



**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

CHOJNIK KARKONOSKI FESTIWAL BIEGOWY 2020  
FUNDACJA PROFIT MARATON  
2020-09-05  
Sobieszów  
29 km

# PÓLMARATON Z GÓRKĄ

B4SPORT

**B4SPORT**  
INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Droga pod Reglami 6km	Trzy Jawory 10km	Droga pod Reglami 23km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
1	<b>BEDNAREK Adrian</b>	<b>1123</b>	MUAY RUNNING TEAM / ADRIANBEDNAREK.PL	M30	1	00:00:02	00:28:00	00:47:23	01:55:08	<b>02:24:25.35</b>	<b>02:24:27.40</b>		4:58	12 (100%)
2	<b>MAREK Dariusz</b>	<b>1130</b>	MONK SANDALS TEAM	M30	2	00:00:01	00:28:06	00:47:52	01:56:08	<b>02:27:44.55</b>	<b>02:27:45.80</b>	+00:03:19 (2.2%)	5:05	11.8 (98.3%)
3	<b>SOBAS Jacek</b>	<b>1119</b>	ASICSFONTRUNNERPOLAND	M30	3	00:00:01	00:28:14	00:47:53	01:59:27	<b>02:32:21.40</b>	<b>02:32:22.95</b>	+00:07:56 (5.2%)	5:15	11.4 (95.0%)
4	<b>JANKOWSKI Grzegorz</b>	<b>972</b>	KGHM ZG RUN	M40	1	00:00:02	00:32:30	00:54:21	02:15:43	<b>02:53:08.15</b>	<b>02:53:10.75</b>	+00:28:42 (16.6%)	5:58	10.1 (84.2%)
5	<b>GREGUŁA Wojciech</b>	<b>1135</b>		M30	4	00:00:23	00:33:15	00:55:37	02:16:43	<b>02:53:35.55</b>	<b>02:53:59.10</b>	+00:29:10 (16.8%)	5:59	10 (83.3%)
6	<b>ŻUKIEWICZ Maciej</b>	<b>1457</b>	OBOZYGÓRSKIE.PL			00:03:40	00:33:04	00:55:02	02:17:01	<b>02:53:50.95</b>	<b>02:57:31.65</b>	+00:29:25 (16.9%)	5:59	10 (83.3%)
7	<b>PISAREK Maciej</b>	<b>1101</b>		M40	2	00:00:03	00:34:05	00:58:05	02:19:50	<b>02:55:42.60</b>	<b>02:55:45.75</b>	+00:31:17 (17.8%)	6:03	9.9 (82.5%)
8	<b>OBSTÓJ Karolina</b>	<b>1118</b>	MUAY RUNNING TEAM	K30	1	00:00:02	00:34:05	00:57:58	02:20:53	<b>03:00:01.10</b>	<b>03:00:03.55</b>	+00:35:35 (19.8%)	6:12	9.7 (80.8%)
9	<b>HAJDUKIEWICZ Rafał</b>	<b>1060</b>	WIERZBICKI RUNNING PROJECT	M30	5	00:01:50	00:31:42	00:52:56	02:20:20	<b>03:01:51.90</b>	<b>03:03:42.55</b>	+00:37:26 (20.6%)	6:16	9.6 (80.0%)
10	<b>PIENIAŻEK Patryk</b>	<b>806</b>	KGHM ZG RUN	M18	1	00:00:02	00:34:04	00:57:37	02:23:01	<b>03:02:49.80</b>	<b>03:02:52.65</b>	+00:38:24 (21.0%)	6:18	9.5 (79.2%)
11	<b>ŁĘŻNIAK Aleksander</b>	<b>1143</b>	MONK SANDALS TEAM	M30	6	00:00:01	00:34:31	00:58:26	02:21:02	<b>03:05:34.95</b>	<b>03:05:36.50</b>	+00:41:09 (22.2%)	6:23	9.4 (78.3%)
12	<b>PYZIK Krzysztof</b>	<b>1155</b>	VEGESLONIK / FIZJOBIEGACZE SZCZECIN	M30	7	00:00:04	00:34:32	00:58:22	02:26:34	<b>03:06:01.40</b>	<b>03:06:05.45</b>	+00:41:36 (22.4%)	6:24	9.4 (78.3%)
13	<b>WINIARCZYK Krzysztof</b>	<b>941</b>		M30	8	00:00:02	00:34:19	00:58:00	02:26:38	<b>03:06:03.25</b>	<b>03:06:05.55</b>	+00:41:37 (22.4%)	6:24	9.4 (78.3%)
14	<b>ILKIEWICZ Michał</b>	<b>893</b>		M18	2	00:01:29	00:32:21	00:54:18	02:21:04	<b>03:07:08.70</b>	<b>03:08:37.75</b>	+00:42:43 (22.8%)	6:27	9.3 (77.5%)
15	<b>STAWIARSKI Tomasz</b>	<b>1454</b>				00:20:56	00:36:12	01:01:52	02:31:15	<b>03:10:17.95</b>	<b>03:31:14.80</b>	+00:45:52 (24.1%)	6:33	9.1 (75.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Droga pod Reglami		Droga pod Reglami		Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
							6km	10km	23km	29km					
16	LULIS Anna	1120	AKADEMIA BIEGANIA #SOBASTEAM	K40	1	00:00:03	00:36:47	01:02:07	02:33:48	<b>03:13:45.25</b>	<b>03:13:48.80</b>	+00:49:19 (25.5%)	6:40	9 (75.0%)	
17	GAŁOSZ Łukasz	959		M18	3	00:00:02	00:34:11	00:57:39	02:28:47	<b>03:15:04.60</b>	<b>03:15:06.60</b>	+00:50:39 (26.0%)	6:43	8.9 (74.2%)	
18	DAUKSZO Maciej	1146	SBRT WARSZAWA	M18	4	00:00:22	00:39:01	01:03:36	02:36:55	<b>03:16:53.65</b>	<b>03:17:16.00</b>	+00:52:28 (26.6%)	6:47	8.8 (73.3%)	
19	MUZYK Przemysław	862		M30	9	00:07:21	00:37:13	01:02:31	02:33:29	<b>03:19:32.75</b>	<b>03:26:54.00</b>	+00:55:07 (27.6%)	6:52	8.7 (72.5%)	
20	SABAT Kamil	1455	140MINUT.PL			00:09:32	00:39:02	01:04:59	02:40:56	<b>03:20:06.25</b>	<b>03:29:38.55</b>	+00:55:40 (27.8%)	6:54	8.7 (72.5%)	
21	MIKOŁAJCZYK Robert	1001	DRUŻYNA ORZECHA ŻYRARDÓW	M40	3	00:02:48	00:36:33	01:01:09	02:36:20	<b>03:21:02.75</b>	<b>03:23:51.20</b>	+00:56:37 (28.2%)	6:55	8.7 (72.5%)	
22	BARTKOWIAK Michał	835		M30	10	00:39:46	00:40:23	01:05:43	02:38:56	<b>03:21:08.40</b>	<b>04:00:54.65</b>	+00:56:43 (28.2%)	6:56	8.7 (72.5%)	
23	DURKALEC Jagoda	1052		K18	1	00:00:03	00:38:13	01:03:01	02:40:44	<b>03:21:41.75</b>	<b>03:21:45.60</b>	+00:57:16 (28.4%)	6:57	8.6 (71.7%)	
24	MARKIEWICZ Agnieszka	1459	PRORUNNING PROMOTION			00:26:21	00:38:07	01:04:04	02:41:44	<b>03:21:59.80</b>	<b>03:48:21.35</b>	+00:57:34 (28.5%)	6:57	8.6 (71.7%)	
25	KOTLAREK Dawid	1092	VEGE RUNNERS	M40	4	00:13:37	00:36:25	01:02:11	02:39:32	<b>03:22:44.45</b>	<b>03:36:22.25</b>	+00:58:19 (28.8%)	6:59	8.6 (71.7%)	
26	BOSAKIEWICZ Tomasz	1077	OLAWS	M30	11	00:10:03	00:39:04	01:04:58	02:38:29	<b>03:24:19.85</b>	<b>03:34:23.65</b>	+00:59:54 (29.3%)	7:02	8.5 (70.8%)	
27	STASIW Przemysław	844	ULTRA TRAIL FANATIC	M30	12	00:02:53	00:36:55	01:01:28	02:35:57	<b>03:25:06.05</b>	<b>03:27:59.70</b>	+01:00:40 (29.6%)	7:04	8.5 (70.8%)	
28	WIERZBICKI Krzysztof	1062	WIERZBICKI RUNNING PROJECT	M30	13	00:01:57	00:35:48	01:00:06	02:43:39	<b>03:25:41.40</b>	<b>03:27:38.65</b>	+01:01:16 (29.8%)	7:05	8.5 (70.8%)	
29	MOCHEGANI Andrea	1160	BAD ORGANIZER TEAM	M50	1	00:09:56	00:34:57	00:58:37	02:46:51	<b>03:27:01.60</b>	<b>03:36:58.45</b>	+01:02:36 (30.2%)	7:08	8.4 (70.0%)	
30	GOŁĘBIOWSKI Tytus	814	ULTRA FALUBAZ / NGB	M30	14	00:21:58	00:36:52	01:01:25	02:48:12	<b>03:30:15.95</b>	<b>03:52:13.95</b>	+01:05:50 (31.3%)	7:15	8.3 (69.2%)	
31	RADKOWSKA Małgorzata	1156	SŁODKIE PĄCZKI	K30	2	00:10:42	00:41:11	01:08:08	02:50:59	<b>03:32:03.20</b>	<b>03:42:45.45</b>	+01:07:37 (31.9%)	7:18	8.2 (68.3%)	
32	ŁĄTKA Piotr	815		M30	15	00:13:21	00:36:18	01:01:22	02:44:55	<b>03:32:48.10</b>	<b>03:46:09.30</b>	+01:08:22 (32.1%)	7:20	8.2 (68.3%)	
33	LITWIN Michał	1453	LITEWIN			00:08:15	00:36:16	01:02:35	02:44:03	<b>03:33:01.50</b>	<b>03:41:16.50</b>	+01:08:36 (32.2%)	7:20	8.2 (68.3%)	
34	OLSZEWSKI Tomek	884		M40	5	00:11:49	00:42:57	01:10:45	02:45:43	<b>03:34:14.90</b>	<b>03:46:04.50</b>	+01:09:49 (32.6%)	7:23	8.1 (67.5%)	
