



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

CHOJNIK KARKONOSKI FESTIWAL BIEGOWY  
FUNDACJA PROFIT MARATON  
2022-09-03  
Sobieszów  
29 km

# PÓLMARATON Z GÓRKĄ

B4SPORT

**B4SPORT**  
INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 10km	Droga pod Reglami 23km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
1	<b>GORZELAŃCZYK Jakub</b>	<b>759</b>	MKS SIECHNICE	M30	1	00:26:28	00:45:26	01:52:48	<b>02:21:49.05</b>	<b>02:21:49.05</b>		4:53	12.3 (100%)
2	<b>LESNIAK Kamil</b>	<b>1050</b>	HDKIA GARMIN TEAM	M18	1	00:28:18	00:49:20	02:03:30	<b>02:37:31.10</b>	<b>02:37:31.10</b>	+00:15:42 (10.0%)	5:25	11 (89.4%)
3	<b>FRANCZAK Mariusz</b>	<b>1013</b>	DTR TRZEBNICA BIEGA / MARIO TEAM	M40	1	00:30:16	00:51:48	02:12:08	<b>02:46:46.20</b>	<b>02:46:46.20</b>	+00:24:57 (15.0%)	5:45	10.4 (84.6%)
4	<b>ANDRUSZKIEWICZ Paweł</b>	<b>706</b>		M30	2	00:32:01	00:54:24	02:13:58	<b>02:50:13.55</b>	<b>02:50:13.55</b>	+00:28:24 (16.7%)	5:52	10.2 (82.9%)
5	<b>WŁODARCZYK Jarosław</b>	<b>992</b>		M40	2	00:32:01	00:54:25	02:15:47	<b>02:56:56.15</b>	<b>02:56:56.15</b>	+00:35:07 (19.8%)	6:06	9.8 (79.7%)
6	<b>OLCZYK Grzegorz</b>	<b>1009</b>	DRÄXLMAIER	M30	3	00:32:14	00:55:11	02:20:40	<b>02:59:05.40</b>	<b>02:59:05.40</b>	+00:37:16 (20.8%)	6:10	9.7 (78.9%)
7	<b>BAJAN Filip</b>	<b>708</b>	LAB-BUD.COM	M18	2	00:31:01	00:53:30	02:21:37	<b>03:00:38.90</b>	<b>03:00:38.90</b>	+00:38:49 (21.5%)	6:13	9.6 (78.0%)
8	<b>GOMOŁYSEK Kinga</b>	<b>758</b>		K30	1	00:32:03	00:54:26	02:23:37	<b>03:00:39.70</b>	<b>03:00:39.70</b>	+00:38:50 (21.5%)	6:13	9.6 (78.0%)
9	<b>BOSAKIEWICZ Tomasz</b>	<b>725</b>		M30	4	00:34:49	00:59:31	02:26:42	<b>03:02:36.50</b>	<b>03:02:36.50</b>	+00:40:47 (22.3%)	6:17	9.5 (77.2%)
10	<b>POLACZEK Daniel</b>	<b>900</b>		M18	3	00:34:20	00:58:08	02:25:24	<b>03:03:15.20</b>	<b>03:03:15.20</b>	+00:41:26 (22.6%)	6:19	9.5 (77.2%)
11	<b>KNACH Tomasz</b>	<b>801</b>	BLUE COMPUTERS SERWIS LAPTOPÓW ŚWIEBODZICE	M40	3	00:31:31	00:54:12	02:22:39	<b>03:04:59.10</b>	<b>03:04:59.10</b>	+00:43:10 (23.3%)	6:22	9.4 (76.4%)
12	<b>ŁABUZ Małgorzata</b>	<b>835</b>		K30	2	00:34:49	00:59:38	02:28:39	<b>03:06:32.75</b>	<b>03:06:32.75</b>	+00:44:43 (24.0%)	6:25	9.3 (75.6%)
13	<b>CZARNY Jaroslaw</b>	<b>733</b>		M30	5	00:32:18	00:55:15	02:24:26	<b>03:07:57.30</b>	<b>03:07:57.30</b>	+00:46:08 (24.5%)	6:28	9.3 (75.6%)
14	<b>NOWAK Paweł</b>	<b>877</b>		M30	6	00:32:04	00:54:28	02:27:40	<b>03:08:04.15</b>	<b>03:08:04.15</b>	+00:46:15 (24.6%)	6:29	9.3 (75.6%)
15	<b>KOŹBIELSKI Szymon</b>	<b>813</b>	BŁK	M30	7	00:36:39	00:59:48	02:33:40	<b>03:11:14.75</b>	<b>03:11:14.75</b>	+00:49:25 (25.8%)	6:35	9.1 (74.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami		Droga pod Reglami 23km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
						6km	Trzy 10km						
16	<b>ANANICH Andrey</b>	<b>705</b>	BIĄŁ.TM	M18	4	00:36:25	01:02:18	02:33:12	<b>03:11:48.10</b>	<b>03:11:48.10</b>	+00:49:59 (26.1%)	6:36	9.1 (74.0%)
17	<b>KACZMAREK Maciej</b>	<b>786</b>	POLEOHEL	M30	8	00:34:00	00:58:06	02:29:44	<b>03:14:16.75</b>	<b>03:14:16.75</b>	+00:52:27 (27.0%)	6:41	9 (73.2%)
18	<b>SAJDUDA Adam</b>	<b>925</b>		M18	5	00:34:03	00:58:14	02:30:01	<b>03:15:05.65</b>	<b>03:15:05.65</b>	+00:53:16 (27.3%)	6:43	8.9 (72.4%)
19	<b>HOJAN Łukasz</b>	<b>773</b>	FEHLAU RUN TEAM	M30	9	00:36:22	01:02:37	02:35:54	<b>03:15:20.10</b>	<b>03:15:20.10</b>	+00:53:31 (27.4%)	6:44	8.9 (72.4%)
20	<b>MORAWSKI Filip</b>	<b>871</b>		M40	4	00:35:54	01:00:05	02:32:28	<b>03:15:43.55</b>	<b>03:15:43.55</b>	+00:53:54 (27.5%)	6:44	8.9 (72.4%)
21	<b>SZCZEPARA Wojciech</b>	<b>956</b>		M18	6	00:34:12	00:58:27	02:33:26	<b>03:16:14.75</b>	<b>03:16:14.75</b>	+00:54:25 (27.7%)	6:46	8.9 (72.4%)
22	<b>KUTYBA Mariusz</b>	<b>825</b>	WOLNE ŚLIMAKI	M40	5	00:35:16	01:00:10	02:36:40	<b>03:16:46.20</b>	<b>03:16:46.20</b>	+00:54:57 (27.9%)	6:47	8.8 (71.5%)
23	<b>WINTER Piotr</b>	<b>988</b>	NIGHT RUNNERS	M30	10	00:35:28	01:00:42	02:35:12	<b>03:16:55.40</b>	<b>03:16:55.40</b>	+00:55:06 (28.0%)	6:47	8.8 (71.5%)
24	<b>WALCZAK Adela</b>	<b>981</b>	TRAIL IS OUR WAY TEAM	K30	3	00:36:33	01:02:03	02:34:58	<b>03:16:56.00</b>	<b>03:16:56.00</b>	+00:55:06 (28.0%)	6:47	8.8 (71.5%)
25	<b>GOLEC Marcin</b>	<b>756</b>	PREDATORS WAŁBRZYCH	M40	6	00:36:28	01:01:23	02:35:00	<b>03:16:59.15</b>	<b>03:16:59.15</b>	+00:55:10 (28.0%)	6:47	8.8 (71.5%)
26	<b>ŚCISŁO Przemysław</b>	<b>1042</b>		M50	1	00:34:04		02:34:14	<b>03:17:02.80</b>	<b>03:17:02.80</b>	+00:55:13 (28.0%)	6:47	8.8 (71.5%)
27	<b>GOŁĘBIOWSKI Tytus</b>	<b>757</b>	ULTRA FALUBAZ	M30	11	00:32:23	00:55:32	02:32:17	<b>03:17:24.75</b>	<b>03:17:24.75</b>	+00:55:35 (28.2%)	6:48	8.8 (71.5%)
28	<b>BOROWSKA Karolina</b>	<b>724</b>	KGHM ZG RUN	K30	4	00:36:24	01:02:23	02:36:30	<b>03:17:47.95</b>	<b>03:17:47.95</b>	+00:55:58 (28.3%)	6:49	8.8 (71.5%)
29	<b>ŁUKACKI Daniel</b>	<b>841</b>	#SOBASTEAM	M40	7	00:36:11	01:01:04	02:38:35	<b>03:18:38.30</b>	<b>03:18:38.30</b>	+00:56:49 (28.6%)	6:50	8.8 (71.5%)
30	<b>ODOLAK Piotr</b>	<b>881</b>	STANWEX II	M18	7	00:35:46	01:00:06	02:34:53	<b>03:18:51.85</b>	<b>03:18:51.85</b>	+00:57:02 (28.7%)	6:51	8.8 (71.5%)
31	<b>MACHOWICZ Maciej</b>	<b>1012</b>	#BIEGAJLESZNO	M30	12	00:35:15	01:00:09	02:35:15	<b>03:19:19.35</b>	<b>03:19:19.35</b>	+00:57:30 (28.9%)	6:52	8.7 (70.7%)
32	<b>SALEJ Krzysztof</b>	<b>926</b>	REDKOT	M30	13	00:35:15	01:01:03	02:36:53	<b>03:20:42.95</b>	<b>03:20:42.95</b>	+00:58:53 (29.3%)	6:55	8.7 (70.7%)
33	<b>MAJEWSKI Maciej</b>	<b>846</b>		M40	8	00:34:54	00:59:31	02:37:06	<b>03:20:46.50</b>	<b>03:20:46.50</b>	+00:58:57 (29.4%)	6:55	8.7 (70.7%)
34	<b>GÓRECKI Krzysztof</b>	<b>762</b>		M18	8	00:39:40	01:07:14	02:39:58	<b>03:21:09.15</b>	<b>03:21:09.15</b>	+00:59:20 (29.5%)	6:56	8.7 (70.7%)
35	<b>IDCZAK Agnieszka</b>	<b>775</b>		K30	5	00:36:11	01:01:07	02:37:07	<b>03:21:55.60</b>	<b>03:21:55.60</b>	+01:00:06 (29.8%)	6:57	8.6 (69.9%)
