



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	GORZELAŃCZYK Jakub	759	MKS SIECHNICE	M30	1	00:26:28	00:45:26	01:52:48	02:21:49.05	02:21:49.05		4:53	12.3 (100%)
2	LESNIAK Kamil	1050	HDKIA GARMIN TEAM	M18	1	00:28:18	00:49:20	02:03:30	02:37:31.10	02:37:31.10	+00:15:42 (10.0%)	5:25	11 (89.4%)
3	FRANCZAK Mariusz	1013	DTR TRZEBNICA BIEGA / MARIO TEAM	M40	1	00:30:16	00:51:48	02:12:08	02:46:46.20	02:46:46.20	+00:24:57 (15.0%)	5:45	10.4 (84.6%)
4	ANDRUSZKIEWICZ Paweł	706		M30	2	00:32:01	00:54:24	02:13:58	02:50:13.55	02:50:13.55	+00:28:24 (16.7%)	5:52	10.2 (82.9%)
5	WŁODARCZYK Jarosław	992		M40	2	00:32:01	00:54:25	02:15:47	02:56:56.15	02:56:56.15	+00:35:07 (19.8%)	6:06	9.8 (79.7%)
6	OLCZYK Grzegorz	1009	DRÄXLMAIER	M30	3	00:32:14	00:55:11	02:20:40	02:59:05.40	02:59:05.40	+00:37:16 (20.8%)	6:10	9.7 (78.9%)
7	BAJAN Filip	708	LAB-BUD.COM	M18	2	00:31:01	00:53:30	02:21:37	03:00:38.90	03:00:38.90	+00:38:49 (21.5%)	6:13	9.6 (78.0%)
8	GOMOŁYSEK Kinga	758		K30	1	00:32:03	00:54:26	02:23:37	03:00:39.70	03:00:39.70	+00:38:50 (21.5%)	6:13	9.6 (78.0%)
9	BOSAKIEWICZ Tomasz	725		M30	4	00:34:49	00:59:31	02:26:42	03:02:36.50	03:02:36.50	+00:40:47 (22.3%)	6:17	9.5 (77.2%)
10	POLACZEK Daniel	900		M18	3	00:34:20	00:58:08	02:25:24	03:03:15.20	03:03:15.20	+00:41:26 (22.6%)	6:19	9.5 (77.2%)
11	KNACH Tomasz	801	BLUE COMPUTERS SERWIS LAPTOPÓW ŚWIEBODZICE	M40	3	00:31:31	00:54:12	02:22:39	03:04:59.10	03:04:59.10	+00:43:10 (23.3%)	6:22	9.4 (76.4%)
12	ŁABUZ Małgorzata	835		K30	2	00:34:49	00:59:38	02:28:39	03:06:32.75	03:06:32.75	+00:44:43 (24.0%)	6:25	9.3 (75.6%)
13	CZARNY Jaroslaw	733		M30	5	00:32:18	00:55:15	02:24:26	03:07:57.30	03:07:57.30	+00:46:08 (24.5%)	6:28	9.3 (75.6%)
14	NOWAK Paweł	877		M30	6	00:32:04	00:54:28	02:27:40	03:08:04.15	03:08:04.15	+00:46:15 (24.6%)	6:29	9.3 (75.6%)
15	KOŹBIELSKI Szymon	813	BŁK	M30	7	00:36:39	00:59:48	02:33:40	03:11:14.75	03:11:14.75	+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 Jawory 10km						
16	ANANICH Andrey	705	BIĄŁ.TM	M18	4	00:36:25	01:02:18	02:33:12	03:11:48.10	03:11:48.10	+00:49:59 (26.1%)	6:36	9.1 (74.0%)
17	KACZMAREK Maciej	786	POLEOHEL	M30	8	00:34:00	00:58:06	02:29:44	03:14:16.75	03:14:16.75	+00:52:27 (27.0%)	6:41	9 (73.2%)
18	SAJDUDA Adam	925		M18	5	00:34:03	00:58:14	02:30:01	03:15:05.65	03:15:05.65	+00:53:16 (27.3%)	6:43	8.9 (72.4%)
19	HOJAN Łukasz	773	FEHLAU RUN TEAM	M30	9	00:36:22	01:02:37	02:35:54	03:15:20.10	03:15:20.10	+00:53:31 (27.4%)	6:44	8.9 (72.4%)
20	MORAWSKI Filip	871		M40	4	00:35:54	01:00:05	02:32:28	03:15:43.55	03:15:43.55	+00:53:54 (27.5%)	6:44	8.9 (72.4%)
21	SZCZEPARA Wojciech	956		M18	6	00:34:12	00:58:27	02:33:26	03:16:14.75	03:16:14.75	+00:54:25 (27.7%)	6:46	8.9 (72.4%)
22	KUTYBA Mariusz	825	WOLNE ŚLIMAKI	M40	5	00:35:16	01:00:10	02:36:40	03:16:46.20	03:16:46.20	+00:54:57 (27.9%)	6:47	8.8 (71.5%)
23	WINTER Piotr	988	NIGHT RUNNERS	M30	10	00:35:28	01:00:42	02:35:12	03:16:55.40	03:16:55.40	+00:55:06 (28.0%)	6:47	8.8 (71.5%)
24	WALCZAK Adela	981	TRAIL IS OUR WAY TEAM	K30	3	00:36:33	01:02:03	02:34:58	03:16:56.00	03:16:56.00	+00:55:06 (28.0%)	6:47	8.8 (71.5%)
