



**SUPERMARATON
GÓR
STOŁOWYCH**

SGS LIGHT 21KM

B4SPORT

Wydarzenie: Supermaraton Gór Stołowych 2022
Organizator: Fundacja Maratony Górskie
Data: 2022-06-26
Miejsce: Kartów
Dystans: 21 km

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	BRÝDL Pavel	451	SPA SCALIANO - KUDOWA ZDROJ	M-40	1	00:38:27	01:08:27	01:53:03.05	01:53:03.75		5:23	11.1 (100%)
2	GLAPIAK Damian	450	FUNDACJA BIEGANIE NA ŚNIEDANIE	M-40	2	00:38:45	01:11:35	01:56:24.20	01:56:25.20	+00:03:21 (2.9%)	5:32	10.8 (97.3%)
3	ORZEŁ Michał	483		M-40	3	00:42:37	01:16:43	02:03:43.30	02:03:45.20	+00:10:41 (8.6%)	5:53	10.2 (91.9%)
4	SZYMAŃCZUK Jacek	30	NARAMOWICE BIEGAJA/#BIEGIEMWLAS	M-30	1	00:41:03	01:14:10	02:05:35.05	02:05:36.05	+00:12:32 (10.0%)	5:58	10 (90.1%)
5	RUTKOWSKI Dawid	475	GRIZZLYTEAM/140MINUT.PL	M-40	4	00:42:37	01:19:24	02:10:27.45	02:10:28.45	+00:17:24 (13.3%)	6:12	9.7 (87.4%)
6	STOŚ Paweł	430	LISIOGON	M-30	2	00:44:35	01:20:31	02:14:14.40	02:14:15.45	+00:21:11 (15.8%)	6:23	9.4 (84.7%)
7	GONCZAR Szymon	375		M-30	3	00:47:27	01:25:04	02:18:46.60	02:18:50.85	+00:25:47 (18.6%)	6:36	9.1 (82.0%)
8	GRZYWACZEWSKA Justyna	408	CITY TRAIL TEAM	K-30	1	00:47:09	01:25:20	02:18:58.95	02:19:00.70	+00:25:56 (18.7%)	6:37	9.1 (82.0%)
9	KRAKOWCZAK Rysiek	264	ZADYSZKA OŚWIĘCIM/KS KANDAHAR	M-40	5	00:48:07	01:25:58	02:19:04.20	02:19:13.50	+00:26:09 (18.8%)	6:37	9.1 (82.0%)
10	KAMIŃSKI Artur	412	KLUB SPORTOWY BODZANÓW-NOWY ŚWIĘTÓW	M-40	6	00:48:19	01:27:50	02:23:19.30	02:23:20.80	+00:30:17 (21.1%)	6:49	8.8 (79.3%)
11	TRZECIAKIEWICZ Mieczysław	50	INŻYNIERIA BIEGANIA	M-50	1	00:48:52	01:28:23	02:24:30.90	02:24:34.05	+00:31:30 (21.8%)	6:52	8.7 (78.4%)
12	CEPIELIK Wojciech	315		M-30	4	00:48:10	01:28:26	02:24:45.20	02:24:55.35	+00:31:51 (22.0%)	6:53	8.7 (78.4%)
13	BOSAKIEWICZ Tomasz	386		M-30	5	00:48:18	01:28:08	02:25:29.75	02:25:31.95	+00:32:28 (22.3%)	6:55	8.7 (78.4%)
14	MASTYGA Andrzej	411	ANDREA TEAM	M-40	7	00:45:49	01:31:39	02:27:05.15	02:27:07.85	+00:34:04 (23.2%)	7:00	8.6 (77.5%)
15	MOKRYCKI Krystian	395		M-40	8	00:52:55	01:32:36	02:27:06.95	02:27:15.60	+00:34:11 (23.2%)	7:00	8.6 (77.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
16	GRZĄBA Szymon	340		M-40	9	00:50:16	01:29:42	02:28:24.90	02:28:28.85	+00:35:25 (23.9%)	7:04	8.5 (76.6%)
17	CIEPŁY Kamil	355	GARMIN WROCŁAW	M-30	6	00:51:07	01:32:16	02:28:49.55	02:28:58.65	+00:35:54 (24.1%)	7:05	8.5 (76.6%)
18	POSADOWSKI Szymon	455		M-30	7	00:52:04	01:33:13	02:28:59.40	02:29:02.30	+00:35:58 (24.1%)	7:05	8.5 (76.6%)
19	JASTRZĄBEK Konrad	168		M-40	10	00:52:48	01:33:13	02:30:15.05	02:30:21.05	+00:37:17 (24.8%)	7:09	8.4 (75.7%)
20	ŁUKASIEWICZ Ewa	453	OLAWS ZŁOTORYJA	K-50	1	00:50:57	01:29:44	02:30:31.80	02:30:34.45	+00:37:30 (24.9%)	7:10	8.4 (75.7%)
21	ZIELIŃSKI Piotr	80		M-30	8	00:51:09	01:33:35	02:30:33.80	02:30:36.65	+00:37:32 (24.9%)	7:10	8.4 (75.7%)
22	WOLSKI Marcin	140		M-30	9	00:48:09	01:29:25	02:31:14.00	02:31:15.60	+00:38:11 (25.3%)	7:12	8.3 (74.8%)
23	CHAMAŁA Krzysztof	91	WEEGREE	M-30	10	00:54:09	01:33:29	02:31:29.40	02:31:50.15	+00:38:46 (25.5%)	7:12	8.3 (74.8%)
24	FICNER Anna	479	OLAWS ZŁOTORYJA MKS SIECHNICE	K-30	2	00:44:08	01:43:07	02:31:54.05	02:31:56.25	+00:38:52 (25.6%)	7:14	8.3 (74.8%)
25	PRZYBYSZEWSKI Łukasz	461		M-40	11	00:53:05	01:35:15	02:32:16.35	02:32:22.25	+00:39:18 (25.8%)	7:15	8.3 (74.8%)
26	NOWAKOWSKA Anna	437	1BLOG BYDGOSZCZ	K-30	3	00:50:35	01:33:11	02:32:52.85	02:32:54.55	+00:39:50 (26.1%)	7:16	8.2 (73.9%)
27	ZBOROWSKI Krzysztof	480		M-40	12	00:51:22	01:32:34	02:33:44.05	02:33:46.70	+00:40:42 (26.5%)	7:19	8.2 (73.9%)
28	FILIPIUK Tomasz	321	POWIAT ŚWIDNICKI	M-30	11	00:52:09	01:33:46	02:33:53.70	02:33:58.85	+00:40:55 (26.6%)	7:19	8.2 (73.9%)
29	TELEJKO Łukasz	416	RUN BYDGOSZCZ	M-20	1	00:55:14	01:37:31	02:34:15.00	02:34:23.05	+00:41:19 (26.8%)	7:20	8.2 (73.9%)
30	CZAPIGA Grzegorz	300	BURZA BORECZEK	M-30	12	00:51:32	01:34:50	02:35:18.05	02:35:23.65	+00:42:19 (27.2%)	7:23	8.1 (73.0%)
31	STAŃKO Krystian	242	OBORNICKI KLUB LEKKOATLETYCZNY	M-30	13	00:45:33	01:33:01	02:36:04.65	02:36:05.70	+00:43:01 (27.6%)	7:25	8.1 (73.0%)
32	SŁYSZ Szymon	153	NSK RUNS	M-40	13	00:49:52	01:33:50	02:36:43.00	02:36:44.30	+00:43:40 (27.9%)	7:27	8 (72.1%)
33	WOŁOSZYN Piotr	423	A NA CO TO KOMU POTRZEBNE	M-40	14	00:53:31	01:38:36	02:37:22.40	02:37:27.40	+00:44:23 (28.2%)	7:29	8 (72.1%)
34	ŚWIĄTKOWSKI Paweł	194		M-40	15	00:49:45	01:33:08	02:38:04.70	02:38:06.45	+00:45:02 (28.5%)	7:31	8 (72.1%)
35	ŚWIAT Paweł	347	RNB TEAM POLANICA ZDRÓJ	M-30	14	00:50:46	01:35:29	02:39:06.90	02:39:15.55	+00:46:11 (29.0%)	7:34	7.9 (71.2%)
36	KUNKEL Mariusz	361		M-40	16	00:55:48	01:39:09	02:39:21.05	02:39:28.35	+00:46:24 (29.1%)	7:35	7.9 (71.2%)
37	PIASKOWSKI Marcin	434	ZAKOCHAJ SIĘ W BIEGANIU	M-40	17	00:55:34	01:38:53	02:40:36.60	02:40:42.80	+00:47:39 (29.6%)	7:38	7.8 (70.3%)
38	BIŁAN Paweł	166	GUBIN	M-40	18	00:52:42	01:34:29	02:40:38.85	02:40:44.85	+00:47:41 (29.7%)	7:38	7.8 (70.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
39	KORONA-SIERADZKA Bogusława	275		K-30	4	00:53:43	01:37:01	02:40:49.25	02:40:51.25	+00:47:47 (29.7%)	7:39	7.8 (70.3%)
40	MROCZEK Justyna	482		K-30	5	00:56:26	01:40:43	02:40:43.05	02:40:51.70	+00:47:47 (29.7%)	7:39	7.8 (70.3%)
41	PRZEPLATA Jarosław	400	STRZEGOMSKA DWUNASTKA	M-30	15	00:55:19	01:38:56	02:40:47.40	02:40:52.15	+00:47:48 (29.7%)	7:39	7.8 (70.3%)
42	KRAWCZYK Michał	454		M-30	16	00:52:38	01:38:37	02:41:19.80	02:41:21.30	+00:48:17 (29.9%)	7:40	7.8 (70.3%)
43	KOŃCZAL Przemysław	474		M-40	19	00:56:10	01:39:58	02:41:33.80	02:41:45.20	+00:48:41 (30.1%)	7:41	7.8 (70.3%)
44	CYBULSKI Mariusz	247	ADRUNALINE TEAM, SAINT-GOBAIN SQUAD, BIEGAJ Z MAŃKIEM TEAM	M-40	20	00:52:53	01:37:31	02:42:14.80	02:42:16.25	+00:49:12 (30.3%)	7:43	7.8 (70.3%)
45	MICHALAK Rafał	122		M-20	2	00:53:51	01:37:56	02:42:15.20	02:42:22.00	+00:49:18 (30.4%)	7:43	7.8 (70.3%)
46	WOŹNIAK Paweł	56	KLEP	M-40	21	00:53:06	01:37:48	02:42:21.80	02:42:24.15	+00:49:20 (30.4%)	7:43	7.8 (70.3%)
47	PIHIL Piotr	457		M-40	22	00:44:11	01:44:23	02:43:03.70	02:43:05.00	+00:50:01 (30.7%)	7:45	7.7 (69.4%)
