

# RZEŹNIK NA RATY - GENERALNA

B4SPORT  
INTELEKTUALNE ZAWODY SPORTOWE

**Event:** Festiwal Biegu Rzeźnika  
**Organiser:** Fundacja Bieg Rzeźnika  
**Date:** 2017-06-14  
**Place:** Cisna  
**Distance:** 78 km

**B4SPORT**  
INTELEKTUALNE ZAWODY SPORTOWE

Classification: All

Place	Participant	Number	Club	Category	MCat	Dzień 1	Dzień 2	Dzień 3	Net time 56km	Czas brutto 56km	Gap	Pace min/km	Pace km/h
1	<b>PIECH Kacper</b>	<b>2134</b>	ETAPOWATRIADA.PL/ASICS FRONTRUNNER POLSKA	M20	1	02:43:54.95	02:12:03.15	01:48:26.45	<b>06:44:18.00</b>	<b>06:44:24.55</b>		5:19	11.3 (100%)
2	<b>POLAŃSKI Tomasz</b>	<b>2005</b>	B4SPORT	M40	1	02:50:46.85	02:20:09.30	01:48:41.95	<b>06:59:30.70</b>	<b>06:59:38.10</b>	+00:15:13 (3.6%)	5:31	10.9 (96.5%)
3	<b>PAŁKA Tomasz</b>	<b>2023</b>	LUZYX	M30	1	03:08:23.95	02:24:37.75	01:55:31.85	<b>07:27:59.55</b>	<b>07:28:33.55</b>	+00:44:09 (9.8%)	5:53	10.2 (90.3%)
4	<b>MOĆKO Jacek</b>	<b>2026</b>		M20	2	03:15:12.80	02:25:35.35	01:57:33.45	<b>07:38:13.50</b>	<b>07:38:21.60</b>	+00:53:57 (11.8%)	6:01	10 (88.5%)
5	<b>PAWĘŻKA Mirosław</b>	<b>2039</b>	BANDA GRUDNIA / ORANGE POLSKA	M30	2	03:15:05.75	02:28:54.25	01:55:51.90	<b>07:39:43.00</b>	<b>07:39:51.90</b>	+00:55:27 (12.1%)	6:02	9.9 (87.6%)
6	<b>LUBAŃSKI Robert</b>	<b>2073</b>		M50	1	03:27:50.00	02:34:15.25	02:06:14.70	<b>08:08:09.60</b>	<b>08:08:19.95</b>	+01:23:55 (17.2%)	6:25	9.3 (82.3%)
7	<b>SKALSKI Radosław</b>	<b>2155</b>	KB AKTYWNI KONIN	M40	2	03:22:10.60	02:41:15.45	02:06:59.35	<b>08:10:14.40</b>	<b>08:10:25.40</b>	+01:26:00 (17.5%)	6:27	9.3 (82.3%)
8	<b>PYRKOSZ Damian</b>	<b>2029</b>		M40	3	03:33:12.90	02:40:37.00	02:09:09.85	<b>08:22:49.45</b>	<b>08:22:59.75</b>	+01:38:35 (19.6%)	6:36	9.1 (80.5%)
9	<b>PAPUGA Dariusz</b>	<b>2037</b>	ZADYSZKA OŚWIĘCIM	M50	2	03:34:02.10	02:43:32.50	02:07:08.00	<b>08:24:33.05</b>	<b>08:24:42.60</b>	+01:40:18 (19.9%)	6:38	9 (79.6%)
10	<b>GURGUL Sebastian</b>	<b>2019</b>	AROMAT NÓG	M30	3	03:36:26.40	02:44:15.60	02:07:22.50	<b>08:27:53.55</b>	<b>08:28:04.50</b>	+01:43:39 (20.4%)	6:40	9 (79.6%)
11	<b>LANGE Beata</b>	<b>2072</b>		K40	1	03:41:45.30	02:44:24.30	02:09:09.05	<b>08:35:05.80</b>	<b>08:35:18.65</b>	+01:50:54 (21.5%)	6:46	8.9 (78.8%)
12	<b>BUCZYŃSKI Adam</b>	<b>2097</b>	NOKIA KRAKÓW	M40	4	03:41:37.30	02:47:00.40	02:08:48.10	<b>08:37:12.05</b>	<b>08:37:25.80</b>	+01:53:01 (21.8%)	6:48	8.8 (77.9%)
13	<b>MAJER Damian</b>	<b>2088</b>	ROZBIEGANA KRUSZWICA	M40	5	03:41:42.25	02:44:15.60	02:15:32.35	<b>08:41:21.00</b>	<b>08:41:30.20</b>	+01:57:05 (22.5%)	6:51	8.7 (77.0%)
