



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

CHOJNIK KARKONOSKI FESTIWAL BIEGOWY
Fundacja Szczyt za szczytem
2024-09-07
Sobieszów
29 km

PÓLMARATON Z GÓRKĄ

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

B4SPORT
INTELEKTUALNE 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	WERNER Kamil	887	DZIKI BIEG	M40	1	00:27:15	00:48:32	01:59:38	02:33:37.05	02:33:37.05		5:17	11.3 (100%)
2	LULIS Dawid	927	SOBOTA TO SOBOTA	M30	1	00:27:59	00:49:59	02:00:09	02:36:41.75	02:36:41.75	+00:03:04 (2.0%)	5:24	11.1 (98.2%)
3	BRÝDL Pavel	667	SALOMON CZ	M40	2	00:28:00	00:50:00	02:02:10	02:38:30.40	02:38:30.40	+00:04:53 (3.1%)	5:27	11 (97.3%)
4	BOSAKIEWICZ Tomasz	665	AW SZYBCIEJ	M40	3	00:31:19	00:55:29	02:13:54	02:55:49.95	02:55:49.95	+00:22:12 (12.6%)	6:03	9.9 (87.6%)
5	STREICH Tomasz	950		M30	2	00:30:55	00:54:25	02:15:51	02:57:06.80	02:57:06.80	+00:23:29 (13.3%)	6:06	9.8 (86.7%)
6	BORZYSTOWSKI Patryk	914		M40	4	00:31:59	00:57:52	02:14:28	02:57:17.90	02:57:17.90	+00:23:40 (13.4%)	6:06	9.8 (86.7%)
7	POLACZEK Daniel	831	DANIEL_BIEGA TEAM \ ASICS FRONTRUNNER	M30	3	00:31:30	00:55:37	02:17:36	02:57:26.40	02:57:26.40	+00:23:49 (13.4%)	6:07	9.8 (86.7%)
8	STANKIEWICZ Tomasz	857		M30	4	00:30:45	00:54:37	02:17:25	02:59:46.60	02:59:46.60	+00:26:09 (14.6%)	6:11	9.7 (85.8%)
9	URBAŃCZYK Grzegorz	882	FOR RUN TEAM & DZIECIAKI CHOJRAKI	M30	5	00:31:41	00:56:15	02:15:43	02:59:57.85	02:59:57.85	+00:26:20 (14.6%)	6:12	9.7 (85.8%)
10	PAROL Piotr	819	INSTALACJE-ST.COM.PL	M18	1	00:31:55	00:57:03	02:22:26	03:02:54.00	03:02:54.00	+00:29:16 (16.0%)	6:18	9.5 (84.1%)
11	STACHOWIAK Łukasz	915	KAMIL LEŚNIAK TEAM / CITYTRAIL TEAM	M30	6	00:31:32	00:55:53	02:22:00	03:07:10.85	03:07:10.85	+00:33:33 (17.9%)	6:27	9.3 (82.3%)
12	ZBOROWSKI Krzysztof	909		M40	5	00:32:25	00:58:07	02:26:58	03:09:35.70	03:09:35.70	+00:35:58 (19.0%)	6:32	9.2 (81.4%)
13	WŁODARCZYK Jarosław	897	KRUCZKOWSKITEAM/KOWARY BIEGAJĄ	M40	6	00:30:59	00:56:10	02:26:21	03:09:50.05	03:09:50.05	+00:36:13 (19.1%)	6:32	9.2 (81.4%)
14	OLCZYK Grzegorz	809	TS REGLE	M30	7	00:34:26	01:00:51	02:29:16	03:12:24.95	03:12:24.95	+00:38:47 (20.2%)	6:38	9 (79.6%)
15	IWASZKIEWICZ Jędrzej	722		M30	8	00:32:18	00:58:09	02:26:18	03:13:54.15	03:13:54.15	+00:40:17 (20.8%)	6:41	9 (79.6%)
16	BUDYNEK Tadeusz	669		M40	7	00:34:42	01:00:29	02:29:31	03:13:56.05	03:13:56.05	+00:40:19 (20.8%)	6:41	9 (79.6%)
17	KAZUŁA Dawid	741		M18	2	00:34:33	01:01:52	02:32:05	03:19:34.30	03:19:34.30	+00:45:57 (23.0%)	6:52	8.7 (77.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami		Droga pod Reglami 22km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
						6km	10km						
18	STELMACH Szymon	860		M30	9	00:34:57	01:03:48	02:31:55	03:19:53.60	03:19:53.60	+00:46:16 (23.2%)	6:53	8.7 (77.0%)
19	PARYSEK Tomasz	820		M30	10	00:33:35	00:59:28	02:30:08	03:21:40.85	03:21:40.85	+00:48:03 (23.8%)	6:57	8.6 (76.1%)
20	NOWORYTA Radosław	806	ULTRA DIABŁY TEAM LUBRZA	M40	8	00:34:08	01:00:53	02:34:28	03:21:43.20	03:21:43.20	+00:48:06 (23.8%)	6:57	8.6 (76.1%)
21	GOLONKA Paweł	701	KB WIKON NOWA SÓL	M40	9	00:34:40	01:02:42	02:34:45	03:22:08.00	03:22:08.00	+00:48:30 (24.0%)	6:58	8.6 (76.1%)
22	WRÓBEL Michał	903	JAN TALERZ DRUGI	M30	11	00:34:24	01:00:21	02:36:38	03:23:00.65	03:23:00.65	+00:49:23 (24.3%)	7:00	8.6 (76.1%)
23	BUNIKOWSKI Michał	671	TS REGLE SZKLARSKA PORĘBA	M40	10	00:35:11	01:01:48	02:36:21	03:23:54.80	03:23:54.80	+00:50:17 (24.7%)	7:01	8.5 (75.2%)
24	HACUŚ Tomasz	711		M40	11	00:36:04	01:04:41	02:38:19	03:23:56.55	03:23:56.55	+00:50:19 (24.7%)	7:01	8.5 (75.2%)
25	ŚLEDZIEWSKI Piotr	876	#BIEGAJLESZNO	M50	1	00:34:00	01:00:28	02:37:20	03:23:58.55	03:23:58.55	+00:50:21 (24.7%)	7:02	8.5 (75.2%)
26	SZTURO Jan	873	PODGÓRZYN-GMINA PRZYJAZNA Z NATURY	M50	2	00:34:39	01:01:24	02:36:02	03:24:26.85	03:24:26.85	+00:50:49 (24.9%)	7:02	8.5 (75.2%)
27	ONISZCZUK Agnieszka	814	GLKS RUDAWY	K30	1	00:36:27	01:04:44	02:38:38	03:24:50.00	03:24:50.00	+00:51:12 (25.0%)	7:03	8.5 (75.2%)
28	ONISZCZUK Karol	813	GLKS RUDAWY	M30	12	00:36:15	01:04:48	02:38:41	03:25:17.05	03:25:17.05	+00:51:40 (25.2%)	7:04	8.5 (75.2%)
29	KOŚCIELSKI Mateusz	752	BRAWHEARTS LEGIONOWO	M40	12	00:39:18	01:06:45	02:43:38	03:29:03.10	03:29:03.10	+00:55:26 (26.5%)	7:12	8.3 (73.5%)
30	ZDAŃSKI Daniel	910	IKSY-XXXXX ZAGRODNO	M40	13	00:35:09	01:02:14	02:42:10	03:29:21.20	03:29:21.20	+00:55:44 (26.6%)	7:13	8.3 (73.5%)
