



**SUPERMARATON
GÓR
STOŁOWYCH**

SGS LIGHT 21KM

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie: Supermaraton Gór Stołowych
Organizator: Fundacja Maratony Górskie
Data: 2023-06-25
Miejsce: Kartów
Dystans: 21 km

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	2257	SALOMON CZ	M-40	1	00:38:45	01:09:04	01:50:48.95	01:50:48.95		5:16	11.4 (100%)
2	BONIEC Radosław	2255	NADLEŚNICTWO LIPINKI/AW SZYBCIEJ TEAM	M-30	1	00:38:41	01:09:03	01:51:00.60	01:51:00.60	+00:00:11 (0.2%)	5:17	11.4 (100%)
3	GLAPIAK Damian	2240		M-40	2	00:38:46	01:10:24	01:56:24.85	01:56:24.85	+00:05:35 (4.8%)	5:32	10.8 (94.7%)
4	SZYMAŃCZUK Jacek	2074	#BIEGIEMWLAS/NARAMOWICE BIEGAJĄ	M-30	2	00:39:55	01:12:36	01:57:34.40	01:57:34.40	+00:06:45 (5.7%)	5:35	10.7 (93.9%)
5	ZARZYCKI Maciej	2120	DOGOŃ GRODZISK MAZOWIECKI	M-30	3	00:39:03	01:11:52	02:03:37.60	02:03:37.60	+00:12:48 (10.4%)	5:53	10.2 (89.5%)
6	KUSAL Tomasz	2297	ZAŁOGA GÓRSKA	M-20	1	00:41:16	01:15:54	02:04:13.30	02:04:13.30	+00:13:24 (10.8%)	5:54	10.1 (88.6%)
7	TABIŚ Przemysław	2110	PEGA RUNNERS	M-30	4	00:43:15	01:18:14	02:04:41.50	02:04:41.50	+00:13:52 (11.1%)	5:56	10.1 (88.6%)
8	TESLUK Kuba	2181		M-30	5	00:42:15	01:16:53	02:05:12.90	02:05:12.90	+00:14:23 (11.5%)	5:57	10.1 (88.6%)
9	GONCZAR Szymon	2141		M-30	6	00:41:35	01:17:07	02:07:56.05	02:07:56.05	+00:17:07 (13.4%)	6:05	9.8 (86.0%)
10	KAMIŃSKI Artur	2032	PRZEDWOJEWSKI TEAM / KS BODZANÓW-NOWY ŚWIĘTÓW	M-40	3	00:43:15	01:18:24	02:08:12.95	02:08:12.95	+00:17:24 (13.6%)	6:06	9.8 (86.0%)
11	TOMASIAK Natalia	2242	SALOMON TEAM	K-30	1	00:44:14	01:19:24	02:09:09.25	02:09:09.25	+00:18:20 (14.2%)	6:09	9.8 (86.0%)
12	KOŁODZIEJ Roman	2290	PERFEKTA KARLOWICE	M-40	4	00:44:39	01:20:27	02:09:19.95	02:09:19.95	+00:18:31 (14.3%)	6:09	9.7 (85.1%)
13	PYZIK Krzysztof	2229	VEGE SŁONIK TEAM	M-30	7	00:44:28	01:20:26	02:11:37.10	02:11:37.10	+00:20:48 (15.8%)	6:16	9.6 (84.2%)
14	KULIK-GAWĘDA Iwona	2238	KUDOWIANKA RUN	K-30	2	00:45:48	01:22:41	02:15:36.30	02:15:36.30	+00:24:47 (18.3%)	6:27	9.3 (81.6%)
15	CICHOWSKI Wojciech	2288	AW - SZYBCIEJ - TEAM	M-30	8	00:45:53	01:23:38	02:16:12.25	02:16:12.25	+00:25:23 (18.6%)	6:29	9.3 (81.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
16	BIELECKI Sławomir	2076	NARAMOWICE BIEGAJĄ	M-30	9	00:46:13	01:24:47	02:19:21.80	02:19:21.80	+00:28:32 (20.5%)	6:38	9 (78.9%)
17	HÁJEK Jakub	2268		M-50	1	00:48:34	01:27:08	02:20:56.60	02:20:56.60	+00:30:07 (21.4%)	6:42	8.9 (78.1%)
18	PŁAZA Radosław	2258	BARUNOWCE	M-40	5	00:47:50	01:26:25	02:21:43.50	02:21:43.50	+00:30:54 (21.8%)	6:44	8.9 (78.1%)
19	SZCZUPAK Dominik	2243	DZG RUNNERS ZGORZELEC	M-40	6	00:48:08	01:26:07	02:22:39.45	02:22:39.45	+00:31:50 (22.3%)	6:47	8.8 (77.2%)
20	CHAMALA Krzysztof	2102	WEEGREE	M-40	7	00:49:32	01:27:50	02:22:58.85	02:22:58.85	+00:32:09 (22.5%)	6:48	8.8 (77.2%)
21	ŚWIĄTKOWSKI Paweł	2069		M-40	8	00:48:09	01:26:55	02:24:08.50	02:24:08.50	+00:33:19 (23.1%)	6:51	8.7 (76.3%)
22	PADEE Piotr	2291	TRIGYM SZCZECIN	M-30	10	00:48:56	01:29:27	02:26:10.10	02:26:10.10	+00:35:21 (24.2%)	6:57	8.6 (75.4%)
23	BAŁYS Katarzyna	2311	HERCOG RUNNING TEAM	K-40	1	00:48:53	01:29:23	02:26:57.95	02:26:57.95	+00:36:09 (24.6%)	6:59	8.6 (75.4%)
24	CIRKO Arkadiusz	2289	SMS ZAGŁĘBIE LUBIN	M-40	9	00:49:47	01:30:09	02:28:11.95	02:28:11.95	+00:37:23 (25.2%)	7:03	8.5 (74.6%)
25	ŁUKASIEWICZ Ewa	2202	AW-SZYBCIEJ-TEAM	K-50	1	00:54:41	01:33:55	02:29:52.40	02:29:52.40	+00:39:03 (26.1%)	7:08	8.4 (73.7%)
26	WYROŚLAK Józef	2180		M-40	10	00:51:47	01:32:30	02:30:36.75	02:30:36.75	+00:39:47 (26.4%)	7:10	8.4 (73.7%)
27	GRZĄBA Szymon	2186		M-40	11	00:52:13	01:32:55	02:31:29.35	02:31:29.35	+00:40:40 (26.8%)	7:12	8.3 (72.8%)
28	KOTULA Joachim	2089		M-50	2	00:53:18	01:33:57	02:31:51.70	02:31:51.70	+00:41:02 (27.0%)	7:13	8.3 (72.8%)
29	PIETEK Jakub	2231		M-20	2	00:50:53	01:33:28	02:33:13.25	02:33:13.25	+00:42:24 (27.7%)	7:17	8.2 (71.9%)
30	BABIŃSKA-POPIŁKA Ewelina	2001		K-30	3	00:50:24	01:33:31	02:34:08.30	02:34:08.30	+00:43:19 (28.1%)	7:20	8.2 (71.9%)
31	KŁODNICKI Krzysztof	2150		M-40	12	00:53:58	01:35:07	02:34:35.60	02:34:35.60	+00:43:46 (28.3%)	7:21	8.2 (71.9%)
32	DONDAJEWSKI Mikołaj	2244		M-20	3	00:50:15	01:32:06	02:35:16.50	02:35:16.50	+00:44:27 (28.6%)	7:23	8.1 (71.1%)
33	KUCZYŃSKA Wioletta	2283	WIERZBICKI RUNNING PROJEKT	K-30	4	00:51:45	01:33:17	02:35:45.25	02:35:45.25	+00:44:56 (28.9%)	7:25	8.1 (71.1%)
