



**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**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo 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 (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 (0.6%)	5:02	11.9 (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 (7.3%)	5:24	11.1 (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 (7.7%)	5:26	11 (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 (8.4%)	5:28	11 (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 (9.2%)	5:31	10.9 (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 (10.2%)	5:35	10.7 (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 (13.5%)	5:47	10.3 (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 (13.8%)	5:49	10.3 (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 (13.9%)	5:49	10.3 (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 (16.0%)	5:58	10.1 (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 (16.0%)	5:58	10.1 (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 (16.7%)	6:01	10 (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 (17.1%)	6:03	9.9 (82.5%)
15	<b>DETTLAFF 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 (18.8%)	6:10	9.7 (80.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo 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 (19.5%)	6:13	9.6 (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 (20.0%)	6:16	9.6 (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 (20.6%)	6:19	9.5 (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 (20.6%)	6:19	9.5 (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 (21.3%)	6:22	9.4 (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 (22.6%)	6:26	9.3 (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 (22.6%)	6:29	9.3 (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 (23.0%)	6:30	9.2 (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 (24.3%)	6:37	9.1 (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 (24.6%)	6:38	9 (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 (25.7%)	6:45	8.9 (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 (25.9%)	6:45	8.9 (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 (26.2%)	6:47	8.8 (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 (26.4%)	6:49	8.8 (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 (26.4%)	6:49	8.8 (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 (26.5%)	6:49	8.8 (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 (26.6%)	6:50	8.8 (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 (26.8%)	6:50	8.8 (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 (27.1%)	6:52	8.7 (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 (27.2%)	6:52	8.7 (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 (27.3%)	6:53	8.7 (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 (28.4%)	6:59	8.6 (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 (28.9%)	7:03	8.5 (70.8%)

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

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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 (34.0%)	7:35	7.9 (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 (34.0%)	7:34	7.9 (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 (34.0%)	7:35	7.9 (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 (34.0%)	7:35	7.9 (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 (34.5%)	7:39	7.8 (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 (34.5%)	7:39	7.8 (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 (34.9%)	7:41	7.8 (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 (34.9%)	7:42	7.8 (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 (35.3%)	7:45	7.7 (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 (35.5%)	7:46	7.7 (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 (35.5%)	7:46	7.7 (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 (35.6%)	7:46	7.7 (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 (35.8%)	7:48	7.7 (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 (36.0%)	7:50	7.7 (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 (36.1%)	7:50	7.6 (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 (36.3%)	7:51	7.6 (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 (36.6%)	7:54	7.6 (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 (36.7%)	7:55	7.6 (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 (36.8%)	7:55	7.6 (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 (37.0%)	7:58	7.5 (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 (37.1%)	7:58	7.5 (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 (37.3%)	8:00	7.5 (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 (37.4%)	8:00	7.5 (62.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