25	GOLEC Marcin	756	PREDATORS WAŁBRZYCH	M40	6	00:36:28	01:01:23	02:35:00	03:16:59.15	03:16:59.15	+00:55:10 (28.0%)	6:47	8.8 (71.5%)
26	ŚCISŁO Przemysław	1042		M50	1	00:34:04		02:34:14	03:17:02.80	03:17:02.80	+00:55:13 (28.0%)	6:47	8.8 (71.5%)
27	GOŁĘBIOWSKI Tytus	757	ULTRA FALUBAZ	M30	11	00:32:23	00:55:32	02:32:17	03:17:24.75	03:17:24.75	+00:55:35 (28.2%)	6:48	8.8 (71.5%)
28	BOROWSKA Karolina	724	KGHM ZG RUN	K30	4	00:36:24	01:02:23	02:36:30	03:17:47.95	03:17:47.95	+00:55:58 (28.3%)	6:49	8.8 (71.5%)
29	ŁUKACKI Daniel	841	#SOBASTEAM	M40	7	00:36:11	01:01:04	02:38:35	03:18:38.30	03:18:38.30	+00:56:49 (28.6%)	6:50	8.8 (71.5%)
30	ODOLAK Piotr	881	STANWEX II	M18	7	00:35:46	01:00:06	02:34:53	03:18:51.85	03:18:51.85	+00:57:02 (28.7%)	6:51	8.8 (71.5%)
31	MACHOWICZ Maciej	1012	#BIEGAJLESZNO	M30	12	00:35:15	01:00:09	02:35:15	03:19:19.35	03:19:19.35	+00:57:30 (28.9%)	6:52	8.7 (70.7%)
32	SALEJ Krzysztof	926	REDKOT	M30	13	00:35:15	01:01:03	02:36:53	03:20:42.95	03:20:42.95	+00:58:53 (29.3%)	6:55	8.7 (70.7%)
33	MAJEWSKI Maciej	846		M40	8	00:34:54	00:59:31	02:37:06	03:20:46.50	03:20:46.50	+00:58:57 (29.4%)	6:55	8.7 (70.7%)
34	GÓRECKI Krzysztof	762		M18	8	00:39:40	01:07:14	02:39:58	03:21:09.15	03:21:09.15	+00:59:20 (29.5%)	6:56	8.7 (70.7%)
35	IDCZAK Agnieszka	775		K30	5	00:36:11	01:01:07	02:37:07	03:21:55.60	03:21:55.60	+01:00:06 (29.8%)	6:57	8.6 (69.9%)
36	WIERZBICKI Krzysztof	987	WIERZBICKI RUNNING PROJECT	M30	14	00:34:19	00:58:05	02:39:10	03:23:08.20	03:23:08.20	+01:01:19 (30.2%)	7:00	8.6 (69.9%)
37	WNUK Tomasz	994	NAPRZÓD MŁOCINY	M40	9	00:34:53	00:59:46	02:39:20	03:25:08.15	03:25:08.15	+01:03:19 (30.9%)	7:04	8.5 (69.1%)
38	PLUCHA Michał	898	KOWARY BIEGAJĄ	M40	10	00:35:52	01:01:07	02:38:06	03:25:48.30	03:25:48.30	+01:03:59 (31.1%)	7:05	8.5 (69.1%)

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

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

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

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						
108	STASIAK Łukasz	949		M30	42	00:44:11	01:17:08	03:14:42	04:06:33.85	04:06:33.85	+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	04:07:06.45	04:07:06.45	+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	04:07:11.35	04:07:11.35	+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	04:07:33.45	04:07:33.45	+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	04:07:40.75	04:07:40.75	+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	04:08:07.60	04:08:07.60	+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	04:08:15.95	04:08:15.95	+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	04:08:21.35	04:08:21.35	+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	04:08:29.00	04:08:29.00	+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	04:08:57.25	04:08:57.25	+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	04:08:57.40	04:08:57.40	+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	04:09:22.25	04:09:22.25	+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	04:09:24.35	04:09:24.35	+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	04:09:51.10	