14	<b>SALSKI Rafał</b>	<b>2076</b>	1968	M40	6	03:42:31.20	02:52:47.50	02:14:57.95	<b>08:50:06.80</b>	<b>08:50:16.65</b>	+02:05:52 (23.7%)	6:58	8.6 (76.1%)
15	<b>RYCHTER Karol</b>	<b>2131</b>	RYCHTEROWIE	M40	7	03:50:54.70	02:42:44.50	02:18:34.90	<b>08:52:02.10</b>	<b>08:52:14.10</b>	+02:07:49 (24.0%)	7:00	8.6 (76.1%)
16	<b>SAMEREK Dariusz</b>	<b>2136</b>		M30	4	04:06:21.35	02:48:31.70	02:16:38.90	<b>09:11:18.00</b>	<b>09:11:31.95</b>	+02:27:07 (26.7%)	7:15	8.3 (73.5%)

Place	Participant	Number	Club	Category	MCat	Dzień 1	Dzień 2	Dzień 3	Net time 56km	Czas brutto 56km	Gap	Pace min/km	Pace km/h
17	<b>CZELNY Tomasz</b>	<b>2016</b>	SMASHING PAPKINS	M30	5	03:53:48.45	02:59:59.10	02:21:05.40	<b>09:14:32.10</b>	<b>09:14:52.95</b>	+02:30:28 (27.1%)	7:17	8.2 (72.6%)
18	<b>SYDORUK Aleksander</b>	<b>2046</b>	12TRI.PL SS DRUŻYNA WILKA	M40	8	03:46:45.05	02:59:09.00	02:29:03.75	<b>09:14:47.15</b>	<b>09:14:57.80</b>	+02:30:33 (27.1%)	7:17	8.2 (72.6%)
19	<b>SEICHTER Adam</b>	<b>2110</b>	PRORUNNING PROMOTION	M40	9	03:52:58.55	03:04:25.35	02:20:48.70	<b>09:17:56.40</b>	<b>09:18:12.60</b>	+02:33:48 (27.6%)	7:20	8.2 (72.6%)
20	<b>KACZMARCZYK Urszula</b>	<b>2048</b>	PRO - RUN WROCŁAW / KARKONOSZ RUNNING TEAM	K30	1	03:58:24.50	02:56:35.50	02:23:21.55	<b>09:18:07.30</b>	<b>09:18:21.55</b>	+02:33:57 (27.6%)	7:20	8.2 (72.6%)
21	<b>WAREĆKA Kasia</b>	<b>2069</b>		K20	1	04:01:26.00	02:58:09.95	02:23:21.55	<b>09:22:42.65</b>	<b>09:22:57.50</b>	+02:38:32 (28.2%)	7:24	8.1 (71.7%)
22	<b>KOZIŃSKI Marek</b>	<b>2111</b>	RUN BYDGOSZCZ	M30	6	03:41:25.05	03:12:54.35	02:30:50.25	<b>09:24:57.40</b>	<b>09:25:09.65</b>	+02:40:45 (28.4%)	7:26	8.1 (71.7%)
23	<b>WALCZAK Agnieszka</b>	<b>2102</b>	PKO BP SA	K40	2	04:07:29.75	03:00:23.75	02:25:20.15	<b>09:32:50.95</b>	<b>09:33:13.65</b>	+02:48:49 (29.5%)	7:32	8 (70.8%)
24	<b>TOMCZAK Agnieszka</b>	<b>2054</b>		K40	3	04:04:01.20	03:03:27.40	02:26:25.10	<b>09:33:35.80</b>	<b>09:33:53.70</b>	+02:49:29 (29.5%)	7:32	8 (70.8%)
25	<b>JASKULSKI Karol</b>	<b>2119</b>	MARMEL	M30	7	04:06:21.60	03:03:27.75	02:26:13.45	<b>09:35:47.10</b>	<b>09:36:02.80</b>	+02:51:38 (29.8%)	7:34	7.9 (69.9%)
26	<b>STODOLNY Krzysztof</b>	<b>2074</b>		M50	3	04:02:53.75	03:01:42.25	02:31:51.80	<b>09:36:13.05</b>	<b>09:36:27.80</b>	+02:52:03 (29.8%)	7:34	7.9 (69.9%)
27	<b>WIADERNA Nina</b>	<b>2027</b>		K30	2	04:03:30.55	03:03:51.20	02:30:36.70	<b>09:37:41.05</b>	<b>09:37:58.45</b>	+02:53:33 (30.0%)	7:36	7.9 (69.9%)
