

RZEŹNIK ENIGMA 2018

B4SPORT

Event: IV FESTIWAL BIEGU RZEŹNIKA
Organiser: Fundacja Bieg Rzeźnika
Date: 2018-06-03
Place: Cisna
Distance: 30 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Classification: All

Place	Participant	Number	Club	Category	MCat	Net time 30km	Czas brutto 30km	Gap	Pace min/km	Pace km/h
1	BIELAWA Rafał	3277		M40	1	03:10:00.00	03:10:00.00		6:20	9.5 (100%)
1	PROBST Wojciech	3240		M30	1	03:10:00.00	03:10:00.00	+00:00:00 (0.0%)	6:20	9.5 (100%)
3	JAROSZUK Andrzej	3189		M20	1	03:59:31.85	03:59:31.85	+00:49:31 (20.7%)	7:59	7.5 (78.9%)
4	CHOJNACKI Wiktor	3197		M30	2	04:19:20.05	04:19:20.05	+01:09:20 (26.7%)	8:38	6.9 (72.6%)
5	ZAMOJSKI Robert	3200		M40	2	04:26:15.40	04:26:15.40	+01:16:15 (28.6%)	8:52	6.8 (71.6%)
6	BARANOWSKI Jacek	3238		M30	3	04:29:10.95	04:29:10.95	+01:19:10 (29.4%)	8:58	6.7 (70.5%)
7	KOWALCZYK Mariusz	3178		M40	3	04:32:30.90	04:32:30.90	+01:22:30 (30.3%)	9:05	6.6 (69.5%)
8	PERENC Michał	3066	HUSARIA RACE TEAM	M20	2	04:32:49.65	04:32:49.65	+01:22:49 (30.4%)	9:05	6.6 (69.5%)
9	NARKO Aleksey	3089	HUSARIA RACE TEAM	M20	3	04:34:35.85	04:34:35.85	+01:24:35 (30.8%)	9:09	6.6 (69.5%)
10	LITWIN Bartłomiej	3251		M30	4	04:36:57.55	04:36:57.55	+01:26:57 (31.4%)	9:13	6.5 (68.4%)
11	GŁUSZKO Przemek	3097	SOLINA TEAM	M30	5	04:37:33.50	04:37:33.50	+01:27:33 (31.5%)	9:15	6.5 (68.4%)
12	RAJNER Krzysztof	3106	ULTRA KOSZALIN	M30	6	04:39:32.90	04:39:32.90	+01:29:32 (32.0%)	9:19	6.4 (67.4%)
13	KONIK Marcin	3142		M30	7	04:39:47.75	04:39:47.75	+01:29:47 (32.1%)	9:19	6.4 (67.4%)
14	GOSTOMSKA Katarzyna	3159		K30	1	04:39:50.20	04:39:50.20	+01:29:50 (32.1%)	9:19	6.4 (67.4%)
15	SZMYD Kamil	3235		M20	4	04:41:11.15	04:41:11.15	+01:31:11 (32.4%)	9:22	6.4 (67.4%)
16	BONIKOWSKI Tomasz	3035		M40	4	04:41:22.20	04:41:22.20	+01:31:22 (32.5%)	9:22	6.4 (67.4%)
17	WNOROWSKI Stefan	3145	GREY	M40	5	04:42:07.85	04:42:07.85	+01:32:07 (32.7%)	9:24	6.4 (67.4%)
18	MAJEWSKI Marcin	3139	GOLONKA HULS	M20	5	04:43:47.55	04:43:47.55	+01:33:47 (33.0%)	9:27	6.3 (66.3%)
18	JAREMA Maciek	3219	LOKOMOTIV MAJDAN	M30	8	04:43:47.55	04:43:47.55	+01:33:47 (33.0%)	9:27	6.3 (66.3%)
20	DAJCZ Jarosław	3160	KORONA PABIANICE	M30	9	04:44:55.00	04:44:55.00	+01:34:55 (33.3%)	9:29	6.3 (66.3%)
21	PUCHACZ Piotr	3129		M40	6	04:45:01.85	04:45:01.85	+01:35:01 (33.3%)	9:30	6.3 (66.3%)
22	DYMEK Mateusz	3233		M30	10	04:45:50.60	04:45:50.60	+01:35:50 (33.5%)	9:31	6.3 (66.3%)
23	ŚWIDZIŃSKI Tomasz	3217	VEGE RUNNERS	M40	7	04:46:34.35	04:46:34.35	+01:36:34 (33.7%)	9:33	6.3 (66.3%)