35	ŚWIERK Seweryn	935	DRÄXLMAIER	M40	6	00:02:38	00:41:57	01:09:07	02:49:52	<b>03:35:53.55</b>	<b>03:38:32.40</b>	+01:11:28 (33.1%)	7:26	8.1 (67.5%)	
36	SZCZEPARA Wojciech	1111		M18	5	00:09:52	00:38:59	01:04:24	02:49:21	<b>03:36:35.90</b>	<b>03:46:28.25</b>	+01:12:10 (33.3%)	7:28	8 (66.7%)	
37	NIŻEWSKI Paweł	825	KRAKOWIAK TEAM	M40	7	00:04:14	00:40:16	01:07:08	02:53:04	<b>03:37:11.90</b>	<b>03:41:26.65</b>	+01:12:46 (33.5%)	7:29	8 (66.7%)	
38	ŁAMPIKA Kinga	1022	NIGHT RUNNERS WROCŁAW	K40	2	00:12:59	00:42:15	01:08:49	02:54:44	<b>03:38:54.70</b>	<b>03:51:54.25</b>	+01:14:29 (34.0%)	7:32	7.9 (65.8%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Droga pod Reglami		Droga pod Reglami 23km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
							6km	Trzy Jawory 10km						
39	WALIGÓRA Mateusz	948		M30	16	00:49:10	00:35:58	01:01:08	02:42:46	<b>03:39:33.50</b>	<b>04:28:43.70</b>	+01:15:08 (34.2%)	7:34	7.9 (65.8%)
40	SZARAPANOWSKI Damian	1053	ULTRA DIABŁY TEAM	M40	8	00:06:12	00:41:17	01:09:35	02:56:43	<b>03:41:12.65</b>	<b>03:47:25.55</b>	+01:16:47 (34.7%)	7:37	7.9 (65.8%)
41	ŚWIERK Przemysław	925	ULTRA DIABŁY TEAM	M40	9	00:06:08	00:36:12	01:01:27	02:44:55	<b>03:41:17.85</b>	<b>03:47:26.00</b>	+01:16:52 (34.7%)	7:37	7.9 (65.8%)
42	WARCZEWSKI Tomasz	847	TOMI	M40	10	00:08:55	00:37:48	01:02:55	02:47:13	<b>03:41:28.55</b>	<b>03:50:24.20</b>	+01:17:03 (34.8%)	7:38	7.9 (65.8%)
43	ESZNER Agnieszka	1154		K40	3	00:22:46	00:41:53	01:08:54	02:57:00	<b>03:41:30.15</b>	<b>04:04:16.55</b>	+01:17:04 (34.8%)	7:38	7.9 (65.8%)
44	NOWORYTA Radosław	804	ULTRA DIABŁY TEAM LUBRZA	M40	11	00:04:51	00:39:58	01:07:23	02:51:46	<b>03:42:34.00</b>	<b>03:47:25.80</b>	+01:18:08 (35.1%)	7:40	7.8 (65.0%)
45	KAWECKA Małgorzata	1045	DRÄXLMAIER	K40	4	00:02:28	00:40:52	01:08:25	02:54:45	<b>03:43:25.30</b>	<b>03:45:53.55</b>	+01:18:59 (35.4%)	7:42	7.8 (65.0%)
46	KRZYSZTOFIK Piotr	1038		M40	12	00:52:27	00:44:12	01:13:13	02:57:26	<b>03:45:58.95</b>	<b>04:38:26.60</b>	+01:21:33 (36.1%)	7:47	7.7 (64.2%)
47	PURCZYŃSKI Grzegorz	1132		M40	13	00:21:34	00:39:34	01:06:56	02:55:02	<b>03:47:40.20</b>	<b>04:09:15.10</b>	+01:23:14 (36.6%)	7:51	7.6 (63.3%)
48	DENYSIUK Marek	978		M40	14	00:21:40	00:41:07	01:07:31	03:03:20	<b>03:47:43.70</b>	<b>04:09:23.75</b>	+01:23:18 (36.6%)	7:51	7.6 (63.3%)
49	CAL Piotr	1063	5K EVERY DAY	M50	2	00:24:41	00:43:53	01:14:01	03:02:20	<b>03:48:22.45</b>	<b>04:13:03.70</b>	+01:23:57 (36.8%)	7:52	7.6 (63.3%)
50	GIL Maciej	1136	VEGE RUNNERS	M18	6	00:18:40	00:42:06	01:08:12	02:58:25	<b>03:48:26.25</b>	<b>04:07:06.90</b>	+01:24:00 (36.8%)	7:52	7.6 (63.3%)
51	KŁÓSEK Tomasz	1145		M40	15	00:03:36	00:45:07	01:10:47	03:02:14	<b>03:48:28.05</b>	<b>03:52:04.65</b>	+01:24:02 (36.8%)	7:52	7.6 (63.3%)
52	PAZDAN Natalia	1040		K30	3	00:10:12	00:43:44	01:13:49	03:02:32	<b>03:48:54.10</b>	<b>03:59:06.75</b>	+01:24:28 (36.9%)	7:53	7.6 (63.3%)
53	WOŹNIAK Przemysław	897	DNISW MON	M30	17	00:08:53	00:41:52	01:08:03	02:55:57	<b>03:50:17.05</b>	<b>03:59:10.10</b>	+01:25:51 (37.3%)	7:56	7.6 (63.3%)
54	WEGRZYK Piotr	1064	KS KOSYNIERZY WROCŁAW	M18	7	00:02:11	00:39:06	01:06:10	02:52:29	<b>03:50:55.75</b>	<b>03:53:07.50</b>	+01:26:30 (37.5%)	7:57	7.5 (62.5%)
55	TURLEJ Dariusz	908	KONDYCJA	M60	1	00:27:08	00:47:11	01:16:49	03:05:07	<b>03:52:03.65</b>	<b>04:19:11.90</b>	+01:27:38 (37.8%)	8:00	7.5 (62.5%)
56	JUSKOWIAK Amadeusz	1031	***** ***	M18	8	00:01:07	00:40:38	01:07:11	03:04:09	<b>03:52:07.20</b>	<b>03:53:14.95</b>	+01:27:41 (37.8%)	8:00	7.5 (62.5%)
57	CZAPLIŃSKI Jacek	868	TAGER SPORT	M30	18	00:38:45	00:42:05	01:09:56	02:59:57	<b>03:52:33.05</b>	<b>04:31:18.50</b>	+01:28:07 (37.9%)	8:01	7.5 (62.5%)
58	GWÓZDŹ Damian	1081		M30	19	00:21:54	00:38:09	01:04:56	02:58:33	<b>03:52:46.10</b>	<b>04:14:40.40</b>	+01:28:20 (38.0%)	8:01	7.5 (62.5%)
59	KUJACZYŃSKA Iga	1098	TURNEO	K30	4	00:04:36	00:42:08	01:10:44	02:59:55	<b>03:53:12.35</b>	<b>03:57:48.50</b>	+01:28:47 (38.1%)	8:02	7.5 (62.5%)
60	CYBA Anna	1148	LATAJĄCY CYRK	K30	5	00:09:29	00:44:19	01:14:06	03:05:06	<b>03:53:49.75</b>	<b>04:03:19.00</b>	+01:29:24 (38.2%)	8:03	7.4 (61.7%)
61	ŻYLAK Adrian	1112	ADIDAS RUNNERS WARSAW	M30	20	00:10:33	00:42:07	01:11:09	03:02:52	<b>03:54:22.25</b>	<b>04:04:55.90</b>	+01:29:56 (38.4%)	8:04	7.4 (61.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Droga pod Reglami		Droga pod Reglami		Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
							6km	10km	23km	29km					
62	<b>MEYER Marcin</b>	<b>824</b>	LEGIA RUN CLUB	M40	16	00:02:43	00:40:33	01:08:11	03:01:17	<b>03:54:27.10</b>	<b>03:57:10.85</b>	+01:30:01 (38.4%)	8:05	7.4 (61.7%)	
63	<b>ŚNIERZYŃSKI Robert</b>	<b>1140</b>		M30	21	00:23:30	00:44:56	01:15:17	03:03:42	<b>03:54:32.35</b>	<b>04:18:03.30</b>	+01:30:07 (38.4%)	8:05	7.4 (61.7%)	
64	<b>HADAM Michał</b>	<b>1087</b>	KB MANIAC POZNAŃ	M40	17	00:03:20	00:42:53	01:11:16	03:05:26	<b>03:54:35.00</b>	<b>03:57:55.95</b>	+01:30:09 (38.4%)	8:05	7.4 (61.7%)	
65	<b>SUSKI Bartłomiej</b>	<b>873</b>		M30	22	00:08:59	00:40:45	01:08:23	02:59:08	<b>03:55:56.55</b>	<b>04:04:56.20</b>	+01:31:31 (38.8%)	8:08	7.4 (61.7%)	
66	<b>VISENTIN Eric</b>	<b>1036</b>	NOA	M40	18	00:21:15	00:41:10	01:09:26	03:04:25	<b>03:56:34.60</b>	<b>04:17:50.10</b>	+01:32:09 (39.0%)	8:09	7.4 (61.7%)	
67	<b>KARCZYŃSKA Eliza</b>	<b>865</b>		K30	6	00:24:27	00:40:17	01:07:40	03:05:25	<b>03:56:51.30</b>	<b>04:21:19.25</b>	+01:32:25 (39.0%)	8:10	7.3 (60.8%)	
68	<b>WASILEWSKI Michał</b>	<b>981</b>		M40	19	00:14:46	00:42:26	01:11:05	03:05:24	<b>03:57:55.25</b>	<b>04:12:42.00</b>	+01:33:29 (39.3%)	8:12	7.3 (60.8%)	
69	<b>JAKUBCZAK Wojciech</b>	<b>808</b>	PASZCZAKI	M30	23	00:24:26	00:44:17	01:12:04	03:11:03	<b>03:58:17.10</b>	<b>04:22:43.20</b>	+01:33:51 (39.4%)	8:13	7.3 (60.8%)	
70	<b>JADWIŃSKI Wojciech</b>	<b>1090</b>	KS KANAŁEK	M40	20	00:05:52	00:44:57	01:13:47	03:08:32	<b>03:58:20.35</b>	<b>04:04:12.80</b>	+01:33:55 (39.4%)	8:13	7.3 (60.8%)	
71	<b>SAWICZ Piotrek</b>	<b>911</b>		M30	24	00:13:06	00:43:50	01:14:00	03:05:48	<b>03:58:26.55</b>	<b>04:11:33.00</b>	+01:34:01 (39.4%)	8:13	7.3 (60.8%)	
