



PÓŁMARATON GÓR STOŁOWYCH 2018

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Maraton Gór Stołowych 2018
Fundacja Maratony Górskie
2018-07-01
Karlów
21 km

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	BRYDL Pavel	493	SPA SCALIANO/XC LIFE TEAM	M-30	1	00:35:43	01:08:56	01:43:45.85	01:43:47.75		4:56	12.1 (100%)
2	NÁPRAVNÍK Jan	396		M-30	2	00:36:30	01:10:39	01:45:57.00	01:45:57.00	+00:02:09 (2.0%)	5:02	11.9 (98.3%)
3	WŁODARKIEWICZ Dominik	487		M-40	1	00:37:32	01:12:10	01:47:26.65	01:47:29.30	+00:03:41 (3.4%)	5:07	11.7 (96.7%)
4	SZCZEPANIAK Kamil	496		M-20	1	00:38:40	01:14:27	01:51:18.35	01:51:21.35	+00:07:33 (6.8%)	5:18	11.3 (93.4%)
5	BALCAR Michal	405		M-30	3	00:40:38	01:18:25	01:57:04.55	01:57:07.00	+00:13:19 (11.4%)	5:34	10.8 (89.3%)
6	GRAMACKI Szymon	226		M-20	2	00:39:35	01:18:27	01:58:00.50	01:58:03.60	+00:14:15 (12.1%)	5:37	10.7 (88.4%)
7	MALINOWSKI Mateusz	232		M-30	4	00:42:15	01:20:03	01:58:34.25	01:58:42.00	+00:14:54 (12.6%)	5:38	10.6 (87.6%)
8	PYZIK Krzysztof	174	VEGESLONIK TEAM / FIZJOBIEGACZE SZCZECIN	M-30	5	00:42:21	01:20:10	02:00:12.80	02:00:16.45	+00:16:28 (13.7%)	5:43	10.5 (86.8%)
9	SMOLIS Ivo	393		M-30	6	00:43:06	01:21:27	02:00:16.40	02:00:23.50	+00:16:35 (13.8%)	5:43	10.5 (86.8%)
10	KRUPA Marcin	211	AKTYWNA NOWA RUDA	M-40	2	00:40:50	01:20:11	02:00:19.60	02:00:24.00	+00:16:36 (13.8%)	5:43	10.5 (86.8%)
11	KOPYCZOK Michał	76	TYSŁAWA TEAM	M-30	7	00:43:05	01:22:15	02:00:43.95	02:00:46.60	+00:16:58 (14.1%)	5:44	10.4 (86.0%)
12	NOWAK Mariusz	476		M-30	8	00:43:22	01:22:12	02:01:29.90	02:01:33.00	+00:17:45 (14.6%)	5:47	10.4 (86.0%)
13	JACHYMCZYK Norbert	474	KB MCKIS JAWORZNO	M-40	3	00:42:49	01:22:09	02:02:27.60	02:02:31.00	+00:18:43 (15.3%)	5:49	10.3 (85.1%)
14	KRAWCZYK Artur	350		M-20	3	00:41:54	01:21:33	02:02:33.20	02:02:38.90	+00:18:51 (15.4%)	5:50	10.3 (85.1%)
15	PIECHA Artur	334	HERCOG RUNNING TEAM	M-40	4	00:45:01	01:23:29	02:03:20.10	02:03:24.75	+00:19:37 (15.9%)	5:52	10.2 (84.3%)
16	NOWAK Paweł	423	ROCH JASIEINICA	M-20	4	00:46:30	01:24:55	02:03:53.15	02:04:10.90	+00:20:23 (16.4%)	5:53	10.2 (84.3%)
17	SAWA Piotr	280	STAY INSANE	M-20	5	00:44:00	01:24:33	02:06:20.00	02:06:37.15	+00:22:49 (18.0%)	6:00	10 (82.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
18	SOCKI Paweł	222	KAUA	M-30	9	00:45:17	01:25:00	02:08:08.75	02:08:17.25	+00:24:29 (19.1%)	6:06	9.8 (81.0%)
19	ZATOŃ Cezary	339		M-30	10	00:44:30	01:25:27	02:08:06.60	02:08:29.60	+00:24:41 (19.2%)	6:06	9.8 (81.0%)
20	MAZIAR Artur	488		M-30	11	00:44:59	01:26:59	02:10:36.35	02:10:43.20	+00:26:55 (20.6%)	6:13	9.6 (79.3%)
21	BOROWIAK Adam	291		M-30	12	00:46:13	01:26:55	02:10:53.70	02:11:00.35	+00:27:12 (20.8%)	6:14	9.6 (79.3%)
22	GOMOŁYSEK Kinga	147	MATNER RUNNING TEAM	K-30	1	00:45:41	01:26:32	02:11:13.90	02:11:16.75	+00:27:29 (20.9%)	6:14	9.6 (79.3%)
23	WAŚOWICZ Artur	86	SZCZYTNA	M-20	6	00:46:10	01:28:05	02:12:00.60	02:12:05.30	+00:28:17 (21.4%)	6:17	9.5 (78.5%)
24	LUBAŃSKI Robert	436		M-50	1	00:47:43	01:29:32	02:12:13.70	02:12:16.75	+00:28:29 (21.5%)	6:17	9.5 (78.5%)
25	KOLKA Piotr	234	KB MCKIS JAWORZNO	M-30	13	00:48:18	01:30:03	02:12:06.65	02:12:19.70	+00:28:31 (21.6%)	6:17	9.5 (78.5%)
26	SWORNOWSKA Anna	454		K-20	1	00:48:41	01:30:41	02:12:20.45	02:12:20.45	+00:28:32 (21.6%)	6:18	9.5 (78.5%)
27	SMUDA Krzysztof	483		M-30	14	00:47:17	01:29:05	02:11:46.45	02:12:25.35	+00:28:37 (21.6%)	6:16	9.6 (79.3%)
28	RAKOWSKI David	395	KMF	M-40	5	00:47:12	01:29:55	02:12:59.15	02:13:10.20	+00:29:22 (22.1%)	6:19	9.5 (78.5%)
29	SZCZĘŚNY Maciej	279	DAJ MI CIASTKO!	M-30	15	00:47:29	01:29:37	02:13:02.65	02:13:11.95	+00:29:24 (22.1%)	6:20	9.5 (78.5%)
30	WOŹNIAK Piotr	231		M-30	16	00:47:59	01:30:17	02:13:55.75	02:14:27.05	+00:30:39 (22.8%)	6:22	9.4 (77.7%)
31	KOWALIK Ewelina	172	FIZJOBIEGACZE SZCZECIN	K-20	2	00:47:08	01:30:50	02:14:35.90	02:14:40.00	+00:30:52 (22.9%)	6:24	9.4 (77.7%)
32	ŁUŻNIAK Wojciech	471	POCO LOCO ADVENTURE / JKJ	M-30	17	00:48:13	01:31:01	02:14:41.10	02:14:46.95	+00:30:59 (23.0%)	6:24	9.4 (77.7%)
33	MIKA Andrzej	331		M-30	18	00:48:39	01:32:01	02:16:33.60	02:16:39.10	+00:32:51 (24.0%)	6:30	9.2 (76.0%)
34	DOROTA Zbyszek	27	RUN RUN OLESZYCE	M-40	6	00:49:21	01:33:00	02:17:04.30	02:17:04.30	+00:33:16 (24.3%)	6:31	9.2 (76.0%)
35	LULEK Paweł	284		M-30	19	00:46:41		02:17:17.25	02:17:21.20	+00:33:33 (24.4%)	6:32	9.2 (76.0%)
36	MEZYNSKI Szymon	473		M-20	7	00:49:59	01:33:27	02:17:43.00	02:17:43.00	+00:33:55 (24.6%)	6:33	9.1 (75.2%)
37	GŁÓD Mateusz	96		M-30	20	00:45:44	01:30:56	02:17:45.20	02:17:49.10	+00:34:01 (24.7%)	6:33	9.1 (75.2%)
38	DUBIEL Piotr	235	WILD DOGS TEAM/SUDECKI KLUB WYSOKOGÓRSKI	M-30	21	00:49:01	01:33:30	02:17:51.95	02:17:57.10	+00:34:09 (24.8%)	6:33	9.1 (75.2%)
39	WIKTOROWICZ Tomasz	227		M-40	7	00:49:13	01:33:43	02:18:36.85	02:18:50.90	+00:35:03 (25.2%)	6:36	9.1 (75.2%)
40	SZCZYGIEŁ Łukasz	461	NOGAMIDOGORY.PL	M-30	22	00:50:17	01:33:19	02:18:34.00	02:19:07.70	+00:35:19 (25.4%)	6:35	9.1 (75.2%)
41	BRZĄKAŁSKI Krzysiek	183	EAZYMUT.PL	M-20	8	00:48:45	01:31:57	02:19:00.10	02:19:19.30	+00:35:31 (25.5%)	6:37	9.1 (75.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
42	WOSZEK Marzena	177	STOWARZYSZENIE PRZYJACIÓŁ GRUDZIC	K-40	1	00:50:13	01:33:31	02:20:12.05	02:20:26.05	+00:36:38 (26.1%)	6:40	9 (74.4%)
43	WOSZEK Tomasz	176	STOWARZYSZENIE PRZYJACIÓŁ GRUDZIC	M-40	8	00:50:24	01:33:41	02:20:19.85	02:20:33.40	+00:36:45 (26.2%)	6:40	9 (74.4%)
44	MIKUŁAN Mikołaj	357	U.S NAVY SEAL	M-30	23	00:47:59	01:32:07	02:21:00.05	02:21:05.15	+00:37:17 (26.4%)	6:42	8.9 (73.6%)
45	KLESZCZ Tomek	319	NIGHT RUNNERS WROCŁAW	M-30	24	00:50:17	01:35:21	02:20:59.55	02:21:05.50	+00:37:17 (26.4%)	6:42	8.9 (73.6%)
46	PIĄTEK Mateusz	462	HERCOG RUNNING TEAM	M-20	9	00:53:58	01:37:16	02:20:44.65	02:21:19.30	+00:37:31 (26.6%)	6:42	9 (74.4%)
47	MIAZGA Michał	386		M-40	9	00:48:58	01:32:55	02:21:27.65	02:21:45.00	+00:37:57 (26.8%)	6:44	8.9 (73.6%)
48	JANOWSKI Witek	108		M-30	25	00:52:30	01:35:51	02:21:46.85	02:21:58.50	+00:38:10 (26.9%)	6:45	8.9 (73.6%)
49	DROZD Maciej	312	DREAM RUN	M-40	10	00:49:47	01:35:23	02:22:16.80	02:22:25.60	+00:38:37 (27.1%)	6:46	8.9 (73.6%)
50	DUCZYŃSKI Maciej	413	VEGE RUNNERS	M-30	26	00:55:27	01:37:32	02:21:55.85	02:22:40.85	+00:38:53 (27.3%)	6:45	8.9 (73.6%)