36	<b>WIERZBICKI Krzysztof</b>	<b>987</b>	WIERZBICKI RUNNING PROJECT	M30	14	00:34:19	00:58:05	02:39:10	<b>03:23:08.20</b>	<b>03:23:08.20</b>	+01:01:19 (30.2%)	7:00	8.6 (69.9%)
37	<b>WNUK Tomasz</b>	<b>994</b>	NAPRZÓD MŁOCINY	M40	9	00:34:53	00:59:46	02:39:20	<b>03:25:08.15</b>	<b>03:25:08.15</b>	+01:03:19 (30.9%)	7:04	8.5 (69.1%)
38	<b>PLUCHA Michał</b>	<b>898</b>	KOWARY BIEGAJĄ	M40	10	00:35:52	01:01:07	02:38:06	<b>03:25:48.30</b>	<b>03:25:48.30</b>	+01:03:59 (31.1%)	7:05	8.5 (69.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga		Droga pod Reglami 23km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
						pod Reglami 6km	Trzy Jawory 10km						
39	<b>DOMAŃ Joanna</b>	<b>737</b>	FEHLAU RUN TEAM	K40	1	00:36:41	01:02:01	02:42:08	<b>03:26:15.50</b>	<b>03:26:15.50</b>	+01:04:26 (31.2%)	7:06	8.4 (68.3%)
40	<b>SZUTA Maciej</b>	<b>965</b>		M30	15	00:36:31	01:01:13	02:41:00	<b>03:26:43.30</b>	<b>03:26:43.30</b>	+01:04:54 (31.4%)	7:07	8.4 (68.3%)
41	<b>PAWLIŃSKI Adam</b>	<b>893</b>	PRO-RUN WROCŁAW	M40	11	00:38:59	01:06:13	02:42:50	<b>03:27:00.75</b>	<b>03:27:00.75</b>	+01:05:11 (31.5%)	7:08	8.4 (68.3%)
42	<b>PIECHOWIAK Marek</b>	<b>894</b>		M40	12	00:35:02	01:00:01	02:41:39	<b>03:27:59.45</b>	<b>03:27:59.45</b>	+01:06:10 (31.8%)	7:10	8.4 (68.3%)
43	<b>ADAMSKA Zofia</b>	<b>702</b>	RUN EXPLORE TEAM	K30	6	00:38:33	01:04:46	02:43:51	<b>03:28:29.90</b>	<b>03:28:29.90</b>	+01:06:40 (32.0%)	7:11	8.3 (67.5%)
44	<b>MIELNIK Michał</b>	<b>860</b>		M30	16	00:39:40	01:06:35	02:42:30	<b>03:30:17.65</b>	<b>03:30:17.65</b>	+01:08:28 (32.6%)	7:15	8.3 (67.5%)
45	<b>KNACH Marta</b>	<b>800</b>	BLUE COMPUTERS SERWIS LAPTOPÓW ŚWIEBODZICE	K40	2	00:38:38		02:48:33	<b>03:30:50.55</b>	<b>03:30:50.55</b>	+01:09:01 (32.7%)	7:16	8.3 (67.5%)
46	<b>TKOCZ Adam</b>	<b>973</b>		M30	17	00:37:08	01:03:37	02:40:06	<b>03:31:49.25</b>	<b>03:31:49.25</b>	+01:10:00 (33.0%)	7:18	8.2 (66.7%)
47	<b>BOBORYCKI Rafał</b>	<b>719</b>	MOCNA GRUPA CEZARA	M30	18	00:39:51	01:06:45	02:47:36	<b>03:32:39.75</b>	<b>03:32:39.75</b>	+01:10:50 (33.3%)	7:19	8.2 (66.7%)
48	<b>KOŁAKOWSKI Tomasz</b>	<b>805</b>		M30	19	00:35:58	01:00:11	02:45:54	<b>03:32:53.00</b>	<b>03:32:53.00</b>	+01:11:03 (33.4%)	7:20	8.2 (66.7%)
49	<b>KIELAR Daniel</b>	<b>795</b>	SIEMANKO_KARKONOSKI_PORANKU	M30	20	00:37:57	01:04:21	02:49:45	<b>03:34:15.55</b>	<b>03:34:15.55</b>	+01:12:26 (33.8%)	7:23	8.1 (65.9%)
50	<b>DREWNIAK Mariusz</b>	<b>739</b>		M40	13	00:41:03	01:09:00	02:46:16	<b>03:34:31.45</b>	<b>03:34:31.45</b>	+01:12:42 (33.9%)	7:23	8.1 (65.9%)
51	<b>PAPROCKI Krzysztof</b>	<b>890</b>		M40	14	00:38:20	01:04:39	02:47:30	<b>03:34:39.25</b>	<b>03:34:39.25</b>	+01:12:50 (33.9%)	7:24	8.1 (65.9%)
52	<b>MARIN Alberto</b>	<b>850</b>		M30	21	00:38:25	01:04:51	02:48:33	<b>03:34:39.70</b>	<b>03:34:39.70</b>	+01:12:50 (33.9%)	7:24	8.1 (65.9%)
53	<b>ZBOROWSKI Marcin</b>	<b>1006</b>	ADIENT RUNNING TEAM	M30	22	00:39:59	01:05:54	02:48:03	<b>03:35:40.05</b>	<b>03:35:40.05</b>	+01:13:51 (34.2%)	7:26	8.1 (65.9%)
54	<b>WOJCIECHOWSKI Dariusz</b>	<b>995</b>	KRAKOWIAK ULTRA TEAM / GÓRAL Z MAZUR RUNNING TEAM	M40	15	00:38:21	01:04:39	02:49:37	<b>03:36:22.40</b>	<b>03:36:22.40</b>	+01:14:33 (34.5%)	7:27	8 (65.0%)
55	<b>JĘDRZEJCZAK Wojciech</b>	<b>784</b>		M50	2	00:39:37	01:07:20	02:51:25	<b>03:36:44.60</b>	<b>03:36:44.60</b>	+01:14:55 (34.6%)	7:28	8 (65.0%)
56	<b>TOMKOWIAK Sławomir</b>	<b>977</b>		M30	23	00:39:41	01:06:34	02:49:37	<b>03:38:32.30</b>	<b>03:38:32.30</b>	+01:16:43 (35.1%)	7:32	8 (65.0%)
57	<b>MALINA Michał</b>	<b>847</b>		M30	24	00:39:23	01:06:32	02:51:01	<b>03:39:02.95</b>	<b>03:39:02.95</b>	+01:17:13 (35.3%)	7:33	7.9 (64.2%)
58	<b>RATAJCZAK Paweł</b>	<b>916</b>	RATAJCZAKTEAM	M40	16	00:40:11	01:07:13	02:50:56	<b>03:40:35.00</b>	<b>03:40:35.00</b>	+01:18:45 (35.7%)	7:36	7.9 (64.2%)
59	<b>PODGRUSZECKI Michał</b>	<b>1011</b>		M30	25	00:42:13	01:09:52	02:52:34	<b>03:41:31.25</b>	<b>03:41:31.25</b>	+01:19:42 (36.0%)	7:38	7.9 (64.2%)
60	<b>RATAJCZAK Dorota</b>	<b>915</b>	RATAJCZAK RUN	K40	3	00:40:04	01:08:11	02:56:27	<b>03:41:38.35</b>	<b>03:41:38.35</b>	+01:19:49 (36.0%)	7:38	7.9 (64.2%)
61	<b>PAŁYSA Robert</b>	<b>888</b>	STANWEX II	M18	9	00:39:59	01:08:31	02:53:50	<b>03:42:11.35</b>	<b>03:42:11.35</b>	+01:20:22 (36.2%)	7:39	7.8 (63.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga		Droga pod Reglami 23km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
						pod Reglami 6km	Trzy Jawory 10km						
62	<b>DOMAŃ Leszek</b>	<b>738</b>	FEHLAU RUN TEAM	M40	17	00:40:02	01:07:05	02:56:20	<b>03:43:08.30</b>	<b>03:43:08.30</b>	+01:21:19 (36.4%)	7:41	7.8 (63.4%)
63	<b>KUBICKI Mariusz</b>	<b>820</b>	DOBRA FORMA	M40	18	00:37:01	01:03:43	02:51:18	<b>03:43:34.05</b>	<b>03:43:34.05</b>	+01:21:45 (36.6%)	7:42	7.8 (63.4%)
64	<b>GRELAK Adam</b>	<b>766</b>	WOLSZTYN BIEGA	M30	26	00:39:04	01:04:23	02:57:10	<b>03:44:21.45</b>	<b>03:44:21.45</b>	+01:22:32 (36.8%)	7:44	7.8 (63.4%)
65	<b>MAZUREK Artur</b>	<b>855</b>	TREMONTI SKI&BIKE RESORT	M50	3	00:38:39	01:05:51	02:54:52	<b>03:44:33.90</b>	<b>03:44:33.90</b>	+01:22:44 (36.8%)	7:44	7.7 (62.6%)
66	<b>STĘSIK Tomasz</b>	<b>951</b>		M30	27	00:47:03	01:19:07	02:59:12	<b>03:45:27.00</b>	<b>03:45:27.00</b>	+01:23:37 (37.1%)	7:46	7.7 (62.6%)
67	<b>TOMCZUK Krzysztof</b>	<b>975</b>		M40	19	00:39:41	01:06:52	02:54:29	<b>03:46:20.90</b>	<b>03:46:20.90</b>	+01:24:31 (37.3%)	7:48	7.7 (62.6%)
68	<b>SZCZĘSNY Paweł</b>	<b>959</b>		M30	28	00:40:40	01:09:49	02:57:15	<b>03:46:51.95</b>	<b>03:46:51.95</b>	+01:25:02 (37.5%)	7:49	7.7 (62.6%)
69	<b>POLAK Bartosz</b>	<b>901</b>		M30	29	00:39:50	01:06:53	02:56:06	<b>03:47:23.85</b>	<b>03:47:23.85</b>	+01:25:34 (37.6%)	7:50	7.7 (62.6%)
70	<b>SZERMENT Eryk</b>	<b>961</b>	MAZURTEAM	M40	20	00:40:28	01:08:29	02:57:15	<b>03:47:26.45</b>	<b>03:47:26.45</b>	+01:25:37 (37.6%)	7:50	7.7 (62.6%)