28	<b>SZOPIŃSKA Agnieszka</b>	<b>2052</b>		K30	3	04:05:12.00	03:07:34.70	02:25:55.90	<b>09:38:25.75</b>	<b>09:38:42.60</b>	+02:54:18 (30.1%)	7:36	7.9 (69.9%)
29	<b>STASICA Arkadiusz</b>	<b>2099</b>	NIEZRZESZONY	M50	4	04:09:01.30	03:05:19.85	02:30:43.20	<b>09:44:37.30</b>	<b>09:45:04.35</b>	+03:00:39 (30.9%)	7:41	7.8 (69.0%)
30	<b>MAJOR Zby</b>	<b>2015</b>	NIGHT RUNNERS	M40	10	04:09:32.65	03:08:29.35	02:28:54.10	<b>09:46:35.50</b>	<b>09:46:56.10</b>	+03:02:31 (31.1%)	7:43	7.8 (69.0%)
31	<b>DZIEDZINA Tomasz</b>	<b>2021</b>	NIGHT RUNNERS	M30	8	04:09:32.70	03:08:29.45	02:28:54.15	<b>09:46:38.40</b>	<b>09:46:56.30</b>	+03:02:31 (31.1%)	7:43	7.8 (69.0%)
32	<b>NOWAK Jarosław</b>	<b>2032</b>	SPC TORUŃ	M40	11	04:10:17.15	03:08:12.15	02:36:07.10	<b>09:54:12.20</b>	<b>09:54:36.40</b>	+03:10:11 (32.0%)	7:49	7.7 (68.1%)
33	<b>CEGIEŁKO Paweł</b>	<b>2121</b>		M40	12	04:34:45.30	02:57:26.60	02:23:22.65	<b>09:55:08.05</b>	<b>09:55:34.55</b>	+03:11:10 (32.1%)	7:49	7.7 (68.1%)
34	<b>SZOŁTYSEK Wojciech</b>	<b>2047</b>	OCHAJORUN&FRIENDS	M40	13	04:07:29.90	03:12:23.45	02:36:39.40	<b>09:56:08.45</b>	<b>09:56:32.75</b>	+03:12:08 (32.2%)	7:50	7.6 (67.3%)
35	<b>STEGNER Anna</b>	<b>2055</b>		K40	4	04:16:20.15	03:11:17.45	02:33:03.65	<b>10:00:23.20</b>	<b>10:00:41.25</b>	+03:16:16 (32.7%)	7:53	7.6 (67.3%)
36	<b>SZPAIDEL Paweł</b>	<b>2014</b>		M30	9	04:18:02.80	03:18:58.85	02:32:05.45	<b>10:08:44.95</b>	<b>10:09:07.10</b>	+03:24:42 (33.6%)	8:00	7.5 (66.4%)
37	<b>PODLASZEWSKI Jacek</b>	<b>2077</b>	VENI,CUCURRI,VICI	M40	14	04:23:00.80	03:08:11.90	02:39:12.15	<b>10:10:02.00</b>	<b>10:10:24.85</b>	+03:26:00 (33.7%)	8:01	7.5 (66.4%)
38	<b>LIBEREK Renata</b>	<b>2062</b>		K40	5	04:16:11.75	03:19:58.20	02:36:38.50	<b>10:12:22.90</b>	<b>10:12:48.45</b>	+03:28:23 (34.0%)	8:03	7.4 (65.5%)
39	<b>FUKS Wiktoria</b>	<b>2018</b>	NIGHT RUNNERS +	K20	2	04:16:50.75	03:19:10.10	02:37:37.90	<b>10:13:19.15</b>	<b>10:13:38.75</b>	+03:29:14 (34.1%)	8:04	7.4 (65.5%)
40	<b>DOMINIAK Michał</b>	<b>2138</b>	KB OŻARÓW MAZOWIECKI BIEGA	M30	10	04:42:56.30	03:11:14.55	02:23:11.95	<b>10:17:00.45</b>	<b>10:17:22.80</b>	+03:32:58 (34.5%)	8:07	7.4 (65.5%)

Place	Participant	Number	Club	Category	MCat	Dzień 1	Dzień 2	Dzień 3	Net time 56km	Czas brutto 56km	Gap	Pace min/km	Pace km/h
41	<b>KOWALSKA Justyna</b>	<b>2094</b>	MORSY OŚNO LUBUSKIE	K30	4	04:23:53.10	03:17:22.50	02:37:32.80	<b>10:18:23.10</b>	<b>10:18:48.40</b>	+03:34:23 (34.6%)	8:08	7.4 (65.5%)
42	<b>ODYA Marcin</b>	<b>2080</b>	EASY RUNNER	M40	15	04:25:02.60	03:16:33.30	02:42:29.60	<b>10:23:49.85</b>	<b>10:24:05.50</b>	+03:39:40 (35.2%)	8:12	7.3 (64.6%)
