



CHOJNIK Karkonoski
Festiwal Biegowy

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

CHOJNIK KARKONOSKI FESTIWAL BIEGOWY
FUNDACJA PROFIT MARATON
2023-09-02
Sobieszów
29 km

PÓLMARATON Z GÓRKĄ

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 10km	Droga pod Reglami 22km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
1	SZCZEŚNIEWSKI Miłosz	854	HOKA GARMIN TEAM	M30	1	00:27:26	00:46:27	01:56:16	02:27:50.45	02:27:50.45		5:05	11.8 (100%)
2	BRÝDL Pavel	672	SALOMON CZ	M40	1	00:27:27	00:47:12	02:01:12	02:36:47.50	02:36:47.50	+00:08:57 (5.7%)	5:24	11.1 (94.1%)
3	SZKOLUDA Miłosz	856	PRZEDWOJEWSKI TEAM	M18	1	00:27:27	00:47:11	02:03:10	02:37:01.50	02:37:01.50	+00:09:11 (5.8%)	5:24	11.1 (94.1%)
4	BROJ Marcel	669		M18	2	00:29:19	00:51:03	02:03:07	02:39:01.45	02:39:01.45	+00:11:11 (7.0%)	5:29	10.9 (92.4%)
5	KLIMCZAK Mikołaj	729	PRZEDWOJEWSKI TEAM	M30	2	00:28:34	00:49:49	02:09:08	02:49:25.20	02:49:25.20	+00:21:34 (12.7%)	5:50	10.3 (87.3%)
6	WANIOWSKI Jan Jakub	879	AW-SZYBCIEJ TEAM	M30	3	00:29:55	00:51:23	02:15:52	02:55:00.75	02:55:00.75	+00:27:10 (15.5%)	6:02	9.9 (83.9%)
7	POLACZEK Daniel	816	IZBICKO W BIEGU	M30	4	00:31:47	00:55:03	02:21:00	02:59:14.05	02:59:14.05	+00:31:23 (17.5%)	6:10	9.7 (82.2%)
8	ŚMICHURSKI Krzysztof	865	WLKP MOUNTAINS ULTRA	M30	5	00:31:50	00:54:39	02:20:36	02:59:19.25	02:59:19.25	+00:31:28 (17.6%)	6:11	9.7 (82.2%)
9	BOSAKIEWICZ Tomasz	667	AW SZYBCIEJ	M40	2	00:33:01	00:56:29	02:22:42	03:01:22.30	03:01:22.30	+00:33:31 (18.5%)	6:15	9.6 (81.4%)
10	PIETRUCHA Maciej	806		M40	3	00:30:53	00:53:07	02:20:48	03:01:45.35	03:01:45.35	+00:33:54 (18.7%)	6:16	9.6 (81.4%)
11	KOTLAREK Dawid	741	SOBAS TEAM	M40	4	00:30:13	00:52:14	02:21:50	03:03:53.20	03:03:53.20	+00:36:02 (19.6%)	6:20	9.5 (80.5%)
12	BEDNARCZYK Magdalena	918		K30	1	00:33:00	00:56:15	02:24:36	03:04:18.15	03:04:18.15	+00:36:27 (19.8%)	6:21	9.4 (79.7%)
13	GRZEGORZEWSKI Wojciech	703		M30	6	00:34:33	00:58:02	02:25:21	03:06:08.55	03:06:08.55	+00:38:18 (20.6%)	6:25	9.3 (78.8%)
14	PAWLIK Filip	804		M30	7	00:32:19	00:55:01	02:24:07	03:07:51.80	03:07:51.80	+00:40:01 (21.3%)	6:28	9.3 (78.8%)
15	KASPRZAK Piotr	905	ŚNIEŻNA PANTERA	M18	3	00:33:39	00:58:00	02:25:44	03:08:15.20	03:08:15.20	+00:40:24 (21.5%)	6:29	9.2 (78.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 10km	Droga pod Reglami 22km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
16	SKOLINIEC Bartłomiej	839	GRUNNERS	M30	8	00:32:34	00:56:03	02:24:35	03:09:19.85	03:09:19.85	+00:41:29 (21.9%)	6:31	9.2 (78.0%)
17	POCHYLSKI Radosław	814	GRUNNERS	M30	9	00:32:25	00:55:48	02:26:09	03:11:10.80	03:11:10.80	+00:43:20 (22.7%)	6:35	9.1 (77.1%)
18	PIWOWARCZYK Wojciech	813	WLKP MOUNTAINS ULTRA	M30	10	00:35:57	01:00:12	02:32:26	03:17:02.20	03:17:02.20	+00:49:11 (25.0%)	6:47	8.8 (74.6%)
19	PREISNER Marcin	819	UNIwersytet Wrocławski	M30	11	00:35:43	01:01:17	02:33:52	03:17:20.30	03:17:20.30	+00:49:29 (25.1%)	6:48	8.8 (74.6%)
20	KOLMAN Piotr	737	ENDORFINA WSCHOWA	M40	5	00:35:03	00:58:45	02:32:48	03:19:43.65	03:19:43.65	+00:51:53 (26.0%)	6:53	8.7 (73.7%)
21	SZCZESZEK Lukasz	853		M40	6	00:35:12	00:59:46	02:35:31	03:20:13.90	03:20:13.90	+00:52:23 (26.2%)	6:54	8.7 (73.7%)
22	KLYSZCZ Michał	731	IZBICKO W BIEGU	M18	4	00:35:41	00:59:49	02:36:12	03:20:52.70	03:20:52.70	+00:53:02 (26.4%)	6:55	8.7 (73.7%)
23	DONDAJEWSKI Mikołaj	680		M18	5	00:36:39	01:01:43	02:36:00	03:20:53.15	03:20:53.15	+00:53:02 (26.4%)	6:55	8.7 (73.7%)
24	OBSTOJ Karolina	921		K30	2	00:35:24	01:01:12	02:37:29	03:21:53.30	03:21:53.30	+00:54:02 (26.8%)	6:57	8.6 (72.9%)
25	FERET Kamila	685		K18	1	00:36:33	01:02:11	02:40:05	03:22:45.40	03:22:45.40	+00:54:54 (27.1%)	6:59	8.6 (72.9%)
26	MAJEWSKA Agata	764		K40	1	00:34:13	00:59:38	02:41:27	03:22:57.45	03:22:57.45	+00:55:07 (27.2%)	6:59	8.6 (72.9%)
27	STĘSIK Tomasz	850		M30	12	00:38:07	01:05:18	02:41:55	03:25:31.75	03:25:31.75	+00:57:41 (28.1%)	7:05	8.5 (72.0%)
28	KACZMAREK Maciej	723	WLKP MOUNTAINS ULTRA	M30	13	00:33:55	00:58:14	02:34:32	03:26:03.30	03:26:03.30	+00:58:12 (28.3%)	7:06	8.4 (71.2%)
