI Mariusz</b>   | <b>209</b> | OLIMPIA SYCÓW           | M-30      | 17   | 00:54:00       | 01:37:21      | <b>02:23:38.15</b>    | <b>02:23:59.20</b>     | +00:38:34<br>(26.8%) | 6:50            | 8.8<br>(73.3%) |
| 34  | <b>ŚWITAŁA Marcin</b>        | <b>150</b> |                         | M-40      | 5    | 00:54:38       | 01:39:05      | <b>02:24:20.40</b>    | <b>02:24:33.20</b>     | +00:39:08<br>(27.1%) | 6:52            | 8.7<br>(72.5%) |
| 35  | <b>JAROSZYŃSKI Piotr</b>     | <b>234</b> | MTS DRUŻYNA SZPIKU KGHM | M-30      | 18   | 00:55:12       | 01:38:37      | <b>02:24:30.00</b>    | <b>02:24:49.15</b>     | +00:39:24<br>(27.2%) | 6:52            | 8.7<br>(72.5%) |
| 36  | <b>BINKOWSKI Marcin</b>      | <b>64</b>  | PAJĄCZEK                | M-40      | 6    | 00:53:24       | 01:38:26      | <b>02:24:52.80</b>    | <b>02:24:56.55</b>     | +00:39:32<br>(27.3%) | 6:53            | 8.7<br>(72.5%) |
| 37  | <b>BORKOWSKI Adam</b>        | <b>271</b> |                         | M-40      | 7    | 00:54:57       | 01:40:52      | <b>02:26:50.20</b>    | <b>02:27:14.40</b>     | +00:41:50<br>(28.4%) | 6:59            | 8.6<br>(71.7%) |
| 38  | <b>WYWROT Grzegorz</b>       | <b>70</b>  |                         | M-30      | 19   | 00:53:14       | 01:40:41      | <b>02:28:17.60</b>    | <b>02:28:20.70</b>     | +00:42:56<br>(28.9%) | 7:03            | 8.5<br>(70.8%) |

| Msc | Zawodnik                    | Numer      | Klub                          | Kategoria | Mkat | Parking<br>7km | Skaly<br>14km | Czas<br>netto<br>21km | Czas<br>brutto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-----------------------------|------------|-------------------------------|-----------|------|----------------|---------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 39  | <b>WALESIAK Wojciech</b>    | <b>29</b>  | REMBERTÓW TEAM                | M-30      | 20   | 00:57:12       | 01:41:54      | <b>02:28:54.85</b>    | <b>02:29:16.40</b>     | +00:43:52<br>(29.4%) | 7:05            | 8.5<br>(70.8%) |
| 40  | <b>KSIĄŻKIEWICZ Jacek</b>   | <b>175</b> | CITY TRAIL TEAM               | M-30      | 21   | 00:54:14       | 01:40:02      | <b>02:29:25.75</b>    | <b>02:29:30.85</b>     | +00:44:06<br>(29.5%) | 7:06            | 8.4<br>(70.0%) |
| 41  | <b>FEODORÓW Wojciech</b>    | <b>133</b> |                               | M-40      | 8    | 00:55:09       | 01:40:43      | <b>02:29:29.65</b>    | <b>02:29:43.65</b>     | +00:44:19<br>(29.6%) | 7:07            | 8.4<br>(70.0%) |
| 42  | <b>STRYCHARSKI Krystian</b> | <b>238</b> |                               | M-30      | 22   | 00:57:26       | 01:43:01      | <b>02:31:05.30</b>    | <b>02:31:14.85</b>     | +00:45:50<br>(30.3%) | 7:11            | 8.3<br>(69.2%) |
| 43  | <b>ADAMIK Michał</b>        | <b>201</b> |                               | M-20      | 6    | 00:54:05       | 01:40:32      | <b>02:31:16.85</b>    | <b>02:31:20.90</b>     | +00:45:56<br>(30.4%) | 7:12            | 8.3<br>(69.2%) |
| 44  | <b>MŁODOŻENIEC Mirosław</b> | <b>220</b> | REMBERTÓW TEAM                | M-30      | 23   | 00:56:55       | 01:42:22      | <b>02:31:26.35</b>    | <b>02:31:48.50</b>     | +00:46:24<br>(30.6%) | 7:12            | 8.3<br>(69.2%) |
| 45  | <b>KUTYBA Mariusz</b>       | <b>67</b>  | WOLNE ŚLIMAKI                 | M-30      | 24   | 00:56:28       | 01:43:07      | <b>02:31:47.45</b>    | <b>02:31:51.60</b>     | +00:46:27<br>(30.6%) | 7:13            | 8.3<br>(69.2%) |
| 46  | <b>SZOTA Wojciech</b>       | <b>253</b> | MARATOŃCZYK.PL                | M-40      | 9    | 00:56:27       | 01:41:39      | <b>02:32:01.25</b>    | <b>02:32:06.20</b>     | +00:46:41<br>(30.7%) | 7:14            | 8.3<br>(69.2%) |
| 47  | <b>ADAMIN Artur</b>         | <b>221</b> |                               | M-40      | 10   | 00:56:02       | 01:43:03      | <b>02:32:50.45</b>    | <b>02:32:56.90</b>     | +00:47:32<br>(31.1%) | 7:16            | 8.2<br>(68.3%) |
| 48  | <b>BAŁYS Katarzyna</b>      | <b>256</b> |                               | K-30      | 3    | 00:56:30       | 01:42:48      | <b>02:33:08.00</b>    | <b>02:33:08.00</b>     | +00:47:43<br>(31.2%) | 7:17            | 8.2<br>(68.3%) |
| 49  | <b>KUBIŃSKA Magdalena</b>   | <b>206</b> |                               | K-30      | 4    | 00:55:34       | 01:41:58      | <b>02:31:25.50</b>    | <b>02:33:26.50</b>     | +00:48:02<br>(31.3%) | 7:12            | 8.3<br>(69.2%) |
| 50  | <b>KOCIK Marcin</b>         | <b>149</b> | FATBOY SPRINT                 | M-40      | 11   | 00:57:12       | 01:44:01      | <b>02:33:33.45</b>    | <b>02:33:42.10</b>     | +00:48:17<br>(31.4%) | 7:18            | 8.2<br>(68.3%) |
| 51  | <b>KRZYSZTOŃ Eliza</b>      | <b>257</b> |                               | K-30      | 5    | 00:58:03       | 01:45:12      | <b>02:34:16.85</b>    | <b>02:34:23.20</b>     | +00:48:58<br>(31.7%) | 7:20            | 8.2<br>(68.3%) |
| 52  | <b>URBAŃSKI Robert</b>      | <b>126</b> |                               | M-40      | 12   |                |               | <b>02:35:24.75</b>    | <b>02:35:24.75</b>     | +00:50:00<br>(32.2%) | 7:24            | 8.1<br>(67.5%) |
| 53  | <b>BAZAN Anna</b>           | <b>115</b> |                               | K-20      | 5    | 00:56:23       | 01:42:33      | <b>02:35:29.60</b>    | <b>02:35:34.75</b>     | +00:50:10<br>(32.2%) | 7:24            | 8.1<br>(67.5%) |
| 54  | <b>TELEJKO Łukasz</b>       | <b>155</b> | ROLL&RUN TEAM                 | M-20      | 7    | 00:57:11       | 01:43:43      | <b>02:35:26.80</b>    | <b>02:35:40.20</b>     | +00:50:15<br>(32.3%) | 7:24            | 8.1<br>(67.5%) |
| 55  | <b>KOŹBIELSKI Szymon</b>    | <b>164</b> | 3M SANESCOBARRUNNERS          | M-30      | 25   | 00:57:43       | 01:43:23      | <b>02:35:37.50</b>    | <b>02:36:00.20</b>     | +00:50:35<br>(32.4%) | 7:24            | 8.1<br>(67.5%) |
| 56  | <b>KIELAR Daniel</b>        | <b>168</b> | ŁAŃCUT                        | M-30      | 26   | 00:57:43       | 01:43:20      | <b>02:35:36.65</b>    | <b>02:36:00.65</b>     | +00:50:36<br>(32.4%) | 7:24            | 8.1<br>(67.5%) |
| 57  | <b>SMYKOWSKI Marcin</b>     | <b>171</b> |                               | M-40      | 13   | 00:59:10       | 01:46:12      | <b>02:35:46.25</b>    | <b>02:36:02.10</b>     | +00:50:37<br>(32.4%) | 7:25            | 8.1<br>(67.5%) |