72	<b>MIKOŁAJEWSKA Zofia</b>	<b>1134</b>	OLEJ RUNNING TEAM	K18	2	00:10:00	00:44:21	01:13:54	03:08:16	<b>03:58:27.45</b>	<b>04:08:28.20</b>	+01:34:02 (39.4%)	8:13	7.3 (60.8%)	
73	<b>MROCZEK Marta</b>	<b>1050</b>	WIERZBICKI RUNNING PROJECT	K40	5	00:05:13	00:42:51	01:14:04	03:08:06	<b>03:58:31.65</b>	<b>04:03:44.75</b>	+01:34:06 (39.5%)	8:13	7.3 (60.8%)	
74	<b>STARCZEWSKA Izabela</b>	<b>930</b>	WIERZBICKI RUNNING PROJECT	K50	1	00:05:08	00:42:57	01:14:10	03:10:56	<b>04:00:04.15</b>	<b>04:05:12.15</b>	+01:35:38 (39.8%)	8:16	7.2 (60.0%)	
75	<b>FILIPCZUK Dariusz</b>	<b>1127</b>		M50	3	00:07:49	00:44:06	01:15:17	03:08:24	<b>04:02:02.25</b>	<b>04:09:51.85</b>	+01:37:36 (40.3%)	8:20	7.2 (60.0%)	
76	<b>BARCZAK Robert</b>	<b>843</b>	R-TEAM RYDZYNA	M40	21	00:23:53	00:43:17	01:10:57	03:12:24	<b>04:03:48.55</b>	<b>04:27:42.15</b>	+01:39:23 (40.8%)	8:24	7.1 (59.2%)	
77	<b>WITKOWSKI Wojciech</b>	<b>1017</b>		M18	9	00:41:47	00:41:36	01:09:53	03:05:14	<b>04:05:04.40</b>	<b>04:46:52.30</b>	+01:40:39 (41.1%)	8:27	7.1 (59.2%)	
78	<b>GABRYEL Anna</b>	<b>1026</b>		K30	7	00:00:28	00:46:21	01:19:08	03:15:54	<b>04:05:26.30</b>	<b>04:05:54.75</b>	+01:41:00 (41.2%)	8:27	7.1 (59.2%)	
79	<b>SKOCZYLAS Mateusz</b>	<b>1110</b>		M30	25	00:09:49	00:42:19	01:13:10	03:10:40	<b>04:06:34.10</b>	<b>04:16:23.45</b>	+01:42:08 (41.4%)	8:30	7.1 (59.2%)	
80	<b>STAŃCZYK Krzysztof</b>	<b>836</b>	TEAM PLUTEK	M40	22	00:00:34	00:40:56	01:09:52	03:10:29	<b>04:06:58.95</b>	<b>04:07:33.30</b>	+01:42:33 (41.5%)	8:31	7 (58.3%)	
81	<b>MIECHOWICZ Małgorzata</b>	<b>969</b>	OGRODOWA TEAM	K40	6	00:14:21	00:48:59	01:23:25	03:18:10	<b>04:07:22.55</b>	<b>04:21:43.75</b>	+01:42:57 (41.6%)	8:31	7 (58.3%)	
82	<b>STANISŁAWEK Tomasz</b>	<b>944</b>		M40	23	00:15:49	00:42:53	01:14:31	03:11:59	<b>04:08:30.35</b>	<b>04:24:20.15</b>	+01:44:05 (41.9%)	8:34	7 (58.3%)	
83	<b>ZYWERT Mateusz</b>	<b>953</b>		M30	26	00:24:44	00:43:55	01:14:01	03:05:15	<b>04:08:35.55</b>	<b>04:33:19.95</b>	+01:44:10 (41.9%)	8:34	7 (58.3%)	
84	<b>CABAJ Paweł</b>	<b>834</b>		M30	27	00:22:50	00:42:35	01:12:42	03:09:58	<b>04:08:46.30</b>	<b>04:31:36.65</b>	+01:44:20 (41.9%)	8:34	7 (58.3%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Droga pod Reglami		Droga pod Reglami		Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
							6km	10km	23km	29km					
85	<b>GĄTKIEWICZ Paweł</b>	<b>1122</b>	ESKADRA KRAKÓW	M40	24	00:04:27	00:45:06	01:14:20	03:04:40	<b>04:09:04.75</b>	<b>04:13:31.95</b>	+01:44:39 (42.0%)	8:35	7 (58.3%)	
86	<b>ABULEWICZ Wojciech</b>	<b>880</b>	TRENING STUDIO 17	M50	4	00:17:02	00:47:13	01:19:55	03:16:44	<b>04:10:10.05</b>	<b>04:27:12.65</b>	+01:45:44 (42.3%)	8:37	7 (58.3%)	
87	<b>NOWIK Kamil</b>	<b>890</b>	ULTRA DIABŁY TEAM LUBRZA	M40	25	00:04:46	00:43:28	01:12:52	03:12:57	<b>04:10:43.45</b>	<b>04:15:29.85</b>	+01:46:18 (42.4%)	8:38	6.9 (57.5%)	
88	<b>GAWIN Rafał</b>	<b>1151</b>		M40	26	00:11:43	00:41:58	01:10:45	03:15:27	<b>04:10:50.20</b>	<b>04:22:33.65</b>	+01:46:24 (42.4%)	8:38	6.9 (57.5%)	
89	<b>KARCZYŃSKA Monika</b>	<b>1070</b>		K30	8	00:24:28	00:45:33	01:16:29	03:19:15	<b>04:10:52.45</b>	<b>04:35:20.65</b>	+01:46:27 (42.4%)	8:39	6.9 (57.5%)	
90	<b>GŁÓWKA Paweł</b>	<b>1015</b>	FUNTRI	M18	10	00:13:51	00:45:54	01:15:36	03:17:35	<b>04:11:00.00</b>	<b>04:24:51.70</b>	+01:46:34 (42.5%)	8:39	6.9 (57.5%)	
91	<b>PALCZYŃSKI Krzysztof</b>	<b>816</b>		M30	28	00:19:03	00:43:51	01:13:30	03:14:47	<b>04:11:43.05</b>	<b>04:30:47.00</b>	+01:47:17 (42.6%)	8:40	6.9 (57.5%)	
92	<b>ŚLEDZIK Sebastian</b>	<b>961</b>	DT4YOU	M50	5	00:14:59	00:44:14	01:15:14	03:19:03	<b>04:12:00.50</b>	<b>04:26:59.55</b>	+01:47:35 (42.7%)	8:41	6.9 (57.5%)	
93	<b>KĘDZIA Tomasz</b>	<b>809</b>	KOSYNIERZY WROCŁAW	M30	29	00:02:16	00:39:17	01:08:58	03:13:44	<b>04:12:37.05</b>	<b>04:14:53.45</b>	+01:48:11 (42.8%)	8:42	6.9 (57.5%)	
94	<b>CZAJKOWSKA Sylwia</b>	<b>1099</b>	#ŻÓŁTOKRÓLEWSCY	K40	7	00:09:21	00:40:48	01:09:53	03:11:43	<b>04:12:51.15</b>	<b>04:22:12.70</b>	+01:48:25 (42.9%)	8:43	6.9 (57.5%)	
95	<b>STELMACH Piotr</b>	<b>1147</b>	STELMACH TEAM	M40	27	00:58:04	00:43:03	01:13:06	03:15:51	<b>04:12:54.20</b>	<b>05:10:58.65</b>	+01:48:28 (42.9%)	8:43	6.9 (57.5%)	
96	<b>FILIPIAK Sebastian</b>	<b>1462</b>	EKIPA LIPA			00:37:11	00:46:00	01:19:20	03:18:40	<b>04:13:10.30</b>	<b>04:50:21.90</b>	+01:48:44 (43.0%)	8:43	6.9 (57.5%)	
97	<b>DANIEL Maria</b>	<b>910</b>	ULTRAKAYA TEAM	K30	9	00:03:07	00:45:52	01:18:15	03:17:54	<b>04:14:13.95</b>	<b>04:17:21.70</b>	+01:49:48 (43.2%)	8:46	6.8 (56.7%)	
98	<b>ŁUKACKI Daniel</b>	<b>1024</b>		M40	28	00:08:22	00:44:21	01:15:49	03:22:47	<b>04:14:50.65</b>	<b>04:23:13.00</b>	+01:50:25 (43.3%)	8:47	6.8 (56.7%)	
99	<b>OSICA Łukasz</b>	<b>1032</b>		M30	30	00:27:34	00:47:12	01:16:43	03:18:23	<b>04:15:16.10</b>	<b>04:42:50.90</b>	+01:50:50 (43.4%)	8:48	6.8 (56.7%)	
100	<b>KWASIUK Wojciech</b>	<b>1000</b>		M30	31	00:49:25	00:47:12	01:20:22	03:18:24	<b>04:15:36.80</b>	<b>05:05:02.60</b>	+01:51:11 (43.5%)	8:48	6.8 (56.7%)	
101	<b>PAWIŃSKI Artur</b>	<b>954</b>	ADIDAS RUNNERS WARSAW	M40	29	00:10:47	00:44:49	01:16:14	03:20:08	<b>04:16:23.15</b>	<b>04:27:10.85</b>	+01:51:57 (43.7%)	8:50	6.8 (56.7%)	
102	<b>KUBIAK Andrzej</b>	<b>1115</b>		M60	2	00:46:58	00:46:08	01:17:17	03:19:52	<b>04:16:24.45</b>	<b>05:03:22.90</b>	+01:51:59 (43.7%)	8:50	6.8 (56.7%)	
103	<b>ŁUCZAK Maciej</b>	<b>1071</b>		M40	30	00:22:35	00:42:40	01:13:22	03:03:12	<b>04:17:03.15</b>	<b>04:39:38.85</b>	+01:52:37 (43.8%)	8:51	6.8 (56.7%)	
104	<b>KURCZEK Tomasz</b>	<b>1094</b>		M40	31	00:42:42	00:43:11	01:13:41	03:15:44	<b>04:17:35.95</b>	<b>05:00:18.35</b>	+01:53:10 (43.9%)	8:52	6.8 (56.7%)	
105	<b>ZYGNER Sławomir</b>	<b>846</b>	R-TEAM RYDZYNA	M40	32	00:23:36	00:46:30	01:17:47	03:19:29	<b>04:17:54.65</b>	<b>04:41:31.05</b>	+01:53:29 (44.0%)	8:53	6.7 (55.8%)	
106	<b>PIOTROWSKI Kamil</b>	<b>841</b>		M40	33	00:49:54	00:38:57	01:05:31	03:20:24	<b>04:18:37.70</b>	<b>05:08:31.95</b>	+01:54:12 (44.2%)	8:55	6.7 (55.8%)	