34	JARZĘBOWICZ Beata	2065	ZADYSZKA OŚWIĘCIM	K-40	2	00:52:59	01:35:49	02:35:58.20	02:35:58.20	+00:45:09 (29.0%)	7:25	8.1 (71.1%)
35	FILUŚ Adam	2251		M-20	4	01:01:15	01:40:19	02:35:58.50	02:35:58.50	+00:45:09 (29.0%)	7:25	8.1 (71.1%)
36	GAŁECKI Robert	2274	HFB	M-30	11	00:49:42	01:32:38	02:37:07.15	02:37:07.15	+00:46:18 (29.5%)	7:28	8 (70.2%)
37	MAŚLANKA Jarosław	2153	PEGA RUNNERS	M-50	3	00:50:14	01:34:14	02:37:24.15	02:37:24.15	+00:46:35 (29.6%)	7:29	8 (70.2%)
38	GÓRECKI Krzysztof	2171		M-20	5	00:54:53	01:38:11	02:37:55.00	02:37:55.00	+00:47:06 (29.8%)	7:31	8 (70.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
39	KORZENIOWSKI Oskar	2235	INFINITY-GYM ŁUKASZ SZAPORÓW	M-20	6	00:56:25	01:39:28	02:38:58.75	02:38:58.75	+00:48:09 (30.3%)	7:34	7.9 (69.3%)
40	STRZECHOWSKI Dariusz	2200	RAJSPORT ACTIVE	M-40	13	00:55:40	01:38:02	02:38:59.05	02:38:59.05	+00:48:10 (30.3%)	7:34	7.9 (69.3%)
41	KAŃDUŁA Grzegorz	2184		M-40	14	00:56:46	01:39:28	02:39:02.80	02:39:02.80	+00:48:13 (30.3%)	7:34	7.9 (69.3%)
42	PONIATOWSKI Seweryn	2159		M-40	15	00:52:41	01:37:22	02:39:34.00	02:39:34.00	+00:48:45 (30.6%)	7:35	7.9 (69.3%)
43	JAWORSKA Magdalena	2017	GB WIELKOPOLSCY BIEGACZE/TEAM HWBT	K-40	3	00:56:18	01:40:35	02:40:31.20	02:40:31.20	+00:49:42 (31.0%)	7:38	7.8 (68.4%)
44	OLEŃDZKI Szymon	2031		M-30	12	00:54:44	01:38:09	02:41:01.50	02:41:01.50	+00:50:12 (31.2%)	7:40	7.8 (68.4%)
45	TROCKI Grzegorz	2219	TROCZYBIEGAJA	M-40	16	00:55:25	01:38:19	02:41:06.35	02:41:06.35	+00:50:17 (31.2%)	7:40	7.8 (68.4%)
46	CYBUL Marek	2002	TEAM DALIDALI	M-40	17	00:58:00	01:39:27	02:41:31.95	02:41:31.95	+00:50:43 (31.4%)	7:41	7.8 (68.4%)
47	BAGSIK Lukasz	2236		M-30	13	00:56:21	01:40:50	02:42:46.50	02:42:46.50	+00:51:57 (31.9%)	7:45	7.7 (67.5%)
48	ŁUCZAK Paweł	2198		M-30	14	00:56:47	01:40:38	02:43:12.45	02:43:12.45	+00:52:23 (32.1%)	7:46	7.7 (67.5%)
49	MŁYNARCZYK Arkadiusz	2123	PRZEDWOJEWSKI TEAM	M-30	15	00:55:30	01:40:34	02:43:37.85	02:43:37.85	+00:52:48 (32.3%)	7:47	7.7 (67.5%)
50	ŁAŻEWSKI Marcin	2023		M-50	4	00:58:18	01:42:14	02:43:50.40	02:43:50.40	+00:53:01 (32.4%)	7:48	7.7 (67.5%)
51	IWANOWSKI Przemysław	2239	HANNA TEAM	M-40	18	00:51:32	01:34:55	02:43:56.20	02:43:56.20	+00:53:07 (32.4%)	7:48	7.7 (67.5%)
52	POLIWOZAK Patryk	2054		M-30	16	00:55:27	01:39:48	02:44:04.65	02:44:04.65	+00:53:15 (32.5%)	7:48	7.7 (67.5%)
53	PILETSKI Maksim	2205	BIEGACZE STU MOSTÓW	M-30	17	00:56:26	01:41:51	02:44:06.05	02:44:06.05	+00:53:17 (32.5%)	7:48	7.7 (67.5%)
54	OLEJNIK Marcin	2264		M-40	19	00:57:54	01:43:47	02:45:15.80	02:45:15.80	+00:54:26 (32.9%)	7:52	7.6 (66.7%)
55	HACUŚ Jacek	2246		M-30	18	00:55:37	01:42:27	02:45:41.55	02:45:41.55	+00:54:52 (33.1%)	7:53	7.6 (66.7%)
56	BOROWCZAK Marcin	2262	PARKRUN SŁODOWO, WŁOCŁAWEK	M-30	19	00:58:14	01:41:57	02:46:36.40	02:46:36.40	+00:55:47 (33.5%)	7:56	7.6 (66.7%)
57	JÓZEFIAK Beata	2253		K-30	5	00:57:18	01:41:21	02:46:37.00	02:46:37.00	+00:55:48 (33.5%)	7:56	7.6 (66.7%)
58	KOZŁOWSKI Przemek	2292	PIECHOTĄ PO SCHODACH	M-40	20	01:00:20	01:44:34	02:47:09.70	02:47:09.70	+00:56:20 (33.7%)	7:57	7.5 (65.8%)
59	ALBINIAK Dominik	2161	PEGA RUNNERS	M-20	7	00:58:44	01:43:08	02:48:20.05	02:48:20.05	+00:57:31 (34.2%)	8:00	7.5 (65.8%)
60	AUGUSTYNIAK Małgorzata	2018		K-50	2	00:56:39	01:43:20	02:48:22.90	02:48:22.90	+00:57:33 (34.2%)	8:01	7.5 (65.8%)
61	BOLISĘGA Wojciech	2260		M-30	20	00:54:40	01:40:01	02:49:05.65	02:49:05.65	+00:58:16 (34.5%)	8:03	7.5 (65.8%)

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62	KRUPIANIK Tomasz	2215		M-40	21	00:57:56	01:43:38	02:49:20.45	02:49:20.45	+00:58:31 (34.6%)	8:03	7.4 (64.9%)
63	KURZYNIEC Łukasz	2041		M-30	21	00:57:48	01:44:04	02:49:37.10	02:49:37.10	+00:58:48 (34.7%)	8:04	7.4 (64.9%)
64	PAWLAK Maciej	2286	TRIGYM SZCZECIN	M-40	22	00:53:51	01:41:49	02:51:13.60	02:51:13.60	+01:00:24 (35.3%)	8:09	7.4 (64.9%)
65	RABIEJ-OLSZEWSKA Hanna	2164		K-30	6	00:59:03	01:45:58	02:51:14.35	02:51:14.35	+01:00:25 (35.3%)	8:09	7.4 (64.9%)
66	CIEPŁY Kamil	2194	AW - SZYBCIEJ - TEAM	M-30	22	00:58:49	01:47:23	02:51:18.35	02:51:18.35	+01:00:29 (35.3%)	8:09	7.4 (64.9%)
66	PIOTROWIAK Angelika	2195	GARMIN WROCŁAW	K-20	1	00:57:13	01:41:45	02:51:18.35	02:51:18.35	+01:00:29 (35.3%)	8:09	7.4 (64.9%)
68	BLICHARZ Jarosław	2030	MKJ POLICE	M-50	5	00:56:44	01:41:54	02:51:43.35	02:51:43.35	+01:00:54 (35.5%)	8:10	7.3 (64.0%)
69	MARUSZAK Darek	2060	DOGOŃ GRODZISK MAZOWIECKI/DŻAKARTA RUN TEAM	M-40	23	00:57:14	01:45:03	02:52:22.70	02:52:22.70	+01:01:33 (35.7%)	8:12	7.3 (64.0%)