43	<b>WILCZAK Katarzyna</b>	<b>2043</b>		K20	3	04:30:38.35	03:11:14.70	02:43:16.75	<b>10:24:46.95</b>	<b>10:25:09.80</b>	+03:40:45 (35.3%)	8:13	7.3 (64.6%)
44	<b>ZAJAC Andrzej</b>	<b>2130</b>	NOKIA KRAKÓW	M40	16	04:28:45.00	03:20:23.00	02:37:30.70	<b>10:25:46.10</b>	<b>10:26:38.70</b>	+03:42:14 (35.5%)	8:14	7.3 (64.6%)
45	<b>SLENDAK Jacek</b>	<b>2041</b>	HUSARIA RACE TEAM	M20	3	04:42:56.50	03:18:08.20	02:26:28.00	<b>10:27:08.25</b>	<b>10:27:32.70</b>	+03:43:08 (35.6%)	8:15	7.3 (64.6%)
46	<b>RYCHTER Marcin</b>	<b>2115</b>	RYCHTEROWIE	M40	17	04:11:46.40	03:25:20.50	02:53:58.75	<b>10:30:43.60</b>	<b>10:31:05.65</b>	+03:46:41 (35.9%)	8:17	7.2 (63.7%)
47	<b>BARTŁOMIEJSKA Urszula</b>	<b>2060</b>		K30	5	04:28:52.25	03:25:56.05	02:37:25.90	<b>10:31:56.05</b>	<b>10:32:14.20</b>	+03:47:49 (36.0%)	8:18	7.2 (63.7%)
48	<b>STEFANCZYK Monika</b>	<b>2003</b>	VEGE RUNNERS	K30	6	04:24:29.80	03:21:59.85	02:45:56.70	<b>10:31:50.70</b>	<b>10:32:26.35</b>	+03:48:01 (36.1%)	8:18	7.2 (63.7%)
49	<b>ZAMOJSKI Bogumił</b>	<b>2057</b>		M40	18	04:28:56.70	03:23:50.35	02:45:57.95	<b>10:38:17.80</b>	<b>10:38:45.00</b>	+03:54:20 (36.7%)	8:23	7.1 (62.8%)
50	<b>RAFAŁ Eliza</b>	<b>2065</b>		K30	7	04:35:00.90	03:30:37.15	02:39:40.90	<b>10:45:05.20</b>	<b>10:45:18.95</b>	+04:00:54 (37.3%)	8:29	7.1 (62.8%)
51	<b>GULAN Norbert</b>	<b>2129</b>	MOYA MATCHA	M30	11	04:18:49.05	03:38:40.40	02:50:10.90	<b>10:46:57.20</b>	<b>10:47:40.35</b>	+04:03:15 (37.6%)	8:30	7 (61.9%)
52	<b>LEHMANN Lukasz</b>	<b>2133</b>		M30	12	04:42:56.15	03:29:40.95	02:39:22.75	<b>10:51:43.65</b>	<b>10:51:59.85</b>	+04:07:35 (38.0%)	8:34	7 (61.9%)
53	<b>ONAK Izabela</b>	<b>2058</b>	OCHAJORUN & FRIENDS	K40	6	04:47:04.70	03:28:13.55	02:50:33.80	<b>11:05:25.15</b>	<b>11:05:52.05</b>	+04:21:27 (39.3%)	8:45	6.9 (61.1%)
54	<b>SIEDLACZEK Zbigniew</b>	<b>2024</b>	SKLEP BIEGACZA LUBLIN TEAM	M60	1	04:29:45.25	03:35:46.85	03:01:36.60	<b>11:06:47.05</b>	<b>11:07:08.70</b>	+04:22:44 (39.4%)	8:46	6.8 (60.2%)
55	<b>USZYŃSKI Grzegorz</b>	<b>2141</b>	OTK RZEŹNIK	M40	19	04:46:48.60	03:35:55.15	02:46:44.05	<b>11:08:36.85</b>	<b>11:09:27.80</b>	+04:25:03 (39.6%)	8:47	6.8 (60.2%)
56	<b>RYŁKO Mariola</b>	<b>2084</b>	SOLINA TEAM	K40	7	04:50:19.90	03:33:32.95	02:50:21.25	<b>11:13:38.50</b>	<b>11:14:14.10</b>	+04:29:49 (40.0%)	8:51	6.8 (60.2%)
57	<b>BALICKI Marcin</b>	<b>2083</b>		M30	13	05:00:33.10	03:38:28.35	02:39:42.50	<b>11:18:11.65</b>	<b>11:18:43.95</b>	+04:34:19 (40.4%)	8:55	6.7 (59.3%)