31	SZUMIŃSKI Artur	874		M50	3	00:33:51	01:00:51	02:42:01	03:30:06.45	03:30:06.45	+00:56:29 (26.9%)	7:14	8.3 (73.5%)
32	STACHOWIAK Agnieszka	855	BBL ŚWIEBODZIN	K18	1	00:39:33	01:07:02	02:46:37	03:32:24.20	03:32:24.20	+00:58:47 (27.7%)	7:19	8.2 (72.6%)
33	BOBORYCKI Rafał	660	MOCNA GRUPA CEZARA	M40	14	00:38:11	01:08:09	02:43:49	03:32:29.50	03:32:29.50	+00:58:52 (27.7%)	7:19	8.2 (72.6%)
34	HAMKALO Dawid	712	HOST WROCŁAW	M40	15	00:37:00	01:05:16	02:44:59	03:32:42.25	03:32:42.25	+00:59:05 (27.8%)	7:20	8.2 (72.6%)
35	POLAK Bartosz	832		M30	13	00:36:43	01:04:37	02:43:08	03:32:59.65	03:32:59.65	+00:59:22 (27.9%)	7:20	8.2 (72.6%)
36	WITKOWSKI Wojciech	894		M30	14	00:35:25	01:03:03	02:43:13	03:33:16.90	03:33:16.90	+00:59:39 (28.0%)	7:21	8.2 (72.6%)
37	ŚWIERK Przemek	879	ULTRA DIABŁY	M40	16	00:34:11	01:01:46	02:42:31	03:33:23.75	03:33:23.75	+00:59:46 (28.0%)	7:21	8.2 (72.6%)
38	BIĄŁOMYZY Urszula	658	AW SZYBCIEJ TEAM	K18	2	00:35:39	01:04:16	02:43:47	03:34:07.65	03:34:07.65	+01:00:30 (28.3%)	7:23	8.1 (71.7%)
39	PŁÓCIENNIK Bartosz	830		M30	15	00:35:51	01:03:05	02:41:55	03:34:43.35	03:34:43.35	+01:01:06 (28.5%)	7:24	8.1 (71.7%)
40	KACZOR Tomek	738	GIANT STEPS RC	M40	17	00:37:00	01:06:38	02:44:54	03:35:22.40	03:35:22.40	+01:01:45 (28.7%)	7:25	8.1 (71.7%)
41	NOWIK Kamil	805	SECORUN	M50	4	00:36:41	01:05:32	02:44:50	03:35:24.50	03:35:24.50	+01:01:47 (28.7%)	7:25	8.1 (71.7%)
42	SZARAPANOWSKI Marcin	867		M40	18	00:35:19	01:03:44	02:46:17	03:35:24.55	03:35:24.55	+01:01:47 (28.7%)	7:25	8.1 (71.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami		Droga pod Reglami 22km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
						6km	10km						
43	CZERWINSKI Dominik	682		M40	19	00:34:38	01:01:02	02:46:21	03:36:27.55	03:36:27.55	+01:02:50 (29.0%)	7:27	8 (70.8%)
44	ŁĄŻEWSKI Marcin	774		M50	5	00:35:33	01:03:11	02:39:56	03:36:31.00	03:36:31.00	+01:02:53 (29.1%)	7:27	8 (70.8%)
45	HANČOVÁ Denisa	713	HSK HORNÍ ROKYTNICE	K40	1	00:38:43	01:07:50	02:47:57	03:39:49.40	03:39:49.40	+01:06:12 (30.1%)	7:34	7.9 (69.9%)
46	NASKRĘT Piotr	800	KOWARY BIEGAJĄ	M40	20	00:36:49	01:05:19	02:49:37	03:40:48.60	03:40:48.60	+01:07:11 (30.4%)	7:36	7.9 (69.9%)
47	PAŻUCHA Wojciech	822	KRAKOWIAK ULTRA TEAM	M40	21	00:38:37	01:07:54	02:50:38	03:41:29.55	03:41:29.55	+01:07:52 (30.6%)	7:38	7.9 (69.9%)
48	MATUSZAK Kinga	781	JESTEM OD ROMKA	K40	2	00:37:51	01:06:51	02:53:17	03:41:55.00	03:41:55.00	+01:08:17 (30.8%)	7:39	7.8 (69.0%)
49	IDZIAK Jakub	720		M18	3	00:38:52	01:07:38	02:46:17	03:42:48.10	03:42:48.10	+01:09:11 (31.1%)	7:40	7.8 (69.0%)
50	KUCHARSKI Tomasz	763		M40	22	00:35:12	01:03:42	02:46:35	03:42:55.85	03:42:55.85	+01:09:18 (31.1%)	7:41	7.8 (69.0%)
51	ORZEL Mike	816		M30	16	00:37:03	01:07:25	02:50:58	03:44:06.50	03:44:06.50	+01:10:29 (31.5%)	7:43	7.8 (69.0%)
52	WOLAŃSKI Jan	898	BIEGNIJ OŁAWO	M40	23	00:34:41	01:00:34	02:45:06	03:45:41.25	03:45:41.25	+01:12:04 (31.9%)	7:46	7.7 (68.1%)
53	WOLSKI Krzysztof	899		M30	17	00:39:56	01:12:11	02:53:55	03:46:35.90	03:46:35.90	+01:12:58 (32.2%)	7:48	7.7 (68.1%)
54	LIPSKI Dawid	772		M18	4	00:41:51	01:13:37	02:59:21	03:47:32.45	03:47:32.45	+01:13:55 (32.5%)	7:50	7.6 (67.3%)
55	PAWŁOWSKI Szymon	821		M18	5	00:36:56	01:03:59	02:46:52	03:48:10.55	03:48:10.55	+01:14:33 (32.7%)	7:52	7.6 (67.3%)
56	OBST Mateusz	808		M30	18	00:39:25	01:09:27	02:54:02	03:48:38.50	03:48:38.50	+01:15:01 (32.8%)	7:53	7.6 (67.3%)
57	PAŁYSA Robert	818	STANWEX II	M30	19	00:41:55	01:12:02	02:59:05	03:49:27.95	03:49:27.95	+01:15:50 (33.1%)	7:54	7.6 (67.3%)
58	GŁOWIŃSKI Robert	700	KOMORNICKA GRUPA BIEGOWA GRZMOT	M50	6	00:41:41	01:13:23	03:00:41	03:49:39.95	03:49:39.95	+01:16:02 (33.1%)	7:55	7.6 (67.3%)
59	CIEŚLIK Sławomir	680	ANTONTEAM	M40	24	00:38:08	01:08:47	02:59:27	03:50:56.75	03:50:56.75	+01:17:19 (33.5%)	7:57	7.5 (66.4%)
60	PIOTRÓW Łukasz	828		M30	20	00:35:28	01:03:28	02:53:05	03:50:59.65	03:50:59.65	+01:17:22 (33.5%)	7:57	7.5 (66.4%)
61	ZIĘTEK Krzysztof	911	NATURALEPO TEAM	M40	25	00:38:31	01:06:56	02:52:49	03:51:01.50	03:51:01.50	+01:17:24 (33.5%)	7:57	7.5 (66.4%)
62	MOTYCZYŃSKI Maciej	796	MOTYCZYŃSKI RUNNING	M50	7	00:39:11	01:09:23	02:57:08	03:52:56.80	03:52:56.80	+01:19:19 (34.1%)	8:01	7.5 (66.4%)
63	MAĆKOWIAK Robert	776		M30	21	00:36:35	01:05:21	02:59:54	03:53:04.05	03:53:04.05	+01:19:27 (34.1%)	8:02	7.5 (66.4%)
64	MAREK Jarosław	779	MEGABUD KIEŁCZÓW	M40	26	00:35:43	01:03:19	02:48:47	03:53:54.65	03:53:54.65	+01:20:17 (34.3%)	8:03	7.4 (65.5%)