| 58  | <b>WOŹNIAK Piotr</b>        | <b>117</b> |                               | M-30      | 27   | 00:57:15       | 01:45:01      | <b>02:36:55.25</b>    | <b>02:37:00.85</b>     | +00:51:36<br>(32.9%) | 7:28            | 8<br>(66.7%)   |
| 59  | <b>KUBERA Piotr</b>         | <b>273</b> |                               | M-40      | 14   | 00:58:18       | 01:47:06      | <b>02:37:03.50</b>    | <b>02:37:09.55</b>     | +00:51:45<br>(32.9%) | 7:28            | 8<br>(66.7%)   |
| 60  | <b>MARDAUS Jarosław</b>     | <b>211</b> | KŁODZKO PRZYTWIERDZA BIEGANIE | M-40      | 15   | 00:58:40       | 01:45:20      | <b>02:37:33.35</b>    | <b>02:37:39.05</b>     | +00:52:14<br>(33.1%) | 7:30            | 8<br>(66.7%)   |
| 61  | <b>SZMAJ Michał</b>         | <b>216</b> | ZHR OSTRZESZÓW                | M-20      | 8    | 00:54:11       | 01:42:27      | <b>02:39:17.00</b>    | <b>02:39:24.00</b>     | +00:53:59<br>(33.9%) | 7:35            | 7.9<br>(65.8%) |

| Msc | Zawodnik                  | Numer      | Klub                                 | Kategoria | Mkat | Parking<br>7km | Skaly<br>14km | Czas<br>netto<br>21km | Czas<br>brutto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|---------------------------|------------|--------------------------------------|-----------|------|----------------|---------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 62  | <b>SZCZĘŚNIAK Piotr</b>   | <b>189</b> |                                      | M-30      | 28   | 01:01:55       | 01:49:25      | <b>02:39:16.00</b>    | <b>02:39:36.70</b>     | +00:54:12<br>(34.0%) | 7:35            | 7.9<br>(65.8%) |
| 63  | <b>PORĘBSKI Łukasz</b>    | <b>203</b> | STOWARZYSZENIE PROSHARE CYCLING TEAM | M-30      | 29   |                |               | <b>02:39:09.00</b>    | <b>02:39:40.00</b>     | +00:54:15<br>(34.0%) | 7:34            | 7.9<br>(65.8%) |
| 64  | <b>GIACHINO Alberto</b>   | <b>199</b> |                                      | M-20      | 9    | 00:54:35       | 01:40:37      | <b>02:39:30.00</b>    | <b>02:39:42.60</b>     | +00:54:18<br>(34.0%) | 7:35            | 7.9<br>(65.8%) |
| 65  | <b>TOMASZEWSKI Michał</b> | <b>143</b> | #DZIKCZYSARNA                        | M-20      | 10   | 01:02:12       | 01:49:56      | <b>02:39:20.45</b>    | <b>02:39:43.35</b>     | +00:54:19<br>(34.0%) | 7:35            | 7.9<br>(65.8%) |
| 66  | <b>KAMIŃSKI Piotr</b>     | <b>170</b> | GEOTECHNICA                          | M-30      | 30   | 01:01:37       | 01:49:20      | <b>02:40:39.45</b>    | <b>02:40:58.25</b>     | +00:55:33<br>(34.5%) | 7:39            | 7.8<br>(65.0%) |
| 67  | <b>GOŁUB Marcin</b>       | <b>100</b> | NC+                                  | M-20      | 11   | 00:58:05       | 01:49:28      | <b>02:40:55.40</b>    | <b>02:41:01.10</b>     | +00:55:36<br>(34.5%) | 7:39            | 7.8<br>(65.0%) |
| 68  | <b>WOJTANOWICZ Marcin</b> | <b>153</b> |                                      | M-40      | 16   | 00:58:10       | 01:50:08      | <b>02:41:39.00</b>    | <b>02:41:47.40</b>     | +00:56:23<br>(34.9%) | 7:41            | 7.8<br>(65.0%) |
| 69  | <b>FEODORÓW Maciej</b>    | <b>248</b> |                                      | M-50      | 2    | 01:01:46       | 01:50:29      | <b>02:41:45.35</b>    | <b>02:42:00.75</b>     | +00:56:36<br>(34.9%) | 7:42            | 7.8<br>(65.0%) |
| 70  | <b>FEDER Marcin</b>       | <b>141</b> |                                      | M-30      | 31   | 00:59:05       | 01:47:15      | <b>02:42:45.25</b>    | <b>02:42:54.20</b>     | +00:57:29<br>(35.3%) | 7:45            | 7.7<br>(64.2%) |
| 71  | <b>KLATKA Łukasz</b>      | <b>82</b>  | INTIVE RUNNING TEAM                  | M-20      | 12   | 00:57:49       | 01:46:13      | <b>02:43:16.90</b>    | <b>02:43:29.80</b>     | +00:58:05<br>(35.5%) | 7:46            | 7.7<br>(64.2%) |
| 72  | <b>GAWLIK Jadwiga</b>     | <b>193</b> | NYSA BIEGA                           | K-30      | 6    | 00:59:56       | 01:49:16      | <b>02:43:24.25</b>    | <b>02:43:32.40</b>     | +00:58:08<br>(35.5%) | 7:46            | 7.7<br>(64.2%) |
| 73  | <b>NOWAK Michał</b>       | <b>125</b> | DRUŻYNA SZPIKU                       | M-30      | 32   | 01:02:09       | 01:50:48      | <b>02:43:22.40</b>    | <b>02:43:44.30</b>     | +00:58:19<br>(35.6%) | 7:46            | 7.7<br>(64.2%) |
| 74  | <b>NOWAK Paweł</b>        | <b>42</b>  |                                      | M-30      | 33   | 01:02:08       | 01:50:36      | <b>02:43:51.10</b>    | <b>02:44:09.10</b>     | +00:58:44<br>(35.8%) | 7:48            | 7.7<br>(64.2%) |
| 75  | <b>STARUCH Robert</b>     | <b>31</b>  |                                      | M-30      | 34   | 00:57:35       | 01:47:02      | <b>02:44:41.10</b>    | <b>02:44:45.30</b>     | +00:59:20<br>(36.0%) | 7:50            | 7.7<br>(64.2%) |
| 76  | <b>PTASZYŃSKI Michał</b>  | <b>274</b> |                                      | M-40      | 17   | 00:59:59       | 01:49:01      | <b>02:44:46.50</b>    | <b>02:44:53.10</b>     | +00:59:28<br>(36.1%) | 7:50            | 7.6<br>(63.3%) |
| 77  | <b>BIENIEK Łukasz</b>     | <b>120</b> |                                      | M-40      | 18   | 01:02:59       | 01:50:27      | <b>02:44:56.25</b>    | <b>02:45:20.75</b>     | +00:59:56<br>(36.3%) | 7:51            | 7.6<br>(63.3%) |
| 78  | <b>PIOTRKOWSKI Rafael</b> | <b>192</b> |                                      | M-30      | 35   | 00:57:16       | 01:44:49      | <b>02:46:03.35</b>    | <b>02:46:09.70</b>     | +01:00:45<br>(36.6%) | 7:54            | 7.6<br>(63.3%) |
| 79  | <b>MELNYK Ivan</b>        | <b>275</b> |                                      | M-30      | 36   | 01:01:43       | 01:52:46      | <b>02:46:27.05</b>    | <b>02:46:38.20</b>     | +01:01:13<br>(36.7%) | 7:55            | 7.6<br>(63.3%) |
| 80  | <b>FATYGA Rafal</b>       | <b>229</b> | CSC ADVENTURE ACADEMY                | M-40      | 19   | 01:01:08       | 01:52:58      | <b>02:46:32.80</b>    | <b>02:46:43.85</b>     | +01:01:19<br>(36.8%) | 7:55            | 7.6<br>(63.3%) |
| 81  | <b>TOMCZAK Mariusz</b>    | <b>107</b> |                                      | M-40      | 20   | 01:02:25       | 01:53:27      | <b>02:47:19.00</b>    | <b>02:47:26.00</b>     | +01:02:01<br>(37.0%) | 7:58            | 7.5<br>(62.5%) |
