

# RZEŹNIK NA RATY - DZIEŃ I

B4SPORT

**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2016-05-23  
**Miejsce:** Komańcza  
**Dystans:** 33 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	16.7km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
1	<b>KAMIŃSKI Artur</b>	<b>2109</b>	GMINA SADKOWICE	M30	1	00:00:00	01:30:07	<b>02:45:24.50</b>	<b>02:45:24.50</b>		5:00	12 (100%)
2	<b>CISZCZONIK Sebastian</b>	<b>2159</b>	SPORTIVA.PL	M30	2	00:00:00	01:30:07	<b>02:46:35.15</b>	<b>02:46:35.15</b>	+00:01:10 (0.7%)	5:02	11.9 (99.2%)
3	<b>GAPSKI Mateusz</b>	<b>2125</b>		M20	1	00:00:00	01:30:07	<b>02:56:14.65</b>	<b>02:56:14.65</b>	+00:10:50 (6.1%)	5:20	11.2 (93.3%)
4	<b>POLAŃSKI Tomasz</b>	<b>2091</b>	B4SPORT	M40	1	00:00:00	01:34:46	<b>02:57:08.95</b>	<b>02:57:08.95</b>	+00:11:44 (6.6%)	5:22	11.2 (93.3%)
5	<b>BAKALARZ Emil</b>	<b>2068</b>		M20	2	00:00:00	01:36:09	<b>03:05:18.90</b>	<b>03:05:18.90</b>	+00:19:54 (10.7%)	5:36	10.7 (89.2%)
6	<b>KUJAWSKI Bartek</b>	<b>2059</b>	GRUPETTO GORLICE	M20	3	00:00:00	01:38:49	<b>03:07:42.05</b>	<b>03:07:42.05</b>	+00:22:17 (11.9%)	5:41	10.5 (87.5%)
7	<b>PRĘDKI Mirosław</b>	<b>2131</b>		M30	3	00:00:00	01:42:57	<b>03:08:15.00</b>	<b>03:08:15.00</b>	+00:22:50 (12.1%)	5:42	10.5 (87.5%)
8	<b>MORAWSKI Filip</b>	<b>2027</b>	FILIP MORAWSKI	M40	2	00:00:00	01:37:41	<b>03:10:30.00</b>	<b>03:10:30.00</b>	+00:25:05 (13.2%)	5:46	10.4 (86.7%)
9	<b>WARSKI Patryk</b>	<b>2060</b>		M30	4	00:00:00	01:45:16	<b>03:20:57.80</b>	<b>03:20:57.80</b>	+00:35:33 (17.7%)	6:05	9.9 (82.5%)
10	<b>KNOPEK Robert</b>	<b>2144</b>		M30	5	00:00:00	01:39:03	<b>03:22:27.85</b>	<b>03:22:27.85</b>	+00:37:03 (18.3%)	6:08	9.8 (81.7%)
11	<b>FIJAŁKOWSKI Radosław</b>	<b>2142</b>	CROSSFIT GCW	M30	6	00:00:00	01:51:16	<b>03:23:33.20</b>	<b>03:23:33.20</b>	+00:38:08 (18.7%)	6:10	9.7 (80.8%)
12	<b>DUCKI Piotr</b>	<b>2170</b>	OTK RZEŹNIK	M30	7	00:00:00	01:51:13	<b>03:28:20.90</b>	<b>03:28:20.90</b>	+00:42:56 (20.6%)	6:18	9.5 (79.2%)
13	<b>ROWIŃSKI Michał</b>	<b>2043</b>	LUBAWA KOCHA BIEGAĆ	M30	8	00:00:00	01:52:15	<b>03:31:24.00</b>	<b>03:31:24.00</b>	+00:45:59 (21.8%)	6:24	9.4 (78.3%)
14	<b>FOGIEL-PAWŁOWSKA Agnieszka</b>	<b>2168</b>	LOS BIEGANEROS	K30	1	00:00:00	01:59:29	<b>03:38:37.45</b>	<b>03:38:37.45</b>	+00:53:12 (24.3%)	6:37	9.1 (75.8%)