65	PARTIKA Paweł	925		M40	27	00:38:10	01:08:17	02:58:22	03:53:56.60	03:53:56.60	+01:20:19 (34.3%)	8:04	7.4 (65.5%)
66	MROTEK Kevin	797		M30	22	00:36:42	01:05:19	02:55:24	03:54:00.60	03:54:00.60	+01:20:23 (34.4%)	8:04	7.4 (65.5%)
67	JAKUCZEK Rafał	726		M18	6	00:39:18	01:08:04	02:59:25	03:54:22.90	03:54:22.90	+01:20:45 (34.5%)	8:04	7.4 (65.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami		Droga pod Reglami 22km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
						6km	10km						
68	JAKUBCZAK Konrad	725	DEBEŚCIAK	M40	28	00:36:58	01:06:07	02:58:14	03:54:35.50	03:54:35.50	+01:20:58 (34.5%)	8:05	7.4 (65.5%)
69	GARLACZ - SADOWSKA Justyna	696	NESSI SPORTSWEAR	K30	2	00:38:45	01:07:49	02:56:42	03:56:14.85	03:56:14.85	+01:22:37 (35.0%)	8:08	7.4 (65.5%)
70	STEJSKAKOVA Adila	949		K30	3	00:42:14	01:14:46	03:04:15	03:59:03.05	03:59:03.05	+01:25:26 (35.7%)	8:14	7.3 (64.6%)
71	BAUTA Dawid	655		M30	23	00:40:11	01:13:28	03:02:42	03:59:13.90	03:59:13.90	+01:25:36 (35.8%)	8:14	7.3 (64.6%)
72	ŚWIĄTEK Julia	878	IMMABEE/ GVT	K40	3	00:40:32	01:12:03	03:00:45	03:59:38.20	03:59:38.20	+01:26:01 (35.9%)	8:15	7.3 (64.6%)
73	SYCHOWSKI Dawid	862		M40	29	00:39:44	01:11:40	03:05:47	03:59:42.30	03:59:42.30	+01:26:05 (35.9%)	8:15	7.3 (64.6%)
74	MIGASIEWICZ Marcin	791	RUNINNG TEAM MILICZ	M30	24	00:39:17	01:10:40	03:03:52	03:59:43.80	03:59:43.80	+01:26:06 (35.9%)	8:15	7.3 (64.6%)
75	CHYSKI Grzegorz	678		M40	30	00:39:11	01:08:23	03:03:36	03:59:45.50	03:59:45.50	+01:26:08 (35.9%)	8:16	7.3 (64.6%)
76	MOREVA Daria	795		K40	4	00:40:01	01:12:07	03:04:14	04:00:48.15	04:00:48.15	+01:27:11 (36.2%)	8:18	7.2 (63.7%)
77	ZUGAJ Dawid	912	BEZ SENSU	M30	25	00:36:27	01:05:20	03:01:23	04:02:44.45	04:02:44.45	+01:29:07 (36.7%)	8:22	7.2 (63.7%)
78	WALIGÓRA Mateusz	884		M40	31	00:35:59	01:05:29	02:59:53	04:02:49.60	04:02:49.60	+01:29:12 (36.7%)	8:22	7.2 (63.7%)
79	SAJNÓG Leszek	847	#BIEGAJLESZNO	M40	32	00:39:16	01:11:19	03:02:43	04:02:59.00	04:02:59.00	+01:29:21 (36.8%)	8:22	7.2 (63.7%)
80	KUBISZTAŁ Wojciech	761	SWIM2TRI SZCZECIN	M40	33	00:32:25	01:00:53	02:43:49	04:03:24.35	04:03:24.35	+01:29:47 (36.9%)	8:23	7.1 (62.8%)
81	NIŻEWSKI Paweł	802	KRAKOWIAK ULTRA TEAM	M40	34	00:40:06	01:11:00	03:06:27	04:05:21.00	04:05:21.00	+01:31:43 (37.4%)	8:27	7.1 (62.8%)
82	PRZYBYLSKA Aleksandra	833		K30	4	00:45:06	01:18:17	03:09:01	04:05:32.35	04:05:32.35	+01:31:55 (37.4%)	8:28	7.1 (62.8%)
83	LASKOWSKI Darek	770		M40	35	00:42:46	01:15:59	03:08:05	04:06:31.60	04:06:31.60	+01:32:54 (37.7%)	8:30	7.1 (62.8%)
84	BUDYNEK Dariusz	670		M40	36	00:45:21	01:15:07	03:12:33	04:08:15.45	04:08:15.45	+01:34:38 (38.1%)	8:33	7 (61.9%)
85	RUDZIEWICZ Urszula	841		K40	5	00:40:54	01:13:40	03:12:05	04:08:59.20	04:08:59.20	+01:35:22 (38.3%)	8:35	7 (61.9%)
86	PIETRZAK Damian	824		M18	7	00:39:53	01:11:51	03:09:16	04:09:47.65	04:09:47.65	+01:36:10 (38.5%)	8:36	7 (61.9%)
87	SZAFRAŃSKA Emilia	865	TRAIL IS OUR WAY	K18	3	00:45:18	01:20:05	03:12:29	04:10:10.85	04:10:10.85	+01:36:33 (38.6%)	8:37	7 (61.9%)
88	ROŚLIICKI Jarosław	839	DTR BIEGA / MARIO TEAM / UBEZPIECZENIA DLA AKTYWNYCH	M40	37	00:38:57	01:11:23	03:08:36	04:10:53.75	04:10:53.75	+01:37:16 (38.8%)	8:39	6.9 (61.1%)
89	GAŁKA Marcin	694		M30	26	00:40:38	01:09:56	03:04:32	04:11:33.75	04:11:33.75	+01:37:56 (38.9%)	8:40	6.9 (61.1%)
90	MARGOL Paweł	780		M40	38	00:43:48	01:20:33	03:16:20	04:12:26.65	04:12:26.65	+01:38:49 (39.1%)	8:42	6.9 (61.1%)
91	SZCZEPAŃSKI Piotr	869		M40	39	00:41:55	01:16:22	03:08:05	04:12:40.60	04:12:40.60	+01:39:03 (39.2%)	8:42	6.9 (61.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami		Droga pod Reglami 22km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
						6km	10km						
92	SMORAWSKI Robert	850		M50	8	00:39:24	01:10:43	03:08:29	04:12:43.90	04:12:43.90	+01:39:06 (39.2%)	8:42	6.9 (61.1%)
93	ROKSELA Paweł	837		M30	27	00:41:50	01:13:14	03:13:52	04:12:44.10	04:12:44.10	+01:39:07 (39.2%)	8:42	6.9 (61.1%)
94	GÓRNA Jagoda	703	TRAIL IS OUR WAY	K40	6	00:43:14	01:19:43	03:16:50	04:13:35.90	04:13:35.90	+01:39:58 (39.4%)	8:44	6.9 (61.1%)
95	KOWALSKI Tomasz	755		M30	28	00:38:54	01:07:21	03:10:12	04:15:07.00	04:15:07.00	+01:41:29 (39.8%)	8:47	6.8 (60.2%)
96	--	664	BADGERUN	M40	40	00:37:30	01:07:17	03:10:58	04:15:24.10	04:15:24.10	+01:41:47 (39.9%)	8:48	6.8 (60.2%)
97	RYCHTYK Dawid	844		M40	41	00:42:25	01:17:17	03:15:51	04:17:07.85	04:17:07.85	+01:43:30 (40.3%)	8:51	6.8 (60.2%)