51	UCIEKŁAK Dominik	475		M-40	11	00:50:45	01:36:20	02:23:03.05	02:23:15.50	+00:39:27 (27.5%)	6:48	8.8 (72.7%)
52	PRZYBYŁ Piotr	409	EASY RUNNERS	M-40	12	00:51:30	01:37:48	02:23:09.80	02:23:19.40	+00:39:31 (27.6%)	6:49	8.8 (72.7%)
53	WIĄCEK Marek	124	TEAM LUKS ŻÓRAWINA-WROCŁAW	M-50	2	00:50:21	01:33:57	02:24:14.50	02:24:20.30	+00:40:32 (28.1%)	6:52	8.7 (71.9%)
54	SZCZEŚNIAK Mikołaj	332	RANKOR	M-40	13	00:52:31	01:38:04	02:24:11.80	02:24:36.55	+00:40:48 (28.2%)	6:52	8.7 (71.9%)
55	STARCZYŃSKI Tomasz	224	TEAM AKTYWNY STĘSZEW	M-30	27	00:47:59	01:33:18	02:24:36.85	02:24:42.40	+00:40:54 (28.3%)	6:53	8.7 (71.9%)
56	KURZAWIAK Grzegorz	247	KARŁÓW	M-30	28	00:49:05	01:36:25	02:24:44.10	02:24:47.40	+00:40:59 (28.3%)	6:53	8.7 (71.9%)
57	KŁOSOWSKI Seweryn	272		M-40	14	00:51:45	01:37:53	02:24:39.00	02:24:49.30	+00:41:01 (28.3%)	6:53	8.7 (71.9%)
58	ROSOCHACZ Krzysztof	237		M-40	15	00:48:31	01:33:46	02:24:58.90	02:25:12.95	+00:41:25 (28.5%)	6:54	8.7 (71.9%)
59	MONTALVA Enrique	370	WWW.MYTEAMGROUP.PL	M-40	16	00:49:59	01:36:31	02:25:08.00	02:25:13.45	+00:41:25 (28.5%)	6:54	8.7 (71.9%)
60	MELNYK Ivan	308		M-30	29	00:52:25	01:39:29	02:24:40.90	02:25:15.10	+00:41:27 (28.5%)	6:53	8.7 (71.9%)
61	BAZAN Anna	91		K-30	2	00:52:40	01:39:01	02:25:13.30	02:25:17.40	+00:41:29 (28.6%)	6:54	8.7 (71.9%)
62	WOŁOSZYN Piotr	310		M-30	30	00:52:10	01:37:05	02:25:08.95	02:25:25.60	+00:41:37 (28.6%)	6:54	8.7 (71.9%)
63	SAWICKI Bartosz	430	DZIKIE DZIKI GORZÓW	M-20	10	00:55:07		02:25:09.55	02:25:31.00	+00:41:43 (28.7%)	6:54	8.7 (71.9%)
64	SZCZEPANIK Robert	387		M-40	17	00:50:08	01:34:41	02:25:20.55	02:25:37.60	+00:41:49 (28.7%)	6:55	8.7 (71.9%)
65	MAĆKOWSKI Tomasz	188	IDKFA IDDQD	M-30	31	00:51:40	01:39:07	02:25:39.40	02:25:46.10	+00:41:58 (28.8%)	6:56	8.6 (71.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
66	SZOTA Wojciech	497	MARATOŃCZYK.PL	M-40	18	00:49:50	01:36:03	02:26:01.65	02:26:08.75	+00:42:21 (29.0%)	6:57	8.6 (71.1%)
67	WĘGRZYŃSKI Paweł	8	ITMBW KRAKÓW	M-30	32	00:52:15	01:38:56	02:26:07.60	02:26:21.65	+00:42:33 (29.1%)	6:57	8.6 (71.1%)
68	MAJ Marek	353		M-30	33	00:55:41	01:40:14	02:26:07.55	02:26:49.15	+00:43:01 (29.3%)	6:57	8.6 (71.1%)
69	PIECZARA Krzysztof	239	KB MCKIS JAWORZNO	M-30	34	00:53:27	01:39:57	02:26:23.40	02:26:52.45	+00:43:04 (29.3%)	6:58	8.6 (71.1%)
70	KALITA Damian	494		M-30	35	00:53:11	01:38:28	02:26:54.95	02:27:24.25	+00:43:36 (29.6%)	6:59	8.6 (71.1%)
71	FEICHTINGER Marek	303		M-40	19	00:54:00	01:40:33	02:27:37.80	02:28:02.80	+00:44:15 (29.9%)	7:01	8.5 (70.2%)
72	KAPLAN-RAKOWSKI Regina	444	KMF	K-40	2	00:52:18	01:38:19	02:27:53.15	02:28:04.60	+00:44:16 (29.9%)	7:02	8.5 (70.2%)
73	GLUZA Sebastian	478	RUN-LOG	M-30	36	00:51:51		02:28:16.55	02:28:16.55	+00:44:28 (30.0%)	7:03	8.5 (70.2%)
74	PUCHACZ Wojciech	403	ZĄŁOGA GÓRSKA - TA JEDYNA SŁUSZNA.	M-20	11	00:52:51	01:40:34	02:28:15.35	02:28:27.90	+00:44:40 (30.1%)	7:03	8.5 (70.2%)
75	MARKIEWICZ Artur	374	PODDĘBICKI K.B. ZDYSZANI.PL	M-30	37	00:54:41	01:40:37	02:28:16.60	02:28:29.50	+00:44:41 (30.1%)	7:03	8.5 (70.2%)
76	PANEK Krzysztof	343		M-40	20	00:51:29	01:40:05	02:28:24.55	02:28:31.50	+00:44:43 (30.1%)	7:04	8.5 (70.2%)
77	ORDYNIEC Sławomir	122		M-20	12	00:52:29	01:39:16	02:28:23.45	02:28:35.00	+00:44:47 (30.1%)	7:04	8.5 (70.2%)
78	CICHOCKI Marcin	439		M-30	38	00:50:08	01:36:21	02:28:29.30	02:28:49.85	+00:45:02 (30.3%)	7:04	8.5 (70.2%)
79	NAJDEREK Maciej	317	NAJDERKI4	M-30	39	00:51:12	01:40:16	02:29:00.25	02:29:06.65	+00:45:18 (30.4%)	7:05	8.5 (70.2%)
80	MARGASIŃSKI Michał	154	ZĄBKOWICKI GRUPA BIEGOWA FRANKENSTEIN	M-20	13	00:51:39	01:40:06	02:29:29.20	02:29:36.65	+00:45:48 (30.6%)	7:07	8.4 (69.4%)
81	SAŁEK Mateusz	324	ADIDAS RUNNERS WARSAW	M-20	14	00:54:18	01:41:30	02:29:43.75	02:30:04.45	+00:46:16 (30.8%)	7:07	8.4 (69.4%)
82	KONÍČEK Filip	424	SRTG RYCHNOV NAD KNĚŽNOU	M-30	40	00:47:04	01:39:12	02:30:01.85	02:30:07.80	+00:46:20 (30.9%)	7:08	8.4 (69.4%)
83	ŁĄK Tomasz	206		M-40	21	00:51:48	01:39:49	02:30:17.50	02:30:27.40	+00:46:39 (31.0%)	7:09	8.4 (69.4%)
84	JANAS Dariusz	90		M-30	41	00:53:15	01:39:05	02:30:23.40	02:30:42.05	+00:46:54 (31.1%)	7:09	8.4 (69.4%)
85	SIERPIŃSKI Mateusz	327	TRAINING LAB	M-30	42	00:56:46	01:42:35	02:30:35.90	02:31:19.35	+00:47:31 (31.4%)	7:10	8.4 (69.4%)
86	NADOLNA Ewa	342		K-30	3	00:55:35	01:43:47	02:31:23.15	02:31:29.50	+00:47:41 (31.5%)	7:12	8.3 (68.6%)
87	DAMM Zbigniew	21	DAMMTEAMRUNNERS	M-40	22	00:52:37	01:41:07	02:31:23.50	02:31:32.40	+00:47:44 (31.5%)	7:12	8.3 (68.6%)
88	KACZMAREK Tomasz	46	STREFA PSYCHOLOGII SPORTU	M-30	43	00:54:30	01:41:29	02:31:21.45	02:31:33.30	+00:47:45 (31.5%)	7:12	8.3 (68.6%)
89	NOWAKOWSKI Sebastian	245	RYSIE	M-30	44	00:53:45	01:42:09	02:31:22.10	02:31:34.40	+00:47:46 (31.5%)	7:12	8.3 (68.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
90	DZIEDZIC Marcin	298	KB MCKIS JAWORZNO	M-30	45	00:53:10	01:39:26	02:31:24.75	02:31:53.10	+00:48:05 (31.7%)	7:12	8.3 (68.6%)
91	PAS Tomasz	477	PASIOL TEAM WROCŁAW	M-40	23	00:54:34	01:43:52	02:32:30.55	02:32:40.40	+00:48:52 (32.0%)	7:15	8.3 (68.6%)
92	BAŁA Anna	212		K-20	3	00:50:47	01:40:40	02:32:37.95	02:32:41.00	+00:48:53 (32.0%)	7:16	8.3 (68.6%)
93	BOSAKIEWICZ Tomasz	468	MAGBOS DOMY Z DREWNA	M-30	46	00:53:21	01:41:06	02:32:57.90	02:33:05.45	+00:49:17 (32.2%)	7:17	8.2 (67.8%)
94	ZAWORSKI Tomasz	68		M-30	47	00:53:19	01:43:04	02:33:04.30	02:33:08.85	+00:49:21 (32.2%)	7:17	8.2 (67.8%)
95	WYWROT Grzegorz	221		M-30	48	00:54:19	01:43:14	02:32:57.65	02:33:16.90	+00:49:29 (32.3%)	7:17	8.2 (67.8%)
96	SKRZYPIEC Karol	492	ŻARÓW BIEGA	M-30	49	00:56:56	01:44:36	02:33:13.45	02:33:48.35	+00:50:00 (32.5%)	7:17	8.2 (67.8%)
97	OPAŁKA Damian	305	MYRACE	M-30	50	00:45:52	01:39:03	02:33:45.95	02:33:50.35	+00:50:02 (32.5%)	7:19	8.2 (67.8%)
98	GOLON Marlena	217	RUN PASJA	K-40	3	00:54:42	01:42:12	02:33:44.15	02:33:51.40	+00:50:03 (32.5%)	7:19	8.2 (67.8%)
99	PAWLICKI Karol	417	MKS SIECHNICE	M-20	15	00:56:12	01:44:28	02:33:29.65	02:33:53.00	+00:50:05 (32.5%)	7:18	8.2 (67.8%)
100	JAGŁA Kamil	244	GRUNWALD TEAM POZNAŃ	M-20	16	00:50:39	01:39:52	02:34:02.45	02:34:12.15	+00:50:24 (32.7%)	7:20	8.2 (67.8%)
101	FRYBEL Damian	464	WOLSZTYŃSKA AKADEMIA BIEGOWA	M-40	24	00:55:52	01:44:19	02:34:03.75	02:34:13.15	+00:50:25 (32.7%)	7:20	8.2 (67.8%)
102	KRAWCZYK Mateusz	467	K.B. PIONIER SZCZECIN/ AMBASADOR FESTIWALU BIEGOWEGO W KRYNICY ZDRÓJ	M-20	17	00:55:06	01:43:42	02:34:05.85	02:34:14.05	+00:50:26 (32.7%)	7:20	8.2 (67.8%)