24	PIĄTEK Beata	3005		K30	2	04:46:51.15	04:46:51.15	+01:36:51 (33.8%)	9:33	6.3 (66.3%)
25	ĆWIAKAŁA Michał	3109	PW PODKARPACKIE WILKI	M30	11	04:46:53.10	04:46:53.10	+01:36:53 (33.8%)	9:33	6.3 (66.3%)
26	URBAN Hubert	3037	HUSARIA RACE TEAM	M30	12	04:51:37.80	04:51:37.80	+01:41:37 (34.8%)	9:43	6.2 (65.3%)
27	KOSZOREK Mateusz	3216		M20	6	04:51:53.80	04:51:53.80	+01:41:53 (34.9%)	9:43	6.2 (65.3%)
28	GŁUSZEK Tomasz	3209		M30	13	04:52:25.65	04:52:25.65	+01:42:25 (35.0%)	9:44	6.2 (65.3%)
29	SAMUŚ Dariusz	3245		M30	14	04:55:42.90	04:55:42.90	+01:45:42 (35.7%)	9:51	6.1 (64.2%)

Place	Participant	Number	Club	Category	MCat	Net time 30km	Czas brutto 30km	Gap	Pace min/km	Pace km/h
30	PRZYPOLSKI Paweł	3058	IM-POSSIBLE TEAM	M40	8	04:59:10.65	04:59:10.65	+01:49:10 (36.5%)	9:58	6 (63.2%)
31	NOWAK Mirosław	3017		M40	9	05:07:54.55	05:07:54.55	+01:57:54 (38.3%)	10:15	5.8 (61.1%)
32	PONIEWOZIK Ireneusz	3104		M40	10	05:07:54.80	05:07:54.80	+01:57:54 (38.3%)	10:15	5.8 (61.1%)
33	WACHOWSKI Karol	3125		M40	11	05:16:57.75	05:16:57.75	+02:06:57 (40.1%)	10:33	5.7 (60.0%)
34	DZIUBAŁA Karolina	3237		K20	1	05:17:11.50	05:17:11.50	+02:07:11 (40.1%)	10:34	5.7 (60.0%)
35	CHMIELOWIEC Anna	3019	KB GALERIA WARSZAWA	K40	1	05:20:15.95	05:20:15.95	+02:10:15 (40.7%)	10:40	5.6 (58.9%)
36	TITZ-KOZA Julita	3054		K30	3	05:21:02.45	05:21:02.45	+02:11:02 (40.8%)	10:42	5.6 (58.9%)
37	GRABOŚ Nina	3027		K40	2	05:23:57.40	05:23:57.40	+02:13:57 (41.4%)	10:47	5.6 (58.9%)
38	BONIKOWSKI Mateusz	3053	GTS	M30	15	05:24:33.00	05:24:33.00	+02:14:33 (41.5%)	10:49	5.5 (57.9%)
39	WISZ Piotr	3122		M20	7	05:24:33.65	05:24:33.65	+02:14:33 (41.5%)	10:49	5.5 (57.9%)
40	ROKOSZ Rafał	3250		M20	8	05:25:12.10	05:25:12.10	+02:15:12 (41.6%)	10:50	5.5 (57.9%)
41	OBUCHOWICZ Łukasz	3117		M30	16	05:25:43.80	05:25:43.80	+02:15:43 (41.7%)	10:51	5.5 (57.9%)
42	BILSKI Łukasz	3171		M30	17	05:26:05.75	05:26:05.75	+02:16:05 (41.7%)	10:52	5.5 (57.9%)
43	JUSZCZAK Marcin	3138		M40	12	05:26:28.95	05:26:28.95	+02:16:28 (41.8%)	10:52	5.5 (57.9%)
44	WRÓBEL Aleksandra	3040	DIRTY SPARROWS	K20	2	05:27:52.75	05:27:52.75	+02:17:52 (42.1%)	10:55	5.5 (57.9%)
45	TOKARZ Marcin	3008		M40	13	05:28:11.70	05:28:11.70	+02:18:11 (42.1%)	10:56	5.5 (57.9%)
46	NALAZEK Marcin	3243		M30	18	05:28:11.75	05:28:11.75	+02:18:11 (42.1%)	10:56	5.5 (57.9%)
47	PODLASZEWSKI Jacek	3091	SPC	M40	14	05:28:23.45	05:28:23.45	+02:18:23 (42.1%)	10:56	5.5 (57.9%)
48	ZABURKO Mateusz	3099		M30	19	05:28:33.05	05:28:33.05	+02:18:33 (42.2%)	10:57	5.5 (57.9%)
49	MAJEWSKI Wojciech	3140	GOLONKA HULS	M20	9	05:28:56.10	05:28:56.10	+02:18:56 (42.2%)	10:57	5.5 (57.9%)