71	<b>SASIN Dominika</b>	<b>927</b>	ŻELAZNA ŚWIDNICA	K18	1	00:39:52	01:07:38	02:54:15	<b>03:47:34.45</b>	<b>03:47:34.45</b>	+01:25:45 (37.7%)	7:50	7.6 (61.8%)
72	<b>LUBELCZYK Grzegorz</b>	<b>834</b>	SPELEOCLUB WROCŁAW	M50	4	00:42:43	01:11:34	02:59:50	<b>03:48:16.75</b>	<b>03:48:16.75</b>	+01:26:27 (37.9%)	7:52	7.6 (61.8%)
73	<b>LISOWICZ Krzysztof</b>	<b>1049</b>		M40	21	00:42:16		02:59:12	<b>03:48:23.90</b>	<b>03:48:23.90</b>	+01:26:34 (37.9%)	7:52	7.6 (61.8%)
74	<b>SOWIŃSKA Aleksandra</b>	<b>939</b>		K18	2	00:41:28	01:09:13	02:59:41	<b>03:48:37.85</b>	<b>03:48:37.85</b>	+01:26:48 (38.0%)	7:53	7.6 (61.8%)
75	<b>SKOWYRSKI Janusz</b>	<b>935</b>		M60	1	00:38:27	01:05:58	02:55:59	<b>03:48:59.85</b>	<b>03:48:59.85</b>	+01:27:10 (38.1%)	7:53	7.6 (61.8%)
76	<b>KUBIAK Dariusz</b>	<b>818</b>	KKKLEGNICA	M60	2	00:39:34	01:07:31	02:57:57	<b>03:49:10.05</b>	<b>03:49:10.05</b>	+01:27:21 (38.1%)	7:54	7.6 (61.8%)
77	<b>ADAMSKI Andrzej</b>	<b>704</b>	SZYNSZYLA GNIEZNO	M18	10	00:36:07	01:02:39	02:54:04	<b>03:49:20.30</b>	<b>03:49:20.30</b>	+01:27:31 (38.2%)	7:54	7.6 (61.8%)
78	<b>NIŻEWSKI Paweł</b>	<b>874</b>	KRAKOWIAK ULTRA TEAM	M40	22	00:39:39	01:08:55	03:01:24	<b>03:50:25.75</b>	<b>03:50:25.75</b>	+01:28:36 (38.5%)	7:56	7.6 (61.8%)
79	<b>SOBAŃSKI Bartosz</b>	<b>937</b>	DZIKIE ŻYCIE RUNTEAM	M30	30	00:42:43	01:10:35	03:03:23	<b>03:50:53.65</b>	<b>03:50:53.65</b>	+01:29:04 (38.6%)	7:57	7.5 (61.0%)
80	<b>MROCZEK Marta</b>	<b>872</b>	WIERZBICKI RUNNING PROJECT	K40	4	00:39:58	01:08:43	03:03:18	<b>03:50:55.55</b>	<b>03:50:55.55</b>	+01:29:06 (38.6%)	7:57	7.5 (61.0%)
81	<b>BATOR Paula</b>	<b>715</b>		K30	7	00:42:27	01:11:16	03:01:21	<b>03:50:58.45</b>	<b>03:50:58.45</b>	+01:29:09 (38.6%)	7:57	7.5 (61.0%)
82	<b>DECHNIK Łukasz</b>	<b>735</b>	I W GÓRE I W DÓŁ	M40	23	00:41:14	01:11:03	03:02:05	<b>03:51:36.70</b>	<b>03:51:36.70</b>	+01:29:47 (38.8%)	7:59	7.5 (61.0%)
83	<b>LEWANDOWSKI Piotr</b>	<b>832</b>	AKTYWNY DOLNOŚLĄZAK	M30	31	00:40:56	01:08:50	03:03:24	<b>03:54:05.65</b>	<b>03:54:05.65</b>	+01:32:16 (39.4%)	8:04	7.4 (60.2%)
84	<b>PAWELCZYK Krzysztof</b>	<b>891</b>	SOBASTEAM	M40	24	00:39:41	01:07:26	03:03:25	<b>03:54:13.80</b>	<b>03:54:13.80</b>	+01:32:24 (39.5%)	8:04	7.4 (60.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga		Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h	
						pod Reglami 6km	Trzy Jawory 10km						
85	<b>ROKSELA Paweł</b>	<b>919</b>		M30	32	00:42:18	01:09:48	03:05:28	<b>03:54:34.25</b>	<b>03:54:34.25</b>	+01:32:45 (39.5%)	8:05	7.4 (60.2%)
86	<b>SZUMIŃSKI Artur</b>	<b>963</b>		M40	25	00:42:42	01:10:15	03:06:49	<b>03:54:52.00</b>	<b>03:54:52.00</b>	+01:33:02 (39.6%)	8:05	7.4 (60.2%)
87	<b>JAKUBCZAK Wojciech</b>	<b>778</b>		M40	26	00:42:25	01:09:46	03:04:58	<b>03:55:52.00</b>	<b>03:55:52.00</b>	+01:34:02 (39.9%)	8:08	7.4 (60.2%)
88	<b>TORZEWSKI Przemysław</b>	<b>978</b>		M30	33	00:42:25	01:10:50	03:04:30	<b>03:56:10.80</b>	<b>03:56:10.80</b>	+01:34:21 (40.0%)	8:08	7.4 (60.2%)
89	<b>KACZMAREK Dorota</b>	<b>787</b>	RADZIKI	K40	5	00:43:55	01:13:52	03:06:05	<b>03:57:07.80</b>	<b>03:57:07.80</b>	+01:35:18 (40.2%)	8:10	7.3 (59.3%)
90	<b>ROMANIUK Bartosz</b>	<b>921</b>		M30	34	00:44:40	01:15:10	03:08:29	<b>03:57:35.60</b>	<b>03:57:35.60</b>	+01:35:46 (40.3%)	8:11	7.3 (59.3%)
91	<b>TOMIAK Paulina</b>	<b>976</b>	WOLSZTYŃSKA AKADEMIA BIEGOWA	K30	8	00:40:36	01:09:04	03:05:07	<b>03:59:24.30</b>	<b>03:59:24.30</b>	+01:37:35 (40.8%)	8:15	7.3 (59.3%)
92	<b>ŚLIPKO Szymon</b>	<b>969</b>		M30	35	00:41:43	01:10:09	03:04:39	<b>03:59:39.65</b>	<b>03:59:39.65</b>	+01:37:50 (40.8%)	8:15	7.3 (59.3%)
93	<b>BUGAJ Alan</b>	<b>726</b>		M30	36	00:44:26	01:15:20	03:06:17	<b>03:59:44.30</b>	<b>03:59:44.30</b>	+01:37:55 (40.8%)	8:16	7.3 (59.3%)
94	<b>WIŚNICKI Michał</b>	<b>989</b>		M30	37	00:44:10	01:17:22	03:12:13	<b>03:59:54.25</b>	<b>03:59:54.25</b>	+01:38:05 (40.9%)	8:16	7.3 (59.3%)
95	<b>STARCZEWSKA Izabela</b>	<b>947</b>	ULTRA DIABŁY TEM LUBRZA	K50	1	00:41:53	01:11:43	03:10:07	<b>03:59:59.45</b>	<b>03:59:59.45</b>	+01:38:10 (40.9%)	8:16	7.3 (59.3%)
96	<b>BARTOSIEWICZ Adam</b>	<b>713</b>		M40	27	00:42:42	01:13:09	03:11:03	<b>04:00:07.70</b>	<b>04:00:07.70</b>	+01:38:18 (40.9%)	8:16	7.2 (58.5%)
97	<b>GROBELNY Szymon</b>	<b>767</b>		M30	38	00:39:35	01:06:01	03:02:28	<b>04:00:12.15</b>	<b>04:00:12.15</b>	+01:38:23 (41.0%)	8:16	7.2 (58.5%)
98	<b>WEGNER Patrycja</b>	<b>985</b>		K30	9	00:41:26	01:10:43	03:08:58	<b>04:00:44.85</b>	<b>04:00:44.85</b>	+01:38:55 (41.1%)	8:18	7.2 (58.5%)
99	<b>STACHERSKI Łukasz</b>	<b>944</b>		M40	28	00:43:36	01:14:14	03:11:13	<b>04:02:40.95</b>	<b>04:02:40.95</b>	+01:40:51 (41.6%)	8:22	7.2 (58.5%)
100	<b>ZAGROBELNY Radosław</b>	<b>1002</b>	MONKO COFFEE	M50	5	00:40:15	01:08:36	03:06:33	<b>04:03:06.95</b>	<b>04:03:06.95</b>	+01:41:17 (41.7%)	8:22	7.2 (58.5%)
101	<b>KACZOR Paweł</b>	<b>788</b>		M30	39	00:40:53	01:07:25	03:06:22	<b>04:03:33.10</b>	<b>04:03:33.10</b>	+01:41:44 (41.8%)	8:23	7.1 (57.7%)
102	<b>ABULEWICZ Wojciech</b>	<b>701</b>	TRENING STUDIO 17	M50	6	00:42:25	01:13:37	03:12:33	<b>04:04:31.95</b>	<b>04:04:31.95</b>	+01:42:42 (42.0%)	8:25	7.1 (57.7%)
103	<b>MOCZULSKI Jarek</b>	<b>866</b>		M50	7	00:38:29	01:07:27	03:11:35	<b>04:04:36.55</b>	<b>04:04:36.55</b>	+01:42:47 (42.0%)	8:26	7.1 (57.7%)
104	<b>PISKORSKI Łukasz</b>	<b>897</b>		M30	40	00:41:59	01:12:26	03:10:44	<b>04:05:32.45</b>	<b>04:05:32.45</b>	+01:43:43 (42.2%)	8:28	7.1 (57.7%)
105	<b>WALKOWIAK Damian</b>	<b>1017</b>	#BIEGAJLESZNO	M30	41	00:41:35	01:09:55	03:12:15	<b>04:05:32.50</b>	<b>04:05:32.50</b>	+01:43:43 (42.2%)	8:28	7.1 (57.7%)
106	<b>MASALSKA-PAWLAK Agata</b>	<b>852</b>		K40	6	00:45:04	01:16:31	03:11:40	<b>04:05:39.45</b>	<b>04:05:39.45</b>	+01:43:50 (42.3%)	8:28	7.1 (57.7%)