103	KOS Robert	117		M-40	25	00:55:48	01:44:24	02:34:07.60	02:34:22.25	+00:50:34 (32.8%)	7:20	8.2 (67.8%)
104	MILKA Mirosław	443		M-40	26	00:52:53	01:41:14	02:34:38.30	02:34:41.65	+00:50:53 (32.9%)	7:21	8.1 (66.9%)
105	MIKRUT Paweł	19		M-30	51	00:55:41	01:44:20	02:34:19.80	02:34:42.95	+00:50:55 (32.9%)	7:20	8.2 (67.8%)
106	GĄTKIEWICZ Paweł	406	ESKADRA KRAKÓW	M-40	27	00:53:29	01:41:38	02:34:56.85	02:35:05.65	+00:51:17 (33.1%)	7:22	8.1 (66.9%)
107	WACHOWIAK Karol	270		M-40	28	00:56:43	01:45:12	02:34:31.40	02:35:06.50	+00:51:18 (33.1%)	7:21	8.2 (67.8%)
108	SZYSZKA Anna	389		K-20	4	00:58:03	01:44:23	02:34:33.70	02:35:07.10	+00:51:19 (33.1%)	7:21	8.2 (67.8%)
109	BABIARZ Andrzej	311		M-40	29	00:55:00	01:43:59	02:34:51.30	02:35:08.95	+00:51:21 (33.1%)	7:22	8.1 (66.9%)
110	PRZYBYLSKI Bartłomiej	289		M-40	30	00:56:01	01:42:40	02:35:09.45	02:35:17.40	+00:51:29 (33.2%)	7:23	8.1 (66.9%)
111	LEWANDOWSKI Waldemar	261		M-30	52	00:54:27	01:43:17	02:35:42.65	02:35:49.00	+00:52:01 (33.4%)	7:24	8.1 (66.9%)
112	LEŚNIEWSKA Justyna	54	AKTYWNA NOWA RUDA	K-30	4	00:54:24	01:44:04	02:35:57.10	02:36:00.50	+00:52:12 (33.5%)	7:25	8.1 (66.9%)
113	NOWICKI Kamil	307		M-20	18	00:55:09	01:44:02	02:36:00.45	02:36:16.60	+00:52:28 (33.6%)	7:25	8.1 (66.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
114	ZAWADA Mateusz	168	ZARAŻENI BÓLEM	M-20	19	01:01:29	01:50:55	02:36:11.90	02:36:18.35	+00:52:30 (33.6%)	7:26	8.1 (66.9%)
115	PIEKARCZYK Michał	479	KWAŚNE ŻELKI	M-20	20	00:58:46	01:49:25	02:36:04.35	02:36:34.85	+00:52:47 (33.7%)	7:25	8.1 (66.9%)
116	NICPOŃ Sebastian	89		M-30	53	00:56:26	01:45:07	02:36:28.35	02:36:48.60	+00:53:00 (33.8%)	7:27	8.1 (66.9%)
117	ADAM Piotr	382	WROCLAW MARATHON TEAM	M-40	31	00:55:26	01:44:06	02:36:33.55	02:37:03.65	+00:53:15 (33.9%)	7:27	8 (66.1%)
118	ŁOCH Hubert	340		M-50	3	00:52:12	01:42:12	02:37:22.05	02:37:24.40	+00:53:36 (34.1%)	7:29	8 (66.1%)
119	BULTROWICZ Marcin	352	BEIERSDORF SPORT TEAM	M-40	32	00:57:43	01:47:09	02:37:07.55	02:37:29.70	+00:53:41 (34.1%)	7:28	8 (66.1%)
120	RADECKI Paweł	208		M-30	54	00:56:54	01:45:03	02:37:16.90	02:37:54.45	+00:54:06 (34.3%)	7:29	8 (66.1%)
121	KUCHARSKI Piotr	256	AMATOR - NIEZRZESZONY, CZYLI WSZYSTKO MOGĘ... NIC NIE MUSZĘ...!	M-40	33	00:55:52	01:47:01	02:37:46.80	02:37:55.00	+00:54:07 (34.3%)	7:30	8 (66.1%)
122	HENEL Marcin	363		M-30	55	01:01:08	01:49:56	02:38:34.90	02:38:53.50	+00:55:05 (34.7%)	7:33	7.9 (65.3%)
123	KUCZKOWSKI Krzysztof	325	TRAINING LAB	M-30	56	00:52:20	01:41:01	02:38:11.70	02:38:54.00	+00:55:06 (34.7%)	7:32	8 (66.1%)
124	MICHAŁOWICZ Marek	164		M-30	57	00:55:34	01:45:13	02:38:46.90	02:38:57.95	+00:55:10 (34.7%)	7:33	7.9 (65.3%)
125	KRYSIEWICZ Marcin	162	RUN-LOG	M-30	58	00:55:43	01:46:01	02:38:36.25	02:38:58.25	+00:55:10 (34.7%)	7:33	7.9 (65.3%)
126	WYBRANOWSKI Sylwester	45	DOM DEVELOPMENT ADENTURE TEAM	M-40	34	00:56:23	01:47:15	02:39:03.10	02:39:06.85	+00:55:19 (34.8%)	7:34	7.9 (65.3%)
127	SMARZEWSKA Justyna	100	FA(S)T&FURIOUS	K-40	4	00:57:49	01:46:49	02:38:41.60	02:39:13.55	+00:55:25 (34.8%)	7:33	7.9 (65.3%)
128	KSIĄŻKIEWICZ Jacek	414	CITY TRAIL TEAM	M-30	59	00:59:33	01:48:42	02:38:52.80	02:39:14.30	+00:55:26 (34.8%)	7:33	7.9 (65.3%)
129	OLSZAK Kuba	404		M-30	60	00:56:06	01:46:49	02:39:30.15	02:39:35.40	+00:55:47 (35.0%)	7:35	7.9 (65.3%)
130	MYŚLICKA Natalia	397		K-30	5	00:56:10	01:46:56	02:39:30.25	02:39:35.55	+00:55:47 (35.0%)	7:35	7.9 (65.3%)
131	TUCHOŁKA Marta	369		K-30	6	00:55:38	01:46:41	02:39:30.75	02:39:36.80	+00:55:49 (35.0%)	7:35	7.9 (65.3%)
132	KOSTRUBIEC Maciej	364	ROKIETNICA BIEGA	M-20	21	00:57:50	01:49:07	02:39:32.25	02:40:17.80	+00:56:30 (35.2%)	7:35	7.9 (65.3%)
133	JANOWSKA Kinga	107		K-30	7	00:57:12	01:44:18	02:40:09.45	02:40:21.60	+00:56:33 (35.3%)	7:37	7.9 (65.3%)
134	WYTYKOWSKA Joanna	126	RYSIE	K-30	8	00:57:58	01:47:47	02:40:42.55	02:40:42.55	+00:56:54 (35.4%)	7:39	7.8 (64.5%)
135	KADŁUBOWSKI Piotr	49	KOTWICA BRZEG / AUTOGAZEXPERT RUNNERS TEAM	M-40	35	00:56:24	01:47:01	02:40:33.25	02:40:44.20	+00:56:56 (35.4%)	7:38	7.8 (64.5%)
136	MARZEC Karolina	275	DZIKIE DZIKI GORZÓW	K-30	9	00:57:23	01:47:58	02:40:42.25	02:40:46.90	+00:56:59 (35.4%)	7:39	7.8 (64.5%)
137	ROŻKO Sebastian	137	GRYF-INO TEAM	M-30	61	00:58:35	01:50:29	02:40:18.60	02:40:53.55	+00:57:05 (35.5%)	7:38	7.9 (65.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
138	KACZMARCZYK Urszula	432	KARKONOSZ RUNNING TEAM	K-30	10	00:57:43	01:47:22	02:41:06.25	02:41:27.35	+00:57:39 (35.7%)	7:40	7.8 (64.5%)
139	DOBEK Tomasz	394		M-40	36	00:59:16	01:48:14	02:41:15.90	02:41:30.40	+00:57:42 (35.7%)	7:40	7.8 (64.5%)
140	GAWRON Bartłomiej	40		M-40	37	00:55:35	01:47:35	02:41:30.40	02:41:48.25	+00:58:00 (35.9%)	7:41	7.8 (64.5%)
141	MIELCZAREK Grzegorz	295		M-50	4	00:56:37	01:47:00	02:41:51.25	02:41:56.80	+00:58:09 (35.9%)	7:42	7.8 (64.5%)
142	DŁUGOSZ Marek	94	KB GEOTERMIA UNIEJÓW	M-50	5	00:56:07	01:47:54	02:41:51.25	02:42:02.30	+00:58:14 (35.9%)	7:42	7.8 (64.5%)
143	ÇAKAŁA Zuzanna	7	VOLKSWAGEN MOTOR POLSKA	K-20	5	00:58:13	01:48:36	02:41:54.75	02:42:06.05	+00:58:18 (36.0%)	7:42	7.8 (64.5%)
144	RYBARCZYK Ilona	80	HURAGAN	K-20	6	00:56:39	01:49:23	02:42:18.50	02:42:20.85	+00:58:33 (36.1%)	7:43	7.8 (64.5%)
145	WALCZAK Maciej	186		M-30	62	01:01:50	01:50:10	02:41:52.15	02:42:21.75	+00:58:34 (36.1%)	7:42	7.8 (64.5%)
146	GALUCH Agnieszka	306		K-30	11	00:56:04	01:47:06	02:42:12.45	02:42:22.80	+00:58:35 (36.1%)	7:43	7.8 (64.5%)
147	PIETRUSZKA Wojtek	411	BIEGAJ ZAPOBIEGAJ	M-40	38	01:00:00	01:49:14	02:42:56.55	02:42:56.55	+00:59:08 (36.3%)	7:45	7.7 (63.6%)
148	BIERNACKA Katarzyna	485	SPELEO-KLUB WARSZAWSKI	K-50	1	00:56:10	01:47:59	02:42:46.60	02:42:56.60	+00:59:08 (36.3%)	7:45	7.7 (63.6%)
149	GOŁĄBIOWSKI Jarek	95	BIEGACZE ŚWINOUJSCIE	M-50	6	00:59:08	01:49:28	02:42:39.55	02:43:10.80	+00:59:23 (36.4%)	7:44	7.7 (63.6%)
150	POPIELA Mirosław	489	FITBULL TEAM	M-40	39	00:56:46	01:47:04	02:43:05.70	02:43:16.35	+00:59:28 (36.4%)	7:46	7.7 (63.6%)
151	FIRAZA Łukasz	112	NAPIERACZE	M-30	63	01:00:32	01:51:41	02:42:38.65	02:43:24.15	+00:59:36 (36.5%)	7:44	7.7 (63.6%)
152	MALIK Olga	415	OSTRÓW BIEGA	K-20	7	01:01:04	01:49:48	02:43:25.15	02:43:43.50	+00:59:55 (36.6%)	7:46	7.7 (63.6%)