29	CIRKO Arkadiusz	677	SMS ZAGŁĘBIE LUBIN	M40	7	00:35:05	01:00:53	02:40:04	03:27:38.10	03:27:38.10	+00:59:47 (28.8%)	7:09	8.4 (71.2%)
30	TKOCZ Adam	922		M30	14	00:36:38	01:02:58	02:39:58	03:28:04.30	03:28:04.30	+01:00:13 (28.9%)	7:10	8.4 (71.2%)
31	MAJORCZYK Gerard	765		M40	8	00:39:16	01:05:14	02:42:29	03:28:31.90	03:28:31.90	+01:00:41 (29.1%)	7:11	8.3 (70.3%)
32	MICHAŁOWSKA Agata	781		K18	2	00:37:10	01:03:15	02:41:28	03:28:52.45	03:28:52.45	+01:01:02 (29.2%)	7:12	8.3 (70.3%)
33	FILUŚ Adam	687		M18	6	00:36:39	01:01:59	02:37:30	03:29:01.90	03:29:01.90	+01:01:11 (29.3%)	7:12	8.3 (70.3%)
34	HAŃCZYK Jacek	705	WIECZNA LUFA	M50	1	00:36:26	01:03:15	02:43:24	03:29:06.75	03:29:06.75	+01:01:16 (29.3%)	7:12	8.3 (70.3%)
35	BARANOW Tomasz	923		M40	9	00:36:35		02:41:10	03:29:55.80	03:29:55.80	+01:02:05 (29.6%)	7:14	8.3 (70.3%)
36	SZTURO Jan	857	PODGÓRZYN-GMINA PRZYJAZNA Z NATURY	M50	2	00:36:59	01:02:46	02:45:29	03:30:36.80	03:30:36.80	+01:02:46 (29.8%)	7:15	8.3 (70.3%)
37	TERLIKOWSKI Marcel	917		M30	15	00:36:14	01:02:00	02:42:12	03:31:41.60	03:31:41.60	+01:03:51 (30.2%)	7:17	8.2 (69.5%)
38	GAWRON Paweł	692	WEPA PIECHOWICE	M30	16	00:37:21	01:03:44	02:42:48	03:31:53.70	03:31:53.70	+01:04:03 (30.2%)	7:18	8.2 (69.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 10km	Droga pod Reglami 22km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
39	URBAŃSKI Michał	874	ŁĄDEK-ZDRÓJ RUNNERS	M30	17	00:36:47	01:03:01	02:45:18	03:32:26.10	03:32:26.10	+01:04:35 (30.4%)	7:19	8.2 (69.5%)
40	KOKOTT Agnieszka	912	AW - SZYBCIEJ - TEAM	K40	2	00:36:58	01:03:19	02:45:53	03:33:06.35	03:33:06.35	+01:05:15 (30.6%)	7:20	8.2 (69.5%)
41	ŁĄŻEWSKI Marcin	758		M50	3	00:38:15	01:04:29	02:44:55	03:33:34.10	03:33:34.10	+01:05:43 (30.8%)	7:21	8.1 (68.6%)
42	ZIĘTEK Krzysztof	896	NATURALEPO TEAM	M40	10	00:38:43	01:05:11	02:45:14	03:34:17.10	03:34:17.10	+01:06:26 (31.0%)	7:23	8.1 (68.6%)
43	FERET Hubert	686	TRAIL IS OUR WAY	M30	18	00:38:52	01:05:55	02:44:34	03:34:52.05	03:34:52.05	+01:07:01 (31.2%)	7:24	8.1 (68.6%)
44	ŚWIERK Przemek	867	ULTRA DIABŁY	M40	11	00:35:17	01:00:21	02:42:02	03:35:21.05	03:35:21.05	+01:07:30 (31.3%)	7:25	8.1 (68.6%)
45	HENDEL Mirela	708	IZBICKO W BIEGU	K18	3	00:36:25	01:03:09	02:48:13	03:36:14.65	03:36:14.65	+01:08:24 (31.6%)	7:27	8 (67.8%)
46	BROJ Adrian	670	BROJ TEAM ŻLINICE	M50	4	00:36:41	01:02:43	02:45:25	03:36:40.80	03:36:40.80	+01:08:50 (31.8%)	7:28	8 (67.8%)
47	KLAMUT Natalia	728		K30	3	00:37:29	01:06:31	02:48:27	03:36:48.45	03:36:48.45	+01:08:58 (31.8%)	7:28	8 (67.8%)
48	WALCZAK Adela	875	TRAIL IS OUR WAY TEAM	K30	4	00:38:51	01:05:54	02:50:02	03:38:21.80	03:38:21.80	+01:10:31 (32.3%)	7:31	8 (67.8%)
49	JURCZAK Szymon	722		M30	19	00:37:27	01:03:55	02:48:32	03:40:15.10	03:40:15.10	+01:12:24 (32.9%)	7:35	7.9 (66.9%)
50	WOJTASZEK Jacek	885	STREFA WALKI JELENIA GÓRA	M40	12	00:36:18	01:04:01	02:49:01	03:41:02.20	03:41:02.20	+01:13:11 (33.1%)	7:37	7.9 (66.9%)
51	DRAGANEK Ewelina	681		K40	3	00:39:02	01:05:50	02:53:53	03:41:40.45	03:41:40.45	+01:13:50 (33.3%)	7:38	7.8 (66.1%)
52	WOJTYSIAK Ola	887		K30	5	00:38:40	01:05:05	02:53:28	03:43:17.10	03:43:17.10	+01:15:26 (33.8%)	7:41	7.8 (66.1%)
53	SERAFIN-GORSZKOWSKA Paulina	837	AW-SZYBCIEJ- TEAM	K40	4	00:37:28	01:04:22	02:57:45	03:44:06.05	03:44:06.05	+01:16:15 (34.0%)	7:43	7.8 (66.1%)
54	BOROWSKI Przemysław	665	GRUNNERS	M30	20	00:38:05	01:04:13	02:49:02	03:44:32.35	03:44:32.35	+01:16:41 (34.2%)	7:44	7.7 (65.3%)
55	LEJA Wojciech	753	ŚLĘZAKTEAM	M30	21	00:37:38	01:04:36	02:54:11	03:46:24.45	03:46:24.45	+01:18:34 (34.7%)	7:48	7.7 (65.3%)
56	RYDLEWSKI Marek	833		M18	7	00:40:47	01:07:58	02:56:36	03:46:27.55	03:46:27.55	+01:18:37 (34.7%)	7:48	7.7 (65.3%)
57	BRODA Dominik	668		M30	22	00:39:12	01:06:56	02:58:45	03:46:49.35	03:46:49.35	+01:18:58 (34.8%)	7:49	7.7 (65.3%)
58	GAŁECKI Robert	909	HFB	M30	23	00:37:26	01:04:26	02:56:36	03:48:27.80	03:48:27.80	+01:20:37 (35.3%)	7:52	7.6 (64.4%)
59	ŻMIJA Liliana	899	FSD RUN DREZDENKO	K30	6	00:39:26	01:08:26	02:57:33	03:48:59.10	03:48:59.10	+01:21:08 (35.4%)	7:53	7.6 (64.4%)
60	WOŹNIAK Karolina	889	INKA TEAM	K30	7	00:39:19	01:07:34	02:57:57	03:49:09.05	03:49:09.05	+01:21:18 (35.5%)	7:54	7.6 (64.4%)