107	<b>GAJLEWICZ Piotr</b>	<b>747</b>		M40	29	00:40:17	01:08:14	03:06:19	<b>04:05:50.05</b>	<b>04:05:50.05</b>	+01:44:01 (42.3%)	8:28	7.1 (57.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami		Droga pod Reglami 23km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
						6km	Trzy Jawory 10km						
108	STASIAK Łukasz	949		M30	42	00:44:11	01:17:08	03:14:42	<b>04:06:33.85</b>	<b>04:06:33.85</b>	+01:44:44 (42.5%)	8:30	7.1 (57.7%)
109	MACIEJEWSKI Wojciech	845	WOLFTEK WOJCIECH MACIEJEWSKI	M18	11	00:40:04	01:08:30	03:13:23	<b>04:07:06.45</b>	<b>04:07:06.45</b>	+01:45:17 (42.6%)	8:31	7 (56.9%)
110	HISZPAŃSKA Anna	772		K18	3	00:43:39	01:12:54	03:16:02	<b>04:07:11.35</b>	<b>04:07:11.35</b>	+01:45:22 (42.6%)	8:31	7 (56.9%)
111	WRÓBLEWSKI Wojciech	1001		M30	43	00:39:08	01:07:43	03:10:45	<b>04:07:33.45</b>	<b>04:07:33.45</b>	+01:45:44 (42.7%)	8:32	7 (56.9%)
112	GRAMALA Mateusz	765		M18	12	00:43:29	01:13:54	03:14:41	<b>04:07:40.75</b>	<b>04:07:40.75</b>	+01:45:51 (42.7%)	8:32	7 (56.9%)
113	OLSZEWSKI Piotr	884		M40	30	00:42:35	01:11:49	03:01:01	<b>04:08:07.60</b>	<b>04:08:07.60</b>	+01:46:18 (42.8%)	8:33	7 (56.9%)
114	BUSZEWSKI Zbyszek	728		M30	44	00:45:12	01:16:34	03:12:33	<b>04:08:15.95</b>	<b>04:08:15.95</b>	+01:46:26 (42.9%)	8:33	7 (56.9%)
115	FARION Marzena	742		K40	7	00:42:17	01:12:48	03:13:22	<b>04:08:21.35</b>	<b>04:08:21.35</b>	+01:46:32 (42.9%)	8:33	7 (56.9%)
116	BORCZYŃSKA-GŁOMSKA Aleksandra	721		K30	10	00:42:39	01:12:44	03:14:43	<b>04:08:29.00</b>	<b>04:08:29.00</b>	+01:46:39 (42.9%)	8:34	7 (56.9%)
117	FIJAL Anna	743		K30	11	00:45:46	01:15:32	03:15:20	<b>04:08:57.25</b>	<b>04:08:57.25</b>	+01:47:08 (43.0%)	8:35	7 (56.9%)
118	PRUSZCZYŃSKI Piotr	905		M40	31	00:42:26	01:11:58	03:12:45	<b>04:08:57.40</b>	<b>04:08:57.40</b>	+01:47:08 (43.0%)	8:35	7 (56.9%)
119	GIMZICKA Ewa	754		K40	8	00:44:11	01:14:59	03:17:57	<b>04:09:22.25</b>	<b>04:09:22.25</b>	+01:47:33 (43.1%)	8:35	7 (56.9%)
120	BIELAWSKI Paweł	717		M30	45	00:40:44	01:11:13	03:13:17	<b>04:09:24.35</b>	<b>04:09:24.35</b>	+01:47:35 (43.1%)	8:36	7 (56.9%)
121	PUSZCZYKOWSKI Grzegorz	909		M50	8	00:45:42	01:17:13	03:17:29	<b>04:09:51.10</b>	<b>04:09:51.10</b>	+01:48:02 (43.2%)	8:36	7 (56.9%)
122	ŁOBOS Mariusz	837		M50	9	00:40:38	01:10:26	03:14:33	<b>04:10:09.25</b>	<b>04:10:09.25</b>	+01:48:20 (43.3%)	8:37	7 (56.9%)
123	PIETKUN Norbert	895	HERNIK TEAM	M18	13	00:43:25	01:12:03	03:14:07	<b>04:11:28.30</b>	<b>04:11:28.30</b>	+01:49:39 (43.6%)	8:40	6.9 (56.1%)
124	KĘDZIERSKI Michał	792		M30	46	00:43:25	01:12:03	03:14:07	<b>04:11:28.40</b>	<b>04:11:28.40</b>	+01:49:39 (43.6%)	8:40	6.9 (56.1%)
125	KONIECZNY Marcin	806	NOA	M30	47	00:45:46	01:16:07	03:15:30	<b>04:11:31.25</b>	<b>04:11:31.25</b>	+01:49:42 (43.6%)	8:40	6.9 (56.1%)
126	ROKSELA Wojciech	920		M60	3	00:43:40	01:13:59	03:14:02	<b>04:11:37.45</b>	<b>04:11:37.45</b>	+01:49:48 (43.6%)	8:40	6.9 (56.1%)
127	ŁUCZAK Maciej	840	BANDA RYCHA	M40	32	00:42:06	01:11:41	03:06:26	<b>04:12:29.85</b>	<b>04:12:29.85</b>	+01:50:40 (43.8%)	8:42	6.9 (56.1%)
128	MATYŚKIEWICZ Mateusz	854		M30	48	00:46:33	01:17:10	03:16:01	<b>04:12:38.40</b>	<b>04:12:38.40</b>	+01:50:49 (43.9%)	8:42	6.9 (56.1%)
129	SZUBERT-WALENCZAK Magdalena	962	TEAM ZABIEGANEDNI	K40	9	00:42:29	01:13:22	03:24:03	<b>04:13:14.05</b>	<b>04:13:14.05</b>	+01:51:25 (44.0%)	8:43	6.9 (56.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga		Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h	
						pod Reglami 6km	Trzy Jawory 10km						
130	<b>RADOSZ Filip</b>	<b>913</b>		M30	49	00:45:43	01:15:07	03:16:59	<b>04:14:01.85</b>	<b>04:14:01.85</b>	+01:52:12 (44.2%)	8:45	6.8 (55.3%)
131	<b>HARAŻNY Łukasz</b>	<b>1043</b>		M40	33	00:42:55	01:14:41	03:14:56	<b>04:14:21.90</b>	<b>04:14:21.90</b>	+01:52:32 (44.2%)	8:46	6.8 (55.3%)
132	<b>BAKSALARY Lidia</b>	<b>1018</b>	#BIEGAJLESZNO	K40	10	00:39:58	01:09:24	03:18:28	<b>04:15:24.15</b>	<b>04:15:24.15</b>	+01:53:35 (44.5%)	8:48	6.8 (55.3%)
133	<b>ADAMSKA Paulina</b>	<b>703</b>	SZYSZYLA GNIEZNO	K18	4	00:42:32	01:11:51	03:16:17	<b>04:15:49.75</b>	<b>04:15:49.75</b>	+01:54:00 (44.6%)	8:49	6.8 (55.3%)
134	<b>ORLIKOWSKI Jacek</b>	<b>885</b>		M40	34	00:42:44	01:11:48	03:20:59	<b>04:16:30.45</b>	<b>04:16:30.45</b>	+01:54:41 (44.7%)	8:50	6.8 (55.3%)
135	<b>MORAWSKI Wojciech</b>	<b>870</b>		M30	50	00:43:59	01:14:50	03:12:39	<b>04:16:40.00</b>	<b>04:16:40.00</b>	+01:54:50 (44.7%)	8:51	6.8 (55.3%)
136	<b>KALEŃSKI-JAŚKIEWICZ Łukasz</b>	<b>790</b>	J&J&J	M30	51	00:43:19	01:13:03	03:18:51	<b>04:16:45.70</b>	<b>04:16:45.70</b>	+01:54:56 (44.8%)	8:51	6.8 (55.3%)
137	<b>KRAJEWSKA Ewelina</b>	<b>814</b>	GRUPA BIEGOWA BEZ GRANIC	K40	11	00:44:42	01:16:09	03:23:44	<b>04:16:52.10</b>	<b>04:16:52.10</b>	+01:55:03 (44.8%)	8:51	6.8 (55.3%)
138	<b>FURMANOWSKI Paweł</b>	<b>746</b>		M18	14	00:44:08	01:14:38	03:17:46	<b>04:17:14.30</b>	<b>04:17:14.30</b>	+01:55:25 (44.9%)	8:52	6.8 (55.3%)
139	<b>SZCZEPANSKI Bartosz</b>	<b>954</b>	REBELS SOFTWARE	M30	52	00:40:24	01:09:53	03:19:57	<b>04:17:32.75</b>	<b>04:17:32.75</b>	+01:55:43 (44.9%)	8:52	6.8 (55.3%)
140	<b>PRYMUŁA Krystian</b>	<b>906</b>		M18	15	00:44:47	01:14:37	03:18:17	<b>04:18:08.65</b>	<b>04:18:08.65</b>	+01:56:19 (45.1%)	8:54	6.7 (54.5%)
141	<b>RADZIWANOWSKI Agata</b>	<b>914</b>		K30	12	00:41:57	01:14:00	03:23:11	<b>04:18:21.05</b>	<b>04:18:21.05</b>	+01:56:32 (45.1%)	8:54	6.7 (54.5%)
142	<b>WACHOWSKA Katarzyna</b>	<b>980</b>	SMOK TRÓJGŁOWY	K30	13	00:49:20	01:23:12	03:29:17	<b>04:18:25.85</b>	<b>04:18:25.85</b>	+01:56:36 (45.1%)	8:54	6.7 (54.5%)
143	<b>KALICZAK-SZWAJA Monika</b>	<b>791</b>		K40	12	00:48:28	01:20:52	03:29:32	<b>04:18:27.80</b>	<b>04:18:27.80</b>	+01:56:38 (45.1%)	8:54	6.7 (54.5%)
144	<b>ZINÓW Michał</b>	<b>1008</b>		M18	16	00:44:54	01:15:53	03:20:15	<b>04:18:33.75</b>	<b>04:18:33.75</b>	+01:56:44 (45.2%)	8:54	6.7 (54.5%)
145	<b>BANDUROWSKA Agnieszka</b>	<b>711</b>	KB WIKON NOWA SÓL	K40	13	00:43:24	01:14:17	03:22:31	<b>04:18:43.65</b>	<b>04:18:43.65</b>	+01:56:54 (45.2%)	8:55	6.7 (54.5%)