107	<b>GÓRSKI Mikołaj</b>	<b>811</b>		M40	34	00:20:51	00:45:52	01:18:31	03:18:44	<b>04:18:41.65</b>	<b>04:39:33.10</b>	+01:54:16 (44.2%)	8:55	6.7 (55.8%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Droga pod Reglami 6km	Trzy Jawory 10km	Droga pod Reglami 23km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
108	STASIAK Piotr	1128		M30	32	00:08:06	00:46:35	01:17:37	03:20:57	04:20:01.50	04:28:07.85	+01:55:36 (44.5%)	8:57	6.7 (55.8%)
109	SZCZĘSNY Paweł	929		M18	11	00:06:03	00:45:14	01:17:17	03:22:07	04:21:25.00	04:27:28.40	+01:56:59 (44.8%)	9:00	6.7 (55.8%)
110	SOJKA Przemek	968	ORANGE POLSKA	M40	35	00:10:09	00:47:33	01:18:41	03:24:10	04:21:40.20	04:31:49.45	+01:57:14 (44.8%)	9:01	6.6 (55.0%)
111	WIJAS Kinga	1113	ŚLĘZAK TEAM	K18	3	00:11:34	00:48:01	01:20:00	03:26:03	04:22:21.85	04:33:56.40	+01:57:56 (45.0%)	9:02	6.6 (55.0%)
112	KARWETA Marek	963	FUJITSU RUNNING TEAM	M30	33	00:23:12	00:45:00	01:17:05	03:22:51	04:22:44.05	04:45:56.70	+01:58:18 (45.0%)	9:03	6.6 (55.0%)
113	ROLIŃSKI Radosław	971		M40	36	00:09:08	00:48:42	01:22:11	03:26:37	04:23:10.80	04:32:19.75	+01:58:45 (45.1%)	9:04	6.6 (55.0%)
114	KRUTULSKI Michał	1079	KLUB GÓRSKI ŚWISTAK BIAŁY	M40	37	00:48:56	00:49:07	01:21:05	03:25:38	04:23:36.25	05:12:32.70	+01:59:10 (45.2%)	9:05	6.6 (55.0%)
115	GIEL Jarosław	1049	NKB CHYŻY	M30	34	00:58:50	00:44:39	01:12:22	03:20:49	04:23:36.70	05:22:27.50	+01:59:11 (45.2%)	9:05	6.6 (55.0%)
116	KACZMAREK Dorota	1461	RADZIKI			00:10:28	00:48:10	01:21:47	03:24:57	04:23:52.85	04:34:21.45	+01:59:27 (45.3%)	9:05	6.6 (55.0%)
117	CHROMIŃSKA-LINKIEWICZ Renata	1006	BIEGAMDLAZDROWIA.PL	K40	8	00:31:18	00:48:41	01:20:44	03:30:15	04:23:57.35	04:55:15.50	+01:59:32 (45.3%)	9:06	6.6 (55.0%)
118	ŚWISTEK Aleksandra	956		K30	10	00:07:12	00:48:10	01:19:40	03:28:30	04:25:42.55	04:32:54.80	+02:01:17 (45.6%)	9:09	6.5 (54.2%)
119	KAMIŃSKI Arkadiusz	1061	1ON1 RUNNING TEAM	M40	38	00:05:40	00:41:50	01:10:08	03:25:09	04:26:20.95	04:32:01.60	+02:01:55 (45.8%)	9:11	6.5 (54.2%)
120	MIKLER Marcin	1075		M40	39	00:03:04	00:46:28	01:21:09	03:29:29	04:27:19.40	04:30:24.10	+02:02:54 (46.0%)	9:13	6.5 (54.2%)
121	MARCINKIEWICZ Marek	997		M40	40	00:07:04	00:45:55	01:16:53	03:29:42	04:27:56.05	04:35:00.75	+02:03:30 (46.1%)	9:14	6.5 (54.2%)
122	SZUMSKI Zbigniew	1051		M50	6	00:06:45	00:43:29	01:14:09	03:27:49	04:27:56.65	04:34:42.55	+02:03:31 (46.1%)	9:14	6.5 (54.2%)
123	STELMACH Mariusz	1104		M30	35	00:43:56	00:43:24	01:11:34	03:32:57	04:28:39.10	05:12:35.75	+02:04:13 (46.2%)	9:15	6.5 (54.2%)
124	KUCZYŃSKA Anetta	1116	STAJNIA CROSSFIT	K40	9	00:07:56	00:50:29	01:21:41	03:33:02	04:29:07.20	04:37:04.05	+02:04:41 (46.3%)	9:16	6.5 (54.2%)
125	ANTKOWIAK Mirosław	1044		M50	7	00:21:52	00:46:15	01:16:41	03:29:02	04:29:10.45	04:51:02.45	+02:04:45 (46.3%)	9:16	6.5 (54.2%)
126	GRZYBEK Tomasz	1078	KLUB GÓRSKI ŚWISTAK BIAŁY	M40	41	00:49:01	00:49:03	01:21:03	03:27:48	04:29:44.85	05:18:46.80	+02:05:19 (46.5%)	9:18	6.5 (54.2%)
127	MICHALAK Adrian	1108		M30	36	00:28:27	00:49:17	01:20:48	03:28:16	04:29:44.95	04:58:12.80	+02:05:19 (46.5%)	9:18	6.5 (54.2%)
128	GIMZICKA Ewa	853		K40	10	00:39:07	00:45:50	01:19:06	03:30:25	04:29:45.05	05:08:52.80	+02:05:19 (46.5%)	9:18	6.5 (54.2%)
129	MATCZAK Jacek	988		M40	42	00:16:43	00:47:18	01:17:47	03:26:21	04:30:04.60	04:46:48.05	+02:05:39 (46.5%)	9:18	6.4 (53.3%)
130	DECHNIK Łukasz	1021		M40	43	00:08:19	00:44:25	01:15:53	03:22:51	04:30:22.35	04:38:41.90	+02:05:57 (46.6%)	9:19	6.4 (53.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Droga pod Reglami		Droga pod Reglami 23km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
							6km	Trzy Jawory 10km						
131	<b>PAWLUK Anna</b>	<b>861</b>	KEKORTEAM	K30	11	00:15:13	00:48:38	01:22:03	03:35:53	<b>04:31:22.75</b>	<b>04:46:36.25</b>	+02:06:57 (46.8%)	9:21	6.4 (53.3%)
132	<b>WESOŁOWSKA Kinga</b>	<b>1076</b>	#55TEAM/ASICS FRONTRUNNER PL	K18	4	00:11:37	00:47:59	01:20:33	03:34:48	<b>04:31:29.00</b>	<b>04:43:06.20</b>	+02:07:03 (46.8%)	9:21	6.4 (53.3%)
133	<b>BOROWSKI Radosław</b>	<b>1121</b>	MLKS KRAJNA SĘPÓLNO	M30	37	00:24:01	00:48:57	01:22:58	03:35:30	<b>04:33:07.25</b>	<b>04:57:08.50</b>	+02:08:41 (47.1%)	9:25	6.4 (53.3%)
134	<b>NAPOLSKI Bartosz</b>	<b>1100</b>		M30	38	00:28:01	00:49:43	01:21:23	03:30:06	<b>04:33:42.65</b>	<b>05:01:43.65</b>	+02:09:17 (47.2%)	9:26	6.4 (53.3%)
135	<b>MARCINKOWSKA Anita</b>	<b>1085</b>		K30	12	00:07:16	00:48:34	01:21:13	03:34:11	<b>04:34:25.75</b>	<b>04:41:42.70</b>	+02:10:00 (47.4%)	9:27	6.3 (52.5%)
136	<b>MATUSIAK Mateusz</b>	<b>812</b>		M18	12	00:54:23	00:45:43	01:18:20	03:27:58	<b>04:35:24.00</b>	<b>05:29:47.50</b>	+02:10:58 (47.6%)	9:29	6.3 (52.5%)
137	<b>BRUKWICKI Michał</b>	<b>951</b>	DZIKIE DZIKI Z KOSTARYKI	M30	39	00:05:28	00:44:03	01:14:06	03:21:31	<b>04:36:14.95</b>	<b>04:41:43.55</b>	+02:11:49 (47.7%)	9:31	6.3 (52.5%)
138	<b>MAZUR Katarzyna</b>	<b>1068</b>	UMLAUT	K40	11	00:19:23	00:51:10	01:25:37	03:39:44	<b>04:37:03.70</b>	<b>04:56:27.60</b>	+02:12:38 (47.9%)	9:33	6.3 (52.5%)
139	<b>SZARSKI Jacek</b>	<b>1082</b>		M18	13	00:34:46	00:46:33	01:15:44	03:31:07	<b>04:37:06.10</b>	<b>05:11:52.95</b>	+02:12:40 (47.9%)	9:33	6.3 (52.5%)
140	<b>PIEKARSKI Andrzej</b>	<b>904</b>		M40	44	00:12:27	00:48:38	01:23:56	03:39:09	<b>04:38:26.70</b>	<b>04:50:54.60</b>	+02:14:01 (48.1%)	9:36	6.2 (51.7%)
141	<b>GAJDA-LIPINSKA Milena</b>	<b>1106</b>		K30	13	00:09:25	00:46:01	01:17:02	03:34:58	<b>04:38:32.90</b>	<b>04:47:58.35</b>	+02:14:07 (48.2%)	9:36	6.2 (51.7%)
142	<b>SEKUT Magdalena</b>	<b>1037</b>		K30	14	00:02:22	00:48:16	01:21:29	03:40:40	<b>04:40:05.00</b>	<b>04:42:27.45</b>	+02:15:39 (48.4%)	9:39	6.2 (51.7%)
143	<b>JAKUBOWSKI Rafał</b>	<b>871</b>	R-TEAM RYDZYNA	M40	45	00:23:27	00:48:34	01:21:10	03:39:35	<b>04:40:09.90</b>	<b>05:03:37.25</b>	+02:15:44 (48.5%)	9:39	6.2 (51.7%)
144	<b>BOJEK Beata</b>	<b>870</b>	R-TEAM RYDZYNA	K40	12	00:23:21	00:48:41	01:21:16	03:39:42	<b>04:40:15.20</b>	<b>05:03:36.95</b>	+02:15:49 (48.5%)	9:39	6.2 (51.7%)
145	<b>HARASIM Krystian</b>	<b>1065</b>		M18	14	00:04:40	00:44:53	01:15:42	03:38:58	<b>04:41:11.50</b>	<b>04:45:51.60</b>	+02:16:46 (48.6%)	9:41	6.2 (51.7%)
