



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

CHOJNIK KARKONOSKI FESTIWAL BIEGOWY 2021  
FUNDACJA PROFIT MARATON  
2021-09-04  
Sobieszów  
29 km

# PÓLMARATON Z GÓRKĄ

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 10km	Droga pod Reglami 23km	Czas netto 29km	Różn	Tempo min/km	Tempo km/h
1	<b>BRÝDL Pavel</b>	<b>1082</b>	MUAY RUNNING TEAM	M40	1	00:29:17	00:50:16	02:04:23	<b>02:40:05.40</b>		5:31	10.9 (100%)
2	<b>PAZDAN Piotr</b>	<b>1070</b>	140MINUT.PL	M30	1	00:29:16	00:50:15	02:04:46	<b>02:43:31.05</b>	+00:03:25 (2.1%)	5:38	10.6 (97.2%)
3	<b>SZKOŁA Wojciech</b>	<b>1003</b>	NATURAL BORN RUNNERS	M30	2	00:30:25	00:52:35	02:12:10	<b>02:54:02.15</b>	+00:13:56 (8.0%)	6:00	10 (91.7%)
4	<b>PYZIK Krzysztof</b>	<b>738</b>	VEGESLONIKN TEAM / FIZJOBIEGACZE SZCZECIN	M30	3	00:30:31	00:52:36	02:13:03	<b>02:55:45.25</b>	+00:15:39 (8.9%)	6:03	9.9 (90.8%)
5	<b>DZIENISZEWSKI Michał</b>	<b>1085</b>	DYNAFIT / SKALNIK.PL	M30	4	00:33:47	00:57:27	02:15:21	<b>02:58:49.65</b>	+00:18:44 (10.5%)	6:09	9.7 (89.0%)
6	<b>SKRAJNY Łukasz</b>	<b>771</b>	JASIEK&ZOŚKA	M40	2	00:30:37	00:52:39	02:18:23	<b>03:02:25.20</b>	+00:22:19 (12.2%)	6:17	9.5 (87.2%)
7	<b>KUŚNIERCZAK Wiesław</b>	<b>965</b>		M40	3	00:32:39	00:55:37	02:18:44	<b>03:02:46.40</b>	+00:22:41 (12.4%)	6:18	9.5 (87.2%)
8	<b>GRABOWY Paweł</b>	<b>832</b>		M18	1	00:32:21	00:55:27	02:20:07	<b>03:05:32.75</b>	+00:25:27 (13.7%)	6:23	9.4 (86.2%)
9	<b>DYBIŻBAŃSKI Wojciech</b>	<b>963</b>		M30	5	00:33:46	00:57:50	02:23:12	<b>03:09:35.20</b>	+00:29:29 (15.6%)	6:32	9.2 (84.4%)
10	<b>TOMASIAK Adam</b>	<b>1022</b>		M18	2	00:31:17	00:54:17	02:20:19	<b>03:10:32.15</b>	+00:30:26 (16.0%)	6:34	9.1 (83.5%)
11	<b>KOLENDA Krzysztof</b>	<b>870</b>	220V/KALMAR RUNNERS	M40	4	00:31:09	00:54:12	02:21:42	<b>03:13:51.10</b>	+00:33:45 (17.4%)	6:41	9 (82.6%)
12	<b>NOWORYTA Radosław</b>	<b>735</b>	ULTRA DIABŁY TEAM LUBRZA/WIERZBICKI RUNNING PROJECT	M40	5	00:31:45	00:55:02	02:26:49	<b>03:14:51.80</b>	+00:34:46 (17.8%)	6:43	8.9 (81.7%)
13	<b>BARTKOWIAK Michał</b>	<b>914</b>	CITYTRAIL TEAM	M30	6	00:34:24	01:00:50	02:31:00	<b>03:15:33.30</b>	+00:35:27 (18.1%)	6:44	8.9 (81.7%)
14	<b>DU CZMAL Dominika</b>	<b>843</b>	TEAM MOUNTAIN FUEL POLSKA/SOBAS TEAM	K18	1	00:31:55	00:55:20	02:25:30	<b>03:16:03.80</b>	+00:35:58 (18.3%)	6:45	8.9 (81.7%)
15	<b>ŁUCZYŃSKI Maciej</b>	<b>962</b>		M40	6	00:36:13	01:01:55	02:30:00	<b>03:17:29.50</b>	+00:37:24 (18.9%)	6:48	8.8 (80.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 10km	Droga pod Reglami 23km	Czas netto 29km	Różn	Tempo min/km	Tempo km/h
16	<b>OLCZYK Grzegorz</b>	<b>1002</b>	DRÄXLMAIER	M30	7	00:34:38	00:57:49	02:26:47	<b>03:18:35.60</b>	+00:38:30 (19.4%)	6:50	8.8 (80.7%)
17	<b>KOTLAREK Dawid</b>	<b>759</b>	VEGE RUNNERS / #SOBASTEAM	M40	7	00:30:40	00:52:38	02:25:10	<b>03:18:59.50</b>	+00:38:54 (19.5%)	6:51	8.7 (79.8%)
18	<b>BIELA Konrad</b>	<b>997</b>	GOPR KARKONOSZE	M30	8	00:33:45	00:58:11	02:31:28	<b>03:20:11.85</b>	+00:40:06 (20.0%)	6:54	8.7 (79.8%)
19	<b>SZELEŻYŃSKI Kamil</b>	<b>850</b>		M18	3	00:37:46	01:04:16	02:33:54	<b>03:20:54.90</b>	+00:40:49 (20.3%)	6:55	8.7 (79.8%)
20	<b>BOSAKIEWICZ Tomasz</b>	<b>1058</b>	OLAWS	M30	9	00:35:35	01:01:06	02:35:24	<b>03:22:14.90</b>	+00:42:09 (20.8%)	6:58	8.6 (78.9%)
21	<b>KUBIAK Jagoda</b>	<b>1047</b>		K30	1	00:35:27	01:01:05	02:36:50	<b>03:22:45.45</b>	+00:42:40 (21.0%)	6:59	8.6 (78.9%)
22	<b>GOLONKA Paweł</b>	<b>781</b>	KB WIKON NOWA SÓL	M30	10	00:34:42	00:59:10	02:35:30	<b>03:23:58.35</b>	+00:43:52 (21.5%)	7:02	8.5 (78.0%)
23	<b>JAKUBCZAK Konrad</b>	<b>837</b>		M40	8	00:35:32	01:00:48	02:36:26	<b>03:24:24.30</b>	+00:44:18 (21.7%)	7:02	8.5 (78.0%)
24	<b>MÓLL Mateusz</b>	<b>935</b>	#SOBASTEAM	M30	11	00:31:56	00:55:33	02:28:25	<b>03:25:23.00</b>	+00:45:17 (22.1%)	7:04	8.5 (78.0%)
25	<b>BIERNACKA Katarzyna</b>	<b>938</b>	SBRT WROCŁAW	K30	2	00:33:31	00:57:39	02:34:08	<b>03:25:48.95</b>	+00:45:43 (22.2%)	7:05	8.5 (78.0%)
26	<b>NOWIK Kamil</b>	<b>737</b>	ULTRA DIABŁY TEAM LUBRZA	M40	9	00:35:36	01:01:21	02:35:35	<b>03:26:13.55</b>	+00:46:08 (22.4%)	7:06	8.4 (77.1%)
27	<b>ŚWIERK Przemysław</b>	<b>801</b>	ULTRA DIABŁY TEAM	M40	10	00:33:48	00:58:15	02:35:36	<b>03:26:13.85</b>	+00:46:08 (22.4%)	7:06	8.4 (77.1%)
28	<b>SZARAPANOWSKI Damian</b>	<b>758</b>	ULTRA DIABŁY TEAM LUBRZA	M40	11	00:34:04	00:58:48	02:35:37	<b>03:26:14.70</b>	+00:46:09 (22.4%)	7:06	8.4 (77.1%)
29	<b>STELMACH Szymon</b>	<b>1028</b>	DRÄXLMAIER	M18	4	00:36:16	01:02:34	02:35:38	<b>03:27:28.45</b>	+00:47:23 (22.8%)	7:09	8.4 (77.1%)
30	<b>DAUKSZO Maciej</b>	<b>761</b>	SBRT WARSZAWA	M18	5	00:36:00	01:02:38	02:42:00	<b>03:27:48.15</b>	+00:47:42 (23.0%)	7:09	8.4 (77.1%)
31	<b>WOJNAROWICZ Paweł</b>	<b>923</b>		M30	12	00:36:24	01:02:12	02:38:09	<b>03:29:41.55</b>	+00:49:36 (23.7%)	7:13	8.3 (76.1%)
32	<b>PIOTROWICZ Kamila</b>	<b>775</b>		K18	2	00:37:00	01:03:39	02:40:38	<b>03:30:22.20</b>	+00:50:16 (23.9%)	7:15	8.3 (76.1%)
33	<b>MRUK Paweł</b>	<b>1038</b>	140MINUT.PL	M30	13	00:36:53	01:02:36	02:42:01	<b>03:30:44.50</b>	+00:50:39 (24.0%)	7:16	8.3 (76.1%)
34	<b>KORONA-SIERADZKA Bogusława</b>	<b>882</b>		K30	3	00:36:20	01:02:41	02:40:55	<b>03:30:54.70</b>	+00:50:49 (24.1%)	7:16	8.3 (76.1%)
35	<b>GRACZ Paweł</b>	<b>714</b>		M30	14	00:33:34	00:57:28	02:29:36	<b>03:31:46.45</b>	+00:51:41 (24.4%)	7:18	8.2 (75.2%)
36	<b>MICHALSKI Krzysztof</b>	<b>863</b>		M30	15	00:36:12	01:01:15	02:41:03	<b>03:32:19.35</b>	+00:52:13 (24.6%)	7:19	8.2 (75.2%)
37	<b>FERET Hubert</b>	<b>778</b>		M30	16	00:37:05	01:03:47	02:40:54	<b>03:33:11.20</b>	+00:53:05 (24.9%)	7:21	8.2 (75.2%)
38	<b>RAJKOWSKI Przemysław</b>	<b>1057</b>	FUDU&CO SPORT TEAM	M50	1	00:35:11	01:01:06	02:40:51	<b>03:33:37.05</b>	+00:53:31 (25.1%)	7:21	8.1 (74.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 10km	Droga pod Reglami 23km	Czas netto 29km	Różn	Tempo min/km	Tempo km/h