61	KOŚCIAŃSKI Adam	740	TGV CLUB KOŚCIAN	M40	13	00:38:17	01:05:19	02:55:08	03:49:48.05	03:49:48.05	+01:21:57 (35.7%)	7:55	7.6 (64.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 10km	Droga pod Reglami 22km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
62	MIGASIEWICZ Marcin	782		M30	24	00:41:59	01:10:45	03:00:52	03:50:18.50	03:50:18.50	+01:22:28 (35.8%)	7:56	7.6 (64.4%)
63	BORSKOWICZ Paweł	666	BADGERUN	M40	14	00:38:06	01:05:07	02:57:16	03:50:39.85	03:50:39.85	+01:22:49 (35.9%)	7:57	7.5 (63.6%)
64	JANIAK Kamil	713	TURBO COLA TEAM	M30	25	00:37:43	01:03:03	02:58:44	03:51:14.10	03:51:14.10	+01:23:23 (36.1%)	7:58	7.5 (63.6%)
65	MANSFELD Krzysztof	767		M30	26	00:39:28	01:07:19	02:58:41	03:52:28.25	03:52:28.25	+01:24:37 (36.4%)	8:00	7.5 (63.6%)
66	KOŹBIELSKI Szymon	743	BŁK	M30	27	00:39:11	01:05:53	02:58:38	03:52:44.15	03:52:44.15	+01:24:53 (36.5%)	8:01	7.5 (63.6%)
67	GOŁĘBIOWSKI Tytus	698	ULTRA FALUBAZ / NGB	M30	28	00:32:57	00:57:19	02:54:36	03:52:53.10	03:52:53.10	+01:25:02 (36.5%)	8:01	7.5 (63.6%)
68	BRYCKA Anna	671	SPORTOWY UMYSŁ	K30	8	00:40:28	01:10:15	03:02:57	03:52:59.65	03:52:59.65	+01:25:09 (36.5%)	8:02	7.5 (63.6%)
69	SZWARC Grzegorz	858	ARVATO S.C. REP	M30	29	00:42:01	01:11:23	03:03:30	03:53:13.50	03:53:13.50	+01:25:23 (36.6%)	8:02	7.5 (63.6%)
70	NOWIK Kamil	794	SECO RUN	M40	15	00:38:16	01:06:27	03:00:22	03:53:29.40	03:53:29.40	+01:25:38 (36.7%)	8:03	7.5 (63.6%)
71	ZDUŃCZYK Paulina	894	AKADEMIABIEGACZA.PL	K30	9	00:39:09	01:07:44	03:02:12	03:53:43.35	03:53:43.35	+01:25:52 (36.7%)	8:03	7.4 (62.7%)
72	BINAŚ Krzysztof	661	KB INTREX POZNAŃ	M30	30	00:37:39	01:04:36	03:04:04	03:54:16.35	03:54:16.35	+01:26:25 (36.9%)	8:04	7.4 (62.7%)
73	WORONOWICZ Piotr	888		M30	31	00:39:47	01:06:33	02:56:37	03:55:58.75	03:55:58.75	+01:28:08 (37.4%)	8:08	7.4 (62.7%)
74	MIŁUCH Tomasz	906		M40	16	00:41:46	01:09:25	03:01:44	03:56:53.35	03:56:53.35	+01:29:02 (37.6%)	8:10	7.3 (61.9%)
75	NAKONIECZNY Rafał	788	BIEGOLAS KOSZALIN	M30	32	00:38:17	01:05:19	03:05:43	03:58:13.55	03:58:13.55	+01:30:23 (37.9%)	8:12	7.3 (61.9%)
76	JAROSZ Dawid	717		M30	33	00:44:40	01:12:36	03:07:52	03:59:04.85	03:59:04.85	+01:31:14 (38.2%)	8:14	7.3 (61.9%)
77	BOHAREWICZ Paweł	662	BOHAR PALETY TRANSPORT	M40	17	00:38:20	01:05:49	03:05:37	03:59:07.50	03:59:07.50	+01:31:17 (38.2%)	8:14	7.3 (61.9%)
78	MANSFELD Anita	766		K30	10	00:41:40	01:11:30	03:06:08	04:00:05.30	04:00:05.30	+01:32:14 (38.4%)	8:16	7.2 (61.0%)
79	KLIMEK Wojciech	730	ORTHOS TEAM / PRZEDWOJEWSKI TEAM	M30	34	00:41:14	01:10:17	03:07:40	04:00:23.45	04:00:23.45	+01:32:33 (38.5%)	8:17	7.2 (61.0%)
80	MACYSZYN Łukasz	763		M40	18	00:40:28		03:05:53	04:02:00.15	04:02:00.15	+01:34:09 (38.9%)	8:20	7.2 (61.0%)
81	MURAWSKA Nikola	903	ADIDAS RUNNERS TRICITY	K18	4	00:38:07	01:06:20	03:08:20	04:02:00.70	04:02:00.70	+01:34:10 (38.9%)	8:20	7.2 (61.0%)
82	WUJDA Karolina	890		K30	11	00:40:17	01:08:09	03:09:03	04:02:22.60	04:02:22.60	+01:34:32 (39.0%)	8:21	7.2 (61.0%)
83	HAMKALO Dawid	913	HOST	M40	19	00:39:32	01:07:50	03:05:34	04:02:26.45	04:02:26.45	+01:34:36 (39.0%)	8:21	7.2 (61.0%)
84	MIKA Tomek	783	KRONOSPAN OSB	M30	35	00:37:28	01:05:16	03:08:38	04:04:42.75	04:04:42.75	+01:36:52 (39.6%)	8:26	7.1 (60.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 10km	Droga pod Reglami 22km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
85	POMIANOWSKI Szymon	818	KURACJUSZE	M30	36	00:40:14	01:09:27	03:11:52	04:04:59.65	04:04:59.65	+01:37:09 (39.7%)	8:26	7.1 (60.2%)
86	ROSTKOWSKA-BIAŁAS Karolina	831		K30	12	00:44:23	01:14:40	03:12:39	04:05:17.05	04:05:17.05	+01:37:26 (39.7%)	8:27	7.1 (60.2%)
87	WIĘCEK Maria	880		K30	13	00:44:20	01:16:14	03:16:50	04:06:05.15	04:06:05.15	+01:38:14 (39.9%)	8:29	7.1 (60.2%)
88	BOROWSKA-SONMEZ Anna	664	LONDON HEATHSIDE	K30	14	00:42:19	01:13:56	03:14:21	04:06:10.20	04:06:10.20	+01:38:19 (39.9%)	8:29	7.1 (60.2%)
89	STASIAK Łukasz	848		M40	20	00:42:37	01:14:42	03:13:18	04:06:17.45	04:06:17.45	+01:38:27 (40.0%)	8:29	7.1 (60.2%)
90	JAROWICZ Konrad	718		M60	1	00:41:30	01:11:05	03:11:17	04:06:26.25	04:06:26.25	+01:38:35 (40.0%)	8:29	7.1 (60.2%)