48	POSIAKOW Tomasz	468		M-40	23	00:56:08	01:40:08	02:43:28.75	02:43:36.30	+00:50:32 (30.9%)	7:47	7.7 (69.4%)
49	CIRKO Arkadiusz	127	KGHM ZG RUN	M-40	24	00:52:25	01:38:02	02:44:20.85	02:44:23.05	+00:51:19 (31.2%)	7:49	7.7 (69.4%)
50	PIKOS Patryk	88		M-30	17	00:51:59	01:36:55	02:46:15.75	02:46:20.30	+00:53:16 (32.0%)	7:55	7.6 (68.5%)
51	WALIGÓRA Mateusz	33		M-30	18	00:57:01	01:41:02	02:47:11.60	02:47:39.70	+00:54:35 (32.6%)	7:57	7.5 (67.6%)
52	GAJDA Sebastian	358		M-40	25	00:57:09	01:44:33	02:48:46.00	02:48:53.45	+00:55:49 (33.1%)	8:02	7.5 (67.6%)
53	BABIŃSKA-POPIŁKA Ewelina	4		K-30	6	00:53:25	01:40:27	02:49:27.15	02:49:28.95	+00:56:25 (33.3%)	8:04	7.4 (66.7%)
54	PAPRZYCKI Romuald	419	NORBULLO TEAM BIEGA NATURALNIE	M-50	2	00:58:18	01:45:28	02:49:58.05	02:50:09.15	+00:57:05 (33.6%)	8:05	7.4 (66.7%)
55	JAKŚ Grzegorz	438	ALPIMADE TEAM	M-40	26	00:53:24	01:41:44	02:51:48.00	02:51:50.30	+00:58:46 (34.2%)	8:10	7.3 (65.8%)
56	PARANDYK Krystian	280	MCBIEGACZE	M-30	19	00:58:39	01:46:07	02:51:52.75	02:51:52.75	+00:58:49 (34.2%)	8:11	7.3 (65.8%)
57	PRZYMUSIŃSKI Damian	236	OBORNICKI KLUB LEKKOATLETYCZNY	M-30	20	00:55:00	01:41:46	02:51:52.05	02:51:55.05	+00:58:51 (34.2%)	8:11	7.3 (65.8%)
58	DYJA Magdalena	436	RNB TEAM POLANICA-ZDROJ	K-30	7	00:57:25	01:45:00	02:51:47.85	02:51:56.20	+00:58:52 (34.2%)	8:10	7.3 (65.8%)
59	UPTAS Tomasz	46	CROSS STRACEŃCÓW TEAM	M-40	27	00:57:48	01:46:28	02:51:47.65	02:51:56.60	+00:58:52 (34.2%)	8:10	7.3 (65.8%)
60	GÓRECKI Krzysztof	266		M-20	3	01:03:03	01:47:49	02:51:24.55	02:51:58.75	+00:58:55 (34.3%)	8:09	7.4 (66.7%)
61	KODZIS Lesław	126		M-40	28	00:59:59	01:47:28	02:53:31.05	02:53:36.35	+01:00:32 (34.9%)	8:15	7.3 (65.8%)

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62	ZERNER Pavel	424		M-40	29	00:55:05	01:42:21	02:54:05.25	02:54:05.25	+01:01:01 (35.1%)	8:17	7.2 (64.9%)
63	SKARŻYŃSKI Kamil	219	PLANYBIEGOWE.PL / WLKP MOUNTAINS ULTRA	M-20	4	01:01:31	01:48:39	02:54:01.95	02:54:11.05	+01:01:07 (35.1%)	8:17	7.2 (64.9%)
64	MIKOŁAJCZYK Mirosław	476	MIRAZ RACE TEAM	M-40	30	00:57:26	01:49:03	02:54:21.00	02:54:24.65	+01:01:20 (35.2%)	8:18	7.2 (64.9%)
65	KOLANKO Sylwia	161	NYSA BIEGA	K-30	8	00:57:22	01:45:49	02:54:56.10	02:54:58.00	+01:01:54 (35.4%)	8:19	7.2 (64.9%)
66	PIETRZYK Tomasz	389	140MINUT.PL LANIE NA ŚLĘŻY	M-40	31	00:56:25	01:44:36	02:55:00.95	02:55:02.25	+01:01:58 (35.4%)	8:20	7.2 (64.9%)
67	SALWA Emil	365	MOZAIKA ZAWONIA TEAM	M-30	21	00:59:36	01:46:23	02:53:40.40	02:55:05.30	+01:02:01 (35.4%)	8:16	7.3 (65.8%)
68	PARUS Łukasz	374	GRUPA BIEGOWA GĘSIORZE ZAGÓRÓW	M-40	32	01:04:46	01:51:40	02:55:34.95	02:56:07.55	+01:03:03 (35.8%)	8:21	7.2 (64.9%)
69	KRZYSZTOFIK Piotr	154	MOCNA GRUPA CEZARA	M-40	33	00:59:30	01:48:34	02:56:26.20	02:56:36.70	+01:03:32 (36.0%)	8:24	7.1 (64.0%)
70	SURUS Artur	397	KONIU SQUAD	M-30	22	00:59:25	01:46:51	02:56:32.25	02:56:54.65	+01:03:50 (36.1%)	8:24	7.1 (64.0%)
71	RÓŻYCKI Jarosław	235	OBORNICKI KLUB LEKKOATLETYCZNY	M-40	34	00:55:42	01:44:58	02:57:07.80	02:57:11.60	+01:04:07 (36.2%)	8:26	7.1 (64.0%)
72	RUSZCZEWSKI Andrzej	244	VEGE RUNNERS / 140MINUT.PL	M-30	23	01:00:33	01:49:45	02:57:17.55	02:57:21.20	+01:04:17 (36.3%)	8:26	7.1 (64.0%)
73	MAĆKOWSKI Tomasz	311		M-40	35	00:57:47	01:48:34	02:57:56.50	02:58:01.75	+01:04:58 (36.5%)	8:28	7.1 (64.0%)
74	JAŚKIEWICZ Rafał	157	COYOTE TEAM	M-40	36	01:01:50	01:52:31	02:57:58.95	02:58:03.05	+01:04:59 (36.5%)	8:28	7.1 (64.0%)
75	LUBISZEWSKA Daria	431		K-30	9	01:00:34	01:47:07	02:58:15.75	02:58:22.55	+01:05:18 (36.6%)	8:29	7.1 (64.0%)
76	SASIN Dominika	243	ŻELAZNA ŚWIDNICA	K-20	1	00:56:02	01:43:18	02:57:37.35	02:58:28.80	+01:05:25 (36.7%)	8:27	7.1 (64.0%)
77	RATAJCZAK Mateusz	299	MFS	M-40	37	01:00:49	01:49:19	02:58:09.85	02:58:30.85	+01:05:27 (36.7%)	8:29	7.1 (64.0%)
78	PIJANOWSKI Paweł	128		M-40	38	01:01:01	01:48:51	02:58:06.50	02:58:32.00	+01:05:28 (36.7%)	8:28	7.1 (64.0%)
79	ULIKOWSKA Martyna	68	ZAŁOGA GÓRSKA	K-30	10	00:58:31	01:47:50	02:59:10.25	02:59:15.40	+01:06:11 (36.9%)	8:31	7 (63.1%)
80	BLICHARZ Jarosław	274	MKJ POLICE	M-50	3	01:00:38	01:49:10	03:00:26.65	03:00:26.65	+01:07:22 (37.3%)	8:35	7 (63.1%)
81	SYCHOWSKI Dawid	132		M-30	24	01:05:10	01:52:47	02:59:48.50	03:00:32.45	+01:07:28 (37.4%)	8:33	7 (63.1%)
82	GASIECKI Andrzej	53	PIASKOWY DZIADEK	M-50	4	01:02:34	01:52:03	03:00:44.70	03:00:50.50	+01:07:46 (37.5%)	8:36	7 (63.1%)
83	MARUSZAK Darek	57	DOGOŃ GRODZISK MAZOWIECKI	M-40	39	01:04:18	01:52:40	03:01:17.45	03:01:35.90	+01:08:32 (37.7%)	8:37	7 (63.1%)
84	BYLINA Bartosz	165		M-50	5	01:04:08	01:53:59	03:02:02.45	03:02:13.00	+01:09:09 (38.0%)	8:40	6.9 (62.2%)

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85	ZWIERZYŃSKA Agnieszka	420		K-40	1	01:02:56	01:51:22	03:02:13.75	03:02:13.75	+01:09:10 (38.0%)	8:40	6.9 (62.2%)
86	RYT Artur	398		M-30	25	01:03:49	01:52:05	03:01:15.55	03:02:14.55	+01:09:10 (38.0%)	8:37	7 (63.1%)
87	GRABOŚ Nina	481		K-40	2	01:03:04	01:54:55	03:02:10.55	03:02:15.35	+01:09:11 (38.0%)	8:40	6.9 (62.2%)
88	KMIECIK Radosław	66		M-40	40	01:06:16	01:54:09	03:02:10.15	03:02:29.25	+01:09:25 (38.0%)	8:40	6.9 (62.2%)
89	ŁOBOS Mariusz	214		M-50	6	01:00:40	01:48:37	03:02:31.65	03:02:43.15	+01:09:39 (38.1%)	8:41	6.9 (62.2%)
90	GŁUCHY Marek	414	OBORNICKI KLUB LEKKOATLETYCZNY	M-40	41	00:58:39	01:48:44	03:02:48.20	03:02:51.35	+01:09:47 (38.2%)	8:42	6.9 (62.2%)
91	BIŁGORAJSKI Adam	392		M-20	5	01:08:32	01:59:08	03:01:56.75	03:02:52.20	+01:09:48 (38.2%)	8:39	6.9 (62.2%)
92	GÓRKA Piotr	344		M-40	42	00:59:56	01:53:47	03:02:48.60	03:02:56.70	+01:09:52 (38.2%)	8:42	6.9 (62.2%)
93	ŚRODA Maciej	22		M-30	26	00:57:58	01:48:46	03:03:01.65	03:03:05.60	+01:10:01 (38.2%)	8:42	6.9 (62.2%)
94	KARATKÓW Ewa	134	LKS ISKRA JASZKOWA	K-40	3	01:03:30	01:53:46	03:03:07.35	03:03:19.05	+01:10:15 (38.3%)	8:43	6.9 (62.2%)
95	KARKOSZ Andrzej	410		M-30	27	01:09:33	01:56:37	03:03:39.00	03:03:55.00	+01:10:51 (38.5%)	8:44	6.9 (62.2%)
96	NOWAK Katarzyna	317	TIM JEST TIM	K-30	11	01:06:14	01:57:29	03:05:23.55	03:05:31.90	+01:12:28 (39.1%)	8:49	6.8 (61.3%)
97	BASTA Grzegorz	367	ZADYSZKA OŚWIĘCIM	M-50	7	01:04:22	01:54:21	03:05:46.20	03:05:52.70	+01:12:48 (39.2%)	8:50	6.8 (61.3%)
