

# RZEŹNIK NA RATY - DZIEŃ II

B4SPORT

**Organizator:** Fundacja Rzeźnika  
**Data:** 2016-05-24  
**Miejsce:** Ustrzyki Górne  
**Dystans:** 22 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	8km	Czas netto 22km	Czas brutto 22km	Różn	Tempo min/km	Tempo km/h
1	<b>KAMIŃSKI Artur</b>	<b>2109</b>	GMINA SADKOWICE	M30	1	00:00:03	01:00:46	<b>02:25:25.65</b>	<b>02:25:28.85</b>		6:36	9.1 (100%)
2	<b>POLAŃSKI Tomasz</b>	<b>2091</b>	B4SPORT	M40	1	00:00:04	01:03:33	<b>02:32:42.60</b>	<b>02:32:46.75</b>	+00:07:16 (4.8%)	6:56	8.6 (94.5%)
3	<b>GAPSKI Mateusz</b>	<b>2125</b>		M20	1	00:00:02	01:00:46	<b>02:34:42.80</b>	<b>02:34:45.10</b>	+00:09:17 (6.0%)	7:01	8.5 (93.4%)
4	<b>CISZCZONIK Sebastian</b>	<b>2159</b>	SPORTIVA.PL	M30	2	00:00:02	01:01:59	<b>02:38:11.90</b>	<b>02:38:14.55</b>	+00:12:46 (8.1%)	7:11	8.3 (91.2%)
5	<b>KUJAWSKI Bartek</b>	<b>2059</b>	GRUPETTO GORLICE	M20	2	00:00:04	01:02:31	<b>02:41:24.80</b>	<b>02:41:29.25</b>	+00:15:59 (9.9%)	7:20	8.2 (90.1%)
6	<b>PRĘDKI Mirosław</b>	<b>2131</b>		M30	3	00:00:04	01:05:22	<b>02:45:05.05</b>	<b>02:45:09.80</b>	+00:19:39 (11.9%)	7:30	8 (87.9%)
7	<b>BAKALARZ Emil</b>	<b>2068</b>		M20	3	00:00:03	01:05:30	<b>02:52:53.55</b>	<b>02:52:57.20</b>	+00:27:27 (15.9%)	7:51	7.6 (83.5%)
8	<b>WAŁCZYK Krzysztof</b>	<b>2083</b>		M30	4	00:01:03	01:10:42	<b>02:55:21.50</b>	<b>02:56:24.65</b>	+00:29:55 (17.1%)	7:58	7.5 (82.4%)
9	<b>KNOPEK Robert</b>	<b>2144</b>		M30	5	00:00:06	01:08:30	<b>02:55:57.45</b>	<b>02:56:03.45</b>	+00:30:31 (17.4%)	7:59	7.5 (82.4%)
10	<b>FIJAŁKOWSKI Radosław</b>	<b>2142</b>	CROSSFIT GCW	M30	6	00:00:59	01:13:19	<b>02:59:45.50</b>	<b>03:00:45.40</b>	+00:34:19 (19.1%)	8:10	7.3 (80.2%)
11	<b>DUCKI Piotr</b>	<b>2170</b>	OTK RZEŹNIK	M30	7	00:01:01	01:14:46	<b>03:01:49.70</b>	<b>03:02:51.00</b>	+00:36:24 (20.0%)	8:15	7.3 (80.2%)
12	<b>WARSKI Patryk</b>	<b>2060</b>		M30	8	00:00:05	01:12:04	<b>03:03:25.40</b>	<b>03:03:30.55</b>	+00:37:59 (20.7%)	8:20	7.2 (79.1%)
13	<b>FOGIEL-PAWŁOWSKA Agnieszka</b>	<b>2168</b>	LOS BIEGANEROS	K30	1	00:01:02	01:13:29	<b>03:04:37.40</b>	<b>03:05:39.80</b>	+00:39:11 (21.2%)	8:23	7.1 (78.0%)
14	<b>SALIK Stanisław</b>	<b>2151</b>		M40	2	00:01:04	01:15:36	<b>03:05:45.50</b>	<b>03:06:50.25</b>	+00:40:19 (21.7%)	8:26	7.1 (78.0%)
15	<b>LUBAŃSKI Robert</b>	<b>2156</b>		M50	1	00:04:51	01:14:26	<b>03:06:18.25</b>	<b>03:11:09.30</b>	+00:40:52 (21.9%)	8:28	7.1 (78.0%)