58	<b>ŻAK Oliwia</b>	<b>2011</b>	PIASECZNO RUNNING	K30	8	04:40:47.15	03:40:37.95	03:01:36.45	<b>11:22:37.70</b>	<b>11:23:01.55</b>	+04:38:37 (40.8%)	8:58	6.7 (59.3%)
59	<b>PLISZCZYŃSKA Justyna</b>	<b>2063</b>	INSANE RUNNERS	K40	8	05:00:07.80	03:33:10.55	02:50:21.00	<b>11:23:13.65</b>	<b>11:23:39.35</b>	+04:39:14 (40.8%)	8:59	6.7 (59.3%)
60	<b>ZIELIŃSKI Łukasz</b>	<b>2103</b>		M40	20	04:59:10.55	03:37:59.40	02:48:19.10	<b>11:24:58.65</b>	<b>11:25:29.05</b>	+04:41:04 (41.0%)	9:00	6.7 (59.3%)
61	<b>PRYCIŃSKA Wiesława</b>	<b>2112</b>	CAFE SZKOLNA 16	K40	9	04:46:48.50	03:45:26.60	02:55:33.30	<b>11:27:29.60</b>	<b>11:27:48.40</b>	+04:43:23 (41.2%)	9:02	6.6 (58.4%)
62	<b>PRYCINSKI Krzysztof</b>	<b>2113</b>	CAFE SZKOLNA 16	M40	21	04:46:48.85	03:45:26.50	02:55:34.55	<b>11:27:29.05</b>	<b>11:27:49.90</b>	+04:43:25 (41.2%)	9:02	6.6 (58.4%)
63	<b>ŁYSAKIEWICZ Paweł</b>	<b>1886</b>	JACEKBIEGA RUNNING TEAM	M30	14	04:36:41.20	03:59:29.55	02:56:07.45	<b>11:31:59.30</b>	<b>11:32:18.20</b>	+04:47:53 (41.6%)	9:06	6.6 (58.4%)
64	<b>KAMINSKA Karolina</b>	<b>2127</b>	SHELL KRAKÓW / LES FAMES COURANT DANS LES FORETS	K30	9	04:47:33.10	03:43:43.15	03:01:16.45	<b>11:31:56.35</b>	<b>11:32:32.70</b>	+04:48:08 (41.6%)	9:06	6.6 (58.4%)

Place	Participant	Number	Club	Category	MCat	Dzień 1	Dzień 2	Dzień 3	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
									56km	56km			
65	<b>WOJCIUK Tomasz</b>	<b>2109</b>		M30	15	04:57:34.55	03:36:34.05	03:02:39.00	<b>11:36:17.15</b>	<b>11:36:47.60</b>	+04:52:23 (42.0%)	9:09	6.5 (57.5%)
66	<b>SREBRNY Mirosław</b>	<b>2075</b>		M40	22	04:57:20.35	03:43:06.20	02:58:37.00	<b>11:38:25.70</b>	<b>11:39:03.55</b>	+04:54:39 (42.1%)	9:11	6.5 (57.5%)
67	<b>PLASZCZYK Tomasz</b>	<b>2125</b>	SZTAFETA NADZIEI	M40	23	04:57:20.60	03:43:06.05	02:58:39.20	<b>11:38:23.20</b>	<b>11:39:05.85</b>	+04:54:41 (42.2%)	9:11	6.5 (57.5%)
68	<b>MAĆZKA Krystyna</b>	<b>2002</b>	OTK RZEŹNIK	K60	1	04:58:26.05	03:48:59.35	02:55:33.95	<b>11:42:01.45</b>	<b>11:42:59.35</b>	+04:58:34 (42.5%)	9:14	6.5 (57.5%)
69	<b>SAWICKI Bartosz</b>	<b>2093</b>	JACEKBIEGA RUNNING TEAM	M30	16	04:46:59.00	03:59:27.25	02:57:13.70	<b>11:43:19.95</b>	<b>11:43:39.95</b>	+04:59:15 (42.5%)	9:15	6.5 (57.5%)
70	<b>MILCZAREK Jacek</b>	<b>2067</b>	PEŁZACZ NIZINNY	M30	17	05:12:04.90	03:53:06.80	02:42:05.05	<b>11:46:44.75</b>	<b>11:47:16.75</b>	+05:02:52 (42.8%)	9:17	6.5 (57.5%)
71	<b>PIETYRA Karolina</b>	<b>2045</b>		K30	10	04:55:06.30	03:50:29.40	03:03:44.00	<b>11:48:50.30</b>	<b>11:49:19.70</b>	+05:04:55 (43.0%)	9:19	6.4 (56.6%)
