



**SUPERMARATON  
GÓR  
STOŁOWYCH**

## SGS LIGHT 21KM

B4SPORT

**B4SPORT**  
INTELEGNTE 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	<b>BRÝDL Pavel</b>	<b>2257</b>	SALOMON CZ	M-40	1	00:38:45	01:09:04	<b>01:50:48.95</b>	<b>01:50:48.95</b>		5:16	11.4 (100%)
2	<b>BONIEC Radosław</b>	<b>2255</b>	NADLEŚNICTWO LIPINKI/AW SZYBCIEJ TEAM	M-30	1	00:38:41	01:09:03	<b>01:51:00.60</b>	<b>01:51:00.60</b>	+00:00:11 (0.2%)	5:17	11.4 (100%)
3	<b>GLAPIAK Damian</b>	<b>2240</b>		M-40	2	00:38:46	01:10:24	<b>01:56:24.85</b>	<b>01:56:24.85</b>	+00:05:35 (4.8%)	5:32	10.8 (94.7%)
4	<b>SZYMAŃCZUK Jacek</b>	<b>2074</b>	#BIEGIEMWLAS/NARAMOWICE BIEGAJĄ	M-30	2	00:39:55	01:12:36	<b>01:57:34.40</b>	<b>01:57:34.40</b>	+00:06:45 (5.7%)	5:35	10.7 (93.9%)
5	<b>ZARZYCKI Maciej</b>	<b>2120</b>	DOGOŃ GRODZISK MAZOWIECKI	M-30	3	00:39:03	01:11:52	<b>02:03:37.60</b>	<b>02:03:37.60</b>	+00:12:48 (10.4%)	5:53	10.2 (89.5%)
6	<b>KUSAL Tomasz</b>	<b>2297</b>	ZAŁOGA GÓRSKA	M-20	1	00:41:16	01:15:54	<b>02:04:13.30</b>	<b>02:04:13.30</b>	+00:13:24 (10.8%)	5:54	10.1 (88.6%)
7	<b>TABIŚ Przemysław</b>	<b>2110</b>	PEGA RUNNERS	M-30	4	00:43:15	01:18:14	<b>02:04:41.50</b>	<b>02:04:41.50</b>	+00:13:52 (11.1%)	5:56	10.1 (88.6%)
8	<b>TESLUK Kuba</b>	<b>2181</b>		M-30	5	00:42:15	01:16:53	<b>02:05:12.90</b>	<b>02:05:12.90</b>	+00:14:23 (11.5%)	5:57	10.1 (88.6%)
9	<b>GONCZAR Szymon</b>	<b>2141</b>		M-30	6	00:41:35	01:17:07	<b>02:07:56.05</b>	<b>02:07:56.05</b>	+00:17:07 (13.4%)	6:05	9.8 (86.0%)
10	<b>KAMIŃSKI Artur</b>	<b>2032</b>	PRZEDWOJEWSKI TEAM / KS BODZANÓW-NOWY ŚWIĘTÓW	M-40	3	00:43:15	01:18:24	<b>02:08:12.95</b>	<b>02:08:12.95</b>	+00:17:24 (13.6%)	6:06	9.8 (86.0%)
11	<b>TOMASIAK Natalia</b>	<b>2242</b>	SALOMON TEAM	K-30	1	00:44:14	01:19:24	<b>02:09:09.25</b>	<b>02:09:09.25</b>	+00:18:20 (14.2%)	6:09	9.8 (86.0%)
12	<b>KOŁODZIEJ Roman</b>	<b>2290</b>	PERFEKTA KARLOWICE	M-40	4	00:44:39	01:20:27	<b>02:09:19.95</b>	<b>02:09:19.95</b>	+00:18:31 (14.3%)	6:09	9.7 (85.1%)
13	<b>PYZIK Krzysztof</b>	<b>2229</b>	VEGE SŁONIK TEAM	M-30	7	00:44:28	01:20:26	<b>02:11:37.10</b>	<b>02:11:37.10</b>	+00:20:48 (15.8%)	6:16	9.6 (84.2%)
14	<b>KULIK-GAWĘDA Iwona</b>	<b>2238</b>	KUDOWIANKA RUN	K-30	2	00:45:48	01:22:41	<b>02:15:36.30</b>	<b>02:15:36.30</b>	+00:24:47 (18.3%)	6:27	9.3 (81.6%)
15	<b>CICHOWSKI Wojciech</b>	<b>2288</b>	AW - SZYBCIEJ - TEAM	M-30	8	00:45:53	01:23:38	<b>02:16:12.25</b>	<b>02:16:12.25</b>	+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	<b>BIELECKI Sławomir</b>	<b>2076</b>	NARAMOWICE BIEGAJĄ	M-30	9	00:46:13	01:24:47	<b>02:19:21.80</b>	<b>02:19:21.80</b>	+00:28:32 (20.5%)	6:38	9 (78.9%)
17	<b>HÁJEK Jakub</b>	<b>2268</b>		M-50	1	00:48:34	01:27:08	<b>02:20:56.60</b>	<b>02:20:56.60</b>	+00:30:07 (21.4%)	6:42	8.9 (78.1%)
18	<b>PŁAZA Radosław</b>	<b>2258</b>	BARUNOWCE	M-40	5	00:47:50	01:26:25	<b>02:21:43.50</b>	<b>02:21:43.50</b>	+00:30:54 (21.8%)	6:44	8.9 (78.1%)
19	<b>SZCZUPAK Dominik</b>	<b>2243</b>	DZG RUNNERS ZGORZELEC	M-40	6	00:48:08	01:26:07	<b>02:22:39.45</b>	<b>02:22:39.45</b>	+00:31:50 (22.3%)	6:47	8.8 (77.2%)
20	<b>CHAMALA Krzysztof</b>	<b>2102</b>	WEEGREE	M-40	7	00:49:32	01:27:50	<b>02:22:58.85</b>	<b>02:22:58.85</b>	+00:32:09 (22.5%)	6:48	8.8 (77.2%)
21	<b>ŚWIĄTKOWSKI Paweł</b>	<b>2069</b>		M-40	8	00:48:09	01:26:55	<b>02:24:08.50</b>	<b>02:24:08.50</b>	+00:33:19 (23.1%)	6:51	8.7 (76.3%)