16	<b>MISIEK Marek</b>	<b>2014</b>	POCZTOWA GRUPA BIEGOWA SPORTOWA PACZKA	M50	2	00:04:46	01:14:19	<b>03:06:21.85</b>	<b>03:11:08.60</b>	+00:40:56 (22.0%)	8:28	7.1 (78.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	8km	Czas netto 22km	Czas brutto 22km	Różn	Tempo min/km	Tempo km/h
17	<b>PAWLIŃSKI Adam</b>	<b>2132</b>	PRO-RUN WROCŁAW	M30	9	00:01:04	01:14:51	<b>03:07:46.15</b>	<b>03:08:50.20</b>	+00:42:20 (22.5%)	8:32	7 (76.9%)
18	<b>MORAWSKI Filip</b>	<b>2027</b>	FILIP MORAWSKI	M40	3	00:00:04	01:11:31	<b>03:08:41.05</b>	<b>03:08:45.40</b>	+00:43:15 (22.9%)	8:34	7 (76.9%)
19	<b>SUROWIEC Grzegorz</b>	<b>2120</b>	BESTA SP. Z O.O.	M30	10	00:02:48	01:14:16	<b>03:10:39.85</b>	<b>03:13:27.85</b>	+00:45:14 (23.7%)	8:39	6.9 (75.8%)
20	<b>MAZIARZ Damian</b>	<b>2047</b>	BIEGAJĄCY ŚWIDNIK	M30	11	00:01:51	01:16:52	<b>03:12:24.75</b>	<b>03:14:16.30</b>	+00:46:59 (24.4%)	8:44	6.9 (75.8%)
21	<b>BRYLONEK Grzegorz</b>	<b>2080</b>	RADIO WROCŁAW	M40	4	00:04:48	01:14:43	<b>03:12:43.10</b>	<b>03:17:31.85</b>	+00:47:17 (24.5%)	8:45	6.8 (74.7%)
22	<b>SKALSKI Radosław</b>	<b>2074</b>	KB AKTYWNI KONIN	M40	5	00:07:34	01:19:03	<b>03:13:24.85</b>	<b>03:20:59.55</b>	+00:47:59 (24.8%)	8:47	6.8 (74.7%)
23	<b>FLAK Łukasz</b>	<b>2049</b>	ZAPIERDALACZE	M30	12	02:15:33	01:20:48	<b>03:13:42.85</b>	<b>05:29:15.85</b>	+00:48:17 (24.9%)	8:48	6.8 (74.7%)
24	<b>GOLBA Łukasz</b>	<b>2063</b>	ZABIEGANI MIELEC	M30	13	00:01:02	01:16:50	<b>03:15:22.30</b>	<b>03:16:24.90</b>	+00:49:56 (25.6%)	8:52	6.8 (74.7%)
25	<b>TERESZKIEWICZ Joanna</b>	<b>2028</b>	PKO BP	K20	1	00:01:01	01:15:26	<b>03:15:22.50</b>	<b>03:16:24.30</b>	+00:49:56 (25.6%)	8:52	6.8 (74.7%)
26	<b>KWIECIEŃ Sebastian</b>	<b>2048</b>	ZAPIERDALACZE	M30	14	02:15:33	01:20:36	<b>03:15:41.55</b>	<b>05:31:14.55</b>	+00:50:15 (25.7%)	8:53	6.7 (73.6%)
27	<b>WAHL Daniel</b>	<b>2071</b>	T.S. AKS CHORZÓW	M30	15	00:03:49	01:11:37	<b>03:16:56.55</b>	<b>03:20:46.10</b>	+00:51:30 (26.2%)	8:57	6.7 (73.6%)
28	<b>CISKI Piotr</b>	<b>2128</b>		M40	6	00:01:03	01:18:43	<b>03:21:50.45</b>	<b>03:22:54.40</b>	+00:56:24 (27.9%)	9:10	6.5 (71.4%)
29	<b>KRUSZEWSKA-SENK Agnieszka</b>	<b>2062</b>	OBOZYBIEGOWE.PL	K30	2	00:01:06	01:20:22	<b>03:22:49.75</b>	<b>03:23:55.80</b>	+00:57:24 (28.3%)	9:13	6.5 (71.4%)