98	GRZESIK Mateusz	707		M30	29	00:39:50	01:13:28	03:11:08	04:17:52.85	04:17:52.85	+01:44:15 (40.4%)	8:53	6.7 (59.3%)
99	LISOWSKI Przemek	773	MATNER RUNNING TEAM	M30	30	00:47:22	01:21:01	03:24:34	04:18:58.35	04:18:58.35	+01:45:21 (40.7%)	8:55	6.7 (59.3%)
100	GRZYMAŁA Krzysztof	710	GIZMO POWER !!	M50	9	00:44:02	01:16:23	03:18:20	04:20:03.05	04:20:03.05	+01:46:26 (40.9%)	8:58	6.7 (59.3%)
101	FURMAŃCZAK Emil	692	ENDORFINA WSCHOWA	M40	42	00:35:51	01:05:23	03:08:13	04:20:51.55	04:20:51.55	+01:47:14 (41.1%)	8:59	6.7 (59.3%)
102	STASIAK Łukasz	858		M40	43	00:44:00	01:20:28	03:18:31	04:21:36.65	04:21:36.65	+01:47:59 (41.3%)	9:01	6.7 (59.3%)
103	RUPINSKI Jacek	842		M40	44	00:40:08	01:13:15	03:17:30	04:22:17.85	04:22:17.85	+01:48:40 (41.4%)	9:02	6.6 (58.4%)
104	SKIBIŃSKA Aldona	848	CZARNKÓW	K50	1	00:41:26	01:16:28	03:20:23	04:22:27.40	04:22:27.40	+01:48:50 (41.5%)	9:03	6.6 (58.4%)
105	CHICIAK Mateusz	674		M18	8	00:39:51	01:10:43	03:20:24	04:23:48.60	04:23:48.60	+01:50:11 (41.8%)	9:05	6.6 (58.4%)
106	LEMBOWICZ Grzegorz	771	JESTEM OD ROMKA	M40	45	00:43:54	01:19:40	03:23:20	04:25:32.05	04:25:32.05	+01:51:55 (42.1%)	9:09	6.6 (58.4%)
107	MATYJA Rafał	782	LESZNOLIMITS RUNNERS	M30	31	00:44:22	01:21:24	03:26:08	04:26:01.25	04:26:01.25	+01:52:24 (42.3%)	9:10	6.5 (57.5%)
108	JACHYMSKI Ignacy	724	AKG ŁÓDŹ	M30	32	00:44:51	01:20:40	03:23:22	04:26:27.45	04:26:27.45	+01:52:50 (42.3%)	9:11	6.5 (57.5%)
109	IGNASZEWSKI Łukasz	721	MCH RUNNERS TEAM	M40	46	00:42:00	01:17:26	03:24:53	04:28:50.05	04:28:50.05	+01:55:13 (42.9%)	9:16	6.5 (57.5%)
110	WIĘCEK Michał	890		M30	33	00:42:15	01:16:23	03:11:50	04:28:57.30	04:28:57.30	+01:55:20 (42.9%)	9:16	6.5 (57.5%)
111	OLEJNIK Marcin	923		M40	47	00:43:38	01:19:41	03:25:10	04:29:34.40	04:29:34.40	+01:55:57 (43.0%)	9:17	6.5 (57.5%)
112	TULIK Przemysław	881		M50	10	00:44:06	01:17:23	03:28:44	04:30:39.10	04:30:39.10	+01:57:02 (43.2%)	9:19	6.4 (56.6%)
113	NOWAK Łukasz	803		M18	9	00:43:57	01:18:05	03:25:27	04:30:46.65	04:30:46.65	+01:57:09 (43.3%)	9:20	6.4 (56.6%)
114	ROŚNIAK-STELMACH Marta	840		K30	5	00:45:28	01:26:24	03:30:17	04:31:02.20	04:31:02.20	+01:57:25 (43.3%)	9:20	6.4 (56.6%)
115	KACZMAREK Maciej	948	WLKP MOUNTAINS ULTRA TEAM	M30	34	00:44:10	01:21:55	03:31:49	04:31:27.75	04:31:27.75	+01:57:50 (43.4%)	9:21	6.4 (56.6%)
116	BEHRENDT Iga	921		K18	4	00:44:04	01:17:50	03:28:56	04:31:29.75	04:31:29.75	+01:57:52 (43.4%)	9:21	6.4 (56.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami		Droga pod Reglami 22km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
						6km	Trzy Jawory 10km						
117	PIETRZAK Paweł	825		M30	35	00:45:12	01:22:04	03:27:07	04:31:53.50	04:31:53.50	+01:58:16 (43.5%)	9:22	6.4 (56.6%)
118	SZLUFIK Marta	872		K30	6	00:44:12	01:21:25	03:32:04	04:32:41.05	04:32:41.05	+01:59:04 (43.7%)	9:24	6.4 (56.6%)
119	JASICKI Henryk	733	BIEGNIJ OŁAWO	M60	1	00:44:12	01:21:25	03:32:02	04:33:25.60	04:33:25.60	+01:59:48 (43.8%)	9:25	6.4 (56.6%)
120	SKOWRON Marek	849		M40	48	00:43:19	01:17:14	03:34:42	04:33:37.20	04:33:37.20	+02:00:00 (43.9%)	9:26	6.4 (56.6%)
121	JARAS Patryk	731		M40	49	00:49:03	01:26:45	03:38:01	04:33:55.70	04:33:55.70	+02:00:18 (43.9%)	9:26	6.4 (56.6%)
122	GRZEGRZÓŁKA Anna	706	ZABIEGAMI Z LEŚNEJ	K40	7	00:44:58	01:21:31	03:29:32	04:34:04.20	04:34:04.20	+02:00:27 (43.9%)	9:27	6.3 (55.8%)
123	NYKIEL Rafał	807		M40	50	00:40:05	01:13:53	03:33:12	04:35:39.90	04:35:39.90	+02:02:02 (44.3%)	9:30	6.3 (55.8%)
124	KUNECKI Norbert	765	KB HARCOWNIK JELCZ-LASKOWICE	M40	51	00:42:36	01:16:50	03:33:39	04:35:43.25	04:35:43.25	+02:02:06 (44.3%)	9:30	6.3 (55.8%)
125	KORZENIOWSKI Michał	751	STANWEX II	M18	10	00:45:07	01:29:17	03:33:46	04:36:07.70	04:36:07.70	+02:02:30 (44.4%)	9:31	6.3 (55.8%)
126	JĘDRZEJCZAK Renata	736		K40	8	00:45:29	01:21:43	03:34:18	04:37:06.60	04:37:06.60	+02:03:29 (44.6%)	9:33	6.3 (55.8%)
127	KISIELEWSKI Jakub	745		M30	36	00:44:21	01:20:30	03:30:45	04:37:35.00	04:37:35.00	+02:03:57 (44.7%)	9:34	6.3 (55.8%)
128	FIK Adrian	689		M40	52	00:50:28	01:27:45	03:36:25	04:37:48.65	04:37:48.65	+02:04:11 (44.7%)	9:34	6.3 (55.8%)
129	KIŃCZYK Tomasz	744		M40	53	00:50:29	01:27:45	03:36:22	04:37:49.45	04:37:49.45	+02:04:12 (44.7%)	9:34	6.3 (55.8%)
130	GIEDRYS Wojciech	698	3:33 TEAM	M50	11	00:44:02	01:18:43	03:32:23	04:38:01.55	04:38:01.55	+02:04:24 (44.7%)	9:35	6.3 (55.8%)