04:09:51.10	+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	04:10:09.25	04:10:09.25	+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	04:11:28.30	04:11:28.30	+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	04:11:28.40	04:11:28.40	+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	04:11:31.25	04:11:31.25	+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	04:11:37.45	04:11:37.45	+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	04:12:29.85	04:12:29.85	+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	04:12:38.40	04:12:38.40	+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	04:13:14.05	04:13:14.05	+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	RADOSZ Filip	913		M30	49	00:45:43	01:15:07	03:16:59	04:14:01.85	04:14:01.85	+01:52:12 (44.2%)	8:45	6.8 (55.3%)
131	HARAŻNY Łukasz	1043		M40	33	00:42:55	01:14:41	03:14:56	04:14:21.90	04:14:21.90	+01:52:32 (44.2%)	8:46	6.8 (55.3%)
132	BAKSALARY Lidia	1018	#BIEGAJLESZNO	K40	10	00:39:58	01:09:24	03:18:28	04:15:24.15	04:15:24.15	+01:53:35 (44.5%)	8:48	6.8 (55.3%)
133	ADAMSKA Paulina	703	SZYSZYLA GNIEZNO	K18	4	00:42:32	01:11:51	03:16:17	04:15:49.75	04:15:49.75	+01:54:00 (44.6%)	8:49	6.8 (55.3%)
134	ORLIKOWSKI Jacek	885		M40	34	00:42:44	01:11:48	03:20:59	04:16:30.45	04:16:30.45	+01:54:41 (44.7%)	8:50	6.8 (55.3%)
135	MORAWSKI Wojciech	870		M30	50	00:43:59	01:14:50	03:12:39	04:16:40.00	04:16:40.00	+01:54:50 (44.7%)	8:51	6.8 (55.3%)
136	KALEŃSKI-JAŚKIEWICZ Łukasz	790	J&J&J	M30	51	00:43:19	01:13:03	03:18:51	04:16:45.70	04:16:45.70	+01:54:56 (44.8%)	8:51	6.8 (55.3%)
137	KRAJEWSKA Ewelina	814	GRUPA BIEGOWA BEZ GRANIC	K40	11	00:44:42	01:16:09	03:23:44	04:16:52.10	04:16:52.10	+01:55:03 (44.8%)	8:51	6.8 (55.3%)
138	FURMANOWSKI Paweł	746		M18	14	00:44:08	01:14:38	03:17:46	04:17:14.30	04:17:14.30	+01:55:25 (44.9%)	8:52	6.8 (55.3%)
139	SZCZEPANSKI Bartosz	954	REBELS SOFTWARE	M30	52	00:40:24	01:09:53	03:19:57	04:17:32.75	04:17:32.75	+01:55:43 (44.9%)	8:52	6.8 (55.3%)
140	PRYMUŁA Krystian	906		M18	15	00:44:47	01:14:37	03:18:17	04:18:08.65	04:18:08.65	+01:56:19 (45.1%)	8:54	6.7 (54.5%)
141	RADZIWANOWSKI Agata	914		K30	12	00:41:57	01:14:00	03:23:11	04:18:21.05	04:18:21.05	+01:56:32 (45.1%)	8:54	6.7 (54.5%)
142	WACHOWSKA Katarzyna	980	SMOK TRÓJGŁOWY	K30	13	00:49:20	01:23:12	03:29:17	04:18:25.85	04:18:25.85	+01:56:36 (45.1%)	8:54	6.7 (54.5%)
143	KALICZAK-SZWAJA Monika	791		K40	12	00:48:28	01:20:52	03:29:32	04:18:27.80	04:18:27.80	+01:56:38 (45.1%)	8:54	6.7 (54.5%)
144	ZINÓW Michał	1008		M18	16	00:44:54	01:15:53	03:20:15	04:18:33.75	04:18:33.75	+01:56:44 (45.2%)	8:54	6.7 (54.5%)
145	BANDUROWSKA Agnieszka	711	KB WIKON NOWA SÓL	K40	13	00:43:24	01:14:17	03:22:31	04:18:43.65	04:18:43.65	+01:56:54 (45.2%)	8:55	6.7 (54.5%)
146	MOKRZYCKI Bogdan	868		M40	35	00:40:33	01:09:03	03:17:22	04:18:56.20	04:18:56.20	+01:57:07 (45.2%)	8:55	6.7 (54.5%)
147	MACHNICKA Wiktoria	844		K18	5	00:44:40	01:14:28	03:18:07	04:19:05.75	04:19:05.75	+01:57:16 (45.3%)	8:56	6.7 (54.5%)
148	IGNASZEWSKI Łukasz	776		M30	53	00:42:22	01:12:53	03:23:42	04:19:59.80	04:19:59.80	+01:58:10 (45.5%)	8:57	6.7 (54.5%)