| 82  | <b>GAWIŃSKA Magda</b>     | <b>181</b> |                                      | K-30      | 7    | 01:01:42       | 01:52:04      | <b>02:47:20.40</b>    | <b>02:47:28.25</b>     | +01:02:03<br>(37.1%) | 7:58            | 7.5<br>(62.5%) |
| 83  | <b>BALCERZAK Robert</b>   | <b>202</b> |                                      | M-40      | 21   | 00:57:30       | 01:50:12      | <b>02:48:01.85</b>    | <b>02:48:07.10</b>     | +01:02:42<br>(37.3%) | 8:00            | 7.5<br>(62.5%) |
| 84  | <b>STACHURSKI Daniel</b>  | <b>55</b>  |                                      | M-40      | 22   | 00:58:52       | 01:53:23      | <b>02:48:10.55</b>    | <b>02:48:16.15</b>     | +01:02:51<br>(37.4%) | 8:00            | 7.5<br>(62.5%) |

| Msc | Zawodnik                       | Numer      | Klub                                    | Kategoria | Mkat | Parking<br>7km | Skaly<br>14km | Czas<br>netto<br>21km | Czas<br>brutto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|--------------------------------|------------|-----------------------------------------|-----------|------|----------------|---------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 85  | <b>WIŚNIEWSKI Radek</b>        | <b>235</b> |                                         | M-40      | 23   | 00:59:24       | 01:53:38      | <b>02:48:15.85</b>    | <b>02:48:20.70</b>     | +01:02:56<br>(37.4%) | 8:00            | 7.5<br>(62.5%) |
| 86  | <b>MAJKOWSKI Michał</b>        | <b>131</b> |                                         | M-30      | 37   | 01:06:52       | 01:59:50      | <b>02:48:21.55</b>    | <b>02:48:34.15</b>     | +01:03:09<br>(37.5%) | 8:01            | 7.5<br>(62.5%) |
| 87  | <b>PYTKO Jarosław</b>          | <b>98</b>  |                                         | M-30      | 38   | 00:59:52       | 01:51:30      | <b>02:48:36.90</b>    | <b>02:48:51.80</b>     | +01:03:27<br>(37.6%) | 8:01            | 7.5<br>(62.5%) |
| 88  | <b>ROSOŁOWSKI Grzegorz</b>     | <b>58</b>  | DRUŻYNA SZPIKU SITECH                   | M-40      | 24   | 01:00:05       | 01:50:10      | <b>02:49:49.10</b>    | <b>02:50:10.45</b>     | +01:04:46<br>(38.1%) | 8:05            | 7.4<br>(61.7%) |
| 89  | <b>SZCZUREK Paweł</b>          | <b>258</b> | KOTWICA BRZEG                           | M-20      | 13   | 01:05:01       | 01:56:04      | <b>02:50:12.30</b>    | <b>02:50:32.05</b>     | +01:05:07<br>(38.2%) | 8:06            | 7.4<br>(61.7%) |
| 90  | <b>KADŁUBOWSKI Piotr</b>       | <b>32</b>  | KOTWICA BRZEGAUTOGAZEXPERT RUNNERS TEAM | M-40      | 25   | 01:04:58       | 01:56:07      | <b>02:50:12.95</b>    | <b>02:50:35.45</b>     | +01:05:11<br>(38.2%) | 8:06            | 7.4<br>(61.7%) |
| 91  | <b>CIOBAN Dominika</b>         | <b>37</b>  | PRZEMYSKI KLUB BIEGACZA                 | K-20      | 6    | 01:00:33       | 01:53:29      | <b>02:50:48.70</b>    | <b>02:50:52.15</b>     | +01:05:27<br>(38.3%) | 8:08            | 7.4<br>(61.7%) |
| 92  | <b>SŁOBODZIAN Waldemar</b>     | <b>7</b>   |                                         | M-50      | 3    | 01:05:17       | 01:56:36      | <b>02:50:28.80</b>    | <b>02:50:52.60</b>     | +01:05:28<br>(38.3%) | 8:07            | 7.4<br>(61.7%) |
| 93  | <b>VON OSSOWSKA Aleksandra</b> | <b>210</b> | TJ                                      | K-30      | 8    | 01:05:25       | 01:56:32      | <b>02:51:29.35</b>    | <b>02:51:43.30</b>     | +01:06:18<br>(38.6%) | 8:10            | 7.3<br>(60.8%) |
| 94  | <b>BISKUPSKI Jakub</b>         | <b>244</b> |                                         | M-40      | 26   | 01:04:33       | 01:56:32      | <b>02:52:05.55</b>    | <b>02:52:18.15</b>     | +01:06:53<br>(38.8%) | 8:11            | 7.3<br>(60.8%) |
| 95  | <b>EMMER Vladimir</b>          | <b>172</b> |                                         | M-30      | 39   | 01:03:10       | 01:56:44      | <b>02:52:38.00</b>    | <b>02:52:48.45</b>     | +01:07:24<br>(39.0%) | 8:13            | 7.3<br>(60.8%) |
| 96  | <b>ZDUNEK Józef</b>            | <b>215</b> | KUB BIEGACZA JURUND SZCZYTNO            | M-50      | 4    | 01:04:26       | 01:55:46      | <b>02:52:56.95</b>    | <b>02:53:02.55</b>     | +01:07:38<br>(39.1%) | 8:14            | 7.3<br>(60.8%) |
| 97  | <b>ANTONIUK Adam</b>           | <b>111</b> |                                         | M-40      | 27   | 01:01:08       | 01:57:35      | <b>02:53:54.40</b>    | <b>02:54:06.75</b>     | +01:08:42<br>(39.5%) | 8:16            | 7.2<br>(60.0%) |
| 98  | <b>CISZYŃSKI Marek</b>         | <b>96</b>  | START KATOWICE                          | M-50      | 5    | 01:09:40       | 01:59:36      | <b>02:53:46.65</b>    | <b>02:54:13.95</b>     | +01:08:49<br>(39.5%) | 8:16            | 7.3<br>(60.8%) |
| 99  | <b>RADAJEWSKI Arkadiusz</b>    | <b>204</b> | CROSS KRAPKOWICE                        | M-40      | 28   |                |               | <b>02:54:32.75</b>    | <b>02:54:32.75</b>     | +01:09:08<br>(39.6%) | 8:18            | 7.2<br>(60.0%) |
| 100 | <b>KĄKOL Klaudia</b>           | <b>264</b> | RUNSKI                                  | K-20      | 7    | 01:08:35       | 01:59:56      | <b>02:54:52.00</b>    | <b>02:55:07.50</b>     | +01:09:43<br>(39.8%) | 8:19            | 7.2<br>(60.0%) |
| 101 | <b>MATYASZEK Marek</b>         | <b>114</b> |                                         | M-40      | 29   | 01:06:45       | 01:58:21      | <b>02:55:24.30</b>    | <b>02:55:30.80</b>     | +01:10:06<br>(39.9%) | 8:21            | 7.2<br>(60.0%) |
| 102 | <b>JACHYMSKI Ignacy</b>        | <b>154</b> | AKG ŁÓDŹ                                | M-20      | 14   | 01:05:18       | 01:59:10      | <b>02:55:07.65</b>    | <b>02:55:31.05</b>     | +01:10:06<br>(39.9%) | 8:20            | 7.2<br>(60.0%) |
| 103 | <b>WAŁACH-BIŚTA Zuza</b>       | <b>231</b> |                                         | K-30      | 9    | 01:06:44       | 01:59:38      | <b>02:56:15.85</b>    | <b>02:56:24.95</b>     | +01:11:00<br>(40.3%) | 8:23            | 7.1<br>(59.2%) |
| 104 | <b>RELEWICZ Maciej</b>         | <b>69</b>  | WOLNE ŚLIMAKI                           | M-30      | 40   | 01:02:30       | 01:59:10      | <b>02:56:21.80</b>    | <b>02:56:26.35</b>     | +01:11:02<br>(40.3%) | 8:23            | 7.1<br>(59.2%) |