98	KACZMARCZYK Piotr	335	SOLPARK KLESZCZÓW	M-40	43	01:06:49	01:57:41	03:05:26.80	03:05:53.80	+01:12:50 (39.2%)	8:49	6.8 (61.3%)
99	NOWAK Konrad	131		M-30	28	00:57:41	01:45:12	03:06:00.75	03:06:06.25	+01:13:02 (39.2%)	8:51	6.8 (61.3%)
100	DZIARKOWSKA Edyta	337	RUNCROSS ROZGARTY	K-40	4	01:05:50	01:56:11	03:07:29.25	03:08:00.00	+01:14:56 (39.9%)	8:55	6.7 (60.4%)
101	LEŚNIEWSKA Justyna	103	AKTYWNA NOWA RUDA	K-40	5	00:58:43	01:52:13	03:08:35.15	03:08:38.30	+01:15:34 (40.1%)	8:58	6.7 (60.4%)
102	PAWLEWICZ Paweł	249		M-30	29	01:00:35	01:50:52	03:08:27.75	03:08:41.35	+01:15:37 (40.1%)	8:58	6.7 (60.4%)
103	NOWAK Paulina	110		K-30	12	01:09:49	01:58:58	03:08:58.35	03:09:30.75	+01:16:27 (40.3%)	8:59	6.7 (60.4%)
104	JANKOWSKI Krzysztof	163		M-30	30	01:08:54	01:59:35	03:09:09.90	03:09:34.30	+01:16:30 (40.4%)	9:00	6.7 (60.4%)
105	KOŁODZIEJ Tomasz	404	STG WARSZAWA	M-50	8	01:05:56	01:57:32	03:10:14.10	03:10:25.50	+01:17:21 (40.6%)	9:03	6.6 (59.5%)
106	CIBORSKI Ireneusz	169	ADDICT.PL	M-60	1	01:05:53	01:56:12	03:10:01.50	03:10:27.15	+01:17:23 (40.6%)	9:02	6.6 (59.5%)
107	STASZEWSKI Dariusz	464	7.BKPOW	M-30	31	01:05:36	01:58:04	03:10:21.70	03:10:28.60	+01:17:24 (40.6%)	9:03	6.6 (59.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
108	SOBKOWIAK Marcin	466	MIEJSKA KONDYCJA	M-40	44	01:13:10	02:01:52	03:10:31.00	03:10:31.00	+01:17:27 (40.7%)	9:04	6.6 (59.5%)
109	ROZMIAREK Przemysław	407		M-40	45	01:08:47	01:59:54	03:10:42.40	03:11:04.90	+01:18:01 (40.8%)	9:04	6.6 (59.5%)
110	KOZAK Bartosz	7	KOZAKI	M-40	46	01:09:32	02:00:37	03:10:52.95	03:11:13.05	+01:18:09 (40.9%)	9:05	6.6 (59.5%)
111	SZTYPKA Justyna	42	WKB MARATOŃCZYK WŁOCŁAWEK	K-40	6	01:12:34	02:03:48	03:10:43.20	03:11:23.05	+01:18:19 (40.9%)	9:04	6.6 (59.5%)
112	JARZĄBEK Magdalena	206		K-30	13	01:02:36	01:55:20	03:11:50.05	03:11:55.65	+01:18:51 (41.1%)	9:08	6.6 (59.5%)
113	KUREK Paweł	207	#WALKING DAD	M-30	32	01:08:47	01:58:42	03:11:43.15	03:12:17.25	+01:19:13 (41.2%)	9:07	6.6 (59.5%)
114	TRZEPACZ Dorota	381	KB LUPUS OLESNICA	K-40	7	01:05:06	01:56:10	03:12:14.70	03:12:38.95	+01:19:35 (41.3%)	9:09	6.6 (59.5%)
115	KRZESIMOWSKI Damian	250		M-40	47	01:06:57	02:00:14	03:13:03.95	03:13:21.45	+01:20:17 (41.5%)	9:11	6.5 (58.6%)
116	DZIADOWICZ Anna	82		K-40	8	01:06:29	01:57:04	03:12:54.45	03:13:24.40	+01:20:20 (41.5%)	9:11	6.5 (58.6%)
117	KLESZCZ Tomasz	385		M-40	48	01:11:14	02:00:36	03:12:33.95	03:13:25.75	+01:20:22 (41.5%)	9:10	6.5 (58.6%)
118	KUBCZAK Jan	425		M-20	6	01:07:36	02:05:05	03:13:12.85	03:13:31.15	+01:20:27 (41.6%)	9:12	6.5 (58.6%)
119	SURÓWKA Wiktoria	217	RUNNERS TEAM NYSA	K-20	2	01:11:43	02:06:02	03:13:27.40	03:13:46.65	+01:20:42 (41.7%)	9:12	6.5 (58.6%)
120	LUBELCZYK Grzegorz	186	SPELEOCLUB WROCŁAW	M-50	9	01:09:03	02:00:26	03:12:39.15	03:14:09.25	+01:21:05 (41.8%)	9:10	6.5 (58.6%)
121	SZUMIŃSKI Artur	467		M-40	49	00:55:40	01:45:07	03:14:15.50	03:14:19.45	+01:21:15 (41.8%)	9:15	6.5 (58.6%)
122	OLEJNIK Marcin	486		M-40	50	01:11:30	02:05:05	03:13:37.85	03:14:35.55	+01:21:31 (41.9%)	9:13	6.5 (58.6%)
123	CICHOWLAS Sylwester	319	CBN JEŻYCE	M-40	51	01:08:48	01:59:33	03:14:47.90	03:15:03.50	+01:21:59 (42.0%)	9:16	6.5 (58.6%)
124	MOKRZYCKA Weronika	346		K-30	14	01:07:27	01:59:17	03:15:32.00	03:15:53.20	+01:22:49 (42.3%)	9:18	6.4 (57.7%)
125	ZIEWIEC Marcin	456		M-30	33	01:11:40	02:04:34	03:15:03.50	03:16:00.35	+01:22:56 (42.3%)	9:17	6.5 (58.6%)
126	FORTAK Rafał	106		M-30	34	01:12:00	02:03:27	03:15:50.05	03:16:09.70	+01:23:05 (42.4%)	9:19	6.4 (57.7%)
127	CIEŚLIŃSKA Elżbieta	107		K-30	15	01:12:00	02:03:27	03:15:50.40	03:16:10.35	+01:23:06 (42.4%)	9:19	6.4 (57.7%)
128	SOBOTA Paweł	6		M-30	35	01:10:32	02:02:04	03:15:46.45	03:16:11.50	+01:23:07 (42.4%)	9:19	6.4 (57.7%)
129	NOWAK Marcin	334	TIM JEST TIM	M-30	36	01:07:35	02:03:28	03:16:11.00	03:16:19.65	+01:23:15 (42.4%)	9:20	6.4 (57.7%)
130	WACHNIENKO Błażej	191	ŚLĘZAK TEAM	M-30	37	01:13:03	02:05:06	03:17:35.45	03:17:46.15	+01:24:42 (42.8%)	9:24	6.4 (57.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
131	PAPUGA Iwona	177	ZADYSZKA OŚWIĘCIM	K-50	2	01:10:48	02:05:21	03:17:46.70	03:17:57.90	+01:24:54 (42.9%)	9:25	6.4 (57.7%)
132	PAGACZ Joanna	362		K-40	9	01:12:57	02:05:31	03:17:28.95	03:17:58.10	+01:24:54 (42.9%)	9:24	6.4 (57.7%)
133	NUREK Łukasz	183	PIWNE BRZUSZKI RACE TEAM	M-40	52	01:10:59	02:04:03	03:16:44.35	03:18:11.25	+01:25:07 (43.0%)	9:22	6.4 (57.7%)
134	KOPCIUCH Anna	223	LACIE	K-40	10	01:06:54	01:57:19	03:18:51.40	03:19:17.55	+01:26:13 (43.3%)	9:28	6.3 (56.8%)
135	RZESZUTEK Paweł	229	LACIE	M-40	53	01:06:54	01:57:19	03:18:52.00	03:19:18.50	+01:26:14 (43.3%)	9:28	6.3 (56.8%)
136	MARKOWSKI Marcin	104	SZAKALE BAŁUT ŁÓDŹ	M-40	54	01:07:54	01:59:54	03:19:15.60	03:19:20.75	+01:26:17 (43.3%)	9:29	6.3 (56.8%)
137	NAJDEREK Maciej	378	NAJDERKI4	M-40	55	01:10:33	02:03:07	03:18:35.95	03:19:27.60	+01:26:23 (43.3%)	9:27	6.3 (56.8%)
138	PAJĄK Monika	35	HERNIK TEAM	K-40	11	01:10:32	02:04:56	03:19:20.95	03:19:34.20	+01:26:30 (43.3%)	9:29	6.3 (56.8%)
139	CZAJKOWSKA Sylwia	286	#ŻÓŁTOKRÓLEWSCY	K-40	12	01:08:50	01:59:28	03:19:29.45	03:19:37.25	+01:26:33 (43.4%)	9:29	6.3 (56.8%)
140	RADZIKOWSKI Grzegorz	303		M-40	56	01:00:52	01:55:44	03:20:09.50	03:20:16.10	+01:27:12 (43.5%)	9:31	6.3 (56.8%)
141	POLEK Witold	145		M-40	57	01:10:26	02:05:56	03:20:08.05	03:20:25.25	+01:27:21 (43.6%)	9:31	6.3 (56.8%)
142	SUSZCZYŃSKI Krzysztof	469	RUNNERS TEAM NYSA	M-40	58	01:08:14	02:01:21	03:19:32.75	03:20:34.30	+01:27:30 (43.6%)	9:30	6.3 (56.8%)
143	KNAP Anna	167	NOA	K-30	16	01:16:21	02:08:07	03:20:07.35	03:20:34.75	+01:27:31 (43.6%)	9:31	6.3 (56.8%)
144	KOSTRZEWSKI Maciej	401		M-30	38	01:13:07	02:05:38	03:20:43.90	03:21:04.90	+01:28:01 (43.8%)	9:33	6.3 (56.8%)
145	KOWALIK Tomasz	349	ŚWISZCZĄCE SZPRYCHY	M-30	39	01:12:01	02:06:32	03:20:55.90	03:21:22.20	+01:28:18 (43.9%)	9:34	6.3 (56.8%)
146	ZIELEZINSKI Łukasz	296	HURAGAN LIGOTA	M-30	40	01:11:19	02:04:09	03:20:48.80	03:21:24.95	+01:28:21 (43.9%)	9:33	6.3 (56.8%)
147	TENDAJ Daniel	225		M-50	10	01:15:17	02:08:31	03:19:49.85	03:21:25.50	+01:28:21 (43.9%)	9:30	6.3 (56.8%)