30	<b>BAR Tomasz</b>	<b>2064</b>		M30	16	00:03:48	01:18:30	<b>03:23:37.95</b>	<b>03:27:26.90</b>	+00:58:12 (28.6%)	9:15	6.5 (71.4%)
31	<b>ZIELIŃSKI Marek</b>	<b>2129</b>		M20	4	00:03:52	01:22:03	<b>03:23:52.75</b>	<b>03:27:45.40</b>	+00:58:27 (28.7%)	9:16	6.5 (71.4%)
32	<b>SZUBART Krzysztof</b>	<b>2157</b>		M40	7	00:05:38	01:25:28	<b>03:25:38.50</b>	<b>03:31:16.95</b>	+01:00:12 (29.3%)	9:20	6.4 (70.3%)
33	<b>PIETRASZEWSKI Witold</b>	<b>2126</b>	NETBOX BIEGA	M30	17	00:01:50	01:17:30	<b>03:25:45.85</b>	<b>03:27:35.95</b>	+01:00:20 (29.3%)	9:21	6.4 (70.3%)
34	<b>ŻULEWSKI Radosław</b>	<b>2101</b>		M20	5	00:01:55	01:24:58	<b>03:26:52.35</b>	<b>03:28:47.45</b>	+01:01:26 (29.7%)	9:24	6.4 (70.3%)
35	<b>ZAWAL Przemysław</b>	<b>2020</b>	REMBERTÓW TEAM	M30	18	00:01:50	01:18:21	<b>03:27:38.75</b>	<b>03:29:29.70</b>	+01:02:13 (30.0%)	9:26	6.4 (70.3%)
36	<b>POTĘGA Izabela</b>	<b>2046</b>	DELPHI RUNNING TEAM	K30	3	00:01:05	01:20:47	<b>03:27:48.25</b>	<b>03:28:53.35</b>	+01:02:22 (30.0%)	9:26	6.4 (70.3%)
37	<b>CZELNY Tomasz</b>	<b>2031</b>	SMASHING PĄPKINS	M30	19	00:00:05	01:19:04	<b>03:28:09.20</b>	<b>03:28:14.55</b>	+01:02:43 (30.1%)	9:27	6.3 (69.2%)
38	<b>BRAUN Krzysztof</b>	<b>2115</b>	SMARTOYS.PL	M40	8	00:03:53	01:24:37	<b>03:28:57.80</b>	<b>03:32:51.10</b>	+01:03:32 (30.4%)	9:29	6.3 (69.2%)
39	<b>JUSZCZAK Zbigniew</b>	<b>2092</b>	NIEZRZESZONY	M50	3	00:01:52	01:22:45	<b>03:29:05.95</b>	<b>03:30:58.40</b>	+01:03:40 (30.5%)	9:30	6.3 (69.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	8km	Czas netto 22km	Czas brutto 22km	Różn	Tempo min/km	Tempo km/h
40	<b>BURANDT Magdalena</b>	<b>2019</b>	123 TRI DRUŻYNA WILKA	K30	4	00:01:51	01:23:06	<b>03:29:20.05</b>	<b>03:31:11.80</b>	+01:03:54 (30.5%)	9:30	6.3 (69.2%)
41	<b>MOĆKO Jacek</b>	<b>2012</b>		M20	6	00:01:50	01:20:32	<b>03:29:37.05</b>	<b>03:31:27.95</b>	+01:04:11 (30.6%)	9:31	6.3 (69.2%)
42	<b>HYJEK Elżbieta</b>	<b>2040</b>		K40	1	00:01:54	01:27:09	<b>03:35:11.65</b>	<b>03:37:06.15</b>	+01:09:46 (32.4%)	9:46	6.1 (67.0%)
43	<b>ROWIŃSKI Michał</b>	<b>2043</b>	LUBAWA KOCHA BIEGAĆ	M30	20	00:01:02	01:23:40	<b>03:35:26.35</b>	<b>03:36:28.45</b>	+01:10:00 (32.5%)	9:47	6.1 (67.0%)
44	<b>KOKOSZKA Magdalena</b>	<b>2039</b>	ZABIEGANI MIELEC	K30	5	00:01:54	01:27:51	<b>03:37:15.35</b>	<b>03:39:09.60</b>	+01:11:49 (33.1%)	9:52	6.1 (67.0%)