22	<b>PADEE Piotr</b>	<b>2291</b>	TRIGYM SZCZECIN	M-30	10	00:48:56	01:29:27	<b>02:26:10.10</b>	<b>02:26:10.10</b>	+00:35:21 (24.2%)	6:57	8.6 (75.4%)
23	<b>BAŁYS Katarzyna</b>	<b>2311</b>	HERCOG RUNNING TEAM	K-40	1	00:48:53	01:29:23	<b>02:26:57.95</b>	<b>02:26:57.95</b>	+00:36:09 (24.6%)	6:59	8.6 (75.4%)
24	<b>CIRKO Arkadiusz</b>	<b>2289</b>	SMS ZAGŁĘBIE LUBIN	M-40	9	00:49:47	01:30:09	<b>02:28:11.95</b>	<b>02:28:11.95</b>	+00:37:23 (25.2%)	7:03	8.5 (74.6%)
25	<b>ŁUKASIEWICZ Ewa</b>	<b>2202</b>	AW-SZYBCIEJ-TEAM	K-50	1	00:54:41	01:33:55	<b>02:29:52.40</b>	<b>02:29:52.40</b>	+00:39:03 (26.1%)	7:08	8.4 (73.7%)
26	<b>WYROŚLAK Józef</b>	<b>2180</b>		M-40	10	00:51:47	01:32:30	<b>02:30:36.75</b>	<b>02:30:36.75</b>	+00:39:47 (26.4%)	7:10	8.4 (73.7%)
27	<b>GRZĄBA Szymon</b>	<b>2186</b>		M-40	11	00:52:13	01:32:55	<b>02:31:29.35</b>	<b>02:31:29.35</b>	+00:40:40 (26.8%)	7:12	8.3 (72.8%)
28	<b>KOTULA Joachim</b>	<b>2089</b>		M-50	2	00:53:18	01:33:57	<b>02:31:51.70</b>	<b>02:31:51.70</b>	+00:41:02 (27.0%)	7:13	8.3 (72.8%)
29	<b>PIETEK Jakub</b>	<b>2231</b>		M-20	2	00:50:53	01:33:28	<b>02:33:13.25</b>	<b>02:33:13.25</b>	+00:42:24 (27.7%)	7:17	8.2 (71.9%)
30	<b>BABIŃSKA-POPIŁKA Ewelina</b>	<b>2001</b>		K-30	3	00:50:24	01:33:31	<b>02:34:08.30</b>	<b>02:34:08.30</b>	+00:43:19 (28.1%)	7:20	8.2 (71.9%)
31	<b>KŁODNICKI Krzysztof</b>	<b>2150</b>		M-40	12	00:53:58	01:35:07	<b>02:34:35.60</b>	<b>02:34:35.60</b>	+00:43:46 (28.3%)	7:21	8.2 (71.9%)
32	<b>DONDAJEWSKI Mikołaj</b>	<b>2244</b>		M-20	3	00:50:15	01:32:06	<b>02:35:16.50</b>	<b>02:35:16.50</b>	+00:44:27 (28.6%)	7:23	8.1 (71.1%)
33	<b>KUCZYŃSKA Wioletta</b>	<b>2283</b>	WIERZBICKI RUNNING PROJEKT	K-30	4	00:51:45	01:33:17	<b>02:35:45.25</b>	<b>02:35:45.25</b>	+00:44:56 (28.9%)	7:25	8.1 (71.1%)
34	<b>JARZĘBOWICZ Beata</b>	<b>2065</b>	ZADYSZKA OŚWIĘCIM	K-40	2	00:52:59	01:35:49	<b>02:35:58.20</b>	<b>02:35:58.20</b>	+00:45:09 (29.0%)	7:25	8.1 (71.1%)
35	<b>FILUŚ Adam</b>	<b>2251</b>		M-20	4	01:01:15	01:40:19	<b>02:35:58.50</b>	<b>02:35:58.50</b>	+00:45:09 (29.0%)	7:25	8.1 (71.1%)
36	<b>GAŁECKI Robert</b>	<b>2274</b>	HFB	M-30	11	00:49:42	01:32:38	<b>02:37:07.15</b>	<b>02:37:07.15</b>	+00:46:18 (29.5%)	7:28	8 (70.2%)
37	<b>MAŚLANKA Jarosław</b>	<b>2153</b>	PEGA RUNNERS	M-50	3	00:50:14	01:34:14	<b>02:37:24.15</b>	<b>02:37:24.15</b>	+00:46:35 (29.6%)	7:29	8 (70.2%)
38	<b>GÓRECKI Krzysztof</b>	<b>2171</b>		M-20	5	00:54:53	01:38:11	<b>02:37:55.00</b>	<b>02:37:55.00</b>	+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	<b>KORZENIOWSKI Oskar</b>	<b>2235</b>	INFINITY-GYM ŁUKASZ SZAPORÓW	M-20	6	00:56:25	01:39:28	<b>02:38:58.75</b>	<b>02:38:58.75</b>	+00:48:09 (30.3%)	7:34	7.9 (69.3%)
40	<b>STRZECHOWSKI Dariusz</b>	<b>2200</b>	RAJSPORT ACTIVE	M-40	13	00:55:40	01:38:02	<b>02:38:59.05</b>	<b>02:38:59.05</b>	+00:48:10 (30.3%)	7:34	7.9 (69.3%)
41	<b>KAŃDUŁA Grzegorz</b>	<b>2184</b>		M-40	14	00:56:46	01:39:28	<b>02:39:02.80</b>	<b>02:39:02.80</b>	+00:48:13 (30.3%)	7:34	7.9 (69.3%)
42	<b>PONIATOWSKI Seweryn</b>	<b>2159</b>		M-40	15	00:52:41	01:37:22	<b>02:39:34.00</b>	<b>02:39:34.00</b>	+00:48:45 (30.6%)	7:35	7.9 (69.3%)
43	<b>JAWORSKA Magdalena</b>	<b>2017</b>	GB WIELKOPOLSCY BIEGACZE/TEAM HWBT	K-40	3	00:56:18	01:40:35	<b>02:40:31.20</b>	<b>02:40:31.20</b>	+00:49:42 (31.0%)	7:38	7.8 (68.4%)
44	<b>OLEŃDZKI Szymon</b>	<b>2031</b>		M-30	12	00:54:44	01:38:09	<b>02:41:01.50</b>	<b>02:41:01.50</b>	+00:50:12 (31.2%)	7:40	7.8 (68.4%)