| 105 | <b>FRANKIEWICZ Jakub</b>       | <b>16</b>  |                                         | M-40      | 30   | 01:09:22       | 01:59:50      | <b>02:56:14.00</b>    | <b>02:56:31.80</b>     | +01:11:07<br>(40.3%) | 8:23            | 7.1<br>(59.2%) |
| 106 | <b>WOLFF-STEFANIAK Maria</b>   | <b>182</b> |                                         | K-20      | 8    | 01:05:29       | 01:59:35      | <b>02:56:46.80</b>    | <b>02:56:49.50</b>     | +01:11:25<br>(40.4%) | 8:25            | 7.1<br>(59.2%) |
| 107 | <b>DZIEWOŃSKI Konrad</b>       | <b>243</b> |                                         | M-40      | 31   | 01:07:17       | 02:01:00      | <b>02:56:37.40</b>    | <b>02:56:53.95</b>     | +01:11:29<br>(40.4%) | 8:24            | 7.1<br>(59.2%) |

| Msc | Zawodnik                  | Numer      | Klub                  | Kategoria | Mkat | Parking 7km | Skaly 14km | Czas netto 21km    | Czas brutto 21km   | Różn              | Tempo min/km | Tempo km/h  |
|-----|---------------------------|------------|-----------------------|-----------|------|-------------|------------|--------------------|--------------------|-------------------|--------------|-------------|
| 108 | <b>RADECKI Paweł</b>      | <b>198</b> |                       | M-30      | 41   | 01:00:15    | 01:52:06   | <b>02:56:44.50</b> | <b>02:56:56.50</b> | +01:11:32 (40.4%) | 8:24         | 7.1 (59.2%) |
| 109 | <b>CZARNIECKI Daniel</b>  | <b>9</b>   | TIE-RUN               | M-30      | 42   | 00:55:51    | 01:56:33   | <b>02:56:59.05</b> | <b>02:57:06.20</b> | +01:11:41 (40.5%) | 8:25         | 7.1 (59.2%) |
| 110 | <b>IWIŃSKI Marcin</b>     | <b>8</b>   | WOLNE ŚLIMAKI         | M-30      | 43   | 01:06:29    | 02:00:05   | <b>02:58:21.10</b> | <b>02:58:25.65</b> | +01:13:01 (40.9%) | 8:29         | 7.1 (59.2%) |
| 111 | <b>KOSINSKA Bożena</b>    | <b>20</b>  |                       | K-40      | 1    | 01:06:52    | 02:00:40   | <b>02:58:25.10</b> | <b>02:58:27.20</b> | +01:13:02 (40.9%) | 8:29         | 7.1 (59.2%) |
| 112 | <b>SOKOŁOWSKI Norbert</b> | <b>45</b>  |                       | M-40      | 32   | 01:03:20    | 01:58:12   | <b>02:58:23.90</b> | <b>02:58:27.95</b> | +01:13:03 (40.9%) | 8:29         | 7.1 (59.2%) |
| 113 | <b>KANAR Sławomir</b>     | <b>27</b>  | OŁAWA GRUPA BIEGOWA   | M-40      | 33   | 01:08:54    | 02:02:52   | <b>02:58:21.25</b> | <b>02:58:29.35</b> | +01:13:05 (40.9%) | 8:29         | 7.1 (59.2%) |
| 114 | <b>WIERCIOCH Jonasz</b>   | <b>167</b> |                       | M-20      | 15   | 01:10:21    | 02:03:05   | <b>02:58:04.85</b> | <b>02:58:30.00</b> | +01:13:05 (40.9%) | 8:28         | 7.1 (59.2%) |
| 115 | <b>STEPOWICZ Marek</b>    | <b>35</b>  | VEGE RUNNERS          | M-40      | 34   | 01:10:03    | 02:00:53   | <b>02:58:07.20</b> | <b>02:58:31.10</b> | +01:13:06 (41.0%) | 8:28         | 7.1 (59.2%) |
| 116 | <b>KONIECZNY Andrzej</b>  | <b>222</b> |                       | M-40      | 35   | 01:08:30    | 02:02:52   | <b>02:58:12.75</b> | <b>02:58:32.20</b> | +01:13:07 (41.0%) | 8:29         | 7.1 (59.2%) |
| 117 | <b>KNAPIK Dominik</b>     | <b>145</b> |                       | M-20      | 16   | 01:10:21    | 02:03:04   | <b>02:58:45.00</b> | <b>02:59:09.60</b> | +01:13:45 (41.2%) | 8:30         | 7 (58.3%)   |
| 118 | <b>ŁUKOWIEC Marlena</b>   | <b>15</b>  | KRZYWDA TEAM          | K-30      | 10   | 01:06:22    | 02:01:59   | <b>02:59:24.05</b> | <b>02:59:28.55</b> | +01:14:04 (41.3%) | 8:32         | 7 (58.3%)   |
| 119 | <b>ULIKOWSKA Martyna</b>  | <b>269</b> | ZAŁOGA GÓRSKA         | K-20      | 9    | 01:07:01    | 02:01:38   | <b>03:00:22.80</b> | <b>03:00:41.95</b> | +01:15:17 (41.7%) | 8:35         | 7 (58.3%)   |
| 120 | <b>TOMCZYK Andrzej</b>    | <b>92</b>  |                       | M-30      | 44   | 01:06:56    | 02:01:46   | <b>03:01:01.65</b> | <b>03:01:24.70</b> | +01:16:00 (41.9%) | 8:37         | 7 (58.3%)   |
| 121 | <b>BLACHA Agata</b>       | <b>169</b> |                       | K-30      | 11   | 01:07:17    | 02:02:52   | <b>03:01:30.20</b> | <b>03:01:37.30</b> | +01:16:12 (42.0%) | 8:38         | 6.9 (57.5%) |
| 122 | <b>BLACHA Jarosław</b>    | <b>180</b> | BIŁGORAJ BIEGA        | M-30      | 45   | 01:07:17    | 02:02:39   | <b>03:01:30.55</b> | <b>03:01:37.35</b> | +01:16:13 (42.0%) | 8:38         | 6.9 (57.5%) |
| 123 | <b>NEUMANN Jacek</b>      | <b>159</b> |                       | M-50      | 6    | 01:06:51    | 02:01:06   | <b>03:02:44.45</b> | <b>03:02:59.20</b> | +01:17:34 (42.4%) | 8:42         | 6.9 (57.5%) |
| 124 | <b>JASICKI Henryk</b>     | <b>19</b>  | OŁAWSKA GRUPA BIEGOWA | M-50      | 7    | 01:08:55    | 02:05:27   | <b>03:03:31.40</b> | <b>03:03:39.60</b> | +01:18:15 (42.6%) | 8:44         | 6.9 (57.5%) |
| 125 | <b>TELEGUJ Michał</b>     | <b>66</b>  | PZU SPORT TEAM        | M-30      | 46   | 01:09:07    | 02:03:02   | <b>03:03:39.80</b> | <b>03:03:46.80</b> | +01:18:22 (42.6%) | 8:44         | 6.9 (57.5%) |
| 126 | <b>WODECKI Krzysztof</b>  | <b>101</b> |                       | M-50      | 8    | 01:06:14    | 02:01:55   | <b>03:04:01.15</b> | <b>03:04:16.20</b> | +01:18:51 (42.8%) | 8:45         | 6.8 (56.7%) |
| 127 | <b>GIERAS Mirosław</b>    | <b>132</b> |                       | M-40      | 36   | 01:08:35    | 02:04:45   | <b>03:04:12.55</b> | <b>03:04:25.60</b> | +01:19:01 (42.8%) | 8:46         | 6.8 (56.7%) |
| 128 | <b>WIĘCŁAW Paweł</b>      | <b>33</b>  | WKURW_TEAM            | M-20      | 17   | 01:10:41    | 02:05:06   | <b>03:04:01.50</b> | <b>03:04:26.20</b> | +01:19:01 (42.8%) | 8:45         | 6.8 (56.7%) |
| 129 | <b>SZYMCZYNA Marcin</b>   | <b>47</b>  | OŁAWSKA GRUPA BIEGOWA | M-40      | 37   | 01:09:31    | 02:05:27   | <b>03:04:45.90</b> | <b>03:04:53.60</b> | +01:19:29 (43.0%) | 8:47         | 6.8 (56.7%) |
| 130 | <b>TĘCZA Robert</b>       | <b>162</b> |                       | M-40      | 38   | 01:09:57    | 02:04:18   | <b>03:05:47.35</b> | <b>03:05:54.75</b> | +01:20:30 (43.3%) | 8:50         | 6.8 (56.7%) |

| Msc | Zawodnik                              | Numer      | Klub                                    | Kategoria | Mkat | Parking 7km | Skaly 14km | Czas netto 21km    | Czas brutto 21km   | Różn              | Tempo min/km | Tempo km/h  |
|-----|---------------------------------------|------------|-----------------------------------------|-----------|------|-------------|------------|--------------------|--------------------|-------------------|--------------|-------------|