131	MATYJASZCZUK Mateusz	784		M30	37	00:40:49	01:15:58	03:23:56	04:38:39.95	04:38:39.95	+02:05:02 (44.9%)	9:36	6.2 (54.9%)
132	KRÓL Łukasz	758		M30	38	00:45:41	01:21:31	03:31:37	04:39:01.95	04:39:01.95	+02:05:24 (44.9%)	9:37	6.2 (54.9%)
132	NIKIPIEROWICZ Marek	801		M40	54	00:46:45	01:25:56	03:41:26	04:39:01.95	04:39:01.95	+02:05:24 (44.9%)	9:37	6.2 (54.9%)
134	MATYJASZCZUK Ela	783		K30	7	00:43:50	01:20:00	03:31:17	04:41:15.60	04:41:15.60	+02:07:38 (45.4%)	9:41	6.2 (54.9%)
135	KOROŃSKI Tadeusz	750		M50	12	00:45:31	01:21:42	03:40:54	04:41:45.30	04:41:45.30	+02:08:08 (45.5%)	9:42	6.2 (54.9%)
136	NOWAK Małgorzata	804		K30	8	00:46:22	01:25:32	03:37:10	04:43:00.65	04:43:00.65	+02:09:23 (45.7%)	9:45	6.1 (54.0%)
137	GRACZ Paweł	704	ULTRA DIABŁY TEAM LUBRZA/NADODRZAŃSKI ODDZIAŁ STRAŻY GRANICZNEJ	M40	55	00:46:17	01:25:32	03:37:35	04:43:01.85	04:43:01.85	+02:09:24 (45.7%)	9:45	6.1 (54.0%)
138	SZYMKOWIAK Damian	875		M30	39	00:46:19	01:25:30	03:37:15	04:43:02.35	04:43:02.35	+02:09:25 (45.7%)	9:45	6.1 (54.0%)
139	PIDEK Marcin	930	TEAM HERBALIFE	M40	56	00:44:59	01:21:48	03:37:17	04:43:22.80	04:43:22.80	+02:09:45 (45.8%)	9:46	6.1 (54.0%)
140	TROCKA Luiza	880	TROCCY BIEGAJĄ	K40	9	00:44:21	01:22:34	03:39:54	04:43:32.05	04:43:32.05	+02:09:55 (45.8%)	9:46	6.1 (54.0%)
141	CZARNOTA Kacper	681		M30	40	00:44:21	01:21:57	03:39:54	04:43:42.75	04:43:42.75	+02:10:05 (45.9%)	9:46	6.1 (54.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami		Droga pod Reglami 22km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
						6km	10km						
142	GAJEK Łukasz	693	TENESO TEAM	M40	57	00:44:23	01:21:04	03:34:28	04:43:55.20	04:43:55.20	+02:10:18 (45.9%)	9:47	6.1 (54.0%)
143	ĆWIKLIŃSKI Maciej	684		M50	13	00:44:10	01:18:42	03:39:01	04:43:59.10	04:43:59.10	+02:10:22 (45.9%)	9:47	6.1 (54.0%)
144	KUBIŚ Andrzej	762	RUN TEAM RYDZYNA	M60	2	00:41:37	01:15:39	03:34:49	04:44:42.35	04:44:42.35	+02:11:05 (46.0%)	9:49	6.1 (54.0%)
145	LEDNICKA Lidia	926		K40	10	00:50:41	01:29:18	03:40:56	04:44:58.00	04:44:58.00	+02:11:20 (46.1%)	9:49	6.1 (54.0%)
146	GRZYB Krzysztof	709	KLUB BIEGACZA RTV EURO AGD	M40	58	00:48:17	01:24:49	03:35:07	04:45:17.75	04:45:17.75	+02:11:40 (46.2%)	9:50	6.1 (54.0%)
147	GIDASZEWSKA Jolanta	697		K40	11	00:45:35	01:24:17	03:46:00	04:45:28.75	04:45:28.75	+02:11:51 (46.2%)	9:50	6.1 (54.0%)
148	SYNOWIEC Wiktoria	864		K18	5	00:50:08	01:32:22	03:42:43	04:46:43.30	04:46:43.30	+02:13:06 (46.4%)	9:53	6.1 (54.0%)
149	KACZOROWSKA Dorota	739		K40	12	00:49:43	01:28:36	03:45:05	04:47:20.80	04:47:20.80	+02:13:43 (46.5%)	9:54	6.1 (54.0%)
150	CHMIELEWSKA Paulina	675		K30	9	00:47:19	01:25:24	03:44:31	04:48:46.45	04:48:46.45	+02:15:09 (46.8%)	9:57	6 (53.1%)
151	CEBULA Tomek	672		M30	41	00:46:47	01:25:54	03:41:22	04:48:53.35	04:48:53.35	+02:15:16 (46.8%)	9:57	6 (53.1%)
152	OLEKSA Robert	929		M50	14	00:41:16	01:16:40	03:45:14	04:49:26.20	04:49:26.20	+02:15:49 (46.9%)	9:58	6 (53.1%)
153	KWAŚNIEWSKA Malwina	768		K30	10	00:44:22	01:25:07	03:43:24	04:49:34.85	04:49:34.85	+02:15:57 (47.0%)	9:59	6 (53.1%)
154	PIOTROWSKA Anna	827		K40	13	00:49:04	01:30:14	03:45:18	04:50:03.80	04:50:03.80	+02:16:26 (47.0%)	10:00	6 (53.1%)
155	MICHALSKI Rafał	790	G4	M30	42	00:44:46	01:27:12	03:45:39	04:50:20.35	04:50:20.35	+02:16:43 (47.1%)	10:00	6 (53.1%)
156	SOBIERAJ Marta	851		K30	11	00:44:52	01:27:12	03:45:39	04:50:21.20	04:50:21.20	+02:16:44 (47.1%)	10:00	6 (53.1%)
157	MYSLICKA Natalia	799		K30	12	00:45:03	01:27:22	03:46:21	04:50:52.00	04:50:52.00	+02:17:14 (47.2%)	10:01	6 (53.1%)
158	HENSCHEL Klaudiusz	718	TERMOORGANIKA/TRIATHLON OBORNIKI	M40	59	00:43:45	01:16:44	03:37:12	04:51:02.10	04:51:02.10	+02:17:25 (47.2%)	10:02	6 (53.1%)
159	KOBA Anna	748		K40	14	00:46:54	01:26:40	03:43:58	04:52:16.85	04:52:16.85	+02:18:39 (47.4%)	10:04	6 (53.1%)
160	WALIGÓRA Judyta	885	SOKÓŁ WŁOSZAKOWICE	K30	13	00:47:26	01:28:35	03:45:39	04:52:32.95	04:52:32.95	+02:18:55 (47.5%)	10:05	5.9 (52.2%)
161	OLSZEWSKI Tomasz	811		M40	60	00:51:21	01:30:57	03:46:11	04:52:40.35	04:52:40.35	+02:19:03 (47.5%)	10:05	5.9 (52.2%)
162	WIKTORSKI Mariusz	891		M40	61	00:51:21	01:30:59	03:46:13	04:52:40.45	04:52:40.45	+02:19:03 (47.5%)	10:05	5.9 (52.2%)
163	KITA Ania	746		K40	15	00:45:00	01:24:42	03:44:00	04:53:00.40	04:53:00.40	+02:19:23 (47.6%)	10:06	5.9 (52.2%)
164	SOBKOWIAK Monika	852	KS KROTOSZ KROTOSZYN	K30	14	00:50:18	01:30:15	03:50:14	04:53:13.00	04:53:13.00	+02:19:35 (47.6%)	10:06	5.9 (52.2%)