153	CHRAPLEWSKA Karolina	243	PRO366	K-30	12	00:58:14	01:50:21	02:43:32.50	02:43:44.10	+00:59:56 (36.6%)	7:47	7.7 (63.6%)
154	WOŹNICA Adrian	407	GRUPA NOMAX	M-30	64	00:57:08	01:47:54	02:43:37.75	02:43:56.20	+01:00:08 (36.7%)	7:47	7.7 (63.6%)
155	FRANKIEWICZ Jakub	481		M-40	40	00:58:44	01:49:13	02:43:45.15	02:44:21.50	+01:00:33 (36.8%)	7:47	7.7 (63.6%)
156	SZAREK Rafał	233	KB MCKIS JAWORZNO	M-30	65	00:58:15	01:49:28	02:44:29.35	02:44:43.10	+01:00:55 (37.0%)	7:50	7.7 (63.6%)
157	CIENGIEL Hanna	297		K-30	13	00:58:30	01:51:41	02:44:29.50	02:44:45.60	+01:00:57 (37.0%)	7:49	7.7 (63.6%)
158	PTAK Jarosław	274		M-40	41	00:56:16	01:48:52	02:44:12.10	02:44:48.40	+01:01:00 (37.0%)	7:49	7.7 (63.6%)
159	LASSOTA-BUJAK Mariola	437	#CZELADZBIEGA	K-40	5	01:00:44	01:52:02	02:44:35.70	02:44:48.75	+01:01:01 (37.0%)	7:50	7.7 (63.6%)
160	CZARNIECKI Daniel	140	TIE-THIS IS ENGLISH	M-30	66	00:59:28	01:50:03	02:44:26.20	02:44:49.55	+01:01:01 (37.0%)	7:49	7.7 (63.6%)
161	DZIURLA Adam	302	-	M-60	1	00:59:19	01:52:38	02:45:22.35	02:45:43.65	+01:01:55 (37.4%)	7:52	7.6 (62.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
162	JAKUBCZAK Konrad	32	DEBEŚCIAK	M-30	67	00:52:52	01:43:59	02:45:31.75	02:45:46.40	+01:01:58 (37.4%)	7:52	7.6 (62.8%)
163	JASICKI Henryk	276	POLSKA	M-50	7	01:01:03	01:52:35	02:45:18.35	02:45:47.20	+01:01:59 (37.4%)	7:52	7.6 (62.8%)
164	EWERT-KRZEMIENIEWSKA Katarzyna	209		K-30	14	00:59:42	01:51:30	02:45:59.00	02:46:12.45	+01:02:24 (37.6%)	7:54	7.6 (62.8%)
165	WAŁACH-BIŚTA Zuza	44		K-30	15	01:00:09	01:52:37	02:46:14.70	02:46:24.40	+01:02:36 (37.6%)	7:55	7.6 (62.8%)
166	HABAS Paweł	372		M-40	42	00:57:48	01:51:46	02:45:59.20	02:46:25.30	+01:02:37 (37.6%)	7:54	7.6 (62.8%)
167	KONOPKA-LULEK Agnieszka	283		K-30	16	00:58:25	01:51:44	02:46:16.65	02:46:25.75	+01:02:38 (37.6%)	7:55	7.6 (62.8%)
168	WĘGRZYNOWICZ Piotr	365		M-20	22	01:03:02	01:52:47	02:45:56.20	02:46:29.30	+01:02:41 (37.7%)	7:54	7.6 (62.8%)
169	TELEGUJ Michał	290	TEZA BHP	M-30	68	00:58:44	01:53:37	02:46:12.15	02:46:41.80	+01:02:54 (37.7%)	7:54	7.6 (62.8%)
170	BRUZI Kacper	63		M-20	23	01:03:45	01:55:15	02:46:00.50	02:46:43.15	+01:02:55 (37.7%)	7:54	7.6 (62.8%)
171	SEICHTER Adam	401	PRORUNNING PROMOTION	M-40	43	00:58:46	01:52:35	02:47:04.60	02:47:08.50	+01:03:20 (37.9%)	7:57	7.5 (62.0%)
172	POLIŃSKI Robert	328	TRAINING LAB	M-30	69	01:02:01	01:52:15	02:46:29.40	02:47:12.15	+01:03:24 (37.9%)	7:55	7.6 (62.8%)
173	POLITYLO-ALUWIHARE Agnieszka	447		K-40	6	00:59:44	01:52:14	02:47:08.70	02:47:13.65	+01:03:25 (37.9%)	7:57	7.5 (62.0%)
174	TREGUB Igor	309	KAPITOSZKA	M-30	70	01:03:50	01:59:19	02:46:42.10	02:47:16.65	+01:03:28 (37.9%)	7:56	7.6 (62.8%)
175	SMUDA Ryszard	141		M-60	2	01:02:21	01:54:48	02:46:41.25	02:47:20.15	+01:03:32 (38.0%)	7:56	7.6 (62.8%)
176	ŚWIERCZEK Marta	458	JURA.PL	K-30	17	01:01:46	01:53:48	02:47:17.70	02:47:29.75	+01:03:42 (38.0%)	7:57	7.5 (62.0%)
177	AUGUSTYNIAK Małgorzata	465		K-40	7	00:54:32	01:49:28	02:47:29.30	02:47:32.90	+01:03:45 (38.1%)	7:58	7.5 (62.0%)
178	FRIDRICH Marcin	132	TRAINING LAB	M-20	24	01:01:53	01:52:34	02:46:59.30	02:47:42.40	+01:03:54 (38.1%)	7:57	7.5 (62.0%)
179	MAJEWSKI Marek	335	TRAINING LAB	M-30	71	01:01:28	01:52:21	02:46:58.25	02:47:42.85	+01:03:55 (38.1%)	7:57	7.5 (62.0%)
180	KUPCZYŃSKI Igor	470		M-30	72	01:00:01	01:52:45	02:47:27.10	02:48:05.25	+01:04:17 (38.2%)	7:58	7.5 (62.0%)
181	STROJEK Grzegorz	388		M-40	44	00:53:45	01:46:52	02:48:36.85	02:48:43.55	+01:04:55 (38.5%)	8:01	7.5 (62.0%)
182	BARTKOWIAK Tomasz	429		M-20	25	00:58:27	01:49:41	02:48:26.20	02:48:48.75	+01:05:01 (38.5%)	8:01	7.5 (62.0%)
183	SZYMCZYNA Marcin	258	OŁAWSKA GRUPA BIEGOWA	M-40	45	01:01:12	01:52:48	02:48:22.35	02:48:49.50	+01:05:01 (38.5%)	8:01	7.5 (62.0%)
184	GOŁĄB Andrzej	440	CAŁA OLEŚNICA BIEGA	M-50	8	00:59:39	01:51:39	02:48:47.30	02:48:57.80	+01:05:10 (38.6%)	8:02	7.5 (62.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
185	RADAJEWSKI Arkadiusz	304	CROSS KRAPKOWICE	M-40	46	00:57:54	01:52:06	02:48:44.30	02:48:58.45	+01:05:10 (38.6%)	8:02	7.5 (62.0%)
186	SOBIESKI Jan	390	KWAŚNE ŻELKI	M-20	26	01:02:27	01:54:30	02:48:59.40	02:49:29.90	+01:05:42 (38.8%)	8:02	7.5 (62.0%)
187	MRÓZ Agnieszka	197	BIAŁOSTOCKA SEKTA BIEGACZY	K-30	18	01:05:10	01:55:27	02:48:49.10	02:49:31.10	+01:05:43 (38.8%)	8:02	7.5 (62.0%)
188	STANKIEWICZ Piotr	198	GRUPA SZALONYCH ROWERZYSTÓW	M-30	73	01:04:34	01:56:22	02:48:48.50	02:49:31.15	+01:05:43 (38.8%)	8:02	7.5 (62.0%)
189	TROCHIMCZYK Marcin	419		M-30	74	01:04:31	01:57:54	02:48:48.95	02:49:32.45	+01:05:44 (38.8%)	8:02	7.5 (62.0%)
190	BISKUPSKI Jakub	491		M-40	47	01:03:08	01:56:53	02:49:19.00	02:49:40.40	+01:05:52 (38.8%)	8:03	7.4 (61.2%)
191	TOMASZYK Elzbieta	9		K-30	19	01:02:08	01:57:18	02:49:27.60	02:50:00.45	+01:06:12 (38.9%)	8:04	7.4 (61.2%)
191	KUBACKA Irena	18	BEBS SPORT CLUB	K-20	8	01:02:23	01:57:20	02:49:27.00	02:50:00.45	+01:06:12 (38.9%)	8:04	7.4 (61.2%)
193	GROMALA Tomasz	412		M-40	48	01:03:36	01:55:38	02:51:12.80	02:51:12.80	+01:07:25 (39.4%)	8:09	7.4 (61.2%)
194	GNIADEK Gosia	29	DABEX - BOLT	K-40	8	01:01:56	01:57:03	02:50:53.90	02:51:13.40	+01:07:25 (39.4%)	8:08	7.4 (61.2%)
195	TOMCZAK Marcin	79		M-40	49	01:02:21	01:53:33	02:50:54.50	02:51:26.10	+01:07:38 (39.5%)	8:08	7.4 (61.2%)
196	DOMIŃCZYK Rafał	129		M-40	50	01:04:23	01:56:03	02:51:12.25	02:51:45.40	+01:07:57 (39.6%)	8:09	7.4 (61.2%)
197	PIĄTEK Dawid	336	TRAINING LAB	M-30	75	01:02:03	01:52:58	02:51:32.70	02:52:16.50	+01:08:28 (39.7%)	8:10	7.3 (60.3%)
198	KOZANECKA Marta	398	KLUB BIEGACZA GEOTERMIA UNIEJÓW	K-30	20	01:00:51		02:52:14.70	02:52:26.95	+01:08:39 (39.8%)	8:12	7.3 (60.3%)
199	SZMAGIEREWSKI Wojciech	438		M-50	9	01:01:12	01:53:53	02:52:11.85	02:52:32.70	+01:08:44 (39.8%)	8:12	7.3 (60.3%)
200	NEUMANN Jacek	56		M-50	10	01:01:32	01:56:21	02:51:55.60	02:52:34.85	+01:08:47 (39.9%)	8:11	7.3 (60.3%)
201	BUDZIŃSKI Krzysztof	460	STOWARZYSZENIE SPORTOWE FENIKS	M-50	11	00:59:53	01:51:21	02:52:22.50	02:52:53.20	+01:09:05 (40.0%)	8:12	7.3 (60.3%)
202	LIK Marek	367	CHEŁM BIEGA	M-50	12	01:03:27	01:56:11	02:52:38.95	02:53:09.15	+01:09:21 (40.1%)	8:13	7.3 (60.3%)
203	HINC Marcin	347		M-30	76	01:06:49	01:59:33	02:52:53.10	02:53:11.35	+01:09:23 (40.1%)	8:13	7.3 (60.3%)
204	PONIATOWSKI Seweryn	75	RUCHOCK RUNNING TEAM	M-30	77	01:00:25	01:55:17	02:52:27.95	02:53:11.40	+01:09:23 (40.1%)	8:12	7.3 (60.3%)