50	LEDWOLORZ Anna	3215	KS KANAŁEK	K30	4	05:30:18.00	05:30:18.00	+02:20:18 (42.5%)	11:00	5.4 (56.8%)
51	RYGIEL Ryszard	3045		M40	15	05:30:36.10	05:30:36.10	+02:20:36 (42.5%)	11:01	5.4 (56.8%)
52	BIELEC Karol	3166	ROZBIEGAMY NOWY DWÓR	M30	20	05:31:17.35	05:31:17.35	+02:21:17 (42.6%)	11:02	5.4 (56.8%)
53	KIEŁBASA Sylwia	3150		K30	5	05:32:44.55	05:32:44.55	+02:22:44 (42.9%)	11:05	5.4 (56.8%)
54	BUCZYŃSKI Jan	3149		M30	21	05:32:45.10	05:32:45.10	+02:22:45 (42.9%)	11:05	5.4 (56.8%)
55	ZARUDZKI Łukasz	3021	NOTHING TO FEAR	M40	16	05:33:26.55	05:33:26.55	+02:23:26 (43.0%)	11:06	5.4 (56.8%)
56	CHOROŚ Michał	3011	HU RACE TEAM	M20	10	05:33:54.65	05:33:54.65	+02:23:54 (43.1%)	11:07	5.4 (56.8%)
57	SOSZKA Przemysław	3183		M30	22	05:33:55.40	05:33:55.40	+02:23:55 (43.1%)	11:07	5.4 (56.8%)
58	WOJCIECHOWSKI Krzysztof	3072		M40	17	05:34:39.75	05:34:39.75	+02:24:39 (43.2%)	11:09	5.4 (56.8%)
59	GARNYS Radek	3069		M40	18	05:34:49.90	05:34:49.90	+02:24:49 (43.3%)	11:09	5.4 (56.8%)
60	PODOLAK Zbigniew	3147		M50	1	05:35:12.25	05:35:12.25	+02:25:12 (43.3%)	11:10	5.4 (56.8%)
61	JEZIOREK Adam	3208		M50	2	05:35:18.60	05:35:18.60	+02:25:18 (43.3%)	11:10	5.4 (56.8%)
62	KULCZYŃSKI Michał	3101		M40	19	05:35:47.70	05:35:47.70	+02:25:47 (43.4%)	11:11	5.4 (56.8%)
63	WŁODARCZYK Teresa	3062	SPC	K50	1	05:36:09.65	05:36:09.65	+02:26:09 (43.5%)	11:12	5.4 (56.8%)
64	BAK Andrzej	3068	SPC	M40	20	05:36:09.85	05:36:09.85	+02:26:09 (43.5%)	11:12	5.4 (56.8%)
65	GONTARZ Aleksandra	3121		K30	6	05:36:24.10	05:36:24.10	+02:26:24 (43.5%)	11:12	5.4 (56.8%)
66	SŁOTWIŃSKI Adam	3110		M30	23	05:36:30.25	05:36:30.25	+02:26:30 (43.5%)	11:13	5.3 (55.8%)
67	BABICZ Karol	3126	HUSARIA RACE TEAM	M20	11	05:36:33.55	05:36:33.55	+02:26:33 (43.5%)	11:13	5.3 (55.8%)
68	KOSIŃSKI Jakub	3067	HUSARIA RACE TEAM	M20	12	05:36:39.75	05:36:39.75	+02:26:39 (43.6%)	11:13	5.3 (55.8%)
69	HARSCHE Paweł	3070		M30	24	05:36:51.05	05:36:51.05	+02:26:51 (43.6%)	11:13	5.3 (55.8%)
70	MARCULA Emil	3026	HUSARIA RACE TEAM	M20	13	05:36:58.90	05:36:58.90	+02:26:58 (43.6%)	11:13	5.3 (55.8%)
71	STACHYRA Andrzej	3176	LSB	M50	3	05:37:04.40	05:37:04.40	+02:27:04 (43.6%)	11:14	5.3 (55.8%)
72	HAJTEK Jakub	3196	NAUKA BIEGA	M30	25	05:37:11.35	05:37:11.35	+02:27:11 (43.7%)	11:14	5.3 (55.8%)
73	DARMOCHWAŁ Leszek	3236	DZIKIE BOBRY	M40	21	05:37:12.95	05:37:12.95	+02:27:12 (43.7%)	11:14	5.3 (55.8%)

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74	KOMAŃSKI Rafał	3193	DRUŻYNA SZPIKU	M40	22	05:37:22.65	05:37:22.65	+02:27:22 (43.7%)	11:14	5.3 (55.8%)