165	GRYGIER Tomasz	705		M40	62	00:46:48	01:26:00	03:42:16	04:53:32.45	04:53:32.45	+02:19:55 (47.7%)	10:07	5.9 (52.2%)
166	HONCZA Tomasz	719		M30	43	00:45:30	01:22:03	03:41:14	04:53:58.40	04:53:58.40	+02:20:21 (47.7%)	10:08	5.9 (52.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami		Droga pod Reglami 22km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
						6km	10km						
167	GARAS Eliza	695		K30	15	00:49:28	01:30:52	03:49:34	04:54:21.55	04:54:21.55	+02:20:44 (47.8%)	10:09	5.9 (52.2%)
168	BŁASZKIEWICZ Marcin	659	DALEKO DO METY	M30	44	00:49:41	01:27:48	03:42:35	04:54:30.70	04:54:30.70	+02:20:53 (47.8%)	10:09	5.9 (52.2%)
169	KOCHANOWSKI Marek	749		M50	15	00:40:35	01:19:53	03:48:22	04:55:01.95	04:55:01.95	+02:21:24 (47.9%)	10:10	5.9 (52.2%)
170	BOCHAN Lidia	661		K40	16	00:47:17	01:28:40	03:51:34	04:55:18.40	04:55:18.40	+02:21:41 (48.0%)	10:10	5.9 (52.2%)
171	BOCHAN Lesław	662		M40	63	00:47:40	01:28:40	03:51:30	04:55:18.60	04:55:18.60	+02:21:41 (48.0%)	10:10	5.9 (52.2%)
172	SZCZUREK Michał	871		M30	45	00:45:10	01:23:31	03:51:39	04:56:03.00	04:56:03.00	+02:22:25 (48.1%)	10:12	5.9 (52.2%)
173	SZCZEPANIAK Marta	868		K40	17	00:50:26	01:28:54	03:51:08	04:57:00.25	04:57:00.25	+02:23:23 (48.3%)	10:14	5.9 (52.2%)
174	MLECZEK Roman	793		M50	16	00:47:46	01:32:19	03:50:47	04:57:16.20	04:57:16.20	+02:23:39 (48.3%)	10:15	5.9 (52.2%)
175	WILMAŃSKI Jakub	892	BIEGAJĄCE KREJZOLE	M18	11	00:45:51	01:30:13	03:49:17	04:57:19.35	04:57:19.35	+02:23:42 (48.3%)	10:15	5.9 (52.2%)
176	JANOWSKA Agnieszka	729		K30	16	00:50:13	01:30:33	03:51:32	04:57:39.80	04:57:39.80	+02:24:02 (48.4%)	10:15	5.8 (51.3%)
177	HEJNA Małgorzata	717		K50	2	00:47:23	01:28:36	03:49:56	04:59:51.25	04:59:51.25	+02:26:14 (48.8%)	10:20	5.8 (51.3%)
178	JAŚKIEWICZ Paweł	734	GŁODOMORKI	M30	46	00:51:16	01:28:52	03:45:59	05:00:09.40	05:00:09.40	+02:26:32 (48.8%)	10:21	5.8 (51.3%)
179	GLINKA Agnieszka	699	BRAVEHEARTS LEGIONOWO	K40	18	00:46:43	01:25:14	03:48:24	05:00:40.30	05:00:40.30	+02:27:03 (48.9%)	10:22	5.8 (51.3%)
180	ŻYDEK Piotr	913	CHSBD "W RUCHU"	M30	47	00:46:56	01:30:55	03:56:16	05:00:56.40	05:00:56.40	+02:27:19 (49.0%)	10:22	5.8 (51.3%)
181	KRUPA Natalia	759	CHSBD "W RUCHU"	K30	17	00:46:56	01:30:56	03:55:58	05:00:57.20	05:00:57.20	+02:27:20 (49.0%)	10:22	5.8 (51.3%)
182	MECH Bogdan	786		M50	17	00:47:20	01:21:24	03:51:35	05:02:00.80	05:02:00.80	+02:28:23 (49.1%)	10:24	5.8 (51.3%)
183	KOZŁOWSKI Krzysztof	756	RUNCROSS ROZGARTY	M30	48	00:48:01	01:28:39	03:50:31	05:03:33.40	05:03:33.40	+02:29:56 (49.4%)	10:28	5.7 (50.4%)
184	ROJKOWSKI Marcin	836		M40	64	00:48:00	01:29:55	03:53:11	05:06:39.00	05:06:39.00	+02:33:01 (49.9%)	10:34	5.7 (50.4%)
185	JANIK Katarzyna	727		K30	18	00:50:14	01:33:37	03:55:15	05:08:27.55	05:08:27.55	+02:34:50 (50.2%)	10:38	5.6 (49.6%)
186	JANIK Mateusz	728		M30	49	00:50:14	01:33:37	03:55:14	05:08:27.70	05:08:27.70	+02:34:50 (50.2%)	10:38	5.6 (49.6%)
187	DAVIES Glyn	685		M50	18	00:50:29	01:28:55	03:52:01	05:08:41.70	05:08:41.70	+02:35:04 (50.2%)	10:38	5.6 (49.6%)
188	WITKOWSKI-KOZIOŁEK Michał	895	KRAV MAGA WARSZAWA	M30	50	00:45:27	01:27:22	03:49:47	05:10:05.65	05:10:05.65	+02:36:28 (50.5%)	10:41	5.6 (49.6%)
189	SOKOŁOWSKI Marcin	854		M40	65	00:45:19	01:26:22	03:51:43	05:10:21.70	05:10:21.70	+02:36:44 (50.5%)	10:42	5.6 (49.6%)
190	OPARA Maja	815	BRAVEHEARTS LEGIONOWO	K40	19	00:51:54	01:31:31	03:56:42	05:10:42.70	05:10:42.70	+02:37:05 (50.6%)	10:42	5.6 (49.6%)
191	SZCZĘSNY Maciej	870		M60	3	00:49:54	01:30:38	03:56:08	05:10:49.55	05:10:49.55	+02:37:12 (50.6%)	10:43	5.6 (49.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami		Droga pod Reglami 22km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
						6km	Trzy Jawory 10km						
192	DRZEWI Tola	686		K18	6	00:52:25	01:38:01	04:07:32	05:11:46.15	05:11:46.15	+02:38:09 (50.7%)	10:45	5.6 (49.6%)
193	ANDRZEJEWSKI Jan	651	T-K-G	M40	66	00:45:18	01:25:23	04:06:27	05:12:24.85	05:12:24.85	+02:38:47 (50.8%)	10:46	5.6 (49.6%)
194	WILMAŃSKI Arkadiusz	893		M50	19	00:47:22	01:30:11	04:06:13	05:13:41.60	05:13:41.60	+02:40:04 (51.0%)	10:49	5.5 (48.7%)
195	ANUSZ Roksana	653		K40	20	00:50:44	01:29:42	03:55:41	05:14:01.90	05:14:01.90	+02:40:24 (51.1%)	10:49	5.5 (48.7%)
196	ŁOGIN Marta	775		K30	19	00:50:08	01:31:55	04:07:31	05:15:16.60	05:15:16.60	+02:41:39 (51.3%)	10:52	5.5 (48.7%)