45	<b>ĆWIKLINSKI Maciej</b>	<b>2065</b>		M40	9	00:03:53	01:21:26	<b>03:39:19.85</b>	<b>03:43:12.95</b>	+01:13:54 (33.7%)	9:58	6 (65.9%)
46	<b>ADAMCZYK Janusz</b>	<b>2073</b>		M40	10	00:03:50	01:24:21	<b>03:39:27.90</b>	<b>03:43:18.25</b>	+01:14:02 (33.7%)	9:58	6 (65.9%)
47	<b>CHWAŁA Artur</b>	<b>2165</b>		M30	21	00:02:48	01:27:08	<b>03:39:34.30</b>	<b>03:42:23.10</b>	+01:14:08 (33.8%)	9:58	6 (65.9%)
48	<b>GIMZICKA Ewa</b>	<b>2075</b>	BANDA I WANDA	K30	6	00:01:53	01:26:14	<b>03:40:57.40</b>	<b>03:42:50.85</b>	+01:15:31 (34.2%)	10:02	6 (65.9%)
49	<b>FRAĆKIEWICZ Karol</b>	<b>2105</b>		M40	11	00:02:49	01:31:54	<b>03:41:02.70</b>	<b>03:43:52.40</b>	+01:15:37 (34.2%)	10:02	6 (65.9%)
50	<b>BRYŁA Krzysztof</b>	<b>2079</b>	DRUŻYNA SZPIKU BIEGNIJMY.PL KOSZALIN	M40	12	00:01:53	01:26:42	<b>03:43:57.20</b>	<b>03:45:50.35</b>	+01:18:31 (35.1%)	10:10	5.9 (64.8%)
51	<b>KOBYLAŃSKI Piotr</b>	<b>2158</b>		M30	22	00:05:38	01:32:22	<b>03:47:11.15</b>	<b>03:52:50.10</b>	+01:21:45 (36.0%)	10:19	5.8 (63.7%)
52	<b>WIADERNA Nina</b>	<b>2021</b>		K30	7	00:02:50	01:33:07	<b>03:49:55.10</b>	<b>03:52:45.25</b>	+01:24:29 (36.7%)	10:27	5.7 (62.6%)
53	<b>KACZMAREK Karolina</b>	<b>2022</b>		K30	8	00:02:49	01:33:08	<b>03:49:55.90</b>	<b>03:52:45.55</b>	+01:24:30 (36.8%)	10:27	5.7 (62.6%)
54	<b>SIKORA Paweł</b>	<b>2149</b>	KRABOLUDZIE	M30	23	00:03:54	01:30:28	<b>03:52:48.55</b>	<b>03:56:43.45</b>	+01:27:22 (37.5%)	10:34	5.7 (62.6%)
55	<b>KMIEĆ Robert</b>	<b>2011</b>		M40	13	00:03:55	01:35:02	<b>03:54:26.60</b>	<b>03:58:21.90</b>	+01:29:00 (38.0%)	10:39	5.6 (61.5%)
56	<b>KREFT Dorota</b>	<b>2164</b>	KLUB WYSOKOGÓRSKI TRÓJMIASTO	K30	9	00:04:47	01:33:30	<b>03:55:10.85</b>	<b>03:59:58.35</b>	+01:29:45 (38.2%)	10:41	5.6 (61.5%)
57	<b>MARCINEK Łukasz</b>	<b>2016</b>	NIE TERAZ, POTEM	M30	24	00:04:47	01:33:39	<b>03:55:57.15</b>	<b>04:00:45.10</b>	+01:30:31 (38.4%)	10:43	5.6 (61.5%)
58	<b>STAWIARSKI Artur</b>	<b>2152</b>		M40	14	00:04:49	01:38:17	<b>03:56:56.15</b>	<b>04:01:46.00</b>	+01:31:30 (38.6%)	10:46	5.6 (61.5%)
59	<b>ZYGADLEWICZ Grzegorz</b>	<b>2112</b>		M30	25	00:02:50	01:30:31	<b>03:57:02.15</b>	<b>03:59:52.65</b>	+01:31:36 (38.6%)	10:46	5.6 (61.5%)
60	<b>PÓŁTORAK Katarzyna</b>	<b>2081</b>		K30	10	00:02:50	01:34:46	<b>03:57:31.65</b>	<b>04:00:21.75</b>	+01:32:06 (38.8%)	10:47	5.6 (61.5%)