75	KASEJA Kacper	3194		M20	14	05:37:24.50	05:37:24.50	+02:27:24 (43.7%)	11:14	5.3 (55.8%)
76	ZAREMBA Marek	3242		M50	4	05:39:08.60	05:39:08.60	+02:29:08 (44.0%)	11:18	5.3 (55.8%)
76	KUPCZAK Grzegorz	3241		M20	15	05:39:08.60	05:39:08.60	+02:29:08 (44.0%)	11:18	5.3 (55.8%)
78	SENCZENKO Waldemar	3060	NOTHING TO FEAR	M30	26	05:39:23.15	05:39:23.15	+02:29:23 (44.0%)	11:18	5.3 (55.8%)
79	BANASZEK Domininka	3227	BIEGUSIEM.PL	K30	7	05:39:25.90	05:39:25.90	+02:29:25 (44.0%)	11:18	5.3 (55.8%)
80	RADKOWSKI Dariusz	3179	ZMUSILI MNIE TO BIEGAM	M40	23	05:39:28.80	05:39:28.80	+02:29:28 (44.0%)	11:18	5.3 (55.8%)
81	JADWIŃSKI Wojciech	3108	REEBOK RUN CLUB	M30	27	05:41:23.70	05:41:23.70	+02:31:23 (44.3%)	11:22	5.3 (55.8%)
82	ORCHOLSKI Witold	3249		M40	24	05:41:37.55	05:41:37.55	+02:31:37 (44.4%)	11:23	5.3 (55.8%)
83	BIŚ Rafał	3123		M50	5	05:41:39.85	05:41:39.85	+02:31:39 (44.4%)	11:23	5.3 (55.8%)
84	WIDOMSKA MACIEJEWSKA Joanna	3239		K30	8	05:44:01.70	05:44:01.70	+02:34:01 (44.8%)	11:28	5.2 (54.7%)
85	SOKULSKI Marcin	3020	KASZANKI	M30	28	05:44:01.85	05:44:01.85	+02:34:01 (44.8%)	11:28	5.2 (54.7%)
86	BAKA Przemysław	3073	GTS TRADYCJA	M20	16	05:46:50.75	05:46:50.75	+02:36:50 (45.2%)	11:33	5.2 (54.7%)
87	BAKA Mateusz	3010	GTS TRADYCJA	M20	17	05:46:51.35	05:46:51.35	+02:36:51 (45.2%)	11:33	5.2 (54.7%)
88	STANEK Krzysztof	3132	LD RUNNER	M50	6	05:47:36.90	05:47:36.90	+02:37:36 (45.3%)	11:35	5.2 (54.7%)
89	STAROWICZ Kazimierz	3130		M20	18	05:47:47.95	05:47:47.95	+02:37:47 (45.4%)	11:35	5.2 (54.7%)
90	OZIĘBAŁA Wiktor	3025		M20	19	05:47:49.05	05:47:49.05	+02:37:49 (45.4%)	11:35	5.2 (54.7%)
91	KAMIŃSKI Paweł	3136		M40	25	05:49:04.10	05:49:04.10	+02:39:04 (45.6%)	11:38	5.2 (54.7%)
92	NALEPA Maciej	3174		M30	29	05:49:10.25	05:49:10.25	+02:39:10 (45.6%)	11:38	5.2 (54.7%)
93	STACHYRA Bartłomiej	3177		M20	20	05:49:30.50	05:49:30.50	+02:39:30 (45.6%)	11:39	5.2 (54.7%)
94	ZIELIŃSKI Tomasz	3032	TETRYCY SCHRODINGERA	M40	26	05:49:49.65	05:49:49.65	+02:39:49 (45.7%)	11:39	5.1 (53.7%)
95	BRZYSKI Grzegorz	3146		M30	30	05:50:00.15	05:50:00.15	+02:40:00 (45.7%)	11:40	5.1 (53.7%)
96	ZIENKIEWICZ Agata	3095	PIASECZNO RUNNING	K30	9	05:50:30.05	05:50:30.05	+02:40:30 (45.8%)	11:41	5.1 (53.7%)
97	MAKA Katarzyna	3165		K30	10	05:51:22.30	05:51:22.30	+02:41:22 (45.9%)	11:42	5.1 (53.7%)
98	KRAWIEC Cezary	3164		M30	31	05:51:22.35	05:51:22.35	+02:41:22 (45.9%)	11:42	5.1 (53.7%)
99	NAZIMEK Lilianna	3111	SUO TEMPORE	K40	3	05:51:34.25	05:51:34.25	+02:41:34 (46.0%)	11:43	5.1 (53.7%)