148	SZARSKI Jacek	256	KAPCIOCHY	M-20	7	01:13:42	02:07:46	03:20:07.10	03:21:28.90	+01:28:25 (43.9%)	9:31	6.3 (56.8%)
149	ZAJĄC Andrzej	277		M-30	41	01:14:40	02:07:51	03:21:04.30	03:21:54.35	+01:28:50 (44.0%)	9:34	6.3 (56.8%)
150	BASEK Damian	90	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	M-30	42	01:19:30	02:15:20	03:19:56.60	03:22:24.95	+01:29:21 (44.1%)	9:31	6.3 (56.8%)
151	TURKOWSKI Maciej	196		M-50	11	01:11:11	02:07:00	03:22:32.80	03:22:40.20	+01:29:36 (44.2%)	9:38	6.2 (55.9%)
152	MARTINEZ Sergio	324		M-30	43	01:14:49	02:10:10	03:22:21.10	03:22:42.20	+01:29:38 (44.2%)	9:38	6.2 (55.9%)
153	MARIN Alberto	322		M-30	44	01:14:46	02:09:58	03:22:18.75	03:22:42.50	+01:29:38 (44.2%)	9:38	6.2 (55.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
154	WIETRZYŃSKA Agnieszka	175	SZTUKA RUCHU	K-40	13	01:10:07	02:06:14	03:22:39.50	03:22:42.95	+01:29:39 (44.2%)	9:39	6.2 (55.9%)
155	SZTYPKA Konrad	23	WKB MARATOŃCZYK WŁOCŁAWEK	M-40	59	01:15:52	02:10:20	03:22:24.90	03:23:08.70	+01:30:04 (44.3%)	9:38	6.2 (55.9%)
156	PSZCZOLIŃSKI Adam	348	ŚWISZCZĄCE SZPRYCHY	M-40	60	01:11:48	02:06:25	03:22:36.95	03:23:10.35	+01:30:06 (44.4%)	9:38	6.2 (55.9%)
157	ŚLIWIŃSKA Ewelina	342		K-40	14	01:11:27	02:06:51	03:23:01.85	03:23:11.60	+01:30:07 (44.4%)	9:40	6.2 (55.9%)
158	AKUTKO Dawid	439		M-20	8	01:14:40	02:07:49	03:22:27.45	03:23:19.40	+01:30:15 (44.4%)	9:38	6.2 (55.9%)
159	ZAWIDZKI Jarosław	465		M-30	45	01:03:08	01:58:37	03:23:49.00	03:23:52.65	+01:30:48 (44.5%)	9:42	6.2 (55.9%)
160	KRUKOWSKI Jakub	284		M-40	61	01:07:14	01:57:31	03:23:57.55	03:24:21.95	+01:31:18 (44.7%)	9:42	6.2 (55.9%)
161	DROŻYŃSKA Iwona	470	LUCEKPAZUR TEAM	K-30	17	01:13:18	02:06:15	03:23:21.25	03:24:24.35	+01:31:20 (44.7%)	9:41	6.2 (55.9%)
162	SURÓWKA Franciszka	218	RUNNERS TEAM NYSA	K-60	1	01:11:44	02:06:04	03:24:07.35	03:24:25.55	+01:31:21 (44.7%)	9:43	6.2 (55.9%)
163	CYBULSKI Robert	13		M-40	62	01:12:42	02:06:10	03:23:55.70	03:24:40.85	+01:31:37 (44.8%)	9:42	6.2 (55.9%)
164	POMORSKI Łukasz	427		M-30	46	01:07:42	02:00:22	03:24:12.45	03:24:59.00	+01:31:55 (44.8%)	9:43	6.2 (55.9%)
165	BADOWSKI Sebastian	328		M-40	63	01:12:48	02:06:37	03:24:26.70	03:25:49.50	+01:32:45 (45.1%)	9:44	6.2 (55.9%)
166	PIOTROWSKA Anna	444	META NADARZYN	K-50	3	01:10:48	02:07:51	03:25:44.10	03:25:50.10	+01:32:46 (45.1%)	9:47	6.1 (55.0%)
167	GIERŁACHOWSKI Jakub	426		M-30	47	01:13:50	02:11:08	03:25:01.25	03:25:58.50	+01:32:54 (45.1%)	9:45	6.1 (55.0%)
168	NOWAK Dorota	357		K-30	18	01:14:56	02:10:30	03:25:56.20	03:26:10.85	+01:33:07 (45.2%)	9:48	6.1 (55.0%)
169	JARONIEC Malgorzata	329		K-30	19	01:14:21	02:12:20	03:26:01.10	03:26:12.55	+01:33:08 (45.2%)	9:48	6.1 (55.0%)
170	KLIM Kasia	422		K-40	15	01:11:14	02:09:58	03:26:33.85	03:26:40.75	+01:33:37 (45.3%)	9:50	6.1 (55.0%)
171	MALOTTA Konrad	332	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	M-30	48	01:14:35	02:10:09	03:26:23.60	03:26:49.75	+01:33:46 (45.3%)	9:49	6.1 (55.0%)
172	HOLAK Tomasz	295	1/2 PANKRACY ENTERTIMENT	M-40	64	01:12:00	02:07:53	03:27:17.45	03:27:17.45	+01:34:13 (45.5%)	9:52	6.1 (55.0%)
173	TKACZYK Katarzyna	34		K-40	16	01:14:04	02:09:28	03:26:58.00	03:27:18.30	+01:34:14 (45.5%)	9:51	6.1 (55.0%)
174	PARDAŁA Wojciech	251		M-40	65	01:06:02	02:07:21	03:28:00.35	03:28:08.10	+01:35:04 (45.7%)	9:54	6.1 (55.0%)
175	SZCZYRBA Iza	478	MIRAZ RACE TEAM	K-40	17	01:09:46	02:05:21	03:27:50.35	03:28:09.30	+01:35:05 (45.7%)	9:53	6.1 (55.0%)
176	LUBAŃSKA Alicja	9		K-50	4	01:10:08	02:07:18	03:28:10.75	03:28:15.75	+01:35:12 (45.7%)	9:54	6.1 (55.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
177	WALCZAK Tadeusz	273		M-50	12	01:09:45	02:06:02	03:28:24.60	03:28:34.85	+01:35:31 (45.8%)	9:55	6 (54.1%)
178	MOSKAL Izabella	160	TKKF MPK POZNAŃ	K-40	18	01:08:13	02:05:32	03:28:35.00	03:28:42.20	+01:35:38 (45.8%)	9:55	6 (54.1%)
179	KMIECIK Roma	406	KUDOWIANKA RUN	K-40	19	01:09:35	02:08:02	03:28:56.85	03:29:04.35	+01:36:00 (45.9%)	9:56	6 (54.1%)
180	ŁASKAWSKA Justyna	477		K-40	20	01:12:52	02:09:46	03:28:43.55	03:29:05.95	+01:36:02 (45.9%)	9:56	6 (54.1%)
181	MATYBA Anna	257		K-20	3	01:05:23	01:57:49	03:29:07.30	03:29:17.50	+01:36:13 (46.0%)	9:57	6 (54.1%)
182	SIKORSKI Cezary	238	BBL	M-50	13	01:11:34	02:09:45	03:29:25.95	03:29:30.40	+01:36:26 (46.0%)	9:58	6 (54.1%)
183	MAZUR Katarzyna	237	UMLAUT	K-40	21	01:11:36	02:09:47	03:29:27.25	03:29:30.45	+01:36:26 (46.0%)	9:58	6 (54.1%)
184	ŚWIERCZEK Marta	77	JURA.PL	K-40	22	01:12:56	02:09:15	03:29:09.45	03:29:31.85	+01:36:28 (46.0%)	9:57	6 (54.1%)
185	RONKOWSKA Małgorzata	370	POLKA SPORT	K-30	20	01:14:12	02:12:42	03:29:49.20	03:30:59.90	+01:37:56 (46.4%)	9:59	6 (54.1%)
186	ZIOMBKA Kuba	97		M-40	66	01:09:22	02:08:16	03:31:08.75	03:31:14.25	+01:38:10 (46.5%)	10:03	6 (54.1%)
187	WYSOCKA Magdalena	285	PGB SPORTOWA PACZKA	K-40	23	01:14:04	02:10:53	03:31:28.90	03:31:36.95	+01:38:33 (46.6%)	10:04	6 (54.1%)
188	ŁAŻEWSKI Marcin	109		M-40	67	01:07:00	02:02:10	03:31:33.65	03:31:39.05	+01:38:35 (46.6%)	10:04	6 (54.1%)
189	ŁAŻEWSKA Sylwia	37		K-40	24	01:07:03	02:02:11	03:31:34.65	03:31:39.15	+01:38:35 (46.6%)	10:04	6 (54.1%)
190	MOTAŁA Kacha	351	MIEJSKA KONDYCJA	K-40	25	01:12:53	02:09:20	03:31:28.55	03:31:45.75	+01:38:42 (46.6%)	10:04	6 (54.1%)
191	RYGUŁA Mikołaj	472		M-20	9	01:13:59	02:09:26	03:31:25.10	03:31:46.50	+01:38:42 (46.6%)	10:04	6 (54.1%)
192	SZYMAŃSKI Jacek	415		M-40	68	01:09:27	02:06:16	03:32:09.70	03:32:19.15	+01:39:15 (46.7%)	10:06	5.9 (53.2%)
193	MAJCHRZAK Agnieszka	182	NESSI TEAM	K-40	26	01:16:46	02:11:14	03:31:34.50	03:32:20.45	+01:39:16 (46.8%)	10:04	6 (54.1%)
194	BARTMAŃSKA Mirosława	150		K-40	27	01:13:16	02:08:14	03:31:57.85	03:32:21.50	+01:39:17 (46.8%)	10:05	5.9 (53.2%)
195	NARKUN Ewa	384		K-30	21	01:13:38	02:14:06	03:32:14.45	03:32:26.85	+01:39:23 (46.8%)	10:06	5.9 (53.2%)
196	KOTWICA Andrzej	117	SMOLECKA ZADYSZKA	M-40	69	01:11:44	02:11:35	03:32:04.75	03:32:28.10	+01:39:24 (46.8%)	10:05	5.9 (53.2%)
197	PIOTROWIAK Angelika	459	GARMIN	K-20	4	01:17:23	02:13:14	03:31:01.65	03:32:33.20	+01:39:29 (46.8%)	10:02	6 (54.1%)
198	OCZKOWICZ Beata	253	MOCNA GRUPA CEZAEA	K-30	22	01:13:55	02:11:42	03:32:13.95	03:32:38.70	+01:39:34 (46.8%)	10:06	5.9 (53.2%)