45	<b>TROCKI Grzegorz</b>	<b>2219</b>	TROCZYBIEGAJA	M-40	16	00:55:25	01:38:19	<b>02:41:06.35</b>	<b>02:41:06.35</b>	+00:50:17 (31.2%)	7:40	7.8 (68.4%)
46	<b>CYBUL Marek</b>	<b>2002</b>	TEAM DALIDALI	M-40	17	00:58:00	01:39:27	<b>02:41:31.95</b>	<b>02:41:31.95</b>	+00:50:43 (31.4%)	7:41	7.8 (68.4%)
47	<b>BAGSIK Lukasz</b>	<b>2236</b>		M-30	13	00:56:21	01:40:50	<b>02:42:46.50</b>	<b>02:42:46.50</b>	+00:51:57 (31.9%)	7:45	7.7 (67.5%)
48	<b>ŁUCZAK Paweł</b>	<b>2198</b>		M-30	14	00:56:47	01:40:38	<b>02:43:12.45</b>	<b>02:43:12.45</b>	+00:52:23 (32.1%)	7:46	7.7 (67.5%)
49	<b>MŁYNARCZYK Arkadiusz</b>	<b>2123</b>	PRZEDWOJEWSKI TEAM	M-30	15	00:55:30	01:40:34	<b>02:43:37.85</b>	<b>02:43:37.85</b>	+00:52:48 (32.3%)	7:47	7.7 (67.5%)
50	<b>ŁAŻEWSKI Marcin</b>	<b>2023</b>		M-50	4	00:58:18	01:42:14	<b>02:43:50.40</b>	<b>02:43:50.40</b>	+00:53:01 (32.4%)	7:48	7.7 (67.5%)
51	<b>IWANOWSKI Przemysław</b>	<b>2239</b>	HANNA TEAM	M-40	18	00:51:32	01:34:55	<b>02:43:56.20</b>	<b>02:43:56.20</b>	+00:53:07 (32.4%)	7:48	7.7 (67.5%)
52	<b>POLIWOZAK Patryk</b>	<b>2054</b>		M-30	16	00:55:27	01:39:48	<b>02:44:04.65</b>	<b>02:44:04.65</b>	+00:53:15 (32.5%)	7:48	7.7 (67.5%)
53	<b>PILETSKI Maksim</b>	<b>2205</b>	BIEGACZE STU MOSTÓW	M-30	17	00:56:26	01:41:51	<b>02:44:06.05</b>	<b>02:44:06.05</b>	+00:53:17 (32.5%)	7:48	7.7 (67.5%)
54	<b>OLEJNIK Marcin</b>	<b>2264</b>		M-40	19	00:57:54	01:43:47	<b>02:45:15.80</b>	<b>02:45:15.80</b>	+00:54:26 (32.9%)	7:52	7.6 (66.7%)
55	<b>HACUŚ Jacek</b>	<b>2246</b>		M-30	18	00:55:37	01:42:27	<b>02:45:41.55</b>	<b>02:45:41.55</b>	+00:54:52 (33.1%)	7:53	7.6 (66.7%)
56	<b>BOROWCZAK Marcin</b>	<b>2262</b>	PARKRUN SŁODOWO, WŁOCŁAWEK	M-30	19	00:58:14	01:41:57	<b>02:46:36.40</b>	<b>02:46:36.40</b>	+00:55:47 (33.5%)	7:56	7.6 (66.7%)
57	<b>JÓZEFIAK Beata</b>	<b>2253</b>		K-30	5	00:57:18	01:41:21	<b>02:46:37.00</b>	<b>02:46:37.00</b>	+00:55:48 (33.5%)	7:56	7.6 (66.7%)
58	<b>KOZŁOWSKI Przemek</b>	<b>2292</b>	PIECHOTĄ PO SCHODACH	M-40	20	01:00:20	01:44:34	<b>02:47:09.70</b>	<b>02:47:09.70</b>	+00:56:20 (33.7%)	7:57	7.5 (65.8%)
59	<b>ALBINIAK Dominik</b>	<b>2161</b>	PEGA RUNNERS	M-20	7	00:58:44	01:43:08	<b>02:48:20.05</b>	<b>02:48:20.05</b>	+00:57:31 (34.2%)	8:00	7.5 (65.8%)
60	<b>AUGUSTYNIAK Małgorzata</b>	<b>2018</b>		K-50	2	00:56:39	01:43:20	<b>02:48:22.90</b>	<b>02:48:22.90</b>	+00:57:33 (34.2%)	8:01	7.5 (65.8%)
61	<b>BOLISĘGA Wojciech</b>	<b>2260</b>		M-30	20	00:54:40	01:40:01	<b>02:49:05.65</b>	<b>02:49:05.65</b>	+00:58:16 (34.5%)	8:03	7.5 (65.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
62	<b>KRUPIANIK Tomasz</b>	<b>2215</b>		M-40	21	00:57:56	01:43:38	<b>02:49:20.45</b>	<b>02:49:20.45</b>	+00:58:31 (34.6%)	8:03	7.4 (64.9%)
63	<b>KURZYNIEC Łukasz</b>	<b>2041</b>		M-30	21	00:57:48	01:44:04	<b>02:49:37.10</b>	<b>02:49:37.10</b>	+00:58:48 (34.7%)	8:04	7.4 (64.9%)
64	<b>PAWLAK Maciej</b>	<b>2286</b>	TRIGYM SZCZECIN	M-40	22	00:53:51	01:41:49	<b>02:51:13.60</b>	<b>02:51:13.60</b>	+01:00:24 (35.3%)	8:09	7.4 (64.9%)
65	<b>RABIEJ-OLSZEWSKA Hanna</b>	<b>2164</b>		K-30	6	00:59:03	01:45:58	<b>02:51:14.35</b>	<b>02:51:14.35</b>	+01:00:25 (35.3%)	8:09	7.4 (64.9%)
66	<b>CIEPŁY Kamil</b>	<b>2194</b>	AW - SZYBCIEJ - TEAM	M-30	22	00:58:49	01:47:23	<b>02:51:18.35</b>	<b>02:51:18.35</b>	+01:00:29 (35.3%)	8:09	7.4 (64.9%)
66	<b>PIOTROWIAK Angelika</b>	<b>2195</b>	GARMIN WROCŁAW	K-20	1	00:57:13	01:41:45	<b>02:51:18.35</b>	<b>02:51:18.35</b>	+01:00:29 (35.3%)	8:09	7.4 (64.9%)