70	MASARCZYK Wojciech	2127		M-20	8		01:43:55	02:52:28.05	02:52:28.05	+01:01:39 (35.7%)	8:12	7.3 (64.0%)
71	BORYCKI Artur	2278		M-40	24	01:01:48	01:47:50	02:53:03.50	02:53:03.50	+01:02:14 (36.0%)	8:14	7.3 (64.0%)
72	MAZIAREK Adela	2165		K-40	4	00:59:36	01:45:13	02:53:37.10	02:53:37.10	+01:02:48 (36.2%)	8:16	7.3 (64.0%)
73	ZDANOWICZ Wojciech	2092	CZARNA ŁĄKA	M-40	25	00:57:28	01:43:57	02:53:42.90	02:53:42.90	+01:02:53 (36.2%)	8:16	7.3 (64.0%)
74	SZYMAŃSKI Paweł	2193		M-30	23	00:58:21	01:42:58	02:53:45.20	02:53:45.20	+01:02:56 (36.2%)	8:16	7.3 (64.0%)
75	KUREK Paweł	2035	#WALKINGDAD	M-40	26	00:57:19	01:44:18	02:54:21.85	02:54:21.85	+01:03:32 (36.4%)	8:18	7.2 (63.2%)
76	LEŚNIEWSKA Justyna	2151	AKTYWNA NOWA RUDA	K-40	5	00:56:47	01:45:15	02:54:53.70	02:54:53.70	+01:04:04 (36.6%)	8:19	7.2 (63.2%)
77	PAPRZYCKI Romuald	2189	ROMUALD PAPRZYCKI	M-50	6	01:00:13	01:48:36	02:54:59.35	02:54:59.35	+01:04:10 (36.7%)	8:19	7.2 (63.2%)
78	MORÁVEK David	2313		M-40	27	01:02:39	01:48:10	02:55:05.00	02:55:05.00	+01:04:16 (36.7%)	8:20	7.2 (63.2%)
79	KOSTRZEWA Wojciech	2096	ZADYSZKA OŚWIĘCIM	M-40	28	00:58:24	01:45:49	02:55:16.15	02:55:16.15	+01:04:27 (36.8%)	8:20	7.2 (63.2%)
80	SZPILSKI Piotr	2005		M-30	24	00:58:17	01:45:02	02:55:18.35	02:55:18.35	+01:04:29 (36.8%)	8:20	7.2 (63.2%)
81	STANULA Krzysztof	2207	DOLNY ŚLĄSK	M-40	29	01:00:46	01:46:50	02:55:25.65	02:55:25.65	+01:04:36 (36.8%)	8:21	7.2 (63.2%)
82	WALCZAK Agata	2249	WIR	K-50	3	01:01:22	01:46:48	02:55:26.75	02:55:26.75	+01:04:37 (36.8%)	8:21	7.2 (63.2%)
83	PARDAŁA Wojciech	2029		M-40	30	00:59:00	01:45:04	02:56:01.10	02:56:01.10	+01:05:12 (37.0%)	8:22	7.2 (63.2%)
84	BŁAŻ Tomasz	2143	LEPSZE ŻBIKI	M-30	25	00:59:59	01:47:43	02:56:21.00	02:56:21.00	+01:05:32 (37.2%)	8:23	7.1 (62.3%)

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85	BANACH Artur	2296	NSZZ "SOLIDARNOŚĆ" W VWMP	M-40	31	00:58:14	01:45:41	02:56:23.50	02:56:23.50	+01:05:34 (37.2%)	8:23	7.1 (62.3%)
86	SOKOŁOWSKI Tomasz	2216	KLINIKA TRIATHLONU	M-30	26	00:57:53	01:47:37	02:56:24.70	02:56:24.70	+01:05:35 (37.2%)	8:24	7.1 (62.3%)
87	SZULC Marcin	2199		M-40	32	00:54:39	01:40:56	02:56:39.15	02:56:39.15	+01:05:50 (37.3%)	8:24	7.1 (62.3%)
88	KONIECZNY Wojciech	2214	SII RUNNING TEAM	M-30	27	01:05:53	01:51:25	02:57:11.25	02:57:11.25	+01:06:22 (37.5%)	8:26	7.1 (62.3%)
89	STANKIEWICZ Anna	2191	DOGOŃ GRODZISK MAZOWIECKI	K-40	6	01:00:41	01:51:23	02:57:15.85	02:57:15.85	+01:06:26 (37.5%)	8:26	7.1 (62.3%)
90	BURKOWSKI Jarosław	2254	BIEGAJ LESZNO	M-50	7	01:03:46	01:51:29	02:57:21.80	02:57:21.80	+01:06:32 (37.5%)	8:26	7.1 (62.3%)
91	KAŻMIERCZAK Mariusz	2019		M-30	28	01:01:48	01:48:43	02:57:35.10	02:57:35.10	+01:06:46 (37.6%)	8:27	7.1 (62.3%)
92	GÓRECKI Marcin	2312	ALETEAM	M-40	33	01:02:15	01:51:30	02:57:35.70	02:57:35.70	+01:06:46 (37.6%)	8:27	7.1 (62.3%)
93	SAMBORSKI Bartosz	2304	ZAŁOGA GÓRSKA	M-40	34	01:01:31	01:49:31	02:58:06.05	02:58:06.05	+01:07:17 (37.8%)	8:28	7.1 (62.3%)
94	KAYSIEWICZ Maciej	2139	NATURAL BORN RUNNERS TEAM	M-50	8	00:58:31	01:47:20	02:58:11.40	02:58:11.40	+01:07:22 (37.8%)	8:29	7.1 (62.3%)
95	GRZYBOWSKI Robert	2062	MKJ POLICE	M-40	35	00:57:50	01:46:14	02:59:18.15	02:59:18.15	+01:08:29 (38.2%)	8:32	7 (61.4%)
96	KRZYŻANOWSKA - KORZENIOWSKA Anna Maria	2234	INFINITY-GYM ŁUKASZ SZAPORÓW	K-30	7	01:01:46	01:49:59	02:59:42.80	02:59:42.80	+01:08:53 (38.3%)	8:33	7 (61.4%)
97	NOVÁK Martin	2275	NOWIS TRAILRUNNER	M-30	29	00:59:44	01:48:52	03:00:47.00	03:00:47.00	+01:09:58 (38.7%)	8:36	7 (61.4%)
98	PAPROCKI Krzysztof	2058		M-50	9	01:01:23	01:49:13	03:01:10.40	03:01:10.40	+01:10:21 (38.8%)	8:37	7 (61.4%)
99	BUJALSKA Agata	2281		K-30	8	01:04:02	01:53:16	03:01:30.25	03:01:30.25	+01:10:41 (38.9%)	8:38	6.9 (60.5%)
100	OWCZAREK Izabela	2273	SLEZAKTEAM	K-40	7	01:02:23	01:51:35	03:01:31.05	03:01:31.05	+01:10:42 (39.0%)	8:38	6.9 (60.5%)
101	ZWIERZYŃSKA Agnieszka	2252		K-40	8	01:02:37	01:53:07	03:01:34.70	03:01:34.70	+01:10:45 (39.0%)	8:38	6.9 (60.5%)
102	WAWRZYŃIAK Robert	2157	#BIEGIEMWLAS	M-40	36	01:06:33	01:53:40	03:01:52.25	03:01:52.25	+01:11:03 (39.1%)	8:39	6.9 (60.5%)
103	OLEKSA Robert	2221		M-50	10	00:57:03	01:48:01	03:02:02.40	03:02:02.40	+01:11:13 (39.1%)	8:40	6.9 (60.5%)
104	SMOTER Ania	2118	SMOLECKA ZADYSZKA	K-40	9	01:03:47	01:52:26	03:02:12.10	03:02:12.10	+01:11:23 (39.2%)	8:40	6.9 (60.5%)
105	SZTYPKA Konrad	2081	WKB MARATOŃCZYK WŁOCŁAWEK	M-40	37	01:01:20	01:51:34	03:02:33.70	03:02:33.70	+01:11:44 (39.3%)	8:41	6.9 (60.5%)