146	<b>MORAWSKI Wojciech</b>	<b>1124</b>		M30	40	00:09:17	00:50:09	01:24:13	03:35:00	<b>04:41:17.80</b>	<b>04:50:35.20</b>	+02:16:52 (48.7%)	9:42	6.2 (51.7%)
147	<b>STRZAŁKA Grzegorz</b>	<b>1074</b>		M30	41	00:05:18	00:45:43	01:19:49	03:31:24	<b>04:41:58.55</b>	<b>04:47:17.35</b>	+02:17:33 (48.8%)	9:43	6.2 (51.7%)
148	<b>PLUTA Tomasz</b>	<b>863</b>		M50	8	00:05:44	00:44:01	01:15:48	03:35:05	<b>04:42:54.10</b>	<b>04:48:38.90</b>	+02:18:28 (48.9%)	9:45	6.2 (51.7%)
149	<b>BEM Cyprian</b>	<b>1083</b>		M30	42	00:06:49	00:47:28	01:17:34	03:38:21	<b>04:44:16.20</b>	<b>04:51:06.10</b>	+02:19:50 (49.2%)	9:48	6.1 (50.8%)
150	<b>MACKIEWICZ Dorota</b>	<b>1109</b>		K40	13	00:01:13	00:50:28	01:25:38	03:43:39	<b>04:45:32.15</b>	<b>04:46:45.85</b>	+02:21:06 (49.4%)	9:50	6.1 (50.8%)
151	<b>SITEK Piotr</b>	<b>899</b>		M40	46	00:07:38	00:46:44	01:18:07	03:38:53	<b>04:45:40.10</b>	<b>04:53:18.60</b>	+02:21:14 (49.4%)	9:51	6.1 (50.8%)
152	<b>PIASECKA Agata</b>	<b>938</b>	IRON TEAM	K18	5	00:08:27	00:49:53	01:25:04	03:47:54	<b>04:47:03.40</b>	<b>04:55:30.60</b>	+02:22:38 (49.7%)	9:53	6.1 (50.8%)
153	<b>PIOTROWIAK Anna</b>	<b>967</b>	PARKRUN SKIERNIEWICE	K30	15	00:00:45	00:49:58	01:24:20	03:41:45	<b>04:47:07.80</b>	<b>04:47:53.35</b>	+02:22:42 (49.7%)	9:54	6.1 (50.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Droga pod Reglami		Droga pod Reglami		Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
							6km	10km	23km	29km					
154	<b>PIOTROWIAK Tomasz</b>	<b>966</b>	PARKRUN SKIERNIEWICE	M30	43	00:00:40	00:50:04	01:24:26	03:41:39	<b>04:47:12.85</b>	<b>04:47:53.50</b>	+02:22:47 (49.7%)	9:54	6.1 (50.8%)	
155	<b>NIEDŹWIECKI Robert</b>	<b>1043</b>		M50	9	00:07:34	00:47:08	01:21:03	03:42:07	<b>04:47:27.70</b>	<b>04:55:01.90</b>	+02:23:02 (49.8%)	9:54	6.1 (50.8%)	
156	<b>JEDYNAK-WYPYCH Anna</b>	<b>1016</b>		K30	16	00:10:55	00:51:16	01:27:23	03:46:37	<b>04:48:16.85</b>	<b>04:59:12.05</b>	+02:23:51 (49.9%)	9:56	6 (50.0%)	
157	<b>PERUN Włodzimierz</b>	<b>940</b>	RUSYNLEMKO	M30	44	00:25:28	00:51:01	01:26:32	03:46:15	<b>04:49:02.20</b>	<b>05:14:30.80</b>	+02:24:36 (50.0%)	9:58	6 (50.0%)	
158	<b>KULAK Dominika</b>	<b>1452</b>				00:04:19	00:47:43	01:21:01	03:49:33	<b>04:50:04.20</b>	<b>04:54:23.70</b>	+02:25:38 (50.2%)	10:00	6 (50.0%)	
159	<b>SERENDA Aleksandra</b>	<b>842</b>		K40	14	00:22:19	00:53:49	01:33:33	03:55:48	<b>04:50:33.00</b>	<b>05:12:52.25</b>	+02:26:07 (50.3%)	10:01	6 (50.0%)	
160	<b>ŁEBEK Tomasz</b>	<b>818</b>		M40	47	00:49:35	00:48:47	01:20:14	03:41:21	<b>04:51:19.30</b>	<b>05:40:54.85</b>	+02:26:53 (50.4%)	10:02	6 (50.0%)	
161	<b>DERBICH Mariusz</b>	<b>1097</b>	KOWALEW	M40	48	00:26:24	00:48:07	01:21:26	03:38:25	<b>04:51:39.00</b>	<b>05:18:03.10</b>	+02:27:13 (50.5%)	10:03	6 (50.0%)	
162	<b>RYBIEC Marek</b>	<b>1056</b>	PODWÓJNE WYZWANIE	M40	49	00:33:23	00:50:24	01:22:57	03:46:27	<b>04:52:58.50</b>	<b>05:26:21.75</b>	+02:28:33 (50.7%)	10:06	5.9 (49.2%)	
163	<b>JAWORSKA Magdalena</b>	<b>1137</b>	GB WIELKOPOLSCY BIEGACZE/TEAM KGB	K40	15	00:11:05	00:47:16	01:20:27	03:49:01	<b>04:53:16.65</b>	<b>05:04:22.55</b>	+02:28:51 (50.8%)	10:06	5.9 (49.2%)	
164	<b>SIWIASZCZYK Tomasz</b>	<b>1103</b>	1975	M40	50	00:11:04	00:47:18	01:20:29	03:49:10	<b>04:53:18.20</b>	<b>05:04:23.15</b>	+02:28:52 (50.8%)	10:06	5.9 (49.2%)	
165	<b>SZCZEPANIAK Wiesław</b>	<b>1066</b>		M60	3	00:36:00	00:45:01	01:16:33	03:45:56	<b>04:53:51.70</b>	<b>05:29:52.05</b>	+02:29:26 (50.9%)	10:08	5.9 (49.2%)	
166	<b>KASZEWSKA Agnieszka</b>	<b>934</b>	DRÄXLMAIER	K40	16	00:02:32	00:48:22	01:22:51	03:54:25	<b>04:54:30.75</b>	<b>04:57:03.60</b>	+02:30:05 (51.0%)	10:09	5.9 (49.2%)	
167	<b>SZELAĞIEWICZ Patrycja</b>	<b>1039</b>		K18	6	00:05:03	00:50:21	01:27:42	03:52:41	<b>04:54:37.75</b>	<b>04:59:40.95</b>	+02:30:12 (51.0%)	10:09	5.9 (49.2%)	
168	<b>WREMBEL Przemysław</b>	<b>866</b>		M40	51	00:16:04	00:47:23	01:21:54	03:40:54	<b>04:55:45.35</b>	<b>05:11:49.90</b>	+02:31:20 (51.2%)	10:11	5.9 (49.2%)	
169	<b>MICHALAK Violetta</b>	<b>845</b>		K40	17	00:15:58	00:47:30	01:22:01	03:41:01	<b>04:55:46.00</b>	<b>05:11:44.40</b>	+02:31:20 (51.2%)	10:11	5.9 (49.2%)	
170	<b>BIS Marcin</b>	<b>1107</b>		M30	45	00:11:21	00:47:27	01:21:08	03:47:50	<b>04:56:32.35</b>	<b>05:07:53.70</b>	+02:32:07 (51.3%)	10:13	5.9 (49.2%)	
171	<b>KRYSIAK Joachim</b>	<b>1086</b>		M50	10	00:26:13	00:47:55	01:21:52	03:52:12	<b>04:57:16.80</b>	<b>05:23:30.20</b>	+02:32:51 (51.4%)	10:15	5.9 (49.2%)	
172	<b>WOJCIECHOWSKI Piotr</b>	<b>928</b>		M30	46	00:17:22	00:50:46	01:25:29	03:53:51	<b>04:57:19.55</b>	<b>05:14:42.30</b>	+02:32:54 (51.4%)	10:15	5.9 (49.2%)	
173	<b>SZCZEPANIAK Patryk</b>	<b>990</b>		M18	15	00:08:44	00:48:50	01:22:49	03:56:17	<b>04:57:27.35</b>	<b>05:06:12.15</b>	+02:33:02 (51.4%)	10:15	5.8 (48.3%)	
174	<b>BARTECKI Przemysław</b>	<b>989</b>		M18	16	00:08:41	00:48:51	01:22:51	03:56:17	<b>04:57:32.25</b>	<b>05:06:13.40</b>	+02:33:06 (51.5%)	10:15	5.8 (48.3%)	
175	<b>ADAMSKA Anna</b>	<b>889</b>		K40	18	00:30:05	00:53:35	01:29:17	03:50:25	<b>04:57:43.05</b>	<b>05:27:48.40</b>	+02:33:17 (51.5%)	10:15	5.8 (48.3%)	
175	<b>GÓRSKI Mariusz</b>	<b>892</b>		M40	52	00:30:05	00:53:33	01:29:14	03:50:25	<b>04:57:43.05</b>	<b>05:27:48.70</b>	+02:33:17 (51.5%)	10:15	5.8 (48.3%)	



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Droga	Trzy	Droga	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
							pod Reglami 6km	Jawory 10km	pod Reglami 23km					
177	<b>BRONŹKIEWICZ Barbara</b>	<b>987</b>		K18	7	00:08:37	00:48:57	01:22:55	03:56:23	<b>04:57:48.75</b>	<b>05:06:26.65</b>	+02:33:23 (51.5%)	10:16	5.8 (48.3%)
178	<b>FUŁAWKA Tomasz</b>	<b>932</b>	NOCNE WILKI JAWOR	M40	53	00:03:16	00:47:50	01:21:44	03:54:30	<b>04:58:54.10</b>	<b>05:02:10.55</b>	+02:34:28 (51.7%)	10:18	5.8 (48.3%)
179	<b>GWIZDAŁA Daniel</b>	<b>1030</b>		M40	54	01:01:52	00:50:55	01:25:30	03:56:01	<b>04:59:28.10</b>	<b>06:01:20.35</b>	+02:35:02 (51.8%)	10:19	5.8 (48.3%)
180	<b>TRZCIŃSKA Jolanta</b>	<b>1029</b>		K40	19	01:01:50	00:50:56	01:25:31	03:56:06	<b>04:59:28.90</b>	<b>06:01:19.55</b>	+02:35:03 (51.8%)	10:19	5.8 (48.3%)