100	KOWALEWSKA Izabela	3100	PIASECZNO RUNNING	K30	11	05:51:57.45	05:51:57.45	+02:41:57 (46.0%)	11:43	5.1 (53.7%)
101	AMBICKI Miłosz	3127	WKURW_TEAM	M30	32	05:52:29.65	05:52:29.65	+02:42:29 (46.1%)	11:44	5.1 (53.7%)
102	RÓŻYCKA Agnieszka	3039	NAUKA BIEGA	K40	4	05:54:33.80	05:54:33.80	+02:44:33 (46.4%)	11:49	5.1 (53.7%)
103	PIEKARSKA-NAJBART Alicja	3056	NAUKA BIEGA	K40	5	05:54:41.75	05:54:41.75	+02:44:41 (46.4%)	11:49	5.1 (53.7%)
104	KAŁKA Marcin	3163		M30	33	05:56:03.40	05:56:03.40	+02:46:03 (46.6%)	11:52	5.1 (53.7%)
105	KOWALIK Andrzej	3107	BEZPIECZNY.PL/BIEG OPOLSKI	M30	34	05:56:31.50	05:56:31.50	+02:46:31 (46.7%)	11:53	5 (52.6%)
106	PAWLAK Bartosz	3202		M40	27	05:56:37.80	05:56:37.80	+02:46:37 (46.7%)	11:53	5 (52.6%)
106	KRAJCZYŃSKI Jakub	3204	PKO BANK POLSKI	M40	27	05:56:37.80	05:56:37.80	+02:46:37 (46.7%)	11:53	5 (52.6%)
108	JAMBOR Michał	3201	BRACTWO BIEGOWE BGK	M30	35	05:56:38.70	05:56:38.70	+02:46:38 (46.7%)	11:53	5 (52.6%)
109	SKOPEK Agata	3028	HUSARIA RACE TEAM	K20	3	05:56:45.70	05:56:45.70	+02:46:45 (46.7%)	11:53	5 (52.6%)
110	BAJDAK Łukasz	3247		M30	36	05:56:58.85	05:56:58.85	+02:46:58 (46.8%)	11:53	5 (52.6%)
111	MULARZ Dorota	3230		K30	12	05:59:57.75	05:59:57.75	+02:49:57 (47.2%)	11:59	5 (52.6%)
112	KWAŚNIEWSKI Łukasz	3134		M30	37	06:00:40.05	06:00:40.05	+02:50:40 (47.3%)	12:01	5 (52.6%)
113	ŁOŚ Małgorzata	3133	BIGYELLOWFOOT ADVENTURE TEAM	K30	13	06:00:40.25	06:00:40.25	+02:50:40 (47.3%)	12:01	5 (52.6%)
114	DRABIK Jacek	3081		M50	7	06:00:45.35	06:00:45.35	+02:50:45 (47.3%)	12:01	5 (52.6%)
115	GÓRECKA Milena	3205	WRONIECKI KLUB BIEGACZA	K30	14	06:02:02.50	06:02:02.50	+02:52:02 (47.5%)	12:04	5 (52.6%)
116	SZULC Klaudia	3004	HUSARIA RACE TEAM	K20	4	06:02:12.15	06:02:12.15	+02:52:12 (47.5%)	12:04	5 (52.6%)
117	BAK Piotr	3018	HUSARIA RACE TEAM	M30	38	06:02:17.15	06:02:17.15	+02:52:17 (47.6%)	12:04	5 (52.6%)

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118	SZYMAŃSKI Michał	3098		M30	39	06:02:32.25	06:02:32.25	+02:52:32 (47.6%)	12:05	5 (52.6%)
119	KĘPKA Waldemar	3115		M60	1	06:03:18.10	06:03:18.10	+02:53:18 (47.7%)	12:06	5 (52.6%)
120	TRAWKA Damian	3051		M30	40	06:03:20.35	06:03:20.35	+02:53:20 (47.7%)	12:06	5 (52.6%)
121	JUSZCZAK Mateusz	3137		M20	21	06:03:49.40	06:03:49.40	+02:53:49 (47.8%)	12:07	4.9 (51.6%)
122	BRYŁA Krzysztof	3024	DRUŻYNA SZPIKU / BIEGNIJMY.PL KOSZALIN	M40	29	06:03:55.50	06:03:55.50	+02:53:55 (47.8%)	12:07	4.9 (51.6%)
123	KACPRZYK Ewa	3124		K30	15	06:06:10.60	06:06:10.60	+02:56:10 (48.1%)	12:12	4.9 (51.6%)
124	DUCHNA Tomasz	3182		M30	41	06:06:53.70	06:06:53.70	+02:56:53 (48.2%)	12:13	4.9 (51.6%)