197	MOŃKO Dominika	794		K18	7	00:52:24	01:41:42	04:05:19	05:15:23.30	05:15:23.30	+02:41:46 (51.3%)	10:52	5.5 (48.7%)
198	SZAŁKOWSKA Agnieszka	866	DIRTY SPARROWS	K30	20	00:52:22	01:34:26	04:09:58	05:20:02.40	05:20:02.40	+02:46:25 (52.0%)	11:02	5.4 (47.8%)
199	HARASZCZUK Jerzy	716	MORŚWIRY	M50	20	00:52:22	01:39:43	04:13:03	05:21:56.95	05:21:56.95	+02:48:19 (52.3%)	11:06	5.4 (47.8%)
200	OZIMEK Przemysław	817		M30	51	00:51:06	01:39:34	04:14:50	05:22:02.80	05:22:02.80	+02:48:25 (52.3%)	11:06	5.4 (47.8%)
201	KIEPIEL Agata	743		K30	21	00:51:41	01:36:50	04:12:57	05:23:48.10	05:23:48.10	+02:50:11 (52.6%)	11:09	5.4 (47.8%)
202	RYŚNIK Błażej	845		M30	52	00:49:47	01:36:03	04:03:44	05:24:29.40	05:24:29.40	+02:50:52 (52.7%)	11:11	5.4 (47.8%)
203	PLUTA Tomasz	829	MORŚWIRY SZCZECIN	M60	4	00:47:33	01:28:50	04:08:21	05:25:42.90	05:25:42.90	+02:52:05 (52.8%)	11:13	5.3 (46.9%)
204	JARONI Bartosz	732		M30	53	00:49:24	01:29:12	04:16:20	05:26:37.45	05:26:37.45	+02:53:00 (53.0%)	11:15	5.3 (46.9%)
205	KWASIUK Karolina	766		K30	22	00:50:51	01:35:45	04:11:35	05:27:28.00	05:27:28.00	+02:53:50 (53.1%)	11:17	5.3 (46.9%)
206	KWASIUK Wojciech	767		M30	54	00:50:50	01:35:45	04:11:35	05:27:28.20	05:27:28.20	+02:53:51 (53.1%)	11:17	5.3 (46.9%)
207	MURAWSKA Joanna	798		K30	23	00:50:45	01:33:31	04:16:18	05:28:34.35	05:28:34.35	+02:54:57 (53.2%)	11:19	5.3 (46.9%)
208	PIOTRKOWSKI Rafael	922		M40	67	00:51:06	01:36:44	04:17:02	05:29:28.70	05:29:28.70	+02:55:51 (53.4%)	11:21	5.3 (46.9%)
209	KOWALEWSKI Paweł	754	KOWALEWSKI TEAM / CNS	M30	55	00:43:42	01:25:10	04:04:43	05:30:00.05	05:30:00.05	+02:56:23 (53.4%)	11:22	5.3 (46.9%)
210	KOWALEWSKI Tomasz	753	#KOWALEWSKITEAM	M30	56	00:43:48	01:25:11	04:04:43	05:30:00.20	05:30:00.20	+02:56:23 (53.4%)	11:22	5.3 (46.9%)
211	MAKOWSKI Tomasz	777		M40	68	00:49:12	01:32:44	04:15:11	05:30:05.55	05:30:05.55	+02:56:28 (53.5%)	11:22	5.3 (46.9%)
212	MALĘGOWSKI Mirosław	778	KKS LECH POZNAŃ	M40	69	00:49:08	01:32:44	04:15:12	05:30:10.30	05:30:10.30	+02:56:33 (53.5%)	11:23	5.3 (46.9%)
213	MAZUR Sara	785		K30	24	00:50:11	01:30:21	04:12:33	05:30:38.00	05:30:38.00	+02:57:00 (53.5%)	11:24	5.3 (46.9%)
214	ĆWIKLIŃSKA Dorota	683		K30	25	00:50:11	01:30:21	04:12:33	05:30:38.15	05:30:38.15	+02:57:01 (53.5%)	11:24	5.3 (46.9%)
215	RATAJCZAK Krzysztof	835		M40	70	00:48:55	01:32:46	04:11:46	05:30:51.00	05:30:51.00	+02:57:13 (53.6%)	11:24	5.3 (46.9%)
216	WALERCZYK Piotr	883		M40	71	00:48:54	01:32:46	04:11:45	05:30:52.95	05:30:52.95	+02:57:15 (53.6%)	11:24	5.3 (46.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami		Droga pod Reglami 22km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
						6km	10km						
217	PIASECKI Bogumił	823		M50	21	00:48:42	01:32:42	04:11:45	05:30:53.30	05:30:53.30	+02:57:16 (53.6%)	11:24	5.3 (46.9%)
218	TOBOR Michał	924		M40	72	00:50:19	01:33:27	04:11:31	05:30:59.70	05:30:59.70	+02:57:22 (53.6%)	11:24	5.3 (46.9%)
219	ZARZECKA Justyna	908		K30	26	00:52:22	01:34:20	04:22:16	05:33:05.40	05:33:05.40	+02:59:28 (53.9%)	11:29	5.2 (46.0%)
220	CHOJNOWSKA Dominika	676		K30	27	00:52:21	01:34:20	04:21:42	05:33:05.55	05:33:05.55	+02:59:28 (53.9%)	11:29	5.2 (46.0%)
221	GRZYB Beata	708	KOBIETY BIEGAJĄ	K40	21	00:56:24	01:44:32	04:20:15	05:33:29.00	05:33:29.00	+02:59:51 (53.9%)	11:29	5.2 (46.0%)
222	CHRUŚCIŃSKA Joanna	677	ADRIAN DANILEWICZ GROUP	K18	8	00:47:33	01:25:47	04:23:03	05:34:14.10	05:34:14.10	+03:00:37 (54.0%)	11:31	5.2 (46.0%)
223	NOWOSAD Piot	946	DARKSTAR	M30	57	00:47:32	01:25:47	04:23:03	05:34:14.20	05:34:14.20	+03:00:37 (54.0%)	11:31	5.2 (46.0%)
224	BOKSZCZANIN Jarek	663	LION NIERUCHOMOŚCI	M40	73	00:56:00	01:39:40	04:25:39	05:34:49.55	05:34:49.55	+03:01:12 (54.1%)	11:32	5.2 (46.0%)
225	DURIASZ Piotr	687		M40	74	00:50:59	01:34:14	04:15:02	05:34:51.75	05:34:51.75	+03:01:14 (54.1%)	11:32	5.2 (46.0%)
226	OLEJNICZAK Urszula	810	FITNESS & SQUASH COMPLEX GŁOGÓW	K18	9	00:50:59	01:34:14	04:15:02	05:34:51.95	05:34:51.95	+03:01:14 (54.1%)	11:32	5.2 (46.0%)
227	MARCISZEWSKA Aneta	918	TRIATHLON SIEDLCE CLUB	K40	22	00:49:37	01:31:04	04:20:27	05:39:20.55	05:39:20.55	+03:05:43 (54.7%)	11:42	5.1 (45.1%)
228	ŚLUSARSKI Włodzimierz	877		M60	5	00:49:43	01:33:03	04:10:08	05:40:46.50	05:40:46.50	+03:07:09 (54.9%)	11:45	5.1 (45.1%)
229	PIETRZAK Maciej	826		M50	22	00:50:02	01:34:23	04:21:04	05:42:29.25	05:42:29.25	+03:08:52 (55.1%)	11:48	5.1 (45.1%)