181	<b>RYŚNIK Błażej</b>	<b>999</b>		M30	47	00:49:29	00:47:09	01:20:18	03:46:14	<b>04:59:42.05</b>	<b>05:49:11.20</b>	+02:35:16 (51.8%)	10:20	5.8 (48.3%)
182	<b>GLOS Lucyna</b>	<b>875</b>		K30	17	00:12:09	00:50:03	01:25:26	03:50:07	<b>05:00:02.30</b>	<b>05:12:11.90</b>	+02:35:36 (51.9%)	10:20	5.8 (48.3%)
183	<b>JAKUBCZAK Magdalena</b>	<b>813</b>	PASZCZAKI	K30	18	00:16:27	00:53:54	01:32:02	03:58:47	<b>05:00:13.20</b>	<b>05:16:40.95</b>	+02:35:47 (51.9%)	10:21	5.8 (48.3%)
184	<b>MIKUTANIEC Sebastian</b>	<b>1035</b>		M40	55	00:31:30	00:56:27	01:36:28	03:57:10	<b>05:00:35.90</b>	<b>05:32:06.20</b>	+02:36:10 (52.0%)	10:21	5.8 (48.3%)
185	<b>GORSKA Malgorzata</b>	<b>964</b>		K18	8	00:08:49	00:50:10	01:26:08	03:59:28	<b>05:01:08.35</b>	<b>05:09:58.20</b>	+02:36:43 (52.0%)	10:23	5.8 (48.3%)
186	<b>LUTOMSKI Przemysław</b>	<b>1114</b>		M30	48	00:12:54	00:43:21	01:13:34	03:35:27	<b>05:01:45.75</b>	<b>05:14:40.25</b>	+02:37:20 (52.1%)	10:24	5.8 (48.3%)
187	<b>WÓDKIEWICZ Maciej</b>	<b>1069</b>	WLKP MOUNTAINS ULTRA RUNNERS	M40	56	00:13:14	00:48:34	01:23:05	03:53:33	<b>05:02:11.05</b>	<b>05:15:25.75</b>	+02:37:45 (52.2%)	10:25	5.8 (48.3%)
188	<b>KUBICKI Mariusz</b>	<b>996</b>		M40	57	00:07:29	00:50:01	01:24:48	03:52:49	<b>05:02:20.80</b>	<b>05:09:50.55</b>	+02:37:55 (52.2%)	10:25	5.8 (48.3%)
189	<b>SYPKO-KUBICKA Katarzyna</b>	<b>993</b>		K40	20	00:07:26	00:50:05	01:24:50	03:52:52	<b>05:02:24.45</b>	<b>05:09:50.50</b>	+02:37:59 (52.2%)	10:25	5.8 (48.3%)
190	<b>BARTMANSKA Mirka</b>	<b>1019</b>	KRÓLOWE RUNNINGU	K40	21	00:52:11	00:49:01	01:24:09	04:00:31	<b>05:02:56.20</b>	<b>05:55:07.25</b>	+02:38:30 (52.3%)	10:26	5.7 (47.5%)
191	<b>KOŁODZIEJSKA Małgorzata</b>	<b>950</b>		K40	22	00:04:57	00:48:35	01:24:13	03:55:26	<b>05:04:00.60</b>	<b>05:08:58.30</b>	+02:39:35 (52.5%)	10:29	5.7 (47.5%)
192	<b>ZAWORSKA Agnieszka</b>	<b>822</b>		K40	23	00:08:30	00:52:29	01:28:47	03:58:25	<b>05:04:28.15</b>	<b>05:12:58.65</b>	+02:40:02 (52.6%)	10:29	5.7 (47.5%)
193	<b>STARCZEWSKI Krzysztof</b>	<b>931</b>	ULTRA DIABŁY TEAM LUBRZA	M40	58	00:05:24	00:48:10	01:21:52	04:00:37	<b>05:04:47.80</b>	<b>05:10:12.10</b>	+02:40:22 (52.6%)	10:30	5.7 (47.5%)
194	<b>LIBEREK Renata</b>	<b>1027</b>		K40	24	00:07:45	00:48:59	01:24:36	03:53:50	<b>05:05:27.55</b>	<b>05:13:12.90</b>	+02:41:02 (52.7%)	10:31	5.7 (47.5%)
195	<b>MYŚLICKA-PIWKO Marta</b>	<b>1020</b>	KRÓLOWE RUNNINGU	K40	25	00:52:09	00:47:45	01:19:54	04:00:33	<b>05:05:30.75</b>	<b>05:57:40.10</b>	+02:41:05 (52.7%)	10:32	5.7 (47.5%)
196	<b>CHYSKI Grzegorz</b>	<b>1105</b>		M30	49	00:15:19	00:48:50	01:21:21	03:59:59	<b>05:10:24.95</b>	<b>05:25:44.10</b>	+02:45:59 (53.5%)	10:42	5.6 (46.7%)
197	<b>PIETRZAK Sylwia</b>	<b>1139</b>	12TRI	K30	19	00:03:30	00:50:48	01:27:14	04:05:17	<b>05:11:38.30</b>	<b>05:15:09.25</b>	+02:47:12 (53.7%)	10:44	5.6 (46.7%)
198	<b>RAJTAR Robert</b>	<b>869</b>	GUARDIAN	M40	59	00:00:00	01:02:03	01:38:56	04:04:50	<b>05:13:04.60</b>	<b>05:13:04.60</b>	+02:48:39 (53.9%)	10:47	5.6 (46.7%)
199	<b>PRZYBYŁKA Mateusz Leonard</b>	<b>837</b>	MLKS KRAINA	M30	50	00:24:05	00:48:58	01:22:59	04:00:16	<b>05:13:13.30</b>	<b>05:37:18.45</b>	+02:48:47 (53.9%)	10:48	5.6 (46.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Droga pod Reglami		Droga pod Reglami		Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
							6km	10km	23km	29km					
200	<b>KALEŃSKI-JAŚKIEWICZ Łukasz</b>	<b>1028</b>		M30	51	00:17:26	00:50:20	01:23:39	03:58:30	<b>05:13:17.20</b>	<b>05:30:44.05</b>	+02:48:51 (53.9%)	10:48	5.6 (46.7%)	
201	<b>PRZYBOROWSKI Bartosz</b>	<b>1008</b>		M18	17	00:23:58	00:49:04	01:23:07	04:00:23	<b>05:13:23.75</b>	<b>05:37:21.85</b>	+02:48:58 (53.9%)	10:48	5.6 (46.7%)	
202	<b>PUSZCZYKOWSKA Małgorzata</b>	<b>803</b>		K40	26	00:01:35	00:53:38	01:29:49	04:03:18	<b>05:13:50.00</b>	<b>05:15:25.20</b>	+02:49:24 (54.0%)	10:49	5.5 (45.8%)	
203	<b>KUMOSZ Mirosław</b>	<b>992</b>		M40	60	00:16:17	00:50:56	01:27:56	04:04:21	<b>05:14:10.55</b>	<b>05:30:28.15</b>	+02:49:45 (54.0%)	10:50	5.5 (45.8%)	
204	<b>TUTKO Paweł</b>	<b>894</b>		M40	61	00:25:26	00:51:03	01:26:36	04:04:11	<b>05:14:56.90</b>	<b>05:40:23.05</b>	+02:50:31 (54.1%)	10:51	5.5 (45.8%)	
205	<b>KWIECIŃSKI Łukasz</b>	<b>985</b>		M30	52	00:06:59	00:50:05	01:26:09	04:04:16	<b>05:15:56.75</b>	<b>05:22:56.10</b>	+02:51:31 (54.3%)	10:53	5.5 (45.8%)	
206	<b>SYNOWIEC Grzegorz</b>	<b>827</b>		M40	62	00:06:41	00:55:05	01:35:56	04:07:51	<b>05:16:56.10</b>	<b>05:23:37.15</b>	+02:52:30 (54.4%)	10:55	5.5 (45.8%)	
207	<b>MŁODZIANOWSKA-SYNOWIEC Maria</b>	<b>828</b>		K30	20	00:06:36	00:56:44	01:36:02	04:07:55	<b>05:17:00.30</b>	<b>05:23:37.15</b>	+02:52:34 (54.4%)	10:55	5.5 (45.8%)	
208	<b>PERKA Barbara</b>	<b>1141</b>		K40	27	00:15:06	00:55:27	01:34:51	04:08:50	<b>05:17:14.15</b>	<b>05:32:20.30</b>	+02:52:48 (54.5%)	10:56	5.5 (45.8%)	
209	<b>KRAKOWIAK Wiesław</b>	<b>914</b>	KRAKOWIAK TEAM	M50	11	00:04:10	00:50:29	01:25:56	04:01:23	<b>05:17:23.05</b>	<b>05:21:33.40</b>	+02:52:57 (54.5%)	10:56	5.5 (45.8%)	
210	<b>ROMANOWSKI Tomasz</b>	<b>805</b>		M18	18	00:08:11	00:48:20	01:21:28	04:07:04	<b>05:18:12.00</b>	<b>05:26:23.65</b>	+02:53:46 (54.6%)	10:58	5.5 (45.8%)	
211	<b>GEMBICKA Olga</b>	<b>1117</b>		K40	28	00:03:26	00:48:47	01:23:34	04:07:07	<b>05:19:37.30</b>	<b>05:23:03.95</b>	+02:55:11 (54.8%)	11:01	5.4 (45.0%)	
212	<b>PISTL Anna</b>	<b>801</b>		K30	21	00:13:44	00:52:08	01:27:39	04:08:29	<b>05:20:23.25</b>	<b>05:34:07.70</b>	+02:55:57 (54.9%)	11:02	5.4 (45.0%)	
213	<b>RĄCZKOWIAK Mateusz</b>	<b>821</b>	MATNER RUNNING TEAM	M30	53	00:15:46	00:48:10	01:22:54	04:05:31	<b>05:20:39.15</b>	<b>05:36:25.15</b>	+02:56:13 (55.0%)	11:03	5.4 (45.0%)	
214	<b>PŁÓCIENNIK Renata</b>	<b>984</b>	NIGHT RUNNERS	K50	2	00:14:36	00:52:14	01:31:12	04:13:12	<b>05:21:15.00</b>	<b>05:35:51.35</b>	+02:56:49 (55.0%)	11:04	5.4 (45.0%)	
215	<b>MORAWSKA Anna</b>	<b>912</b>		K60	1	00:26:49	00:58:57	01:40:16	04:13:31	<b>05:23:27.75</b>	<b>05:50:17.65</b>	+02:59:02 (55.4%)	11:09	5.4 (45.0%)	
216	<b>WYPYCH Tomasz</b>	<b>1047</b>	ZAKOCHANI -ZABIEGANI	M50	12	00:10:59	00:51:11	01:27:18	04:12:34	<b>05:24:42.55</b>	<b>05:35:42.45</b>	+03:00:17 (55.5%)	11:11	5.4 (45.0%)	