149	PURCZYŃSKI Grzegorz	907		M40	36	00:42:23	01:12:53	03:23:57	04:19:59.95	04:19:59.95	+01:58:10 (45.5%)	8:57	6.7 (54.5%)
150	WALIGÓRSKI Łukasz	982		M30	54	00:47:15	01:17:44	03:25:03	04:20:45.75	04:20:45.75	+01:58:56 (45.6%)	8:59	6.7 (54.5%)
151	CYBULSKI Piotr	730		M40	37	00:43:38	01:12:41	03:23:22	04:21:34.50	04:21:34.50	+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	ZAPOTOCZNY Mariusz	1004		M40	38	00:42:20	01:11:42	03:17:46	04:22:46.55	04:22:46.55	+02:00:57 (46.0%)	9:03	6.6 (53.7%)
153	DERDICH Mariusz	1047		M40	39	00:47:11	01:20:28	03:27:56	04:22:59.50	04:22:59.50	+02:01:10 (46.1%)	9:04	6.6 (53.7%)
154	REDEK Sylwia	917	TEAM ZABIEGANEDNI	K40	14	00:47:12	01:19:36	03:31:50	04:24:49.30	04:24:49.30	+02:03:00 (46.4%)	9:07	6.6 (53.7%)
155	PIETRZAK Marek	896		M40	40	00:44:28	01:14:44	03:23:47	04:25:01.75	04:25:01.75	+02:03:12 (46.5%)	9:08	6.6 (53.7%)
156	GDOWSKA Gabriela	751		K18	6	00:44:06	01:16:51	03:26:32	04:25:36.30	04:25:36.30	+02:03:47 (46.6%)	9:09	6.6 (53.7%)
157	RABENDA Paweł	912		M30	55	00:44:07	01:14:20	03:25:38	04:25:45.05	04:25:45.05	+02:03:56 (46.6%)	9:09	6.5 (52.8%)
158	NOWACZYŃSKA Katarzyna	875	TEAM ZABIEGANEDNI	K40	15	00:48:08	01:22:10	03:30:58	04:25:58.50	04:25:58.50	+02:04:09 (46.7%)	9:10	6.5 (52.8%)
159	WOŹNIAK Sebastian	1000		M40	41	00:46:09	01:17:17	03:26:25	04:26:42.00	04:26:42.00	+02:04:52 (46.8%)	9:11	6.5 (52.8%)
160	SZUMSKI Zbigniew	964		M50	10	00:43:53	01:14:30	03:30:50	04:27:04.70	04:27:04.70	+02:05:15 (46.9%)	9:12	6.5 (52.8%)
161	ŁOPATA Witold	839	WOLSZTYŃSKI KLUB BIEGOWY	M40	42	00:44:41	01:13:16	03:22:55	04:27:23.30	04:27:23.30	+02:05:34 (47.0%)	9:13	6.5 (52.8%)
162	SZCZĘSNY Maciej	958		M60	4	00:42:09	01:13:57	03:28:12	04:27:41.45	04:27:41.45	+02:05:52 (47.0%)	9:13	6.5 (52.8%)
163	KRYCZEK Piotr	816		M50	11	00:46:55	01:21:42	03:33:03	04:28:03.70	04:28:03.70	+02:06:14 (47.1%)	9:14	6.5 (52.8%)
164	KWIECIŃSKI Łukasz	826	J&J&J	M40	43	00:46:55	01:19:51	03:29:01	04:28:09.45	04:28:09.45	+02:06:20 (47.1%)	9:14	6.5 (52.8%)
165	KOWNACKI Krzysztof	810	KISZOL TEAM	M30	56	00:42:34	01:11:53	03:18:05	04:28:54.55	04:28:54.55	+02:07:05 (47.3%)	9:16	6.5 (52.8%)
166	MODZELEWSKA Agnieszka	867		K40	16	00:47:34	01:20:32	03:29:41	04:29:01.15	04:29:01.15	+02:07:12 (47.3%)	9:16	6.5 (52.8%)
167	KORNOWICZ Martyna Majka	807		K18	7	00:47:59	01:21:05	03:34:06	04:29:04.75	04:29:04.75	+02:07:15 (47.3%)	9:16	6.5 (52.8%)
168	JANOWSKA Agnieszka	780		K30	14	00:46:52	01:19:53	03:31:41	04:29:19.05	04:29:19.05	+02:07:30 (47.3%)	9:17	6.5 (52.8%)
169	LIS Wojciech	833	WIERZBICKI RUNNING PROJECT	M40	44	00:43:56	01:14:42	03:29:16	04:30:05.35	04:30:05.35	+02:08:16 (47.5%)	9:18	6.4 (52.0%)
170	JĘDRZEJAK Arkadiusz	783		M40	45	00:44:02	01:16:23	03:27:07	04:30:39.60	04:30:39.60	+02:08:50 (47.6%)	9:19	6.4 (52.0%)
171	SOWIŃSKI Konrad	940		M30	57	00:42:23	01:12:09	03:22:49	04:30:49.45	04:30:49.45	+02:09:00 (47.6%)	9:20	6.4 (52.0%)
172	WOJTAS Gabriela	996		K30	15	00:46:03	01:19:05	03:33:48	04:31:44.35	04:31:44.35	+02:09:55 (47.8%)	9:22	6.4 (52.0%)
173	MACHNICKA Adrianna	843	LOCA PEOPLE	K30	16	00:46:03	01:19:04	03:33:48	04:31:44.50	04:31:44.50	+02:09:55 (47.8%)	9:22	6.4 (52.0%)