146	<b>MOKRZYCKI Bogdan</b>	<b>868</b>		M40	35	00:40:33	01:09:03	03:17:22	<b>04:18:56.20</b>	<b>04:18:56.20</b>	+01:57:07 (45.2%)	8:55	6.7 (54.5%)
147	<b>MACHNICKA Wiktoria</b>	<b>844</b>		K18	5	00:44:40	01:14:28	03:18:07	<b>04:19:05.75</b>	<b>04:19:05.75</b>	+01:57:16 (45.3%)	8:56	6.7 (54.5%)
148	<b>IGNASZEWSKI Łukasz</b>	<b>776</b>		M30	53	00:42:22	01:12:53	03:23:42	<b>04:19:59.80</b>	<b>04:19:59.80</b>	+01:58:10 (45.5%)	8:57	6.7 (54.5%)
149	<b>PURCZYŃSKI Grzegorz</b>	<b>907</b>		M40	36	00:42:23	01:12:53	03:23:57	<b>04:19:59.95</b>	<b>04:19:59.95</b>	+01:58:10 (45.5%)	8:57	6.7 (54.5%)
150	<b>WALIGÓRSKI Łukasz</b>	<b>982</b>		M30	54	00:47:15	01:17:44	03:25:03	<b>04:20:45.75</b>	<b>04:20:45.75</b>	+01:58:56 (45.6%)	8:59	6.7 (54.5%)
151	<b>CYBULSKI Piotr</b>	<b>730</b>		M40	37	00:43:38	01:12:41	03:23:22	<b>04:21:34.50</b>	<b>04:21:34.50</b>	+01:59:45 (45.8%)	9:01	6.7 (54.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga		Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h	
						pod Reglami 6km	Trzy Jawory 10km						
152	<b>ZAPOTOCZNY Mariusz</b>	<b>1004</b>		M40	38	00:42:20	01:11:42	03:17:46	<b>04:22:46.55</b>	<b>04:22:46.55</b>	+02:00:57 (46.0%)	9:03	6.6 (53.7%)
153	<b>DERDICH Mariusz</b>	<b>1047</b>		M40	39	00:47:11	01:20:28	03:27:56	<b>04:22:59.50</b>	<b>04:22:59.50</b>	+02:01:10 (46.1%)	9:04	6.6 (53.7%)
154	<b>REDEK Sylwia</b>	<b>917</b>	TEAM ZABIEGANEDNI	K40	14	00:47:12	01:19:36	03:31:50	<b>04:24:49.30</b>	<b>04:24:49.30</b>	+02:03:00 (46.4%)	9:07	6.6 (53.7%)
155	<b>PIETRZAK Marek</b>	<b>896</b>		M40	40	00:44:28	01:14:44	03:23:47	<b>04:25:01.75</b>	<b>04:25:01.75</b>	+02:03:12 (46.5%)	9:08	6.6 (53.7%)
156	<b>GDOWSKA Gabriela</b>	<b>751</b>		K18	6	00:44:06	01:16:51	03:26:32	<b>04:25:36.30</b>	<b>04:25:36.30</b>	+02:03:47 (46.6%)	9:09	6.6 (53.7%)
157	<b>RABENDA Paweł</b>	<b>912</b>		M30	55	00:44:07	01:14:20	03:25:38	<b>04:25:45.05</b>	<b>04:25:45.05</b>	+02:03:56 (46.6%)	9:09	6.5 (52.8%)
158	<b>NOWACZYŃSKA Katarzyna</b>	<b>875</b>	TEAM ZABIEGANEDNI	K40	15	00:48:08	01:22:10	03:30:58	<b>04:25:58.50</b>	<b>04:25:58.50</b>	+02:04:09 (46.7%)	9:10	6.5 (52.8%)
159	<b>WOŹNIAK Sebastian</b>	<b>1000</b>		M40	41	00:46:09	01:17:17	03:26:25	<b>04:26:42.00</b>	<b>04:26:42.00</b>	+02:04:52 (46.8%)	9:11	6.5 (52.8%)
160	<b>SZUMSKI Zbigniew</b>	<b>964</b>		M50	10	00:43:53	01:14:30	03:30:50	<b>04:27:04.70</b>	<b>04:27:04.70</b>	+02:05:15 (46.9%)	9:12	6.5 (52.8%)
161	<b>ŁOPATA Witold</b>	<b>839</b>	WOLSZTYŃSKI KLUB BIEGOWY	M40	42	00:44:41	01:13:16	03:22:55	<b>04:27:23.30</b>	<b>04:27:23.30</b>	+02:05:34 (47.0%)	9:13	6.5 (52.8%)
162	<b>SZCZĘSNY Maciej</b>	<b>958</b>		M60	4	00:42:09	01:13:57	03:28:12	<b>04:27:41.45</b>	<b>04:27:41.45</b>	+02:05:52 (47.0%)	9:13	6.5 (52.8%)
163	<b>KRYCZEK Piotr</b>	<b>816</b>		M50	11	00:46:55	01:21:42	03:33:03	<b>04:28:03.70</b>	<b>04:28:03.70</b>	+02:06:14 (47.1%)	9:14	6.5 (52.8%)
164	<b>KWIECIŃSKI Łukasz</b>	<b>826</b>	J&J&J	M40	43	00:46:55	01:19:51	03:29:01	<b>04:28:09.45</b>	<b>04:28:09.45</b>	+02:06:20 (47.1%)	9:14	6.5 (52.8%)
165	<b>KOWNACKI Krzysztof</b>	<b>810</b>	KISZOL TEAM	M30	56	00:42:34	01:11:53	03:18:05	<b>04:28:54.55</b>	<b>04:28:54.55</b>	+02:07:05 (47.3%)	9:16	6.5 (52.8%)
166	<b>MODZELEWSKA Agnieszka</b>	<b>867</b>		K40	16	00:47:34	01:20:32	03:29:41	<b>04:29:01.15</b>	<b>04:29:01.15</b>	+02:07:12 (47.3%)	9:16	6.5 (52.8%)
167	<b>KORNOWICZ Martyna Majka</b>	<b>807</b>		K18	7	00:47:59	01:21:05	03:34:06	<b>04:29:04.75</b>	<b>04:29:04.75</b>	+02:07:15 (47.3%)	9:16	6.5 (52.8%)
168	<b>JANOWSKA Agnieszka</b>	<b>780</b>		K30	14	00:46:52	01:19:53	03:31:41	<b>04:29:19.05</b>	<b>04:29:19.05</b>	+02:07:30 (47.3%)	9:17	6.5 (52.8%)
169	<b>LIS Wojciech</b>	<b>833</b>	WIERZBICKI RUNNING PROJECT	M40	44	00:43:56	01:14:42	03:29:16	<b>04:30:05.35</b>	<b>04:30:05.35</b>	+02:08:16 (47.5%)	9:18	6.4 (52.0%)
170	<b>JĘDRZEJAK Arkadiusz</b>	<b>783</b>		M40	45	00:44:02	01:16:23	03:27:07	<b>04:30:39.60</b>	<b>04:30:39.60</b>	+02:08:50 (47.6%)	9:19	6.4 (52.0%)
171	<b>SOWIŃSKI Konrad</b>	<b>940</b>		M30	57	00:42:23	01:12:09	03:22:49	<b>04:30:49.45</b>	<b>04:30:49.45</b>	+02:09:00 (47.6%)	9:20	6.4 (52.0%)
172	<b>WOJTAS Gabriela</b>	<b>996</b>		K30	15	00:46:03	01:19:05	03:33:48	<b>04:31:44.35</b>	<b>04:31:44.35</b>	+02:09:55 (47.8%)	9:22	6.4 (52.0%)
173	<b>MACHNICKA Adrianna</b>	<b>843</b>	LOCA PEOPLE	K30	16	00:46:03	01:19:04	03:33:48	<b>04:31:44.50</b>	<b>04:31:44.50</b>	+02:09:55 (47.8%)	9:22	6.4 (52.0%)
174	<b>KNĄBER Piotr</b>	<b>802</b>		M30	58	00:48:08	01:21:18	03:34:43	<b>04:33:09.90</b>	<b>04:33:09.90</b>	+02:11:20 (48.1%)	9:25	6.4 (52.0%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga		Droga pod Reglami 23km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
						pod Reglami 6km	Trzy Jawory 10km						
175	<b>BURZYŃSKA Emilia</b>	<b>727</b>	BIEGAJĄCE KREJZOLE / LOCO SPORT	K30	17	00:47:51	01:21:02	03:38:26	<b>04:33:51.60</b>	<b>04:33:51.60</b>	+02:12:02 (48.2%)	9:26	6.4 (52.0%)
176	<b>WIŚNIEWSKI Iwona</b>	<b>990</b>	BIEGAMBOLUBIĘ	K30	18	00:44:15	01:15:29	03:32:25	<b>04:34:00.05</b>	<b>04:34:00.05</b>	+02:12:11 (48.2%)	9:26	6.4 (52.0%)
177	<b>WIŚNIEWSKI Rafał</b>	<b>991</b>	KWP POZNAŃ	M30	59	00:44:14	01:15:30	03:32:24	<b>04:34:01.15</b>	<b>04:34:01.15</b>	+02:12:12 (48.2%)	9:26	6.3 (51.2%)
178	<b>KIKUT Marcin</b>	<b>796</b>		M30	60	00:52:50	01:28:00	03:40:08	<b>04:34:25.40</b>	<b>04:34:25.40</b>	+02:12:36 (48.3%)	9:27	6.3 (51.2%)
179	<b>MARCZEWSKI Tomasz</b>	<b>849</b>		M50	12	00:44:29	01:15:22	03:33:59	<b>04:35:07.90</b>	<b>04:35:07.90</b>	+02:13:18 (48.5%)	9:29	6.3 (51.2%)
180	<b>WASILEWSKA Joanna</b>	<b>984</b>		K50	2	00:48:17	01:21:23	03:38:57	<b>04:35:16.35</b>	<b>04:35:16.35</b>	+02:13:27 (48.5%)	9:29	6.3 (51.2%)