68	<b>BLICHARZ Jarosław</b>	<b>2030</b>	MKJ POLICE	M-50	5	00:56:44	01:41:54	<b>02:51:43.35</b>	<b>02:51:43.35</b>	+01:00:54 (35.5%)	8:10	7.3 (64.0%)
69	<b>MARUSZAK Darek</b>	<b>2060</b>	DOGOŃ GRODZISK MAZOWIECKI/DŻAKARTA RUN TEAM	M-40	23	00:57:14	01:45:03	<b>02:52:22.70</b>	<b>02:52:22.70</b>	+01:01:33 (35.7%)	8:12	7.3 (64.0%)
70	<b>MASARCZYK Wojciech</b>	<b>2127</b>		M-20	8		01:43:55	<b>02:52:28.05</b>	<b>02:52:28.05</b>	+01:01:39 (35.7%)	8:12	7.3 (64.0%)
71	<b>BORYCKI Artur</b>	<b>2278</b>		M-40	24	01:01:48	01:47:50	<b>02:53:03.50</b>	<b>02:53:03.50</b>	+01:02:14 (36.0%)	8:14	7.3 (64.0%)
72	<b>MAZIAREK Adela</b>	<b>2165</b>		K-40	4	00:59:36	01:45:13	<b>02:53:37.10</b>	<b>02:53:37.10</b>	+01:02:48 (36.2%)	8:16	7.3 (64.0%)
73	<b>ZDANOWICZ Wojciech</b>	<b>2092</b>	CZARNA ŁĄKA	M-40	25	00:57:28	01:43:57	<b>02:53:42.90</b>	<b>02:53:42.90</b>	+01:02:53 (36.2%)	8:16	7.3 (64.0%)
74	<b>SZYMAŃSKI Paweł</b>	<b>2193</b>		M-30	23	00:58:21	01:42:58	<b>02:53:45.20</b>	<b>02:53:45.20</b>	+01:02:56 (36.2%)	8:16	7.3 (64.0%)
75	<b>KUREK Paweł</b>	<b>2035</b>	#WALKINGDAD	M-40	26	00:57:19	01:44:18	<b>02:54:21.85</b>	<b>02:54:21.85</b>	+01:03:32 (36.4%)	8:18	7.2 (63.2%)
76	<b>LEŚNIEWSKA Justyna</b>	<b>2151</b>	AKTYWNA NOWA RUDA	K-40	5	00:56:47	01:45:15	<b>02:54:53.70</b>	<b>02:54:53.70</b>	+01:04:04 (36.6%)	8:19	7.2 (63.2%)
77	<b>PAPRZYCKI Romuald</b>	<b>2189</b>	ROMUALD PAPRZYCKI	M-50	6	01:00:13	01:48:36	<b>02:54:59.35</b>	<b>02:54:59.35</b>	+01:04:10 (36.7%)	8:19	7.2 (63.2%)
78	<b>MORÁVEK David</b>	<b>2313</b>		M-40	27	01:02:39	01:48:10	<b>02:55:05.00</b>	<b>02:55:05.00</b>	+01:04:16 (36.7%)	8:20	7.2 (63.2%)
79	<b>KOSTRZEWA Wojciech</b>	<b>2096</b>	ZADYSZKA OŚWIĘCIM	M-40	28	00:58:24	01:45:49	<b>02:55:16.15</b>	<b>02:55:16.15</b>	+01:04:27 (36.8%)	8:20	7.2 (63.2%)
80	<b>SZPILSKI Piotr</b>	<b>2005</b>		M-30	24	00:58:17	01:45:02	<b>02:55:18.35</b>	<b>02:55:18.35</b>	+01:04:29 (36.8%)	8:20	7.2 (63.2%)
81	<b>STANULA Krzysztof</b>	<b>2207</b>	DOLNY ŚLĄSK	M-40	29	01:00:46	01:46:50	<b>02:55:25.65</b>	<b>02:55:25.65</b>	+01:04:36 (36.8%)	8:21	7.2 (63.2%)
82	<b>WALCZAK Agata</b>	<b>2249</b>	WIR	K-50	3	01:01:22	01:46:48	<b>02:55:26.75</b>	<b>02:55:26.75</b>	+01:04:37 (36.8%)	8:21	7.2 (63.2%)
83	<b>PARDAŁA Wojciech</b>	<b>2029</b>		M-40	30	00:59:00	01:45:04	<b>02:56:01.10</b>	<b>02:56:01.10</b>	+01:05:12 (37.0%)	8:22	7.2 (63.2%)
84	<b>BŁAŻ Tomasz</b>	<b>2143</b>	LEPSZE ŻBIKI	M-30	25	00:59:59	01:47:43	<b>02:56:21.00</b>	<b>02:56:21.00</b>	+01:05:32 (37.2%)	8:23	7.1 (62.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
85	<b>BANACH Artur</b>	<b>2296</b>	NSZZ "SOLIDARNOŚĆ" W VWMP	M-40	31	00:58:14	01:45:41	<b>02:56:23.50</b>	<b>02:56:23.50</b>	+01:05:34 (37.2%)	8:23	7.1 (62.3%)
86	<b>SOKOŁOWSKI Tomasz</b>	<b>2216</b>	KLINIKA TRIATHLONU	M-30	26	00:57:53	01:47:37	<b>02:56:24.70</b>	<b>02:56:24.70</b>	+01:05:35 (37.2%)	8:24	7.1 (62.3%)
87	<b>SZULC Marcin</b>	<b>2199</b>		M-40	32	00:54:39	01:40:56	<b>02:56:39.15</b>	<b>02:56:39.15</b>	+01:05:50 (37.3%)	8:24	7.1 (62.3%)
88	<b>KONIECZNY Wojciech</b>	<b>2214</b>	SII RUNNING TEAM	M-30	27	01:05:53	01:51:25	<b>02:57:11.25</b>	<b>02:57:11.25</b>	+01:06:22 (37.5%)	8:26	7.1 (62.3%)
89	<b>STANKIEWICZ Anna</b>	<b>2191</b>	DOGOŃ GRODZISK MAZOWIECKI	K-40	6	01:00:41	01:51:23	<b>02:57:15.85</b>	<b>02:57:15.85</b>	+01:06:26 (37.5%)	8:26	7.1 (62.3%)
90	<b>BURKOWSKI Jarosław</b>	<b>2254</b>	BIEGAJ LESZNO	M-50	7	01:03:46	01:51:29	<b>02:57:21.80</b>	<b>02:57:21.80</b>	+01:06:32 (37.5%)	8:26	7.1 (62.3%)