205	MATOSZKA Arkadiusz	330	TRAINING LAB	M-30	78	01:00:40	01:52:27	02:52:32.40	02:53:13.75	+01:09:26 (40.1%)	8:12	7.3 (60.3%)
206	PODZEREK Maciej	434	WAKE TEAM GNIEZNO	M-30	79	01:06:24	01:58:31	02:52:32.65	02:53:14.50	+01:09:26 (40.1%)	8:13	7.3 (60.3%)
207	LESZCZYŃSKA Weronika	149	SYBERIAN HUSKY TEAM	K-30	21	01:01:27	01:57:39	02:53:26.50	02:53:34.45	+01:09:46 (40.2%)	8:15	7.3 (60.3%)
208	GLINA-KRAWCZYK Małgorzata	240	ZĄBKOWICKA GRYPA BIEGOWA FRANKENSTEIN	K-40	9	01:03:02	01:56:56	02:53:08.55	02:53:40.60	+01:09:52 (40.2%)	8:14	7.3 (60.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
209	MOŚCICKI Grzegorz	12	NA CITO	M-30	80	01:03:21	01:58:45	02:53:25.05	02:54:05.65	+01:10:17 (40.4%)	8:15	7.3 (60.3%)
210	FILIPIAK Michał	285	WIELKOPOLSKI KLUB TATERNICTWA JASKINIOWEGO	M-40	51	01:02:20	01:57:11	02:53:35.05	02:54:13.00	+01:10:25 (40.4%)	8:16	7.3 (60.3%)
211	SIKORA Łukasz	408	GRUPA NOMAX	M-30	81	01:00:58	01:57:06	02:54:56.20	02:55:15.40	+01:11:27 (40.8%)	8:19	7.2 (59.5%)
212	SZPAŁA Jakub	344		M-20	27	01:02:14	01:54:31	02:54:37.55	02:55:21.90	+01:11:34 (40.8%)	8:18	7.2 (59.5%)
213	GRUSZKA Karol	315	TRAINING LAB	M-30	82	01:03:49	01:55:12	02:55:00.10	02:55:45.00	+01:11:57 (40.9%)	8:20	7.2 (59.5%)
214	WRZOSEK Patryk	142	#CZELADZBIEGA	M-20	28	01:03:12	01:58:38	02:55:45.30	02:56:05.90	+01:12:18 (41.1%)	8:22	7.2 (59.5%)
215	AUGUSTOWSKA Izabela	93	KB GEOTERMIA UNIEJÓW	K-40	10	01:03:10	01:58:57	02:55:55.70	02:56:07.95	+01:12:20 (41.1%)	8:22	7.2 (59.5%)
216	BUJNOWSKA Anita	48		K-20	9	01:06:39	01:59:16	02:56:33.20	02:57:11.65	+01:13:23 (41.4%)	8:24	7.1 (58.7%)
217	SŁOBODZIAN Waldemar	292		M-50	13	00:59:30	01:55:56	02:57:05.75	02:57:33.70	+01:13:45 (41.5%)	8:26	7.1 (58.7%)
218	TOMCZAK Tomasz	264	NARAMOWICE BIEGAJĄ	M-40	52	01:02:11	02:00:47	02:56:57.65	02:57:37.50	+01:13:49 (41.6%)	8:25	7.1 (58.7%)
219	KUJATH Ela	294		K-30	22	01:07:20	02:01:04	02:57:24.75	02:57:58.30	+01:14:10 (41.7%)	8:26	7.1 (58.7%)
220	ZIMOŃ Adam	223	RKB BROKERZY WROCŁAW	M-40	53	01:06:59	02:03:21	02:57:27.30	02:57:59.00	+01:14:11 (41.7%)	8:27	7.1 (58.7%)
221	KLUSKA Krzysztof	355		M-40	54	01:04:38	01:59:25	02:57:42.60	02:58:21.05	+01:14:33 (41.8%)	8:27	7.1 (58.7%)
222	RETMANIAK Sylwia Ewa	354	DRUŻYNA TVN	K-30	23	01:03:45	01:53:08	02:57:36.55	02:58:22.50	+01:14:34 (41.8%)	8:27	7.1 (58.7%)
223	SOSIŃSKI Tomasz	293	NAPIERACZE	M-30	83	01:03:04	01:59:49	02:57:36.40	02:58:22.80	+01:14:35 (41.8%)	8:27	7.1 (58.7%)
224	DUBIŃSKI Jarosław	144	BBL ZDUŃSKA WOLA	M-40	55	01:10:00	02:04:02	02:58:46.70	02:58:46.70	+01:14:58 (41.9%)	8:30	7 (57.9%)
225	DOBROCHOWSKI Marek	13	STRZEGOMSKA DWUNASTKA	M-30	84	01:02:38	01:58:58	02:59:36.25	02:59:42.90	+01:15:55 (42.2%)	8:33	7 (57.9%)
226	CZACHOWSKI Michał	421	ZWAWĘ ZOLWIE	M-40	56	01:10:42	02:05:49	03:00:11.50	03:00:11.50	+01:16:23 (42.4%)	8:34	7 (57.9%)
227	MÓL Wioletta	127	#CZELADZBIEGA	K-40	11	01:02:54	01:59:57	02:59:56.70	03:00:12.20	+01:16:24 (42.4%)	8:34	7 (57.9%)
228	SZCZECHOWICZ Marzena	103	JACEKBIEGA RUNNING TEAM	K-40	12	01:05:54	02:03:35	03:00:20.05	03:00:20.05	+01:16:32 (42.4%)	8:35	7 (57.9%)
229	OWCZAREK Maciej	400	TEAM BIEGAJ POD OKIEM TRENERA	M-30	85	01:05:53	02:04:36	02:59:45.95	03:00:20.60	+01:16:32 (42.4%)	8:33	7 (57.9%)
230	JODKO Małgorzata	486		K-30	24	01:06:21	02:03:39	03:00:26.20	03:00:54.10	+01:17:06 (42.6%)	8:35	7 (57.9%)
231	MIZERNY Maria	41	'PI'	K-30	25	01:08:44	02:06:48	03:00:25.25	03:01:02.20	+01:17:14 (42.7%)	8:35	7 (57.9%)
232	JANKIEWICZ Michał	139	RYSIE	M-30	86	01:06:23	02:03:43	03:01:02.95	03:01:02.95	+01:17:15 (42.7%)	8:37	7 (57.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
233	SKORUPSKA Julia	282		K-40	13	01:08:21	02:03:37	03:00:30.60	03:01:03.35	+01:17:15 (42.7%)	8:35	7 (57.9%)
234	KOPYCZOK Justyna	158		K-20	10	01:04:50	02:00:40	03:00:56.10	03:01:15.90	+01:17:28 (42.7%)	8:36	7 (57.9%)
235	JANKIEWICZ Kasia	138	RYSIE	K-30	26	01:06:19	02:03:41	03:01:17.05	03:01:17.05	+01:17:29 (42.7%)	8:37	7 (57.9%)
236	WITKOWSKA Paulina	427		K-30	27	01:00:50	02:00:02	03:01:10.35	03:01:18.35	+01:17:30 (42.8%)	8:37	7 (57.9%)
237	ŻMUDZIŃSKI Krzysztof	36	'PI'	M-20	29	01:08:37	02:06:45	03:01:37.95	03:02:14.95	+01:18:27 (43.0%)	8:38	6.9 (57.0%)
238	WIŚNIEWSKA Barbara	88	HUSARIA RACE TEAM	K-20	11	01:04:30	02:01:33	03:02:17.05	03:02:19.40	+01:18:31 (43.1%)	8:40	6.9 (57.0%)
239	ŁĄŻEWSKA Sylwia	135		K-40	14	01:06:21	02:03:31	03:02:22.85	03:02:50.50	+01:19:02 (43.2%)	8:41	6.9 (57.0%)
240	HADRYSIAK Adam	113	NAPIERACZE	M-30	87	01:05:17	02:02:54	03:02:07.75	03:02:52.45	+01:19:04 (43.2%)	8:40	6.9 (57.0%)
241	WRONA Anna	131		K-30	28	01:06:53	02:04:11	03:02:52.35	03:03:05.75	+01:19:18 (43.3%)	8:42	6.9 (57.0%)
242	KOSIEDOWSKA Marta	238		K-30	29	01:05:30	02:01:50	03:02:48.05	03:03:06.00	+01:19:18 (43.3%)	8:42	6.9 (57.0%)
243	HENDZELEK Tomasz	187		M-20	30	00:58:23	01:59:37	03:03:13.20	03:03:22.75	+01:19:35 (43.4%)	8:43	6.9 (57.0%)
244	ULIKOWSKA Martyna	456	ZAŁOGA GÓRSKA	K-20	12	01:03:50	02:02:07	03:02:53.15	03:03:28.90	+01:19:41 (43.4%)	8:42	6.9 (57.0%)
245	BORUTA-KOŁODZIEJ Emilia	402	PRO-RUN WROCŁAW	K-30	30	01:05:31	02:03:28	03:03:08.50	03:03:29.55	+01:19:41 (43.4%)	8:43	6.9 (57.0%)
246	SZYMCZAK Ewelina	1		K-40	15	01:05:30	02:02:27	03:03:02.90	03:03:29.85	+01:19:42 (43.4%)	8:43	6.9 (57.0%)
247	SIWIASZCZYK Tomasz	16		M-40	57	01:05:24	02:00:50	03:03:19.00	03:04:03.05	+01:20:15 (43.6%)	8:43	6.9 (57.0%)
248	JAWORSKA Magdalena	22	GB WIELKOPOLSCY BIEGACZE	K-40	16	01:05:19	02:00:45	03:03:18.85	03:04:03.45	+01:20:15 (43.6%)	8:43	6.9 (57.0%)
249	BABIŃSKA Ewelina	85		K-30	31	01:00:31	02:00:42	03:04:01.60	03:04:11.00	+01:20:23 (43.6%)	8:45	6.8 (56.2%)
250	KĘPKA Waldemar	120		M-60	3	01:03:50	02:03:32	03:03:49.85	03:04:13.75	+01:20:26 (43.7%)	8:45	6.9 (57.0%)
251	DOROT Mariusz	42		M-40	58	01:06:25	02:04:25	03:03:40.80	03:04:14.65	+01:20:26 (43.7%)	8:44	6.9 (57.0%)
252	PELCNER Marcin	71	KLUB BIEGAJĄCYCH LEŚNIKÓW	M-40	59	01:02:43	02:01:41	03:04:17.95	03:04:25.20	+01:20:37 (43.7%)	8:46	6.8 (56.2%)
253	KAPA Tomasz	55	CZELADZBIEGA	M-30	88	01:04:06	02:01:46	03:04:10.65	03:04:26.75	+01:20:39 (43.7%)	8:46	6.8 (56.2%)
254	NOWAK Łukasz	5	#CZELADZBIEGA	M-30	89	01:05:20	02:03:39	03:03:54.85	03:04:27.00	+01:20:39 (43.7%)	8:45	6.9 (57.0%)
