



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

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

PÓLMARATON Z GÓRKĄ

B4SPORT

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: M-Open

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	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%)
13	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%)
14	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%)
15	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%)

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	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%)
17	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%)
18	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%)
19	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%)
20	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%)
21	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%)
22	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%)
23	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%)
24	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%)
25	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%)
26	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%)
27	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%)
28	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%)
29	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%)
30	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%)
31	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%)
32	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%)
33	ŁAŻEWSKI 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%)
34	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%)
35	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%)
36	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%)
37	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%)
38	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%)

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39	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%)
40	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%)
41	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%)
42	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%)
43	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%)
44	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%)
45	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%)
46	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%)
47	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%)
48	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%)
49	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%)
50	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%)
51	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%)
52	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%)
53	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%)
54	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%)
55	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%)
56	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%)
57	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%)
58	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%)
59	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%)
60	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%)
61	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%)

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62	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%)
63	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%)
64	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%)
65	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%)
66	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%)
67	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%)
68	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%)
69	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%)
70	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%)
71	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%)
72	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%)
73	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%)
74	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%)
75	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%)
76	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%)
77	GORĄCZNIAC 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%)
78	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%)
79	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%)
80	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%)
81	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%)
82	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%)
83	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%)
84	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%)

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85	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%)
86	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%)
87	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%)
88	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%)
89	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%)
90	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%)
91	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%)
92	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%)
93	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%)
94	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%)
95	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%)
96	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%)
97	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%)
98	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%)
99	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%)
100	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%)
101	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%)
102	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%)
103	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%)
104	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%)
105	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%)
106	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%)
107	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%)

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	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%)
109	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%)
110	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%)
111	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%)
112	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%)
113	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%)
114	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%)
115	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%)
116	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%)
117	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%)
118	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%)
119	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%)
120	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%)
121	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%)
122	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%)
123	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%)
124	ZIOMBKA Kuba	898	WAWRZYNTTEAM	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%)
125	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%)
126	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%)
127	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%)
128	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%)
129	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%)
130	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%)

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	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%)
132	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%)
133	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%)
134	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%)
135	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%)
136	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%)
137	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%)
138	FERENC Stanisław	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%)
139	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%)
140	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%)
141	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%)
142	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%)
143	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%)
144	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%)
145	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%)
146	CHRAPOWICZ Paweł	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%)
147	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%)
148	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%)
149	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%)
150	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%)
151	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%)
152	KNAP Mateusz	920		M18	15	00:29:46	00:51:01				+00:04:33	5:06	11.8 (100%)
153	NAKIELSKI Jakub	908		M30	69	02:53:57					+02:26:30	28:59	2.1 (17.8%)

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
	ŁOWIGUS Michał	761	SWORDS ATHLETICS	M30		DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 154 wynik(ów)