61	<b>SOŁTYS Krzysztof</b>	<b>2017</b>		M40	15	00:04:46	01:34:31	<b>03:57:52.80</b>	<b>04:02:39.15</b>	+01:32:27 (38.9%)	10:48	5.5 (60.4%)
62	<b>MRUGAŁA Wojciech</b>	<b>2133</b>	KILOWATY RUNNERS	M20	7	00:02:53	01:28:22	<b>03:58:37.55</b>	<b>04:01:31.25</b>	+01:33:11 (39.1%)	10:50	5.5 (60.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	8km	Czas netto 22km	Czas brutto 22km	Różn	Tempo min/km	Tempo km/h
63	<b>SZUSZKIEWICZ Marzena</b>	<b>2111</b>		K40	2	00:02:51	01:34:12	<b>03:58:40.20</b>	<b>04:01:31.45</b>	+01:33:14 (39.1%)	10:50	5.5 (60.4%)
64	<b>OTAWSKI Maciej</b>	<b>2050</b>	ARCADIS RUNNING TEAM	M30	26	00:03:51	01:38:10	<b>03:59:53.85</b>	<b>04:03:45.55</b>	+01:34:28 (39.4%)	10:54	5.5 (60.4%)
65	<b>CEGLARZ Jacek</b>	<b>2153</b>		M30	27	00:04:46	01:39:50	<b>04:03:28.80</b>	<b>04:08:15.70</b>	+01:38:03 (40.3%)	11:04	5.4 (59.3%)
66	<b>KRUPCZYŃSKI Mariusz</b>	<b>2084</b>	KRUPOLS TEAM	M50	4	00:03:54	01:33:48	<b>04:04:08.10</b>	<b>04:08:02.15</b>	+01:38:42 (40.4%)	11:05	5.4 (59.3%)
67	<b>BRAUN Maria</b>	<b>2116</b>	SMARTOYS.PL	K30	11	00:08:37	01:42:05	<b>04:04:37.10</b>	<b>04:13:14.50</b>	+01:39:11 (40.5%)	11:07	5.4 (59.3%)
68	<b>GAŁUSZEK Michał</b>	<b>2045</b>	EPO RACING ADVENTURE TEAM	M20	8	00:04:49	01:36:03	<b>04:05:18.55</b>	<b>04:10:07.90</b>	+01:39:52 (40.7%)	11:09	5.4 (59.3%)
69	<b>MAŃKOWSKI Krzysztof</b>	<b>2033</b>	12TRI.PL MAKERUNEASIER	M30	28	00:06:36	01:41:33	<b>04:05:22.55</b>	<b>04:11:59.50</b>	+01:39:56 (40.7%)	11:09	5.4 (59.3%)
70	<b>SALAK Piotr</b>	<b>2122</b>		M40	16	00:02:52	01:26:08	<b>04:05:55.30</b>	<b>04:08:47.35</b>	+01:40:29 (40.9%)	11:10	5.4 (59.3%)
71	<b>KARPIŃSKI Robert</b>	<b>2096</b>	SPARTANIE DZIECIOM	M40	17	00:05:39	01:38:09	<b>04:06:38.55</b>	<b>04:12:17.55</b>	+01:41:12 (41.0%)	11:12	5.4 (59.3%)
72	<b>CHABKO Jacek</b>	<b>2066</b>	2. WOG WROCŁAW	M40	18	00:02:47	01:27:39	<b>04:06:53.95</b>	<b>04:09:41.50</b>	+01:41:28 (41.1%)	11:13	5.3 (58.2%)
73	<b>KREBS Marcin</b>	<b>2107</b>	RUN&SMILE PABIANICE	M30	29	00:04:48	01:41:45	<b>04:07:05.65</b>	<b>04:11:54.10</b>	+01:41:40 (41.1%)	11:13	5.3 (58.2%)
74	<b>ATRASZKIEWICZ Magda</b>	<b>2118</b>	F3TEAM	K40	3	00:08:30	01:34:11	<b>04:10:03.70</b>	<b>04:18:34.40</b>	+01:44:38 (41.8%)	11:22	5.3 (58.2%)
75	<b>DARŁAK Lucasz</b>	<b>2134</b>	SMASHING PĄPKINS	M20	9	00:02:48	01:39:03	<b>04:13:12.50</b>	<b>04:16:01.10</b>	+01:47:46 (42.6%)	11:30	5.2 (57.1%)