174	KNĄBER Piotr	802		M30	58	00:48:08	01:21:18	03:34:43	04:33:09.90	04:33:09.90	+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	BURZYŃSKA Emilia	727	BIEGAJĄCE KREJZOLE / LOCO SPORT	K30	17	00:47:51	01:21:02	03:38:26	04:33:51.60	04:33:51.60	+02:12:02 (48.2%)	9:26	6.4 (52.0%)
176	WIŚNIEWSKI Iwona	990	BIEGAMBOLUBIĘ	K30	18	00:44:15	01:15:29	03:32:25	04:34:00.05	04:34:00.05	+02:12:11 (48.2%)	9:26	6.4 (52.0%)
177	WIŚNIEWSKI Rafał	991	KWP POZNAŃ	M30	59	00:44:14	01:15:30	03:32:24	04:34:01.15	04:34:01.15	+02:12:12 (48.2%)	9:26	6.3 (51.2%)
178	KIKUT Marcin	796		M30	60	00:52:50	01:28:00	03:40:08	04:34:25.40	04:34:25.40	+02:12:36 (48.3%)	9:27	6.3 (51.2%)
179	MARCZEWSKI Tomasz	849		M50	12	00:44:29	01:15:22	03:33:59	04:35:07.90	04:35:07.90	+02:13:18 (48.5%)	9:29	6.3 (51.2%)
180	WASILEWSKA Joanna	984		K50	2	00:48:17	01:21:23	03:38:57	04:35:16.35	04:35:16.35	+02:13:27 (48.5%)	9:29	6.3 (51.2%)
181	PAPROCKA Natalia	889		K40	17	00:47:58	01:21:59	03:34:36	04:35:19.35	04:35:19.35	+02:13:30 (48.5%)	9:29	6.3 (51.2%)
182	SZCZUREK Michał	960		M30	61	00:47:37	01:19:44	03:34:45	04:37:06.55	04:37:06.55	+02:15:17 (48.8%)	9:33	6.3 (51.2%)
183	CHABER Tomasz	729	TOMASZ CHABER	M30	62	00:47:48	01:22:05	03:38:44	04:37:39.20	04:37:39.20	+02:15:50 (48.9%)	9:34	6.3 (51.2%)
184	KUCZYŃSKA Anetta	822	STAJNIA CROSSFIT	K40	18	00:47:48	01:21:24	03:38:50	04:38:24.55	04:38:24.55	+02:16:35 (49.1%)	9:36	6.3 (51.2%)
185	GRZEGRZÓŁKA Anna	768	ZABIEGANI Z LEŚNEJ	K40	19	00:46:11	01:19:10	03:36:21	04:38:34.05	04:38:34.05	+02:16:45 (49.1%)	9:36	6.2 (50.4%)
186	MIŁOSZEWSKA Katarzyna	862	IZERY BOGATYNIA	K40	20	00:46:11	01:19:10	03:36:21	04:38:35.85	04:38:35.85	+02:16:46 (49.1%)	9:36	6.2 (50.4%)
187	SERAFIN Michał	929	HWBC	M40	46	00:47:32	01:21:15	03:39:18	04:38:41.00	04:38:41.00	+02:16:51 (49.1%)	9:36	6.2 (50.4%)
188	R Justyna	1044		K40	21	00:47:05	01:20:32	03:40:52	04:39:01.40	04:39:01.40	+02:17:12 (49.2%)	9:37	6.2 (50.4%)
189	MIŚTA Grzegorz	864	DTR TRZEBNICA BIEGA / MARIO TEAM	M40	47	00:47:16	01:18:09	03:37:32	04:39:37.80	04:39:37.80	+02:17:48 (49.3%)	9:38	6.2 (50.4%)
190	KUBIK Mateusz	821	FIZJOBIEGACZE SZCZECIN	M30	63	00:46:07	01:19:00	03:38:27	04:40:21.85	04:40:21.85	+02:18:32 (49.4%)	9:40	6.2 (50.4%)
191	RUDZIEWICZ Urszula	924		K30	19	00:47:28	01:18:40	03:41:30	04:40:38.05	04:40:38.05	+02:18:49 (49.5%)	9:40	6.2 (50.4%)
192	WALCZAK Michał	1041		M40	48	00:44:51	01:18:41	03:35:26	04:41:10.85	04:41:10.85	+02:19:21 (49.6%)	9:41	6.2 (50.4%)
193	POMIANOWSKA Anna	902		K40	22	00:49:14	01:24:26	03:43:33	04:41:45.85	04:41:45.85	+02:19:56 (49.7%)	9:42	6.2 (50.4%)
194	GIDASZEWSKA Jolanta	752	LESZNO	K40	23	00:46:27	01:20:45	03:46:53	04:42:01.35	04:42:01.35	+02:20:12 (49.7%)	9:43	6.2 (50.4%)
195	MATKOWSKI Wiktor	1045	RENA WYKROTY	M30	64	00:41:41	01:12:57	03:26:46	04:42:51.30	04:42:51.30	+02:21:02 (49.9%)	9:45	6.2 (50.4%)
196	LATOS Joanna	828		K40	24	00:47:00	01:20:01	03:44:28	04:43:01.15	04:43:01.15	+02:21:12 (49.9%)	9:45	6.1 (49.6%)