91	CHMIEL Paweł	674		M30	37	00:40:47	01:07:43	03:11:33	04:06:32.55	04:06:32.55	+01:38:42 (40.0%)	8:30	7.1 (60.2%)
92	ORĘZIAK Maciej	800		M40	21	00:40:45	01:10:01	03:16:04	04:07:15.10	04:07:15.10	+01:39:24 (40.2%)	8:31	7 (59.3%)
93	SZCZĘSNY Maciej	855		M60	2	00:40:46	01:10:03	03:11:49	04:07:35.40	04:07:35.40	+01:39:44 (40.3%)	8:32	7 (59.3%)
94	SZYMAŃSKI Łukasz	862		M30	38	00:43:15	01:13:14	03:12:38	04:08:01.45	04:08:01.45	+01:40:11 (40.4%)	8:33	7 (59.3%)
95	KĘPA Kamil	726		M30	39	00:42:30	01:10:52	03:10:29	04:08:30.25	04:08:30.25	+01:40:39 (40.5%)	8:34	7 (59.3%)
96	SKIBISZEWSKI Grzegorz	902		M40	22	03:13:17			04:09:03.95	04:09:03.95	+01:41:13 (40.6%)	8:35	7 (59.3%)
97	ROMANIUK Bartosz	828		M30	40	00:41:56	01:11:27	03:11:47	04:09:17.85	04:09:17.85	+01:41:27 (40.7%)	8:35	7 (59.3%)
98	BEDNAREK Karolina	655	WIDUN KETTLEBELL CLUB	K30	15	00:43:00	01:10:53	03:10:41	04:09:36.25	04:09:36.25	+01:41:45 (40.8%)	8:36	7 (59.3%)
99	WOJTCZAK Jan	886		M30	41	00:43:48	01:13:38	03:16:44	04:10:41.35	04:10:41.35	+01:42:50 (41.0%)	8:38	6.9 (58.5%)
100	DORNIAC Radek	915		M40	23	00:44:29	01:15:08	03:15:16	04:10:54.25	04:10:54.25	+01:43:03 (41.1%)	8:39	6.9 (58.5%)
101	OKRUTNIK Szymon	796		M30	42	00:41:33	01:09:50	03:17:31	04:10:56.85	04:10:56.85	+01:43:06 (41.1%)	8:39	6.9 (58.5%)
102	GORĄCZNIAK Anna	699	NBRTEAM	K30	16	00:41:28	01:09:22	03:16:31	04:13:31.05	04:13:31.05	+01:45:40 (41.7%)	8:44	6.9 (58.5%)
103	HULALKA Anna	709	SQOORA TRAINING	K18	5	00:42:30	01:10:59	03:17:39	04:13:43.50	04:13:43.50	+01:45:53 (41.7%)	8:44	6.9 (58.5%)
104	GORĄCZNIAK Maciej	700		M40	24	00:45:00	01:18:11	03:21:26	04:14:45.65	04:14:45.65	+01:46:55 (42.0%)	8:47	6.8 (57.6%)
105	NIKOLIN Przemysław	789		M40	25	00:39:29	01:08:51	03:17:47	04:16:11.20	04:16:11.20	+01:48:20 (42.3%)	8:50	6.8 (57.6%)
106	ŚWIERZOWSKA Magdalena	910	JESTEM OD ROMKA/FIZJOTERAPIA BIEGACZA	K40	5	00:41:52	01:14:48	03:20:19	04:16:30.75	04:16:30.75	+01:48:40 (42.4%)	8:50	6.8 (57.6%)
107	OLES Daniel	798		M30	43	00:43:50	01:14:14	03:21:03	04:16:46.95	04:16:46.95	+01:48:56 (42.4%)	8:51	6.8 (57.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 10km	Droga pod Reglami 22km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
108	DRZAZGA Daniel	682		M40	26	00:42:31	01:10:49	03:17:30	04:16:53.40	04:16:53.40	+01:49:02 (42.4%)	8:51	6.8 (57.6%)
109	WINIARSKI Mirosław	882	MERCEDES-BENZ GRUPA WRÓBEL	M30	44	00:44:53	01:16:20	03:19:05	04:17:00.00	04:17:00.00	+01:49:09 (42.5%)	8:51	6.8 (57.6%)
110	PANKAŁA Rafał	802		K40	6	00:40:02	01:08:20	03:05:00	04:17:05.75	04:17:05.75	+01:49:15 (42.5%)	8:51	6.8 (57.6%)
111	SZYMANIAK Sebastian	860		M18	8	00:40:29	01:10:06	03:19:51	04:18:24.65	04:18:24.65	+01:50:34 (42.8%)	8:54	6.7 (56.8%)
112	ŁAWICKI Marcin	757	WKURW_TEAM	M30	45	00:40:12	01:09:19	03:23:47	04:18:40.30	04:18:40.30	+01:50:49 (42.8%)	8:55	6.7 (56.8%)
113	BEDNARCZYK Paweł	654	PZU SPORT TEAM	M40	27	00:42:16	01:12:11	03:18:14	04:19:20.95	04:19:20.95	+01:51:30 (43.0%)	8:56	6.7 (56.8%)
114	DZICZEK Ireneusz	683	RAZ SZCZECIN	M50	5	00:44:08	01:14:52	03:22:20	04:19:57.25	04:19:57.25	+01:52:06 (43.1%)	8:57	6.7 (56.8%)
115	SUCHY Aron	852	POGOŃ BYDŁO	M30	46	00:43:13	01:14:12	03:18:05	04:20:37.50	04:20:37.50	+01:52:47 (43.3%)	8:59	6.7 (56.8%)
116	WAŁCZYK Mateusz	878		M30	47	00:40:19	01:11:57	03:17:48	04:21:09.10	04:21:09.10	+01:53:18 (43.4%)	9:00	6.7 (56.8%)
117	WILMAŃSKI Arkadiusz	881		M50	6	00:44:31	01:17:02	03:25:25	04:21:18.95	04:21:18.95	+01:53:28 (43.4%)	9:00	6.7 (56.8%)
118	KRZEWIAK Krystian	748	CIACHO TEAM TRIATHLON	M18	9	00:44:41	01:16:46	03:23:45	04:21:27.00	04:21:27.00	+01:53:36 (43.5%)	9:00	6.7 (56.8%)
119	POŁAWSKA Ewa	817		K30	17	00:46:37	01:19:21	03:25:53	04:22:14.75	04:22:14.75	+01:54:24 (43.6%)	9:02	6.6 (55.9%)
120	MORAWSKI Wojciech	786		M30	48	00:46:22	01:17:54	03:23:37	04:22:24.80	04:22:24.80	+01:54:34 (43.7%)	9:02	6.6 (55.9%)
121	ISHCHUK Aliaksandr	914		M30	49	00:37:15	01:03:30	03:04:16	04:23:03.40	04:23:03.40	+01:55:12 (43.8%)	9:04	6.6 (55.9%)
122	HARETSKI Aleksander	911		M30	50	00:37:15	01:03:31	03:04:16	04:23:03.50	04:23:03.50	+01:55:13 (43.8%)	9:04	6.6 (55.9%)