15	<b>GOLBA Łukasz</b>	<b>2063</b>	ZABIEGANI MIELEC	M30	9	00:00:00	01:58:41	<b>03:38:55.15</b>	<b>03:38:55.15</b>	+00:53:30 (24.4%)	6:38	9 (75.0%)
16	<b>WAŁCZYK Krzysztof</b>	<b>2083</b>		M30	10	00:00:00	01:59:32	<b>03:40:18.65</b>	<b>03:40:18.65</b>	+00:54:54 (24.9%)	6:40	9 (75.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	16.7km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
17	<b>PAWLIŃSKI Adam</b>	<b>2132</b>	PRO-RUN WROCŁAW	M30	11	00:00:00	02:01:17	<b>03:40:59.65</b>	<b>03:40:59.65</b>	+00:55:35 (25.2%)	6:41	9 (75.0%)
18	<b>POTĘGA Izabela</b>	<b>2046</b>	DELPHI RUNNING TEAM	K30	2	00:00:00	01:56:56	<b>03:42:10.95</b>	<b>03:42:10.95</b>	+00:56:46 (25.6%)	6:43	8.9 (74.2%)
19	<b>CISKI Piotr</b>	<b>2128</b>		M40	3	00:00:00	02:00:30	<b>03:43:13.65</b>	<b>03:43:13.65</b>	+00:57:49 (25.9%)	6:45	8.9 (74.2%)
20	<b>SALIK Stanislaw</b>	<b>2151</b>		M40	4	00:00:00	02:03:37	<b>03:43:41.35</b>	<b>03:43:41.35</b>	+00:58:16 (26.1%)	6:46	8.9 (74.2%)
21	<b>KRUSZEWSKA-SENK Agnieszka</b>	<b>2062</b>	OBOZYBIEGOWE.PL	K30	3	00:00:00	02:00:23	<b>03:44:02.00</b>	<b>03:44:02.00</b>	+00:58:37 (26.2%)	6:47	8.8 (73.3%)
22	<b>PIETRASZEWSKI Witold</b>	<b>2126</b>	NETBOX BIEGA	M30	12	00:00:00	02:00:58	<b>03:44:41.25</b>	<b>03:44:41.25</b>	+00:59:16 (26.4%)	6:48	8.8 (73.3%)
23	<b>CZELNY Tomasz</b>	<b>2031</b>	SMASHING PĄPKINS	M30	13	00:00:00	02:02:28	<b>03:45:58.20</b>	<b>03:45:58.20</b>	+01:00:33 (26.8%)	6:50	8.8 (73.3%)
24	<b>ZAWAL Przemysław</b>	<b>2020</b>	REMBERTÓW TEAM	M30	14	00:00:00	02:03:52	<b>03:46:37.95</b>	<b>03:46:37.95</b>	+01:01:13 (27.0%)	6:52	8.7 (72.5%)
25	<b>MOĆKO Jacek</b>	<b>2012</b>		M20	4	00:00:00	01:58:41	<b>03:48:09.85</b>	<b>03:48:09.85</b>	+01:02:45 (27.5%)	6:54	8.7 (72.5%)
26	<b>MAZIARZ Damian</b>	<b>2047</b>	BIEGAJĄCY ŚWIDNIK	M30	15	00:00:00	02:13:29	<b>03:50:57.05</b>	<b>03:50:57.05</b>	+01:05:32 (28.4%)	6:59	8.6 (71.7%)
27	<b>BURANDT Magdalena</b>	<b>2019</b>	123 TRI DRUŻYNA WILKA	K30	4	00:00:00	02:02:54	<b>03:52:15.45</b>	<b>03:52:15.45</b>	+01:06:50 (28.8%)	7:02	8.5 (70.8%)
28	<b>JUSZCZAK Zbigniew</b>	<b>2092</b>	NIEZRZESZONY	M50	1	00:00:00	02:04:26	<b>03:54:06.10</b>	<b>03:54:06.10</b>	+01:08:41 (29.3%)	7:05	8.5 (70.8%)
29	<b>GIMZICKA Ewa</b>	<b>2075</b>	BANDA I WANDA	K30	5	00:00:00	02:04:07	<b>03:54:26.20</b>	<b>03:54:26.20</b>	+01:09:01 (29.4%)	7:06	8.4 (70.0%)
