



Event: CHOJNIK KARKONOSKI FESTIWAL BIEGOWY 2020
Organiser: FUNDACJA PROFIT MARATON
Date: 2020-09-05
Place: Sobieszów
Distance: 29 km

PÓLMARATON Z GÓRKĄ

B4SPORT

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Classification: All

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

Place	Participant	Number	Club	Category	MCat	Start time	Droga pod Reglami		Droga pod Reglami 23km	Net time 29km	Czas brutto 29km	Gap	Pace min/km	Pace km/h
							6km	10km						
16	LULIS Anna	1120	AKADEMIA BIEGANIA #SOBASTEAM	K40	1	00:00:03	00:36:47	01:02:07	02:33:48	03:13:45.25	03:13:48.80	+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	03:15:04.60	03:15:06.60	+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	03:16:53.65	03:17:16.00	+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	03:19:32.75	03:26:54.00	+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	03:20:06.25	03:29:38.55	+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	03:21:02.75	03:23:51.20	+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	03:21:08.40	04:00:54.65	+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	03:21:41.75	03:21:45.60	+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	03:21:59.80	03:48:21.35	+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	03:22:44.45	03:36:22.25	+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	03:24:19.85	03:34:23.65	+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	03:25:06.05	03:27:59.70	+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	03:25:41.40	03:27:38.65	+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	03:27:01.60	03:36:58.45	+01:02:36 (30.2%)	7:08	8.4 (70.0%)
30	GOŁĘBIEWSKI Tytus	814	ULTRA FALUBAZ / NGB	M30	14	00:21:58	00:36:52	01:01:25	02:48:12	03:30:15.95	03:52:13.95	+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	03:32:03.20	03:42:45.45	+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	03:32:48.10	03:46:09.30	+01:08:22 (32.1%)	7:20	8.2 (68.3%)
33	LITWIN Michał	1453	LITWIN			00:08:15	00:36:16	01:02:35	02:44:03	03:33:01.50	03:41:16.50	+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	03:34:14.90	03:46:04.50	+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	03:35:53.55	03:38:32.40	+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	03:36:35.90	03:46:28.25	+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	03:37:11.90	03:41:26.65	+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	03:38:54.70	03:51:54.25	+01:14:29 (34.0%)	7:32	7.9 (65.8%)

Place	Participant	Number	Club	Category	MCat	Start time	Droga		Net time	Czas brutto	Gap	Pace min/km	Pace km/h	
							pod Reglami 6km	Trzy Jawory 10km						
39	WALIGÓRA Mateusz	948		M30	16	00:49:10	00:35:58	01:01:08	02:42:46	03:39:33.50	04:28:43.70	+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	03:41:12.65	03:47:25.55	+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	03:41:17.85	03:47:26.00	+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	03:41:28.55	03:50:24.20	+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	03:41:30.15	04:04:16.55	+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	03:42:34.00	03:47:25.80	+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	03:43:25.30	03:45:53.55	+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	03:45:58.95	04:38:26.60	+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	03:47:40.20	04:09:15.10	+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	03:47:43.70	04:09:23.75	+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	03:48:22.45	04:13:03.70	+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	03:48:26.25	04:07:06.90	+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	03:48:28.05	03:52:04.65	+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	03:48:54.10	03:59:06.75	+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	03:50:17.05	03:59:10.10	+01:25:51 (37.3%)	7:56	7.6 (63.3%)
54	WĘGRZYK Piotr	1064	KS KOSYNIERZY WROCŁAW	M18	7	00:02:11	00:39:06	01:06:10	02:52:29	03:50:55.75	03:53:07.50	+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	03:52:03.65	04:19:11.90	+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	03:52:07.20	03:53:14.95	+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	03:52:33.05	04:31:18.50	+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	03:52:46.10	04:14:40.40	+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	03:53:12.35	03:57:48.50	+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	03:53:49.75	04:03:19.00	+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	03:54:22.25	04:04:55.90	+01:29:56 (38.4%)	8:04	7.4 (61.7%)

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

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

Place	Participant	Number	Club	Category	MCat	Start time	Droga pod Reglami		Droga pod Reglami 23km	Net time 29km	Czas brutto 29km	Gap	Pace min/km	Pace km/h
							6km	10km						
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%)

