

# RZEŹNIK ENIGMA 2018

B4SPORT

**Wydarzenie:** IV FESTIWAL BIEGU RZEŹNIKA  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2018-06-03  
**Miejsce:** Cisna  
**Dystans:** 30 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

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

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

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

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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo 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%)
	MĄKOSA 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%)