76	<b>BRUSZEWSKA- GŁOMBIOWSKA Monika</b>	<b>2052</b>		K40	4	00:04:50	01:42:43	<b>04:13:23.60</b>	<b>04:18:13.60</b>	+01:47:57 (42.6%)	11:31	5.2 (57.1%)
77	<b>PIETRZYKOWSKI Artur</b>	<b>2024</b>		M40	19	00:08:36	01:50:33	<b>04:14:00.20</b>	<b>04:22:36.95</b>	+01:48:34 (42.7%)	11:32	5.2 (57.1%)
78	<b>STODULSKI Tomasz</b>	<b>2015</b>		M30	30	00:08:34	01:50:36	<b>04:14:04.35</b>	<b>04:22:38.35</b>	+01:48:38 (42.8%)	11:32	5.2 (57.1%)
79	<b>POGORZELSKI Jacek</b>	<b>2032</b>		M40	20	00:04:49	01:39:24	<b>04:14:58.30</b>	<b>04:19:47.30</b>	+01:49:32 (43.0%)	11:35	5.2 (57.1%)
80	<b>PITAS Andrzej</b>	<b>2037</b>	ZAPIERDALACZE	M40	21	02:15:33	01:39:10	<b>04:15:02.85</b>	<b>06:30:35.85</b>	+01:49:37 (43.0%)	11:35	5.2 (57.1%)
81	<b>PITAS Piotr</b>	<b>2038</b>	ZAPIERDALACZE	M20	10	02:15:33	01:39:13	<b>04:15:15.65</b>	<b>06:30:48.65</b>	+01:49:50 (43.0%)	11:36	5.2 (57.1%)
82	<b>SERAFIN Paulina</b>	<b>2140</b>		K20	2	00:02:51	01:39:02	<b>04:16:40.25</b>	<b>04:19:31.60</b>	+01:51:14 (43.3%)	11:40	5.1 (56.0%)
83	<b>KOPERA Anna</b>	<b>2124</b>	KAMZIK TEAM	K40	5	00:08:35	01:41:25	<b>04:17:11.15</b>	<b>04:25:46.45</b>	+01:51:45 (43.5%)	11:41	5.1 (56.0%)
84	<b>KRUZEL Rafal</b>	<b>2018</b>	BIEGOWE MISIE	M40	22	00:04:48	01:50:59	<b>04:18:05.10</b>	<b>04:22:53.60</b>	+01:52:39 (43.7%)	11:43	5.1 (56.0%)
85	<b>SZCZEPANIAK Jadwiga</b>	<b>2067</b>	EVERRUN	K50	1	00:06:34	01:49:46	<b>04:18:58.15</b>	<b>04:25:33.10</b>	+01:53:32 (43.8%)	11:46	5.1 (56.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	8km	Czas netto 22km	Czas brutto 22km	Różn	Tempo min/km	Tempo km/h
86	<b>KOŚCIUCH Justyna</b>	<b>2166</b>		K40	6	00:07:46	01:37:06	<b>04:18:59.50</b>	<b>04:26:46.45</b>	+01:53:33 (43.8%)	11:46	5.1 (56.0%)
87	<b>HAUTON Monika</b>	<b>2013</b>	NIE TERAZ, POTEM	K30	12	00:07:36	01:45:19	<b>04:21:08.65</b>	<b>04:28:45.50</b>	+01:55:43 (44.3%)	11:52	5.1 (56.0%)
88	<b>ŁĄTKOWSKI Maciej</b>	<b>2119</b>	KB MANIAC ULTRA	M40	23	00:05:36	01:50:23	<b>04:24:15.00</b>	<b>04:29:51.75</b>	+01:58:49 (45.0%)	12:00	5 (54.9%)
89	<b>CZAJKA Joanna</b>	<b>2072</b>		K30	13	00:04:51	01:50:23	<b>04:25:00.40</b>	<b>04:29:51.95</b>	+01:59:34 (45.1%)	12:02	5 (54.9%)
90	<b>BIJOŚ Mirosław</b>	<b>2070</b>		M30	31	00:03:50	01:37:29	<b>04:25:18.40</b>	<b>04:29:08.65</b>	+01:59:52 (45.2%)	12:03	5 (54.9%)