123	SZYMANEK-PASTERNAK Anna	859		K40	7	00:39:35	01:06:31	03:04:54	04:23:08.35	04:23:08.35	+01:55:17 (43.8%)	9:04	6.6 (55.9%)
124	PIETRZAK Marek	808		M40	28	00:42:34	01:14:18	03:22:12	04:23:28.75	04:23:28.75	+01:55:38 (43.9%)	9:05	6.6 (55.9%)
125	KOLAŃSKI Łukasz	736		M30	51	00:44:52	01:16:50	03:26:25	04:24:02.75	04:24:02.75	+01:56:12 (44.0%)	9:06	6.6 (55.9%)
126	MATYJASZCZUK Mateusz	777		M30	52	00:45:39	01:18:46	03:19:01	04:24:48.35	04:24:48.35	+01:56:57 (44.2%)	9:07	6.6 (55.9%)
127	MATYJASZCZUK Ela	776	SZTUKA BIEGANIA TEAM	K30	18	00:45:59	01:18:45	03:24:31	04:24:48.70	04:24:48.70	+01:56:58 (44.2%)	9:07	6.6 (55.9%)
128	MARKOWSKA Lidia	772		K40	8	00:43:06	01:14:55	03:24:36	04:26:23.65	04:26:23.65	+01:58:33 (44.5%)	9:11	6.5 (55.1%)
129	NOWAK Mirosław	792		M40	29	00:40:44	01:08:55	03:23:13	04:27:22.25	04:27:22.25	+01:59:31 (44.7%)	9:13	6.5 (55.1%)
130	TONDESKI Maciej	872		M18	10	00:45:02	01:18:18	03:32:13	04:28:41.90	04:28:41.90	+02:00:51 (45.0%)	9:15	6.5 (55.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 10km	Droga pod Reglami 22km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
131	MYŚLEWSKI Janusz	787	NIEBKO TERROR/NOCNY POYEB	M40	30	00:41:36	01:11:36	03:28:38	04:28:52.15	04:28:52.15	+02:01:01 (45.0%)	9:16	6.5 (55.1%)
132	JANKOWSKI Jakub	916	CHOJNIK TEAM	M30	53	00:48:04	01:21:49	03:32:24	04:28:57.05	04:28:57.05	+02:01:06 (45.0%)	9:16	6.5 (55.1%)
133	PASZKIEWICZ Kamil	803		M50	7	00:40:14	01:10:06	03:28:24	04:29:28.65	04:29:28.65	+02:01:38 (45.1%)	9:17	6.5 (55.1%)
134	BONDAREWICZ Agata	663	BONDZIKI	K40	9	00:44:58	01:17:09	03:26:05	04:29:40.95	04:29:40.95	+02:01:50 (45.2%)	9:17	6.5 (55.1%)
135	IGNASZEWSKI Łukasz	711		M40	31	00:42:57	01:13:51	03:28:33	04:30:53.25	04:30:53.25	+02:03:02 (45.4%)	9:20	6.4 (54.2%)
136	PURCZYŃSKI Grzegorz	821		M40	32	00:42:28	01:13:30	03:28:33	04:30:54.45	04:30:54.45	+02:03:04 (45.4%)	9:20	6.4 (54.2%)
137	GRZYMAŁA Krzysztof	704	EWA FAN!	M40	33	00:41:57	01:10:12	03:04:09	04:30:58.95	04:30:58.95	+02:03:08 (45.4%)	9:20	6.4 (54.2%)
138	PRZYBYLSKA Aleksandra	820		K30	19	00:46:00	01:17:36	03:35:31	04:31:09.75	04:31:09.75	+02:03:19 (45.5%)	9:21	6.4 (54.2%)
139	PUSZCZYKOWSKI Grzegorz	824		M50	8	00:45:43	01:17:48	03:32:10	04:32:34.75	04:32:34.75	+02:04:44 (45.8%)	9:23	6.4 (54.2%)
140	ROMANIUK Jacek	829		M50	9	00:44:28	01:17:01	03:36:31	04:32:56.60	04:32:56.60	+02:05:06 (45.8%)	9:24	6.4 (54.2%)
141	CYBULSKI Dariusz	678	KB INTREX POZNAŃ	M40	34	00:43:22	01:15:14	03:32:19	04:33:11.95	04:33:11.95	+02:05:21 (45.9%)	9:25	6.4 (54.2%)
142	DALECKA Dorota	901	TRI LADIES	K40	10	00:43:07	01:15:55	03:36:14	04:33:20.40	04:33:20.40	+02:05:29 (45.9%)	9:25	6.4 (54.2%)
143	GAJEK Łukasz	690		M40	35	00:44:28	01:15:24	03:36:29	04:33:51.85	04:33:51.85	+02:06:01 (46.0%)	9:26	6.4 (54.2%)
144	SAJEWICZ Piotr	835		M30	54	00:42:34	01:11:01	03:34:29	04:34:23.50	04:34:23.50	+02:06:33 (46.1%)	9:27	6.3 (53.4%)
145	KOCHANOWSKI Marek	733		M50	10	00:38:42	01:06:42	03:33:27	04:34:46.35	04:34:46.35	+02:06:55 (46.2%)	9:28	6.3 (53.4%)
146	BANDUROWSKA Agnieszka	653	KB WIKON NOWA SÓL	K40	11	00:44:49	01:19:06	03:35:28	04:35:20.90	04:35:20.90	+02:07:30 (46.3%)	9:29	6.3 (53.4%)
147	FLORCZAK Monika	688		K30	20	00:43:52	01:17:57	03:36:58	04:35:26.00	04:35:26.00	+02:07:35 (46.3%)	9:29	6.3 (53.4%)
148	KUROWSKI Artur	752	PURAVIDATEAM	M30	55	00:45:35	01:16:15	03:36:20	04:35:35.60	04:35:35.60	+02:07:45 (46.4%)	9:30	6.3 (53.4%)
149	TROJANOWSKA Małgorzata	873	TRAIL IS OUR WAY	K18	6	00:50:57	01:28:50	03:35:58	04:35:38.55	04:35:38.55	+02:07:48 (46.4%)	9:30	6.3 (53.4%)
150	SKÓRA Leszek	904	IZBICKO W BIEGU	M40	36	00:45:19	01:17:51	03:32:43	04:36:07.45	04:36:07.45	+02:08:17 (46.5%)	9:31	6.3 (53.4%)
151	LEWANDOWSKI Łukasz	755		M40	37	00:42:27	01:12:15	03:36:15	04:36:13.25	04:36:13.25	+02:08:22 (46.5%)	9:31	6.3 (53.4%)
152	KULICKI Kacper	751	RUN YOUR TRAIL	M18	11	00:56:25	01:33:07	03:36:55	04:36:35.10	04:36:35.10	+02:08:44 (46.5%)	9:32	6.3 (53.4%)
153	PIOTROWICZ Marta	811		K18	7	00:46:36	01:19:09	03:37:33	04:37:54.40	04:37:54.40	+02:10:03 (46.8%)	9:34	6.3 (53.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 10km	Droga pod Reglami 22km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