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

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

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

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

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

Place	Participant	Number	Club	Category	MCat	Start time	Droga pod Reglami		Droga pod Reglami 23km	Net time 29km	Czas brutto 29km	Gap	Pace min/km	Pace km/h
							6km	10km						
245	JAROSZEWICZ Grzegorz	1144	KB PIONIER SZCZECIN	M40	69	00:18:17	00:52:03	01:28:03	04:25:37	05:44:40.35	06:02:57.65	+03:20:15 (58.1%)	11:53	5 (41.7%)
246	CIMOSZKO Katarzyna	830	WATAHA	K40	38	00:03:13	00:57:16	01:36:03	04:32:20	05:44:56.45	05:48:09.65	+03:20:31 (58.1%)	11:53	5 (41.7%)
247	BAKOWSKA Anna	1129	KLUB ŚLIMAKA TORPEDY	K40	39	00:09:45	00:58:12	01:38:18	04:27:51	05:46:56.70	05:56:42.00	+03:22:31 (58.4%)	11:57	5 (41.7%)
248	KOZŁOWSKI Piotr	1088		M30	58	00:18:21	00:56:43	01:37:04	04:24:23	05:48:24.95	06:06:46.70	+03:23:59 (58.5%)	12:00	5 (41.7%)
249	KOŁODZIEJSKI Piotr	949		M40	70	00:24:24	00:51:50	01:29:19	04:36:43	05:50:27.30	06:14:51.75	+03:26:01 (58.8%)	12:05	5 (41.7%)
250	SIERANT Marian	1055	ŻÓŁTOKRÓLEWSCY	M60	5	00:06:56	00:54:58	01:30:39	04:28:18	05:51:21.50	05:58:17.55	+03:26:56 (58.9%)	12:06	5 (41.7%)
251	ŚMIESZNIAK Bartłomiej	1012		M18	19	00:14:14	00:57:30	01:38:41	04:34:27	05:54:06.40	06:08:21.30	+03:29:41 (59.2%)	12:12	4.9 (40.8%)
252	SZYCA Marta	1011		K18	9	00:14:10	00:57:33	01:38:44	04:34:30	05:54:10.20	06:08:21.15	+03:29:44 (59.2%)	12:12	4.9 (40.8%)
253	ZEMŁA Krzysztof	838		M50	14	00:38:42	00:55:22	01:34:21	04:38:44	05:55:24.20	06:34:07.00	+03:30:58 (59.4%)	12:15	4.9 (40.8%)
254	MERUNOWICZ Iwona	1072	LMKS SFORA CHOJNÓW	K40	40	00:01:23	00:55:33	01:32:22	04:36:15	05:56:14.80	05:57:38.75	+03:31:49 (59.5%)	12:17	4.9 (40.8%)
255	IWAN Krzysztof	936		M40	71	00:09:05	00:54:38	01:34:04	04:27:22	05:56:28.20	06:05:33.25	+03:32:02 (59.5%)	12:17	4.9 (40.8%)
256	KNĄBER Piotr	960		M30	59	00:16:54	00:58:34	01:36:49	04:43:35	05:58:32.70	06:15:27.05	+03:34:07 (59.7%)	12:21	4.9 (40.8%)
257	MAKOWSKI Dariusz	1002	KM TEAM	M50	15	00:01:06	00:57:28	01:37:40	04:36:59	05:59:36.20	06:00:42.30	+03:35:10 (59.8%)	12:24	4.8 (40.0%)
258	GREGUŁA Joanna	1133		K18	10	00:00:56	00:57:32	01:37:50	04:37:07	05:59:46.45	06:00:43.30	+03:35:21 (59.9%)	12:24	4.8 (40.0%)
259	JAZ Małgorzata	1131	KM TEAM	K50	5	00:00:52	00:57:41	01:37:55	04:37:10	05:59:49.65	06:00:41.95	+03:35:24 (59.9%)	12:24	4.8 (40.0%)
260	STAROŃ Norbert	900	EDITEAM	M40	72	00:12:32	01:05:24	01:46:38	04:44:39	06:00:45.70	06:13:18.40	+03:36:20 (60.0%)	12:26	4.8 (40.0%)
261	SOBCZYŃSKA Anita	1080		K40	41	00:14:19	00:53:43	01:32:36	04:23:26	06:03:16.25	06:17:36.05	+03:38:50 (60.2%)	12:31	4.8 (40.0%)
262	POWAŁKO Wojciech	832	LEGNICKIE MORSY	M40	73	00:22:22	00:54:36	01:33:46	04:28:57	06:05:33.45	06:27:56.20	+03:41:08 (60.5%)	12:36	4.8 (40.0%)
263	WACHOWSKI Piotr	915		M50	16	00:03:46	00:59:49	01:44:11	04:39:10	06:05:49.10	06:09:35.65	+03:41:23 (60.5%)	12:36	4.8 (40.0%)
264	JAREMEK Wojtek	991		M30	60	00:18:28	01:00:49	01:44:25	04:39:22	06:07:36.85	06:26:05.45	+03:43:11 (60.7%)	12:40	4.7 (39.2%)
265	KUCZYŃSKI Robert	1023		M40	74	00:07:54	00:56:23	01:37:02	04:51:12	06:13:43.50	06:21:37.70	+03:49:18 (61.4%)	12:53	4.7 (39.2%)
266	BUDNY Joanna Budny	857	LEGENDS-TO-BE	K30	25	00:16:12	00:59:18	01:43:01	04:52:16	06:14:52.85	06:31:05.80	+03:50:27 (61.5%)	12:55	4.6 (38.3%)
267	JAWORSKA Agnieszka	1138		K40	42	00:08:35	01:03:39	01:47:48	05:00:07	06:19:46.20	06:28:21.55	+03:55:20 (62.0%)	13:05	4.6 (38.3%)