125	SUKIENNICZAK Tomasz	3228		M30	42	06:07:11.30	06:07:11.30	+02:57:11 (48.3%)	12:14	4.9 (51.6%)
126	KURZYDŁO Michał	3190		M20	22	06:11:34.25	06:11:34.25	+03:01:34 (48.9%)	12:23	4.8 (50.5%)
127	KOWALCZYK Łukasz	3246		M30	43	06:14:14.70	06:14:14.70	+03:04:14 (49.2%)	12:28	4.8 (50.5%)
128	SKURSKA Monika	3048		K40	6	06:14:15.55	06:14:15.55	+03:04:15 (49.2%)	12:28	4.8 (50.5%)
129	DRONKA Dominik	3077		M30	44	06:14:38.95	06:14:38.95	+03:04:38 (49.3%)	12:29	4.8 (50.5%)
130	COFALSKI Jakub	3185		M30	45	06:21:43.35	06:21:43.35	+03:11:43 (50.2%)	12:43	4.7 (49.5%)
131	KOŁODZIEJ Mirosław	3029		M20	23	06:26:20.95	06:26:20.95	+03:16:20 (50.8%)	12:52	4.7 (49.5%)
132	BLACHA Agata	3120		K30	16	06:26:21.55	06:26:21.55	+03:16:21 (50.8%)	12:52	4.7 (49.5%)
133	DOBRZYŃSKA Małgorzata	3064	SPC	K50	2	06:27:02.70	06:27:02.70	+03:17:02 (50.9%)	12:54	4.7 (49.5%)
134	KRUCZYK Damian	3199	BDK	M20	24	06:27:28.90	06:27:28.90	+03:17:28 (51.0%)	12:54	4.6 (48.4%)
135	SADOWIŃSKA Adriana	3033	NOWA HUTA TEAM/ WKURW_TEAM	K40	7	06:28:08.75	06:28:08.75	+03:18:08 (51.0%)	12:56	4.6 (48.4%)
136	WINICKA Daria	3152		K30	17	06:29:05.10	06:29:05.10	+03:19:05 (51.2%)	12:58	4.6 (48.4%)
137	WAŚOWSKA Jagoda	3210	KS PEGAZ PIASECZNO	K50	3	06:29:56.00	06:29:56.00	+03:19:56 (51.3%)	12:59	4.6 (48.4%)
138	PIOTROWSKI Marek	3038	MORSOWNICY Z LEGNICY	M50	8	06:30:24.55	06:30:24.55	+03:20:24 (51.3%)	13:00	4.6 (48.4%)
139	KISZKIS Elżbieta	3023	HUSARIA RACE TEAM	K40	8	06:30:31.35	06:30:31.35	+03:20:31 (51.3%)	13:01	4.6 (48.4%)
140	JASEK-BORS Paulina	3044	HUSARIA RACE TEAM	K30	18	06:30:31.45	06:30:31.45	+03:20:31 (51.3%)	13:01	4.6 (48.4%)
141	WSZOŁEK Magdalena	3075		K30	19	06:31:14.45	06:31:14.45	+03:21:14 (51.4%)	13:02	4.6 (48.4%)
142	PASZKOWSKA Barbara	3223	SKLEP ROWEROWY GÓRA RÓWERSKA	K30	20	06:31:46.40	06:31:46.40	+03:21:46 (51.5%)	13:03	4.6 (48.4%)
143	STASIUK Natalia	3050	HUSARIA RACE TEAM	K30	21	06:32:07.95	06:32:07.95	+03:22:07 (51.5%)	13:04	4.6 (48.4%)
144	STASIUK Arkadiusz	3049	HUSARIA RACE TEAM	M30	46	06:32:08.10	06:32:08.10	+03:22:08 (51.5%)	13:04	4.6 (48.4%)
145	BŁASIŃSKA Żaneta	3063	SPC	K40	9	06:34:58.65	06:34:58.65	+03:24:58 (51.9%)	13:09	4.6 (48.4%)
146	FREJ Marcin	3102	ZABIEGANI.TV	M30	47	06:35:15.20	06:35:15.20	+03:25:15 (51.9%)	13:10	4.6 (48.4%)
147	GAŚIOREK Kamila	3103		K20	5	06:35:15.30	06:35:15.30	+03:25:15 (51.9%)	13:10	4.6 (48.4%)
148	HERMAN Paweł	3076		M40	30	06:35:20.40	06:35:20.40	+03:25:20 (51.9%)	13:10	4.6 (48.4%)