| 131 | <b>LIK Marek</b>                      | <b>267</b> | CHEŁM BIEGA                             | M-50      | 9    | 01:08:45    | 02:03:48   | <b>03:06:03.85</b> | <b>03:06:15.65</b> | +01:20:51 (43.4%) | 8:51         | 6.8 (56.7%) |
| 132 | <b>RATAJ Zuzanna</b>                  | <b>249</b> | POLONIA BYDGOSZCZ SLA / KOBIETY BIEGAJĄ | K-30      | 12   | 01:10:21    | 02:06:29   | <b>03:06:20.00</b> | <b>03:06:29.90</b> | +01:21:05 (43.5%) | 8:52         | 6.8 (56.7%) |
| 133 | <b>JĘDRZEJEK Beniamin</b>             | <b>28</b>  | VEGE RUNNERS                            | M-30      | 47   | 01:10:51    | 02:05:18   | <b>03:06:08.40</b> | <b>03:06:31.50</b> | +01:21:07 (43.5%) | 8:51         | 6.8 (56.7%) |
| 134 | <b>KAŁUŻNA Joanna</b>                 | <b>130</b> |                                         | K-50      | 1    | 01:06:48    | 02:03:25   | <b>03:06:41.20</b> | <b>03:06:43.70</b> | +01:21:19 (43.6%) | 8:53         | 6.7 (55.8%) |
| 135 | <b>MAŃKOWSKA Anna</b>                 | <b>134</b> | DRUŻYNA WILKA                           | K-30      | 13   | 01:09:07    | 02:05:19   | <b>03:06:33.55</b> | <b>03:06:48.10</b> | +01:21:23 (43.6%) | 8:53         | 6.8 (56.7%) |
| 136 | <b>FORNAL Paweł</b>                   | <b>187</b> | 22KBPG                                  | M-30      | 48   | 01:01:27    | 02:00:03   | <b>03:07:33.60</b> | <b>03:07:38.55</b> | +01:22:14 (43.8%) | 8:55         | 6.7 (55.8%) |
| 137 | <b>ŚLUSARSKI Włodzimierz</b>          | <b>123</b> | OBOZY BIEGOWE                           | M-50      | 10   | 01:05:43    | 02:02:59   | <b>03:07:51.95</b> | <b>03:08:00.35</b> | +01:22:36 (43.9%) | 8:56         | 6.7 (55.8%) |
| 138 | <b>KWIATKOWSKA Zuzanna</b>            | <b>104</b> |                                         | K-40      | 2    | 01:10:30    | 02:06:10   | <b>03:08:41.45</b> | <b>03:08:54.65</b> | +01:23:30 (44.2%) | 8:59         | 6.7 (55.8%) |
| 139 | <b>NOWAK Daniel</b>                   | <b>77</b>  |                                         | M-40      | 39   | 01:07:08    | 02:03:47   | <b>03:09:30.30</b> | <b>03:09:40.20</b> | +01:24:15 (44.4%) | 9:01         | 6.6 (55.0%) |
| 140 | <b>SAWICKA Agnieszka</b>              | <b>212</b> | DELOITTE ADVENTURE TEAM                 | K-30      | 14   | 01:10:15    | 02:09:46   | <b>03:09:27.15</b> | <b>03:09:41.10</b> | +01:24:16 (44.4%) | 9:01         | 6.7 (55.8%) |
| 141 | <b>EWERT-KRZEMIENIEWSKA Katarzyna</b> | <b>75</b>  |                                         | K-30      | 15   | 01:10:48    | 02:07:50   | <b>03:09:54.20</b> | <b>03:10:09.75</b> | +01:24:45 (44.6%) | 9:02         | 6.6 (55.0%) |
| 142 | <b>STEFANIAK Jakub</b>                | <b>183</b> |                                         | M-20      | 18   | 01:08:46    | 02:08:11   | <b>03:10:22.25</b> | <b>03:10:33.70</b> | +01:25:09 (44.7%) | 9:03         | 6.6 (55.0%) |
| 143 | <b>WYBRANOWSKI Sylwester</b>          | <b>38</b>  |                                         | M-30      | 49   | 01:08:48    | 02:05:59   | <b>03:10:53.50</b> | <b>03:11:09.50</b> | +01:25:45 (44.9%) | 9:05         | 6.6 (55.0%) |
| 144 | <b>MARCHEWICZ Jacek</b>               | <b>188</b> | LENKA I DOBRA SPÓŁKA                    | M-40      | 40   | 01:06:05    | 02:05:09   | <b>03:11:06.25</b> | <b>03:11:14.55</b> | +01:25:50 (44.9%) | 9:06         | 6.6 (55.0%) |
| 145 | <b>TALMA Paweł</b>                    | <b>218</b> | LUBARTÓWBIEGA.PL                        | M-40      | 41   | 01:10:55    | 02:08:54   | <b>03:10:56.80</b> | <b>03:11:15.95</b> | +01:25:51 (44.9%) | 9:05         | 6.6 (55.0%) |
| 146 | <b>JASIŃSKI Mateusz</b>               | <b>194</b> |                                         | M-30      | 50   | 01:08:35    | 02:05:09   | <b>03:11:38.85</b> | <b>03:11:57.85</b> | +01:26:33 (45.1%) | 9:07         | 6.6 (55.0%) |
| 147 | <b>JAWORSKA Magdalena</b>             | <b>72</b>  | GB WIELKOPOLSCY BIEGACZE                | K-40      | 3    | 01:12:45    | 02:09:32   | <b>03:12:06.65</b> | <b>03:12:20.85</b> | +01:26:56 (45.2%) | 9:08         | 6.6 (55.0%) |
| 148 | <b>SIWIASZCZYK Tomasz</b>             | <b>62</b>  |                                         | M-40      | 42   | 01:12:46    | 02:09:33   | <b>03:12:21.55</b> | <b>03:12:35.20</b> | +01:27:10 (45.3%) | 9:09         | 6.5 (54.2%) |
| 149 | <b>STRUŻYNA Maciej</b>                | <b>73</b>  |                                         | M-30      | 51   | 01:13:43    | 02:12:07   | <b>03:12:59.40</b> | <b>03:13:16.70</b> | +01:27:52 (45.5%) | 9:11         | 6.5 (54.2%) |
| 150 | <b>WOŹNY Maciej</b>                   | <b>11</b>  | ADIDAS RUNNERS WARSAW                   | M-30      | 52   | 01:04:22    | 02:01:12   | <b>03:13:09.50</b> | <b>03:13:28.10</b> | +01:28:03 (45.5%) | 9:11         | 6.5 (54.2%) |
| 151 | <b>ORŁOWSKI Daniel</b>                | <b>163</b> | BESTWHISKYMARKET.COM                    | M-40      | 43   | 01:12:48    | 02:11:58   | <b>03:13:14.95</b> | <b>03:13:33.25</b> | +01:28:08 (45.5%) | 9:12         | 6.5 (54.2%) |
| 152 | <b>ŚWINIARSKI Michał</b>              | <b>240</b> | KWAŚNE ŻELKI                            | M-20      | 19   | 01:11:48    | 02:13:26   | <b>03:13:53.20</b> | <b>03:14:20.25</b> | +01:28:55 (45.8%) | 9:13         | 6.5 (54.2%) |
| 153 | <b>NOWAK Marcin</b>                   | <b>84</b>  |                                         | M-20      | 20   | 01:15:22    | 02:15:19   | <b>03:14:16.00</b> | <b>03:14:32.90</b> | +01:29:08 (45.8%) | 9:15         | 6.5 (54.2%) |

| Msc | Zawodnik                    | Numer      | Klub                                    | Kategoria | Mkat | Parking<br>7km | Skaly<br>14km | Czas<br>netto<br>21km | Czas<br>brutto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-----------------------------|------------|-----------------------------------------|-----------|------|----------------|---------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 154 | <b>PAROL Grzegorz</b>       | <b>116</b> |                                         | M-40      | 44   | 01:08:41       | 02:09:12      | <b>03:14:39.45</b>    | <b>03:14:45.40</b>     | +01:29:21<br>(45.9%) | 9:16            | 6.5<br>(54.2%) |
| 155 | <b>BŁACHNO Marcin</b>       | <b>17</b>  |                                         | M-30      | 53   | 01:14:50       | 02:13:11      | <b>03:16:44.00</b>    | <b>03:17:00.65</b>     | +01:31:36<br>(46.5%) | 9:22            | 6.4<br>(53.3%) |