Place	Participant	Number	Club	Category	MCat	Start time	Droga pod Reglami 6km	Trzy Jawory 10km	Droga pod Reglami 23km	Net time 29km	Czas brutto 29km	Gap	Pace min/km	Pace km/h
268	SIARA Marcin	924	WITKOWO BIEGA	M30	61	00:03:55	00:59:46	01:44:03	05:00:40	06:22:07.05	06:26:02.85	+03:57:41 (62.2%)	13:10	4.6 (38.3%)
269	MALKE Patryk	909		M30	62	00:04:31	00:57:02	01:37:46	04:50:17	06:26:40.20	06:31:11.20	+04:02:14 (62.6%)	13:20	4.5 (37.5%)
270	WIATR - KMIĘCIAK Małgorzata	979	NIGHT RUNNERS	K40	43	00:23:15	00:59:54	01:38:42	04:58:25	06:27:33.80	06:50:49.40	+04:03:08 (62.7%)	13:21	4.5 (37.5%)
271	URBANIĄK Agnieszka	1089		K40	44	00:02:03	01:08:29	01:55:11	05:06:24	06:27:54.95	06:29:58.75	+04:03:29 (62.8%)	13:22	4.5 (37.5%)
272	RENCZMIŃ Izabela	947		K30	26	00:24:56	01:05:47	01:48:46	05:05:02	06:28:05.70	06:53:02.55	+04:03:40 (62.8%)	13:22	4.5 (37.5%)
273	RENCZMIŃ Piotr	946		M30	63	00:24:56	01:05:57	01:52:30	05:05:02	06:28:05.85	06:53:02.70	+04:03:40 (62.8%)	13:22	4.5 (37.5%)
274	MENZEL Zofia	919	ULTRA DIABŁY TEAM LUBRZA	K60	2	00:04:45	00:54:08	01:35:14	05:13:51	06:28:13.65	06:32:59.15	+04:03:48 (62.8%)	13:23	4.5 (37.5%)
275	HARASZCZUK Jerzy	858		M50	17	00:06:27	01:04:53	01:45:22	05:03:26	06:34:12.55	06:40:40.50	+04:09:47 (63.4%)	13:35	4.4 (36.7%)
276	RUDZIEWICZ Michał	927		M30	64	00:06:31	00:54:46	01:33:18	05:03:12	06:34:18.00	06:40:49.55	+04:09:52 (63.4%)	13:35	4.4 (36.7%)
277	HARASZCZUK Krystian	849		M30	65	00:06:23	01:04:56	01:45:27	05:03:40	06:34:27.00	06:40:50.15	+04:10:01 (63.4%)	13:36	4.4 (36.7%)
278	HARASZCZUK Joanna	852		M30	66	00:06:17	01:04:59	01:43:58	05:03:44	06:34:32.65	06:40:50.50	+04:10:07 (63.4%)	13:36	4.4 (36.7%)
279	GIERAŁTOWSKI Bartłomiej	1054		M30	67	00:05:57	00:55:20	01:33:50	05:04:04	06:34:56.10	06:40:53.75	+04:10:30 (63.4%)	13:37	4.4 (36.7%)
280	SZCZEPANIAK Sławomir	860	KS LENIWIEC	M50	18	00:10:53	01:06:38	01:57:05	05:10:45	06:35:27.30	06:46:20.80	+04:11:01 (63.5%)	13:38	4.4 (36.7%)
281	JARMUŁO Agnieszka	839		K30	27	00:01:46	01:01:16	01:46:04	05:14:52	06:37:07.55	06:38:54.25	+04:12:42 (63.6%)	13:41	4.4 (36.7%)
282	CZASAK Grzegorz	923	WITKOWO BIEGA	M40	75	00:03:50	01:09:34	01:57:23	05:12:36	06:37:47.95	06:41:38.85	+04:13:22 (63.7%)	13:43	4.4 (36.7%)
283	SREBRO Michał	833		M40	76	00:02:59	01:04:00	01:49:18	05:12:36	06:46:24.50	06:49:24.45	+04:21:59 (64.5%)	14:00	4.3 (35.8%)
284	KOWALCZYK Klaudia	1059	TEAM ZABIEGANEDNI	K40	45	00:08:02	01:13:38	02:03:45	06:35:03	08:23:08.30	08:31:10.75	+05:58:42 (71.3%)	17:20	3.5 (29.2%)
285	STUDNIAREK Paweł	878	JUSTSWIM	M50	19	00:09:54		01:49:10				+01:01:47	10:55	5.5 (45.8%)
286	LINKIEWICZ Krzysztof	1007	BIEGAMDLAZDROWIA.PL	M40	77	00:34:24								(0.0%)

Total 286 results.