30	<b>ŻULEWSKI Radosław</b>	<b>2101</b>		M20	5	00:00:00	02:06:40	<b>03:55:41.10</b>	<b>03:55:41.10</b>	+01:10:16 (29.8%)	7:08	8.4 (70.0%)
31	<b>HYJEK Elżbieta</b>	<b>2040</b>		K40	1	00:00:00	02:01:51	<b>03:56:16.60</b>	<b>03:56:16.60</b>	+01:10:52 (30.0%)	7:09	8.4 (70.0%)
32	<b>BRYŁA Krzysztof</b>	<b>2079</b>	DRUŻYNA SZPIKU BIEGNIJMY.PL KOSZALIN	M40	5	00:00:00	02:04:23	<b>03:56:21.70</b>	<b>03:56:21.70</b>	+01:10:57 (30.0%)	7:09	8.4 (70.0%)
33	<b>KOKOSZKA Magdalena</b>	<b>2039</b>	ZABIEGANI MIELEC	K30	6	00:00:00	02:03:57	<b>03:56:44.25</b>	<b>03:56:44.25</b>	+01:11:19 (30.1%)	7:10	8.4 (70.0%)
34	<b>CHABKO Jacek</b>	<b>2066</b>	2. WOG WROCŁAW	M40	6	00:00:00	02:01:42	<b>04:01:45.65</b>	<b>04:01:45.65</b>	+01:16:21 (31.6%)	7:19	8.2 (68.3%)
35	<b>CHWAŁA Artur</b>	<b>2165</b>		M30	16	00:00:00	02:03:21	<b>04:03:32.80</b>	<b>04:03:32.80</b>	+01:18:08 (32.1%)	7:22	8.1 (67.5%)
36	<b>WIADERNA Nina</b>	<b>2021</b>		K30	7	00:00:00	02:09:07	<b>04:05:05.95</b>	<b>04:05:05.95</b>	+01:19:41 (32.5%)	7:25	8.1 (67.5%)
36	<b>KACZMAREK Karolina</b>	<b>2022</b>		K30	8	00:00:00	02:09:07	<b>04:05:05.95</b>	<b>04:05:05.95</b>	+01:19:41 (32.5%)	7:25	8.1 (67.5%)
38	<b>SUROWIEC Grzegorz</b>	<b>2120</b>	BESTA SP. Z O.O.	M30	17	00:00:00	02:36:20	<b>04:07:49.20</b>	<b>04:07:49.20</b>	+01:22:24 (33.3%)	7:30	8 (66.7%)
39	<b>FRAĆKIEWICZ Karol</b>	<b>2105</b>		M40	7	00:00:00	02:02:07	<b>04:08:00.25</b>	<b>04:08:00.25</b>	+01:22:35 (33.3%)	7:30	8 (66.7%)

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40	<b>TERESZKIEWICZ Joanna</b>	<b>2028</b>	PKO BP	K20	1	00:00:00	02:34:00	<b>04:08:10.80</b>	<b>04:08:10.80</b>	+01:22:46 (33.4%)	7:31	8 (66.7%)
41	<b>SZUSZKIEWICZ Marzena</b>	<b>2111</b>		K40	2	00:00:00	02:12:58	<b>04:09:10.65</b>	<b>04:09:10.65</b>	+01:23:46 (33.6%)	7:33	7.9 (65.8%)
42	<b>ZYGADLEWICZ Grzegorz</b>	<b>2112</b>		M30	18	00:00:00	02:07:27	<b>04:10:04.55</b>	<b>04:10:04.55</b>	+01:24:40 (33.9%)	7:34	7.9 (65.8%)
43	<b>DARŁAK Lucasz</b>	<b>2134</b>	SMASHING PĀPKINS	M20	6	00:00:00	02:08:34	<b>04:13:18.35</b>	<b>04:13:18.35</b>	+01:27:53 (34.7%)	7:40	7.8 (65.0%)
44	<b>MRUGAŁA Wojciech</b>	<b>2133</b>	KILOWATY RUNNERS	M20	7	00:00:00	02:06:50	<b>04:13:55.25</b>	<b>04:13:55.25</b>	+01:28:30 (34.9%)	7:41	7.8 (65.0%)
45	<b>PÓŁTORAK Katarzyna</b>	<b>2081</b>		K30	9	00:00:00	02:17:33	<b>04:14:05.85</b>	<b>04:14:05.85</b>	+01:28:41 (34.9%)	7:41	7.8 (65.0%)