181	<b>PAPROCKA Natalia</b>	<b>889</b>		K40	17	00:47:58	01:21:59	03:34:36	<b>04:35:19.35</b>	<b>04:35:19.35</b>	+02:13:30 (48.5%)	9:29	6.3 (51.2%)
182	<b>SZCZUREK Michał</b>	<b>960</b>		M30	61	00:47:37	01:19:44	03:34:45	<b>04:37:06.55</b>	<b>04:37:06.55</b>	+02:15:17 (48.8%)	9:33	6.3 (51.2%)
183	<b>CHABER Tomasz</b>	<b>729</b>	TOMASZ CHABER	M30	62	00:47:48	01:22:05	03:38:44	<b>04:37:39.20</b>	<b>04:37:39.20</b>	+02:15:50 (48.9%)	9:34	6.3 (51.2%)
184	<b>KUCZYŃSKA Anetta</b>	<b>822</b>	STAJNIA CROSSFIT	K40	18	00:47:48	01:21:24	03:38:50	<b>04:38:24.55</b>	<b>04:38:24.55</b>	+02:16:35 (49.1%)	9:36	6.3 (51.2%)
185	<b>GRZEGRZÓŁKA Anna</b>	<b>768</b>	ZABIEGANI Z LEŚNEJ	K40	19	00:46:11	01:19:10	03:36:21	<b>04:38:34.05</b>	<b>04:38:34.05</b>	+02:16:45 (49.1%)	9:36	6.2 (50.4%)
186	<b>MIŁOSZEWSKA Katarzyna</b>	<b>862</b>	IZERY BOGATYNIA	K40	20	00:46:11	01:19:10	03:36:21	<b>04:38:35.85</b>	<b>04:38:35.85</b>	+02:16:46 (49.1%)	9:36	6.2 (50.4%)
187	<b>SERAFIN Michał</b>	<b>929</b>	HWBC	M40	46	00:47:32	01:21:15	03:39:18	<b>04:38:41.00</b>	<b>04:38:41.00</b>	+02:16:51 (49.1%)	9:36	6.2 (50.4%)
188	<b>R Justyna</b>	<b>1044</b>		K40	21	00:47:05	01:20:32	03:40:52	<b>04:39:01.40</b>	<b>04:39:01.40</b>	+02:17:12 (49.2%)	9:37	6.2 (50.4%)
189	<b>MIŚTA Grzegorz</b>	<b>864</b>	DTR TRZEBNICA BIEGA / MARIO TEAM	M40	47	00:47:16	01:18:09	03:37:32	<b>04:39:37.80</b>	<b>04:39:37.80</b>	+02:17:48 (49.3%)	9:38	6.2 (50.4%)
190	<b>KUBIK Mateusz</b>	<b>821</b>	FIZJOBIEGACZE SZCZECIN	M30	63	00:46:07	01:19:00	03:38:27	<b>04:40:21.85</b>	<b>04:40:21.85</b>	+02:18:32 (49.4%)	9:40	6.2 (50.4%)
191	<b>RUDZIEWICZ Urszula</b>	<b>924</b>		K30	19	00:47:28	01:18:40	03:41:30	<b>04:40:38.05</b>	<b>04:40:38.05</b>	+02:18:49 (49.5%)	9:40	6.2 (50.4%)
192	<b>WALCZAK Michał</b>	<b>1041</b>		M40	48	00:44:51	01:18:41	03:35:26	<b>04:41:10.85</b>	<b>04:41:10.85</b>	+02:19:21 (49.6%)	9:41	6.2 (50.4%)
193	<b>POMIANOWSKA Anna</b>	<b>902</b>		K40	22	00:49:14	01:24:26	03:43:33	<b>04:41:45.85</b>	<b>04:41:45.85</b>	+02:19:56 (49.7%)	9:42	6.2 (50.4%)
194	<b>GIDASZEWSKA Jolanta</b>	<b>752</b>	LESZNO	K40	23	00:46:27	01:20:45	03:46:53	<b>04:42:01.35</b>	<b>04:42:01.35</b>	+02:20:12 (49.7%)	9:43	6.2 (50.4%)
195	<b>MATKOWSKI Wiktor</b>	<b>1045</b>	RENA WYKROTY	M30	64	00:41:41	01:12:57	03:26:46	<b>04:42:51.30</b>	<b>04:42:51.30</b>	+02:21:02 (49.9%)	9:45	6.2 (50.4%)
196	<b>LATOS Joanna</b>	<b>828</b>		K40	24	00:47:00	01:20:01	03:44:28	<b>04:43:01.15</b>	<b>04:43:01.15</b>	+02:21:12 (49.9%)	9:45	6.1 (49.6%)
197	<b>PRAGACZ Adam</b>	<b>904</b>		M18	17	00:48:55	01:23:58	03:40:45	<b>04:44:12.65</b>	<b>04:44:12.65</b>	+02:22:23 (50.1%)	9:48	6.1 (49.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga		Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h	
						pod Reglami 6km	Trzy Jawory 10km						
198	<b>KĘPSKI Grzegorz</b>	<b>1046</b>		M30	65	00:47:06	01:21:00	03:40:06	<b>04:44:52.60</b>	<b>04:44:52.60</b>	+02:23:03 (50.2%)	9:49	6.1 (49.6%)
199	<b>BALIŃSKI Wiktor</b>	<b>709</b>	#ALWAYS_HARDCORE	M18	18	00:43:22	01:13:49	03:39:40	<b>04:46:04.95</b>	<b>04:46:04.95</b>	+02:24:15 (50.4%)	9:51	6.1 (49.6%)
200	<b>PACIULON Krzysztof</b>	<b>887</b>	ONE MAN RUNNING	M40	49	00:44:38	01:16:15	03:43:02	<b>04:46:20.85</b>	<b>04:46:20.85</b>	+02:24:31 (50.5%)	9:52	6.1 (49.6%)
201	<b>LEDNICKA Lidia</b>	<b>829</b>		K40	25	00:47:26	01:20:19	03:43:53	<b>04:46:21.10</b>	<b>04:46:21.10</b>	+02:24:32 (50.5%)	9:52	6.1 (49.6%)
202	<b>OKONIEWSKA Agnieszka</b>	<b>883</b>		K40	26	00:47:14	01:19:57	03:45:10	<b>04:46:34.80</b>	<b>04:46:34.80</b>	+02:24:45 (50.5%)	9:52	6.1 (49.6%)
203	<b>NOWAK Maciej</b>	<b>878</b>	SPEED FEET '16	M40	50	00:43:09	01:13:30	03:38:55	<b>04:46:47.00</b>	<b>04:46:47.00</b>	+02:24:57 (50.5%)	9:53	6.1 (49.6%)
204	<b>PUSZCZYKOWSKA Małgorzata</b>	<b>908</b>		K50	3	00:49:30	01:24:42	03:46:44	<b>04:48:18.15</b>	<b>04:48:18.15</b>	+02:26:29 (50.8%)	9:56	6 (48.8%)
205	<b>POPIEL Jan</b>	<b>903</b>		M40	51	00:41:19	01:11:20	03:36:20	<b>04:48:51.40</b>	<b>04:48:51.40</b>	+02:27:02 (50.9%)	9:57	6 (48.8%)
206	<b>KOZŁOWSKI Tomasz</b>	<b>812</b>	LESZNO LIMITS RUNNERS	M50	13	00:50:24	01:26:56	03:48:06	<b>04:49:23.65</b>	<b>04:49:23.65</b>	+02:27:34 (51.0%)	9:58	6 (48.8%)
206	<b>KOZŁOWSKA Alicja</b>	<b>811</b>		K50	4	00:50:25	01:26:56	03:48:06	<b>04:49:23.65</b>	<b>04:49:23.65</b>	+02:27:34 (51.0%)	9:58	6 (48.8%)
208	<b>ŚWIATŁOWSKI Krzysztof</b>	<b>971</b>		M40	52	00:43:27	01:13:49	03:38:21	<b>04:50:26.10</b>	<b>04:50:26.10</b>	+02:28:37 (51.2%)	10:00	6 (48.8%)
209	<b>SKÓRA Leszek</b>	<b>936</b>	IZBICKO W BIEGU	M40	53	00:48:51	01:23:24	03:47:16	<b>04:50:47.50</b>	<b>04:50:47.50</b>	+02:28:58 (51.2%)	10:01	6 (48.8%)
210	<b>MARKOWSKA Lilianna</b>	<b>851</b>		K50	5	00:49:23	01:25:07	03:53:34	<b>04:53:53.95</b>	<b>04:53:53.95</b>	+02:32:04 (51.7%)	10:08	5.9 (48.0%)
211	<b>SKOWRONEK Tomasz</b>	<b>934</b>		M30	66	00:42:40	01:12:20	03:41:16	<b>04:54:12.15</b>	<b>04:54:12.15</b>	+02:32:23 (51.8%)	10:08	5.9 (48.0%)
212	<b>ŚMIECHOWSKA Małgorzata</b>	<b>970</b>		K40	27	00:48:40		03:48:55	<b>04:55:24.80</b>	<b>04:55:24.80</b>	+02:33:35 (52.0%)	10:11	5.9 (48.0%)
213	<b>GOSZ Magdalena</b>	<b>760</b>		K30	20	00:53:40	01:30:42	03:53:42	<b>04:55:29.30</b>	<b>04:55:29.30</b>	+02:33:40 (52.0%)	10:11	5.9 (48.0%)
214	<b>LEŚNIAK Grzegorz</b>	<b>831</b>		M40	54	00:47:21	01:19:44	03:45:13	<b>04:56:47.75</b>	<b>04:56:47.75</b>	+02:34:58 (52.2%)	10:14	5.9 (48.0%)
215	<b>NOWORYTA Eliza</b>	<b>1010</b>	ULTRA DIABŁY TEAM LUBRZA	K40	28	00:48:07	01:22:18	03:53:26	<b>04:58:19.40</b>	<b>04:58:19.40</b>	+02:36:30 (52.5%)	10:17	5.8 (47.2%)
216	<b>BĘBAS Paweł</b>	<b>716</b>		M40	55	00:49:24	01:23:17	03:54:47	<b>04:58:46.85</b>	<b>04:58:46.85</b>	+02:36:57 (52.5%)	10:18	5.8 (47.2%)
217	<b>GARCZYK Przemek</b>	<b>749</b>		M30	67	00:45:45	01:19:34	03:48:39	<b>04:59:09.70</b>	<b>04:59:09.70</b>	+02:37:20 (52.6%)	10:18	5.8 (47.2%)