217	<b>WIECZOREK Marta</b>	<b>1013</b>		K30	22	00:22:17	00:54:43	01:34:01	04:17:44	<b>05:25:03.00</b>	<b>05:47:20.55</b>	+03:00:37 (55.6%)	11:12	5.4 (45.0%)	
218	<b>PNIEWSKI Rafał</b>	<b>1057</b>	1ON1 TEAM	M50	13	00:05:35	00:53:51	01:31:51	04:14:18	<b>05:26:48.40</b>	<b>05:32:24.00</b>	+03:02:23 (55.8%)	11:16	5.3 (44.2%)	
219	<b>NIEWIADOMSKA Ewa</b>	<b>952</b>	BBL ZDUŃSKA WOLA	K50	3	00:04:06	00:50:52	01:26:20	04:14:30	<b>05:27:06.20</b>	<b>05:31:12.35</b>	+03:02:40 (55.8%)	11:16	5.3 (44.2%)	
220	<b>CUKROWSKI Andrzej</b>	<b>882</b>		M40	63	00:36:59	00:47:35	01:25:56	04:09:21	<b>05:27:23.35</b>	<b>06:04:22.90</b>	+03:02:58 (55.9%)	11:17	5.3 (44.2%)	
221	<b>KROLIK Roman</b>	<b>916</b>		M40	64	00:03:59	00:53:16	01:30:20	04:06:38	<b>05:29:53.60</b>	<b>05:33:53.25</b>	+03:05:28 (56.2%)	11:22	5.3 (44.2%)	
222	<b>ANTKOWIAK Michał</b>	<b>1167</b>		M30	54	00:09:40	00:54:00	01:33:24	04:11:58	<b>05:30:23.00</b>	<b>05:40:03.25</b>	+03:05:57 (56.3%)	11:23	5.3 (44.2%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Droga pod Reglami		Trzy Jawory 10km	Droga pod Reglami		Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
							6km	10km		23km	29km					
223	<b>JAŹWIECKI Marcin</b>	<b>1159</b>	MUAY RUNNING TEAM	M40	65	00:09:36	00:54:06	01:33:29	04:12:04	<b>05:30:25.95</b>	<b>05:40:02.55</b>	+03:06:00 (56.3%)	11:23	5.3 (44.2%)		
224	<b>JANKOWSKI Gracjan</b>	<b>986</b>		M30	55	00:15:37	00:47:36	01:23:06	04:06:07	<b>05:30:32.35</b>	<b>05:46:10.30</b>	+03:06:07 (56.3%)	11:23	5.3 (44.2%)		
225	<b>MILEWSKA Beata</b>	<b>976</b>	HOP DOG	K30	23	00:15:34	00:47:28	01:23:10	04:10:44	<b>05:30:35.75</b>	<b>05:46:10.45</b>	+03:06:10 (56.3%)	11:24	5.3 (44.2%)		
226	<b>ŻOŁĄDEK Marek</b>	<b>975</b>	PRO RUN WROCŁAW	M40	66	00:09:13	00:51:57	01:29:13	04:18:23	<b>05:30:45.80</b>	<b>05:39:58.90</b>	+03:06:20 (56.3%)	11:24	5.3 (44.2%)		
227	<b>TASZAREK Ewa</b>	<b>922</b>		K40	29	00:24:21	00:51:42	01:28:28	04:20:36	<b>05:30:47.70</b>	<b>05:55:09.15</b>	+03:06:22 (56.3%)	11:24	5.3 (44.2%)		
228	<b>STACHURSKA Monika</b>	<b>1152</b>		K50	4	00:20:28	00:57:25	01:36:56	04:20:41	<b>05:31:07.85</b>	<b>05:51:35.85</b>	+03:06:42 (56.4%)	11:25	5.3 (44.2%)		
229	<b>RABENDA Paweł</b>	<b>820</b>		M30	56	00:17:22	00:50:46	01:26:18	04:17:27	<b>05:31:29.60</b>	<b>05:48:52.55</b>	+03:07:04 (56.4%)	11:25	5.2 (43.3%)		
230	<b>SOBIERAJSKA Paulina</b>	<b>891</b>		K40	30	00:01:40	00:56:14	01:33:39	04:24:27	<b>05:32:07.35</b>	<b>05:33:47.60</b>	+03:07:42 (56.5%)	11:27	5.2 (43.3%)		
231	<b>ZŁOCH Izabela</b>	<b>1125</b>	YULO RUN TEAM	K40	31	01:03:02	00:54:11	01:29:55	04:15:06	<b>05:32:14.30</b>	<b>06:35:16.75</b>	+03:07:48 (56.5%)	11:27	5.2 (43.3%)		
232	<b>MUSZYŃSKI Andrzej</b>	<b>1126</b>		M40	67	01:02:55	00:54:17	01:30:01	04:15:10	<b>05:32:21.30</b>	<b>06:35:16.90</b>	+03:07:55 (56.5%)	11:27	5.2 (43.3%)		
233	<b>TYRKA-KACZMAREK Karolina</b>	<b>1460</b>	KACZMAREK TEAM			00:01:19	00:51:17	01:26:38	04:16:36	<b>05:33:40.55</b>	<b>05:35:00.05</b>	+03:09:15 (56.7%)	11:30	5.2 (43.3%)		
234	<b>KUBÓW Agnieszka</b>	<b>1014</b>	ZLB ZŁOTORYJA	K40	32	00:27:03	00:57:04	01:36:00	04:18:50	<b>05:34:06.15</b>	<b>06:01:09.15</b>	+03:09:40 (56.8%)	11:31	5.2 (43.3%)		
235	<b>NOWICKA Iwona</b>	<b>1073</b>	BOOTCAMP	K30	24	00:43:13	00:53:35	01:30:11	04:13:38	<b>05:36:12.30</b>	<b>06:19:26.15</b>	+03:11:46 (57.0%)	11:35	5.2 (43.3%)		
236	<b>NOWICKI Bartłomiej</b>	<b>1093</b>	BOOTCAMP	M30	57	00:43:11	00:53:38	01:30:10	04:13:39	<b>05:36:14.55</b>	<b>06:19:26.40</b>	+03:11:49 (57.0%)	11:35	5.2 (43.3%)		
237	<b>MARKIEWICZ Joanna Zuza</b>	<b>1018</b>	TJ!	K40	33	00:12:40	00:55:07	01:35:24	04:20:28	<b>05:37:16.45</b>	<b>05:49:57.00</b>	+03:12:51 (57.2%)	11:37	5.2 (43.3%)		
238	<b>NOWAK Iwona</b>	<b>907</b>	ZLB ZŁOTORYJA	K40	34	00:26:46	00:57:22	01:36:23	04:19:07	<b>05:37:34.45</b>	<b>06:04:20.85</b>	+03:13:09 (57.2%)	11:38	5.2 (43.3%)		
239	<b>SOWIŃSKA Anetta</b>	<b>1463</b>				00:11:18	00:53:15	01:33:33	04:25:50	<b>05:38:25.95</b>	<b>05:49:44.50</b>	+03:14:00 (57.3%)	11:40	5.1 (42.5%)		
240	<b>MIKUTANIEC Patrycja</b>	<b>1034</b>		K40	35	00:31:30	00:56:30	01:36:42	04:24:05	<b>05:39:56.00</b>	<b>06:11:26.50</b>	+03:15:30 (57.5%)	11:43	5.1 (42.5%)		
241	<b>JANICKA-TOMIAK Eliza</b>	<b>1046</b>		K40	36	00:21:45	00:58:17	01:37:21	04:25:47	<b>05:40:16.35</b>	<b>06:02:01.85</b>	+03:15:51 (57.6%)	11:44	5.1 (42.5%)		
242	<b>RATAJCZAK Paweł</b>	<b>855</b>	RATAJCZAKTEAM	M40	68	00:21:33	00:51:27	01:27:00	04:26:51	<b>05:42:53.25</b>	<b>06:04:26.75</b>	+03:18:27 (57.9%)	11:49	5.1 (42.5%)		
243	<b>SUWAJ Roman</b>	<b>859</b>	RENOWACJA ANTYKÓW	M60	4	00:21:22	00:51:39	01:26:50	04:27:01	<b>05:43:04.75</b>	<b>06:04:26.95</b>	+03:18:39 (57.9%)	11:49	5.1 (42.5%)		
244	<b>MARKOWSKA Lidia</b>	<b>874</b>		K40	37	00:04:23	00:56:16	01:36:41	04:31:45	<b>05:44:24.30</b>	<b>05:48:47.95</b>	+03:19:58 (58.1%)	11:52	5.1 (42.5%)		
245	<b>JAROSZEWICZ Grzegorz</b>	<b>1144</b>	KB PIONIER SZCZECIN	M40	69	00:18:17	00:52:03	01:28:03	04:25:37	<b>05:44:40.35</b>	<b>06:02:57.65</b>	+03:20:15 (58.1%)	11:53	5 (41.7%)		

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Droga pod Reglami		Droga pod Reglami 23km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
							Trzy Jawory 10km	6km						
246	<b>CIMOSZKO Katarzyna</b>	<b>830</b>	WATAHA	K40	38	00:03:13	00:57:16	01:36:03	04:32:20	<b>05:44:56.45</b>	<b>05:48:09.65</b>	+03:20:31 (58.1%)	11:53	5 (41.7%)
247	<b>BAKOWSKA Anna</b>	<b>1129</b>	KLUB ŚLIMAKA TORPEDY	K40	39	00:09:45	00:58:12	01:38:18	04:27:51	<b>05:46:56.70</b>	<b>05:56:42.00</b>	+03:22:31 (58.4%)	11:57	5 (41.7%)
248	<b>KOZŁOWSKI Piotr</b>	<b>1088</b>		M30	58	00:18:21	00:56:43	01:37:04	04:24:23	<b>05:48:24.95</b>	<b>06:06:46.70</b>	+03:23:59 (58.5%)	12:00	5 (41.7%)
249	<b>KOŁODZIEJSKI Piotr</b>	<b>949</b>		M40	70	00:24:24	00:51:50	01:29:19	04:36:43	<b>05:50:27.30</b>	<b>06:14:51.75</b>	+03:26:01 (58.8%)	12:05	5 (41.7%)
250	<b>SIERANT Marian</b>	<b>1055</b>	ŻÓŁTOKRÓLEWSCY	M60	5	00:06:56	00:54:58	01:30:39	04:28:18	<b>05:51:21.50</b>	<b>05:58:17.55</b>	+03:26:56 (58.9%)	12:06	5 (41.7%)