106	SZTYPKA Justyna	2082	WKB MARATOŃCZYK WŁOCŁAWEK	K-40	10	01:02:42	01:53:33	03:04:04.50	03:04:04.50	+01:13:15 (39.8%)	8:45	6.8 (59.6%)
107	MACKO Mariusz	2259		M-40	38	01:06:08	01:54:11	03:04:51.05	03:04:51.05	+01:14:02 (40.1%)	8:48	6.8 (59.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
108	KALEMBA Tomasz	2224		M-30	30	00:59:59	01:48:18	03:05:39.35	03:05:39.35	+01:14:50 (40.3%)	8:50	6.8 (59.6%)
109	GRUDZIEN-JURKOWSKA Malgorzata	2163		K-40	11	01:05:44	01:55:06	03:05:53.40	03:05:53.40	+01:15:04 (40.4%)	8:51	6.8 (59.6%)
110	DZIARKOWSKA Edyta	2098	RUNCROSS ROZGARTY	K-40	12	01:04:27	01:53:55	03:06:48.45	03:06:48.45	+01:15:59 (40.7%)	8:53	6.7 (58.8%)
111	FISZER Jakub	2097	RUNCROSS ROZGARTY	M-40	39	01:04:28	01:53:57	03:06:50.30	03:06:50.30	+01:16:01 (40.7%)	8:53	6.7 (58.8%)
112	KUKOBNIKAVA Vitaliya	2203	BIEGACZE STU MOSTÓW	K-30	9	01:07:28	01:57:10	03:07:09.50	03:07:09.50	+01:16:20 (40.8%)	8:54	6.7 (58.8%)
113	KRZESIMOWSKI Damian	2021		M-40	40	01:00:48	01:52:38	03:07:19.45	03:07:19.45	+01:16:30 (40.8%)	8:55	6.7 (58.8%)
114	PODSIADŁO Wiktor	2232		M-30	31	01:02:49	01:53:43	03:07:57.95	03:07:57.95	+01:17:09 (41.0%)	8:57	6.7 (58.8%)
115	KONDRACKA Agnieszka	2128	KUNA W AGREŚCIE	K-40	13	01:03:47	01:55:27	03:08:05.75	03:08:05.75	+01:17:16 (41.1%)	8:57	6.7 (58.8%)
116	NUREK Łukasz	2009	PIWNE BRZUSZKI RACE TEAM	M-40	41	01:04:05	01:54:18	03:08:10.65	03:08:10.65	+01:17:21 (41.1%)	8:57	6.7 (58.8%)
117	KOZŁOWSKI Tomasz	2237	LESZNO LIMITS RUNNERS	M-50	11	01:02:45	01:52:43	03:08:32.55	03:08:32.55	+01:17:43 (41.2%)	8:58	6.7 (58.8%)
118	BARANOWSKI Robert	2227		M-50	12	01:05:19	01:58:27	03:08:39.70	03:08:39.70	+01:17:50 (41.3%)	8:59	6.7 (58.8%)
119	WASZAK Bartosz	2144		M-20	9	01:05:21	01:55:51	03:09:03.90	03:09:03.90	+01:18:14 (41.4%)	9:00	6.7 (58.8%)
120	GASIECKI Andrzej	2020	PIASKOWY DZIADEK	M-50	13	01:02:09	01:55:05	03:09:08.00	03:09:08.00	+01:18:19 (41.4%)	9:00	6.7 (58.8%)
121	STASZEWSKI Dariusz	2167		M-30	32	01:02:50	01:55:10	03:09:59.20	03:09:59.20	+01:19:10 (41.7%)	9:02	6.6 (57.9%)
122	ZYGOŃ Artur	2108		M-30	33	00:59:26	01:52:08	03:10:48.40	03:10:48.40	+01:19:59 (41.9%)	9:05	6.6 (57.9%)
123	KRZYSZTOFOWICZ Andrzej	2295	ULTRASI	M-40	42	01:07:28	01:57:12	03:11:25.90	03:11:25.90	+01:20:36 (42.1%)	9:06	6.6 (57.9%)
124	KWIATKOWSKA Zuzanna	2155	RNB TEAM POLANICA ZDRÓJ	K-50	4	01:04:36	01:56:52	03:12:06.55	03:12:06.55	+01:21:17 (42.3%)	9:08	6.6 (57.9%)
125	OCHOCKI Marcin	2250	DZIK KOMANDO	M-40	43	01:03:45	01:57:00	03:12:52.00	03:12:52.00	+01:22:03 (42.5%)	9:11	6.5 (57.0%)
126	FRONCZKOWSKA Barbara	2309		K-30	10	01:09:10	02:01:23	03:12:52.10	03:12:52.10	+01:22:03 (42.5%)	9:11	6.5 (57.0%)
127	PTASZEK Katarzyna	2178	TRENUJZNAMI.PL	K-50	5	01:06:26	01:58:48	03:13:58.75	03:13:58.75	+01:23:09 (42.9%)	9:14	6.5 (57.0%)
128	BEDNARCZYK Bogusław	2222	PRO - RUN WROCŁAW	M-50	14	01:06:34	01:58:49	03:13:59.80	03:13:59.80	+01:23:10 (42.9%)	9:14	6.5 (57.0%)
129	KUCZERA Natalia	2256		K-30	11	01:04:08	01:58:08	03:14:11.50	03:14:11.50	+01:23:22 (42.9%)	9:14	6.5 (57.0%)
130	HYŻY Krzysztof	2282	PIWNE BRZUSZKI RACE TEAM	M-40	44	01:06:28	01:57:06	03:14:13.25	03:14:13.25	+01:23:24 (42.9%)	9:14	6.5 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
131	WÓJCIK Paulina	2111	ZADYSZKA OŚWIĘCIM	K-20	2	01:09:43	02:01:28	03:14:19.55	03:14:19.55	+01:23:30 (43.0%)	9:15	6.5 (57.0%)
132	RZEPKA Remigiusz	2298	GREENBUD	M-50	15	01:04:44	02:00:24	03:16:04.55	03:16:04.55	+01:25:15 (43.5%)	9:20	6.4 (56.1%)
133	WAWRZY尼亚K Ilona	2265	NORBULLO TEAM	K-40	14	01:05:42	02:00:25	03:16:18.05	03:16:18.05	+01:25:29 (43.5%)	9:20	6.4 (56.1%)
134	PRZYBUŁEK Tomasz	2142		M-30	34	01:06:22	01:59:27	03:16:52.30	03:16:52.30	+01:26:03 (43.7%)	9:22	6.4 (56.1%)
135	CHEŁCHOWSKA Katarzyna	2168	WAWRZYNTTEAM	K-30	12	01:06:31	02:00:19	03:17:22.60	03:17:22.60	+01:26:33 (43.9%)	9:23	6.4 (56.1%)
136	WALISZEWSKI Jakub	2308	ROWERY MAŁGOŚKA	M-30	35	01:05:17	01:57:10	03:17:28.35	03:17:28.35	+01:26:39 (43.9%)	9:24	6.4 (56.1%)
137	KRAWIEC Piotr	2044		M-40	45	01:06:24	02:01:04	03:17:52.95	03:17:52.95	+01:27:04 (44.0%)	9:25	6.4 (56.1%)
138	KOZDRÓJ Wioletta	2104	DOGOŃ GRODZISK MAZOWIECKI/DŻAKARTA RUN TEAM	K-40	15	01:07:18	02:02:59	03:18:55.75	03:18:55.75	+01:28:06 (44.3%)	9:28	6.3 (55.3%)
139	KOSTOWSKI Roman	2172		M-30	36	01:05:28	01:59:38	03:19:06.80	03:19:06.80	+01:28:17 (44.3%)	9:28	6.3 (55.3%)