| 156 | <b>ZAUCHA Marta</b>         | <b>88</b>  | KŁODZKO PRZYTWIERDZA BIEGANIE           | K-30      | 16   | 01:14:14       | 02:13:50      | <b>03:17:17.75</b>    | <b>03:17:23.30</b>     | +01:31:58<br>(46.6%) | 9:23            | 6.4<br>(53.3%) |
| 157 | <b>PANEK Roman</b>          | <b>191</b> | MIŁOŚNICY PIŁKI NOŻNEJ                  | M-50      | 11   | 01:15:07       | 02:12:04      | <b>03:17:28.85</b>    | <b>03:17:45.90</b>     | +01:32:21<br>(46.7%) | 9:24            | 6.4<br>(53.3%) |
| 158 | <b>BOROWICZ Beata</b>       | <b>13</b>  | KWP WROCŁAW                             | K-40      | 4    | 01:12:19       | 02:11:02      | <b>03:17:49.55</b>    | <b>03:17:56.65</b>     | +01:32:32<br>(46.7%) | 9:25            | 6.4<br>(53.3%) |
| 159 | <b>SZCZEPAŃSKI Piotr</b>    | <b>34</b>  | PW                                      | M-40      | 45   | 01:12:03       | 02:14:01      | <b>03:17:56.00</b>    | <b>03:18:05.40</b>     | +01:32:41<br>(46.8%) | 9:25            | 6.4<br>(53.3%) |
| 160 | <b>SUCHOCKI Grzegorz</b>    | <b>61</b>  | KASTA Z MAŁEGO MIASTA                   | M-50      | 12   | 01:16:48       | 02:15:36      | <b>03:17:50.85</b>    | <b>03:18:12.00</b>     | +01:32:47<br>(46.8%) | 9:25            | 6.4<br>(53.3%) |
| 161 | <b>KRAWIEC Marcin</b>       | <b>195</b> |                                         | M-30      | 54   | 01:08:40       | 02:10:40      | <b>03:18:13.40</b>    | <b>03:18:24.80</b>     | +01:33:00<br>(46.9%) | 9:26            | 6.4<br>(53.3%) |
| 162 | <b>MAĆZKA Krystyna</b>      | <b>255</b> | OTK RZEŹNIK                             | K-60      | 1    | 01:14:41       | 02:15:24      | <b>03:18:31.70</b>    | <b>03:18:40.75</b>     | +01:33:16<br>(46.9%) | 9:27            | 6.3<br>(52.5%) |
| 163 | <b>ORZECHOWSKA Karolina</b> | <b>251</b> | I-SPORT                                 | K-30      | 17   | 01:12:42       | 02:11:56      | <b>03:18:29.45</b>    | <b>03:18:49.25</b>     | +01:33:24<br>(47.0%) | 9:27            | 6.3<br>(52.5%) |
| 164 | <b>ORZECHOWSKI Daniel</b>   | <b>250</b> | I-SPORT                                 | M-30      | 55   | 01:12:42       | 02:11:55      | <b>03:18:29.90</b>    | <b>03:18:50.00</b>     | +01:33:25<br>(47.0%) | 9:27            | 6.3<br>(52.5%) |
| 165 | <b>SZUMNY Paweł</b>         | <b>108</b> |                                         | M-20      | 21   | 01:15:01       | 02:13:42      | <b>03:18:43.60</b>    | <b>03:19:03.60</b>     | +01:33:39<br>(47.0%) | 9:27            | 6.3<br>(52.5%) |
| 166 | <b>PIECUCH Małgorzata</b>   | <b>18</b>  | PRZEWORSKA GRUPA BIEGOWA                | K-50      | 2    | 01:14:32       | 02:14:29      | <b>03:19:02.55</b>    | <b>03:19:10.15</b>     | +01:33:45<br>(47.1%) | 9:28            | 6.3<br>(52.5%) |
| 167 | <b>WESOŁOWSKA Joanna</b>    | <b>232</b> |                                         | K-40      | 5    | 01:13:26       | 02:12:08      | <b>03:19:03.75</b>    | <b>03:19:14.40</b>     | +01:33:50<br>(47.1%) | 9:28            | 6.3<br>(52.5%) |
| 168 | <b>PRZYBYL Tomasz</b>       | <b>246</b> | NIGHT RUNERS OSTRÓW WLKP                | M-40      | 46   | 01:11:34       | 02:14:53      | <b>03:18:54.20</b>    | <b>03:19:26.65</b>     | +01:34:02<br>(47.2%) | 9:28            | 6.3<br>(52.5%) |
| 169 | <b>ŻRÓDLEWSKA Anna</b>      | <b>247</b> | NIGHT RUNNERS                           | K-30      | 18   | 01:11:46       | 02:14:53      | <b>03:18:54.60</b>    | <b>03:19:26.90</b>     | +01:34:02<br>(47.2%) | 9:28            | 6.3<br>(52.5%) |
| 170 | <b>KONEFAŁ Włodzimierz</b>  | <b>106</b> | REMBERTÓW TEAM                          | M-30      | 56   | 01:15:21       | 02:15:14      | <b>03:19:08.30</b>    | <b>03:19:29.15</b>     | +01:34:04<br>(47.2%) | 9:29            | 6.3<br>(52.5%) |
| 171 | <b>WALENTOWSKI Maciej</b>   | <b>24</b>  | 2H2S                                    | M-30      | 57   | 01:10:53       | 02:14:40      | <b>03:20:32.10</b>    | <b>03:20:43.85</b>     | +01:35:19<br>(47.5%) | 9:32            | 6.3<br>(52.5%) |
| 172 | <b>STANIEK Maciej</b>       | <b>214</b> |                                         | M-40      | 47   | 01:12:13       | 02:11:22      | <b>03:21:12.30</b>    | <b>03:21:30.15</b>     | +01:36:05<br>(47.7%) | 9:34            | 6.3<br>(52.5%) |
| 173 | <b>KRZESIMOWSKI Damian</b>  | <b>118</b> |                                         | M-30      | 58   | 01:17:53       | 02:17:08      | <b>03:21:44.30</b>    | <b>03:22:08.65</b>     | +01:36:44<br>(47.9%) | 9:36            | 6.2<br>(51.7%) |
| 174 | <b>HAŁADEWICZ Anna</b>      | <b>22</b>  | KARKONOSZ RUNNING TEAM SZKLARSKA PORĘBA | K-40      | 6    | 01:13:53       | 02:16:07      | <b>03:23:49.00</b>    | <b>03:23:56.40</b>     | +01:38:32<br>(48.3%) | 9:42            | 6.2<br>(51.7%) |
| 174 | <b>BŁĘDKOWSKA Katarzyna</b> | <b>48</b>  |                                         | K-30      | 19   | 01:14:11       | 02:16:07      | <b>03:23:49.20</b>    | <b>03:23:56.40</b>     | +01:38:32<br>(48.3%) | 9:42            | 6.2<br>(51.7%) |
| 176 | <b>NOWAK Marcin</b>         | <b>121</b> |                                         | M-40      | 48   | 01:16:47       | 02:14:31      | <b>03:23:45.85</b>    | <b>03:24:03.95</b>     | +01:38:39<br>(48.3%) | 9:42            | 6.2<br>(51.7%) |



| Msc | Zawodnik                   | Numer | Klub                | Kategoria | Mkat | Parking 7km | Skaly 14km | Czas netto 21km | Czas brutto 21km | Różn              | Tempo min/km | Tempo km/h  |
|-----|----------------------------|-------|---------------------|-----------|------|-------------|------------|-----------------|------------------|-------------------|--------------|-------------|
| 177 | FILIPIAK Paweł             | 185   |                     | M-40      | 49   | 01:12:22    | 02:16:02   | 03:25:05.80     | 03:25:21.75      | +01:39:57 (48.7%) | 9:46         | 6.1 (50.8%) |
| 178 | SAMOJLUK- ŚLUSARSKA Bożena | 1     |                     | K-50      | 3    | 01:12:05    | 02:12:12   | 03:26:31.70     | 03:26:40.00      | +01:41:15 (49.0%) | 9:50         | 6.1 (50.8%) |
| 179 | KOZIKOWSKI Łukasz          | 184   |                     | M-30      | 59   | 01:13:45    | 02:17:02   | 03:26:24.80     | 03:26:41.05      | +01:41:16 (49.0%) | 9:49         | 6.1 (50.8%) |