197	PRAGACZ Adam	904		M18	17	00:48:55	01:23:58	03:40:45	04:44:12.65	04:44:12.65	+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	KĘPSKI Grzegorz	1046		M30	65	00:47:06	01:21:00	03:40:06	04:44:52.60	04:44:52.60	+02:23:03 (50.2%)	9:49	6.1 (49.6%)
199	BALIŃSKI Wiktor	709	#ALWAYS_HARDCORE	M18	18	00:43:22	01:13:49	03:39:40	04:46:04.95	04:46:04.95	+02:24:15 (50.4%)	9:51	6.1 (49.6%)
200	PACIULON Krzysztof	887	ONE MAN RUNNING	M40	49	00:44:38	01:16:15	03:43:02	04:46:20.85	04:46:20.85	+02:24:31 (50.5%)	9:52	6.1 (49.6%)
201	LEDNICKA Lidia	829		K40	25	00:47:26	01:20:19	03:43:53	04:46:21.10	04:46:21.10	+02:24:32 (50.5%)	9:52	6.1 (49.6%)
202	OKONIEWSKA Agnieszka	883		K40	26	00:47:14	01:19:57	03:45:10	04:46:34.80	04:46:34.80	+02:24:45 (50.5%)	9:52	6.1 (49.6%)
203	NOWAK Maciej	878	SPEED FEET '16	M40	50	00:43:09	01:13:30	03:38:55	04:46:47.00	04:46:47.00	+02:24:57 (50.5%)	9:53	6.1 (49.6%)
204	PUSZCZYKOWSKA Małgorzata	908		K50	3	00:49:30	01:24:42	03:46:44	04:48:18.15	04:48:18.15	+02:26:29 (50.8%)	9:56	6 (48.8%)
205	POPIEL Jan	903		M40	51	00:41:19	01:11:20	03:36:20	04:48:51.40	04:48:51.40	+02:27:02 (50.9%)	9:57	6 (48.8%)
206	KOZŁOWSKI Tomasz	812	LESZNO LIMITS RUNNERS	M50	13	00:50:24	01:26:56	03:48:06	04:49:23.65	04:49:23.65	+02:27:34 (51.0%)	9:58	6 (48.8%)
206	KOZŁOWSKA Alicja	811		K50	4	00:50:25	01:26:56	03:48:06	04:49:23.65	04:49:23.65	+02:27:34 (51.0%)	9:58	6 (48.8%)
208	ŚWIATŁOWSKI Krzysztof	971		M40	52	00:43:27	01:13:49	03:38:21	04:50:26.10	04:50:26.10	+02:28:37 (51.2%)	10:00	6 (48.8%)
209	SKÓRA Leszek	936	IZBICKO W BIEGU	M40	53	00:48:51	01:23:24	03:47:16	04:50:47.50	04:50:47.50	+02:28:58 (51.2%)	10:01	6 (48.8%)
210	MARKOWSKA Lilianna	851		K50	5	00:49:23	01:25:07	03:53:34	04:53:53.95	04:53:53.95	+02:32:04 (51.7%)	10:08	5.9 (48.0%)
211	SKOWRONEK Tomasz	934		M30	66	00:42:40	01:12:20	03:41:16	04:54:12.15	04:54:12.15	+02:32:23 (51.8%)	10:08	5.9 (48.0%)
212	ŚMIECHOWSKA Małgorzata	970		K40	27	00:48:40		03:48:55	04:55:24.80	04:55:24.80	+02:33:35 (52.0%)	10:11	5.9 (48.0%)
213	GOSZ Magdalena	760		K30	20	00:53:40	01:30:42	03:53:42	04:55:29.30	04:55:29.30	+02:33:40 (52.0%)	10:11	5.9 (48.0%)
214	LEŚNIAK Grzegorz	831		M40	54	00:47:21	01:19:44	03:45:13	04:56:47.75	04:56:47.75	+02:34:58 (52.2%)	10:14	5.9 (48.0%)
215	NOWORYTA Eliza	1010	ULTRA DIABŁY TEAM LUBRZA	K40	28	00:48:07	01:22:18	03:53:26	04:58:19.40	04:58:19.40	+02:36:30 (52.5%)	10:17	5.8 (47.2%)
216	BĘBAS Paweł	716		M40	55	00:49:24	01:23:17	03:54:47	04:58:46.85	04:58:46.85	+02:36:57 (52.5%)	10:18	5.8 (47.2%)
217	GARCZYK Przemek	749		M30	67	00:45:45	01:19:34	03:48:39	04:59:09.70	04:59:09.70	+02:37:20 (52.6%)	10:18	5.8 (47.2%)
218	PLUTA Tomasz	899	LEAD-UP BEATA PLUTA	M50	14	00:48:04	01:23:42	03:57:34	04:59:46.05	04:59:46.05	+02:37:57 (52.7%)	10:20	5.8 (47.2%)
219	RĘBECKA Violetta	918	BIEGAMDLAZDROWIA. PL	K40	29	00:49:26	01:25:42	03:58:25	05:00:17.55	05:00:17.55	+02:38:28 (52.8%)	10:21	5.8 (47.2%)
220	JAKUBCZAK Magdalena	779	WARSZAWSKIE BYKI	K30	21	00:52:17	01:28:53	03:55:00	05:01:49.75	05:01:49.75	+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	SIELUTIN Wadim	930	KB LEW LEGNICA 2000	M60	5	00:47:17	01:20:31	03:56:35	05:02:12.55	05:02:12.55	+02:40:23 (53.1%)	10:25	5.8 (47.2%)