255	JĘDRZEJAS Piotr	253		M-40	60	01:06:16	02:03:34	03:05:12.55	03:05:38.90	+01:21:51 (44.1%)	8:49	6.8 (56.2%)
256	HOLKO Daniel	466		M-30	90	01:05:21	02:04:13	03:05:33.65	03:06:04.80	+01:22:17 (44.2%)	8:50	6.8 (56.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
257	KUCZEWSKA Eliza	249		K-30	32	01:08:28	02:08:22	03:05:47.70	03:06:05.50	+01:22:17 (44.2%)	8:50	6.8 (56.2%)
258	MAJCHRZAK Joanna	326	TRAINING LAB	K-30	33	01:02:42	02:01:45	03:05:34.95	03:06:19.20	+01:22:31 (44.3%)	8:50	6.8 (56.2%)
259	BĄK Piotr	381	NAPIERACZE	M-30	91	01:05:58	02:04:38	03:06:46.95	03:06:46.95	+01:22:59 (44.4%)	8:53	6.7 (55.4%)
260	SZARLIK Przemysław	252		M-40	61	01:05:29	02:05:15	03:06:16.10	03:06:47.55	+01:22:59 (44.4%)	8:52	6.8 (56.2%)
261	WILK Magdalena	151		K-40	17	01:02:13	02:03:11	03:06:52.20	03:07:03.10	+01:23:15 (44.5%)	8:53	6.7 (55.4%)
262	PLOK Krzysztof	418	TEAM PLOK	M-50	14	01:04:11	02:04:16	03:06:54.10	03:07:18.50	+01:23:30 (44.6%)	8:54	6.7 (55.4%)
263	TOMCZAK Mikołaj	375		M-30	92	01:09:23	02:08:48	03:07:37.40	03:07:37.40	+01:23:49 (44.7%)	8:56	6.7 (55.4%)
264	SZCZĘSNY Marek	33	BBL ZIELONA GÓRA	M-50	15	01:04:51	02:03:55	03:07:18.00	03:07:41.80	+01:23:54 (44.7%)	8:55	6.7 (55.4%)
265	BAJOŁEK Aleksandra	449	NIGHT RUNNERS	K-50	2	01:06:19	02:06:39	03:07:34.45	03:07:46.00	+01:23:58 (44.7%)	8:55	6.7 (55.4%)
266	CHMIELECKI Paweł	194	TRAWA TEAM	M-30	93	01:05:49	02:04:31	03:07:22.15	03:07:48.05	+01:24:00 (44.7%)	8:55	6.7 (55.4%)
267	JASIŃSKI Marcin	371	ROGOZIŃSKI KLUB BIEGACZA	M-40	62	01:09:19	02:08:18	03:08:19.65	03:08:19.65	+01:24:31 (44.9%)	8:58	6.7 (55.4%)
268	JEŻEWSKI Adam	391	ETISOFT RUNNING TEAM	M-30	94	01:02:08	02:07:02	03:08:22.45	03:08:29.70	+01:24:41 (44.9%)	8:58	6.7 (55.4%)
269	KOLEJ Monika	431	DZIKIE DZIKI GORZÓW	K-40	18	01:05:40	02:04:13	03:08:40.75	03:09:02.60	+01:25:14 (45.1%)	8:59	6.7 (55.4%)
270	BORUTA Marcin	6	#CZELADZBIEGA	M-40	63	01:05:49	02:05:22	03:09:00.25	03:09:32.35	+01:25:44 (45.2%)	9:00	6.7 (55.4%)
271	LEŚNIAK Marcin	166	ZARAŻENI BÓLEM	M-30	95	01:07:22	02:13:36	03:09:27.90	03:09:32.40	+01:25:44 (45.2%)	9:01	6.7 (55.4%)
272	LEŚNIAK Magdalena	167	ZARAŻENI BÓLEM	K-20	13			03:09:33.00	03:09:33.00	+01:25:45 (45.2%)	9:01	6.6 (54.5%)
273	MACHŁAJ Sonia	376		K-30	34	01:09:32	02:08:52	03:09:50.05	03:09:50.05	+01:26:02 (45.3%)	9:02	6.6 (54.5%)
274	LUBAŃSKA Alicja	435	ZS BUKOWICE	K-50	3	01:07:00	02:07:44	03:09:47.15	03:10:02.85	+01:26:15 (45.4%)	9:02	6.6 (54.5%)
275	KOŚCIELNIAK Szymon	453	CZERWONAK BIEGA	M-40	64	01:08:14	02:07:56	03:09:57.70	03:10:37.55	+01:26:49 (45.5%)	9:02	6.6 (54.5%)
276	KOŚCIELAK Michał	10		M-40	65	01:07:01	02:07:51	03:10:42.60	03:11:22.30	+01:27:34 (45.8%)	9:04	6.6 (54.5%)
277	ŚLUSARSKI Włodzimierz	220		M-50	16	01:02:57	02:05:34	03:11:25.35	03:11:29.40	+01:27:41 (45.8%)	9:06	6.6 (54.5%)
278	HANCZAREK Michał	204	HARPAGAN	M-20	31	01:14:26	02:11:13	03:10:52.85	03:11:32.10	+01:27:44 (45.8%)	9:05	6.6 (54.5%)
279	KRZECZKOWSKI Roman	190	BIEGOWA ŚWIDNICA	M-40	66	01:05:59	02:08:58	03:11:46.05	03:12:10.60	+01:28:22 (46.0%)	9:07	6.6 (54.5%)
280	KACZMAREK Karolina	69		K-30	35	01:07:18	02:09:39	03:11:51.25	03:12:19.50	+01:28:31 (46.0%)	9:08	6.6 (54.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
281	CHRZUSZCZ Anna	255		K-30	36	01:08:46	02:11:21	03:11:53.30	03:12:20.95	+01:28:33 (46.0%)	9:08	6.6 (54.5%)
282	KORNAŚ Marcin	433	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	M-40	67	01:06:14	02:07:13	03:11:53.85	03:12:33.95	+01:28:46 (46.1%)	9:08	6.6 (54.5%)
283	DZIARNOWSKA Magda	428	VEGE RUNNERS	K-30	37	01:07:01	02:09:41	03:12:11.05	03:12:39.70	+01:28:51 (46.1%)	9:09	6.6 (54.5%)
284	PASŁAWSKA Olga	241		K-30	38	01:10:21	02:07:06	03:12:20.75	03:12:42.10	+01:28:54 (46.1%)	9:09	6.6 (54.5%)
285	MAJEWSKA Anna	185	AKG ŁÓDŹ	K-20	14	01:06:22	02:08:57	03:12:42.85	03:13:10.00	+01:29:22 (46.3%)	9:10	6.5 (53.7%)
286	BINCZYCKA Aleksandra	53	NOGAMIDOGORY.PL	K-30	39	01:05:40	02:07:50	03:12:59.95	03:13:33.10	+01:29:45 (46.4%)	9:11	6.5 (53.7%)
287	GWÓZDŹ Elżbieta	115		K-30	40	01:06:02	02:07:21	03:13:47.90	03:13:56.10	+01:30:08 (46.5%)	9:13	6.5 (53.7%)
288	WŁODARCZYK Olga	392	TEAMFARFALLA	K-20	15	01:10:13	02:10:52	03:13:31.50	03:14:01.55	+01:30:13 (46.5%)	9:12	6.5 (53.7%)
289	BAZYDŁO Krzysztof	482		M-40	68	01:09:05	02:16:37	03:13:34.90	03:14:03.65	+01:30:15 (46.5%)	9:13	6.5 (53.7%)
290	BITKA Stanisław	51	NA CITO	M-30	96	01:08:31	02:11:31	03:13:38.80	03:14:20.15	+01:30:32 (46.6%)	9:13	6.5 (53.7%)
291	SOKOŁOWSKI Artur	136	TEAM ZABIEGANE DNI	M-40	69	01:05:29	02:09:01	03:14:26.45	03:14:39.20	+01:30:51 (46.7%)	9:15	6.5 (53.7%)
292	PACIOREK Paweł	416	CORALIKI RUN CLUB	M-30	97	01:07:15	02:10:15	03:13:57.30	03:14:40.05	+01:30:52 (46.7%)	9:14	6.5 (53.7%)
293	BRZozowska Alicja	38	PKS GALOPUJĄCA SOCZEWICA	K-20	16	01:09:22	02:12:21	03:14:04.90	03:14:40.80	+01:30:53 (46.7%)	9:14	6.5 (53.7%)
294	STANISŁAWSKI Piotr	278		M-40	70	01:09:05	02:13:09	03:14:31.40	03:14:50.65	+01:31:02 (46.7%)	9:15	6.5 (53.7%)
295	PRZYBYŁO Leonard	161	STALOWE ŁYDKI	M-40	71	01:08:37	02:11:34	03:14:35.10	03:15:02.85	+01:31:15 (46.8%)	9:15	6.5 (53.7%)
296	PAJĄK Monika	299	MAMY-BIEGAMY	K-30	41	01:11:25	02:13:44	03:14:33.90	03:15:14.50	+01:31:26 (46.8%)	9:15	6.5 (53.7%)
297	LASOŃ Paweł	399		M-40	72	01:04:11	02:09:28	03:14:55.40	03:15:17.35	+01:31:29 (46.9%)	9:16	6.5 (53.7%)
298	LEMIESZKA Marta	170	ZARAŻENI BÓLEM	K-20	17	01:15:41	02:15:21	03:16:31.10	03:16:39.75	+01:32:52 (47.2%)	9:21	6.4 (52.9%)
299	CHLEBOWSKI Krzysztof	60	BIEGACZA KOMPANIA PIWOWARSKA	M-30	98	01:10:53	02:10:55	03:16:05.40	03:16:41.40	+01:32:53 (47.2%)	9:20	6.4 (52.9%)
300	MIKULSKA Aneta	171	#GOPATI TEAM	K-30	42	01:13:52	02:15:17	03:17:10.15	03:17:17.85	+01:33:30 (47.4%)	9:23	6.4 (52.9%)
301	PIECUCH Małgorzata	30	PRZEWORSKA GRUPA BIEGOWA	K-50	4	01:02:35	02:13:02	03:16:50.80	03:17:20.15	+01:33:32 (47.4%)	9:22	6.4 (52.9%)
302	FEDOROWICZ Jowita	484	AUTOGAZEXPERT RUNNERS TEAM	K-30	43	01:12:15	02:13:58	03:17:33.20	03:17:45.55	+01:33:57 (47.5%)	9:24	6.4 (52.9%)
303	LESZCZAK Kinga	11	REIMEIKAN AIKIDO I TROMSO	K-30	44	01:08:51	02:13:06	03:17:12.10	03:17:49.00	+01:34:01 (47.5%)	9:23	6.4 (52.9%)
304	SCHABEK Łukasz	123	#CZELADZBIEGA	M-20	32	01:10:39	02:12:08	03:17:43.20	03:17:58.00	+01:34:10 (47.6%)	9:24	6.4 (52.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