251	<b>ŚMIESZNIK Bartłomiej</b>	<b>1012</b>		M18	19	00:14:14	00:57:30	01:38:41	04:34:27	<b>05:54:06.40</b>	<b>06:08:21.30</b>	+03:29:41 (59.2%)	12:12	4.9 (40.8%)
252	<b>SZYCA Marta</b>	<b>1011</b>		K18	9	00:14:10	00:57:33	01:38:44	04:34:30	<b>05:54:10.20</b>	<b>06:08:21.15</b>	+03:29:44 (59.2%)	12:12	4.9 (40.8%)
253	<b>ZEMŁA Krzysztof</b>	<b>838</b>		M50	14	00:38:42	00:55:22	01:34:21	04:38:44	<b>05:55:24.20</b>	<b>06:34:07.00</b>	+03:30:58 (59.4%)	12:15	4.9 (40.8%)
254	<b>MERUNOWICZ Iwona</b>	<b>1072</b>	LMKS SFORA CHOJNÓW	K40	40	00:01:23	00:55:33	01:32:22	04:36:15	<b>05:56:14.80</b>	<b>05:57:38.75</b>	+03:31:49 (59.5%)	12:17	4.9 (40.8%)
255	<b>IWAN Krzysztof</b>	<b>936</b>		M40	71	00:09:05	00:54:38	01:34:04	04:27:22	<b>05:56:28.20</b>	<b>06:05:33.25</b>	+03:32:02 (59.5%)	12:17	4.9 (40.8%)
256	<b>KNĄBER Piotr</b>	<b>960</b>		M30	59	00:16:54	00:58:34	01:36:49	04:43:35	<b>05:58:32.70</b>	<b>06:15:27.05</b>	+03:34:07 (59.7%)	12:21	4.9 (40.8%)
257	<b>MAKOWSKI Dariusz</b>	<b>1002</b>	KM TEAM	M50	15	00:01:06	00:57:28	01:37:40	04:36:59	<b>05:59:36.20</b>	<b>06:00:42.30</b>	+03:35:10 (59.8%)	12:24	4.8 (40.0%)
258	<b>GREGUŁA Joanna</b>	<b>1133</b>		K18	10	00:00:56	00:57:32	01:37:50	04:37:07	<b>05:59:46.45</b>	<b>06:00:43.30</b>	+03:35:21 (59.9%)	12:24	4.8 (40.0%)
259	<b>JAZ Małgorzata</b>	<b>1131</b>	KM TEAM	K50	5	00:00:52	00:57:41	01:37:55	04:37:10	<b>05:59:49.65</b>	<b>06:00:41.95</b>	+03:35:24 (59.9%)	12:24	4.8 (40.0%)
260	<b>STAROŃ Norbert</b>	<b>900</b>	EDITEAM	M40	72	00:12:32	01:05:24	01:46:38	04:44:39	<b>06:00:45.70</b>	<b>06:13:18.40</b>	+03:36:20 (60.0%)	12:26	4.8 (40.0%)
261	<b>SOBCZYŃSKA Anita</b>	<b>1080</b>		K40	41	00:14:19	00:53:43	01:32:36	04:23:26	<b>06:03:16.25</b>	<b>06:17:36.05</b>	+03:38:50 (60.2%)	12:31	4.8 (40.0%)
262	<b>POWAŁKO Wojciech</b>	<b>832</b>	LEGNICKIE MORSY	M40	73	00:22:22	00:54:36	01:33:46	04:28:57	<b>06:05:33.45</b>	<b>06:27:56.20</b>	+03:41:08 (60.5%)	12:36	4.8 (40.0%)
263	<b>WACHOWSKI Piotr</b>	<b>915</b>		M50	16	00:03:46	00:59:49	01:44:11	04:39:10	<b>06:05:49.10</b>	<b>06:09:35.65</b>	+03:41:23 (60.5%)	12:36	4.8 (40.0%)
264	<b>JAREMEK Wojtek</b>	<b>991</b>		M30	60	00:18:28	01:00:49	01:44:25	04:39:22	<b>06:07:36.85</b>	<b>06:26:05.45</b>	+03:43:11 (60.7%)	12:40	4.7 (39.2%)
265	<b>KUCZYŃSKI Robert</b>	<b>1023</b>		M40	74	00:07:54	00:56:23	01:37:02	04:51:12	<b>06:13:43.50</b>	<b>06:21:37.70</b>	+03:49:18 (61.4%)	12:53	4.7 (39.2%)
266	<b>BUDNY Joanna Budny</b>	<b>857</b>	LEGENDS-TO-BE	K30	25	00:16:12	00:59:18	01:43:01	04:52:16	<b>06:14:52.85</b>	<b>06:31:05.80</b>	+03:50:27 (61.5%)	12:55	4.6 (38.3%)
267	<b>JAWORSKA Agnieszka</b>	<b>1138</b>		K40	42	00:08:35	01:03:39	01:47:48	05:00:07	<b>06:19:46.20</b>	<b>06:28:21.55</b>	+03:55:20 (62.0%)	13:05	4.6 (38.3%)
268	<b>SIARA Marcin</b>	<b>924</b>	WITKOWO BIEGA	M30	61	00:03:55	00:59:46	01:44:03	05:00:40	<b>06:22:07.05</b>	<b>06:26:02.85</b>	+03:57:41 (62.2%)	13:10	4.6 (38.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Droga pod Reglami 6km	Trzy Jawory 10km	Droga pod Reglami 23km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
269	<b>MALKE Patryk</b>	<b>909</b>		M30	62	00:04:31	00:57:02	01:37:46	04:50:17	<b>06:26:40.20</b>	<b>06:31:11.20</b>	+04:02:14 (62.6%)	13:20	4.5 (37.5%)
270	<b>WIATR - KMIECIAK Małgorzata</b>	<b>979</b>	NIGHT RUNNERS	K40	43	00:23:15	00:59:54	01:38:42	04:58:25	<b>06:27:33.80</b>	<b>06:50:49.40</b>	+04:03:08 (62.7%)	13:21	4.5 (37.5%)
271	<b>URBANIAK Agnieszka</b>	<b>1089</b>		K40	44	00:02:03	01:08:29	01:55:11	05:06:24	<b>06:27:54.95</b>	<b>06:29:58.75</b>	+04:03:29 (62.8%)	13:22	4.5 (37.5%)
272	<b>RENCZMIŃ Izabela</b>	<b>947</b>		K30	26	00:24:56	01:05:47	01:48:46	05:05:02	<b>06:28:05.70</b>	<b>06:53:02.55</b>	+04:03:40 (62.8%)	13:22	4.5 (37.5%)
273	<b>RENCZMIŃ Piotr</b>	<b>946</b>		M30	63	00:24:56	01:05:57	01:52:30	05:05:02	<b>06:28:05.85</b>	<b>06:53:02.70</b>	+04:03:40 (62.8%)	13:22	4.5 (37.5%)
274	<b>MENZEL Zofia</b>	<b>919</b>	ULTRA DIABŁY TEAM LUBRZA	K60	2	00:04:45	00:54:08	01:35:14	05:13:51	<b>06:28:13.65</b>	<b>06:32:59.15</b>	+04:03:48 (62.8%)	13:23	4.5 (37.5%)
275	<b>HARASZCZUK Jerzy</b>	<b>858</b>		M50	17	00:06:27	01:04:53	01:45:22	05:03:26	<b>06:34:12.55</b>	<b>06:40:40.50</b>	+04:09:47 (63.4%)	13:35	4.4 (36.7%)
276	<b>RUDZIEWICZ Michał</b>	<b>927</b>		M30	64	00:06:31	00:54:46	01:33:18	05:03:12	<b>06:34:18.00</b>	<b>06:40:49.55</b>	+04:09:52 (63.4%)	13:35	4.4 (36.7%)
277	<b>HARASZCZUK Krystian</b>	<b>849</b>		M30	65	00:06:23	01:04:56	01:45:27	05:03:40	<b>06:34:27.00</b>	<b>06:40:50.15</b>	+04:10:01 (63.4%)	13:36	4.4 (36.7%)
278	<b>HARASZCZUK Joanna</b>	<b>852</b>		M30	66	00:06:17	01:04:59	01:43:58	05:03:44	<b>06:34:32.65</b>	<b>06:40:50.50</b>	+04:10:07 (63.4%)	13:36	4.4 (36.7%)
279	<b>GIERAŁTOWSKI Bartłomiej</b>	<b>1054</b>		M30	67	00:05:57	00:55:20	01:33:50	05:04:04	<b>06:34:56.10</b>	<b>06:40:53.75</b>	+04:10:30 (63.4%)	13:37	4.4 (36.7%)
280	<b>SZCZEPANIAK Sławomir</b>	<b>860</b>	KS LENIWIEC	M50	18	00:10:53	01:06:38	01:57:05	05:10:45	<b>06:35:27.30</b>	<b>06:46:20.80</b>	+04:11:01 (63.5%)	13:38	4.4 (36.7%)
281	<b>JARMUŁO Agnieszka</b>	<b>839</b>		K30	27	00:01:46	01:01:16	01:46:04	05:14:52	<b>06:37:07.55</b>	<b>06:38:54.25</b>	+04:12:42 (63.6%)	13:41	4.4 (36.7%)
282	<b>CZASAK Grzegorz</b>	<b>923</b>	WITKOWO BIEGA	M40	75	00:03:50	01:09:34	01:57:23	05:12:36	<b>06:37:47.95</b>	<b>06:41:38.85</b>	+04:13:22 (63.7%)	13:43	4.4 (36.7%)
283	<b>SREBRO Michał</b>	<b>833</b>		M40	76	00:02:59	01:04:00	01:49:18	05:12:36	<b>06:46:24.50</b>	<b>06:49:24.45</b>	+04:21:59 (64.5%)	14:00	4.3 (35.8%)
284	<b>KOWALCZYK Klaudia</b>	<b>1059</b>	TEAM ZABIEGANEDNI	K40	45	00:08:02	01:13:38	02:03:45	06:35:03	<b>08:23:08.30</b>	<b>08:31:10.75</b>	+05:58:42 (71.3%)	17:20	3.5 (29.2%)
285	<b>STUDNIAREK Paweł</b>	<b>878</b>	JUSTSWIM	M50	19	00:09:54		01:49:10				+01:01:47	10:55	5.5 (45.8%)
286	<b>LINKIEWICZ Krzysztof</b>	<b>1007</b>	BIEGAMDLAZDROWIA.PL	M40	77	00:34:24								(0.0%)

Znaleziono 286 wynik(ów)