91	<b>KAŻMIERCZAK Mariusz</b>	<b>2019</b>		M-30	28	01:01:48	01:48:43	<b>02:57:35.10</b>	<b>02:57:35.10</b>	+01:06:46 (37.6%)	8:27	7.1 (62.3%)
92	<b>GÓRECKI Marcin</b>	<b>2312</b>	ALETEAM	M-40	33	01:02:15	01:51:30	<b>02:57:35.70</b>	<b>02:57:35.70</b>	+01:06:46 (37.6%)	8:27	7.1 (62.3%)
93	<b>SAMBORSKI Bartosz</b>	<b>2304</b>	ZAŁOGA GÓRSKA	M-40	34	01:01:31	01:49:31	<b>02:58:06.05</b>	<b>02:58:06.05</b>	+01:07:17 (37.8%)	8:28	7.1 (62.3%)
94	<b>KAYSIEWICZ Maciej</b>	<b>2139</b>	NATURAL BORN RUNNERS TEAM	M-50	8	00:58:31	01:47:20	<b>02:58:11.40</b>	<b>02:58:11.40</b>	+01:07:22 (37.8%)	8:29	7.1 (62.3%)
95	<b>GRZYBOWSKI Robert</b>	<b>2062</b>	MKJ POLICE	M-40	35	00:57:50	01:46:14	<b>02:59:18.15</b>	<b>02:59:18.15</b>	+01:08:29 (38.2%)	8:32	7 (61.4%)
96	<b>KRZYŻANOWSKA - KORZENIOWSKA Anna Maria</b>	<b>2234</b>	INFINITY-GYM ŁUKASZ SZAPORÓW	K-30	7	01:01:46	01:49:59	<b>02:59:42.80</b>	<b>02:59:42.80</b>	+01:08:53 (38.3%)	8:33	7 (61.4%)
97	<b>NOVÁK Martin</b>	<b>2275</b>	NOWIS TRAILRUNNER	M-30	29	00:59:44	01:48:52	<b>03:00:47.00</b>	<b>03:00:47.00</b>	+01:09:58 (38.7%)	8:36	7 (61.4%)
98	<b>PAPROCKI Krzysztof</b>	<b>2058</b>		M-50	9	01:01:23	01:49:13	<b>03:01:10.40</b>	<b>03:01:10.40</b>	+01:10:21 (38.8%)	8:37	7 (61.4%)
99	<b>BUJALSKA Agata</b>	<b>2281</b>		K-30	8	01:04:02	01:53:16	<b>03:01:30.25</b>	<b>03:01:30.25</b>	+01:10:41 (38.9%)	8:38	6.9 (60.5%)
100	<b>OWCZAREK Izabela</b>	<b>2273</b>	SLEZAKTEAM	K-40	7	01:02:23	01:51:35	<b>03:01:31.05</b>	<b>03:01:31.05</b>	+01:10:42 (39.0%)	8:38	6.9 (60.5%)
101	<b>ZWIERZYŃSKA Agnieszka</b>	<b>2252</b>		K-40	8	01:02:37	01:53:07	<b>03:01:34.70</b>	<b>03:01:34.70</b>	+01:10:45 (39.0%)	8:38	6.9 (60.5%)
102	<b>WAWRZYNIAK Robert</b>	<b>2157</b>	#BIEGIEMWLAS	M-40	36	01:06:33	01:53:40	<b>03:01:52.25</b>	<b>03:01:52.25</b>	+01:11:03 (39.1%)	8:39	6.9 (60.5%)
103	<b>OLEKSA Robert</b>	<b>2221</b>		M-50	10	00:57:03	01:48:01	<b>03:02:02.40</b>	<b>03:02:02.40</b>	+01:11:13 (39.1%)	8:40	6.9 (60.5%)
104	<b>SMOTER Ania</b>	<b>2118</b>	SMOLECKA ZADYSZKA	K-40	9	01:03:47	01:52:26	<b>03:02:12.10</b>	<b>03:02:12.10</b>	+01:11:23 (39.2%)	8:40	6.9 (60.5%)
105	<b>SZTYPKA Konrad</b>	<b>2081</b>	WKB MARATOŃCZYK WŁOCŁAWEK	M-40	37	01:01:20	01:51:34	<b>03:02:33.70</b>	<b>03:02:33.70</b>	+01:11:44 (39.3%)	8:41	6.9 (60.5%)
106	<b>SZTYPKA Justyna</b>	<b>2082</b>	WKB MARATOŃCZYK WŁOCŁAWEK	K-40	10	01:02:42	01:53:33	<b>03:04:04.50</b>	<b>03:04:04.50</b>	+01:13:15 (39.8%)	8:45	6.8 (59.6%)
107	<b>MACKO Mariusz</b>	<b>2259</b>		M-40	38	01:06:08	01:54:11	<b>03:04:51.05</b>	<b>03:04:51.05</b>	+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	<b>KALEMBA Tomasz</b>	<b>2224</b>		M-30	30	00:59:59	01:48:18	<b>03:05:39.35</b>	<b>03:05:39.35</b>	+01:14:50 (40.3%)	8:50	6.8 (59.6%)
109	<b>GRUDZIEN-JURKOWSKA Malgorzata</b>	<b>2163</b>		K-40	11	01:05:44	01:55:06	<b>03:05:53.40</b>	<b>03:05:53.40</b>	+01:15:04 (40.4%)	8:51	6.8 (59.6%)
110	<b>DZIARKOWSKA Edyta</b>	<b>2098</b>	RUNCROSS ROZGARTY	K-40	12	01:04:27	01:53:55	<b>03:06:48.45</b>	<b>03:06:48.45</b>	+01:15:59 (40.7%)	8:53	6.7 (58.8%)
111	<b>FISZER Jakub</b>	<b>2097</b>	RUNCROSS ROZGARTY	M-40	39	01:04:28	01:53:57	<b>03:06:50.30</b>	<b>03:06:50.30</b>	+01:16:01 (40.7%)	8:53	6.7 (58.8%)
112	<b>KUKOBNIKAVA Vitaliya</b>	<b>2203</b>	BIEGACZE STU MOSTÓW	K-30	9	01:07:28	01:57:10	<b>03:07:09.50</b>	<b>03:07:09.50</b>	+01:16:20 (40.8%)	8:54	6.7 (58.8%)