46	<b>KWIECIEŃ Sebastian</b>	<b>2048</b>	ZAPIERDALACZE	M30	19	00:00:00	02:25:28	<b>04:14:08.25</b>	<b>04:14:08.25</b>	+01:28:43 (34.9%)	7:42	7.8 (65.0%)
47	<b>SALAK Piotr</b>	<b>2122</b>		M40	8	00:00:00	02:14:21	<b>04:14:47.65</b>	<b>04:14:47.65</b>	+01:29:23 (35.1%)	7:43	7.8 (65.0%)
48	<b>SERAFIN Paulina</b>	<b>2140</b>		K20	2	00:00:00	02:09:15	<b>04:15:54.50</b>	<b>04:15:54.50</b>	+01:30:30 (35.4%)	7:45	7.7 (64.2%)
49	<b>BIJOŚ Mirosław</b>	<b>2070</b>		M30	20	00:00:00	02:13:05	<b>04:17:21.95</b>	<b>04:17:21.95</b>	+01:31:57 (35.7%)	7:47	7.7 (64.2%)
50	<b>ADAMCZYK Janusz</b>	<b>2073</b>		M40	9	00:00:00	02:07:11	<b>04:17:48.90</b>	<b>04:17:48.90</b>	+01:32:24 (35.8%)	7:48	7.7 (64.2%)
51	<b>OTAWSKI Maciej</b>	<b>2050</b>	ARCADIS RUNNING TEAM	M30	21	00:00:00	02:20:01	<b>04:18:14.50</b>	<b>04:18:14.50</b>	+01:32:50 (35.9%)	7:49	7.7 (64.2%)
52	<b>WAHL Daniel</b>	<b>2071</b>	T.S. AKS CHORZÓW	M30	22	00:00:00	02:36:44	<b>04:18:50.00</b>	<b>04:18:50.00</b>	+01:33:25 (36.1%)	7:50	7.6 (63.3%)
53	<b>GOWIN Wiktor</b>	<b>2147</b>	BOZONY HIGGSA	M20	8	00:00:00	02:16:27	<b>04:19:02.10</b>	<b>04:19:02.10</b>	+01:33:37 (36.1%)	7:50	7.6 (63.3%)
54	<b>ŁUKASIEWICZ Marcin</b>	<b>2148</b>	BOZONY HIGGSA	M20	9	00:00:00	02:16:28	<b>04:19:02.15</b>	<b>04:19:02.15</b>	+01:33:37 (36.1%)	7:50	7.6 (63.3%)
55	<b>BRAUN Krzysztof</b>	<b>2115</b>	SMARTOYS.PL	M40	10	00:00:00	02:20:34	<b>04:20:33.90</b>	<b>04:20:33.90</b>	+01:35:09 (36.5%)	7:53	7.6 (63.3%)
56	<b>BAR Tomasz</b>	<b>2064</b>		M30	23	00:00:00	02:38:44	<b>04:21:40.05</b>	<b>04:21:40.05</b>	+01:36:15 (36.8%)	7:55	7.6 (63.3%)
57	<b>KRUPCZYŃSKI Mariusz</b>	<b>2084</b>	KRUPOLS TEAM	M50	2	00:00:00	02:14:50	<b>04:21:46.75</b>	<b>04:21:46.75</b>	+01:36:22 (36.8%)	7:55	7.6 (63.3%)
58	<b>SIKORA Paweł</b>	<b>2149</b>	KRABOLUDZIE	M30	24	00:00:00	02:16:54	<b>04:21:59.00</b>	<b>04:21:59.00</b>	+01:36:34 (36.9%)	7:56	7.6 (63.3%)
59	<b>ZIELIŃSKI Marek</b>	<b>2129</b>		M20	10	00:00:00	02:30:37	<b>04:23:05.75</b>	<b>04:23:05.75</b>	+01:37:41 (37.1%)	7:58	7.5 (62.5%)
60	<b>DZIAŁO Agnieszka</b>	<b>2041</b>		K30	10	00:00:00	02:15:29	<b>04:24:28.25</b>	<b>04:24:28.25</b>	+01:39:03 (37.5%)	8:00	7.5 (62.5%)
61	<b>KMIEĆ Robert</b>	<b>2011</b>		M40	11	00:00:00	02:15:57	<b>04:24:28.65</b>	<b>04:24:28.65</b>	+01:39:04 (37.5%)	8:00	7.5 (62.5%)