39	<b>HENDEL Mirela</b>	<b>1064</b>	IZBICKO W BIEGU	K18	3	00:36:06	01:01:43	02:42:12	<b>03:34:05.15</b>	+00:53:59 (25.2%)	7:22	8.1 (74.3%)
40	<b>SCHRODER Patryk</b>	<b>1026</b>	ULTRAFUN	M40	12	00:35:50	01:01:16	02:41:14	<b>03:35:33.00</b>	+00:55:27 (25.7%)	7:25	8.1 (74.3%)
41	<b>WALIGÓRA Mateusz</b>	<b>763</b>		M30	17	00:33:38	00:58:20	02:40:14	<b>03:36:15.80</b>	+00:56:10 (26.0%)	7:27	8 (73.4%)
42	<b>CZERWIŃSKI Dominik</b>	<b>1077</b>	ALVO RACING TEAM	M40	13	00:36:30	01:02:04	02:43:32	<b>03:36:19.85</b>	+00:56:14 (26.0%)	7:27	8 (73.4%)
43	<b>MACHOWIAK Maciej</b>	<b>1006</b>		M30	18	00:35:44	01:00:55	02:40:46	<b>03:36:43.30</b>	+00:56:37 (26.1%)	7:28	8 (73.4%)
44	<b>KACZMAREK Maciej</b>	<b>979</b>		M30	19	00:37:54	01:04:05	02:42:53	<b>03:36:45.05</b>	+00:56:39 (26.1%)	7:28	8 (73.4%)
45	<b>OKOŁOTOWICZ Michał</b>	<b>952</b>	NOA	M30	20	00:39:01	01:05:00	02:42:49	<b>03:37:17.80</b>	+00:57:12 (26.3%)	7:29	8 (73.4%)
46	<b>GRZEMSKI Marcin</b>	<b>943</b>	WRONIECKI KLUB BIEGACZA	M30	21	00:33:35	00:58:15	02:40:35	<b>03:37:59.20</b>	+00:57:53 (26.6%)	7:31	8 (73.4%)
47	<b>MORAŃSKI Paweł</b>	<b>1092</b>		M30	22	00:39:55	01:08:42	02:47:44	<b>03:38:15.55</b>	+00:58:10 (26.7%)	7:31	8 (73.4%)
48	<b>BUDYNEK Tadeusz</b>	<b>1076</b>	ALVO RACING TEAM	M30	23	00:38:35	01:03:55	02:45:52	<b>03:38:22.20</b>	+00:58:16 (26.7%)	7:31	8 (73.4%)
49	<b>MROWCA Paweł</b>	<b>780</b>		M30	24	00:37:46	01:03:17	02:43:55	<b>03:38:45.90</b>	+00:58:40 (26.8%)	7:32	8 (73.4%)
50	<b>BOROWSKA Karolina</b>	<b>811</b>	KGHM ZG RUN	K30	4	00:36:59	01:03:39	02:45:08	<b>03:39:23.30</b>	+00:59:17 (27.0%)	7:33	7.9 (72.5%)
51	<b>BOĆKO Ewa</b>	<b>931</b>		K40	1	00:37:01	01:03:16	02:47:43	<b>03:39:34.55</b>	+00:59:29 (27.1%)	7:34	7.9 (72.5%)
52	<b>KUŁAKOWSKA Małgorzata</b>	<b>748</b>	ŚWDNICKA GRUPA BIEGOWA	K30	5	00:37:22	01:03:07	02:47:50	<b>03:40:10.00</b>	+01:00:04 (27.3%)	7:35	7.9 (72.5%)
53	<b>KUCHARSKI Tomasz</b>	<b>1078</b>	ALVO RACING TEAM	M40	14	00:35:02	01:00:43	02:44:33	<b>03:40:47.90</b>	+01:00:42 (27.5%)	7:36	7.9 (72.5%)
54	<b>WILK Maciej</b>	<b>1015</b>		M30	25	00:36:52	01:03:43	02:44:58	<b>03:41:52.75</b>	+01:01:47 (27.8%)	7:39	7.8 (71.6%)
55	<b>TRZCIONKOWSKI Mariusz</b>	<b>995</b>	OSV TEAM OLKUSZ	M40	15	00:35:16	01:02:10	02:45:43	<b>03:42:06.00</b>	+01:02:00 (27.9%)	7:39	7.8 (71.6%)
56	<b>WILCZEWSKI Piotr</b>	<b>1010</b>	GORZOWSKIE BIEGANIE CZWARTKWOE	M30	26	00:39:42	01:06:33	02:49:08	<b>03:42:42.05</b>	+01:02:36 (28.1%)	7:40	7.8 (71.6%)
57	<b>LORENC Joanna</b>	<b>1048</b>	ENDORFINY WĄSOSZ	K30	6	00:36:45	01:02:44	02:52:24	<b>03:43:45.60</b>	+01:03:40 (28.5%)	7:42	7.8 (71.6%)
58	<b>GDULA Jakub</b>	<b>734</b>	JEM KLOPSA	M18	6	00:39:56	01:09:07	02:50:34	<b>03:43:52.60</b>	+01:03:47 (28.5%)	7:43	7.8 (71.6%)
59	<b>WINTER Piotr</b>	<b>890</b>	NIGHT RUNNERS	M30	27	00:37:48	01:03:58	02:44:04	<b>03:44:04.95</b>	+01:03:59 (28.6%)	7:43	7.8 (71.6%)
60	<b>BŁAŻEJCZYK Zbigniew</b>	<b>1009</b>		M40	16	00:36:41	01:02:22	02:46:12	<b>03:46:17.90</b>	+01:06:12 (29.3%)	7:48	7.7 (70.6%)
61	<b>SAWICKI Bartosz</b>	<b>757</b>	DZIKIE DZIKI GORZÓW	M30	28	00:38:40	01:04:06	02:55:43	<b>03:46:47.25</b>	+01:06:41 (29.4%)	7:49	7.7 (70.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 10km	Droga pod Reglami 23km	Czas netto 29km	Różn	Tempo min/km	Tempo km/h
62	<b>PALCZYŃSKI Krzysztof</b>	<b>725</b>		M30	29	00:37:15	01:03:50	02:49:54	<b>03:47:06.85</b>	+01:07:01 (29.5%)	7:49	7.7 (70.6%)
63	<b>WŁODARCZYK Krzysztof</b>	<b>1035</b>	3TEAM MPEC KONIN	M40	17	00:39:05	01:05:52	02:50:57	<b>03:48:13.20</b>	+01:08:07 (29.9%)	7:52	7.6 (69.7%)
64	<b>STRÓŻEK Jan</b>	<b>971</b>		M40	18	00:38:58	01:07:26	02:49:20	<b>03:49:32.80</b>	+01:09:27 (30.3%)	7:54	7.6 (69.7%)
65	<b>ZDEBSKA Magdalena</b>	<b>1072</b>		K30	7	00:36:18	01:03:31	02:52:57	<b>03:50:00.80</b>	+01:09:55 (30.4%)	7:55	7.6 (69.7%)
66	<b>PAWLAK Maciej</b>	<b>1039</b>	3TEAMKONIN/MPEC-KONIN	M40	19	00:39:04	01:05:49	02:50:56	<b>03:50:01.60</b>	+01:09:56 (30.4%)	7:55	7.6 (69.7%)
67	<b>KAŁUŻNY Wojciech</b>	<b>880</b>	BIEGOWA ŚWIDNICA	M40	20	00:36:02	01:01:40	02:43:47	<b>03:50:43.65</b>	+01:10:38 (30.6%)	7:57	7.5 (68.8%)
68	<b>MATUSZ Adam</b>	<b>877</b>		M40	21	00:37:43	01:04:57	02:51:06	<b>03:50:55.65</b>	+01:10:50 (30.7%)	7:57	7.5 (68.8%)
69	<b>SADOWSKI Michał</b>	<b>796</b>		M30	30	00:34:38	00:57:51	02:49:49	<b>03:53:11.80</b>	+01:13:06 (31.3%)	8:02	7.5 (68.8%)
70	<b>SZKUDLARSKI Tomasz</b>	<b>998</b>	3M RUNNING TEAM	M40	22	00:38:47	01:05:33	02:57:13	<b>03:53:33.65</b>	+01:13:28 (31.5%)	8:03	7.5 (68.8%)
71	<b>SZELIGA Jacek</b>	<b>887</b>	SZELIGA TEAM	M40	23	00:40:52	01:07:54	02:54:10	<b>03:53:34.95</b>	+01:13:29 (31.5%)	8:03	7.4 (67.9%)
72	<b>PODSKARBI Dawid</b>	<b>1084</b>	GOD IS GOOD	M40	24	00:36:11	01:03:15	02:53:02	<b>03:54:30.85</b>	+01:14:25 (31.7%)	8:05	7.4 (67.9%)
73	<b>MOCZULSKI Kamil</b>	<b>937</b>	MOCNA GRUPA CEZARA/SBRT WROCŁAW	M30	31	00:39:27	01:09:37	03:00:01	<b>03:54:50.25</b>	+01:14:44 (31.8%)	8:05	7.4 (67.9%)
74	<b>WOJCIESZEK Andrzej</b>	<b>800</b>	GEMINI POLSKA TEAM	M40	25	00:35:23	01:02:09	02:50:35	<b>03:55:31.35</b>	+01:15:25 (32.0%)	8:07	7.4 (67.9%)
75	<b>WRÓBLEWSKI Wojciech</b>	<b>717</b>		M30	32	00:36:38	01:03:39	02:56:02	<b>03:55:37.85</b>	+01:15:32 (32.1%)	8:07	7.4 (67.9%)
76	<b>STASZEWSKI Piotr</b>	<b>1011</b>		M30	33	00:40:46	01:07:36	02:56:34	<b>03:56:15.85</b>	+01:16:10 (32.2%)	8:08	7.4 (67.9%)
77	<b>KLIMCZAK Paweł</b>	<b>823</b>		M50	2	00:39:40	01:06:56	03:01:07	<b>03:56:17.25</b>	+01:16:11 (32.2%)	8:08	7.4 (67.9%)
78	<b>BURA Krystian</b>	<b>784</b>	BIEGAJ LESZNO	M30	34	00:36:35	01:02:24	02:59:28	<b>03:56:41.95</b>	+01:16:36 (32.4%)	8:09	7.4 (67.9%)
79	<b>PIETRUSA Mariusz</b>	<b>986</b>	CYKLOFAN	M30	35	00:39:43	01:07:49	02:58:50	<b>03:57:03.60</b>	+01:16:58 (32.5%)	8:10	7.3 (67.0%)