305	TABISZ Marlena	446		K-40	19	01:14:17	02:13:07	03:17:38.40	03:18:07.80	+01:34:20 (47.6%)	9:24	6.4 (52.9%)
306	GRĘZEL-GAWRON Jolanta	39		K-40	20	01:10:17	02:13:22	03:18:10.30	03:18:48.05	+01:35:00 (47.8%)	9:26	6.4 (52.9%)
307	JEDRZEJCZYK Kathy	202		K-30	45	01:11:11	02:14:47	03:19:02.30	03:19:22.25	+01:35:34 (47.9%)	9:28	6.3 (52.1%)
308	WITKOWSKA Maria	119	KLUB KRÓLIKA STEFANA	K-60	1	01:15:06	02:16:17	03:19:51.70	03:20:17.00	+01:36:29 (48.2%)	9:31	6.3 (52.1%)
309	MACKIEWICZ Magdalena	99	FIZJOBIEGACZE SZCZECIN	K-30	46	01:08:28	02:14:34	03:20:46.20	03:21:00.50	+01:37:12 (48.4%)	9:33	6.3 (52.1%)
310	CISZAK Daria	83	KOBIETY BIEGAJĄ	K-40	21	01:12:53	02:14:18	03:21:02.80	03:21:28.40	+01:37:40 (48.5%)	9:34	6.3 (52.1%)
311	KRĄPIEC Waldemar	84		M-50	17	01:12:26	02:13:56	03:21:03.60	03:21:29.10	+01:37:41 (48.5%)	9:34	6.3 (52.1%)
312	DUBIŃSKA Wioletta	145	BBL ZDUŃSKA WOLA	K-40	22	01:14:48	02:16:50	03:22:22.00	03:22:22.00	+01:38:34 (48.7%)	9:38	6.2 (51.2%)
313	SZKUTNIK Karol	175		M-50	18	01:10:55	02:14:49	03:22:35.45	03:23:02.30	+01:39:14 (48.9%)	9:38	6.2 (51.2%)
314	BABICKI Adam	323		M-30	99	01:14:38	02:16:35	03:22:25.65	03:23:07.00	+01:39:19 (48.9%)	9:38	6.2 (51.2%)
315	ŁAGOWSKI Hubert	320		M-30	100	01:14:42	02:16:52	03:22:30.50	03:23:10.35	+01:39:22 (48.9%)	9:38	6.2 (51.2%)
316	GEŁĘJ Marcin	287	DOM PACHNĄCY ŻYWICĄ	M-30	101	01:14:36	02:16:49	03:23:24.05	03:24:10.05	+01:40:22 (49.2%)	9:41	6.2 (51.2%)
317	KOSTERKIEWICZ Ryszard	262		M-60	4	01:13:33	02:16:50	03:24:11.25	03:24:43.70	+01:40:55 (49.3%)	9:43	6.2 (51.2%)
318	KWAPISZEWSKI Marcin	442	BRIDGESTONE	M-30	102	01:11:31	02:19:42	03:24:25.30	03:25:06.20	+01:41:18 (49.4%)	9:44	6.2 (51.2%)
319	STUDZIŃSKA Joanna	70		K-20	18	01:10:49	02:16:39	03:24:53.30	03:25:22.05	+01:41:34 (49.5%)	9:45	6.1 (50.4%)
320	KRAWCZYK Kamila	366		K-20	19	01:13:31	02:18:30	03:25:17.30	03:25:51.30	+01:42:03 (49.6%)	9:46	6.1 (50.4%)
321	MATCZUK- PISAREK Marta	361		K-30	47	01:13:16	02:20:17	03:26:05.40	03:26:15.80	+01:42:28 (49.7%)	9:48	6.1 (50.4%)
322	KWIATKOWSKA Marta	455		K-30	48	01:14:32	02:16:42	03:25:54.20	03:26:37.55	+01:42:49 (49.8%)	9:48	6.1 (50.4%)
323	LOBO Eva	426	TAIWAN BEAST RUNNERS	K-30	49	01:09:15	02:16:41	03:27:01.80	03:27:23.75	+01:43:36 (50.0%)	9:51	6.1 (50.4%)
324	GOLON Leszek	216	RUN PASJA	M-30	103	01:14:27	02:22:34	03:27:06.40	03:27:28.15	+01:43:40 (50.0%)	9:51	6.1 (50.4%)
325	KALMARCZYK Piotr	377	KLUB SPORTOWY FABRYKA BIEGANIA W OSTROWIE WIELKOPOLSKIM	M-40	73	01:11:12	02:18:23	03:27:20.90	03:27:31.80	+01:43:44 (50.0%)	9:52	6.1 (50.4%)
326	PODZEREK Iwona	441	BRIDGESTONE	K-40	23	01:14:01	02:19:57	03:26:56.90	03:27:38.50	+01:43:50 (50.0%)	9:51	6.1 (50.4%)
327	SZNABEL Alina	121	4 RUN TEAM	K-60	2	01:15:00	02:21:35	03:27:05.10	03:27:40.00	+01:43:52 (50.0%)	9:51	6.1 (50.4%)
328	KASPRZYK- KUŹNIAK Michalina	229		K-40	24	01:15:15	02:20:13	03:28:01.00	03:28:20.50	+01:44:32 (50.2%)	9:54	6.1 (50.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
329	DUDEK Mariola	35	STRZEGOMSKA DWUNASTKA	K-40	25	01:17:54	02:22:06	03:28:23.55	03:28:23.55	+01:44:35 (50.2%)	9:55	6 (49.6%)
330	MAJCHRZYK Dorota	52	#CZELADZBIEGA	K-40	26	01:14:36	02:18:19	03:28:27.15	03:28:58.05	+01:45:10 (50.3%)	9:55	6 (49.6%)
331	NAJBOR Rafał	199	#CZELADZBIEGA	M-40	74	01:14:27	02:18:19	03:28:26.00	03:28:58.40	+01:45:10 (50.3%)	9:55	6 (49.6%)
332	DOROTA Jola	25	RUN RUN OLESZYCE	K-40	27	01:14:30	02:18:07	03:28:45.00	03:29:00.35	+01:45:12 (50.3%)	9:56	6 (49.6%)
333	BUCZKO Marek	23	RUN RUN OLESZYCE	M-50	19	01:14:47	02:18:13	03:28:46.00	03:29:01.30	+01:45:13 (50.3%)	9:56	6 (49.6%)
334	JAMRÓZ Robert	218	JAMERKI	M-40	75	01:14:28	02:22:48	03:28:40.00	03:29:02.25	+01:45:14 (50.3%)	9:56	6 (49.6%)
335	DUBIK Kamil	480	HUSARIA RACE TEAM KRAKOW	M-20	33	01:12:04	02:17:17	03:28:48.40	03:29:12.80	+01:45:25 (50.4%)	9:56	6 (49.6%)
336	SZADURSKA Agnieszka	351		K-40	28	01:14:12	02:19:21	03:29:51.95	03:30:31.10	+01:46:43 (50.7%)	9:59	6 (49.6%)
337	SKÓRA Aleksandra	346		K-30	50	01:18:24	02:22:24	03:30:15.30	03:30:33.10	+01:46:45 (50.7%)	10:00	6 (49.6%)
338	RAZIM Agnieszka	157		K-20	20	01:14:39	02:20:44	03:30:25.30	03:31:02.95	+01:47:15 (50.8%)	10:01	6 (49.6%)
339	TRZPIOLA Tycjan	189	KURACJUSZE	M-30	104	01:11:45	02:20:31	03:30:43.70	03:31:11.05	+01:47:23 (50.9%)	10:02	6 (49.6%)
340	SCHULZE Natalia	314		K-60	3	01:11:08	02:19:48	03:32:18.85	03:32:34.50	+01:48:46 (51.2%)	10:06	5.9 (48.8%)
341	SCHULZE Jörg	313	DAV ZITTAU	M-60	5	01:11:10	02:19:50	03:32:18.65	03:32:35.15	+01:48:47 (51.2%)	10:06	5.9 (48.8%)
342	MATYSEK Przemysław	333		M-30	105	01:08:03	02:14:20	03:31:54.55	03:32:36.55	+01:48:48 (51.2%)	10:05	5.9 (48.8%)
343	CIBORSKA Dorota	451	CROSSFIT POLNA	K-20	21	01:13:28	02:22:12	03:32:22.60	03:32:39.70	+01:48:51 (51.2%)	10:06	5.9 (48.8%)
344	STRAMEK Lukasz	318	CROSSFIT TROJMIASTO	M-30	106	01:11:45	02:22:28	03:32:22.80	03:32:39.85	+01:48:52 (51.2%)	10:06	5.9 (48.8%)
345	TATARATA Paweł	348	TRAINING LAB	M-30	107	01:10:37	02:16:36	03:32:03.55	03:32:48.30	+01:49:00 (51.2%)	10:05	5.9 (48.8%)
346	CHOLEWIŃSKA Longina	192	HERNIK TEAM	K-50	5	01:13:42	02:23:22	03:32:41.80	03:33:17.70	+01:49:29 (51.3%)	10:07	5.9 (48.8%)
347	BOMBAŁA Tomasz	179	TATUSIOWIE	M-40	76	01:16:29	02:24:52	03:33:06.65	03:33:45.20	+01:49:57 (51.4%)	10:08	5.9 (48.8%)
348	MISIOR Olga	180	TATUSIOWIE	K-30	51	01:16:51	02:24:57	03:33:07.45	03:33:45.90	+01:49:58 (51.4%)	10:08	5.9 (48.8%)
349	TKACZYK Elżbieta	169	KB SZERSZEŃ OLEŚNICA	K-30	52	01:17:42	02:26:55	03:34:20.60	03:34:20.60	+01:50:32 (51.6%)	10:12	5.9 (48.8%)
350	SETA Wiktoria	125	PADŁ NA RYJ TEAM	K-30	53	01:15:44	02:22:49	03:33:35.30	03:34:21.45	+01:50:33 (51.6%)	10:10	5.9 (48.8%)
351	SOBIK Paulina	288	PRO366	K-30	54	01:14:17	02:22:29	03:33:47.65	03:34:23.50	+01:50:35 (51.6%)	10:10	5.9 (48.8%)
352	ALBRECHT Dariusz	490		OPEN	1	01:18:21	02:23:33	03:34:34.90	03:34:47.95	+01:51:00 (51.7%)	10:13	5.9 (48.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
353	BOREK Jadwiga	152	KS KOZIOŁEK KĘDZIERZYN-KOŹLE	K-30	55	01:18:23	02:23:36	03:34:35.15	03:34:48.20	+01:51:00 (51.7%)	10:13	5.9 (48.8%)
354	KAPLER- TEGOWSKA Karina	203	CZERWONAK BIEGA	K-40	29	01:17:18	02:27:35	03:34:23.80	03:35:00.30	+01:51:12 (51.7%)	10:12	5.9 (48.8%)
355	CHOLEWIŃSKI Wojciech	191	HERNIK TEAM	M-50	20	01:14:36	02:23:34	03:34:45.50	03:35:20.30	+01:51:32 (51.8%)	10:13	5.9 (48.8%)