199	PUTOWSKA Małgorzata	338		K-60	2	01:19:32	02:16:55	03:32:56.10	03:33:02.45	+01:39:58 (46.9%)	10:08	5.9 (53.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
200	POLIWOZAK Patryk	59	WILKI GÓR	M-30	49	00:58:34	01:51:04	03:32:58.90	03:33:08.60	+01:40:04 (47.0%)	10:08	5.9 (53.2%)
201	ZYGOŃ Artur	115		M-30	50	01:11:07	02:10:46	03:30:55.60	03:33:23.25	+01:40:19 (47.0%)	10:02	6 (54.1%)
202	PSZCZOLIŃSKI Maciej	343	ŚWISZCZĄCE SZPRYCHY	M-40	70	01:15:24	02:11:56	03:32:59.55	03:33:30.10	+01:40:26 (47.0%)	10:08	5.9 (53.2%)
203	RABIEJ Kazimierz	473	ROZBIEGANI CHOJNÓW	M-60	2	01:11:08	02:09:56	03:33:27.80	03:33:33.70	+01:40:29 (47.1%)	10:09	5.9 (53.2%)
204	BADOWSKA Katarzyna	323		K-40	28	01:15:32	02:11:50	03:33:11.65	03:33:50.15	+01:40:46 (47.1%)	10:09	5.9 (53.2%)
205	LANGIEWICZ Jacek	271	MKJ POLICE	M-60	3	01:13:16	02:11:29	03:33:46.90	03:33:57.80	+01:40:54 (47.2%)	10:10	5.9 (53.2%)
206	HYŻY Krzysztof	190	PIWNE BRZUSZKI RACE TEAM	M-40	71	01:16:28	02:12:56	03:32:34.50	03:34:02.70	+01:40:58 (47.2%)	10:07	5.9 (53.2%)
207	TARNOWSKI Paweł	402		M-40	72	01:05:47	02:03:41	03:34:24.40	03:34:27.00	+01:41:23 (47.3%)	10:12	5.9 (53.2%)
208	KWIATKOWSKA Zuzanna	269	RNB TEAM POLANICA ZDRÓJ	K-40	29	01:16:08	02:13:19	03:33:55.80	03:34:46.10	+01:41:42 (47.4%)	10:11	5.9 (53.2%)
209	ŻEMOJDZIN Marcin	55	PIWNE BRZUSZKI RACE TEAM	M-40	73	01:16:30	02:12:58	03:33:50.30	03:35:17.40	+01:42:13 (47.5%)	10:10	5.9 (53.2%)
210	GAŁASZKIEWICZ Grzegorz	72	LINDON TEAM	M-40	74	01:16:28	02:17:26	03:35:13.70	03:35:19.30	+01:42:15 (47.5%)	10:14	5.9 (53.2%)
211	KOZAK Ewa	18	KOZAKI	K-40	30	01:13:38	02:11:32	03:35:05.35	03:35:21.45	+01:42:17 (47.5%)	10:14	5.9 (53.2%)
212	ZAJĄCZKOWSKI Damian	102		M-40	75	01:11:59	02:07:47	03:35:10.85	03:35:22.85	+01:42:19 (47.5%)	10:14	5.9 (53.2%)
213	MYŚLIĆKA-PIWKO Marta	148	MOCNA GRUPA CEZARA	K-40	31	01:17:28	02:15:10	03:35:04.75	03:35:28.40	+01:42:24 (47.5%)	10:14	5.9 (53.2%)
214	CIOCHOŃ Agnieszka	144		K-40	32	01:18:38	02:17:11	03:35:44.65	03:36:00.45	+01:42:56 (47.7%)	10:16	5.8 (52.3%)
215	PODZEREK Maciej	173	WAKE TEAM GNIEZNO	M-40	76	01:23:32	02:19:30	03:33:30.30	03:36:06.05	+01:43:02 (47.7%)	10:10	5.9 (53.2%)
216	CHMIEL Waldemar	352	PTT DELTA	M-60	4	01:19:07	02:14:55	03:33:33.55	03:36:09.00	+01:43:05 (47.7%)	10:10	5.9 (53.2%)
217	GONTARZ Olga	204		K-30	23	01:21:42	02:18:57	03:34:27.05	03:36:17.95	+01:43:14 (47.7%)	10:12	5.9 (53.2%)
218	CHEŁCHOWSKA Katarzyna	1		K-30	24	01:16:16	02:14:33	03:36:24.40	03:36:44.45	+01:43:40 (47.8%)	10:18	5.8 (52.3%)
219	MAKARENKOV Sergii	54	DOGOŃ GRODZISK MAZOWIECKI	M-30	51	01:12:37	02:17:28	03:36:39.70	03:37:13.85	+01:44:10 (48.0%)	10:19	5.8 (52.3%)
220	IWULSKA Joanna	485	MIRAZ RACE TEAM	K-40	33	01:15:04	02:17:20	03:36:58.70	03:37:15.90	+01:44:12 (48.0%)	10:19	5.8 (52.3%)
221	BÓBSKA Alicja	92		K-30	25	01:20:13	02:17:28	03:36:29.40	03:37:24.85	+01:44:21 (48.0%)	10:18	5.8 (52.3%)
222	KWIATKOWSKA Marta	187		K-40	34	01:12:56	02:09:24	03:37:41.20	03:37:57.20	+01:44:53 (48.1%)	10:21	5.8 (52.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
223	KRAWIEC Piotr	26	KOTWICA BRZEG	M-40	77			03:38:28.00	03:38:28.00	+01:45:24 (48.2%)	10:24	5.8 (52.3%)
224	BIAŁEK Kamila	278	DROGA DO ULTRA	K-40	35	01:18:57	02:19:13	03:38:27.80	03:38:32.35	+01:45:28 (48.3%)	10:24	5.8 (52.3%)
225	SIEDLIK Małgorzata	205	SPORTOWA INICJATYWA	K-30	26	01:22:49	02:18:56	03:36:44.15	03:38:34.00	+01:45:30 (48.3%)	10:19	5.8 (52.3%)
226	BOJUR Renata	176		K-40	36	01:17:01	02:14:33	03:38:36.00	03:38:56.25	+01:45:52 (48.4%)	10:24	5.8 (52.3%)
227	PARTYKA Agnieszka	391	ZABIEGANEDNI	K-50	5	01:19:30	02:15:46	03:36:29.75	03:38:57.80	+01:45:54 (48.4%)	10:18	5.8 (52.3%)
228	CHORAŻYCZEWSKI Michał	345	OBORNICKI KLUB LEKKOATLETYCZNY	M-40	78	01:08:23	02:08:35	03:39:16.15	03:39:19.65	+01:46:15 (48.5%)	10:26	5.7 (51.4%)
229	WOJTYSIAK Wojciech	268		M-50	14	01:12:12	02:07:23	03:39:59.35	03:40:26.95	+01:47:23 (48.7%)	10:28	5.7 (51.4%)
230	JAŃCZAK Aleksandra	318	CBN JEŻYCE	K-20	5	01:16:42	02:14:59	03:40:10.70	03:40:28.55	+01:47:24 (48.7%)	10:29	5.7 (51.4%)
231	PŁATEK Dominik	184		M-40	79	01:09:22	02:08:09	03:40:17.65	03:40:35.80	+01:47:32 (48.7%)	10:29	5.7 (51.4%)
232	PAPROCKA Natalia	58		K-40	37	01:13:45	02:15:00	03:40:24.70	03:40:37.00	+01:47:33 (48.8%)	10:29	5.7 (51.4%)
233	JAROCIŃSKI Michał	440		M-40	80	01:18:16	02:14:57	03:40:08.25	03:40:38.15	+01:47:34 (48.8%)	10:28	5.7 (51.4%)
234	SZYMANOWSKI Tomasz	136	NARAMOWICE BIEGAJĄ	M-40	81	01:20:56	02:21:47	03:40:01.75	03:40:38.85	+01:47:35 (48.8%)	10:28	5.7 (51.4%)
235	BABICKA Sylwia	98	HARD BOX OTWOCK	K-40	38	01:20:49	02:20:16	03:40:08.20	03:40:39.30	+01:47:35 (48.8%)	10:28	5.7 (51.4%)
236	BIEŃ Katarzyna	353		K-30	27	01:22:13	02:20:03	03:40:26.70	03:41:09.00	+01:48:05 (48.9%)	10:29	5.7 (51.4%)
237	RĄCZKOWIAK Mateusz	290	USZŁO POWIETRZE Z DĘTKI	M-30	52	01:13:07	02:13:07	03:41:01.20	03:41:15.05	+01:48:11 (48.9%)	10:31	5.7 (51.4%)
238	BARTKIEWICZ Lech	212		M-40	82	01:13:28	02:17:13	03:41:29.80	03:41:33.85	+01:48:30 (49.0%)	10:32	5.7 (51.4%)
239	BRZEZIŃSKI Andrzej	199	LANRUNS	M-60	5	01:17:27	02:16:00	03:42:26.50	03:42:35.90	+01:49:32 (49.2%)	10:35	5.7 (51.4%)
240	PODZEREK Iwona	19	BRIDGESTONE	K-40	39	01:23:37	02:19:36	03:40:14.60	03:42:47.30	+01:49:43 (49.3%)	10:29	5.7 (51.4%)
241	KWAPISZEWSKI Marcin	47		M-40	83	01:23:36	02:19:33	03:40:16.05	03:42:47.85	+01:49:44 (49.3%)	10:29	5.7 (51.4%)
242	ORŁOWSKI Daniel	101		M-40	84	01:17:15	02:17:04	03:43:06.25	03:43:18.45	+01:50:14 (49.4%)	10:37	5.6 (50.5%)
243	SZYSZKIEWICZ Piotr	297		M-40	85	01:14:04	02:15:50	03:43:06.10	03:43:24.10	+01:50:20 (49.4%)	10:37	5.6 (50.5%)
244	ZAJDEL Szczepan	366		M-30	53	01:19:17	02:15:54	03:42:16.70	03:43:29.30	+01:50:25 (49.4%)	10:35	5.7 (51.4%)
245	NOWAK Filip	363		M-30	54	01:19:16	02:16:03	03:42:17.25	03:43:30.75	+01:50:27 (49.4%)	10:35	5.7 (51.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
246	STANKIEWICZ Ilona	85	FUCK THE PESEL	K-30	28	01:21:23	02:20:44	03:42:44.00	03:43:31.60	+01:50:27 (49.4%)	10:36	5.7 (51.4%)