80	<b>BOROWSKI Radosław</b>	<b>839</b>	MLKS KRAJNA	M30	36	00:41:18	01:09:38	02:59:43	<b>03:57:31.80</b>	+01:17:26 (32.6%)	8:11	7.3 (67.0%)
81	<b>OLESIAK Roman</b>	<b>996</b>		M40	26	00:40:53	01:09:54	03:00:08	<b>03:57:59.90</b>	+01:17:54 (32.7%)	8:12	7.3 (67.0%)
82	<b>LIPPA Wojciech</b>	<b>985</b>	CYKLOFAN	M40	27	00:39:26	01:07:11	02:56:02	<b>03:58:29.85</b>	+01:18:24 (32.9%)	8:13	7.3 (67.0%)
83	<b>TOMASIEWICZ Brunon</b>	<b>959</b>		M30	37	00:41:47	01:11:24	02:58:21	<b>03:58:56.10</b>	+01:18:50 (33.0%)	8:14	7.3 (67.0%)
84	<b>KRAJEWSKI Marcin</b>	<b>1079</b>	NOA	M30	38	00:40:52	01:09:03	03:01:24	<b>03:58:58.35</b>	+01:18:52 (33.0%)	8:14	7.3 (67.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami		Czas netto 29km	Różn	Tempo min/km	Tempo km/h	
						6km	Trzy Jawory 10km					23km
85	<b>GANDYRA Rafał</b>	<b>1044</b>		M30	39	00:38:42	01:07:21	02:59:42	<b>03:59:54.50</b>	+01:19:49 (33.3%)	8:16	7.3 (67.0%)
86	<b>WRÓBEL Marcin</b>	<b>903</b>		M30	40	00:39:55	01:05:46	02:58:57	<b>04:00:15.05</b>	+01:20:09 (33.4%)	8:17	7.2 (66.1%)
87	<b>SZCZECIŃSKI Piotr</b>	<b>904</b>		M40	28	00:39:55	01:05:47	02:58:57	<b>04:00:15.40</b>	+01:20:10 (33.4%)	8:17	7.2 (66.1%)
88	<b>JAGODZIŃSKI Paweł</b>	<b>1036</b>	VILMED 3TEAM KONIN	M40	29	00:39:05	01:05:52	02:57:51	<b>04:00:34.95</b>	+01:20:29 (33.5%)	8:17	7.2 (66.1%)
89	<b>HALESZCZUK Tomasz</b>	<b>1074</b>	PRO-RUN WROCŁAW	M40	30	00:40:38	01:08:41	03:02:45	<b>04:00:38.10</b>	+01:20:32 (33.5%)	8:17	7.2 (66.1%)
90	<b>ADAMSKA Zofia</b>	<b>745</b>		K30	8	00:38:00	01:07:29	03:04:15	<b>04:01:18.60</b>	+01:21:13 (33.7%)	8:19	7.2 (66.1%)
91	<b>SENFLEBEN Marek</b>	<b>1018</b>		M30	41	00:38:54	01:05:38	03:00:40	<b>04:01:28.95</b>	+01:21:23 (33.7%)	8:19	7.2 (66.1%)
92	<b>STRZELECKI Robert</b>	<b>803</b>		M30	42	00:40:24	01:09:39	03:05:58	<b>04:03:14.85</b>	+01:23:09 (34.2%)	8:23	7.2 (66.1%)
93	<b>PELCZAR Joanna</b>	<b>849</b>		K18	4	00:40:10	01:09:50	03:08:08	<b>04:03:32.75</b>	+01:23:27 (34.3%)	8:23	7.1 (65.1%)
94	<b>WABERSKI Przemysław</b>	<b>872</b>		M30	43	00:43:29	01:14:51	03:08:29	<b>04:04:12.80</b>	+01:24:07 (34.4%)	8:25	7.1 (65.1%)
95	<b>OLEJNIK Agnieszka</b>	<b>1051</b>	ENDORFINY WAŚOSZ	K30	9	00:38:32	01:06:07	03:05:29	<b>04:04:20.40</b>	+01:24:15 (34.5%)	8:25	7.1 (65.1%)
96	<b>GRYKIEL Tomasz</b>	<b>840</b>	KS JULIAN	M40	31	00:46:48	01:14:55	03:09:32	<b>04:05:47.30</b>	+01:25:41 (34.9%)	8:28	7.1 (65.1%)
97	<b>INGLOT Paweł</b>	<b>1087</b>		M30	44	00:37:45	01:05:30	03:02:44	<b>04:06:27.60</b>	+01:26:22 (35.0%)	8:29	7.1 (65.1%)
98	<b>PANKAŁA Rafał</b>	<b>993</b>		M40	32	00:46:32	01:17:00	03:12:43	<b>04:06:39.15</b>	+01:26:33 (35.1%)	8:30	7.1 (65.1%)
99	<b>GĄTKIEWICZ Paweł</b>	<b>932</b>	ESKADRA KRAKÓW	M40	33	00:40:01	01:08:45	03:05:09	<b>04:07:02.40</b>	+01:26:57 (35.2%)	8:31	7 (64.2%)
100	<b>JAZ Ernest</b>	<b>1040</b>	ENDORFINY WAŚOSZ	M30	45	00:37:13	01:04:28	03:05:25	<b>04:07:03.30</b>	+01:26:57 (35.2%)	8:31	7 (64.2%)
101	<b>BERESIŃSKA Dorota</b>	<b>881</b>		K18	5	00:43:56	01:14:35	03:09:42	<b>04:07:03.60</b>	+01:26:58 (35.2%)	8:31	7 (64.2%)
102	<b>STEFANIAK Marcin</b>	<b>1023</b>		M40	34	00:40:47	01:07:37	03:07:47	<b>04:08:58.95</b>	+01:28:53 (35.7%)	8:35	7 (64.2%)
103	<b>STASIAK Łukasz</b>	<b>797</b>		M30	46	00:43:55	01:15:18	03:09:13	<b>04:09:25.30</b>	+01:29:19 (35.8%)	8:36	7 (64.2%)
104	<b>WYPYCH Dorota</b>	<b>767</b>		K30	10	00:37:18	01:06:40	03:13:49	<b>04:09:28.85</b>	+01:29:23 (35.8%)	8:36	7 (64.2%)
105	<b>MORAWSKI Wojciech</b>	<b>933</b>		M30	47	00:45:55	01:17:57	03:09:38	<b>04:09:46.55</b>	+01:29:41 (35.9%)	8:36	7 (64.2%)
106	<b>BASIŃSKI Tomasz</b>	<b>944</b>	ORION TEAM	M30	48	00:40:53	01:09:16	03:06:53	<b>04:10:03.05</b>	+01:29:57 (36.0%)	8:37	7 (64.2%)
107	<b>SIKORSKA Aleksandra</b>	<b>1089</b>		K30	11	00:37:12	01:04:14	02:59:51	<b>04:10:13.30</b>	+01:30:07 (36.0%)	8:37	7 (64.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 10km	Droga pod Reglami 23km	Czas netto 29km	Różn	Tempo min/km	Tempo km/h
108	KORZENIOWSKI Oskar	957		M18	7	00:44:19	01:14:30	03:13:25	<b>04:10:28.20</b>	+01:30:22 (36.1%)	8:38	6.9 (63.3%)
109	KOZŁOWSKI Tomasz	1056	LESZNO LIMITS RUNNERS	M50	3	00:43:40	01:15:14	03:14:51	<b>04:10:38.55</b>	+01:30:33 (36.1%)	8:38	6.9 (63.3%)
110	FARION Marzena	860		K40	2	00:42:31	01:12:18	03:09:41	<b>04:11:07.10</b>	+01:31:01 (36.2%)	8:39	6.9 (63.3%)
111	MAĆKOWSKI Mateusz	810	NATURAL BORN COFFEE LOVERS	M40	35	00:42:18	01:10:36	03:07:19	<b>04:11:53.85</b>	+01:31:48 (36.4%)	8:41	6.9 (63.3%)
112	STANKIEWICZ Pawel	990		M30	49	00:46:32	01:17:17	03:14:36	<b>04:12:18.90</b>	+01:32:13 (36.6%)	8:42	6.9 (63.3%)
113	JAROMIRSKA-LEWIŃSKA Maja	968	RUNEDA	K40	3	00:41:58	01:10:43	03:13:35	<b>04:13:06.05</b>	+01:33:00 (36.7%)	8:43	6.9 (63.3%)
114	KUBIAK Andrzej	1037		M60	1	00:42:31	01:13:58	03:13:32	<b>04:13:31.30</b>	+01:33:25 (36.9%)	8:44	6.9 (63.3%)
115	SZCZĘSNY Paweł	820		M18	8	00:39:45	01:08:58	03:09:57	<b>04:13:37.40</b>	+01:33:32 (36.9%)	8:44	6.9 (63.3%)
116	CHOCIAJ Daniel	1050	ENDORFINY WAŚOSZ	M40	36	00:40:59	01:09:12	03:08:27	<b>04:14:07.00</b>	+01:34:01 (37.0%)	8:45	6.8 (62.4%)
117	STARCZEWSKA Izabela	709	ULTRA DIABŁY TEAM LUBRZA	K50	1	00:42:10	01:12:36	03:14:22	<b>04:14:10.85</b>	+01:34:05 (37.0%)	8:45	6.8 (62.4%)
118	BARYSKI Maciej	1008		M30	50	00:40:08	01:08:58	03:10:48	<b>04:14:18.65</b>	+01:34:13 (37.0%)	8:46	6.8 (62.4%)
119	ROKSELA Paweł	764		M30	51	00:44:06	01:14:45	03:17:15	<b>04:15:00.55</b>	+01:34:55 (37.2%)	8:47	6.8 (62.4%)
120	CHOJNICKA Magdalena	1059		K30	12	00:43:02	01:12:38	03:11:57	<b>04:15:04.65</b>	+01:34:59 (37.2%)	8:47	6.8 (62.4%)
121	ABULEWICZ Wojciech	874	TRENING STUDIO 17	M50	4	00:42:14	01:12:56	03:11:33	<b>04:15:17.50</b>	+01:35:12 (37.3%)	8:48	6.8 (62.4%)