218	<b>PLUTA Tomasz</b>	<b>899</b>	LEAD-UP BEATA PLUTA	M50	14	00:48:04	01:23:42	03:57:34	<b>04:59:46.05</b>	<b>04:59:46.05</b>	+02:37:57 (52.7%)	10:20	5.8 (47.2%)
219	<b>RĘBECKA Violetta</b>	<b>918</b>	BIEGAMDLAZDROWIA. PL	K40	29	00:49:26	01:25:42	03:58:25	<b>05:00:17.55</b>	<b>05:00:17.55</b>	+02:38:28 (52.8%)	10:21	5.8 (47.2%)
220	<b>JAKUBCZAK Magdalena</b>	<b>779</b>	WARSZAWSKIE BYKI	K30	21	00:52:17	01:28:53	03:55:00	<b>05:01:49.75</b>	<b>05:01:49.75</b>	+02:40:00 (53.0%)	10:24	5.8 (47.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga		Droga pod Reglami 23km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
						pod Reglami 6km	Trzy Jawory 10km						
221	<b>SIELUTIN Wadim</b>	<b>930</b>	KB LEW LEGNICA 2000	M60	5	00:47:17	01:20:31	03:56:35	<b>05:02:12.55</b>	<b>05:02:12.55</b>	+02:40:23 (53.1%)	10:25	5.8 (47.2%)
222	<b>ROSZKOWSKI Marcin</b>	<b>922</b>		M30	68	00:50:04	01:25:18	03:51:47	<b>05:02:16.80</b>	<b>05:02:16.80</b>	+02:40:27 (53.1%)	10:25	5.8 (47.2%)
223	<b>BORKOWSKI Krzysztof</b>	<b>722</b>		M40	56	00:47:55	01:23:13	03:55:20	<b>05:02:20.15</b>	<b>05:02:20.15</b>	+02:40:31 (53.1%)	10:25	5.8 (47.2%)
224	<b>JAROCH Michał</b>	<b>782</b>	MARKOWI BIEGACZE	M40	57	00:50:12	01:24:47	04:01:15	<b>05:02:57.30</b>	<b>05:02:57.30</b>	+02:41:08 (53.2%)	10:26	5.7 (46.3%)
224	<b>STRADOMSKA Agnieszka</b>	<b>952</b>		K40	30	00:50:12	01:24:47	04:01:15	<b>05:02:57.30</b>	<b>05:02:57.30</b>	+02:41:08 (53.2%)	10:26	5.7 (46.3%)
226	<b>MARCINKIEWICZ Marta</b>	<b>848</b>		K50	6	00:52:01	01:27:36	03:55:44	<b>05:04:12.95</b>	<b>05:04:12.95</b>	+02:42:23 (53.4%)	10:29	5.7 (46.3%)
227	<b>HARASZCZUK Krystian</b>	<b>769</b>		M30	69	00:49:41	01:23:38	03:52:46	<b>05:05:10.05</b>	<b>05:05:10.05</b>	+02:43:21 (53.5%)	10:31	5.7 (46.3%)
228	<b>NOWAK Monika</b>	<b>876</b>		K40	31	00:53:17	01:32:09	04:00:41	<b>05:05:27.65</b>	<b>05:05:27.65</b>	+02:43:38 (53.6%)	10:31	5.7 (46.3%)
229	<b>GOTTFRIED Leszek</b>	<b>761</b>	EY RUN4FUN	M30	70	00:52:20	01:27:44	03:51:02	<b>05:05:37.75</b>	<b>05:05:37.75</b>	+02:43:48 (53.6%)	10:32	5.7 (46.3%)
230	<b>MAZURKIEWICZ Mariusz</b>	<b>856</b>		M50	15	00:47:32	01:21:15	03:50:39	<b>05:07:47.80</b>	<b>05:07:47.80</b>	+02:45:58 (53.9%)	10:36	5.7 (46.3%)
231	<b>ZIAJA Aleksandra</b>	<b>1007</b>		K30	22	00:52:44	01:32:01	04:00:18	<b>05:09:17.10</b>	<b>05:09:17.10</b>	+02:47:28 (54.1%)	10:39	5.6 (45.5%)
232	<b>KRZECZKOWSKI Roman</b>	<b>817</b>	CUDO KOMBUCHA TEAM	M50	16	00:52:37	01:29:08	03:59:07	<b>05:10:47.50</b>	<b>05:10:47.50</b>	+02:48:58 (54.4%)	10:43	5.6 (45.5%)
233	<b>MISIAK Ula</b>	<b>863</b>		K30	23	00:49:13	01:25:03	03:53:09	<b>05:11:00.15</b>	<b>05:11:00.15</b>	+02:49:11 (54.4%)	10:43	5.6 (45.5%)
234	<b>GÓRNA Małgorzata</b>	<b>763</b>		K30	24	00:53:05	01:31:30	04:11:14	<b>05:19:20.90</b>	<b>05:19:20.90</b>	+02:57:31 (55.6%)	11:00	5.4 (43.9%)
235	<b>SPRINGER Marta</b>	<b>941</b>	NIGHT RUNNERS	K30	25	00:57:57	01:38:24	04:16:07	<b>05:19:53.85</b>	<b>05:19:53.85</b>	+02:58:04 (55.7%)	11:01	5.4 (43.9%)
236	<b>STAŃCZYK Joanna</b>	<b>946</b>	SWARZĘDZ	K40	32	00:52:53	01:30:56	04:11:25	<b>05:20:51.50</b>	<b>05:20:51.50</b>	+02:59:02 (55.8%)	11:03	5.4 (43.9%)
237	<b>KŁUJSZO Darek</b>	<b>799</b>		M30	71	00:52:21	01:29:32	04:11:00	<b>05:20:56.45</b>	<b>05:20:56.45</b>	+02:59:07 (55.8%)	11:04	5.4 (43.9%)
238	<b>GŁUCHOWSKI Jacek</b>	<b>755</b>	BB RUNNERS	M40	58	00:53:40	01:30:48	04:14:48	<b>05:21:43.05</b>	<b>05:21:43.05</b>	+02:59:54 (55.9%)	11:05	5.4 (43.9%)
239	<b>STARCZEWSKI Krzysztof</b>	<b>948</b>	ULTRA DIABLY TEAM LUBRZA	M50	17	00:49:54	01:26:34	04:02:36	<b>05:22:05.05</b>	<b>05:22:05.05</b>	+03:00:16 (56.0%)	11:06	5.4 (43.9%)
240	<b>MORAWSKA Anna</b>	<b>869</b>		K60	1	00:54:52	01:34:03	04:13:49	<b>05:23:26.05</b>	<b>05:23:26.05</b>	+03:01:37 (56.2%)	11:09	5.4 (43.9%)
241	<b>RUDZIEWICZ Michał</b>	<b>923</b>		M40	59	00:47:29	01:18:39	04:08:32	<b>05:24:21.05</b>	<b>05:24:21.05</b>	+03:02:32 (56.3%)	11:11	5.4 (43.9%)
242	<b>MENZEL Zofia</b>	<b>857</b>	ULTRA DIABŁY TEAM LUBRZA	K60	2	00:49:55	01:25:03	04:15:46	<b>05:25:48.55</b>	<b>05:25:48.55</b>	+03:03:59 (56.5%)	11:14	5.3 (43.1%)
243	<b>CZACZYK Lukasz</b>	<b>731</b>		M30	72	00:48:55	01:23:25	04:08:02	<b>05:26:15.10</b>	<b>05:26:15.10</b>	+03:04:26 (56.5%)	11:15	5.3 (43.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga		Droga pod Reglami 23km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
						pod Reglami 6km	Trzy Jawory 10km						
244	<b>STRYCZEK Ewa</b>	<b>953</b>	AKTYWNYWEEKEND	K30	26	00:50:30	01:28:39	04:15:29	<b>05:28:19.35</b>	<b>05:28:19.35</b>	+03:06:30 (56.8%)	11:19	5.3 (43.1%)
245	<b>KACIUPA Agnieszka</b>	<b>785</b>	FARTY PUSZCZY	K40	33	00:55:22	01:34:24	04:17:51	<b>05:28:51.25</b>	<b>05:28:51.25</b>	+03:07:02 (56.9%)	11:20	5.3 (43.1%)
246	<b>FINKOWIAT - SZYMCZAK Katarzyna</b>	<b>744</b>	FARTY PUSZCZY	K30	27	00:55:30	01:34:44	04:17:59	<b>05:28:51.60</b>	<b>05:28:51.60</b>	+03:07:02 (56.9%)	11:20	5.3 (43.1%)
247	<b>SZYMCZAK Łukasz</b>	<b>966</b>	FARTY PUSZCZY	M40	60	00:55:30	01:34:32	04:17:52	<b>05:28:51.95</b>	<b>05:28:51.95</b>	+03:07:02 (56.9%)	11:20	5.3 (43.1%)
248	<b>HARASZCZUK Joanna</b>	<b>770</b>		K30	28	00:52:47	01:30:00	04:23:52	<b>05:30:45.00</b>	<b>05:30:45.00</b>	+03:08:55 (57.1%)	11:24	5.3 (43.1%)
249	<b>ŁOGIN Marta</b>	<b>838</b>		K30	29	00:52:13	01:30:00	04:28:21	<b>05:32:03.60</b>	<b>05:32:03.60</b>	+03:10:14 (57.3%)	11:27	5.2 (42.3%)
250	<b>SOBIERAJSKA Paulina</b>	<b>938</b>		K40	34	00:54:32	01:35:30	04:18:08	<b>05:32:22.80</b>	<b>05:32:22.80</b>	+03:10:33 (57.3%)	11:27	5.2 (42.3%)
251	<b>KUBIAK Izabela</b>	<b>819</b>	LOCCO SPORT	K30	30	00:48:00	01:22:05	04:23:07	<b>05:33:13.50</b>	<b>05:33:13.50</b>	+03:11:24 (57.4%)	11:29	5.2 (42.3%)
252	<b>HARASZCZUK Jerzy</b>	<b>771</b>		M50	18	00:52:47	01:29:48	04:23:52	<b>05:34:20.30</b>	<b>05:34:20.30</b>	+03:12:31 (57.6%)	11:31	5.2 (42.3%)