222	ROSZKOWSKI Marcin	922		M30	68	00:50:04	01:25:18	03:51:47	05:02:16.80	05:02:16.80	+02:40:27 (53.1%)	10:25	5.8 (47.2%)
223	BORKOWSKI Krzysztof	722		M40	56	00:47:55	01:23:13	03:55:20	05:02:20.15	05:02:20.15	+02:40:31 (53.1%)	10:25	5.8 (47.2%)
224	JAROCH Michał	782	MARKOWI BIEGACZE	M40	57	00:50:12	01:24:47	04:01:15	05:02:57.30	05:02:57.30	+02:41:08 (53.2%)	10:26	5.7 (46.3%)
224	STRADOMSKA Agnieszka	952		K40	30	00:50:12	01:24:47	04:01:15	05:02:57.30	05:02:57.30	+02:41:08 (53.2%)	10:26	5.7 (46.3%)
226	MARCINKIEWICZ Marta	848		K50	6	00:52:01	01:27:36	03:55:44	05:04:12.95	05:04:12.95	+02:42:23 (53.4%)	10:29	5.7 (46.3%)
227	HARASZCZUK Krystian	769		M30	69	00:49:41	01:23:38	03:52:46	05:05:10.05	05:05:10.05	+02:43:21 (53.5%)	10:31	5.7 (46.3%)
228	NOWAK Monika	876		K40	31	00:53:17	01:32:09	04:00:41	05:05:27.65	05:05:27.65	+02:43:38 (53.6%)	10:31	5.7 (46.3%)
229	GOTTFRIED Leszek	761	EY RUN4FUN	M30	70	00:52:20	01:27:44	03:51:02	05:05:37.75	05:05:37.75	+02:43:48 (53.6%)	10:32	5.7 (46.3%)
230	MAZURKIEWICZ Mariusz	856		M50	15	00:47:32	01:21:15	03:50:39	05:07:47.80	05:07:47.80	+02:45:58 (53.9%)	10:36	5.7 (46.3%)
231	ZIAJA Aleksandra	1007		K30	22	00:52:44	01:32:01	04:00:18	05:09:17.10	05:09:17.10	+02:47:28 (54.1%)	10:39	5.6 (45.5%)
232	KRZECZKOWSKI Roman	817	CUDO KOMBUCHA TEAM	M50	16	00:52:37	01:29:08	03:59:07	05:10:47.50	05:10:47.50	+02:48:58 (54.4%)	10:43	5.6 (45.5%)
233	MISIAK Ula	863		K30	23	00:49:13	01:25:03	03:53:09	05:11:00.15	05:11:00.15	+02:49:11 (54.4%)	10:43	5.6 (45.5%)
234	GÓRNA Małgorzata	763		K30	24	00:53:05	01:31:30	04:11:14	05:19:20.90	05:19:20.90	+02:57:31 (55.6%)	11:00	5.4 (43.9%)
235	SPRINGER Marta	941	NIGHT RUNNERS	K30	25	00:57:57	01:38:24	04:16:07	05:19:53.85	05:19:53.85	+02:58:04 (55.7%)	11:01	5.4 (43.9%)
236	STAŃCZYK Joanna	946	SWARZĘDZ	K40	32	00:52:53	01:30:56	04:11:25	05:20:51.50	05:20:51.50	+02:59:02 (55.8%)	11:03	5.4 (43.9%)
237	KŁUJSZO Darek	799		M30	71	00:52:21	01:29:32	04:11:00	05:20:56.45	05:20:56.45	+02:59:07 (55.8%)	11:04	5.4 (43.9%)
238	GŁUCHOWSKI Jacek	755	BB RUNNERS	M40	58	00:53:40	01:30:48	04:14:48	05:21:43.05	05:21:43.05	+02:59:54 (55.9%)	11:05	5.4 (43.9%)
239	STARCZEWSKI Krzysztof	948	ULTRA DIABLY TEAM LUBRZA	M50	17	00:49:54	01:26:34	04:02:36	05:22:05.05	05:22:05.05	+03:00:16 (56.0%)	11:06	5.4 (43.9%)
240	MORAWSKA Anna	869		K60	1	00:54:52	01:34:03	04:13:49	05:23:26.05	05:23:26.05	+03:01:37 (56.2%)	11:09	5.4 (43.9%)
241	RUDZIEWICZ Michał	923		M40	59	00:47:29	01:18:39	04:08:32	05:24:21.05	05:24:21.05	+03:02:32 (56.3%)	11:11	5.4 (43.9%)
242	MENZEL Zofia	857	ULTRA DIABŁY TEAM LUBRZA	K60	2	00:49:55	01:25:03	04:15:46	05:25:48.55	05:25:48.55	+03:03:59 (56.5%)	11:14	5.3 (43.1%)
243	CZACZYK Lukasz	731		M30	72	00:48:55	01:23:25	04:08:02	05:26:15.10	05:26:15.10	+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	STRYCZEK Ewa	953	AKTYWNYWEEKEND	K30	26	00:50:30	01:28:39	04:15:29	05:28:19.35	05:28:19.35	+03:06:30 (56.8%)	11:19	5.3 (43.1%)
245	KACIUPA Agnieszka	785	FARTY PUSZCZY	K40	33	00:55:22	01:34:24	04:17:51	05:28:51.25	05:28:51.25	+03:07:02 (56.9%)	11:20	5.3 (43.1%)