91	<b>HORBACZEWSKI Marek</b>	<b>2155</b>		M50	5	00:07:33	01:45:14	<b>04:27:42.05</b>	<b>04:35:16.00</b>	+02:02:16 (45.7%)	12:10	4.9 (53.8%)
92	<b>KORNIŁOW Piotr</b>	<b>2167</b>		M40	24	00:05:38	01:52:03	<b>04:31:16.70</b>	<b>04:36:55.25</b>	+02:05:51 (46.4%)	12:19	4.9 (53.8%)
93	<b>ŁUKASIEWICZ Marcin</b>	<b>2148</b>	BOZONY HIGGSA	M20	11	00:03:52	01:42:11	<b>04:34:05.45</b>	<b>04:37:57.75</b>	+02:08:39 (46.9%)	12:27	4.8 (52.7%)
94	<b>GOWIN Wiktor</b>	<b>2147</b>	BOZONY HIGGSA	M20	12	00:03:51	01:42:11	<b>04:34:05.90</b>	<b>04:37:57.35</b>	+02:08:40 (46.9%)	12:27	4.8 (52.7%)
95	<b>PROCHWICZ Tomasz</b>	<b>2099</b>		M20	13	00:06:32	01:50:22	<b>04:36:23.20</b>	<b>04:42:56.05</b>	+02:10:57 (47.4%)	12:33	4.8 (52.7%)
96	<b>CZYZEWSKA Mariola</b>	<b>2026</b>	12TRI.PL DRUZYNA WILKA	K30	14	00:05:40	02:02:24	<b>04:37:11.30</b>	<b>04:42:51.70</b>	+02:11:45 (47.5%)	12:35	4.8 (52.7%)
97	<b>ŻYCHLIŃSKA Agata</b>	<b>2141</b>		K30	15	00:07:35	01:50:04	<b>04:37:54.65</b>	<b>04:45:30.05</b>	+02:12:29 (47.7%)	12:37	4.7 (51.6%)
98	<b>KRUPCZYŃSKI Szymon</b>	<b>2086</b>	KRUPOLS TEAM	M20	14	00:04:50	01:48:07	<b>04:39:36.85</b>	<b>04:44:27.40</b>	+02:14:11 (48.0%)	12:42	4.7 (51.6%)
99	<b>LEGENDZIEWICZ Iga</b>	<b>2069</b>		K30	16	00:05:39	01:50:07	<b>04:39:44.70</b>	<b>04:45:23.95</b>	+02:14:19 (48.0%)	12:42	4.7 (51.6%)
100	<b>ZIELONKA Adam</b>	<b>2121</b>	AMICUS AR	M50	6	00:05:37	01:50:37	<b>04:40:12.35</b>	<b>04:45:49.75</b>	+02:14:46 (48.1%)	12:44	4.7 (51.6%)
101	<b>ŚWIDERSKA Joanna</b>	<b>2143</b>		K20	3	00:07:34	01:50:04	<b>04:40:33.05</b>	<b>04:48:07.80</b>	+02:15:07 (48.2%)	12:45	4.7 (51.6%)
102	<b>POKRYWKA Stefan</b>	<b>2169</b>	NA BUCIE	M50	7	00:05:37	01:47:48	<b>04:42:37.45</b>	<b>04:48:14.85</b>	+02:17:11 (48.5%)	12:50	4.7 (51.6%)
103	<b>KOCIOŁEK Andrzej</b>	<b>2055</b>	KANCELARIA BIEGOWA STASZEWSKY	M40	25	00:07:32	01:44:28	<b>04:43:01.85</b>	<b>04:50:34.75</b>	+02:17:36 (48.6%)	12:51	4.7 (51.6%)
104	<b>ATRASZKIEWICZ Olga</b>	<b>2117</b>		K40	7	00:06:35	01:55:14	<b>04:44:05.25</b>	<b>04:50:41.10</b>	+02:18:39 (48.8%)	12:54	4.6 (50.5%)
105	<b>DZIAŁO Agnieszka</b>	<b>2041</b>		K30	17	00:03:54	01:47:42	<b>04:46:46.80</b>	<b>04:50:41.10</b>	+02:21:21 (49.3%)	13:02	4.6 (50.5%)
106	<b>SZEWCUK Sylwester</b>	<b>2127</b>		M30	32	00:06:32	01:54:10	<b>04:46:49.10</b>	<b>04:53:21.45</b>	+02:21:23 (49.3%)	13:02	4.6 (50.5%)