113	<b>KRZESIMOWSKI Damian</b>	<b>2021</b>		M-40	40	01:00:48	01:52:38	<b>03:07:19.45</b>	<b>03:07:19.45</b>	+01:16:30 (40.8%)	8:55	6.7 (58.8%)
114	<b>PODSIADŁO Wiktor</b>	<b>2232</b>		M-30	31	01:02:49	01:53:43	<b>03:07:57.95</b>	<b>03:07:57.95</b>	+01:17:09 (41.0%)	8:57	6.7 (58.8%)
115	<b>KONDRACKA Agnieszka</b>	<b>2128</b>	KUNA W AGREŚCIE	K-40	13	01:03:47	01:55:27	<b>03:08:05.75</b>	<b>03:08:05.75</b>	+01:17:16 (41.1%)	8:57	6.7 (58.8%)
116	<b>NUREK Łukasz</b>	<b>2009</b>	PIWNE BRZUSZKI RACE TEAM	M-40	41	01:04:05	01:54:18	<b>03:08:10.65</b>	<b>03:08:10.65</b>	+01:17:21 (41.1%)	8:57	6.7 (58.8%)
117	<b>KOZŁOWSKI Tomasz</b>	<b>2237</b>	LESZNO LIMITS RUNNERS	M-50	11	01:02:45	01:52:43	<b>03:08:32.55</b>	<b>03:08:32.55</b>	+01:17:43 (41.2%)	8:58	6.7 (58.8%)
118	<b>BARANOWSKI Robert</b>	<b>2227</b>		M-50	12	01:05:19	01:58:27	<b>03:08:39.70</b>	<b>03:08:39.70</b>	+01:17:50 (41.3%)	8:59	6.7 (58.8%)
119	<b>WASZAK Bartosz</b>	<b>2144</b>		M-20	9	01:05:21	01:55:51	<b>03:09:03.90</b>	<b>03:09:03.90</b>	+01:18:14 (41.4%)	9:00	6.7 (58.8%)
120	<b>GASIECKI Andrzej</b>	<b>2020</b>	PIASKOWY DZIADEK	M-50	13	01:02:09	01:55:05	<b>03:09:08.00</b>	<b>03:09:08.00</b>	+01:18:19 (41.4%)	9:00	6.7 (58.8%)
121	<b>STASZEWSKI Dariusz</b>	<b>2167</b>		M-30	32	01:02:50	01:55:10	<b>03:09:59.20</b>	<b>03:09:59.20</b>	+01:19:10 (41.7%)	9:02	6.6 (57.9%)
122	<b>ZYGOŃ Artur</b>	<b>2108</b>		M-30	33	00:59:26	01:52:08	<b>03:10:48.40</b>	<b>03:10:48.40</b>	+01:19:59 (41.9%)	9:05	6.6 (57.9%)
123	<b>KRZYSZTOFOWICZ Andrzej</b>	<b>2295</b>	ULTRASII	M-40	42	01:07:28	01:57:12	<b>03:11:25.90</b>	<b>03:11:25.90</b>	+01:20:36 (42.1%)	9:06	6.6 (57.9%)
124	<b>KWIATKOWSKA Zuzanna</b>	<b>2155</b>	RNB TEAM POLANICA ZDRÓJ	K-50	4	01:04:36	01:56:52	<b>03:12:06.55</b>	<b>03:12:06.55</b>	+01:21:17 (42.3%)	9:08	6.6 (57.9%)
125	<b>OCHOCKI Marcin</b>	<b>2250</b>	DZIK KOMANDO	M-40	43	01:03:45	01:57:00	<b>03:12:52.00</b>	<b>03:12:52.00</b>	+01:22:03 (42.5%)	9:11	6.5 (57.0%)
126	<b>FRONCZKOWSKA Barbara</b>	<b>2309</b>		K-30	10	01:09:10	02:01:23	<b>03:12:52.10</b>	<b>03:12:52.10</b>	+01:22:03 (42.5%)	9:11	6.5 (57.0%)
127	<b>PTASZEK Katarzyna</b>	<b>2178</b>	TRENUJZNAMI.PL	K-50	5	01:06:26	01:58:48	<b>03:13:58.75</b>	<b>03:13:58.75</b>	+01:23:09 (42.9%)	9:14	6.5 (57.0%)
128	<b>BEDNARCZYK Bogusław</b>	<b>2222</b>	PRO - RUN WROCŁAW	M-50	14	01:06:34	01:58:49	<b>03:13:59.80</b>	<b>03:13:59.80</b>	+01:23:10 (42.9%)	9:14	6.5 (57.0%)
129	<b>KUCZERA Natalia</b>	<b>2256</b>		K-30	11	01:04:08	01:58:08	<b>03:14:11.50</b>	<b>03:14:11.50</b>	+01:23:22 (42.9%)	9:14	6.5 (57.0%)
130	<b>HYŻY Krzysztof</b>	<b>2282</b>	PIWNE BRZUSZKI RACE TEAM	M-40	44	01:06:28	01:57:06	<b>03:14:13.25</b>	<b>03:14:13.25</b>	+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	<b>WÓJCIK Paulina</b>	<b>2111</b>	ZADYSZKA OŚWIĘCIM	K-20	2	01:09:43	02:01:28	<b>03:14:19.55</b>	<b>03:14:19.55</b>	+01:23:30 (43.0%)	9:15	6.5 (57.0%)
132	<b>RZEPKA Remigiusz</b>	<b>2298</b>	GREENBUD	M-50	15	01:04:44	02:00:24	<b>03:16:04.55</b>	<b>03:16:04.55</b>	+01:25:15 (43.5%)	9:20	6.4 (56.1%)
133	<b>WAWRZY尼亚K Ilona</b>	<b>2265</b>	NORBULLO TEAM	K-40	14	01:05:42	02:00:25	<b>03:16:18.05</b>	<b>03:16:18.05</b>	+01:25:29 (43.5%)	9:20	6.4 (56.1%)
134	<b>PRZYBUŁEK Tomasz</b>	<b>2142</b>		M-30	34	01:06:22	01:59:27	<b>03:16:52.30</b>	<b>03:16:52.30</b>	+01:26:03 (43.7%)	9:22	6.4 (56.1%)
135	<b>CHEŁCHOWSKA Katarzyna</b>	<b>2168</b>	WAWRZYNTTEAM	K-30	12	01:06:31	02:00:19	<b>03:17:22.60</b>	<b>03:17:22.60</b>	+01:26:33 (43.9%)	9:23	6.4 (56.1%)