72	<b>LASKOWSKI Marcin</b>	<b>2068</b>	PEŁZACZ NIZINNY	M40	24	05:12:06.25	03:53:08.20	02:46:13.65	<b>11:50:52.90</b>	<b>11:51:28.10</b>	+05:07:03 (43.2%)	9:21	6.4 (56.6%)
73	<b>CZAJKA Joanna</b>	<b>2116</b>		K30	11	04:57:46.65	03:56:55.25	03:06:40.60	<b>12:00:49.60</b>	<b>12:01:22.50</b>	+05:16:57 (43.9%)	9:29	6.3 (55.8%)
74	<b>KUKAWSKA Joanna</b>	<b>2000</b>	COCA COLA RUNNERS	K50	1	05:25:27.55	03:45:36.50	02:54:11.10	<b>12:04:44.90</b>	<b>12:05:15.15</b>	+05:20:50 (44.2%)	9:32	6.3 (55.8%)
75	<b>JUSZCZAK Zbigniew</b>	<b>2101</b>	NIEZRZESZONY	M50	5	05:01:44.30	03:56:10.75	03:08:08.90	<b>12:05:11.60</b>	<b>12:06:03.95</b>	+05:21:39 (44.3%)	9:32	6.3 (55.8%)
76	<b>JUSZCZAK Anna</b>	<b>2100</b>		K50	2	05:01:44.45	03:56:11.20	03:08:09.00	<b>12:05:14.30</b>	<b>12:06:04.65</b>	+05:21:40 (44.3%)	9:32	6.3 (55.8%)
77	<b>PRZYBYŁO Janusz</b>	<b>2090</b>		M60	2	05:12:03.80	03:55:24.70	03:09:19.10	<b>12:16:00.95</b>	<b>12:16:47.60</b>	+05:32:23 (45.1%)	9:41	6.2 (54.9%)
78	<b>MORAWSKA Anna</b>	<b>2001</b>		K60	2	05:08:46.75	03:55:08.70	03:14:08.10	<b>12:17:25.60</b>	<b>12:18:03.55</b>	+05:33:39 (45.2%)	9:42	6.2 (54.9%)
79	<b>JAWOROWICZ Dobrochna</b>	<b>2053</b>		K40	10	05:06:31.60	04:04:32.45	03:14:29.65	<b>12:25:03.90</b>	<b>12:25:33.70</b>	+05:41:09 (45.8%)	9:48	6.1 (54.0%)
80	<b>JANOWSKA Agnieszka</b>	<b>2117</b>	SZATANY	K30	12	04:47:10.30	03:58:15.70	03:41:19.30	<b>12:26:24.60</b>	<b>12:26:45.30</b>	+05:42:20 (45.8%)	9:49	6.1 (54.0%)
81	<b>SUŁEK Cezary</b>	<b>2033</b>		M40	25	05:29:32.20	04:03:32.80	02:55:42.50	<b>12:28:21.80</b>	<b>12:28:47.50</b>	+05:44:22 (46.0%)	9:50	6.1 (54.0%)
82	<b>RADZIŃSKA-KAMYSZEK Ewa</b>	<b>2042</b>	SPC	K50	3	05:23:51.75	03:59:08.40	03:06:51.35	<b>12:29:22.15</b>	<b>12:29:51.50</b>	+05:45:26 (46.1%)	9:51	6.1 (54.0%)
83	<b>WŁODARCZYK Teresa</b>	<b>2044</b>	SPC	K50	4	05:39:12.05	03:53:46.70	02:58:28.35	<b>12:30:48.15</b>	<b>12:31:27.10</b>	+05:47:02 (46.2%)	9:52	6.1 (54.0%)
84	<b>COFALSKI Jakub</b>	<b>2081</b>		M30	18	05:39:20.15	03:53:46.80	02:58:28.45	<b>12:31:01.90</b>	<b>12:31:35.40</b>	+05:47:10 (46.2%)	9:52	6.1 (54.0%)
85	<b>RACZKOWSKA Beata</b>	<b>2078</b>		K50	5	05:16:09.15	04:04:55.10	03:14:53.30	<b>12:35:23.35</b>	<b>12:35:57.55</b>	+05:51:33 (46.5%)	9:56	6 (53.1%)
86	<b>MAJ Anna</b>	<b>2071</b>		K40	11	05:16:09.40	04:04:55.20	03:14:53.30	<b>12:35:27.85</b>	<b>12:35:57.90</b>	+05:51:33 (46.5%)	9:56	6 (53.1%)
87	<b>RACZKOWSKI Jacek</b>	<b>2079</b>		M50	6	05:16:09.60	04:04:55.50	03:14:53.45	<b>12:35:24.75</b>	<b>12:35:58.55</b>	+05:51:34 (46.5%)	9:56	6 (53.1%)