107	<b>SIWIŃSKI Jerzy</b>	<b>2023</b>	12TRI.PL DRUZYNA WILKA	M50	8	00:07:36	02:00:29	<b>04:49:44.55</b>	<b>04:57:20.55</b>	+02:24:18 (49.8%)	13:10	4.6 (50.5%)
108	<b>WÓJCIK Grażyna</b>	<b>2136</b>		K30	18	00:06:34	02:01:29	<b>04:49:48.95</b>	<b>04:56:23.80</b>	+02:24:23 (49.8%)	13:10	4.6 (50.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	8km	Czas netto 22km	Czas brutto 22km	Różn	Tempo min/km	Tempo km/h
109	<b>WÓJCIK Michał</b>	<b>2135</b>		M40	26	00:06:35	02:01:27	<b>04:49:49.85</b>	<b>04:56:24.95</b>	+02:24:24 (49.8%)	13:10	4.6 (50.5%)
110	<b>SELWA Katarzyna</b>	<b>2103</b>		K20	4	00:07:36	01:54:37	<b>04:51:01.65</b>	<b>04:58:38.40</b>	+02:25:36 (50.0%)	13:13	4.5 (49.5%)
111	<b>SNARSKA Katarzyna</b>	<b>2036</b>	ALBATROSY	K30	19	00:06:38	02:01:34	<b>04:52:17.55</b>	<b>04:58:55.55</b>	+02:26:51 (50.2%)	13:17	4.5 (49.5%)
112	<b>GORCZYCA Aneta</b>	<b>2094</b>		K30	20	00:05:39	02:02:45	<b>04:53:16.00</b>	<b>04:58:55.85</b>	+02:27:50 (50.4%)	13:19	4.5 (49.5%)
113	<b>KUCIŃSKA Magdalena</b>	<b>2100</b>	RUNRECORD.PL	K40	8	00:06:33	01:59:08	<b>04:57:18.80</b>	<b>05:03:52.70</b>	+02:31:53 (51.1%)	13:30	4.4 (48.4%)
114	<b>ORIOŁ-SIGNERSKA Monika</b>	<b>2053</b>	XTEAM KLUB SPORTOWY XTRI.PL	K40	9	00:05:41	02:04:05	<b>04:58:11.70</b>	<b>05:03:52.75</b>	+02:32:46 (51.2%)	13:33	4.4 (48.4%)
DQ	<b>JABŁOŃSKI Kazimierz</b>	<b>2093</b>		M60		DQ	02:04:37 DQ	<b>05:11:25.95</b> DQ	DQ		-	- (0.0%)
DQ	<b>DORSZEWSKA Bożena</b>	<b>2076</b>		K50		DQ	02:25:11 DQ	<b>05:15:16.80</b> DQ	DQ		-	- (0.0%)
DQ	<b>PODKÓWKA Zbigniew</b>	<b>2077</b>		M50		DQ	02:25:13 DQ	<b>05:15:23.60</b> DQ	DQ		-	- (0.0%)
DQ	<b>PERKOWSKI Tomasz</b>	<b>2162</b>		M30		DQ	02:16:03 DQ	<b>05:29:07.85</b> DQ	DQ		-	- (0.0%)
DQ	<b>GÓRA Daniel</b>	<b>2108</b>		M30		DQ	02:16:09 DQ	<b>05:29:18.05</b> DQ	DQ		-	- (0.0%)
DQ	<b>LOS Anna</b>	<b>2044</b>	TURLAM SIĘ TEAM	K40		DQ	02:21:41 DQ	<b>05:41:36.45</b> DQ	DQ		-	- (0.0%)
DQ	<b>STRZELECKI Artur</b>	<b>2078</b>		M50		DQ	02:14:18 DQ	<b>06:07:05.40</b> DQ	DQ		-	- (0.0%)
DQ	<b>JODŁOWSKA Wioletta</b>	<b>2054</b>	XTEAM KLUB SPORTOWY XTRI.PL	K40		DQ	02:34:43 DQ	<b>06:32:39.70</b> DQ	DQ		-	- (0.0%)
DQ	<b>PACANOWSKA Agnieszka</b>	<b>2034</b>	WEŁNICA BIEGA	K40		DQ	02:34:43 DQ	<b>06:36:02.60</b> DQ	DQ		-	- (0.0%)
DQ	<b>PACANOWSKI Robert</b>	<b>2035</b>	WEŁNICA BIEGA	M40		DQ	02:34:46 DQ	<b>06:36:04.50</b> DQ	DQ		-	- (0.0%)

Znaleziono 124 wynik(ów)