122	BARTMAŃSKA Mirosława	788	CRAZY KILI	K40	4	00:42:09	01:11:09	03:16:18	<b>04:15:19.70</b>	+01:35:14 (37.3%)	8:48	6.8 (62.4%)
123	GIMZICKA Ewa	827	WANDA	K40	5	00:42:49	01:12:45	03:15:33	<b>04:16:31.20</b>	+01:36:25 (37.6%)	8:50	6.8 (62.4%)
124	PISKORSKI Łukasz	973		M30	52	00:41:18	01:10:21	03:13:33	<b>04:16:38.90</b>	+01:36:33 (37.6%)	8:50	6.8 (62.4%)
125	PŁOK Krzysztof	920		M50	5	00:39:43	01:08:22	03:13:53	<b>04:16:50.05</b>	+01:36:44 (37.7%)	8:51	6.8 (62.4%)
126	KRZYŻANOWSKA-KORZENIOWSKA Anna Maria	958		K30	13	00:44:19	01:14:30	03:13:25	<b>04:17:03.25</b>	+01:36:57 (37.7%)	8:51	6.8 (62.4%)
127	KRYSIEWICZ Marcin	1063		M40	37	00:42:56	01:13:30	03:13:48	<b>04:19:59.10</b>	+01:39:53 (38.4%)	8:57	6.7 (61.5%)
128	KAZUBOWSKA Ola	992		K40	6	00:48:23	01:20:53	03:23:44	<b>04:20:31.10</b>	+01:40:25 (38.5%)	8:59	6.7 (61.5%)
129	CZAJKOWSKA Sylwia	941	ŻÓŁTOKRÓLEWSCY	K40	7	00:36:58	01:03:35	03:02:56	<b>04:20:31.45</b>	+01:40:26 (38.6%)	8:59	6.7 (61.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 10km	Droga pod Reglami 23km	Czas netto 29km	Różn	Tempo min/km	Tempo km/h
130	<b>PAWLIKOWSKA Monika</b>	<b>930</b>		K30	14	00:45:04	01:16:50	03:22:39	<b>04:20:58.35</b>	+01:40:52 (38.7%)	8:59	6.7 (61.5%)
131	<b>ANTOLIK Aneta</b>	<b>732</b>	POWER TRAINING	K18	6	00:43:58	01:14:41	03:16:28	<b>04:21:12.55</b>	+01:41:07 (38.7%)	9:00	6.7 (61.5%)
132	<b>ANTOLIK Arkadiusz</b>	<b>736</b>		M18	9	00:43:59	01:14:35	03:16:27	<b>04:21:13.00</b>	+01:41:07 (38.7%)	9:00	6.7 (61.5%)
133	<b>BANACH Tomasz</b>	<b>756</b>		M60	2	00:36:37	01:05:02	03:12:49	<b>04:21:44.60</b>	+01:41:39 (38.8%)	9:01	6.6 (60.6%)
134	<b>ZYWERT Mateusz</b>	<b>798</b>		M30	53	00:41:43	01:09:54	03:15:25	<b>04:22:04.60</b>	+01:41:59 (38.9%)	9:02	6.6 (60.6%)
135	<b>STAŃCZYK Krzysztof</b>	<b>909</b>	SWARZĘDZ	M40	38	00:39:39	01:09:22	03:13:23	<b>04:23:20.80</b>	+01:43:15 (39.2%)	9:04	6.6 (60.6%)
136	<b>MARCINKOWSKI Jacek</b>	<b>813</b>	SSK ORZEŁ ŚWIESZYNO	M40	39	00:38:14	01:05:58	03:08:38	<b>04:24:05.55</b>	+01:44:00 (39.4%)	9:06	6.6 (60.6%)
137	<b>NYKIEL Rafał</b>	<b>966</b>	ULTRA DIABŁY TEAM LUBRZA	M40	40	00:39:52	01:08:17	03:17:18	<b>04:24:20.95</b>	+01:44:15 (39.4%)	9:06	6.6 (60.6%)
138	<b>MADEJ Anna</b>	<b>833</b>	VEGE RUNNERS	K40	8	00:43:23	01:14:55	03:19:55	<b>04:24:24.40</b>	+01:44:19 (39.5%)	9:07	6.6 (60.6%)
139	<b>OSICA Łukasz</b>	<b>730</b>		M30	54	00:43:22	01:14:56	03:19:55	<b>04:24:28.85</b>	+01:44:23 (39.5%)	9:07	6.6 (60.6%)
140	<b>ZDUŃCZYK Paulina</b>	<b>978</b>		K30	15	00:41:59	01:14:06	03:25:38	<b>04:24:33.55</b>	+01:44:28 (39.5%)	9:07	6.6 (60.6%)
141	<b>CIĘŻKI Konrad</b>	<b>977</b>		M30	55	00:41:59	01:14:07	03:25:38	<b>04:24:34.20</b>	+01:44:28 (39.5%)	9:07	6.6 (60.6%)
142	<b>LUBELCZYK Grzegorz</b>	<b>842</b>	SPELEOCLUB WROCŁAW	M50	6	00:43:44	01:13:54	03:13:02	<b>04:24:36.95</b>	+01:44:31 (39.5%)	9:07	6.6 (60.6%)
143	<b>GODŁOŃ Jeży</b>	<b>1099</b>		M30	56	00:43:46	01:17:13	03:21:26	<b>04:25:06.20</b>	+01:45:00 (39.6%)	9:08	6.6 (60.6%)
144	<b>GRABOWA Paulina</b>	<b>831</b>		K18	7	00:41:29	01:10:54	03:22:15	<b>04:25:09.80</b>	+01:45:04 (39.6%)	9:08	6.6 (60.6%)
145	<b>RUPINSKI Jacek</b>	<b>817</b>		M40	41	00:44:24	01:14:26	03:14:32	<b>04:25:38.65</b>	+01:45:33 (39.7%)	9:09	6.6 (60.6%)
146	<b>KLIŃSKI Wojciech</b>	<b>1001</b>	TRAFICA	M40	42	00:38:52	01:08:08	03:21:49	<b>04:25:39.95</b>	+01:45:34 (39.7%)	9:09	6.5 (59.6%)
147	<b>KUCZYŃSKA Anetta</b>	<b>1083</b>	STAJNIA CROSSFIT	K40	9	00:43:29	01:14:21	03:22:47	<b>04:25:44.10</b>	+01:45:38 (39.8%)	9:09	6.5 (59.6%)
148	<b>ROMANIUK Bartosz</b>	<b>729</b>		M30	57	00:45:02	01:15:33	03:12:50	<b>04:25:55.75</b>	+01:45:50 (39.8%)	9:10	6.5 (59.6%)
149	<b>PRZYBYŁKA Mateusz Leonard</b>	<b>838</b>	MLKS KRAJNA SĘPÓLNO	M30	58	00:41:21	01:10:43	03:19:03	<b>04:26:41.60</b>	+01:46:36 (40.0%)	9:11	6.5 (59.6%)
150	<b>ROKSELA Wojciech</b>	<b>765</b>		M60	3	00:44:09	01:14:30	03:15:51	<b>04:27:18.75</b>	+01:47:13 (40.1%)	9:13	6.5 (59.6%)
151	<b>PAWZUN Bartek</b>	<b>910</b>		M30	59	00:40:13	01:09:54	03:16:16	<b>04:28:18.60</b>	+01:48:13 (40.3%)	9:15	6.5 (59.6%)
152	<b>KACZMAREK Dorota</b>	<b>845</b>	RADZIKI	K30	16	00:43:29	01:13:30	03:19:55	<b>04:28:36.20</b>	+01:48:30 (40.4%)	9:15	6.5 (59.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 10km	Droga pod Reglami 23km	Czas netto 29km	Różn	Tempo min/km	Tempo km/h
153	<b>PLUTA Tomasz</b>	<b>906</b>		M50	7	00:42:43	01:12:09	03:20:16	<b>04:29:52.25</b>	+01:49:46 (40.7%)	9:18	6.4 (58.7%)
154	<b>PRZYBOROWSKI Bartosz</b>	<b>873</b>		M30	60	00:41:17	01:10:41	03:22:52	<b>04:30:37.55</b>	+01:50:32 (40.8%)	9:19	6.4 (58.7%)
155	<b>PATELSKA Katarzyna</b>	<b>859</b>		K30	17	03:24:42			<b>04:30:41.00</b>	+01:50:35 (40.9%)	9:20	6.4 (58.7%)
156	<b>MUSIELAK Maciej</b>	<b>1053</b>		M40	43	00:43:40	01:15:24	03:27:01	<b>04:32:54.50</b>	+01:52:49 (41.3%)	9:24	6.4 (58.7%)
157	<b>LEŻAŃSKI Michał</b>	<b>896</b>	ZWARTA GRUPA BOJOWA BIEGACZY	M40	44	00:49:07	01:23:25	03:27:17	<b>04:33:01.70</b>	+01:52:56 (41.4%)	9:24	6.4 (58.7%)
158	<b>MYŚLICKA-PIWKO Marta</b>	<b>791</b>	MOCNA GRUPA CEZARA	K40	10	00:42:10	01:11:51	03:26:30	<b>04:33:07.55</b>	+01:53:02 (41.4%)	9:25	6.4 (58.7%)
159	<b>STOLIŃSKA Michalina</b>	<b>988</b>	RUNEDA	K18	8	00:47:24	01:19:35	03:32:08	<b>04:34:17.40</b>	+01:54:12 (41.6%)	9:27	6.3 (57.8%)
160	<b>WIEWIÓRKO Mateusz</b>	<b>1016</b>		M30	61	00:40:30	01:13:13	03:20:17	<b>04:35:00.90</b>	+01:54:55 (41.8%)	9:28	6.3 (57.8%)
161	<b>MUĆKA Paweł</b>	<b>1088</b>		M40	45	00:46:14	01:17:04	03:31:00	<b>04:35:04.40</b>	+01:54:59 (41.8%)	9:29	6.3 (57.8%)
162	<b>KOWALSKA Renata</b>	<b>864</b>	KM TEAM	K30	18	00:46:14	01:17:04	03:31:00	<b>04:35:05.05</b>	+01:54:59 (41.8%)	9:29	6.3 (57.8%)
163	<b>SZUMSKI Zbigniew</b>	<b>795</b>		M50	8	00:42:10	01:11:53	03:27:06	<b>04:35:45.55</b>	+01:55:40 (41.9%)	9:30	6.3 (57.8%)