88	<b>DROZD Ola</b>	<b>2092</b>		K40	12	04:50:09.65	04:16:35.60	03:33:43.95	<b>12:39:55.15</b>	<b>12:40:29.20</b>	+05:56:04 (46.8%)	9:59	6 (53.1%)

Place	Participant	Number	Club	Category	MCat	Dzień 1	Dzień 2	Dzień 3	Net time 56km	Czas brutto 56km	Gap	Pace min/km	Pace km/h
89	<b>SZCZEPKOWSKI Paweł</b>	<b>2056</b>	ARTEQUIPMENT	M60	3	05:02:14.40	04:08:53.10	03:32:40.70	<b>12:43:20.00</b>	<b>12:43:48.20</b>	+05:59:23 (47.1%)	10:02	6 (53.1%)
90	<b>FURMAN Agnieszka</b>	<b>2012</b>	OCHAJO RUN&FRIENDS	K30	13	05:02:16.10	04:13:57.25	03:28:12.70	<b>12:43:51.45</b>	<b>12:44:26.05</b>	+06:00:01 (47.1%)	10:03	6 (53.1%)
91	<b>TRZCIŃSKI Sebastian</b>	<b>2066</b>	PEŁZACZ NIZINNY	M30	19	06:13:28.10	03:49:36.30	02:46:12.30	<b>12:48:43.25</b>	<b>12:49:16.70</b>	+06:04:52 (47.4%)	10:06	5.9 (52.2%)
92	<b>MODZELEWSKA Karolina</b>	<b>2028</b>	SPC	K30	14	05:39:21.35	03:57:04.35	03:14:41.45	<b>12:50:37.45</b>	<b>12:51:07.15</b>	+06:06:42 (47.6%)	10:08	5.9 (52.2%)
93	<b>ZAWROTNIAK Mariusz</b>	<b>2105</b>		M30	20	05:19:04.55	04:18:53.30	03:14:51.60	<b>12:52:13.05</b>	<b>12:52:49.45</b>	+06:08:24 (47.7%)	10:09	5.9 (52.2%)
94	<b>PERKOWSKI Tomasz</b>	<b>2122</b>	EUROCASH	M30	21	05:19:04.70	04:18:53.55	03:14:51.70	<b>12:52:07.35</b>	<b>12:52:49.95</b>	+06:08:25 (47.7%)	10:09	5.9 (52.2%)
95	<b>DOBZYŃSKA Małgorzata</b>	<b>2030</b>	SPC	K50	6	05:24:04.70	04:08:25.95	03:25:51.00	<b>12:57:50.30</b>	<b>12:58:21.65</b>	+06:13:57 (48.0%)	10:14	5.9 (52.2%)
96	<b>BAK Andrzej</b>	<b>2137</b>	SPC	M40	26	05:39:23.10	04:24:52.95	02:58:28.15	<b>13:02:03.40</b>	<b>13:02:44.20</b>	+06:18:19 (48.3%)	10:17	5.8 (51.3%)
97	<b>JAWORSKI Bartłomiej</b>	<b>2034</b>	SPC	M20	4	05:17:55.90	04:08:23.25	03:43:14.80	<b>13:08:57.35</b>	<b>13:09:33.95</b>	+06:25:09 (48.8%)	10:22	5.8 (51.3%)
98	<b>PIĄTEK Filip</b>	<b>2118</b>	SZATANY	M30	22	04:57:07.50	04:20:27.20	03:56:02.65	<b>13:13:17.20</b>	<b>13:13:37.35</b>	+06:29:12 (49.0%)	10:26	5.7 (50.4%)
99	<b>GÓRA Natalia</b>	<b>2082</b>		K20	4	05:29:14.85	04:04:25.10	03:45:23.65	<b>13:18:48.65</b>	<b>13:19:03.60</b>	+06:34:39 (49.4%)	10:30	5.7 (50.4%)
100	<b>BŁASIŃSKA Żaneta</b>	<b>2064</b>		K40	13	05:39:12.90	04:16:06.50	03:27:56.90	<b>13:22:39.55</b>	<b>13:23:16.30</b>	+06:38:51 (49.7%)	10:33	5.7 (50.4%)
101	<b>BAKA Mateusz</b>	<b>2022</b>	GTS TRADYCJA	M20	5	05:33:55.45	04:24:52.05	03:26:21.95	<b>13:24:17.80</b>	<b>13:25:09.45</b>	+06:40:44 (49.8%)	10:34	5.7 (50.4%)