253	<b>BORODYN Andrzej</b>	<b>723</b>	FARTY PUSZCZY	M40	61	00:55:31	01:35:09	04:21:50	<b>05:36:08.55</b>	<b>05:36:08.55</b>	+03:14:19 (57.8%)	11:35	5.2 (42.3%)
254	<b>GARSTKA Paweł</b>	<b>750</b>	KAMA RUN CZARNKÓW	M30	73	00:52:12	01:29:51	04:28:24	<b>05:40:37.25</b>	<b>05:40:37.25</b>	+03:18:48 (58.4%)	11:44	5.1 (41.5%)
255	<b>BILAS-HETMAN Anna</b>	<b>718</b>		K40	35	00:54:25	01:35:16	04:32:47	<b>05:43:34.30</b>	<b>05:43:34.30</b>	+03:21:45 (58.7%)	11:50	5.1 (41.5%)
256	<b>WIECZOREK Norbert</b>	<b>986</b>	ROZBIEGANE WIECZORKI	M40	62	01:00:36	01:42:41	04:34:50	<b>05:43:53.75</b>	<b>05:43:53.75</b>	+03:22:04 (58.8%)	11:51	5.1 (41.5%)
257	<b>SIWA Michał</b>	<b>932</b>		M30	74	00:53:04	01:31:45	04:27:40	<b>05:45:21.20</b>	<b>05:45:21.20</b>	+03:23:32 (58.9%)	11:54	5 (40.7%)
258	<b>GARCZEWSKA-PASZKO Joanna</b>	<b>748</b>		K50	7	00:51:43	01:29:15	04:35:27	<b>05:45:45.25</b>	<b>05:45:45.25</b>	+03:23:56 (59.0%)	11:55	5 (40.7%)
259	<b>KLOC Maciej</b>	<b>797</b>	ORTHOS TEAM	M18	19	00:52:36	01:31:59	04:21:06	<b>05:45:57.25</b>	<b>05:45:57.25</b>	+03:24:08 (59.0%)	11:55	5 (40.7%)
260	<b>CZECHOWICZ Jarosław</b>	<b>1016</b>		M50	19	00:51:32	01:25:44	04:33:31	<b>05:50:47.55</b>	<b>05:50:47.55</b>	+03:28:58 (59.6%)	12:05	5 (40.7%)
261	<b>DZIĘCIELSKA Agnieszka</b>	<b>741</b>		K40	36	00:54:40	01:32:26	04:47:00	<b>05:53:52.15</b>	<b>05:53:52.15</b>	+03:32:03 (59.9%)	12:12	4.9 (39.8%)
262	<b>ŁADOŃSKA Agata</b>	<b>836</b>		K30	31	00:56:59	01:38:35	04:40:32	<b>05:56:53.05</b>	<b>05:56:53.05</b>	+03:35:04 (60.3%)	12:18	4.9 (39.8%)
263	<b>BASTA Grzegorz</b>	<b>714</b>		M40	63	00:53:02	01:32:44	04:39:37	<b>05:59:28.65</b>	<b>05:59:28.65</b>	+03:37:39 (60.5%)	12:23	4.8 (39.0%)
264	<b>KUMOR Przemysław</b>	<b>824</b>	KUMFLO SNAILS INC	M40	64	00:48:50	01:24:22	04:29:32	<b>06:00:18.10</b>	<b>06:00:18.10</b>	+03:38:29 (60.6%)	12:25	4.8 (39.0%)
265	<b>ZARĘBA Konrad</b>	<b>1005</b>	GRUBA KRASNOLUDY	M40	65	00:48:49	01:24:24	04:29:33	<b>06:00:19.00</b>	<b>06:00:19.00</b>	+03:38:29 (60.6%)	12:25	4.8 (39.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 10km	Droga pod Reglami 23km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
266	WOJTECZEK Józef	997	KGHM O/LEGNICA	M50	20	00:53:50	01:28:48	04:48:09	06:05:19.80	06:05:19.80	+03:43:30 (61.2%)	12:35	4.8 (39.0%)
267	SREBRO Michał	942		M50	21	00:54:24	01:37:26	04:47:35	06:05:34.45	06:05:34.45	+03:43:45 (61.2%)	12:36	4.8 (39.0%)
268	ZAJĄCZKOWSKA Paulina	1003	POWER TRAINING	K30	32	00:59:15	01:42:42	04:48:02	06:05:39.10	06:05:39.10	+03:43:50 (61.2%)	12:36	4.8 (39.0%)
269	KRAKOWIAK Wiesław	815	KRAKOWIAK TEAM	M50	22	00:50:14	01:27:32	04:43:21	06:06:57.00	06:06:57.00	+03:45:07 (61.4%)	12:39	4.7 (38.2%)
270	BARAŃSKI Stanisław	712	HUSARIA NIEGOSŁAWICE	M50	23	00:57:00	01:38:36	04:43:38	06:13:58.00	06:13:58.00	+03:52:08 (62.1%)	12:53	4.7 (38.2%)
271	WOJTECZEK Teresa	998	BIEGAM BO LUBIĘ BOLESŁAWIEC	K50	8	00:54:21	01:34:36	04:49:31	06:14:14.70	06:14:14.70	+03:52:25 (62.1%)	12:54	4.6 (37.4%)
272	LACH Jakub	827		M40	66	00:57:33	01:41:12	04:59:34	06:15:34.95	06:15:34.95	+03:53:45 (62.2%)	12:57	4.6 (37.4%)
273	JARMUŁO Agnieszka	781		K40	37	00:54:35	01:36:03	04:53:24	06:17:03.40	06:17:03.40	+03:55:14 (62.4%)	13:00	4.6 (37.4%)
274	WŁODARCZYK Anna	993		K30	33	01:00:10	01:42:37	04:50:27	06:19:39.90	06:19:39.90	+03:57:50 (62.6%)	13:05	4.6 (37.4%)
275	NOWAKOWSKI Paweł	880		M40	67	01:00:08	01:42:35	04:50:27	06:19:40.05	06:19:40.05	+03:57:51 (62.6%)	13:05	4.6 (37.4%)
276	NOWAKOWSKI Sławomir	879		M40	68	01:00:07	01:42:37	04:50:31	06:19:40.20	06:19:40.20	+03:57:51 (62.6%)	13:05	4.6 (37.4%)
277	SREBRO Kacper	943		M18	20	00:58:20		05:00:03	06:22:33.45	06:22:33.45	+04:00:44 (62.9%)	13:11	4.5 (36.6%)
278	WALNY Agata	983	WILD GOOSE CHASE	K30	34	00:58:31	01:42:54	05:02:44	06:23:03.70	06:23:03.70	+04:01:14 (63.0%)	13:12	4.5 (36.6%)
279	SZCZEPAŃSKI Sławomir	955	GALVARINO RUN TEAM	M40	69	00:48:51	01:23:01	03:51:54	06:28:35.20	06:28:35.20	+04:06:46 (63.5%)	13:23	4.5 (36.6%)
280	KOWNACKI Arkadiusz	809	DRUŻYNA SZPIKU / WATAHA ŁĄCZY NAS BIEGANIE	M50	24	01:02:03	01:46:54	05:07:46	06:31:11.95	06:31:11.95	+04:09:22 (63.7%)	13:29	4.4 (35.8%)
281	ANIOŁ Laura	707	DLA ZBYSZKA ♥	K30	35	00:58:31	01:42:55	05:02:44	06:31:23.85	06:31:23.85	+04:09:34 (63.8%)	13:29	4.4 (35.8%)
282	FLOREK Krzysztof	745	GRUBE KRASNOLUDY	M40	70	00:48:52	01:23:01	03:51:56	06:37:30.45	06:37:30.45	+04:15:41 (64.3%)	13:42	4.4 (35.8%)
283	PNIEWSKI Sławomir	1015		M30	75	01:01:23		05:07:47	06:50:40.80	06:50:40.80	+04:28:51 (65.5%)	14:09	4.2 (34.1%)
284	KSIĄŻKIEWICZ Elżbieta	1014		K30	36	01:01:29	01:47:20	05:30:38	06:54:12.65	06:54:12.65	+04:32:23 (65.8%)	14:16	4.2 (34.1%)
285	MERKLINGHAUS-KOBER Monika	858	SPEED FEET '16	K40	38	01:02:03	01:46:56	05:39:48	06:59:02.70	06:59:02.70	+04:37:13 (66.2%)	14:26	4.2 (34.1%)
<b>Przekroczony limit czasu: 07:00:00</b>													
286	SZYPULSKA Katarzyna	967	SKS CHMIELOWICE	K40	39	00:59:30	01:42:10	05:36:50	07:03:11.00	07:03:11.00	+04:41:21 (66.5%)	14:35	4.1 (33.3%)
287	PYTEL Anna	910	IZBICKO W BIEGU	K40	40	00:59:30	01:42:07	05:36:48	07:03:11.90	07:03:11.90	+04:41:22 (66.5%)	14:35	4.1 (33.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 10km	Droga pod Reglami 23km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
288	<b>JÓZEFIACIUK Wiesław</b>	<b>1048</b>		M60	6	01:08:34	01:56:34	05:50:02	<b>07:26:46.45</b>	<b>07:26:46.45</b>	+05:04:57 (68.3%)	15:24	3.9 (31.7%)
	<b>HUDASZEK Magda</b>	<b>774</b>		K30		00:36:32 DNF	01:02:39 DNF	02:42:48 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>STACHOWIAK Tomasz</b>	<b>945</b>		M40		00:39:04 DNF	01:05:11 DNF	03:17:28 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>MĘŻYKOWSKI Michał</b>	<b>859</b>	FORMA NA SZCZYT	M40		00:35:37 DNF	01:01:17 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 291 wynik(ów)