| 180 | MARCINKIEWICZ Marta        | 10    | MATNER RUNNING TEAM | K-40      | 7    | 01:18:02    | 02:21:38   | 03:26:27.30     | 03:26:41.55      | +01:41:17 (49.0%) | 9:49         | 6.1 (50.8%) |
| 181 | POLUKORD Asia              | 227   | CHOJNA              | K-20      | 10   | 01:15:16    | 02:19:05   | 03:26:39.65     | 03:26:43.25      | +01:41:18 (49.0%) | 9:50         | 6.1 (50.8%) |
| 182 | PAJĄCZEK Dominika          | 225   |                     | K-30      | 20   | 01:15:07    | 02:18:02   | 03:27:29.20     | 03:27:35.35      | +01:42:11 (49.2%) | 9:52         | 6.1 (50.8%) |
| 183 | DRABIK Jacek               | 245   |                     | M-50      | 13   | 01:14:42    | 02:17:50   | 03:27:23.15     | 03:27:40.55      | +01:42:16 (49.2%) | 9:52         | 6.1 (50.8%) |
| 184 | GNIADEK Gosia              | 122   | DABEX BOLT          | K-40      | 8    | 01:16:57    | 02:21:24   | 03:28:11.10     | 03:28:21.30      | +01:42:56 (49.4%) | 9:54         | 6.1 (50.8%) |
| 185 | GNIADEK Tomasz             | 226   | DABEX-BOLT          | M-40      | 50   | 01:17:01    | 02:21:18   | 03:28:10.65     | 03:28:21.55      | +01:42:57 (49.4%) | 9:54         | 6.1 (50.8%) |
| 186 | KOSTERKIEWICZ Ryszard      | 113   |                     | M-60      | 1    | 01:13:55    | 02:17:01   | 03:28:59.25     | 03:29:19.55      | +01:43:55 (49.6%) | 9:57         | 6 (50.0%)   |
| 187 | MAJEWSKA Anna              | 5     | AKG                 | K-20      | 11   | 01:17:57    | 02:20:31   | 03:29:34.35     | 03:29:58.25      | +01:44:33 (49.8%) | 9:58         | 6 (50.0%)   |
| 188 | BARAŃSKA Małgorzata        | 54    | BBL OPOLE           | K-40      | 9    | 01:18:46    | 02:21:26   | 03:30:00.65     | 03:30:09.40      | +01:44:45 (49.8%) | 10:00        | 6 (50.0%)   |
| 189 | NOWAK Justyna              | 95    | OBORYGENI           | K-30      | 21   | 01:13:34    | 02:18:19   | 03:30:19.60     | 03:30:30.20      | +01:45:05 (49.9%) | 10:00        | 6 (50.0%)   |
| 190 | KRAWCZYK Kamila            | 135   |                     | K-20      | 12   | 01:13:39    | 02:18:19   | 03:30:30.10     | 03:30:34.45      | +01:45:10 (49.9%) | 10:01        | 6 (50.0%)   |
| 191 | SROKA Jacek                | 158   |                     | M-30      | 60   | 01:15:06    | 02:19:29   | 03:30:55.65     | 03:31:10.20      | +01:45:45 (50.1%) | 10:02        | 6 (50.0%)   |
| 192 | SPECHT Karolina            | 146   | BBL SKRA            | K-30      | 22   | 01:16:22    | 02:21:57   | 03:32:43.55     | 03:33:07.75      | +01:47:43 (50.5%) | 10:07        | 5.9 (49.2%) |
| 193 | SOKOLOWSKA Aneta           | 46    |                     | K-40      | 10   | 01:12:10    | 02:18:03   | 03:33:12.20     | 03:33:15.30      | +01:47:50 (50.6%) | 10:09        | 5.9 (49.2%) |
| 194 | WOJTCZAK Małgorzata        | 94    |                     | K-40      | 11   | 01:21:00    | 02:22:39   | 03:33:13.60     | 03:33:36.20      | +01:48:11 (50.7%) | 10:09        | 5.9 (49.2%) |
| 195 | LUBAŃSKA Alicja            | 43    |                     | K-40      | 12   | 01:14:22    | 02:20:08   | 03:34:16.90     | 03:34:20.45      | +01:48:56 (50.8%) | 10:12        | 5.9 (49.2%) |
| 196 | SIEDY Jadwiga              | 213   |                     | K-30      | 23   | 01:23:55    | 02:27:44   | 03:37:59.45     | 03:38:25.20      | +01:53:00 (51.7%) | 10:22        | 5.8 (48.3%) |
| 197 | KLIKS Adam                 | 105   |                     | M-40      | 51   | 01:20:35    | 02:28:12   | 03:38:27.10     | 03:38:27.10      | +01:53:02 (51.7%) | 10:24        | 5.8 (48.3%) |
| 198 | MAJKOWSKI Tomasz           | 265   |                     | M-40      | 52   | 01:19:35    | 02:29:07   | 03:38:14.75     | 03:38:28.25      | +01:53:03 (51.8%) | 10:23        | 5.8 (48.3%) |
| 199 | KAŻMIERCZAK Magdalena      | 119   | SUPERMARATON KALISZ | K-30      | 24   | 01:23:12    | 02:29:16   | 03:38:15.80     | 03:38:34.05      | +01:53:09 (51.8%) | 10:23        | 5.8 (48.3%) |

| Msc | Zawodnik                           | Numer      | Klub                                 | Kategoria | Mkat | Parking 7km | Skaly 14km | Czas netto 21km    | Czas brutto 21km   | Różn              | Tempo min/km | Tempo km/h  |
|-----|------------------------------------|------------|--------------------------------------|-----------|------|-------------|------------|--------------------|--------------------|-------------------|--------------|-------------|
| 200 | <b>KAMIENNIK Aleksandra</b>        | <b>176</b> |                                      | K-30      | 25   | 01:22:31    | 02:27:32   | <b>03:37:11.40</b> | <b>03:39:12.40</b> | +01:53:48 (51.9%) | 10:20        | 5.8 (48.3%) |
| 201 | <b>MURAWIEC Krzysztof</b>          | <b>233</b> |                                      | M-40      | 53   | 01:17:38    | 02:24:23   | <b>03:39:07.90</b> | <b>03:39:21.10</b> | +01:53:56 (51.9%) | 10:26        | 5.7 (47.5%) |
| 202 | <b>BANAŚ Zaneta</b>                | <b>50</b>  |                                      | K-20      | 13   | 01:21:47    | 02:31:04   | <b>03:40:44.10</b> | <b>03:40:55.30</b> | +01:55:30 (52.3%) | 10:30        | 5.7 (47.5%) |
| 203 | <b>NAZIMEK Mariusz</b>             | <b>161</b> |                                      | M-40      | 54   | 01:22:34    | 02:31:27   | <b>03:40:56.50</b> | <b>03:41:18.35</b> | +01:55:54 (52.4%) | 10:31        | 5.7 (47.5%) |
| 204 | <b>CHAN Bernadette</b>             | <b>173</b> |                                      | K-30      | 26   | 01:22:20    | 02:32:32   | <b>03:41:25.35</b> | <b>03:41:36.55</b> | +01:56:12 (52.4%) | 10:32        | 5.7 (47.5%) |
| 205 | <b>FISHCHUK Oleh</b>               | <b>262</b> |                                      | M-20      | 22   | 01:22:27    | 02:31:37   | <b>03:42:16.45</b> | <b>03:42:26.95</b> | +01:57:02 (52.6%) | 10:35        | 5.7 (47.5%) |
| 206 | <b>STANISŁAWSKI Piotr</b>          | <b>165</b> |                                      | M-40      | 55   | 01:19:16    | 02:27:42   | <b>03:42:12.95</b> | <b>03:42:35.05</b> | +01:57:10 (52.6%) | 10:34        | 5.7 (47.5%) |
| 207 | <b>ZAWADZKA-WASIURA Joanna</b>     | <b>160</b> |                                      | K-30      | 27   | 01:23:01    | 02:31:23   | <b>03:43:23.10</b> | <b>03:43:43.50</b> | +01:58:19 (52.9%) | 10:38        | 5.6 (46.7%) |