102	<b>BAKA Marcin</b>	<b>2017</b>	GTS TRADYCJA	M50	7	05:33:55.65	04:24:58.05	03:26:22.00	<b>13:24:24.35</b>	<b>13:25:15.70</b>	+06:40:51 (49.8%)	10:35	5.7 (50.4%)
103	<b>ŁADNIAK Jerzy</b>	<b>2098</b>	NIEZRZESZONY	M50	8	05:39:14.00	04:18:58.05	03:28:20.90	<b>13:25:54.50</b>	<b>13:26:32.95</b>	+06:42:08 (49.9%)	10:36	5.7 (50.4%)
104	<b>OBARSKI Norbert</b>	<b>2096</b>		M50	9	05:50:45.85	04:15:31.20	03:41:02.30	<b>13:46:36.75</b>	<b>13:47:19.35</b>	+07:02:54 (51.1%)	10:52	5.5 (48.7%)
105	<b>ŁUCZAK Adrian</b>	<b>2132</b>	THE CAKE IS A LIE	M20	6	05:52:02.05	04:27:15.60	03:28:52.65	<b>13:47:38.95</b>	<b>13:48:10.30</b>	+07:03:45 (51.2%)	10:53	5.5 (48.7%)
106	<b>MARONDEL Katarzyna</b>	<b>2007</b>	FESTIWAL BIEGOWY	K30	15	05:51:56.75	04:28:19.90	03:32:31.20	<b>13:52:04.85</b>	<b>13:52:47.85</b>	+07:08:23 (51.4%)	10:56	5.5 (48.7%)
107	<b>DORSZEWSKA Bożena</b>	<b>2107</b>		K50	7	05:43:00.05	04:38:30.90	03:40:53.50	<b>14:01:59.30</b>	<b>14:02:24.45</b>	+07:17:59 (52.0%)	11:04	5.4 (47.8%)
108	<b>PODKÓWKA Zbigniew</b>	<b>2108</b>		M50	10	05:43:03.60	04:38:35.75	03:40:58.95	<b>14:02:11.80</b>	<b>14:02:38.30</b>	+07:18:13 (52.0%)	11:04	5.4 (47.8%)
109	<b>STRZELECKI Artur</b>	<b>2139</b>		M50	11	05:34:53.65	04:46:22.25	03:45:33.70	<b>14:06:17.20</b>	<b>14:06:49.60</b>	+07:22:25 (52.2%)	11:08	5.4 (47.8%)
110	<b>ROGACKA-RZEPKA Maria</b>	<b>2070</b>		K40	14	05:51:39.95	04:33:02.95	03:45:38.60	<b>14:09:36.90</b>	<b>14:10:21.50</b>	+07:25:56 (52.4%)	11:10	5.4 (47.8%)
111	<b>MOCZADŁO Maria</b>	<b>2035</b>	SPC	K40	15	06:07:05.85	04:39:07.10	03:58:21.70	<b>14:43:55.80</b>	<b>14:44:34.65</b>	+08:00:10 (54.3%)	11:37	5.2 (46.0%)
112	<b>DUBAS Mateusz</b>	<b>2089</b>	SPORTID	M20	7	05:51:38.10	04:47:15.80	04:15:40.50	<b>14:54:08.80</b>	<b>14:54:34.40</b>	+08:10:09 (54.8%)	11:45	5.1 (45.1%)

Place	Participant	Number	Club	Category	MCat	Dzień 1	Dzień 2	Dzień 3	Net time 56km	Czas brutto 56km	Gap	Pace min/km	Pace km/h
113	<b>NOWOWIEJSKI Grzegorz</b>	<b>2085</b>		M40	27	05:51:39.15	04:47:15.80	04:15:40.70	<b>14:54:08.60</b>	<b>14:54:35.65</b>	+08:10:11 (54.8%)	11:45	5.1 (45.1%)
114	<b>OBARSKA Małgorzata</b>	<b>2095</b>		K50	8	05:59:50.75	04:44:37.30	04:15:40.65	<b>14:59:24.70</b>	<b>15:00:08.70</b>	+08:15:44 (55.1%)	11:50	5.1 (45.1%)
	<b>ROWIŃSKI Tomasz</b>	<b>2124</b>	GOLIAT LEONCIN	M40		04:29:02.50 DNF	00:00:00.00 DNF	00:00:00.00 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>STOLSKA Renata</b>	<b>2020</b>	MUD GOATS	K40		06:18:55.90 DNF	00:00:00.00 DNF	00:00:00.00 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Total 116 results.