136	<b>WALISZEWSKI Jakub</b>	<b>2308</b>	ROWERY MAŁGOŚKA	M-30	35	01:05:17	01:57:10	<b>03:17:28.35</b>	<b>03:17:28.35</b>	+01:26:39 (43.9%)	9:24	6.4 (56.1%)
137	<b>KRAWIEC Piotr</b>	<b>2044</b>		M-40	45	01:06:24	02:01:04	<b>03:17:52.95</b>	<b>03:17:52.95</b>	+01:27:04 (44.0%)	9:25	6.4 (56.1%)
138	<b>KOZDRÓJ Wioletta</b>	<b>2104</b>	DOGOŃ GRODZISK MAZOWIECKI/DŻAKARTA RUN TEAM	K-40	15	01:07:18	02:02:59	<b>03:18:55.75</b>	<b>03:18:55.75</b>	+01:28:06 (44.3%)	9:28	6.3 (55.3%)
139	<b>KOSTOWSKI Roman</b>	<b>2172</b>		M-30	36	01:05:28	01:59:38	<b>03:19:06.80</b>	<b>03:19:06.80</b>	+01:28:17 (44.3%)	9:28	6.3 (55.3%)
140	<b>URBAŃSKA Magdalena</b>	<b>2103</b>	HAPPY RUNNERS	K-40	16	01:06:31	02:05:18	<b>03:19:14.10</b>	<b>03:19:14.10</b>	+01:28:25 (44.4%)	9:29	6.3 (55.3%)
141	<b>GNATOWICZ-CZARNOŁĘSKA Beata</b>	<b>2197</b>	MACOPHARMA	K-50	6	01:09:08	02:02:36	<b>03:19:41.60</b>	<b>03:19:41.60</b>	+01:28:52 (44.5%)	9:30	6.3 (55.3%)
142	<b>KUBIAK Przemysław</b>	<b>2085</b>	STRZEGOMSKA DWUNASTKA	M-40	46	01:13:47	02:04:31	<b>03:21:34.65</b>	<b>03:21:34.65</b>	+01:30:45 (45.0%)	9:35	6.3 (55.3%)
143	<b>PIÓRKOWSKI Paweł</b>	<b>2130</b>		M-30	37	01:13:18	02:04:43	<b>03:21:58.20</b>	<b>03:21:58.20</b>	+01:31:09 (45.1%)	9:37	6.2 (54.4%)
144	<b>PYĆ Andrzej</b>	<b>2175</b>		M-30	38	01:11:03	02:04:07	<b>03:21:58.80</b>	<b>03:21:58.80</b>	+01:31:09 (45.1%)	9:37	6.2 (54.4%)
145	<b>KIEŁPIŃSKI Wojciech</b>	<b>2101</b>		M-30	39	01:09:45	02:01:24	<b>03:22:46.70</b>	<b>03:22:46.70</b>	+01:31:57 (45.4%)	9:39	6.2 (54.4%)
146	<b>Haida Marcin</b>	<b>2053</b>		M-40	47	01:12:44	02:05:09	<b>03:22:48.75</b>	<b>03:22:48.75</b>	+01:31:59 (45.4%)	9:39	6.2 (54.4%)
147	<b>MIKLASZEWSKI Rad</b>	<b>2263</b>	NORBULLO TEAM	M-50	16	01:09:41	02:05:11	<b>03:23:19.75</b>	<b>03:23:19.75</b>	+01:32:30 (45.5%)	9:40	6.2 (54.4%)
148	<b>WĘGRZYNEK Mirka</b>	<b>2162</b>	AR WARSAW	K-40	17	01:09:36	02:04:33	<b>03:23:25.30</b>	<b>03:23:25.30</b>	+01:32:36 (45.5%)	9:41	6.2 (54.4%)
149	<b>PAWIŃSKI Artur</b>	<b>2280</b>	PAW-ART ARTUR PAWIŃSKI	M-40	48	01:09:02	02:04:41	<b>03:23:26.25</b>	<b>03:23:26.25</b>	+01:32:37 (45.5%)	9:41	6.2 (54.4%)
150	<b>JAKUBOWSKA Aurelia</b>	<b>2133</b>		K-30	13	01:09:49	02:05:18	<b>03:23:38.80</b>	<b>03:23:38.80</b>	+01:32:49 (45.6%)	9:41	6.2 (54.4%)
151	<b>BONIKOWSKI Tomasz</b>	<b>2300</b>		M-50	17	01:16:09	02:12:23	<b>03:23:40.10</b>	<b>03:23:40.10</b>	+01:32:51 (45.6%)	9:41	6.2 (54.4%)
152	<b>LING Robert</b>	<b>2064</b>		M-40	49	01:16:11	02:09:41	<b>03:23:49.65</b>	<b>03:23:49.65</b>	+01:33:00 (45.6%)	9:42	6.2 (54.4%)
153	<b>BAGIŃSKA Joanna</b>	<b>2068</b>	LINCOLN ELECTRIC BESTER RUN BIELAWA	K-50	7	01:07:50	02:03:39	<b>03:24:41.95</b>	<b>03:24:41.95</b>	+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	<b>KOSTRUBIEC Maciej</b>	<b>2208</b>		M-20	10	01:09:56	02:04:54	<b>03:24:42.55</b>	<b>03:24:42.55</b>	+01:33:53 (45.9%)	9:44	6.2 (54.4%)
155	<b>WALIŃSKA Agata</b>	<b>2279</b>	WWW.SPRAWDZAMY-NIERUCHOMOSCI.PL	K-30	14	01:09:56	02:07:27	<b>03:24:50.20</b>	<b>03:24:50.20</b>	+01:34:01 (45.9%)	9:45	6.2 (54.4%)
156	<b>BADOWSKA Katarzyna</b>	<b>2146</b>		K-40	18	01:13:11	02:07:51	<b>03:25:51.40</b>	<b>03:25:51.40</b>	+01:35:02 (46.2%)	9:48	6.1 (53.5%)
157	<b>BADOWSKI Artur</b>	<b>2145</b>		M-40	50	01:13:17	02:07:51	<b>03:25:52.05</b>	<b>03:25:52.05</b>	+01:35:03 (46.2%)	9:48	6.1 (53.5%)