85	WIŚNIEWSKI Radek	235		M-40	23	00:59:24	01:53:38	<b>02:48:15.85</b>	<b>02:48:20.70</b>	+01:02:56 (37.4%)	8:00	7.5 (62.5%)
86	MAJKOWSKI Michał	131		M-30	37	01:06:52	01:59:50	<b>02:48:21.55</b>	<b>02:48:34.15</b>	+01:03:09 (37.5%)	8:01	7.5 (62.5%)
87	PYTKO Jarosław	98		M-30	38	00:59:52	01:51:30	<b>02:48:36.90</b>	<b>02:48:51.80</b>	+01:03:27 (37.6%)	8:01	7.5 (62.5%)
88	ROSOŁOWSKI Grzegorz	58	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 (38.1%)	8:05	7.4 (61.7%)
89	SZCZUREK Paweł	258	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 (38.2%)	8:06	7.4 (61.7%)
90	KADŁUBOWSKI Piotr	32	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 (38.2%)	8:06	7.4 (61.7%)
91	CIOBAN Dominika	37	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 (38.3%)	8:08	7.4 (61.7%)
92	SŁOBODZIAN Waldemar	7		M-50	3	01:05:17	01:56:36	<b>02:50:28.80</b>	<b>02:50:52.60</b>	+01:05:28 (38.3%)	8:07	7.4 (61.7%)
93	VON OSSOWSKA Aleksandra	210	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 (38.6%)	8:10	7.3 (60.8%)
94	BISKUPSKI Jakub	244		M-40	26	01:04:33	01:56:32	<b>02:52:05.55</b>	<b>02:52:18.15</b>	+01:06:53 (38.8%)	8:11	7.3 (60.8%)
95	EMMER Vladimir	172		M-30	39	01:03:10	01:56:44	<b>02:52:38.00</b>	<b>02:52:48.45</b>	+01:07:24 (39.0%)	8:13	7.3 (60.8%)
96	ZDUNEK Józef	215	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 (39.1%)	8:14	7.3 (60.8%)
97	ANTONIUK Adam	111		M-40	27	01:01:08	01:57:35	<b>02:53:54.40</b>	<b>02:54:06.75</b>	+01:08:42 (39.5%)	8:16	7.2 (60.0%)
98	CISZYŃSKI Marek	96	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 (39.5%)	8:16	7.3 (60.8%)
99	RADAJEWSKI Arkadiusz	204	CROSS KRAPKOWICE	M-40	28			<b>02:54:32.75</b>	<b>02:54:32.75</b>	+01:09:08 (39.6%)	8:18	7.2 (60.0%)
100	KĄKOL Klaudia	264	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 (39.8%)	8:19	7.2 (60.0%)
101	MATYASZEK Marek	114		M-40	29	01:06:45	01:58:21	<b>02:55:24.30</b>	<b>02:55:30.80</b>	+01:10:06 (39.9%)	8:21	7.2 (60.0%)
102	JACHYMSKI Ignacy	154	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 (39.9%)	8:20	7.2 (60.0%)
103	WAŁACH-BIŚTA Zuza	231		K-30	9	01:06:44	01:59:38	<b>02:56:15.85</b>	<b>02:56:24.95</b>	+01:11:00 (40.3%)	8:23	7.1 (59.2%)
104	RELEWICZ Maciej	69	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 (40.3%)	8:23	7.1 (59.2%)
105	FRANKIEWICZ Jakub	16		M-40	30	01:09:22	01:59:50	<b>02:56:14.00</b>	<b>02:56:31.80</b>	+01:11:07 (40.3%)	8:23	7.1 (59.2%)
106	WOLFF-STEFANIAK Maria	182		K-20	8	01:05:29	01:59:35	<b>02:56:46.80</b>	<b>02:56:49.50</b>	+01:11:25 (40.4%)	8:25	7.1 (59.2%)
107	DZIEWOŃSKI Konrad	243		M-40	31	01:07:17	02:01:00	<b>02:56:37.40</b>	<b>02:56:53.95</b>	+01:11:29 (40.4%)	8:24	7.1 (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 Bozena</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 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo 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 (45.9%)	9:16	6.5 (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 (46.5%)	9:22	6.4 (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 (46.6%)	9:23	6.4 (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 (46.7%)	9:24	6.4 (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 (46.7%)	9:25	6.4 (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 (46.8%)	9:25	6.4 (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 (46.8%)	9:25	6.4 (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 (46.9%)	9:26	6.4 (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 (46.9%)	9:27	6.3 (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 (47.0%)	9:27	6.3 (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 (47.0%)	9:27	6.3 (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 (47.0%)	9:27	6.3 (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 (47.1%)	9:28	6.3 (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 (47.1%)	9:28	6.3 (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 (47.2%)	9:28	6.3 (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 (47.2%)	9:28	6.3 (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 (47.2%)	9:29	6.3 (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 (47.5%)	9:32	6.3 (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 (47.7%)	9:34	6.3 (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 (47.9%)	9:36	6.2 (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 (48.3%)	9:42	6.2 (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 (48.3%)	9:42	6.2 (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 (48.3%)	9:42	6.2 (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	KAMIENNIK Aleksandra	176		K-30	25	01:22:31	02:27:32	03:37:11.40	03:39:12.40	+01:53:48 (51.9%)	10:20	5.8 (48.3%)
201	MURAWIEC Krzysztof	233		M-40	53	01:17:38	02:24:23	03:39:07.90	03:39:21.10	+01:53:56 (51.9%)	10:26	5.7 (47.5%)
202	BANAŚ Zaneta	50		K-20	13	01:21:47	02:31:04	03:40:44.10	03:40:55.30	+01:55:30 (52.3%)	10:30	5.7 (47.5%)
203	NAZIMEK Mariusz	161		M-40	54	01:22:34	02:31:27	03:40:56.50	03:41:18.35	+01:55:54 (52.4%)	10:31	5.7 (47.5%)
204	CHAN Bernadette	173		K-30	26	01:22:20	02:32:32	03:41:25.35	03:41:36.55	+01:56:12 (52.4%)	10:32	5.7 (47.5%)
205	FISHCHUK Oleh	262		M-20	22	01:22:27	02:31:37	03:42:16.45	03:42:26.95	+01:57:02 (52.6%)	10:35	5.7 (47.5%)
206	STANISŁAWSKI Piotr	165		M-40	55	01:19:16	02:27:42	03:42:12.95	03:42:35.05	+01:57:10 (52.6%)	10:34	5.7 (47.5%)
207	ZAWADZKA-WASIURA Joanna	160		K-30	27	01:23:01	02:31:23	03:43:23.10	03:43:43.50	+01:58:19 (52.9%)	10:38	5.6 (46.7%)
208	MISZCZYK Magdalena	239	AKTYWNE BESKIDY	K-40	13	01:20:44	02:29:07	03:43:55.50	03:44:06.95	+01:58:42 (53.0%)	10:39	5.6 (46.7%)
209	TRYBALSKA Irmina	128		K-30	28	01:25:38	02:30:53	03:44:58.90	03:45:25.25	+02:00:00 (53.2%)	10:42	5.6 (46.7%)
210	WATŁY Jarosław	129		M-30	61	01:25:37	02:30:56	03:44:58.85	03:45:25.50	+02:00:01 (53.2%)	10:42	5.6 (46.7%)
211	STEFANOWSKI Marcin	138	BIEGOLUDKI	M-40	56	01:23:17	02:33:42	03:46:19.50	03:46:25.85	+02:01:01 (53.4%)	10:46	5.6 (46.7%)
212	ZIEMKOWSKA Monika	87	BIEGOLUDKI	K-40	14	01:23:24	02:34:03	03:46:20.90	03:46:26.15	+02:01:01 (53.5%)	10:46	5.6 (46.7%)
213	SZYMAŃSKI Paweł	63	605938297	M-30	62	01:25:23	02:35:06	03:48:55.70	03:49:16.55	+02:03:52 (54.0%)	10:54	5.5 (45.8%)
214	JANICKA Justyna	14	RUNSKI	K-40	15	01:27:36	02:38:23	03:50:17.00	03:50:32.35	+02:05:08 (54.3%)	10:57	5.5 (45.8%)
215	BERNAS-KUJAWIŃSKA Magdalena	90		K-40	16	01:22:28	02:33:47	03:53:21.25	03:53:43.30	+02:08:18 (54.9%)	11:06	5.4 (45.0%)
216	FRAĆZAK Magdalena	144		K-30	29	01:27:40	02:38:03	03:56:18.15	03:56:37.80	+02:11:13 (55.5%)	11:15	5.3 (44.2%)
217	ŚWIĄTEK Maciej	142	KS MARATON	M-40	57	01:27:40	02:37:58	03:56:20.85	03:56:39.65	+02:11:15 (55.5%)	11:15	5.3 (44.2%)
218	JEDNORÓG Dorota	83	KB LUPUS	K-40	17	01:25:15	02:32:56	03:56:39.05	03:57:02.15	+02:11:37 (55.5%)	11:16	5.3 (44.2%)
219	WALCZYŃSKA Karolina	190	URODZENI BIEGACZE WWW.BORNRUNNERS.PL	K-30	30	01:29:23	02:38:45	03:56:47.75	03:57:03.10	+02:11:38 (55.5%)	11:16	5.3 (44.2%)
220	KUZIA Ireneusz	177	MIŁOŚNICY PIŁKI NOŻNEJ KROTOSZYN	M-50	14	01:24:12	02:43:47	03:59:45.90	04:00:03.40	+02:14:39 (56.1%)	11:25	5.3 (44.2%)
221	WOŹNY Łukasz	109		M-30	63	01:17:58	02:33:50	04:01:01.60	04:01:18.20	+02:15:53 (56.3%)	11:28	5.2 (43.3%)
222	NADOLSKA Ania	137		K-40	18	01:26:36	02:42:50	04:03:12.40	04:03:21.75	+02:17:57 (56.7%)	11:34	5.2 (43.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo 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 (57.7%)	11:50	5.1 (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 (59.5%)	12:23	4.8 (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 (60.5%)	12:41	4.7 (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 (60.5%)	12:41	4.7 (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 (60.8%)	12:46	4.7 (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 (60.8%)	12:47	4.7 (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 (61.0%)	12:51	4.7 (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 (64.4%)	14:05	4.3 (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 (64.5%)	14:07	4.2 (35.0%)
	<b>SOBIESKI Jan</b>	<b>241</b>	KWAŚNE ŻELKI	M-20		01:20:52 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>PASIEKA Magda</b>	<b>76</b>		K-30		DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 233 wynik(ów)