164	<b>PALUSZKIEWICZ Dorota</b>	<b>956</b>	RUNEDA	K30	19	00:47:23	01:19:33	03:32:06	<b>04:35:45.75</b>	+01:55:40 (41.9%)	9:30	6.3 (57.8%)
165	<b>SKOWRON Marek</b>	<b>1025</b>	DRÄXLMAIER	M40	46	00:39:28	01:08:35	03:22:52	<b>04:37:03.10</b>	+01:56:57 (42.2%)	9:33	6.3 (57.8%)
166	<b>ROLIŃSKI Radosław</b>	<b>836</b>		M40	47	00:44:19	01:15:53	03:29:13	<b>04:37:14.80</b>	+01:57:09 (42.3%)	9:33	6.3 (57.8%)
167	<b>RADOMY Tomasz</b>	<b>1073</b>		M40	48	00:46:35	01:20:18	03:30:40	<b>04:37:17.85</b>	+01:57:12 (42.3%)	9:33	6.3 (57.8%)
168	<b>NOWAK Tomasz</b>	<b>897</b>		M30	62	00:45:29	01:18:32	03:27:54	<b>04:37:34.50</b>	+01:57:29 (42.3%)	9:34	6.3 (57.8%)
169	<b>HALSKI Waldemar</b>	<b>894</b>		M50	9	00:42:28	01:13:10	03:21:37	<b>04:37:51.10</b>	+01:57:45 (42.4%)	9:34	6.3 (57.8%)
170	<b>BALIŃSKI Wiktor</b>	<b>844</b>		M18	10	00:43:43	01:12:46	03:20:30	<b>04:37:53.35</b>	+01:57:47 (42.4%)	9:34	6.3 (57.8%)
171	<b>SOJKA Przemek</b>	<b>853</b>	ORANGE POLSKA	M40	49	00:46:34	01:17:05	03:26:34	<b>04:38:01.35</b>	+01:57:55 (42.4%)	9:35	6.3 (57.8%)
172	<b>DANKOWSKA Ewelina</b>	<b>1046</b>	ENDORFINY WAŚOSZ	K40	11	00:46:01	01:18:35	03:31:41	<b>04:38:07.55</b>	+01:58:02 (42.4%)	9:35	6.3 (57.8%)
173	<b>BRONIEWICZ Dariusz</b>	<b>1066</b>	ENDORFINY WAŚOSZ	M40	50	00:44:12	01:15:38	03:29:39	<b>04:38:08.30</b>	+01:58:02 (42.4%)	9:35	6.3 (57.8%)
174	<b>LORENC Paweł</b>	<b>1065</b>	ENDORFINY WAŚOSZ	M30	63	00:44:13	01:15:33	03:26:14	<b>04:38:12.60</b>	+01:58:07 (42.5%)	9:35	6.3 (57.8%)
175	<b>TYLKA Gosia</b>	<b>749</b>		K30	20	00:46:05	01:18:27	03:31:05	<b>04:38:43.90</b>	+01:58:38 (42.6%)	9:36	6.2 (56.9%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 10km	Droga pod Reglami 23km	Czas netto 29km	Różn	Tempo min/km	Tempo km/h
176	KOMADA Wojciech	1043		M40	51	00:45:42	01:19:07	03:30:39	<b>04:38:48.05</b>	+01:58:42 (42.6%)	9:36	6.2 (56.9%)
177	MATYJA Andrzej	858	RUNNER'S POWER	M40	52	00:48:12	01:23:09	03:34:43	<b>04:38:49.70</b>	+01:58:44 (42.6%)	9:36	6.2 (56.9%)
178	MATYJA Wioleta	786	RUNNER'S POWER	K40	12	00:48:13	01:23:08	03:34:43	<b>04:38:50.15</b>	+01:58:44 (42.6%)	9:36	6.2 (56.9%)
179	MENDAK Magdalena	789		K40	13	00:46:38	01:22:08	03:33:44	<b>04:40:20.55</b>	+02:00:15 (42.9%)	9:40	6.2 (56.9%)
180	GIDASZEWSKA Jolanta	772		K40	14	00:45:46	01:18:17	03:36:37	<b>04:41:32.95</b>	+02:01:27 (43.1%)	9:42	6.2 (56.9%)
181	MEYER Marcin	746	LUCKY RUN CLUB	M40	53	00:47:04	01:19:55	03:51:33	<b>04:41:53.35</b>	+02:01:47 (43.2%)	9:43	6.2 (56.9%)
182	WOSIAK Karolina	782	NOA	K30	21	00:47:27	01:20:56	03:34:28	<b>04:42:04.80</b>	+02:01:59 (43.2%)	9:43	6.2 (56.9%)
183	KROP Matusz	879		M30	64	00:48:29	01:22:53	03:34:48	<b>04:42:12.25</b>	+02:02:06 (43.3%)	9:43	6.2 (56.9%)
184	CYBULSKI Robert	999		M40	54	00:42:13	01:13:12	03:26:51	<b>04:42:46.30</b>	+02:02:40 (43.4%)	9:45	6.2 (56.9%)
185	KARBOWSKI Łukasz	731		M30	65	00:40:44	01:10:27	03:29:57	<b>04:43:03.85</b>	+02:02:58 (43.4%)	9:45	6.1 (56.0%)
186	KARCZEWSKA Izabela	1055		K30	22	00:49:00	01:21:39	03:36:58	<b>04:43:35.15</b>	+02:03:29 (43.5%)	9:46	6.1 (56.0%)
187	IŁOWIECKI Dominik	1054	NBR TEAM	M40	55	00:49:00	01:21:38	03:36:59	<b>04:43:35.95</b>	+02:03:30 (43.6%)	9:46	6.1 (56.0%)
188	CAL Piotr	799	5K RUN EVERY DAY	M50	10	00:41:41	01:10:05	03:26:12	<b>04:43:44.55</b>	+02:03:39 (43.6%)	9:47	6.1 (56.0%)
189	KRYCZEK Piotr	857		M50	11	00:45:09	01:19:46	03:40:44	<b>04:45:52.45</b>	+02:05:47 (44.0%)	9:51	6.1 (56.0%)
190	MATCZAK Jacek	862		M40	56	00:44:30	01:15:15	03:29:30	<b>04:46:20.70</b>	+02:06:15 (44.1%)	9:52	6.1 (56.0%)
191	WALCZAK Anna	773		K40	15	00:46:50	01:20:45	03:41:14	<b>04:47:58.10</b>	+02:07:52 (44.4%)	9:55	6 (55.0%)
192	JASKÓLSKA Katarzyna	928	1ONI TEAM	K30	23	00:43:37	01:15:53	03:40:07	<b>04:48:35.15</b>	+02:08:29 (44.5%)	9:57	6 (55.0%)
193	DOMOSŁAWSKA Joanna	1031		K40	16	00:44:31	01:15:02	03:39:18	<b>04:49:36.75</b>	+02:09:31 (44.7%)	9:59	6 (55.0%)
194	WRÓBLEWSKI Witold	728		M30	66	00:42:04	01:12:08	03:39:55	<b>04:50:07.05</b>	+02:10:01 (44.8%)	10:00	6 (55.0%)
195	KALEŃSKI-JAŚKIEWICZ Łukasz	742	KLUB J&J	M30	67	00:48:58	01:22:24	03:42:44	<b>04:50:53.50</b>	+02:10:48 (45.0%)	10:01	6 (55.0%)
196	WOJCIECHOWSKI Tomasz	1071		M40	57	00:46:35	01:20:19	03:34:50	<b>04:51:07.85</b>	+02:11:02 (45.0%)	10:02	6 (55.0%)
197	KOZŁOWSKI Jacek	1005	GUAPA TEAM	M40	58	00:43:49	01:15:21	03:42:02	<b>04:52:10.50</b>	+02:12:05 (45.2%)	10:04	6 (55.0%)
198	MATUSIAK Mateusz	1017		M18	11	00:43:52	01:15:25	03:42:05	<b>04:52:12.85</b>	+02:12:07 (45.2%)	10:04	6 (55.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga			Czas netto 29km	Różn	Tempo min/km	Tempo km/h
						pod Reglami 6km	Trzy Jawory 10km	pod Reglami 23km				
199	<b>MISTUR Szymon</b>	<b>702</b>	HAKUNA MATATA	M30	68	00:44:22	01:15:19	03:40:32	<b>04:53:15.70</b>	+02:13:10 (45.4%)	10:06	5.9 (54.1%)
200	<b>MALICKA Małgorzata</b>	<b>704</b>		K40	17	00:46:24	01:19:47	03:42:17	<b>04:53:24.65</b>	+02:13:19 (45.4%)	10:07	5.9 (54.1%)
201	<b>JAKUBIAK Magdalena</b>	<b>724</b>		K40	18	00:47:00	01:19:48	03:42:16	<b>04:53:25.25</b>	+02:13:19 (45.4%)	10:07	5.9 (54.1%)
202	<b>ZASADA Iwona</b>	<b>711</b>		K40	19	00:47:00	01:19:47	03:42:17	<b>04:53:25.45</b>	+02:13:20 (45.4%)	10:07	5.9 (54.1%)
203	<b>GRUSZKA Anna</b>	<b>1029</b>		K40	20	00:46:29	01:17:26	03:47:13	<b>04:54:46.45</b>	+02:14:41 (45.7%)	10:09	5.9 (54.1%)
203	<b>HAWRYLISZYN Jan</b>	<b>1030</b>	PIASECZNO RUNNING	M30	69	00:46:29	01:17:24	03:47:11	<b>04:54:46.45</b>	+02:14:41 (45.7%)	10:09	5.9 (54.1%)
205	<b>PASTUCHEWICZ Przemysław</b>	<b>893</b>	16DBOT	M40	59	00:44:08	01:16:01	03:29:23	<b>04:54:56.15</b>	+02:14:50 (45.7%)	10:10	5.9 (54.1%)
206	<b>BEDNARSKI Grzegorz</b>	<b>1060</b>		M50	12	00:50:29	01:22:56	03:43:43	<b>04:55:02.90</b>	+02:14:57 (45.7%)	10:10	5.9 (54.1%)