140	URBAŃSKA Magdalena	2103	HAPPY RUNNERS	K-40	16	01:06:31	02:05:18	03:19:14.10	03:19:14.10	+01:28:25 (44.4%)	9:29	6.3 (55.3%)
141	GNATOWICZ-CZARNOŁĘSKA Beata	2197	MACOPHARMA	K-50	6	01:09:08	02:02:36	03:19:41.60	03:19:41.60	+01:28:52 (44.5%)	9:30	6.3 (55.3%)
142	KUBIAK Przemysław	2085	STRZEGOMSKA DWUNASTKA	M-40	46	01:13:47	02:04:31	03:21:34.65	03:21:34.65	+01:30:45 (45.0%)	9:35	6.3 (55.3%)
143	PIÓRKOWSKI Paweł	2130		M-30	37	01:13:18	02:04:43	03:21:58.20	03:21:58.20	+01:31:09 (45.1%)	9:37	6.2 (54.4%)
144	PYĆ Andrzej	2175		M-30	38	01:11:03	02:04:07	03:21:58.80	03:21:58.80	+01:31:09 (45.1%)	9:37	6.2 (54.4%)
145	KIEŁPIŃSKI Wojciech	2101		M-30	39	01:09:45	02:01:24	03:22:46.70	03:22:46.70	+01:31:57 (45.4%)	9:39	6.2 (54.4%)
146	Haida Marcin	2053		M-40	47	01:12:44	02:05:09	03:22:48.75	03:22:48.75	+01:31:59 (45.4%)	9:39	6.2 (54.4%)
147	MIKLASZEWSKI Rad	2263	NORBULLO TEAM	M-50	16	01:09:41	02:05:11	03:23:19.75	03:23:19.75	+01:32:30 (45.5%)	9:40	6.2 (54.4%)
148	WĘGRZYNEK Mirka	2162	AR WARSAW	K-40	17	01:09:36	02:04:33	03:23:25.30	03:23:25.30	+01:32:36 (45.5%)	9:41	6.2 (54.4%)
149	PAWIŃSKI Artur	2280	PAW-ART ARTUR PAWIŃSKI	M-40	48	01:09:02	02:04:41	03:23:26.25	03:23:26.25	+01:32:37 (45.5%)	9:41	6.2 (54.4%)
150	JAKUBOWSKA Aurelia	2133		K-30	13	01:09:49	02:05:18	03:23:38.80	03:23:38.80	+01:32:49 (45.6%)	9:41	6.2 (54.4%)
151	BONIKOWSKI Tomasz	2300		M-50	17	01:16:09	02:12:23	03:23:40.10	03:23:40.10	+01:32:51 (45.6%)	9:41	6.2 (54.4%)
152	LING Robert	2064		M-40	49	01:16:11	02:09:41	03:23:49.65	03:23:49.65	+01:33:00 (45.6%)	9:42	6.2 (54.4%)
153	BAGIŃSKA Joanna	2068	LINCOLN ELECTRIC BESTER RUN BIELAWA	K-50	7	01:07:50	02:03:39	03:24:41.95	03:24:41.95	+01:33:53 (45.9%)	9:44	6.2 (54.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
154	KOSTRUBIEC Maciej	2208		M-20	10	01:09:56	02:04:54	03:24:42.55	03:24:42.55	+01:33:53 (45.9%)	9:44	6.2 (54.4%)
155	WALIŃSKA Agata	2279	WWW.SPRAWDZAMY-NIERUCHOMOSCI.PL	K-30	14	01:09:56	02:07:27	03:24:50.20	03:24:50.20	+01:34:01 (45.9%)	9:45	6.2 (54.4%)
156	BADOWSKA Katarzyna	2146		K-40	18	01:13:11	02:07:51	03:25:51.40	03:25:51.40	+01:35:02 (46.2%)	9:48	6.1 (53.5%)
157	BADOWSKI Artur	2145		M-40	50	01:13:17	02:07:51	03:25:52.05	03:25:52.05	+01:35:03 (46.2%)	9:48	6.1 (53.5%)
158	RYGUŁA Mikołaj	2267		M-20	11	01:10:08	02:06:29	03:26:25.90	03:26:25.90	+01:35:36 (46.3%)	9:49	6.1 (53.5%)
159	ŻEMOJDZIN Marcin	2008	PIWNE BRZUSZKI RACE TEAM	M-40	51	01:07:34	02:01:57	03:26:46.65	03:26:46.65	+01:35:57 (46.4%)	9:50	6.1 (53.5%)
160	DZICZEK Ireneusz	2132	RAZ SZCZECIN	M-50	18	01:04:46	02:01:16	03:27:04.40	03:27:04.40	+01:36:15 (46.5%)	9:51	6.1 (53.5%)
161	MAREK Paweł	2105		M-40	52	01:09:44	02:05:29	03:27:15.65	03:27:15.65	+01:36:26 (46.5%)	9:52	6.1 (53.5%)
162	DROŹDZIEL Magdalena	2112	KB HERMES GRYFINO	K-30	15	01:07:30	02:01:55	03:27:47.75	03:27:47.75	+01:36:58 (46.7%)	9:53	6.1 (53.5%)
163	CZEKALSKI Tomasz	2010	NARAMOWICE BIEGAJĄ	M-40	53	01:07:02	02:05:06	03:28:02.45	03:28:02.45	+01:37:13 (46.7%)	9:54	6.1 (53.5%)
164	RÓŻAŃSKA Magdalena	2007		K-40	19	01:12:23	02:09:31	03:28:05.70	03:28:05.70	+01:37:16 (46.7%)	9:54	6.1 (53.5%)
165	MODERACKA Małgorzata	2033		K-30	16	01:14:21	02:09:40	03:28:17.60	03:28:17.60	+01:37:28 (46.8%)	9:55	6 (52.6%)
166	LEDNICKA Lidia	2284		K-40	20	01:15:45	02:10:53	03:28:51.20	03:28:51.20	+01:38:02 (46.9%)	9:56	6 (52.6%)
167	NOWAK Marta	2016	NARAMOWICE BIEGAJĄ	K-40	21	01:09:00	02:05:06	03:28:57.20	03:28:57.20	+01:38:08 (47.0%)	9:57	6 (52.6%)
168	CHOŁUJ Małgorzata	2212		K-50	8	01:15:04	02:10:51	03:29:22.70	03:29:22.70	+01:38:33 (47.1%)	9:58	6 (52.6%)
169	SARNA Beata	2213		K-50	9	01:15:01	02:10:51	03:29:22.90	03:29:22.90	+01:38:33 (47.1%)	9:58	6 (52.6%)
170	MARKOWSKI Mateusz	2024		M-30	40	01:07:51	02:02:30	03:30:01.05	03:30:01.05	+01:39:12 (47.2%)	10:00	6 (52.6%)
171	KOZŁOWSKI Krzysztof	2093	RUNCROSS ROZGARTY	M-30	41	01:13:20	02:07:32	03:30:17.00	03:30:17.00	+01:39:28 (47.3%)	10:00	6 (52.6%)
172	KWIATKOWSKA Marta	2134		K-40	22	01:08:55	02:04:57	03:30:17.60	03:30:17.60	+01:39:28 (47.3%)	10:00	6 (52.6%)
173	KUBIAK Anna	2084	STRZEGOMSKA DWUNASTKA	K-40	23	01:17:55	02:11:30	03:30:19.30	03:30:19.30	+01:39:30 (47.3%)	10:00	6 (52.6%)
174	SIKORSKI Cezary	2306	BBL GUBIN	M-50	19	01:11:49	02:09:36	03:30:57.05	03:30:57.05	+01:40:08 (47.5%)	10:02	6 (52.6%)
175	PRAWDZIK Renata	2248	SUPER DRUŻYNA EŁK	K-40	24	01:14:22	02:11:09	03:32:25.75	03:32:25.75	+01:41:36 (47.8%)	10:06	5.9 (51.8%)