230	JANOWSKI Jerzy	730	RONIN	M60	6	00:50:57	01:37:21	04:32:06	05:44:46.45	05:44:46.45	+03:11:09 (55.4%)	11:53	5 (44.2%)
231	KRAWCZYK Marcin	757		M30	58	00:56:44	01:41:17	04:26:41	05:45:06.85	05:45:06.85	+03:11:29 (55.5%)	11:54	5 (44.2%)
232	MECH Marta	787		K40	23	00:51:35	01:31:51	04:25:38	05:46:46.10	05:46:46.10	+03:13:09 (55.7%)	11:57	5 (44.2%)
233	MAZIJ Aleksander	916	SPARTA ŚWIDNICA	M40	75	00:53:50	01:38:39	04:17:35	05:47:12.25	05:47:12.25	+03:13:35 (55.8%)	11:58	5 (44.2%)
234	PTAK Ewa	834		K40	24	00:51:33	01:31:29	04:25:28	05:47:17.70	05:47:17.70	+03:13:40 (55.8%)	11:58	5 (44.2%)
235	JĘDROSKOWIAK Anna	735		K30	28	00:51:23	01:37:13	04:31:00	05:48:14.45	05:48:14.45	+03:14:37 (55.9%)	12:00	5 (44.2%)
236	KWIASOWSKA Martyna	769		K30	29	00:50:40	01:36:39	04:37:27	05:49:47.20	05:49:47.20	+03:16:10 (56.1%)	12:03	5 (44.2%)
237	BRZOSTOWSKI Zbigniew	668		M60	7	00:51:58	01:34:33	04:27:20	05:50:46.10	05:50:46.10	+03:17:09 (56.2%)	12:05	5 (44.2%)
238	KACZMAREK Maciej	737	TEAM BEROTU	M30	59	00:56:31	01:43:57	04:40:42	05:52:16.35	05:52:16.35	+03:18:39 (56.4%)	12:08	4.9 (43.4%)
238	STANKIEWICZ Adrianna	856		K18	10	00:56:31	01:43:57	04:40:43	05:52:16.35	05:52:16.35	+03:18:39 (56.4%)	12:08	4.9 (43.4%)
240	HARASZCZUK Krystian	714		M30	60	00:52:24	01:39:55	04:35:41	05:52:35.60	05:52:35.60	+03:18:58 (56.4%)	12:09	4.9 (43.4%)
241	HARASZCZUK Joanna	715		K30	30	00:52:24	01:39:48	04:35:41	05:52:35.80	05:52:35.80	+03:18:58 (56.4%)	12:09	4.9 (43.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami		Droga pod Reglami 22km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
						6km	Trzy Jawory 10km						
242	BESZTOCHA Jadwiga	657		K30	31	00:49:17	01:34:17	04:40:25	05:52:49.60	05:52:49.60	+03:19:12 (56.5%)	12:09	4.9 (43.4%)
243	STASZCZUK Jarosław	859		M50	23	00:52:19	01:36:02	04:32:14	05:54:22.90	05:54:22.90	+03:20:45 (56.7%)	12:13	4.9 (43.4%)
244	BARAN Dawid	654	GŁODOMORKI	M30	61	00:51:18	01:30:07	04:18:20	05:54:57.65	05:54:57.65	+03:21:20 (56.7%)	12:14	4.9 (43.4%)
245	CHAJDYS Monika	673	SKOSZEWEY RUNNERS	K40	25	00:53:06	01:40:09	04:33:27	05:55:48.55	05:55:48.55	+03:22:11 (56.8%)	12:16	4.9 (43.4%)
246	SYNOWIEC Grzegorz	863		M40	76	00:57:29	01:46:01	04:42:35	05:56:38.95	05:56:38.95	+03:23:01 (56.9%)	12:17	4.9 (43.4%)
247	MŁODZIANOWSKA-SYNOWIEC Maria	928		K40	26	00:57:28	01:46:01	04:42:43	05:56:39.50	05:56:39.50	+03:23:02 (56.9%)	12:17	4.9 (43.4%)
248	RYBAK Lucyna	843		K40	27	00:57:36	01:42:59	04:36:01	05:57:17.20	05:57:17.20	+03:23:40 (57.0%)	12:19	4.9 (43.4%)
249	GOŁĘBIEWSKI Sławomir	702	OSP ŚREM	M30	62	00:55:23	01:44:03	04:40:44	05:58:56.20	05:58:56.20	+03:25:19 (57.2%)	12:22	4.8 (42.5%)
250	FLACZYŃSKA Aldona	690	ŻÓŁWICE W BIEGU	K40	28	00:55:25	01:44:04	04:40:40	05:58:56.35	05:58:56.35	+03:25:19 (57.2%)	12:22	4.8 (42.5%)
251	WOŁOWICZ Martyna	900		K30	32	01:02:20	01:55:43	04:54:20	06:19:52.35	06:19:52.35	+03:46:15 (59.6%)	13:05	4.6 (40.7%)
252	SABLINSKI Tomasz	846	NYRR	M60	8	01:00:17	01:49:58	04:55:46	06:26:49.05	06:26:49.05	+03:53:12 (60.3%)	13:20	4.5 (39.8%)
253	WROŃSKA Sandra	902		K30	33	01:03:14	01:56:57	05:08:08	06:30:25.10	06:30:25.10	+03:56:48 (60.7%)	13:27	4.5 (39.8%)
254	ZAKRZEWSKA Anna	905		K40	29	00:56:29	01:44:41	05:06:33	06:32:32.95	06:32:32.95	+03:58:55 (60.9%)	13:32	4.4 (38.9%)
255	ZAKRZEWSKI Olaf	906		M40	77	00:56:36	01:45:06	05:06:38	06:33:21.90	06:33:21.90	+03:59:44 (60.9%)	13:33	4.4 (38.9%)
256	STĘPIEŃ Maria	861	OPALENICKI KLUB BIEGACZA	K60	1	00:56:55	01:43:12	05:08:33	06:35:41.30	06:35:41.30	+04:02:04 (61.2%)	13:38	4.4 (38.9%)
257	ANIOŁ Laura	652	LISI ZAKĄTEK	K30	34	01:00:16	01:51:58	05:15:42	06:43:44.75	06:43:44.75	+04:10:07 (62.0%)	13:55	4.3 (38.1%)
258	OLZACKA Anna	812		K40	30	01:00:17	01:51:59	05:15:42	06:43:44.95	06:43:44.95	+04:10:07 (62.0%)	13:55	4.3 (38.1%)
259	WIECZOREK Magdalena	888	BRAVEHEARTS LEGIONOWO	K40	31	01:01:58	01:58:49	05:17:17	06:46:14.00	06:46:14.00	+04:12:36 (62.2%)	14:00	4.3 (38.1%)
260	DZIELEŃDZIAK Karolina	920	HELIKON-TEX	K40	32	01:01:38	01:53:55	05:19:51	06:51:12.95	06:51:12.95	+04:17:35 (62.6%)	14:10	4.2 (37.2%)
261	ADAMSKI Sebastian	947		M40	78	01:01:36	01:53:49	05:19:51	06:51:13.00	06:51:13.00	+04:17:35 (62.6%)	14:10	4.2 (37.2%)
262	SOBKOWIAK Maciej	853	COBRA KROTOSZYN	M30	63	01:07:07	01:57:49	05:17:17	06:53:50.00	06:53:50.00	+04:20:12 (62.9%)	14:16	4.2 (37.2%)
	WLEKLIK Marek	896		M50		01:02:37 DNF	01:59:13 DNF	DNF	DNF	DNF	-	-	- (0.0%)

Znaleziono 263 wynik(ów)