207	<b>WRÓBEL Sebastian</b>	<b>802</b>	GEMINI TEAM	M40	60	00:44:43	01:17:23	03:38:31	<b>04:55:24.15</b>	+02:15:18 (45.8%)	10:11	5.9 (54.1%)
208	<b>MORAWSKI Marcin</b>	<b>762</b>	RANGER SURVIVAL CLUB	M40	61	00:46:25	01:21:56	03:43:41	<b>04:56:41.30</b>	+02:16:35 (46.0%)	10:13	5.9 (54.1%)
209	<b>DOMOSŁAWSKI Paweł</b>	<b>1032</b>		M50	13	00:48:47	01:24:35	03:45:47	<b>04:57:34.00</b>	+02:17:28 (46.2%)	10:15	5.8 (53.2%)
210	<b>ŁOPATA Witold</b>	<b>940</b>	WOLSZTYŃSKI KLUB BIEGOWY	M40	62	00:43:05	01:13:47	03:37:35	<b>04:57:47.70</b>	+02:17:42 (46.2%)	10:16	5.8 (53.2%)
211	<b>RUSIELIK Robert</b>	<b>889</b>		M50	14	00:44:25	01:16:19	03:40:49	<b>04:57:53.05</b>	+02:17:47 (46.3%)	10:16	5.8 (53.2%)
212	<b>ŻBIK Natalia</b>	<b>819</b>	SMART THERAPY	K30	24	00:48:50	01:23:26	03:50:37	<b>04:59:49.75</b>	+02:19:44 (46.6%)	10:20	5.8 (53.2%)
213	<b>SUCHOLAS Maciej</b>	<b>1019</b>		M50	15	00:42:43	01:14:10	03:37:21	<b>05:01:12.85</b>	+02:21:07 (46.9%)	10:23	5.8 (53.2%)
214	<b>MARKIEWICZ Joanna Zuza</b>	<b>805</b>	TJ	K40	21	00:47:57	01:23:06	03:50:56	<b>05:01:13.30</b>	+02:21:07 (46.9%)	10:23	5.8 (53.2%)
215	<b>HABIERA Robert</b>	<b>1004</b>		M50	16	00:43:40	01:19:39	03:44:08	<b>05:03:33.95</b>	+02:23:28 (47.3%)	10:28	5.7 (52.3%)
216	<b>ADAMSKA Karolina</b>	<b>912</b>		K18	9	00:47:22	01:21:54	03:49:36	<b>05:03:39.50</b>	+02:23:34 (47.3%)	10:28	5.7 (52.3%)
217	<b>HOFFMANN Grzegorz</b>	<b>905</b>	KOŚCIAN TEAM	M40	63	00:50:34	01:26:44	03:52:11	<b>05:04:15.65</b>	+02:24:10 (47.4%)	10:29	5.7 (52.3%)
218	<b>DIUWE Marzena</b>	<b>1041</b>		K30	25	00:49:37	01:25:47	03:51:30	<b>05:04:16.95</b>	+02:24:11 (47.4%)	10:29	5.7 (52.3%)
219	<b>SZYMAŃSKI Michał</b>	<b>1100</b>	V-MOTORS	M18	12	00:45:39	01:17:28	03:43:14	<b>05:05:11.60</b>	+02:25:06 (47.5%)	10:31	5.7 (52.3%)
220	<b>KOŚCIÓW Katarzyna</b>	<b>924</b>	CYKLOFRAJDA	K40	22	00:41:48	01:12:47	03:43:54	<b>05:06:40.90</b>	+02:26:35 (47.8%)	10:34	5.7 (52.3%)
221	<b>SZYMAŃSKI Adam</b>	<b>755</b>	LĘBORK BIEGACZE 42,2	M40	64	00:48:53	01:23:53	03:58:13	<b>05:07:08.30</b>	+02:27:02 (47.9%)	10:35	5.7 (52.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 10km	Droga pod Reglami 23km	Czas netto 29km	Różn	Tempo min/km	Tempo km/h
222	<b>PAJĄK Monika</b>	<b>1027</b>	HERNIK TEAM	K30	26	00:46:34	01:19:43	03:54:00	<b>05:07:27.90</b>	+02:27:22 (47.9%)	10:36	5.7 (52.3%)
223	<b>SUWAJ Roman</b>	<b>716</b>	ZOMBIE	M60	4	00:46:57	01:19:47	03:54:46	<b>05:07:31.60</b>	+02:27:26 (47.9%)	10:36	5.7 (52.3%)
224	<b>SALSKI Jarosław</b>	<b>733</b>	WRONIECKI KLUB BIEGACZA	M30	70	00:42:26	01:14:46	03:53:45	<b>05:08:23.45</b>	+02:28:18 (48.1%)	10:38	5.6 (51.4%)
225	<b>MORAWSKA Anna</b>	<b>847</b>		K60	1	00:51:35	01:28:26	03:54:33	<b>05:08:36.65</b>	+02:28:31 (48.1%)	10:38	5.6 (51.4%)
226	<b>SZCZAPA Karol</b>	<b>925</b>	12TRI.PL	M30	71	00:50:45	01:27:42	03:51:26	<b>05:08:52.40</b>	+02:28:47 (48.2%)	10:39	5.6 (51.4%)
227	<b>WÓDKIEWICZ Maciej</b>	<b>1042</b>	WLKP MOUNTAINS ULTRA	M50	17	00:46:31	01:19:21	03:50:34	<b>05:10:03.05</b>	+02:29:57 (48.4%)	10:41	5.6 (51.4%)
228	<b>GRZEGRZÓŁKA Anna</b>	<b>792</b>	ZABIEGANI Z LEŚNEJ	K40	23	00:48:09	01:22:24	03:50:05	<b>05:10:43.75</b>	+02:30:38 (48.5%)	10:42	5.6 (51.4%)
229	<b>WIŚNIEWSKI Tomasz</b>	<b>793</b>		M40	65	00:49:50	01:28:26	04:02:19	<b>05:11:08.15</b>	+02:31:02 (48.5%)	10:43	5.6 (51.4%)
230	<b>WACHOWSKA Alina</b>	<b>994</b>	SMOK TRÓJGŁOWY	K60	2	00:46:35	01:21:23	03:56:39	<b>05:11:44.10</b>	+02:31:38 (48.6%)	10:44	5.6 (51.4%)
231	<b>FLESZER Urszula</b>	<b>790</b>		K40	24	00:51:07	01:29:28	03:57:46	<b>05:12:59.55</b>	+02:32:54 (48.9%)	10:47	5.6 (51.4%)
232	<b>ŁADOŃSKA Agata</b>	<b>1012</b>		K30	27	00:49:06	01:26:58	03:58:25	<b>05:13:15.55</b>	+02:33:10 (48.9%)	10:48	5.6 (51.4%)
233	<b>BARANOWSKI Szymon</b>	<b>1020</b>		M30	72	00:49:45	01:25:35	03:56:07	<b>05:13:36.70</b>	+02:33:31 (49.0%)	10:48	5.5 (50.5%)
234	<b>SMYK Paweł</b>	<b>720</b>		M40	66	00:46:36	01:20:13	03:59:14	<b>05:13:43.00</b>	+02:33:37 (49.0%)	10:49	5.5 (50.5%)
235	<b>SZYMCZAK Łukasz</b>	<b>1081</b>	FARTY PUSZCZY / SZYMTECH	M40	67	00:49:32	01:26:04	04:00:11	<b>05:13:59.85</b>	+02:33:54 (49.0%)	10:49	5.5 (50.5%)
236	<b>FINKOWIAT - SZYMCZAK Katarzyna</b>	<b>1080</b>	FARTY PUSZCZY	K30	28	00:49:47	01:26:04	04:00:37	<b>05:14:00.65</b>	+02:33:55 (49.0%)	10:49	5.5 (50.5%)
237	<b>DANKOWSKI Bartosz</b>	<b>1049</b>	ENDORFINY WĄSOSZ	M30	73	00:46:03	01:18:40	03:58:58	<b>05:15:21.00</b>	+02:35:15 (49.2%)	10:52	5.5 (50.5%)
238	<b>KIRKIEWICZ Lucyna</b>	<b>1068</b>	ENDORFINY WĄSOSZ	K30	29	00:44:14	01:15:36	03:59:00	<b>05:15:22.05</b>	+02:35:16 (49.2%)	10:52	5.5 (50.5%)
239	<b>BLADOWSKA Katarzyna</b>	<b>1034</b>	RUNEDA	K40	25	00:47:59	01:23:01	04:00:00	<b>05:15:25.15</b>	+02:35:19 (49.2%)	10:52	5.5 (50.5%)
240	<b>KAZUBOWSKA Małgorzata</b>	<b>991</b>		K40	26	00:48:24	01:21:07	04:02:28	<b>05:16:17.60</b>	+02:36:12 (49.4%)	10:54	5.5 (50.5%)
241	<b>RUDZIEWICZ Michał</b>	<b>899</b>		M40	68	00:46:25	01:16:55	03:57:22	<b>05:17:24.70</b>	+02:37:19 (49.6%)	10:56	5.5 (50.5%)
242	<b>RUDZIEWICZ Urszula</b>	<b>898</b>		K30	30	00:46:27	01:16:57	03:57:25	<b>05:17:25.75</b>	+02:37:20 (49.6%)	10:56	5.5 (50.5%)
243	<b>MIKUTANIEC Sebastian</b>	<b>809</b>		M40	69	00:53:40	01:32:29	03:58:14	<b>05:17:39.65</b>	+02:37:34 (49.6%)	10:57	5.5 (50.5%)
244	<b>TERLECKA Justyna</b>	<b>776</b>		K30	31	00:47:07	01:21:25	04:00:24	<b>05:18:16.10</b>	+02:38:10 (49.7%)	10:58	5.5 (50.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 10km	Droga pod Reglami 23km	Czas netto 29km	Różn	Tempo min/km	Tempo km/h
245	<b>STASIUTE Aurelija</b>	<b>960</b>	#UNBREAKABLE	K30	32	00:53:24	01:32:26	04:07:16	<b>05:18:46.95</b>	+02:38:41 (49.8%)	10:59	5.5 (50.5%)
246	<b>KAŁŁAUR Krzysztof</b>	<b>848</b>		M30	74	00:51:46	01:29:27	04:02:13	<b>05:20:58.20</b>	+02:40:52 (50.1%)	11:04	5.4 (49.5%)