154	KUBIŚ Andrzej	750	RUN TEAM RYDZYNA	M60	3	00:41:06	01:11:35	03:35:58	04:39:31.35	04:39:31.35	+02:11:40 (47.1%)	9:38	6.2 (52.5%)
155	MATYSIAK Karol	778	WLKP MOUNTAINS ULTRA STYLE	M40	38	00:46:44	01:19:13	03:38:42	04:40:46.00	04:40:46.00	+02:12:55 (47.3%)	9:40	6.2 (52.5%)
156	SZYMAŃSKI Paweł	861		M50	11	00:43:52	01:17:49	03:42:49	04:41:26.05	04:41:26.05	+02:13:35 (47.5%)	9:42	6.2 (52.5%)
157	MIKRUT Paweł	784		M40	39	00:44:14	01:18:13	03:39:21	04:42:00.90	04:42:00.90	+02:14:10 (47.6%)	9:43	6.2 (52.5%)
158	KRECHOWIEC Marcin	744	BIEGACZE Z PRZYLESIA	M40	40	00:45:52	01:19:17	03:40:10	04:42:53.05	04:42:53.05	+02:15:02 (47.7%)	9:45	6.2 (52.5%)
159	JANOWSKA Agnieszka	715		K30	21	00:46:19	01:21:11	03:43:09	04:43:48.55	04:43:48.55	+02:15:58 (47.9%)	9:47	6.1 (51.7%)
160	MARCINKIEWICZ Marek	769		M40	41	00:46:15	01:19:38	03:36:45	04:43:50.25	04:43:50.25	+02:15:59 (47.9%)	9:47	6.1 (51.7%)
161	PIETRZAK Paweł	807		M30	56	00:41:06	01:12:51	03:40:26	04:46:01.75	04:46:01.75	+02:18:11 (48.3%)	9:51	6.1 (51.7%)
162	JÓŹWIAK Damian	721		M30	57	00:44:30	01:17:03	03:42:17	04:46:20.35	04:46:20.35	+02:18:29 (48.4%)	9:52	6.1 (51.7%)
163	NOWICKA Anna	793		K30	22	00:48:45	01:23:58	03:40:48	04:46:38.15	04:46:38.15	+02:18:47 (48.4%)	9:53	6.1 (51.7%)
164	MARCZAK Agnieszka	770	PRO366	K40	12	00:49:24	01:26:18	03:45:37	04:46:57.30	04:46:57.30	+02:19:06 (48.5%)	9:53	6.1 (51.7%)
165	KACZOROWSKA Dorota	724		K40	13	00:46:58	01:21:51	03:43:56	04:47:04.40	04:47:04.40	+02:19:13 (48.5%)	9:53	6.1 (51.7%)
166	WIŚNIEWSKI Ewa	900		K50	1	00:41:39	01:13:42	03:46:11	04:48:33.15	04:48:33.15	+02:20:42 (48.8%)	9:57	6 (50.8%)
167	MATWIEJCZYK Tomasz	775		M40	42	00:41:58	01:12:49	03:42:19	04:49:44.75	04:49:44.75	+02:21:54 (49.0%)	9:59	6 (50.8%)
168	JANCZAK Sebastian	712		M40	43	00:44:40	01:15:11	03:43:53	04:50:16.55	04:50:16.55	+02:22:26 (49.1%)	10:00	6 (50.8%)
169	ŚWIERCZ Marcin	866		M30	58	00:44:51	01:17:18	03:44:21	04:50:55.00	04:50:55.00	+02:23:04 (49.2%)	10:01	6 (50.8%)
170	PIETKUN Norbert	805	HERNIK TEAM	M18	12	00:45:54	01:17:53		04:51:21.15	04:51:21.15	+02:23:30 (49.3%)	10:02	6 (50.8%)
171	KONIECZNA Aleksandra	738		K30	23	00:47:55	01:23:08	03:51:29	04:53:52.90	04:53:52.90	+02:26:02 (49.7%)	10:08	5.9 (50.0%)
172	ZIOMBKA Kuba	898	WAWRZYTEAM	M40	44	00:42:58	01:14:49	03:52:29	04:55:30.35	04:55:30.35	+02:27:39 (50.0%)	10:11	5.9 (50.0%)
173	MATUSZEK Małgorzata	774		K30	24	00:47:04	01:21:41	03:54:22	04:56:35.95	04:56:35.95	+02:28:45 (50.2%)	10:13	5.9 (50.0%)
174	WALIGÓRA Judyta	876	SOKÓŁ WŁOSZAKOWICE	K30	25	00:48:24	01:24:23	03:54:54	04:57:02.70	04:57:02.70	+02:29:12 (50.2%)	10:14	5.9 (50.0%)
175	NOWACZYŃSKA Katarzyna	791	TEAM ZABIEGANEDNI	K40	14	00:48:10	01:21:45	03:55:33	04:57:14.15	04:57:14.15	+02:29:23 (50.3%)	10:14	5.9 (50.0%)
176	RZEPNIEWSKI Łukasz	834		M40	45	00:50:13	01:26:10	03:55:54	04:57:21.30	04:57:21.30	+02:29:30 (50.3%)	10:15	5.9 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 10km	Droga pod Reglami 22km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
177	ŚLUSAREK Grzegorz	864	PONADWSZYSTKO	M40	46	00:50:31	01:28:46	03:55:20	04:58:07.35	04:58:07.35	+02:30:16 (50.4%)	10:16	5.8 (49.2%)
178	JANKOWSKI Adam	714		M30	59	00:50:30	01:28:47	03:55:20	04:58:07.80	04:58:07.80	+02:30:17 (50.4%)	10:16	5.8 (49.2%)
178	KORSAK Agata	739		K30	26	00:49:43	01:26:44	03:58:21	04:58:07.80	04:58:07.80	+02:30:17 (50.4%)	10:16	5.8 (49.2%)
180	GORSKI Sławomir	701		M40	47	00:49:32	01:25:54	03:50:11	04:59:02.20	04:59:02.20	+02:31:11 (50.6%)	10:18	5.8 (49.2%)
181	ZAMIATOWSKA Kinga	892		K40	15	00:50:26	01:28:45	03:54:25	05:02:37.20	05:02:37.20	+02:34:46 (51.1%)	10:26	5.7 (48.3%)
182	MACKIEWICZ Dorota	762		K40	16	00:51:16	01:27:06	03:58:34	05:02:49.35	05:02:49.35	+02:34:58 (51.2%)	10:26	5.7 (48.3%)
183	GÓRSKI Mikołaj	702		M40	48	00:45:39	01:19:33	03:53:00	05:02:53.25	05:02:53.25	+02:35:02 (51.2%)	10:26	5.7 (48.3%)
184	MARTYNA TRYBALSKA-LIPSKA Martyna	773	GO APTIV!	K18	8	00:50:07	01:24:14	03:52:55	05:04:54.60	05:04:54.60	+02:37:04 (51.5%)	10:30	5.7 (48.3%)