176	SKWAREK Agnieszka	2299	DZIKIE ŚWINIE	K-30	17	01:13:21	02:10:42	03:32:31.50	03:32:31.50	+01:41:42 (47.9%)	10:07	5.9 (51.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
177	POPEK Maciej	2045	PARKRUN SŁODOWO WŁOCŁAWEK	M-40	54	01:16:38	02:11:50	03:32:44.05	03:32:44.05	+01:41:55 (47.9%)	10:07	5.9 (51.8%)
178	SIKORA Michał	2025		M-40	55	01:07:24	02:08:06	03:32:55.80	03:32:55.80	+01:42:06 (48.0%)	10:08	5.9 (51.8%)
179	KOZDRÓJ Marcin	2028		M-40	56	01:09:18	02:08:14	03:33:10.05	03:33:10.05	+01:42:21 (48.0%)	10:09	5.9 (51.8%)
180	MARIN Alberto	2261		M-30	42	01:07:51	02:06:18	03:33:35.20	03:33:35.20	+01:42:46 (48.1%)	10:10	5.9 (51.8%)
181	DERBICH Mariusz	2217	FAMOT TEAM	M-40	57	01:15:05	02:11:35	03:33:37.10	03:33:37.10	+01:42:48 (48.1%)	10:10	5.9 (51.8%)
182	KUCZEWSKI Marek	2169		M-30	43	01:09:47	02:08:21	03:33:38.75	03:33:38.75	+01:42:49 (48.1%)	10:10	5.9 (51.8%)
183	BORMANN Margrit	2067	ZADYSZKA OŚWIĘCIM/KS KANDAHAR	K-40	25	01:13:29	02:12:11	03:33:39.85	03:33:39.85	+01:42:50 (48.1%)	10:10	5.9 (51.8%)
184	KULAK Paweł	2269		M-40	58	01:08:33	02:06:51	03:33:46.40	03:33:46.40	+01:42:57 (48.2%)	10:10	5.9 (51.8%)
185	TYŃSKA - SITEK Aleksandra	2310		K-40	26	01:15:56	02:11:57	03:34:02.30	03:34:02.30	+01:43:13 (48.2%)	10:11	5.9 (51.8%)
186	DUBIEL Monika	2124	KUNA W AGREŚCIE	K-40	27	01:13:07	02:09:50	03:34:07.95	03:34:07.95	+01:43:19 (48.2%)	10:11	5.9 (51.8%)
187	ORŁOWSKI Daniel	2026	MILLSIDE DISTILLERY	M-40	59	01:13:28	02:09:24	03:34:08.10	03:34:08.10	+01:43:19 (48.2%)	10:11	5.9 (51.8%)
188	CZUBALA Beata	2148	LKS ZIĘBICE	K-40	28	01:17:30	02:15:46	03:34:08.70	03:34:08.70	+01:43:19 (48.3%)	10:11	5.9 (51.8%)
189	GIDASZEWSKA Jolanta	2158	GIDOLKI	K-40	29	01:16:08	02:14:26	03:34:11.60	03:34:11.60	+01:43:22 (48.3%)	10:11	5.9 (51.8%)
190	DENYSENKO Lech	2000	BDB TEAM	M-60	1	01:13:15	02:11:03	03:34:20.35	03:34:20.35	+01:43:31 (48.3%)	10:12	5.9 (51.8%)
191	BRZEZIŃSKI Andrzej	2196	LANRUNS	M-60	2	01:10:22	02:09:40	03:35:01.00	03:35:01.00	+01:44:12 (48.5%)	10:14	5.9 (51.8%)
192	ZARĘBA Aneta	2126	ZAREBA MEISEIKAI	K-20	3	01:18:17	02:14:02	03:35:06.90	03:35:06.90	+01:44:17 (48.5%)	10:14	5.9 (51.8%)
193	GACZOŁ Klaudia	2147	STRAIGHT OUTTA SCRANTON	K-30	18	01:09:14	02:09:04	03:35:44.40	03:35:44.40	+01:44:55 (48.6%)	10:16	5.8 (50.9%)
194	KACZOROWSKA Dorota	2059		K-40	30	01:16:01	02:12:27	03:36:23.85	03:36:23.85	+01:45:34 (48.8%)	10:18	5.8 (50.9%)
195	BENEŠOVÁ Jolana	2307	REDPOINT TEAM	K-50	10	01:12:08	02:11:12	03:39:53.85	03:39:53.85	+01:49:04 (49.6%)	10:28	5.7 (50.0%)
196	PLESIŃSKA Joanna	2063		K-30	19	01:20:46	02:17:00	03:40:02.00	03:40:02.00	+01:49:13 (49.6%)	10:28	5.7 (50.0%)
197	IVANOVA Alina	2154		K-30	20	01:18:06	02:18:14	03:41:00.70	03:41:00.70	+01:50:11 (49.9%)	10:31	5.7 (50.0%)
198	PAPROCKA Natalia	2057		K-40	31	01:16:14	02:15:27	03:41:25.55	03:41:25.55	+01:50:36 (50.0%)	10:32	5.7 (50.0%)
199	TRZASKO Ania	2176	ADIDAS RUNNERS WARSAW	K-30	21	01:18:51	02:18:56	03:41:31.70	03:41:31.70	+01:50:42 (50.0%)	10:32	5.7 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
200	MAĆKIEWICZ Piotr	2047	PARKRUN ŚWINOUJŚCIE	M-60	3	01:15:02	02:12:06	03:41:33.30	03:41:33.30	+01:50:44 (50.0%)	10:33	5.7 (50.0%)
201	PIOTROWSKA Edyta	2039	BRACTWO BIEGOWE BGK	K-40	32	01:13:41	02:15:08	03:42:25.00	03:42:25.00	+01:51:36 (50.2%)	10:35	5.7 (50.0%)
202	KAŃDUŁA Klaudia	2185	LION GROUP	K-40	33	01:18:50	02:18:28	03:42:27.20	03:42:27.20	+01:51:38 (50.2%)	10:35	5.7 (50.0%)
203	PATYRA Łukasz	2014		M-40	60	01:15:15	02:14:38	03:42:28.00	03:42:28.00	+01:51:39 (50.2%)	10:35	5.7 (50.0%)
204	JASNOWSKI Paweł	2173	COFFEE AND GO	M-40	61	01:19:31	02:18:37	03:42:30.40	03:42:30.40	+01:51:41 (50.2%)	10:35	5.7 (50.0%)
205	KUNIGOWSKI Piotr	2066	LINCOLN ELECTRIC BESTER RUN BIELAWA	M-50	20	01:14:29	02:14:35	03:43:21.50	03:43:21.50	+01:52:32 (50.4%)	10:38	5.6 (49.1%)
206	MAJCHRZAK Magdalena	2109		K-30	22	01:18:38	02:16:27	03:43:25.70	03:43:25.70	+01:52:36 (50.4%)	10:38	5.6 (49.1%)
207	WIEWIÓRA Agata	2107		K-40	34	01:18:49	02:16:27	03:43:26.00	03:43:26.00	+01:52:37 (50.4%)	10:38	5.6 (49.1%)
208	GRABOWSKI Mariusz	2038	PEGA RUNNERS	M-40	62	01:15:16	02:14:36	03:44:18.20	03:44:18.20	+01:53:29 (50.6%)	10:40	5.6 (49.1%)
209	DOLECKA Elżbieta	2204	NKB CHYŻY NOWY TOMYŚL	K-40	35	01:14:45	02:16:03	03:44:24.40	03:44:24.40	+01:53:35 (50.6%)	10:41	5.6 (49.1%)
210	WĄSIK Izabela	2004	BEMOWO BIEGA	K-50	11	01:18:00	02:18:36	03:44:35.30	03:44:35.30	+01:53:46 (50.7%)	10:41	5.6 (49.1%)