247	<b>NOWAK Paulina</b>	<b>953</b>		K30	33	00:46:39	01:20:40	04:00:01	<b>05:21:17.05</b>	+02:41:11 (50.2%)	11:04	5.4 (49.5%)
248	<b>MALINOWSKA Zyta</b>	<b>705</b>		K40	27	00:51:05	01:29:25	04:02:13	<b>05:22:20.80</b>	+02:42:15 (50.3%)	11:06	5.4 (49.5%)
249	<b>SZCZOTKA Katarzyna</b>	<b>1021</b>		K18	10	00:49:45	01:25:35	03:56:46	<b>05:23:37.45</b>	+02:43:32 (50.5%)	11:09	5.4 (49.5%)
250	<b>TASZAREK Ewa</b>	<b>1069</b>		K40	28	00:49:36	01:26:54	04:05:47	<b>05:24:39.50</b>	+02:44:34 (50.7%)	11:11	5.4 (49.5%)
251	<b>SZCZĘSNY Maciej</b>	<b>821</b>		M60	5	00:48:16	01:24:29	03:54:56	<b>05:24:49.65</b>	+02:44:44 (50.7%)	11:12	5.4 (49.5%)
252	<b>STARCZEWSKI Krzysztof</b>	<b>723</b>	ULTRA DIABŁY TEAM LUBRZA	M50	18	00:47:51	01:23:02	04:03:51	<b>05:25:07.50</b>	+02:45:02 (50.8%)	11:12	5.4 (49.5%)
253	<b>KROSIŃSKI Janusz</b>	<b>948</b>		M40	70	00:51:02	01:28:55	04:06:04	<b>05:25:31.40</b>	+02:45:26 (50.8%)	11:13	5.3 (48.6%)
254	<b>KUMOR Weronika</b>	<b>976</b>	EVERRUN	K40	29	00:46:21	01:19:50	04:10:31	<b>05:25:32.45</b>	+02:45:27 (50.8%)	11:13	5.3 (48.6%)
255	<b>CZARNOTA Sławomir</b>	<b>828</b>		M30	75	00:48:25	01:23:11	04:00:56	<b>05:25:34.70</b>	+02:45:29 (50.8%)	11:13	5.3 (48.6%)
256	<b>WESOŁOWSKA Iwona</b>	<b>975</b>		K30	34	00:45:52	01:19:14	04:02:52	<b>05:25:35.90</b>	+02:45:30 (50.8%)	11:13	5.3 (48.6%)
257	<b>PLIS Jordan</b>	<b>919</b>		M30	76	00:48:49	01:25:20	04:02:27	<b>05:25:46.20</b>	+02:45:40 (50.9%)	11:14	5.3 (48.6%)
258	<b>MERUNOWICZ Iwona</b>	<b>739</b>	LMKS SFORA CHOJNÓW	K40	30	00:44:49	01:17:33	03:58:51	<b>05:27:14.65</b>	+02:47:09 (51.1%)	11:17	5.3 (48.6%)
259	<b>KAPŁON Anna</b>	<b>774</b>		K40	31	00:52:13	01:31:27	04:09:27	<b>05:27:15.85</b>	+02:47:10 (51.1%)	11:17	5.3 (48.6%)
260	<b>PRZYBYSZEWSKA Lidia</b>	<b>721</b>	ULTRA DIABŁY	K40	32	00:48:28	01:23:13	04:12:22	<b>05:27:27.25</b>	+02:47:21 (51.1%)	11:17	5.3 (48.6%)
261	<b>MRUCZYŃSKA-PIETRUCZANIS Katarzyna</b>	<b>750</b>	DEVI HIMAL TEAM	K40	33	00:53:30	01:33:16	04:15:23	<b>05:28:36.55</b>	+02:48:31 (51.3%)	11:19	5.3 (48.6%)
262	<b>ZYGMAN Marta</b>	<b>715</b>		K30	35	00:52:24	01:29:22	04:14:27	<b>05:29:16.00</b>	+02:49:10 (51.4%)	11:21	5.3 (48.6%)
263	<b>PIĄTEK Filip</b>	<b>818</b>		M40	71	00:47:12	01:21:14	03:56:59	<b>05:29:41.80</b>	+02:49:36 (51.4%)	11:22	5.3 (48.6%)
264	<b>WINNICKA Edyta</b>	<b>741</b>	ADIDAS RUNNERS WARSAW SŁODKIE PĄCZKI	K30	36	00:48:10	01:24:24	04:12:04	<b>05:30:15.55</b>	+02:50:10 (51.5%)	11:23	5.3 (48.6%)
265	<b>BANACH-SKOWRONEK Joanna</b>	<b>752</b>		K30	37	00:49:06	01:26:57	04:07:18	<b>05:30:18.25</b>	+02:50:12 (51.5%)	11:23	5.3 (48.6%)
266	<b>SKOWRONEK Tomasz</b>	<b>754</b>		M30	77	00:49:06	01:26:57	04:07:19	<b>05:30:18.35</b>	+02:50:12 (51.5%)	11:23	5.3 (48.6%)
267	<b>WOJDAŁOWICZ Ewa</b>	<b>713</b>		K40	34	00:50:35	01:26:15	04:13:47	<b>05:30:48.70</b>	+02:50:43 (51.6%)	11:24	5.3 (48.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 10km	Droga pod Reglami 23km	Czas netto 29km	Różn	Tempo min/km	Tempo km/h
268	<b>BANASZCZAK Dagmara</b>	<b>869</b>	ŚWIDNICKA GRUPA BIEGOWA	K30	38	00:49:39	01:27:06	04:09:45	<b>05:32:00.30</b>	+02:51:54 (51.8%)	11:26	5.2 (47.7%)
269	<b>PUSZCZYKOWSKA Małgorzata</b>	<b>703</b>		K40	35	00:51:15	01:28:11	04:09:30	<b>05:32:19.25</b>	+02:52:13 (51.8%)	11:27	5.2 (47.7%)
270	<b>ŚLUSAREK Rafał</b>	<b>1013</b>		M30	78	00:52:49	01:31:11	04:14:12	<b>05:34:15.45</b>	+02:54:10 (52.1%)	11:31	5.2 (47.7%)
271	<b>ŚLUSAREK Grzegorz</b>	<b>972</b>		M40	72	00:53:01	01:31:13	04:15:15	<b>05:34:15.80</b>	+02:54:10 (52.1%)	11:31	5.2 (47.7%)
272	<b>MASIAREK Czesław</b>	<b>852</b>		M60	6	00:54:11	01:33:20	04:10:26	<b>05:34:27.55</b>	+02:54:22 (52.1%)	11:31	5.2 (47.7%)
273	<b>SIARKIEWICZ Jola</b>	<b>806</b>	BIEGAMDLAZDROWIA.PL	K60	3	00:51:06	01:30:42	04:17:07	<b>05:34:32.95</b>	+02:54:27 (52.1%)	11:32	5.2 (47.7%)
274	<b>LEDWIG Dariusz</b>	<b>942</b>	CYKLOFAN	M40	73	00:47:54	01:25:15	04:05:37	<b>05:34:44.50</b>	+02:54:39 (52.2%)	11:32	5.2 (47.7%)
275	<b>RABENDA Paweł</b>	<b>727</b>	J&J	M30	79	00:52:38	01:27:08	04:07:26	<b>05:37:38.30</b>	+02:57:32 (52.6%)	11:38	5.2 (47.7%)
276	<b>KNĄBER Piotr</b>	<b>726</b>	J&J	M30	80	00:52:49	01:29:08	04:06:37	<b>05:37:38.60</b>	+02:57:33 (52.6%)	11:38	5.2 (47.7%)
277	<b>PYTKO Elżbieta</b>	<b>907</b>		K50	2	00:57:02	01:37:06	04:22:57	<b>05:38:24.50</b>	+02:58:19 (52.7%)	11:40	5.1 (46.8%)
278	<b>LECH Jacek</b>	<b>989</b>	ULTRA DIABŁY TEAM LUBRZA	M40	74	00:48:33	01:29:41	04:16:33	<b>05:38:58.25</b>	+02:58:52 (52.8%)	11:41	5.1 (46.8%)
279	<b>SPRINGER Marta</b>	<b>934</b>	NIGHT RUNNERS	K30	39	00:55:33	01:35:02	04:20:43	<b>05:39:36.40</b>	+02:59:31 (52.9%)	11:42	5.1 (46.8%)
280	<b>RĄCZKOWIAK Mateusz</b>	<b>712</b>	USZŁO POWIETRZE Z DĘTKI	M30	81	00:49:59	01:28:33	04:12:59	<b>05:39:55.50</b>	+02:59:50 (52.9%)	11:43	5.1 (46.8%)
281	<b>SZCZĘSNA Agata</b>	<b>967</b>		K18	11	00:54:59	01:34:30	04:19:30	<b>05:40:29.55</b>	+03:00:24 (53.0%)	11:44	5.1 (46.8%)
282	<b>KACZMAREK Mariusz</b>	<b>947</b>		M60	7	00:49:03	01:23:56	04:11:56	<b>05:42:33.80</b>	+03:02:28 (53.3%)	11:48	5.1 (46.8%)
283	<b>BORODYN Andrzej</b>	<b>825</b>	BOROFAMILY RUNNING TEAM	M40	75	00:49:31	01:26:17	04:19:17	<b>05:43:44.90</b>	+03:03:39 (53.4%)	11:51	5.1 (46.8%)
284	<b>FERENC Stanisław</b>	<b>911</b>		M30	82	00:45:36	01:18:50	03:43:51	<b>05:44:36.40</b>	+03:04:31 (53.5%)	11:52	5 (45.9%)
285	<b>BIEŃ Piotr</b>	<b>945</b>		M30	83	00:53:15	01:31:55	04:29:22	<b>05:48:01.10</b>	+03:07:55 (54.0%)	12:00	5 (45.9%)
286	<b>BIEŃ Małgorzata</b>	<b>946</b>		K40	36	00:53:16	01:31:55	04:29:23	<b>05:48:01.25</b>	+03:07:55 (54.0%)	12:00	5 (45.9%)
287	<b>KWIATKOWSKA Kinga</b>	<b>835</b>		K30	40	00:52:17	01:28:05	04:20:17	<b>05:48:17.50</b>	+03:08:12 (54.0%)	12:00	5 (45.9%)
288	<b>JEZIERSKA Karina</b>	<b>927</b>	12TRI.PL TEAM ZABIEGANEDN I	K40	37	00:52:58	01:39:40	04:23:35	<b>05:48:18.60</b>	+03:08:13 (54.0%)	12:00	5 (45.9%)