| 208 | <b>MISZCZYK Magdalena</b>          | <b>239</b> | AKTYWNE BESKIDY                      | K-40      | 13   | 01:20:44    | 02:29:07   | <b>03:43:55.50</b> | <b>03:44:06.95</b> | +01:58:42 (53.0%) | 10:39        | 5.6 (46.7%) |
| 209 | <b>TRYBALSKA Irmína</b>            | <b>128</b> |                                      | K-30      | 28   | 01:25:38    | 02:30:53   | <b>03:44:58.90</b> | <b>03:45:25.25</b> | +02:00:00 (53.2%) | 10:42        | 5.6 (46.7%) |
| 210 | <b>WATŁY Jarosław</b>              | <b>129</b> |                                      | M-30      | 61   | 01:25:37    | 02:30:56   | <b>03:44:58.85</b> | <b>03:45:25.50</b> | +02:00:01 (53.2%) | 10:42        | 5.6 (46.7%) |
| 211 | <b>STEFANOWSKI Marcin</b>          | <b>138</b> | BIEGOLUDKI                           | M-40      | 56   | 01:23:17    | 02:33:42   | <b>03:46:19.50</b> | <b>03:46:25.85</b> | +02:01:01 (53.4%) | 10:46        | 5.6 (46.7%) |
| 212 | <b>ZIEMKOWSKA Monika</b>           | <b>87</b>  | BIEGOLUDKI                           | K-40      | 14   | 01:23:24    | 02:34:03   | <b>03:46:20.90</b> | <b>03:46:26.15</b> | +02:01:01 (53.5%) | 10:46        | 5.6 (46.7%) |
| 213 | <b>SZYMAŃSKI Paweł</b>             | <b>63</b>  | 605938297                            | M-30      | 62   | 01:25:23    | 02:35:06   | <b>03:48:55.70</b> | <b>03:49:16.55</b> | +02:03:52 (54.0%) | 10:54        | 5.5 (45.8%) |
| 214 | <b>JANICKA Justyna</b>             | <b>14</b>  | RUNSKI                               | K-40      | 15   | 01:27:36    | 02:38:23   | <b>03:50:17.00</b> | <b>03:50:32.35</b> | +02:05:08 (54.3%) | 10:57        | 5.5 (45.8%) |
| 215 | <b>BERNAS-KUJAWIŃSKA Magdalena</b> | <b>90</b>  |                                      | K-40      | 16   | 01:22:28    | 02:33:47   | <b>03:53:21.25</b> | <b>03:53:43.30</b> | +02:08:18 (54.9%) | 11:06        | 5.4 (45.0%) |
| 216 | <b>FRAĆZAK Magdalena</b>           | <b>144</b> |                                      | K-30      | 29   | 01:27:40    | 02:38:03   | <b>03:56:18.15</b> | <b>03:56:37.80</b> | +02:11:13 (55.5%) | 11:15        | 5.3 (44.2%) |
| 217 | <b>ŚWIĄTEK Maciej</b>              | <b>142</b> | KS MARATON                           | M-40      | 57   | 01:27:40    | 02:37:58   | <b>03:56:20.85</b> | <b>03:56:39.65</b> | +02:11:15 (55.5%) | 11:15        | 5.3 (44.2%) |
| 218 | <b>JEDNORÓG Dorota</b>             | <b>83</b>  | KB LUPUS                             | K-40      | 17   | 01:25:15    | 02:32:56   | <b>03:56:39.05</b> | <b>03:57:02.15</b> | +02:11:37 (55.5%) | 11:16        | 5.3 (44.2%) |
| 219 | <b>WALCZYŃSKA Karolina</b>         | <b>190</b> | URODZENI BIEGACZE WWW.BORNRUNNERS.PL | K-30      | 30   | 01:29:23    | 02:38:45   | <b>03:56:47.75</b> | <b>03:57:03.10</b> | +02:11:38 (55.5%) | 11:16        | 5.3 (44.2%) |
| 220 | <b>KUZIA Ireneusz</b>              | <b>177</b> | MIŁOŚNICY PIŁKI NOŻNEJ KROTOSZYN     | M-50      | 14   | 01:24:12    | 02:43:47   | <b>03:59:45.90</b> | <b>04:00:03.40</b> | +02:14:39 (56.1%) | 11:25        | 5.3 (44.2%) |
| 221 | <b>WOŹNY Łukasz</b>                | <b>109</b> |                                      | M-30      | 63   | 01:17:58    | 02:33:50   | <b>04:01:01.60</b> | <b>04:01:18.20</b> | +02:15:53 (56.3%) | 11:28        | 5.2 (43.3%) |
| 222 | <b>NADOLSKA Ania</b>               | <b>137</b> |                                      | K-40      | 18   | 01:26:36    | 02:42:50   | <b>04:03:12.40</b> | <b>04:03:21.75</b> | +02:17:57 (56.7%) | 11:34        | 5.2 (43.3%) |

| Msc | Zawodnik                      | Numer      | Klub         | Kategoria | Mkat | Parking<br>7km  | Skaly<br>14km | Czas<br>netto<br>21km | Czas<br>brutto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-------------------------------|------------|--------------|-----------|------|-----------------|---------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 223 | <b>SPYRKA Wojciech</b>        | <b>151</b> | LICA TEAM    | M-40      | 58   | 01:27:48        | 02:43:53      | <b>04:08:44.65</b>    | <b>04:08:57.15</b>     | +02:23:32<br>(57.7%) | 11:50           | 5.1<br>(42.5%) |
| 224 | <b>RAJZER Dominika</b>        | <b>12</b>  | BODYKINETIC  | K-30      | 31   | 01:29:30        | 02:47:38      | <b>04:20:15.65</b>    | <b>04:20:25.80</b>     | +02:35:01<br>(59.5%) | 12:23           | 4.8<br>(40.0%) |
| 225 | <b>STOŁOWSKA Natalia</b>      | <b>78</b>  |              | K-30      | 32   | 01:39:48        | 03:02:36      | <b>04:26:31.60</b>    | <b>04:26:48.50</b>     | +02:41:24<br>(60.5%) | 12:41           | 4.7<br>(39.2%) |
| 226 | <b>BARTYZEL Marek</b>         | <b>139</b> |              | M-40      | 59   | 01:39:50        | 03:02:36      | <b>04:26:31.95</b>    | <b>04:26:48.80</b>     | +02:41:24<br>(60.5%) | 12:41           | 4.7<br>(39.2%) |
| 227 | <b>KOTYSZ Katarzyna</b>       | <b>71</b>  | BBL OPOLE    | K-50      | 4    | 01:32:46        | 02:56:15      | <b>04:28:23.55</b>    | <b>04:28:43.55</b>     | +02:43:19<br>(60.8%) | 12:46           | 4.7<br>(39.2%) |
| 228 | <b>KOTOWSKA-KOWALSKA Anna</b> | <b>179</b> | GORZEŃ RUN   | K-30      | 33   | 01:36:48        | 02:57:33      | <b>04:28:46.30</b>    | <b>04:28:56.80</b>     | +02:43:32<br>(60.8%) | 12:47           | 4.7<br>(39.2%) |
| 229 | <b>DORDZIK Małgorzata</b>     | <b>30</b>  |              | K-50      | 5    | 01:31:43        | 02:56:11      | <b>04:29:53.05</b>    | <b>04:30:18.25</b>     | +02:44:53<br>(61.0%) | 12:51           | 4.7<br>(39.2%) |
| 230 | <b>NOWICKI Andrzej</b>        | <b>272</b> |              | M-40      | 60   | 01:44:26        | 03:16:31      | <b>04:56:03.45</b>    | <b>04:56:25.70</b>     | +03:11:01<br>(64.4%) | 14:05           | 4.3<br>(35.8%) |
| 231 | <b>PAWŁOWSKA Danuta</b>       | <b>89</b>  |              | K-40      | 19   | 01:44:43        | 03:16:44      | <b>04:56:43.55</b>    | <b>04:56:49.75</b>     | +03:11:25<br>(64.5%) | 14:07           | 4.2<br>(35.0%) |
|     | <b>SOBIESKI Jan</b>           | <b>241</b> | KWAŚNE ŻELKI | M-20      |      | 01:20:52<br>DNF | DNF           | <b>DNF</b>            | <b>DNF</b>             |                      | -               | -<br>(0.0%)    |
|     | <b>PASIEKA Magda</b>          | <b>76</b>  |              | K-30      |      | DNF             | DNF           | <b>DNF</b>            | <b>DNF</b>             |                      | -               | -<br>(0.0%)    |

Znaleziono 233 wynik(ów)