247	BERNAS-KUJAWIŃSKA Magdalena	38	MARCHEWKA	K-40	40	01:17:41	02:20:07	03:43:27.20	03:43:32.15	+01:50:28 (49.4%)	10:38	5.6 (50.5%)
248	JAWORSKA Magdalena	40	GB WIELKOPOLSCY BIEGACZE/TEAM KGB	K-40	41	01:24:55	02:25:20	03:42:44.45	03:44:04.85	+01:51:01 (49.5%)	10:36	5.7 (51.4%)
249	JARZĘBOWICZ Beata	272	ZADYSZKA OŚWIĘCIM	K-40	42	01:19:57	02:20:35	03:45:06.95	03:45:14.75	+01:52:11 (49.8%)	10:43	5.6 (50.5%)
250	MODERACKA Małgorzata	74		K-30	29	01:22:04	02:24:00	03:45:08.85	03:45:25.15	+01:52:21 (49.8%)	10:43	5.6 (50.5%)
251	WACHOWSKA Katarzyna	446	SMOK TRÓJGŁOWY	K-30	30	01:18:12	02:25:44	03:45:07.40	03:45:31.55	+01:52:27 (49.9%)	10:43	5.6 (50.5%)
252	MACKOWSKI Mateusz	445	NATURAL BORN COFFEE LOVERS	M-40	86	01:18:13	02:25:45	03:45:08.65	03:45:31.70	+01:52:27 (49.9%)	10:43	5.6 (50.5%)
253	BRUCH Katarzyna	36		K-30	31	01:24:38	02:23:06	03:44:14.05	03:46:02.25	+01:52:58 (50.0%)	10:40	5.6 (50.5%)
254	BORMANN Margrit	185	ZADYSZKA OŚWIĘCIM / KS KANDAHAR	K-40	43	01:19:52	02:18:31	03:47:25.05	03:47:38.00	+01:54:34 (50.3%)	10:49	5.5 (49.5%)
255	BARON Przem	195	CONSTRAVIA	M-40	87	01:13:08	02:07:43	03:46:25.55	03:47:42.85	+01:54:39 (50.3%)	10:46	5.6 (50.5%)
256	MICHAŁOWSKI Marcin	81		M-40	88	01:18:35	02:17:34	03:46:38.40	03:48:26.25	+01:55:22 (50.5%)	10:47	5.6 (50.5%)
257	CHORZĘPA Wojciech	432		M-30	55	01:18:46	02:21:48	03:49:26.80	03:49:34.30	+01:56:30 (50.8%)	10:55	5.5 (49.5%)
258	NOWAK Marta	31	NARAMOWICE BIEGAJĄ	K-40	44	01:21:07	02:22:00	03:49:00.50	03:49:41.55	+01:56:37 (50.8%)	10:54	5.5 (49.5%)
259	CZEKALSKI Tomasz	41	NARAMOWICE BIEGAJĄ	M-40	89	01:20:57	02:21:46	03:49:04.35	03:49:41.95	+01:56:38 (50.8%)	10:54	5.5 (49.5%)
260	PTAK Monika	125		K-40	45	01:24:43	02:26:17	03:49:42.95	03:50:31.95	+01:57:28 (51.0%)	10:56	5.5 (49.5%)
261	PATYNOWSKI Tomasz	447	DOGOŃ GRODZISK MAZOWIECKI	M-50	15	01:11:41	02:15:31	03:50:31.00	03:50:44.30	+01:57:40 (51.0%)	10:58	5.5 (49.5%)
262	WOJCIECHOWSKA Dorota	394	DOGOŃ GRODZISK MAZOWIECKI	K-40	46	01:21:47	02:23:23	03:50:20.15	03:50:45.00	+01:57:41 (51.0%)	10:58	5.5 (49.5%)
263	KIEŁPIŃSKI Wojciech	283		M-30	56	01:07:50	02:02:04	03:48:22.70	03:50:48.70	+01:57:44 (51.0%)	10:52	5.5 (49.5%)
264	KOZDRÓJ Marcin	29		M-40	90	01:21:47	02:23:22	03:50:24.15	03:50:49.35	+01:57:45 (51.0%)	10:58	5.5 (49.5%)
265	GRZELAK Izabella	316		K-40	47	01:19:27	02:22:18	03:50:53.10	03:51:21.30	+01:58:17 (51.1%)	10:59	5.5 (49.5%)
266	BALNER Sebastian	215	-	M-40	91	01:18:13	02:21:56	03:51:01.60	03:51:26.90	+01:58:23 (51.2%)	11:00	5.5 (49.5%)
267	SIWIASZCZYK Tomasz	197		M-40	92	01:23:45	02:25:25	03:50:53.45	03:52:09.75	+01:59:06 (51.3%)	10:59	5.5 (49.5%)
268	BARTOSZEWSKA Katarzyna	241	TEAM RÓŻOWEJ PELERYNKI	K-40	48	01:20:39	02:24:27	03:52:10.80	03:53:01.65	+01:59:57 (51.5%)	11:03	5.4 (48.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
269	MATUSZEWSKA Elżbieta	262	MARATOŃCZYK WŁOCŁAWEK	K-40	49	01:22:40	02:27:05	03:52:17.80	03:53:02.10	+01:59:58 (51.5%)	11:03	5.4 (48.6%)
270	BUCZAK- MROZIŃSKA Paulina	307		K-40	50	01:25:07	02:28:18	03:51:43.30	03:53:07.15	+02:00:03 (51.5%)	11:02	5.4 (48.6%)
271	KUCZYŃSKI Szymon	306	INSULA ZAWONIA	M-40	93	01:25:06	02:28:18	03:51:43.10	03:53:07.25	+02:00:03 (51.5%)	11:02	5.4 (48.6%)
272	ANTKOWIAK Mirośław	289	BBL KROSNO ODRZAŃSKIE	M-50	16	01:19:10	02:22:54	03:53:05.60	03:53:08.15	+02:00:04 (51.5%)	11:05	5.4 (48.6%)
273	CEMPURA Małgorzata	279	KS POSNANIA	K-40	51	01:24:24	02:24:50	03:52:41.20	03:53:20.45	+02:00:16 (51.5%)	11:04	5.4 (48.6%)
273	WOJTKOWIAK Renata	282	PIĄTKOWO NA BIEGOWO	K-40	51	01:24:23	02:24:49	03:52:40.90	03:53:20.45	+02:00:16 (51.5%)	11:04	5.4 (48.6%)
275	MACIEJEWSKI To Masz	201	EJBRY TEAM POZNAŃ PNB	M-40	94	01:22:06	02:25:20	03:52:45.55	03:53:25.55	+02:00:21 (51.6%)	11:05	5.4 (48.6%)
276	OLEKSIEWICZ Beata	421	SZAKALE BAŁUT ŁÓDŹ	K-40	53	01:20:54	02:23:50	03:54:01.00	03:54:07.40	+02:01:03 (51.7%)	11:08	5.4 (48.6%)
277	KWIATKOWSKA Anna	65		K-40	54	01:23:54	02:26:34	03:53:48.95	03:54:32.15	+02:01:28 (51.8%)	11:08	5.4 (48.6%)
278	SOROKA Monika	330	PASTERKA PANY	K-40	55	01:23:53	02:29:41	03:54:00.85	03:54:47.80	+02:01:44 (51.8%)	11:08	5.4 (48.6%)
279	BAGIŃSKA Joanna	180	LINCOLN ELECTRIC BESTER RUN TEAM BIELAWA	K-50	6	01:21:47	02:24:32	03:53:50.45	03:55:00.05	+02:01:56 (51.9%)	11:08	5.4 (48.6%)
280	GOSK Urszula	64		K-30	32	01:24:23	02:27:40	03:54:35.55	03:55:40.20	+02:02:36 (52.0%)	11:10	5.4 (48.6%)
281	KLEPACZ Karolina	155		K-30	33	01:24:18	02:25:54	03:55:04.80	03:56:04.35	+02:03:00 (52.1%)	11:11	5.4 (48.6%)
282	ZAJĄCZKOWSKA Beata	216		K-40	56	01:24:56	02:27:40	03:55:53.95	03:56:07.55	+02:03:03 (52.1%)	11:13	5.3 (47.7%)
283	KUNIGOWSKI Piotr	178	LINCOLN ELECTRIC BESTER RUN TEAM BIELAWA	M-50	17	01:21:55	02:24:38	03:55:01.20	03:56:10.90	+02:03:07 (52.1%)	11:11	5.4 (48.6%)
284	NAWROCKA Sylwia	63	MAMA W BIEGU	K-40	57	01:26:41	02:27:45	03:55:38.80	03:56:12.70	+02:03:08 (52.1%)	11:13	5.3 (47.7%)
285	NAWROCKI Marek	61	TATA W BIEGU	M-50	18	01:27:11	02:27:41	03:55:40.60	03:56:14.00	+02:03:10 (52.1%)	11:13	5.3 (47.7%)
286	GAJEWSKA- BROZYNA Kamila	484	KLUB BIEGACZA WARTA	K-30	34	01:26:28	02:31:35	03:56:01.95	03:56:59.95	+02:03:56 (52.3%)	11:14	5.3 (47.7%)
287	KOWALCZYK Aleksandra	179		K-30	35	01:25:39	02:32:21	03:57:11.75	03:58:57.05	+02:05:53 (52.7%)	11:17	5.3 (47.7%)
288	ZDUNEK Małgorzata	171		K-40	58	01:22:46	02:29:23	03:59:12.50	03:59:15.65	+02:06:11 (52.7%)	11:23	5.3 (47.7%)
289	RYPIŃSKA Magdalena	356		K-40	59	01:23:35	02:28:10	03:58:19.70	03:59:17.45	+02:06:13 (52.8%)	11:20	5.3 (47.7%)
290	CHWASTYK Ewa	73		K-30	36	01:24:23	02:27:39	03:58:12.05	03:59:18.30	+02:06:14 (52.8%)	11:20	5.3 (47.7%)
291	MAKIEŁA Katarzyna	409		K-40	60	01:20:03	02:26:53	03:59:08.95	03:59:20.75	+02:06:17 (52.8%)	11:23	5.3 (47.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
292	SKRZYPIŃSKA Agnieszka	143	PSI PATROL	K-40	61	01:23:36	02:32:28	03:59:03.25	03:59:25.65	+02:06:21 (52.8%)	11:23	5.3 (47.7%)
293	BĄCIK Artur	288		M-40	95	01:27:30	02:31:56	03:58:18.90	03:59:37.25	+02:06:33 (52.8%)	11:20	5.3 (47.7%)
294	STAMM Tomasz	146		M-50	19	01:23:57	02:31:14	03:59:13.30	04:00:05.70	+02:07:01 (52.9%)	11:23	5.3 (47.7%)