289	<b>KOZŁOWSKA- WOYCIECHOWSKA Hanna</b>	<b>926</b>		K40	38	00:52:58	01:39:39	04:23:34	<b>05:48:18.65</b>	+03:08:13 (54.0%)	12:00	5 (45.9%)
290	<b>MIKUTANIEC Patrycja</b>	<b>760</b>		K40	39	00:53:40	01:32:24	04:25:00	<b>05:48:24.40</b>	+03:08:19 (54.1%)	12:00	5 (45.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 10km	Droga pod Reglami 23km	Czas netto 29km	Różn	Tempo min/km	Tempo km/h
291	<b>JURKIEWICZ Paulina</b>	<b>1052</b>		K30	41	00:57:08	01:36:37	04:23:44	<b>05:49:05.10</b>	+03:08:59 (54.1%)	12:02	5 (45.9%)
292	<b>TUTKO Paweł</b>	<b>969</b>		M40	76	00:51:10	01:26:55	04:13:30	<b>05:49:42.35</b>	+03:09:36 (54.2%)	12:03	5 (45.9%)
293	<b>LEWICKA Bożena</b>	<b>949</b>	GONIMY	K60	4	00:53:14	01:31:45	04:34:00	<b>05:49:51.65</b>	+03:09:46 (54.2%)	12:03	5 (45.9%)
294	<b>SYPNIEWSKI Rafał</b>	<b>987</b>	EVERRUN	M40	77	00:46:20	01:19:47	04:25:17	<b>05:51:27.25</b>	+03:11:21 (54.4%)	12:07	5 (45.9%)
295	<b>STRYCZEK Ewa</b>	<b>768</b>	AKTYWNYWEEKEND	K30	42	00:52:51	01:32:29	04:22:00	<b>05:51:48.20</b>	+03:11:42 (54.5%)	12:07	4.9 (45.0%)
296	<b>SIWA Michał</b>	<b>706</b>		M30	84	00:51:42	01:30:06	04:24:30	<b>05:52:02.65</b>	+03:11:57 (54.5%)	12:08	4.9 (45.0%)
297	<b>BORKOWSKI Krzysztof</b>	<b>779</b>		M40	78	00:51:00	01:28:30	04:20:37	<b>05:52:07.30</b>	+03:12:01 (54.5%)	12:08	4.9 (45.0%)
298	<b>SREBRO Kacper Antoni</b>	<b>815</b>		M18	13	00:53:43	01:34:56	04:24:17	<b>05:53:50.65</b>	+03:13:45 (54.8%)	12:12	4.9 (45.0%)
299	<b>MARKOWSKA Lidia</b>	<b>891</b>		K40	40	00:52:09	01:29:34	04:29:30	<b>05:54:41.95</b>	+03:14:36 (54.9%)	12:13	4.9 (45.0%)
300	<b>MARKOWSKI Piotr</b>	<b>892</b>		M40	79	00:52:08	01:29:31	04:29:29	<b>05:55:04.70</b>	+03:14:59 (54.9%)	12:14	4.9 (45.0%)
301	<b>GLUBA Bartosz</b>	<b>916</b>	1ON1 RUNNING TEAM	M30	85	00:49:34	01:25:45	04:35:00	<b>05:57:33.85</b>	+03:17:28 (55.2%)	12:19	4.9 (45.0%)
302	<b>KACZMAREK Łukasz</b>	<b>983</b>		M30	86	00:53:03	01:30:07	04:32:36	<b>06:00:53.40</b>	+03:20:48 (55.6%)	12:26	4.8 (44.0%)
303	<b>KAMINSKI Igor</b>	<b>980</b>	IGI-TEAM	M30	87	00:51:45	01:28:54	04:39:29	<b>06:00:56.70</b>	+03:20:51 (55.6%)	12:26	4.8 (44.0%)
304	<b>KWIATKOWSKA Marta</b>	<b>981</b>	IGI-TEAM	K30	43	00:51:44	01:29:02	04:39:28	<b>06:00:56.90</b>	+03:20:51 (55.6%)	12:26	4.8 (44.0%)
305	<b>SIERANT Marian</b>	<b>826</b>		M60	8	00:54:06	01:30:11	04:23:37	<b>06:04:01.45</b>	+03:23:56 (56.0%)	12:33	4.8 (44.0%)
306	<b>DZIEKONSKI Jacek</b>	<b>929</b>		M60	9	00:50:31	01:27:39	04:27:39	<b>06:07:46.35</b>	+03:27:40 (56.5%)	12:40	4.7 (43.1%)
307	<b>HARASZCZUK Jerzy</b>	<b>922</b>	MORŚWINY SZCZECIN	M50	19	00:52:54	01:26:42	04:33:02	<b>06:10:27.25</b>	+03:30:21 (56.8%)	12:46	4.7 (43.1%)
307	<b>HARASZCZUK Joanna</b>	<b>901</b>		K30	44	00:53:01	01:26:59	04:33:00	<b>06:10:27.25</b>	+03:30:21 (56.8%)	12:46	4.7 (43.1%)
309	<b>HARASZCZUK Krystian</b>	<b>900</b>		M30	88	00:52:45	01:26:44	04:33:11	<b>06:10:27.70</b>	+03:30:22 (56.8%)	12:46	4.7 (43.1%)
310	<b>KUCA Iwona</b>	<b>766</b>	GRAŻYNY W GÓRACH	K40	41	00:58:16	01:40:32	04:43:21	<b>06:14:15.10</b>	+03:34:09 (57.2%)	12:54	4.6 (42.2%)
311	<b>MUCHA Aleksandra</b>	<b>1000</b>	CREZY TEAM	K40	42	00:57:38	01:38:24	04:53:51	<b>06:16:01.75</b>	+03:35:56 (57.4%)	12:57	4.6 (42.2%)
312	<b>KOZIOŁ Ewa</b>	<b>974</b>		K40	43	00:57:39	01:38:24	04:53:51	<b>06:16:05.30</b>	+03:35:59 (57.4%)	12:58	4.6 (42.2%)
313	<b>KWIECIŃSKI Łukasz</b>	<b>718</b>	J&J	M30	89	00:56:57	01:37:53	04:46:45	<b>06:16:46.40</b>	+03:36:41 (57.5%)	12:59	4.6 (42.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 10km	Droga pod Reglami 23km	Czas netto 29km	Różn	Tempo min/km	Tempo km/h
314	PERKA Barbara	846		K40	44	00:59:13	01:44:19	04:51:51	<b>06:17:44.30</b>	+03:37:38 (57.6%)	13:01	4.6 (42.2%)
315	OSZCZĘDA Marzena	875		K40	45	00:58:41	01:41:59	04:51:04	<b>06:17:48.00</b>	+03:37:42 (57.6%)	13:01	4.6 (42.2%)
316	WIŚNIEWSKA Dorota	794		K40	46	00:58:33	01:41:50	04:51:28	<b>06:21:44.50</b>	+03:41:39 (58.1%)	13:09	4.6 (42.2%)
317	HORĘZGA Dorota	1086		K30	45	00:59:17	01:44:40	04:58:57	<b>06:25:43.60</b>	+03:45:38 (58.5%)	13:18	4.5 (41.3%)
318	PASIEKA Magda	814		K40	47	01:00:09	01:43:52	04:51:42	<b>06:28:00.85</b>	+03:47:55 (58.7%)	13:22	4.5 (41.3%)
319	LACH Jakub	902		M40	80	00:57:15	01:39:47	05:02:36	<b>06:30:43.95</b>	+03:50:38 (59.0%)	13:28	4.5 (41.3%)
320	SREBRO Michał	787		M50	20	00:57:26	01:38:17	04:51:25	<b>06:32:19.95</b>	+03:52:14 (59.2%)	13:31	4.4 (40.4%)
321	KSIAZKIEWICZ Elzbieta	710		K30	46	00:58:16	01:41:37	04:59:47	<b>06:32:20.00</b>	+03:52:14 (59.2%)	13:31	4.4 (40.4%)
322	ZEMŁA Krzysztof	747		M50	21	00:56:21	01:36:29	05:02:52	<b>06:41:25.85</b>	+04:01:20 (60.1%)	13:50	4.3 (39.4%)
323	GOŁĘBIEWSKI Tytus	744	NGB / ULTRA FALUBAZ	M30	90	00:31:29	00:54:12	05:32:41	<b>06:41:58.60</b>	+04:01:53 (60.2%)	13:51	4.3 (39.4%)
324	KĘPSKI Grzegorz	885		M30	91	01:03:12	01:48:33	05:03:47	<b>06:56:01.20</b>	+04:15:55 (61.5%)	14:20	4.2 (38.5%)
325	MYSZYWODA Monika	884		K30	47	01:03:12	01:48:33	05:03:48	<b>06:56:01.35</b>	+04:15:55 (61.5%)	14:20	4.2 (38.5%)
326	MATERLIŃSKI Szymon	883	-	M40	81	00:53:25	01:34:43	05:20:04	<b>06:56:05.10</b>	+04:15:59 (61.5%)	14:20	4.2 (38.5%)
<b>Przekroczony limit czasu: 07:00:00</b>												
327	SZYMAŃSKI Jarosław	777	FUJITSU RUNNING TEAM / 1ON1 TEAM	M30	92	01:08:11	01:55:28	05:32:07	<b>07:02:12.40</b>	+04:22:07 (62.1%)	14:33	4.1 (37.6%)
328	RUSIELIK Irena	915		K50	3	01:12:46	02:05:06	05:56:21	<b>07:50:53.30</b>	+05:10:47 (66.0%)	16:14	3.7 (33.9%)
329	RUSIELIK Sabina	917		K18	12	01:12:47	02:05:07	05:56:21	<b>07:50:54.00</b>	+05:10:48 (66.0%)	16:14	3.7 (33.9%)
	HALSKI Mateusz	895		M18		00:41:29 DNF	01:14:20 DNF	DNF	<b>DNF</b>		-	- (0.0%)
	ROGOWSKI Paweł	970		M30		DNF	DNF	DNF	<b>DNF</b>		-	- (0.0%)

Znaleziono 331 wynik(ów)