62	<b>ĆWIKLINSKI Maciej</b>	<b>2065</b>		M40	12	00:00:00	02:37:27	<b>04:24:39.20</b>	<b>04:24:39.20</b>	+01:39:14 (37.5%)	8:01	7.5 (62.5%)

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63	<b>SOŁTYS Krzysztof</b>	<b>2017</b>		M40	13	00:00:00	02:15:40	<b>04:25:45.15</b>	<b>04:25:45.15</b>	+01:40:20 (37.8%)	8:03	7.5 (62.5%)
64	<b>CEGLARZ Jacek</b>	<b>2153</b>		M30	25	00:00:00	02:25:00	<b>04:27:41.90</b>	<b>04:27:41.90</b>	+01:42:17 (38.2%)	8:06	7.4 (61.7%)
65	<b>STAWIARSKI Artur</b>	<b>2152</b>		M40	14	00:00:00	02:18:01	<b>04:28:54.95</b>	<b>04:28:54.95</b>	+01:43:30 (38.5%)	8:08	7.4 (61.7%)
66	<b>MARCINEK Łukasz</b>	<b>2016</b>	NIE TERAZ, POTEM	M30	26	00:00:00	02:15:35	<b>04:29:59.50</b>	<b>04:29:59.50</b>	+01:44:35 (38.7%)	8:10	7.3 (60.8%)
67	<b>KREFT Dorota</b>	<b>2164</b>	KLUB WYSOKOGÓRSKI TRÓJMIASTO	K30	11	00:00:00	02:21:32	<b>04:30:10.50</b>	<b>04:30:10.50</b>	+01:44:46 (38.8%)	8:11	7.3 (60.8%)
68	<b>KREBS Marcin</b>	<b>2107</b>	RUN&SMILE PABIANICE	M30	27	00:00:00	02:16:29	<b>04:30:49.95</b>	<b>04:30:49.95</b>	+01:45:25 (38.9%)	8:12	7.3 (60.8%)
69	<b>GAŁUSZEK Michał</b>	<b>2045</b>	EPO RACING ADVENTURE TEAM	M20	11	00:00:00	02:25:33	<b>04:32:43.90</b>	<b>04:32:43.90</b>	+01:47:19 (39.4%)	8:15	7.3 (60.8%)
70	<b>KRUPCZYŃSKI Szymon</b>	<b>2086</b>	KRUPOLS TEAM	M20	12	00:00:00	02:19:19	<b>04:33:20.45</b>	<b>04:33:20.45</b>	+01:47:55 (39.5%)	8:16	7.2 (60.0%)
71	<b>POGORZELSKI Jacek</b>	<b>2032</b>		M40	15	00:00:00	02:24:35	<b>04:33:39.25</b>	<b>04:33:39.25</b>	+01:48:14 (39.6%)	8:17	7.2 (60.0%)
72	<b>BRUSZEWSKA- GŁOMBIOWSKA Monika</b>	<b>2052</b>		K40	3	00:00:00	02:26:25	<b>04:33:43.30</b>	<b>04:33:43.30</b>	+01:48:18 (39.6%)	8:17	7.2 (60.0%)
73	<b>LUBAŃSKI Robert</b>	<b>2156</b>		M50	3	00:00:00	02:37:06	<b>04:36:33.35</b>	<b>04:36:33.35</b>	+01:51:08 (40.2%)	8:22	7.2 (60.0%)
74	<b>MISIEK Marek</b>	<b>2014</b>	POCZTOWA GRUPA BIEGOWA SPORTOWA PACZKA	M50	4	00:00:00	02:41:07	<b>04:39:03.55</b>	<b>04:39:03.55</b>	+01:53:39 (40.7%)	8:27	7.1 (59.2%)
75	<b>BRYLONEK Grzegorz</b>	<b>2080</b>	RADIO WROCŁAW	M40	16	00:00:00	02:36:41	<b>04:39:03.60</b>	<b>04:39:03.60</b>	+01:53:39 (40.7%)	8:27	7.1 (59.2%)
76	<b>CZAJKA Joanna</b>	<b>2072</b>		K30	12	00:00:00	02:33:00	<b>04:40:35.65</b>	<b>04:40:35.65</b>	+01:55:11 (41.1%)	8:30	7.1 (59.2%)