149	BIENIAS Krzysztof	3214		M20	25	06:36:02.45	06:36:02.45	+03:26:02 (52.0%)	13:12	4.5 (47.4%)
150	BIENIAS Tomasz	3213		M20	26	06:36:02.50	06:36:02.50	+03:26:02 (52.0%)	13:12	4.5 (47.4%)
151	DOMINIAK-BAK Izabela	3074		K30	22	06:38:20.30	06:38:20.30	+03:28:20 (52.3%)	13:16	4.5 (47.4%)
152	GÓRECKA Aldona	3206		K30	23	06:39:07.30	06:39:07.30	+03:29:07 (52.4%)	13:18	4.5 (47.4%)
153	BURZYŃSKI Klaudiusz	3105		M30	48	06:41:14.75	06:41:14.75	+03:31:14 (52.6%)	13:22	4.5 (47.4%)
154	SZCZYPEK Ola	3181	SMT SZCZECIN	K30	24	06:41:34.55	06:41:34.55	+03:31:34 (52.7%)	13:23	4.5 (47.4%)
155	MOCZADKO Maria	3244		K40	10	06:42:05.40	06:42:05.40	+03:32:05 (52.7%)	13:24	4.5 (47.4%)
156	BĘLKOT Dariusz	3167		M50	9	06:42:05.90	06:42:05.90	+03:32:05 (52.7%)	13:24	4.5 (47.4%)
157	ZARUDZKI Paweł	3022	NOTHING TO FEAR	M30	49	06:44:00.95	06:44:00.95	+03:34:00 (53.0%)	13:28	4.5 (47.4%)
158	JĘDRZEJCZYK Arkadiusz	3162	HUSARIA RACE TEAM	M30	50	06:45:54.50	06:45:54.50	+03:35:54 (53.2%)	13:31	4.4 (46.3%)
159	MEZYK Marzena	3161	HUSARIA RACE TEAM	K30	25	06:46:02.20	06:46:02.20	+03:36:02 (53.2%)	13:32	4.4 (46.3%)
160	MAZURKIEWICZ Bartłomiej	3116	ZAPOROWY MARATON TEAM	M20	27	06:46:24.05	06:46:24.05	+03:36:24 (53.2%)	13:32	4.4 (46.3%)
161	NOWACZYK Dominika	3043	HUSARIA RACE TEAM	K20	6	06:46:24.20	06:46:24.20	+03:36:24 (53.2%)	13:32	4.4 (46.3%)

Place	Participant	Number	Club	Category	MCat	Net time 30km	Czas brutto 30km	Gap	Pace min/km	Pace km/h
162	CYMMER Michał	3224		M30	51	06:46:24.55	06:46:24.55	+03:36:24 (53.2%)	13:32	4.4 (46.3%)
163	WYSOCKA Edyta	3220	HUSARIA RACE TEAM	K30	26	06:49:33.05	06:49:33.05	+03:39:33 (53.6%)	13:39	4.4 (46.3%)
164	PACIGA Krzysztof	3046	HUSARIA RACE TEAM	M20	28	06:50:52.05	06:50:52.05	+03:40:52 (53.8%)	13:41	4.4 (46.3%)
165	BILSKI Piotr	3170		M30	52	06:51:17.70	06:51:17.70	+03:41:17 (53.8%)	13:42	4.4 (46.3%)
166	JAWOREK Anna	3211	ROZBIEGAMY NOWY DWÓR	K40	11	06:54:37.95	06:54:37.95	+03:44:37 (54.2%)	13:49	4.3 (45.3%)
167	PIERZGALSKI Sebastian	3087		M40	31	06:55:22.30	06:55:22.30	+03:45:22 (54.3%)	13:50	4.3 (45.3%)
168	SZATKOWSKA Ewa	3055	KOBIETYBIEGAJA	K50	4	06:55:40.70	06:55:40.70	+03:45:40 (54.3%)	13:51	4.3 (45.3%)
169	BEZKOROWAJNY Mateusz	3041		M20	29	06:56:45.70	06:56:45.70	+03:46:45 (54.4%)	13:53	4.3 (45.3%)
170	SIERPOWSKA-BARTOSIK Agnieszka	3083	VEGERUNNERS	K40	12	07:00:20.45	07:00:20.45	+03:50:20 (54.8%)	14:00	4.3 (45.3%)
171	JAWORSKI Bartłomiej	3057	SPC	M20	30	07:03:06.05	07:03:06.05	+03:53:06 (55.1%)	14:06	4.3 (45.3%)
172	KOSZAŁKA Aleksandra	3192		K20	7	07:03:09.20	07:03:09.20	+03:53:09 (55.1%)	14:06	4.3 (45.3%)