356	SZCZĘŚNIAK Małgorzata	195	#CZELADZBIEGA	K-40	30	01:17:36	02:24:01	03:35:01.90	03:35:20.35	+01:51:32 (51.8%)	10:14	5.9 (48.8%)
357	ROSZYK Sylwia	24	PARKRUN POZNAŃ/ ALBIONE	K-40	31	01:14:38	02:23:35	03:34:47.00	03:35:23.60	+01:51:35 (51.8%)	10:13	5.9 (48.8%)
358	FUDAŁA Anna	213		K-40	32	01:17:41	02:23:22	03:35:06.65	03:35:25.05	+01:51:37 (51.8%)	10:14	5.9 (48.8%)
359	KRUPA-SZCZĘSNY Izabela	4	#CZELADZBIEGA	K-40	33	01:17:12	02:28:55	03:34:54.65	03:35:25.45	+01:51:37 (51.8%)	10:14	5.9 (48.8%)
360	JUREK Jaromir	379		M-30	108	01:17:34	02:26:48	03:35:27.65	03:35:53.30	+01:52:05 (51.9%)	10:15	5.8 (47.9%)
361	BIAŁASIK Monika	380		K-30	56	01:17:42	02:26:32	03:35:27.65	03:35:53.65	+01:52:05 (51.9%)	10:15	5.8 (47.9%)
362	HANGIEL Urszula	422	ŻWAWĘ ŻÓŁWIE	K-30	57	01:16:27	02:26:52	03:35:54.15	03:35:54.15	+01:52:06 (51.9%)	10:16	5.8 (47.9%)
363	BEDNAREK Jacek	498		M-50	21	01:16:28	02:27:08	03:35:54.25	03:35:54.25	+01:52:06 (51.9%)	10:16	5.8 (47.9%)
364	JELENIOWSKA Barbara	266		K-30	58	01:14:18	02:21:24	03:35:28.85	03:35:55.50	+01:52:07 (51.9%)	10:15	5.8 (47.9%)
365	GAŃSKI Filip	368		M-30	109	01:10:42	02:19:45	03:35:52.90	03:36:00.65	+01:52:12 (51.9%)	10:16	5.8 (47.9%)
366	GAĆIARSKI Krzystian	201	FIZJOBIEGACZE SZCZECIN	M-20	34	01:12:13	02:24:47	03:36:38.65	03:36:53.85	+01:53:06 (52.1%)	10:18	5.8 (47.9%)
367	JAMRÓZ Joanna	219	JAMERKI	K-40	34	01:15:26	02:23:32	03:37:29.60	03:37:52.35	+01:54:04 (52.4%)	10:21	5.8 (47.9%)
368	WOŹNIAK Beata	111		K-40	35	01:15:01	02:26:48	03:37:37.60	03:38:15.15	+01:54:27 (52.4%)	10:21	5.8 (47.9%)
369	RZEPKA Alicja	143	GREENBUD	K-20	22	01:14:21	02:26:44	03:38:59.25	03:39:19.35	+01:55:31 (52.7%)	10:25	5.8 (47.9%)
370	WARA-WĄSOWSKI Maciej	82		M-40	77	01:15:59	02:24:32	03:38:59.80	03:39:26.40	+01:55:38 (52.7%)	10:25	5.8 (47.9%)
371	BOCZAR Beata	384	GREEN TEAM	K-50	6	01:16:39	02:27:32	03:39:36.40	03:40:00.35	+01:56:12 (52.8%)	10:27	5.7 (47.1%)
372	ŁUKASZEWICZ Joanna	385	GREEN TEAM ZIELONA GÓRA	K-40	36	01:16:02	02:27:28	03:39:36.30	03:40:00.40	+01:56:12 (52.8%)	10:27	5.7 (47.1%)
373	PAWLĘGA Katarzyna	450	WARSAW RUN CLUB	K-40	37	01:15:44	02:28:55	03:39:58.30	03:40:04.85	+01:56:17 (52.8%)	10:28	5.7 (47.1%)
374	KURIATA Andzelika	62		K-30	59	01:15:46	02:28:02	03:40:02.30	03:40:10.15	+01:56:22 (52.9%)	10:28	5.7 (47.1%)
375	RAJZER Dominika	156	BODYKINETIC	K-30	60	01:15:50	02:26:47	03:40:25.75	03:40:29.05	+01:56:41 (52.9%)	10:29	5.7 (47.1%)
376	CIEPŁY Roman	360		M-50	22	01:19:00	02:27:19	03:40:46.65	03:40:46.65	+01:56:58 (53.0%)	10:30	5.7 (47.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
376	CIEPŁY Patryk	359		M-20	35	01:19:10	02:27:22	03:40:46.65	03:40:46.65	+01:56:58 (53.0%)	10:30	5.7 (47.1%)
378	WACHOWIAK Agata	250		K-50	7	01:14:25	02:31:04	03:42:54.45	03:43:09.10	+01:59:21 (53.5%)	10:36	5.7 (47.1%)
379	KOZŁOWSKA Anna	251		K-20	23	01:14:29	02:31:08	03:42:55.35	03:43:10.15	+01:59:22 (53.5%)	10:36	5.7 (47.1%)
380	CIRKO Brygida	65	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	K-40	38	01:19:52	02:33:36	03:44:37.35	03:45:02.95	+02:01:15 (53.9%)	10:41	5.6 (46.3%)
381	RODZEŃ Katarzyna	28	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	K-30	61	01:19:38	02:33:34	03:46:14.70	03:46:40.60	+02:02:52 (54.2%)	10:46	5.6 (46.3%)
382	OWCZAREK Magdalena	118	DARO TEAM	K-30	62	01:19:52	02:33:39	03:46:16.15	03:46:41.35	+02:02:53 (54.2%)	10:46	5.6 (46.3%)
383	SYK Bartosz	106		M-30	110	01:17:10	02:35:40	03:46:47.80	03:46:47.80	+02:03:00 (54.2%)	10:47	5.6 (46.3%)
384	ŁAGOWSKA Agnieszka	321		K-30	63	01:19:44	02:31:37	03:46:08.95	03:46:49.40	+02:03:01 (54.2%)	10:46	5.6 (46.3%)
385	KOŚCIELNIAK Dagmara	105	CZERWONAK BIEGA	K-40	39	01:17:15	02:30:10	03:46:14.25	03:46:51.20	+02:03:03 (54.2%)	10:46	5.6 (46.3%)
386	ŚPICA Dorota	34	RECEPTA NA ZDROWIE	K-50	8	01:17:41	02:31:39	03:47:33.20	03:47:38.60	+02:03:50 (54.4%)	10:50	5.5 (45.5%)
387	PRZYBYŁ Jolanta	410	EASY RUNNERS	K-40	40	01:21:02	02:34:14	03:48:54.55	03:49:04.25	+02:05:16 (54.7%)	10:54	5.5 (45.5%)
388	BAJAK Mirosław	128		M-40	78	01:22:40	02:35:40	03:51:11.10	03:51:27.90	+02:07:40 (55.2%)	11:00	5.5 (45.5%)
389	MATUSZCZAK-SZULC Iwona	184		K-40	41	01:22:01	02:33:31	03:51:36.65	03:52:13.90	+02:08:26 (55.3%)	11:01	5.4 (44.6%)
390	KOSMAŁA Monika	2	ROWEROWA NORKA	K-40	42	01:22:16	02:34:36	03:51:46.70	03:52:15.20	+02:08:27 (55.3%)	11:02	5.4 (44.6%)
391	MAZURKIEWICZ Michał	495		M-40	79	01:17:48	02:36:26	03:52:07.05	03:52:16.20	+02:08:28 (55.3%)	11:03	5.4 (44.6%)
392	TWARDOWSKA Ewa	66	KB GEOTERMIA UNIEJÓW	K-30	64	01:25:34	02:47:50	04:00:55.30	04:01:08.55	+02:17:20 (57.0%)	11:28	5.2 (43.0%)
393	DULIASZ Cezary	457	NIGHT RUNNERS KRAKOW	M-50	23	01:15:22	02:40:16	04:05:14.05	04:05:27.75	+02:21:40 (57.7%)	11:40	5.1 (42.1%)
394	SZALKOWSKA Dominika	472	ROZBIEGANY RAWICZ	K-30	65	01:22:39	02:42:18	04:06:18.35	04:06:34.60	+02:22:46 (57.9%)	11:43	5.1 (42.1%)
395	WRZOSEK Karolina	57	#CZELADZBIEGA	K-20	24	01:29:40	02:49:15	04:07:37.05	04:07:56.40	+02:24:08 (58.1%)	11:47	5.1 (42.1%)
396	BUJAK-KAPA Dorota	58	#CZELADZBIEGA	K-30	66	01:29:44	02:49:17	04:07:37.80	04:07:56.85	+02:24:09 (58.1%)	11:47	5.1 (42.1%)
397	GÓRNIAK Joanna	114		K-40	43	01:30:43	02:52:17	04:20:19.95	04:20:40.40	+02:36:52 (60.2%)	12:23	4.8 (39.7%)
398	REKAWEK Izabela	200		K-40	44	01:26:31	02:43:47	04:20:03.00	04:20:41.75	+02:36:54 (60.2%)	12:23	4.8 (39.7%)
399	KAMIŃSKA Małgorzata	67		K-30	67	01:30:37	02:50:56	04:20:00.45	04:20:42.65	+02:36:54 (60.2%)	12:22	4.8 (39.7%)
400	ŚCISŁY Darek	116	ZWIERZAKI	M-40	80	01:26:35	02:45:11	04:21:16.45	04:21:41.15	+02:37:53 (60.3%)	12:26	4.8 (39.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
401	ŚCISŁY Ola	110	ZWIERZAKI	K-40	45	01:33:11	02:58:13	04:26:25.90	04:26:50.35	+02:43:02 (61.1%)	12:41	4.7 (38.8%)
402	SKUPIN Agata	15	KOBIETYBIEGAJA.PL	K-30	68	01:35:42	03:00:15	04:34:46.15	04:34:46.15	+02:50:58 (62.2%)	13:05	4.6 (38.0%)
403	NOJSZEWSKA-ZAJĄC Justyna	259	ZP SZPIKI DRUŻYNA SZPIKU/WKURW_TEAM	K-30	69	01:51:49	03:33:45	05:23:01.00	05:23:01.00	+03:39:13 (67.9%)	15:22	3.9 (32.2%)
404	ZAPŁATA Monika	269	ZP SZPIKI DRUŻYNA SZPIKU/WKURW_TEAM	K-30	70	01:51:49	03:33:51	05:23:05.00	05:23:05.00	+03:39:17 (67.9%)	15:23	3.9 (32.2%)
DQ	ZBYRYT Marek	254	AKTYWNA NOWA RUDA	M-50		00:48:17 DQ	01:30:57 DQ	02:16:57.80 DQ	DQ		-	- (0.0%)

Znaleziono 405 wynik(ów)