77	<b>ŁĄTKOWSKI Maciej</b>	<b>2119</b>	KB MANIAC ULTRA	M40	17	00:00:00	02:33:09	<b>04:40:35.95</b>	<b>04:40:35.95</b>	+01:55:11 (41.1%)	8:30	7.1 (59.2%)
78	<b>KOCIOŁEK Andrzej</b>	<b>2055</b>	KANCELARIA BIEGOWA STASZEWSKY	M40	18	00:00:00	02:24:34	<b>04:40:55.55</b>	<b>04:40:55.55</b>	+01:55:31 (41.1%)	8:30	7 (58.3%)
79	<b>KOPERA Anna</b>	<b>2124</b>	KAMZIK TEAM	K40	4	00:00:00	02:36:54	<b>04:43:24.75</b>	<b>04:43:24.75</b>	+01:58:00 (41.6%)	8:35	7 (58.3%)
80	<b>FLAK Łukasz</b>	<b>2049</b>	ZAPIERDALACZE	M30	28	00:00:00	02:58:39	<b>04:44:19.30</b>	<b>04:44:19.30</b>	+01:58:54 (41.8%)	8:36	7 (58.3%)
81	<b>ATRASZKIEWICZ Magda</b>	<b>2118</b>	F3TEAM	K40	5	00:00:00	02:36:45	<b>04:44:57.35</b>	<b>04:44:57.35</b>	+01:59:32 (42.0%)	8:38	6.9 (57.5%)
82	<b>BRAUN Maria</b>	<b>2116</b>	SMARTOYS.PL	K30	13	00:00:00	02:34:20	<b>04:45:26.55</b>	<b>04:45:26.55</b>	+02:00:02 (42.1%)	8:38	6.9 (57.5%)
83	<b>PIETRZYKOWSKI Artur</b>	<b>2024</b>		M40	19	00:00:00	02:25:42	<b>04:46:11.15</b>	<b>04:46:11.15</b>	+02:00:46 (42.2%)	8:40	6.9 (57.5%)
84	<b>STODULSKI Tomasz</b>	<b>2015</b>		M30	29	00:00:00	02:25:42	<b>04:46:11.45</b>	<b>04:46:11.45</b>	+02:00:46 (42.2%)	8:40	6.9 (57.5%)
85	<b>SKALSKI Radosław</b>	<b>2074</b>	KB AKTYWNI KONIN	M40	20	00:00:00	02:47:51	<b>04:48:51.25</b>	<b>04:48:51.25</b>	+02:03:26 (42.7%)	8:45	6.9 (57.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	16.7km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
86	<b>HORBACZEWSKI Marek</b>	<b>2155</b>		M50	5	00:00:00	02:27:00	<b>04:49:03.05</b>	<b>04:49:03.05</b>	+02:03:38 (42.8%)	8:45	6.9 (57.5%)
87	<b>HAUTON Monika</b>	<b>2013</b>	NIE TERAZ, POTEM	K30	14	00:00:00	02:31:01	<b>04:50:00.90</b>	<b>04:50:00.90</b>	+02:04:36 (43.0%)	8:47	6.8 (56.7%)
88	<b>SNARSKA Katarzyna</b>	<b>2036</b>	ALBATROSY	K30	15	00:00:00	02:31:50	<b>04:50:06.15</b>	<b>04:50:06.15</b>	+02:04:41 (43.0%)	8:47	6.8 (56.7%)
88	<b>GORCZYCA Aneta</b>	<b>2094</b>		K30	16	00:00:00	02:34:39	<b>04:50:06.15</b>	<b>04:50:06.15</b>	+02:04:41 (43.0%)	8:47	6.8 (56.7%)
90	<b>ZIELONKA Adam</b>	<b>2121</b>	AMICUS AR	M50	6	00:00:00	02:25:30	<b>04:55:27.15</b>	<b>04:55:27.15</b>	+02:10:02 (44.0%)	8:57	6.7 (55.8%)
91	<b>KARPIŃSKI Robert</b>	<b>2096</b>	SPARTANIE DZIECIOM	M40	21	00:00:00	02:40:18	<b>04:56:21.85</b>	<b>04:56:21.85</b>	+02:10:57 (44.2%)	8:58	6.7 (55.8%)