211	ŁAŻEWSKA Sylwia	2011		K-40	36	01:11:11	02:10:49	03:44:36.05	03:44:36.05	+01:53:47 (50.7%)	10:41	5.6 (49.1%)
212	GUZIŃSKA Ola	2034		K-40	37	01:18:02	02:18:35	03:44:36.15	03:44:36.15	+01:53:47 (50.7%)	10:41	5.6 (49.1%)
213	GARCZAREK Krzysztof	2106		M-60	4	01:09:50	02:06:05	03:45:15.05	03:45:15.05	+01:54:26 (50.8%)	10:43	5.6 (49.1%)
214	CEBULAK Katarzyna	2174	COFFEE AND GO	K-40	38	01:19:35	02:19:50	03:46:56.25	03:46:56.25	+01:56:07 (51.2%)	10:48	5.6 (49.1%)
215	OSTROWSKI Łukasz	2241		M-40	63	01:17:57	02:16:54	03:47:49.45	03:47:49.45	+01:57:00 (51.4%)	10:50	5.5 (48.2%)
216	JAKUBOWSKA Marta	2083	NESSI TIME KALISZ	K-40	39	01:20:18	02:19:51	03:48:06.90	03:48:06.90	+01:57:17 (51.4%)	10:51	5.5 (48.2%)
217	MORAWSKI Marcin	2152	RANGER SURVIVAL CLUB	M-50	21	01:15:02	02:18:05	03:48:31.00	03:48:31.00	+01:57:42 (51.5%)	10:52	5.5 (48.2%)
218	BORSKI Daniel	2226		M-40	64	01:14:39	02:17:31	03:48:52.30	03:48:52.30	+01:58:03 (51.6%)	10:53	5.5 (48.2%)
219	KEGEL Zbigniew	2192	PIĄTKOWO NA BIEGOWO	M-60	5	01:15:28	02:16:23	03:49:58.30	03:49:58.30	+01:59:09 (51.8%)	10:57	5.5 (48.2%)
220	OBSTARCZYK Mirosław	2140	ZADYSZKA OŚWIĘCIM	M-60	6	01:17:28	02:21:34	03:50:05.65	03:50:05.65	+01:59:16 (51.8%)	10:57	5.5 (48.2%)
221	POŹNIAK-STYCZYŃSKA Maja	2012	DDC	K-30	23	01:16:26	02:19:36	03:50:14.65	03:50:14.65	+01:59:25 (51.9%)	10:57	5.5 (48.2%)
222	DYKO Jakub	2223	SPARTA ŚWIDNICA	M-20	12	01:06:37	02:07:44	03:50:29.60	03:50:29.60	+01:59:40 (51.9%)	10:58	5.5 (48.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
223	SZYMANIK Paweł	2272		M-50	22	01:18:56	02:23:13	03:50:42.95	03:50:42.95	+01:59:54 (52.0%)	10:59	5.5 (48.2%)
224	KABZIŃSKA Dagmara	2086		K-40	40	01:20:19	02:21:54	03:51:45.60	03:51:45.60	+02:00:56 (52.2%)	11:02	5.4 (47.4%)
225	POGORZELEC Tomasz	2188		M-40	65	01:14:42	02:15:37	03:51:59.90	03:51:59.90	+02:01:10 (52.2%)	11:02	5.4 (47.4%)
226	MIŁKOWSKI Marcin	2179	POLSKA	M-40	66	01:19:07	02:23:42	03:54:37.70	03:54:37.70	+02:03:48 (52.8%)	11:10	5.4 (47.4%)
227	KOZŁOWSKA Magdalena	2187	RUNNERS KONIN	K-40	41	01:18:04	02:23:43	03:55:17.00	03:55:17.00	+02:04:28 (52.9%)	11:12	5.4 (47.4%)
228	KRZESZOWSKA Adrianna	2271	ROWERY MAŁGOŚKA	K-30	24	01:20:15	02:23:47	03:55:17.30	03:55:17.30	+02:04:28 (52.9%)	11:12	5.4 (47.4%)
229	NOWAK - KASPRZAK Anna	2276		K-30	25	01:20:01	02:23:44	03:55:18.70	03:55:18.70	+02:04:29 (52.9%)	11:12	5.4 (47.4%)
230	KASPRZAK Łukasz	2277		M-30	44	01:20:34	02:23:45	03:55:19.30	03:55:19.30	+02:04:30 (52.9%)	11:12	5.4 (47.4%)
231	ZABOROWSKA Halina	2177	MARATOŃCZYK DĘBICA	K-50	12	01:20:33	02:22:55	03:55:29.50	03:55:29.50	+02:04:40 (52.9%)	11:12	5.4 (47.4%)
232	KARPIŃSKI Rafał	2072		M-40	67	01:20:28	02:23:59	03:55:31.55	03:55:31.55	+02:04:42 (52.9%)	11:12	5.3 (46.5%)
233	PTAK Monika	2073		K-40	42	01:20:26	02:23:59	03:55:31.70	03:55:31.70	+02:04:42 (53.0%)	11:12	5.3 (46.5%)
234	KSIĘŻNIK Anna	2301		K-50	13	01:17:54	02:21:29	03:56:05.80	03:56:05.80	+02:05:16 (53.1%)	11:14	5.3 (46.5%)
235	HELMAN Jaroslaw	2247	JAROSŁAW HELMAN	M-40	68	01:17:32	02:22:56	03:57:38.50	03:57:38.50	+02:06:49 (53.4%)	11:18	5.3 (46.5%)
236	PIETRZAK Radosław	2131	MILLSIDE DISTILLERY	M-40	69	01:13:00	02:14:01	03:57:46.50	03:57:46.50	+02:06:57 (53.4%)	11:19	5.3 (46.5%)
237	SKARŻEŃSKA-SOKOŁOWSKA Jagoda	2303	NIEZWYCIĘŻENI Z WRZOSOWEJ	K-40	43	01:18:30	02:23:52	03:58:08.10	03:58:08.10	+02:07:19 (53.5%)	11:20	5.3 (46.5%)
238	PATYNOWSKI Tomasz	2149	DOGOŃ GRODZISK MAZOWIECKI	M-50	23	01:13:24	02:17:37	03:58:23.25	03:58:23.25	+02:07:34 (53.5%)	11:21	5.3 (46.5%)
239	KAŁUSKI Jan	2075	AKTYWNI RAZEM	M-40	70	01:19:20	02:22:11	04:01:27.80	04:01:27.80	+02:10:38 (54.1%)	11:29	5.2 (45.6%)
240	SKOWROŃSKI Bartosz	2138		M-30	45	01:24:40	02:31:26	04:02:09.90	04:02:09.90	+02:11:20 (54.2%)	11:31	5.2 (45.6%)
241	STOLARSKI Janusz	2080	PARKRUN SŁODOWO, WŁOCŁAWEK	M-60	7	01:22:42	02:29:15	04:02:56.05	04:02:56.05	+02:12:07 (54.4%)	11:34	5.2 (45.6%)
242	KRZYSZTOFOWICZ Karolina	2294	ULTRASZY	K-40	44	01:24:03	02:30:53	04:03:44.75	04:03:44.75	+02:12:55 (54.5%)	11:36	5.2 (45.6%)
243	KACZMAREK Monika	2201	NKB CHYŻY NOWY TOMYŚL	K-40	45	01:19:34	02:28:31	04:05:43.05	04:05:43.05	+02:14:54 (54.9%)	11:42	5.1 (44.7%)
244	KURAŚ Szymon	2166	NKB CHYŻY NOWY TOMYŚL	M-40	71	01:19:12	02:28:28	04:05:43.95	04:05:43.95	+02:14:55 (54.9%)	11:42	5.1 (44.7%)
245	SZPLIT Agata	2056	KORONA PABIANICE	K-30	26	01:22:20	02:27:55	04:05:44.50	04:05:44.50	+02:14:55 (54.9%)	11:42	5.1 (44.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