246	FINKOWIAT - SZYMCZAK Katarzyna	744	FARTY PUSZCZY	K30	27	00:55:30	01:34:44	04:17:59	05:28:51.60	05:28:51.60	+03:07:02 (56.9%)	11:20	5.3 (43.1%)
247	SZYMCZAK Łukasz	966	FARTY PUSZCZY	M40	60	00:55:30	01:34:32	04:17:52	05:28:51.95	05:28:51.95	+03:07:02 (56.9%)	11:20	5.3 (43.1%)
248	HARASZCZUK Joanna	770		K30	28	00:52:47	01:30:00	04:23:52	05:30:45.00	05:30:45.00	+03:08:55 (57.1%)	11:24	5.3 (43.1%)
249	ŁOGIN Marta	838		K30	29	00:52:13	01:30:00	04:28:21	05:32:03.60	05:32:03.60	+03:10:14 (57.3%)	11:27	5.2 (42.3%)
250	SOBIERAJSKA Paulina	938		K40	34	00:54:32	01:35:30	04:18:08	05:32:22.80	05:32:22.80	+03:10:33 (57.3%)	11:27	5.2 (42.3%)
251	KUBIAK Izabela	819	LOCCO SPORT	K30	30	00:48:00	01:22:05	04:23:07	05:33:13.50	05:33:13.50	+03:11:24 (57.4%)	11:29	5.2 (42.3%)
252	HARASZCZUK Jerzy	771		M50	18	00:52:47	01:29:48	04:23:52	05:34:20.30	05:34:20.30	+03:12:31 (57.6%)	11:31	5.2 (42.3%)
253	BORODYN Andrzej	723	FARTY PUSZCZY	M40	61	00:55:31	01:35:09	04:21:50	05:36:08.55	05:36:08.55	+03:14:19 (57.8%)	11:35	5.2 (42.3%)
254	GARSTKA Paweł	750	KAMA RUN CZARNKÓW	M30	73	00:52:12	01:29:51	04:28:24	05:40:37.25	05:40:37.25	+03:18:48 (58.4%)	11:44	5.1 (41.5%)
255	BILAS-HETMAN Anna	718		K40	35	00:54:25	01:35:16	04:32:47	05:43:34.30	05:43:34.30	+03:21:45 (58.7%)	11:50	5.1 (41.5%)
256	WIECZOREK Norbert	986	ROZBIEGANE WIECZORKI	M40	62	01:00:36	01:42:41	04:34:50	05:43:53.75	05:43:53.75	+03:22:04 (58.8%)	11:51	5.1 (41.5%)
257	SIWA Michał	932		M30	74	00:53:04	01:31:45	04:27:40	05:45:21.20	05:45:21.20	+03:23:32 (58.9%)	11:54	5 (40.7%)
258	GARCZEWSKA-PASZKO Joanna	748		K50	7	00:51:43	01:29:15	04:35:27	05:45:45.25	05:45:45.25	+03:23:56 (59.0%)	11:55	5 (40.7%)
259	KLOC Maciej	797	ORTHOS TEAM	M18	19	00:52:36	01:31:59	04:21:06	05:45:57.25	05:45:57.25	+03:24:08 (59.0%)	11:55	5 (40.7%)
260	CZECHOWICZ Jarosław	1016		M50	19	00:51:32	01:25:44	04:33:31	05:50:47.55	05:50:47.55	+03:28:58 (59.6%)	12:05	5 (40.7%)
261	DZIĘCIELSKA Agnieszka	741		K40	36	00:54:40	01:32:26	04:47:00	05:53:52.15	05:53:52.15	+03:32:03 (59.9%)	12:12	4.9 (39.8%)
262	ŁADOŃSKA Agata	836		K30	31	00:56:59	01:38:35	04:40:32	05:56:53.05	05:56:53.05	+03:35:04 (60.3%)	12:18	4.9 (39.8%)
263	BASTA Grzegorz	714		M40	63	00:53:02	01:32:44	04:39:37	05:59:28.65	05:59:28.65	+03:37:39 (60.5%)	12:23	4.8 (39.0%)
264	KUMOR Przemysław	824	KUMFLO SNAILS INC	M40	64	00:48:50	01:24:22	04:29:32	06:00:18.10	06:00:18.10	+03:38:29 (60.6%)	12:25	4.8 (39.0%)
265	ZARĘBA Konrad	1005	GRUBA KRASNOLUDY	M40	65	00:48:49	01:24:24	04:29:33	06:00:19.00	06:00:19.00	+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%)
Przekroczony limit czasu: 07:00:00													
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	JÓZEFIACIUK Wiesław	1048		M60	6	01:08:34	01:56:34	05:50:02	07:26:46.45	07:26:46.45	+05:04:57 (68.3%)	15:24	3.9 (31.7%)
	HUDASZEK Magda	774		K30		00:36:32 DNF	01:02:39 DNF	02:42:48 DNF	DNF	DNF		-	- (0.0%)
	STACHOWIAK Tomasz	945		M40		00:39:04 DNF	01:05:11 DNF	03:17:28 DNF	DNF	DNF		-	- (0.0%)
	MĘŻYKOWSKI Michał	859	FORMA NA SZCZYT	M40		00:35:37 DNF	01:01:17 DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 291 wynik(ów)