92	<b>LEGENDZIEWICZ Iga</b>	<b>2069</b>		K30	17	00:00:00	02:48:47	<b>05:00:37.50</b>	<b>05:00:37.50</b>	+02:15:13 (45.0%)	9:06	6.6 (55.0%)
93	<b>KORNIŁOW Piotr</b>	<b>2167</b>		M40	22	00:00:00	02:39:04	<b>05:01:06.80</b>	<b>05:01:06.80</b>	+02:15:42 (45.1%)	9:07	6.6 (55.0%)
94	<b>POKRYWKA Stefan</b>	<b>2169</b>	NA BUCIE	M50	7	00:00:00	02:40:54	<b>05:04:38.95</b>	<b>05:04:38.95</b>	+02:19:14 (45.7%)	9:13	6.5 (54.2%)
95	<b>KRUZEL Rafal</b>	<b>2018</b>	BIEGOWE MISIE	M40	23	00:00:00	02:46:45	<b>05:07:31.60</b>	<b>05:07:31.60</b>	+02:22:07 (46.2%)	9:19	6.4 (53.3%)
96	<b>CZYZEWSKA Mariola</b>	<b>2026</b>	12TRI.PL DRUZYNA WILKA	K30	18	00:00:00	02:46:15	<b>05:09:36.15</b>	<b>05:09:36.15</b>	+02:24:11 (46.6%)	9:22	6.4 (53.3%)
97	<b>KOBYLAŃSKI Piotr</b>	<b>2158</b>		M30	30	00:00:00	02:50:43	<b>05:11:46.75</b>	<b>05:11:46.75</b>	+02:26:22 (46.9%)	9:26	6.4 (53.3%)
98	<b>SZUBART Krzysztof</b>	<b>2157</b>		M40	24	00:00:00	02:50:42	<b>05:11:47.30</b>	<b>05:11:47.30</b>	+02:26:22 (46.9%)	9:26	6.4 (53.3%)
99	<b>ORIOŁ-SIGNERSKA Monika</b>	<b>2053</b>	XTEAM KLUB SPORTOWY XTRI.PL	K40	6	00:00:00	02:46:22	<b>05:13:17.75</b>	<b>05:13:17.75</b>	+02:27:53 (47.2%)	9:29	6.3 (52.5%)
100	<b>PROCHWICZ Tomasz</b>	<b>2099</b>		M20	13	00:00:00	02:38:05	<b>05:13:20.20</b>	<b>05:13:20.20</b>	+02:27:55 (47.2%)	9:29	6.3 (52.5%)
101	<b>SZEWCZUK Sylwester</b>	<b>2127</b>		M30	31	00:00:00	02:31:47	<b>05:13:26.75</b>	<b>05:13:26.75</b>	+02:28:02 (47.2%)	9:29	6.3 (52.5%)
102	<b>WÓJCIK Michał</b>	<b>2135</b>		M40	25	00:00:00	02:39:07	<b>05:13:44.20</b>	<b>05:13:44.20</b>	+02:28:19 (47.3%)	9:30	6.3 (52.5%)
103	<b>WÓJCIK Grażyna</b>	<b>2136</b>		K30	19	00:00:00	02:39:08	<b>05:13:44.25</b>	<b>05:13:44.25</b>	+02:28:19 (47.3%)	9:30	6.3 (52.5%)
104	<b>MAŃKOWSKI Krzysztof</b>	<b>2033</b>	12TRI.PL MAKERUNEASIER	M30	32	00:00:00	02:49:08	<b>05:13:45.15</b>	<b>05:13:45.15</b>	+02:28:20 (47.3%)	9:30	6.3 (52.5%)
105	<b>ATRASZKIEWICZ Olga</b>	<b>2117</b>		K40	7	00:00:00	02:45:40	<b>05:15:48.30</b>	<b>05:15:48.30</b>	+02:30:23 (47.6%)	9:34	6.3 (52.5%)
106	<b>KUCIŃSKA Magdalena</b>	<b>2100</b>	RUNRECORD.PL	K40	8	00:00:00	02:35:12	<b>05:16:32.00</b>	<b>05:16:32.00</b>	+02:31:07 (47.7%)	9:35	6.3 (52.5%)
107	<b>SZCZEPANIAK Jadwiga</b>	<b>2067</b>	EVERRUN	K50	1	00:00:00	02:33:22	<b>05:16:45.35</b>	<b>05:16:45.35</b>	+02:31:20 (47.8%)	9:35	6.3 (52.5%)