173	ZADROŻNA Dorota	3034	JACK RUNNER	K40	13	07:04:50.85	07:04:50.85	+03:54:50 (55.3%)	14:09	4.2 (44.2%)
174	KUSZ Gosia	3154	TOKYO TEAM	K30	27	07:06:13.15	07:06:13.15	+03:56:13 (55.4%)	14:12	4.2 (44.2%)
174	KUSZ Janusz	3155	TOKYO TEAM	K40	14	07:06:13.15	07:06:13.15	+03:56:13 (55.4%)	14:12	4.2 (44.2%)
176	JODKO Magda	3012	A CO TO BĘDZIE?	K40	15	07:06:43.70	07:06:43.70	+03:56:43 (55.5%)	14:13	4.2 (44.2%)
177	MATUSEWICZ Patrycja	3114		K40	16	07:07:45.45	07:07:45.45	+03:57:45 (55.6%)	14:15	4.2 (44.2%)
178	MODZELEWSKA Karolina	3061	SPC	K30	28	07:07:56.70	07:07:56.70	+03:57:56 (55.6%)	14:15	4.2 (44.2%)
179	LEPA-ROMAN Magdalena	3079	PRZECINAK 77	K40	17	07:09:49.05	07:09:49.05	+03:59:49 (55.8%)	14:19	4.2 (44.2%)
180	KUKAWSKA Joanna	3191	RK ATHLETICS	K50	5	07:11:05.20	07:11:05.20	+04:01:05 (55.9%)	14:22	4.2 (44.2%)
181	JANOWSKA Ula	3082		K40	18	07:11:53.95	07:11:53.95	+04:01:53 (56.0%)	14:23	4.2 (44.2%)
182	POLSKA Joanna	3207	AKADEMIA BIEGANIA GRUDZIĄDZ	K40	19	07:11:54.05	07:11:54.05	+04:01:54 (56.0%)	14:23	4.2 (44.2%)
183	CICHECKA Anna	3006	A CO TO BĘDZIE?	K40	20	07:11:57.15	07:11:57.15	+04:01:57 (56.0%)	14:23	4.2 (44.2%)
184	MIGDALSKI Krzysztof	3153		M50	10	07:12:07.45	07:12:07.45	+04:02:07 (56.0%)	14:24	4.2 (44.2%)
185	ŁEMPICKA Małgorzata	3232	PIASECZNO RUNNING	K30	29	07:13:14.95	07:13:14.95	+04:03:14 (56.1%)	14:26	4.2 (44.2%)
186	REDZYŃSKI Paweł	3148		M20	31	07:16:26.15	07:16:26.15	+04:06:26 (56.5%)	14:32	4.1 (43.2%)
187	MALINOWSKA Marta	3143		K30	30	07:16:26.95	07:16:26.95	+04:06:26 (56.5%)	14:32	4.1 (43.2%)
188	KOCYŁA Marzena	3156		K40	21	07:19:15.05	07:19:15.05	+04:09:15 (56.7%)	14:38	4.1 (43.2%)
	WIKA-SKOMSKA Joanna	3009	A CO TO BĘDZIE?	K40		DNF	DNF	-	-	- (0.0%)
	GRANIEWSKI Aleksander	3096		M40		DNF	DNF	-	-	- (0.0%)
	MAKOSA Konrad	3078		M40		DNF	DNF	-	-	- (0.0%)
	BARYZA Robert	3059		M40		DNF	DNF	-	-	- (0.0%)
	SZCZEPKOWSKI Paweł	3188	ARTEQUIPMENT	M60		DNF	DNF	-	-	- (0.0%)
	OWCZAREK Sylwia	3080	HUSARIA RACE TEAM	K30		DNF	DNF	-	-	- (0.0%)
	BELKA Dawid	3226	W BIEGU PISANW	M30		DNF	DNF	-	-	- (0.0%)
	PAWŁOWSKA Agnieszka	3090	RUNMAGEDDON	K20		DNF	DNF	-	-	- (0.0%)
	BAKA Marcin	3007	GTS TRADYCJA	M50		DNF	DNF	-	-	- (0.0%)
	WĘGRZYNKIEWICZ Maria	3112		K20		DNF	DNF	-	-	- (0.0%)
	RAJNER Gosia	3052	ABOVE2000	K30		DNF	DNF	-	-	- (0.0%)
	GNIOT Joanna	3015	A CO TO BĘDZIE?	K40		DNF	DNF	-	-	- (0.0%)
	MIKRUT Małgorzata	3016	A CO TO BĘDZIE?	K40		DNF	DNF	-	-	- (0.0%)
	ULER Maciej	3218	W BIEGU PISANE	M30		DNF	DNF	-	-	- (0.0%)
	DEMNICKA Monika	3094		K30		DNF	DNF	-	-	- (0.0%)

Total 203 results.