295	BĄCIK Aneta	287		K-40	62	01:27:33	02:32:01	03:59:07.20	04:00:22.20	+02:07:18 (53.0%)	11:23	5.3 (47.7%)
296	KUTRZYŃSKI Marcin	373	2/2 PANKRACY ENTERTIMENT	M-40	96	01:14:32	02:23:01	04:00:34.80	04:01:05.00	+02:08:01 (53.1%)	11:27	5.2 (46.8%)
297	ADAMCZUK Feliks	220		M-50	20	01:27:40	02:34:02	04:00:51.70	04:01:07.45	+02:08:03 (53.1%)	11:28	5.2 (46.8%)
298	MORAWSKA Anna	84		K-60	3	01:22:57	02:28:46	04:01:09.85	04:01:24.05	+02:08:20 (53.2%)	11:29	5.2 (46.8%)
299	KUBUJ Karolina	371		K-20	6	01:29:33	02:33:40	04:01:02.60	04:01:37.55	+02:08:33 (53.2%)	11:28	5.2 (46.8%)
300	GULKA Olga	203		K-20	7	01:24:51	02:28:19	04:00:39.75	04:01:43.50	+02:08:39 (53.2%)	11:27	5.2 (46.8%)
301	KAWECKI Dariusz	89	ETISOFT RUNNING TEAM	M-50	21	01:17:04	02:26:31	04:01:32.95	04:01:44.35	+02:08:40 (53.2%)	11:30	5.2 (46.8%)
302	KUSIEWICZ Agnieszka	379	PUSZCZYK BUKOWY	K-40	63	01:25:28	02:33:49	04:01:26.50	04:01:48.50	+02:08:44 (53.2%)	11:29	5.2 (46.8%)
303	GRELECKI Grzegorz	393		M-20	10	01:24:46	02:29:48	04:01:34.90	04:02:28.60	+02:09:24 (53.4%)	11:30	5.2 (46.8%)
304	KLIMCZAK Arkadiusz	418	KLUB BIEGACZA RTV EURO AGD	M-50	22	01:26:04	02:28:28	04:01:35.55	04:02:35.55	+02:09:31 (53.4%)	11:30	5.2 (46.8%)
305	FASZCZA Agnieszka	116	MARATOŃCZYK POZNAŃ	K-30	37	01:28:08	02:33:40	04:02:27.45	04:02:55.65	+02:09:51 (53.5%)	11:32	5.2 (46.8%)
306	MARCINKIEWICZ Marta	413		K-50	7	01:29:59	02:35:42	04:04:20.85	04:04:36.65	+02:11:32 (53.8%)	11:38	5.2 (46.8%)
307	WOJCIECHOWSKA Anna	192	PIĄTKOWO NA BIEGOWO	K-50	8	01:24:31	02:31:45	04:04:14.65	04:04:51.20	+02:11:47 (53.8%)	11:37	5.2 (46.8%)
308	MATUSZEWSKI Jarosław	263	KLUB BIEGACZA RTV EURO AGD	M-40	97	01:26:07	02:32:33	04:05:16.35	04:06:04.15	+02:13:00 (54.1%)	11:40	5.1 (45.9%)
309	BABICKI Adam	95	HARD BOX OTWOCK	M-40	98	01:26:08	02:32:44	04:05:23.45	04:06:10.80	+02:13:07 (54.1%)	11:41	5.1 (45.9%)
310	BIEŃ Piotr	11		M-30	57	01:26:43	02:32:24	04:05:39.75	04:06:26.65	+02:13:22 (54.1%)	11:41	5.1 (45.9%)
311	BIEŃ Małgorzata	14		K-40	64	01:26:47	02:32:27	04:05:44.55	04:06:26.90	+02:13:23 (54.1%)	11:42	5.1 (45.9%)
312	KOCOT Magdalena	443	META NADARZYN	K-40	65	01:24:21	02:34:39	04:06:42.80	04:06:49.00	+02:13:45 (54.2%)	11:44	5.1 (45.9%)
313	BASTA Dorota	368	ZADYSZKA OŚWIĘCIM	K-50	9	01:19:53	02:20:31	04:07:57.35	04:08:08.25	+02:15:04 (54.4%)	11:48	5.1 (45.9%)
314	RYBARZ Artur	152	ZADYSZKA OŚWIĘCIM	M-50	23	01:25:23	02:31:47	04:07:58.50	04:08:11.45	+02:15:07 (54.4%)	11:48	5.1 (45.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
315	KACZMAREK Karolina	267	PIĄTKOWO NA BIEGOWO	K-40	66	01:27:24	02:33:52	04:07:52.15	04:08:25.65	+02:15:21 (54.5%)	11:48	5.1 (45.9%)
316	PRZYBYLSKI Tomasz	193	KLUB WYSOKOGÓRSKI WARSZAWA	M-60	6	01:26:42	02:31:08	04:07:59.50	04:09:06.35	+02:16:02 (54.6%)	11:48	5.1 (45.9%)
317	MICUŁA Zbigniew	248	WOLBROM TEAM	M-60	7	01:27:16	02:32:41	04:08:37.65	04:09:12.35	+02:16:08 (54.6%)	11:50	5.1 (45.9%)
318	KEGEL Zbigniew	255	PIĄTKOWO NA BIEGOWO	M-60	8	01:27:16	02:31:39	04:09:16.70	04:09:58.75	+02:16:55 (54.8%)	11:52	5.1 (45.9%)
319	SWORNOWSKI Krzysztof	62	NARAMOWICE BIEGAJĄ	M-40	99	01:34:24	02:40:05	04:09:28.45	04:10:12.25	+02:17:08 (54.8%)	11:52	5.1 (45.9%)
320	SWORNOWSKA Anna	52	NARAMOWICE BIEGAJĄ	K-40	67	01:34:25	02:40:04	04:09:28.10	04:10:12.95	+02:17:09 (54.8%)	11:52	5.1 (45.9%)
321	ADAMCZUK Piotr	170		M-40	100	01:26:42	02:33:26	04:08:55.25	04:10:42.75	+02:17:39 (54.9%)	11:51	5.1 (45.9%)
322	MAJ Magdalena	5	GRAŻYŃKI OCR	K-30	38	01:27:17	02:38:17	04:10:26.10	04:10:46.45	+02:17:42 (54.9%)	11:55	5 (45.0%)
323	CZERNECKI Jacek	452	CARBON SILESIA SPORT	M-30	58	01:27:18	02:38:17	04:10:27.70	04:10:47.05	+02:17:43 (54.9%)	11:55	5 (45.0%)
324	KURAŚ Szymon	396	NKB CHYŻY NOWY TOMYŚL	M-40	101	00:57:45	02:38:23	04:10:34.25	04:10:47.65	+02:17:43 (54.9%)	11:55	5 (45.0%)
325	BISKUPSKI Tomasz	202	OSTROBIEC	M-40	102	01:20:51	02:32:09	04:10:38.20	04:10:48.70	+02:17:44 (54.9%)	11:56	5 (45.0%)
326	HULBOJ Marlena	463	AKTYWNA NOWA RUDA	K-30	39	01:28:37	02:37:23	04:11:28.30	04:11:28.30	+02:18:24 (55.0%)	11:58	5 (45.0%)
327	MORAWIEC Ilona	310	GDZIE TA META	K-20	8	01:22:38	02:29:26	04:11:26.35	04:11:48.55	+02:18:44 (55.1%)	11:58	5 (45.0%)
328	RESZKA Łukasz	325	POWIAT ŚWIDNICKI	M-40	103	01:30:26	02:37:46	04:10:52.65	04:11:58.00	+02:18:54 (55.1%)	11:56	5 (45.0%)
329	MAĆKIEWICZ Piotr	210		M-60	9	01:28:26	02:32:22	04:10:48.30	04:13:14.85	+02:20:11 (55.4%)	11:56	5 (45.0%)
330	WOJCIESZAK Klaudia	24	BRAVEHEARTS LEGIONOWO	K-40	68	01:33:22	02:43:16	04:13:30.35	04:13:58.75	+02:20:55 (55.5%)	12:04	5 (45.0%)
331	WOŻNA-KACZMAREK Serafina	17	EPIC TEAM	K-30	40	01:32:04	02:39:44	04:14:05.25	04:14:31.75	+02:21:28 (55.6%)	12:05	5 (45.0%)
332	NOWAK Paulina	3	EPIC TEAM / ADIDAS RUNNERS POZNAŃ	K-30	41	01:31:57	02:39:37	04:13:58.85	04:14:32.05	+02:21:28 (55.6%)	12:05	5 (45.0%)
333	DYR Jerzy	360		M-50	24	01:25:26	02:36:01	04:16:14.00	04:16:23.95	+02:23:20 (55.9%)	12:12	4.9 (44.1%)
334	PUGOWSKA Izabela	341		K-50	10	01:25:25	02:36:01	04:16:14.50	04:16:24.25	+02:23:20 (55.9%)	12:12	4.9 (44.1%)
335	KLINIKOWSKI Jacek	147	KOCHAM ŻYCIE I...	M-50	25	01:23:05	02:37:11	04:17:13.50	04:17:26.75	+02:24:23 (56.1%)	12:14	4.9 (44.1%)
336	OCHNIO Ewa	2	DALEKA DROGA	K-40	69	01:31:36	02:42:11	04:16:48.15	04:18:05.40	+02:25:01 (56.2%)	12:13	4.9 (44.1%)
337	SOBCZAK Aleksander	471	BIELAWSKA AKADEMIA BIEGANIA	M-40	104	01:30:38	02:38:59	04:17:12.35	04:18:06.85	+02:25:03 (56.2%)	12:14	4.9 (44.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
338	ZIÓŁKOWSKA Sylwia	302	STALOWOWOLSKI KLUB BIEGACZA	K-50	11	01:30:11	02:45:31	04:18:18.25	04:18:22.90	+02:25:19 (56.2%)	12:18	4.9 (44.1%)
339	WAŁEK Piotr	75	VELO ŁOSIE NA SZOSIE	M-50	26	01:25:32	02:36:40	04:18:24.45	04:19:01.95	+02:25:58 (56.4%)	12:18	4.9 (44.1%)
340	ORWAT Mariusz	208	WOLSZTYŃSKI KLUB BIEGOWY	M-40	105	01:25:48	02:31:33	04:19:19.05	04:19:53.75	+02:26:50 (56.5%)	12:20	4.9 (44.1%)
341	MACHAŁA Robert	16		M-40	106	01:25:47	02:32:21	04:19:46.95	04:20:02.95	+02:26:59 (56.5%)	12:22	4.9 (44.1%)
342	SIERANT Marian	139		M-60	10	01:30:51	02:42:24	04:23:02.80	04:23:18.60	+02:30:14 (57.1%)	12:31	4.8 (43.2%)