185	LIPSKI Dawid	756		M18	13	00:50:07	01:24:14	03:52:53	05:04:54.75	05:04:54.75	+02:37:04 (51.5%)	10:30	5.7 (48.3%)
186	ADAMSKA Beata	651	IZBICKO W BIEGU	K18	9	00:52:29	01:27:31	04:04:21	05:05:45.65	05:05:45.65	+02:37:55 (51.6%)	10:32	5.7 (48.3%)
187	MANU-ART_BY JUSTI Justyna	768	OPALENICKI KLUB BIEGACZA/ JESTEMODROMKA	K40	17	00:49:32	01:27:46	04:01:43	05:07:21.20	05:07:21.20	+02:39:30 (51.9%)	10:35	5.7 (48.3%)
188	BUKA Paulina	673		K30	27	00:48:07	01:25:57	04:00:35	05:07:51.50	05:07:51.50	+02:40:01 (52.0%)	10:36	5.7 (48.3%)
189	MARCZEWSKI Tomasz	771		M50	12	00:45:07	01:18:52	03:59:30	05:10:12.90	05:10:12.90	+02:42:22 (52.3%)	10:41	5.6 (47.5%)
190	BERESIŃSKA Dorota	656		K18	10	00:49:05	01:25:05	03:58:31	05:11:52.20	05:11:52.20	+02:44:01 (52.6%)	10:45	5.6 (47.5%)
191	ŁOGIN Marta	760		K30	28	00:50:23	01:26:43	04:10:08	05:14:03.70	05:14:03.70	+02:46:13 (52.9%)	10:49	5.5 (46.6%)
192	HARASZCZUK Joanna	707		K30	29	00:50:58	01:26:59	04:09:55	05:14:11.10	05:14:11.10	+02:46:20 (52.9%)	10:50	5.5 (46.6%)
193	ŁĘSZCZAK Robert	759	KLUB KOLARSKI FALA PARK	M30	60	00:50:24	01:28:30	04:01:44	05:15:57.95	05:15:57.95	+02:48:07 (53.2%)	10:53	5.5 (46.6%)
194	BERNACKA Kinga	657		K30	30	00:47:54	01:23:10	04:11:26	05:17:19.95	05:17:19.95	+02:49:29 (53.4%)	10:56	5.5 (46.6%)
195	KNĄBER Piotr	732		M30	61	00:49:48	01:23:36	04:03:47	05:17:31.15	05:17:31.15	+02:49:40 (53.4%)	10:56	5.5 (46.6%)
196	TASZAREK Ewa	868		K40	18	00:48:55	01:24:54	04:09:26	05:17:39.40	05:17:39.40	+02:49:48 (53.5%)	10:57	5.5 (46.6%)
197	CZAPIK Marta	679	LEGALNA MARTA	K18	11	00:47:14	01:24:22	04:07:59	05:18:32.60	05:18:32.60	+02:50:42 (53.6%)	10:59	5.5 (46.6%)
198	DYBKA Łukasz	907	GT RAT	M30	62	00:51:15	01:28:46	04:04:06	05:18:47.55	05:18:47.55	+02:50:57 (53.6%)	10:59	5.5 (46.6%)
199	PUSZCZYKOWSKA Małgorzata	823		K50	2	00:51:58	01:30:30	04:10:51	05:23:38.00	05:23:38.00	+02:55:47 (54.3%)	11:09	5.4 (45.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 10km	Droga pod Reglami 22km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
200	KOCIUBA Karolina	734		K30	31	00:54:09	01:31:55	04:15:10	05:23:51.95	05:23:51.95	+02:56:01 (54.4%)	11:10	5.4 (45.8%)
201	GIŻEWSKI Grzegorz	694		M40	49	00:52:47	01:28:50	04:10:37	05:24:47.50	05:24:47.50	+02:56:57 (54.5%)	11:11	5.4 (45.8%)
202	KODYM Anna	735		K40	19	00:48:43	01:28:39	04:06:36	05:24:55.15	05:24:55.15	+02:57:04 (54.5%)	11:12	5.4 (45.8%)
203	PALIWODA Anna	801	#HAPPYRUNNERS	K30	32	00:54:49	01:32:12	04:23:39	05:26:04.90	05:26:04.90	+02:58:14 (54.7%)	11:14	5.3 (44.9%)
204	OKONIEWSKA Agnieszka	795		K40	20	00:48:25	01:24:24	04:07:39	05:26:15.05	05:26:15.05	+02:58:24 (54.7%)	11:15	5.3 (44.9%)
205	STARCZEWSKA Izabela	847	ULTRA DIABŁY TEAM LUBRZA	K50	3	00:47:49	01:25:03	04:17:17	05:28:11.25	05:28:11.25	+03:00:20 (55.0%)	11:19	5.3 (44.9%)
206	PILAWSKA Sandra	810		K18	12	00:49:08	01:25:23	04:04:48	05:28:59.35	05:28:59.35	+03:01:08 (55.1%)	11:20	5.3 (44.9%)
207	KRZYŻEWSKI Roger	749		M30	63	00:49:08	01:25:26	04:04:46	05:29:00.15	05:29:00.15	+03:01:09 (55.1%)	11:20	5.3 (44.9%)
208	OLEKSIEWICZ Beata	797	SZAKALE BAŁUT ŁÓDŹ	K40	21	00:51:18	01:31:18	04:14:14	05:29:24.00	05:29:24.00	+03:01:33 (55.1%)	11:21	5.3 (44.9%)
209	SEKUT Magdalena	836		K30	33	00:49:20	01:25:56	04:09:24	05:29:36.95	05:29:36.95	+03:01:46 (55.1%)	11:21	5.3 (44.9%)
210	HARASZCZUK Jerzy	706	MORŚWIRY	M50	13	00:50:58	01:27:08	04:11:40	05:30:22.00	05:30:22.00	+03:02:31 (55.2%)	11:23	5.3 (44.9%)
211	FERENC Stanislaw	684	ZRYW	M30	64	00:48:50	01:22:58	04:04:11	05:31:09.30	05:31:09.30	+03:03:18 (55.4%)	11:25	5.3 (44.9%)
212	BESZTOCHA Jadwiga	658	ZEN RUNNING TEAM	K30	34	00:49:00	01:24:23	04:25:09	05:34:01.80	05:34:01.80	+03:06:11 (55.7%)	11:31	5.2 (44.1%)
213	ROSIŃSKA Agnieszka	830	ŚWIERCZEWO RUN / SZALONA PIĄTKA	K40	22	00:49:40	01:28:18	04:23:29	05:37:30.15	05:37:30.15	+03:09:39 (56.2%)	11:38	5.2 (44.1%)
214	PIÓRKOWSKI Paweł	812		M30	65	00:50:35	01:25:25	04:25:30	05:42:15.80	05:42:15.80	+03:14:25 (56.8%)	11:48	5.1 (43.2%)
215	STAMM Tomasz	846		M50	14	00:48:34	01:29:11	04:33:59	05:48:33.50	05:48:33.50	+03:20:43 (57.6%)	12:01	5 (42.4%)