246	BOŻEK Aleksandra	2100	TEAM ZABIEGANEDNI	K-30	27	01:24:39	02:27:57	04:05:46.85	04:05:46.85	+02:14:57 (54.9%)	11:42	5.1 (44.7%)
247	STYPUŁA Michał	2013		M-30	46	01:19:08	02:28:19	04:05:48.50	04:05:48.50	+02:14:59 (54.9%)	11:42	5.1 (44.7%)
248	KOWALCZYK Aleksandra	2121		K-30	28	01:26:35	02:34:58	04:07:08.35	04:07:08.35	+02:16:19 (55.2%)	11:46	5.1 (44.7%)
249	STAMM Tomasz	2116		M-50	24	01:16:13	02:23:16	04:07:29.50	04:07:29.50	+02:16:40 (55.2%)	11:47	5.1 (44.7%)
250	JĘDRZEJEK Kinga	2115	HAPPY RUNNERS	K-40	46	01:24:43	02:33:23	04:07:52.30	04:07:52.30	+02:17:03 (55.3%)	11:48	5.1 (44.7%)
251	TARNOWSKI Paweł	2122	HAPPY RUNNERS	M-30	47	01:25:16	02:33:24	04:07:52.75	04:07:52.75	+02:17:03 (55.3%)	11:48	5.1 (44.7%)
252	FIORENZA Roberto	2119	MUD FOXES	M-30	48	01:18:45	02:25:20	04:08:54.55	04:08:54.55	+02:18:05 (55.5%)	11:51	5.1 (44.7%)
253	WIRA Barbara	2095		K-40	47	01:26:31	02:32:37	04:08:54.85	04:08:54.85	+02:18:05 (55.5%)	11:51	5.1 (44.7%)
254	KRAWCZYK Beata	2113	PIECHOTĄ PO SCHODACH	K-30	29	01:17:21	02:26:36	04:09:06.65	04:09:06.65	+02:18:17 (55.5%)	11:51	5.1 (44.7%)
255	JANISZEWSKA Emilia	2114	PIECHOTĄ PO SCHODACH	K-30	30	01:17:17	02:26:36	04:09:06.70	04:09:06.70	+02:18:17 (55.5%)	11:51	5.1 (44.7%)
256	JASIŃSKA Marzena	2077	PIECHOTĄ PO SCHODACH	K-30	31	01:17:19	02:26:37	04:09:06.90	04:09:06.90	+02:18:17 (55.5%)	11:51	5.1 (44.7%)
257	RADWAŃSKA Aneta	2117	PIECHOTĄ PO SCHODACH	K-40	48	01:17:23	02:26:37	04:09:07.60	04:09:07.60	+02:18:18 (55.5%)	11:51	5.1 (44.7%)
258	PASZKIEL Agnieszka	2182	LUDZ	K-50	14	01:24:56	02:34:39	04:17:36.50	04:17:36.50	+02:26:47 (57.0%)	12:16	4.9 (43.0%)
259	SARNOWSKI Maciej	2183	TKKF MPK POZNAŃ	M-40	72	01:29:36	02:38:46	04:23:27.00	04:23:27.00	+02:32:38 (57.9%)	12:32	4.8 (42.1%)
260	KOZIARSKA Ewa	2071		K-40	49	01:25:56	02:38:10	04:24:52.60	04:24:52.60	+02:34:03 (58.2%)	12:36	4.8 (42.1%)
261	WALENTYN Katarzyna	2078	RUNCROSS ROZGARTY	K-40	50	01:33:02	02:44:23	04:26:30.85	04:26:30.85	+02:35:41 (58.4%)	12:41	4.7 (41.2%)
262	FIRLIK Mirosław	2052	KB KAMIEŃ POMORSKI	M-50	25	01:25:15	02:36:06	04:26:36.65	04:26:36.65	+02:35:47 (58.4%)	12:41	4.7 (41.2%)
262	SZYMAŃSKI Marek	2051	KB KAMIEŃ POMORSKI	M-30	49	01:26:46	02:37:59	04:26:36.65	04:26:36.65	+02:35:47 (58.4%)	12:41	4.7 (41.2%)
264	ADAMCZUK Piotr	2049		M-40	73	01:34:32	02:47:09	04:35:17.60	04:35:17.60	+02:44:28 (59.7%)	13:06	4.6 (40.4%)
265	WOŹNIAK Marcin	2233		M-30	50	01:33:03	02:48:59	04:35:40.35	04:35:40.35	+02:44:51 (59.8%)	13:07	4.6 (40.4%)
266	LEŚKIEWICZ Michał	2090		M-40	74	01:39:59	02:57:52	04:39:15.60	04:39:15.60	+02:48:26 (60.3%)	13:17	4.5 (39.5%)
267	LANGIEWICZ Jacek	2055	MKJ POLICE	M-60	8	01:28:18	02:39:59	04:39:57.35	04:39:57.35	+02:49:08 (60.4%)	13:19	4.5 (39.5%)
268	KOSTRUBIEC Mariusz	2209		M-50	26	01:31:08	02:46:15	04:41:31.00	04:41:31.00	+02:50:42 (60.6%)	13:24	4.5 (39.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
269	ADAMIAK Marta	2270	RUN4GOLD	K-40	51	01:38:45	03:05:43	04:55:26.90	04:55:26.90	+03:04:37 (62.5%)	14:04	4.3 (37.7%)
270	PAŁASZYŃSKA Beata	2245	MUD FOXES	K-40	52	01:40:20	03:05:45	04:56:43.80	04:56:43.80	+03:05:54 (62.7%)	14:07	4.2 (36.8%)
Przekroczony limit czasu: 05:00:00												
271	STOLARSKA Danuta	2079	PARKRUN SŁODOWO, WŁOCŁAWEK	K-60	1	01:42:00	03:06:54	05:06:47.80	05:06:47.80	+03:15:58 (63.9%)	14:36	4.1 (36.0%)
272	LEŚNIEWSKI Sławomir	2048	PARKRUN SŁODOWO, WŁOCŁAWEK	M-50	27	01:42:01	03:06:57	05:06:48.40	05:06:48.40	+03:15:59 (63.9%)	14:36	4.1 (36.0%)
273	DAWID Katarzyna	2218	HAPPY RUNNERS	K-50	15	01:45:42	03:26:15	05:21:14.15	05:21:14.15	+03:30:25 (65.5%)	15:17	3.9 (34.2%)
	ŁUKASZEWSKI Szymon	2266	ANDRZEJ WITEK - SZYBCIEJ	M-30		00:43:14 DNF	01:18:46 DNF	DNF	DNF	-	-	- (0.0%)
	MÓLL Mateusz	2070	#SOBASTEAM	M-30		00:59:05 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	CZARNIECKI Daniel	2160	TIE	M-40		01:10:11 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	PRZESPOLEWSKI Rafał	2094	LUDZIE Z WIOCHY	M-40		01:16:55 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	MICHALIK-KWAŚNICKA Katarzyna	2022	PRECEL RACING TEAM	K-30		01:48:19 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	JODŁOWSKA Wioletta	2136		K-50		02:11:21 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	ARCHACKA Kasia	2137	KRĘCONA	K-50		02:11:31 DNF	DNF	DNF	DNF	-	-	- (0.0%)

Znaleziono 280 wynik(ów)