343	WILMAŃSKI Dariusz	141	PARKRUN SŁODOWO WŁOCŁAWEK	M-40	107	01:29:59	02:44:43	04:23:05.40	04:23:20.60	+02:30:16 (57.1%)	12:31	4.8 (43.2%)
344	KÜCHLER Małgorzata	8	JARBUD	K-40	70	01:35:12	02:44:55	04:23:20.75	04:23:40.60	+02:30:36 (57.1%)	12:32	4.8 (43.2%)
345	JAROSŁAWSKI Mariusz	417	BIEGNIJ OŁAWO	M-50	27	01:28:34	02:44:49	04:23:55.60	04:24:37.55	+02:31:33 (57.3%)	12:34	4.8 (43.2%)
346	DANYLOVA Alina	429		K-30	42	01:30:16	02:45:30	04:26:19.25	04:27:45.75	+02:34:42 (57.8%)	12:40	4.7 (42.3%)
347	SZYCA-ŚMIESZNIK Marta	233		K-20	9	01:32:44	02:46:37	04:26:44.90	04:27:46.45	+02:34:42 (57.8%)	12:42	4.7 (42.3%)
348	STOLARSKI Janusz	232	PARKRUN SŁODOWO WŁOCŁAWEK	M-60	11	01:24:44	02:32:16	04:26:52.20	04:27:49.15	+02:34:45 (57.8%)	12:42	4.7 (42.3%)
349	KEMPISTY Anna	189	12TRI.PL	K-50	12	01:31:24	02:48:15	04:27:40.50	04:28:11.75	+02:35:08 (57.8%)	12:44	4.7 (42.3%)
350	CYKULSKA Milena	124		K-30	43	01:38:56	02:50:22	04:27:21.70	04:29:45.45	+02:36:41 (58.1%)	12:43	4.7 (42.3%)
351	MALISZAK Agnieszka	94	BBL LEGNICA	K-30	44	01:33:11	02:46:19	04:29:25.15	04:29:57.35	+02:36:53 (58.1%)	12:49	4.7 (42.3%)
352	PIETROWSKA Hallik	48		K-50	13	01:31:27	02:43:26	04:30:21.00	04:30:44.05	+02:37:40 (58.2%)	12:52	4.7 (42.3%)
353	MALIK Karol	294		M-40	108	01:27:08	02:41:07	04:30:33.75	04:31:17.45	+02:38:13 (58.3%)	12:53	4.7 (42.3%)
354	FIORENZA Roberto	27	MUD FOXES	K-20	10	01:38:55	02:50:24	04:30:09.60	04:32:31.25	+02:39:27 (58.5%)	12:51	4.7 (42.3%)
355	ŚWIĄTEK Jarek	448		M-30	59	01:30:18	02:44:19	04:32:04.30	04:33:02.60	+02:39:58 (58.6%)	12:57	4.6 (41.4%)
356	JĘDZURA Agnieszka	460		K-40	71	01:33:03	02:50:03	04:33:24.35	04:33:26.55	+02:40:22 (58.7%)	13:01	4.6 (41.4%)
357	JEZUSEK Piotrek	462		M-40	109	01:33:01	02:51:01	04:33:24.00	04:33:26.60	+02:40:22 (58.7%)	13:01	4.6 (41.4%)
358	BOROWIEC-RÓŻYCKA Magdalena	314	BIEGAJĄCY ŚWIDNIK	K-40	72	01:39:34	02:54:28	04:33:27.60	04:34:34.65	+02:41:30 (58.8%)	13:01	4.6 (41.4%)
359	PARUS Daniel	372	GB GĘSIORZE ZAGÓRÓW	M-40	110	01:39:30	02:51:45	04:35:45.80	04:36:40.90	+02:43:37 (59.1%)	13:07	4.6 (41.4%)
360	GAŁKA Joanna	387	OSTROBIEC	K-50	14	01:29:32	02:52:46	04:36:50.40	04:36:55.25	+02:43:51 (59.2%)	13:10	4.6 (41.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
361	FIORENZA-GOLISZ Katarzyna	10	MUD FOXES	K-30	45	01:38:53	02:54:43	04:36:17.10	04:38:38.90	+02:45:35 (59.4%)	13:09	4.6 (41.4%)
362	SARNOWSKI Maciej	111	TKKF MPK POZNAŃ	M-40	111	01:31:55	02:52:28	04:38:23.90	04:38:38.95	+02:45:35 (59.4%)	13:15	4.5 (40.5%)
363	STUDZIŃSKA Karina	21	OFIARY SPORTU	K-30	46	01:36:24	02:53:48	04:39:46.65	04:40:48.00	+02:47:44 (59.7%)	13:19	4.5 (40.5%)
364	STRZECHOWSKI Dariusz	67	RAJSPOORT ACTIVE	M-40	112	01:36:25	02:53:49	04:39:49.70	04:40:50.15	+02:47:46 (59.7%)	13:19	4.5 (40.5%)
365	MACIAS Waldemar	331		M-60	12	01:41:38	03:02:12	04:42:35.40	04:43:49.60	+02:50:45 (60.2%)	13:27	4.5 (40.5%)
366	BARAŃSKA Marta	442		K-30	47	01:39:06	02:56:48	04:43:19.50	04:44:21.05	+02:51:17 (60.2%)	13:29	4.4 (39.6%)
367	BANICKA Agata	312		K-30	48	01:39:08	02:56:49	04:43:20.60	04:44:21.35	+02:51:17 (60.2%)	13:29	4.4 (39.6%)
368	CHWIAŁKOWSKA Elżbieta	20		K-50	15	01:39:50	02:59:02	04:46:09.95	04:46:33.05	+02:53:29 (60.5%)	13:37	4.4 (39.6%)
369	FIJALKOWSKA Karolina	313		K-30	49	01:41:23	02:59:28	04:49:58.25	04:51:01.20	+02:57:57 (61.1%)	13:48	4.3 (38.7%)
370	SZCZĘSNA Anna	326		K-30	50	01:41:40	02:59:27	04:50:01.70	04:51:07.35	+02:58:03 (61.2%)	13:48	4.3 (38.7%)
371	SZCZĘSNY Daniel	327		M-30	60	01:41:52	02:59:53	04:49:57.85	04:51:07.55	+02:58:03 (61.2%)	13:48	4.3 (38.7%)
372	DZIADOWICZ Andrzej	129		M-40	113	01:34:19	02:57:31	04:50:39.35	04:51:08.50	+02:58:04 (61.2%)	13:50	4.3 (38.7%)
373	BŁĘDOWSKA Sylwia	137	COYOTE TEAM	K-40	73	01:36:56	03:03:43	04:51:39.10	04:52:09.95	+02:59:06 (61.3%)	13:53	4.3 (38.7%)
374	BŁĘDOWSKI Mariusz	138	COYOTE TEAM	M-40	114	01:36:53	03:03:40	04:51:39.25	04:52:10.60	+02:59:06 (61.3%)	13:53	4.3 (38.7%)
375	LEŚNIEWSKI Sławomir	120	PARKRUN SŁODOWO, WŁOCŁAWEK	M-50	28	01:36:44	03:04:16	04:51:29.60	04:52:11.90	+02:59:08 (61.3%)	13:52	4.3 (38.7%)
376	KOŁTOWSKI Michał	441		M-30	61	01:38:50	03:00:14	04:52:41.05	04:54:08.10	+03:01:04 (61.6%)	13:56	4.3 (38.7%)
377	KOZIARA Agnieszka	428		K-40	74	01:51:50	03:08:44	04:54:19.95	04:54:31.65	+03:01:27 (61.6%)	14:00	4.3 (38.7%)
378	MUSIALSKA Anna	265	PIĄTKOWO NA BIEGOWO	K-40	75	01:45:41	03:11:28	04:54:37.90	04:55:13.65	+03:02:09 (61.7%)	14:01	4.3 (38.7%)
379	MICHALAK Paulina	93	HARD BOX OTWOCK	K-30	51	01:45:50	03:07:12	04:57:49.70	04:58:39.00	+03:05:35 (62.1%)	14:10	4.2 (37.8%)
380	PASIEKA Magda	221		K-40	76	01:46:01	03:15:32	04:59:42.30	04:59:56.15	+03:06:52 (62.3%)	14:16	4.2 (37.8%)
Przekroczony limit czasu: 05:00:00												
LIM	POGORZELSKA Bogusia	151	ŻÓŁTOKRÓLEWSCY	K-40		01:46:02	03:15:22	05:00:00.90	05:00:15.05		0:00	4.2 (37.8%)
LIM	FRĄTCZAK Piotr	399		M-30		01:49:27	03:14:57	05:00:21.55	05:01:12.75		0:00	4.2 (37.8%)
LIM	GAGASZKA Agnieszka	158	HARD BOX OTWOCK	K-30		01:46:33	03:07:56	05:02:52.95	05:02:52.95		0:00	4.2 (37.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
LIM	STOLARSKA Danuta	231	PARKRUN SŁODOWO WŁOCŁAWEK	K-60		01:41:19	03:12:08	05:04:40.20	05:05:36.25	0:00		4.1 (36.9%)
LIM	WALCZAK Faustyna	70		K-30		01:47:23	03:15:54	05:13:46.90	05:14:56.40	0:00		4 (36.0%)
LIM	KLOC Adam	71		M-50		01:47:24		05:14:51.70	05:16:00.00	0:00		4 (36.0%)
LIM	SYGUŁA Monika	377		K-40		01:49:27	03:19:09	05:15:19.70	05:16:12.25	0:00		4 (36.0%)
LIM	DOBROWOLSKA Karolina	376		K-40		01:49:30	03:19:10	05:15:23.15	05:16:12.75	0:00		4 (36.0%)
LIM	KOZA Agnieszka	200	ZRYW PARZYMIECHY	K-40		01:53:16	03:24:01	05:25:10.65	05:26:03.95	0:00		3.9 (35.1%)
	KMIECIK Tomasz	405	GOPR SUDETY	M-40		00:45:05 DNF	01:25:19 DNF	DNF	DNF	-		- (0.0%)
	CYKULSKI Piotr	258		M-30		01:39:23 DNF	DNF	DNF	DNF	-		- (0.0%)
	KARPIŃSKI Rafał	123		M-40		DNF	DNF	DNF	DNF	-		- (0.0%)
	ADAMSKI Adam	382		M-60		DNF	DNF	DNF	DNF	-		- (0.0%)
	KACZMARCZYK Mariusz	270	REXER	M-50		DNF	DNF	DNF	DNF	-		- (0.0%)
	MÓLL Mateusz	60	#SOBASTEAM	M-30		DNF	DNF	DNF	DNF	-		- (0.0%)
	LIZAKOWSKI Piotr	458	NYHA IV	M-40		DNF	DNF	DNF	DNF	-		- (0.0%)

Znaleziono 396 wynik(ów)