108	<b>JABŁOŃSKI Kazimierz</b>	<b>2093</b>		M60	1	00:00:00	02:47:45	<b>05:20:12.65</b>	<b>05:20:12.65</b>	+02:34:48 (48.3%)	9:42	6.2 (51.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	16.7km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
109	<b>ŻYCHLIŃSKA Agata</b>	<b>2141</b>		K30	20	00:00:00	02:54:41	<b>05:20:35.20</b>	<b>05:20:35.20</b>	+02:35:10 (48.4%)	9:42	6.2 (51.7%)
110	<b>ŚWIDERSKA Joanna</b>	<b>2143</b>		K20	3	00:00:00	02:54:41	<b>05:21:38.15</b>	<b>05:21:38.15</b>	+02:36:13 (48.6%)	9:44	6.2 (51.7%)
111	<b>PITAS Andrzej</b>	<b>2037</b>	ZAPIERDALACZE	M40	26	00:00:00	03:21:39	<b>05:34:58.95</b>	<b>05:34:58.95</b>	+02:49:34 (50.6%)	10:09	5.9 (49.2%)
112	<b>SELWA Katarzyna</b>	<b>2103</b>		K20	4	00:00:00	03:01:43	<b>05:38:42.05</b>	<b>05:38:42.05</b>	+02:53:17 (51.2%)	10:15	5.8 (48.3%)
113	<b>DORSZEWSKA Bożena</b>	<b>2076</b>		K50	2	00:00:00	03:13:33	<b>05:42:40.00</b>	<b>05:42:40.00</b>	+02:57:15 (51.7%)	10:23	5.8 (48.3%)
114	<b>PODKÓWKA Zbigniew</b>	<b>2077</b>		M50	8	00:00:00	03:14:10	<b>05:42:40.20</b>	<b>05:42:40.20</b>	+02:57:15 (51.7%)	10:23	5.8 (48.3%)
115	<b>SIWIŃSKI Jerzy</b>	<b>2023</b>	12TRI.PL DRUŻYNA WILKA	M50	9	00:00:00	02:46:16	<b>05:44:21.15</b>	<b>05:44:21.15</b>	+02:58:56 (52.0%)	10:26	5.7 (47.5%)
116	<b>GÓRA Daniel</b>	<b>2108</b>		M30	33	00:00:00	02:59:12	<b>05:44:35.15</b>	<b>05:44:35.15</b>	+02:59:10 (52.0%)	10:26	5.7 (47.5%)
117	<b>STRZELECKI Artur</b>	<b>2078</b>		M50	10	00:00:00	03:10:26	<b>05:44:43.15</b>	<b>05:44:43.15</b>	+02:59:18 (52.0%)	10:26	5.7 (47.5%)
118	<b>LOS Anna</b>	<b>2044</b>	TURLAM SIĘ TEAM	K40	9	00:00:00	03:07:26	<b>05:48:22.70</b>	<b>05:48:22.70</b>	+03:02:58 (52.5%)	10:33	5.7 (47.5%)
119	<b>PERKOWSKI Tomasz</b>	<b>2162</b>		M30	34	00:00:00	02:55:12	<b>05:57:30.60</b>	<b>05:57:30.60</b>	+03:12:06 (53.7%)	10:50	5.5 (45.8%)
DQ	<b>JODŁOWSKA Wioletta</b>	<b>2054</b>	XTEAM KLUB SPORTOWY XTRI.PL	K40		DQ	03:13:18 DQ	<b>06:10:27.05</b> <b>DQ</b>	<b>DQ</b>		-	- (0.0%)
DQ	<b>PACANOWSKA Agnieszka</b>	<b>2034</b>	WEŁNICA BIEGA	K40		DQ	03:13:16 DQ	<b>06:13:16.35</b> <b>DQ</b>	<b>DQ</b>		-	- (0.0%)
DQ	<b>PACANOWSKI Robert</b>	<b>2035</b>	WEŁNICA BIEGA	M40		DQ	03:13:12 DQ	<b>06:13:16.85</b> <b>DQ</b>	<b>DQ</b>		-	- (0.0%)
DQ	<b>ŚLEDZIEWSKA Marta</b>	<b>2160</b>	OTK RZEZNIK	K30		DQ	04:46:41 DQ	<b>08:57:00.00</b> <b>DQ</b>	<b>DQ</b>		-	- (0.0%)

Znaleziono 123 wynik(ów)