



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

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

# PÓLMARATON Z GÓRKĄ

B4SPORT

**B4SPORT**  
INTELIĞENTNE 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           |                  |                  | Czas netto 29km    | Różn              | Tempo min/km | Tempo km/h  |
|-----|------------------------------|-------------|--------------------------------|-----------|------|-----------------|------------------|------------------|--------------------|-------------------|--------------|-------------|
|     |                              |             |                                |           |      | pod Reglami 6km | Trzy Jawory 10km | pod Reglami 23km |                    |                   |              |             |
| 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 WĄSOSZ           | 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 WĄSOSZ             | 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 WĄSOSZ             | 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 WĄSOSZ             | 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 | <b>KOMADA Wojciech</b>            | <b>1043</b> |                  | 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 | <b>MATYJA Andrzej</b>             | <b>858</b>  | 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 | <b>MATYJA Wioleta</b>             | <b>786</b>  | 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 | <b>MENDAK Magdalena</b>           | <b>789</b>  |                  | 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 | <b>GIDASZEWSKA Jolanta</b>        | <b>772</b>  |                  | 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 | <b>MEYER Marcin</b>               | <b>746</b>  | 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 | <b>WOSIAK Karolina</b>            | <b>782</b>  | 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 | <b>KROP Matusz</b>                | <b>879</b>  |                  | 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 | <b>CYBULSKI Robert</b>            | <b>999</b>  |                  | 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 | <b>KARBOWSKI Łukasz</b>           | <b>731</b>  |                  | 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 | <b>KARCZEWSKA Izabela</b>         | <b>1055</b> |                  | 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 | <b>IŁOWIECKI Dominik</b>          | <b>1054</b> | 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 | <b>CAL Piotr</b>                  | <b>799</b>  | 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 | <b>KRYCZEK Piotr</b>              | <b>857</b>  |                  | 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 | <b>MATCZAK Jacek</b>              | <b>862</b>  |                  | 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 | <b>WALCZAK Anna</b>               | <b>773</b>  |                  | 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 | <b>JASKÓLSKA Katarzyna</b>        | <b>928</b>  | 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 | <b>DOMOSŁAWSKA Joanna</b>         | <b>1031</b> |                  | 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 | <b>WRÓBLEWSKI Witold</b>          | <b>728</b>  |                  | 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 | <b>KALEŃSKI-JAŚKIEWICZ Łukasz</b> | <b>742</b>  | 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 | <b>WOJCIECHOWSKI Tomasz</b>       | <b>1071</b> |                  | 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 | <b>KOZŁOWSKI Jacek</b>            | <b>1005</b> | 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 | <b>MATUSIAK Mateusz</b>           | <b>1017</b> |                  | 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-<br/>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           |                  |                  | Czas netto 29km    | Różn              | Tempo min/km | Tempo km/h  |
|-----|-----------------------------|-------------|-------------------|-----------|------|-----------------|------------------|------------------|--------------------|-------------------|--------------|-------------|
|     |                             |             |                   |           |      | pod Reglami 6km | Trzy Jawory 10km | pod Reglami 23km |                    |                   |              |             |
| 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<br>(57.6%) | 13:01        | 4.6<br>(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<br>(57.6%) | 13:01        | 4.6<br>(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<br>(58.1%) | 13:09        | 4.6<br>(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<br>(58.5%) | 13:18        | 4.5<br>(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<br>(58.7%) | 13:22        | 4.5<br>(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<br>(59.0%) | 13:28        | 4.5<br>(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<br>(59.2%) | 13:31        | 4.4<br>(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<br>(59.2%) | 13:31        | 4.4<br>(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<br>(60.1%) | 13:50        | 4.3<br>(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<br>(60.2%) | 13:51        | 4.3<br>(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<br>(61.5%) | 14:20        | 4.2<br>(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<br>(61.5%) | 14:20        | 4.2<br>(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<br>(61.5%) | 14:20        | 4.2<br>(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<br>(62.1%) | 14:33        | 4.1<br>(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<br>(66.0%) | 16:14        | 3.7<br>(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<br>(66.0%) | 16:14        | 3.7<br>(33.9%) |
|   | HALSKI Mateusz        | 895   |                                  | M18       |      | 00:41:29<br>DNF       | 01:14:20<br>DNF  | DNF                    | <b>DNF</b>         |                      | -            | -<br>(0.0%)    |
|   | ROGOWSKI Paweł        | 970   |                                  | M30       |      | DNF                   | DNF              | DNF                    | <b>DNF</b>         |                      | -            | -<br>(0.0%)    |

Znaleziono 331 wynik(ów)