216	SIERANT Marian	838		M60	4	00:57:11	01:37:41	04:36:11	05:50:53.50	05:50:53.50	+03:23:03 (57.9%)	12:05	5 (42.4%)
217	RUTKOWSKA Ewelina	832	DZIKI Z CYTADELI	K40	23	00:52:34	01:32:16	04:36:22	05:51:32.65	05:51:32.65	+03:23:42 (57.9%)	12:07	4.9 (41.5%)
218	MINKISIEWICZ Agnieszka	785	NIGHT RUNNERS	K30	35	00:52:04	01:29:15	04:41:13	05:58:40.25	05:58:40.25	+03:30:49 (58.8%)	12:22	4.9 (41.5%)
219	MENZEL Zofia	779	ULTRA DIABŁY TEAM LUBRZA	K60	1	00:52:02	01:30:57	04:45:16	05:59:19.10	05:59:19.10	+03:31:28 (58.9%)	12:23	4.8 (40.7%)
220	SREBRO Michał	844	DZIKI Z CYTADELI	M50	15	00:54:04	01:34:56	04:36:21	06:08:03.40	06:08:03.40	+03:40:12 (59.8%)	12:41	4.7 (39.8%)
221	CHORAŻY Karolina	675	BIEGOLAS KOSZALIN	K30	36	00:36:21	01:02:32	05:09:45	06:09:20.15	06:09:20.15	+03:41:29 (60.0%)	12:44	4.7 (39.8%)
222	FURTACZ Anna	689		K50	4	00:55:42	01:38:08	04:51:51	06:09:58.10	06:09:58.10	+03:42:07 (60.0%)	12:45	4.7 (39.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 10km	Droga pod Reglami 22km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
223	JANOWSKI Jerzy	716	RONIN	M60	5	00:52:53	01:32:06	04:56:28	06:11:25.30	06:11:25.30	+03:43:34 (60.2%)	12:48	4.7 (39.8%)
224	PIETRZAK Maciej	809		M50	16	00:50:33	01:29:40	04:42:42	06:13:51.65	06:13:51.65	+03:46:01 (60.5%)	12:53	4.7 (39.8%)
225	STASZEWSKI Marek	849		M30	66	00:59:36	01:36:43	04:54:10	06:19:06.70	06:19:06.70	+03:51:16 (61.0%)	13:04	4.6 (39.0%)
226	CHRAPOWICZ Pawel	676		M30	67	01:07:05	01:57:21	04:58:04	06:20:05.90	06:20:05.90	+03:52:15 (61.1%)	13:06	4.6 (39.0%)
227	JĘDROSKOWIAK Anna	720		K30	37	00:52:50	01:34:24	05:15:08	06:30:45.25	06:30:45.25	+04:02:54 (62.2%)	13:28	4.5 (38.1%)
228	KOWNACKI Arkadiusz	742	WY - BIEGANI SZCZECIN	M50	17	01:05:59	01:49:15	05:17:28	06:34:09.90	06:34:09.90	+04:06:19 (62.5%)	13:35	4.4 (37.3%)
229	MERKLINGHAUS-KOBER Monika	780	SPEED FEET '16	K40	24	00:57:50	01:39:24	05:17:27	06:34:20.90	06:34:20.90	+04:06:30 (62.5%)	13:35	4.4 (37.3%)
230	GŁADKI Michał	695		M30	68	01:04:17	01:48:46	05:12:06	06:36:27.35	06:36:27.35	+04:08:36 (62.7%)	13:40	4.4 (37.3%)
231	SOBCZAK Maciej	840	RAZEM TRENUJEMY SPORT	M40	50	00:56:54	01:38:49	05:03:51	06:36:57.70	06:36:57.70	+04:09:07 (62.8%)	13:41	4.4 (37.3%)
232	GODLEWSKA Izabella	696	GANG ŚWIETLIKÓW	K18	13	01:03:07	01:44:26	04:48:37	06:43:57.30	06:43:57.30	+04:16:06 (63.4%)	13:55	4.3 (36.4%)
233	GODLEWSKA Anna	697	GANG ŚWIETLIKÓW	K30	38	01:03:08	01:44:27	04:48:37	06:43:58.25	06:43:58.25	+04:16:07 (63.4%)	13:55	4.3 (36.4%)
234	STRYCZEK Ewa	851	AKTYWNYWEEKEND	K40	25	00:55:51	01:38:59	05:15:29	06:44:52.15	06:44:52.15	+04:17:01 (63.5%)	13:57	4.3 (36.4%)
235	RADECKI Wojciech	826	DZIKI Z CYTADELI	M40	51	00:58:02	01:40:26	05:16:49	06:45:12.75	06:45:12.75	+04:17:22 (63.5%)	13:58	4.3 (36.4%)
236	PYTEL Anna	825	IZBICKO W BIEGU	K40	26	01:00:37	01:45:55	05:35:07	06:47:26.15	06:47:26.15	+04:19:35 (63.7%)	14:02	4.3 (36.4%)
237	SREBRO Kacper	845		M18	14	01:03:24	01:48:42	05:20:08	06:54:51.35	06:54:51.35	+04:27:00 (64.4%)	14:18	4.2 (35.6%)
Przekroczony limit czasu: 07:00:00													
238	LEMAŃSKA Sylwia	754		K40	27	01:13:16	02:10:00	05:42:45	07:00:54.50	07:00:54.50	+04:33:04 (64.9%)	14:30	4.1 (34.7%)
239	ANIOŁ Laura	652	NIGHT RUNNERS WROCŁAW	K30	39	01:03:04	01:48:45	05:29:12	07:01:38.75	07:01:38.75	+04:33:48 (64.9%)	14:32	4.1 (34.7%)
240	SZYPULSKA Katarzyna	863	SKS CHMIELOWICE	K40	28	01:00:36	01:45:55	05:35:07	07:02:35.30	07:02:35.30	+04:34:44 (65.0%)	14:34	4.1 (34.7%)
241	ZIOBRO Aśka	897		K40	29	01:13:19	02:10:09	05:42:27	07:09:37.95	07:09:37.95	+04:41:47 (65.6%)	14:48	4.1 (34.7%)
242	IDCZAK Agnieszka	710	FITNESS PIEKARY	K30	40	00:36:46	01:02:00	02:44:28			+00:48:11	7:28	8 (67.8%)
243	KNAP Mateusz	920		M18	15	00:29:46	00:51:01				+00:04:33	5:06	11.8 (100%)
244	NAKIELSKI Jakub	908		M30	69	02:53:57					+02:26:30	28:59	2.1 (17.8%)
	ZIAJA Aleksandra	895		K30		DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 10km	Droga pod Reglami 22km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
	ŁOWIGUS Michał	761	SWORDS ATHLETICS	M30		DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)

Znaleziono 246 wynik(ów)