158	<b>RYGUŁA Mikołaj</b>	<b>2267</b>		M-20	11	01:10:08	02:06:29	<b>03:26:25.90</b>	<b>03:26:25.90</b>	+01:35:36 (46.3%)	9:49	6.1 (53.5%)
159	<b>ŻEMOJDZIN Marcin</b>	<b>2008</b>	PIWNE BRZUSZKI RACE TEAM	M-40	51	01:07:34	02:01:57	<b>03:26:46.65</b>	<b>03:26:46.65</b>	+01:35:57 (46.4%)	9:50	6.1 (53.5%)
160	<b>DZICZEK Ireneusz</b>	<b>2132</b>	RAZ SZCZECIN	M-50	18	01:04:46	02:01:16	<b>03:27:04.40</b>	<b>03:27:04.40</b>	+01:36:15 (46.5%)	9:51	6.1 (53.5%)
161	<b>MAREK Paweł</b>	<b>2105</b>		M-40	52	01:09:44	02:05:29	<b>03:27:15.65</b>	<b>03:27:15.65</b>	+01:36:26 (46.5%)	9:52	6.1 (53.5%)
162	<b>DROŹDZIEL Magdalena</b>	<b>2112</b>	KB HERMES GRYFINO	K-30	15	01:07:30	02:01:55	<b>03:27:47.75</b>	<b>03:27:47.75</b>	+01:36:58 (46.7%)	9:53	6.1 (53.5%)
163	<b>CZEKALSKI Tomasz</b>	<b>2010</b>	NARAMOWICE BIEGAJĄ	M-40	53	01:07:02	02:05:06	<b>03:28:02.45</b>	<b>03:28:02.45</b>	+01:37:13 (46.7%)	9:54	6.1 (53.5%)
164	<b>RÓŻAŃSKA Magdalena</b>	<b>2007</b>		K-40	19	01:12:23	02:09:31	<b>03:28:05.70</b>	<b>03:28:05.70</b>	+01:37:16 (46.7%)	9:54	6.1 (53.5%)
165	<b>MODERACKA Małgorzata</b>	<b>2033</b>		K-30	16	01:14:21	02:09:40	<b>03:28:17.60</b>	<b>03:28:17.60</b>	+01:37:28 (46.8%)	9:55	6 (52.6%)
166	<b>LEDNICKA Lidia</b>	<b>2284</b>		K-40	20	01:15:45	02:10:53	<b>03:28:51.20</b>	<b>03:28:51.20</b>	+01:38:02 (46.9%)	9:56	6 (52.6%)
167	<b>NOWAK Marta</b>	<b>2016</b>	NARAMOWICE BIEGAJĄ	K-40	21	01:09:00	02:05:06	<b>03:28:57.20</b>	<b>03:28:57.20</b>	+01:38:08 (47.0%)	9:57	6 (52.6%)
168	<b>CHOŁUJ Małgorzata</b>	<b>2212</b>		K-50	8	01:15:04	02:10:51	<b>03:29:22.70</b>	<b>03:29:22.70</b>	+01:38:33 (47.1%)	9:58	6 (52.6%)
169	<b>SARNA Beata</b>	<b>2213</b>		K-50	9	01:15:01	02:10:51	<b>03:29:22.90</b>	<b>03:29:22.90</b>	+01:38:33 (47.1%)	9:58	6 (52.6%)
170	<b>MARKOWSKI Mateusz</b>	<b>2024</b>		M-30	40	01:07:51	02:02:30	<b>03:30:01.05</b>	<b>03:30:01.05</b>	+01:39:12 (47.2%)	10:00	6 (52.6%)
171	<b>KOZŁOWSKI Krzysztof</b>	<b>2093</b>	RUNCROSS ROZGARTY	M-30	41	01:13:20	02:07:32	<b>03:30:17.00</b>	<b>03:30:17.00</b>	+01:39:28 (47.3%)	10:00	6 (52.6%)
172	<b>KWIATKOWSKA Marta</b>	<b>2134</b>		K-40	22	01:08:55	02:04:57	<b>03:30:17.60</b>	<b>03:30:17.60</b>	+01:39:28 (47.3%)	10:00	6 (52.6%)
173	<b>KUBIAK Anna</b>	<b>2084</b>	STRZEGOMSKA DWUNASTKA	K-40	23	01:17:55	02:11:30	<b>03:30:19.30</b>	<b>03:30:19.30</b>	+01:39:30 (47.3%)	10:00	6 (52.6%)
174	<b>SIKORSKI Cezary</b>	<b>2306</b>	BBL GUBIN	M-50	19	01:11:49	02:09:36	<b>03:30:57.05</b>	<b>03:30:57.05</b>	+01:40:08 (47.5%)	10:02	6 (52.6%)
175	<b>PRAWDZIK Renata</b>	<b>2248</b>	SUPER DRUŻYNA EŁK	K-40	24	01:14:22	02:11:09	<b>03:32:25.75</b>	<b>03:32:25.75</b>	+01:41:36 (47.8%)	10:06	5.9 (51.8%)
176	<b>SKWAREK Agnieszka</b>	<b>2299</b>	DZIKIE ŚWINIE	K-30	17	01:13:21	02:10:42	<b>03:32:31.50</b>	<b>03:32:31.50</b>	+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	<b>POPEK Maciej</b>	<b>2045</b>	PARKRUN SŁODOWO WŁOCŁAWEK	M-40	54	01:16:38	02:11:50	<b>03:32:44.05</b>	<b>03:32:44.05</b>	+01:41:55 (47.9%)	10:07	5.9 (51.8%)
178	<b>SIKORA Michał</b>	<b>2025</b>		M-40	55	01:07:24	02:08:06	<b>03:32:55.80</b>	<b>03:32:55.80</b>	+01:42:06 (48.0%)	10:08	5.9 (51.8%)
179	<b>KOZDRÓJ Marcin</b>	<b>2028</b>		M-40	56	01:09:18	02:08:14	<b>03:33:10.05</b>	<b>03:33:10.05</b>	+01:42:21 (48.0%)	10:09	5.9 (51.8%)
180	<b>MARIN Alberto</b>	<b>2261</b>		M-30	42	01:07:51	02:06:18	<b>03:33:35.20</b>	<b>03:33:35.20</b>	+01:42:46 (48.1%)	10:10	5.9 (51.8%)
181	<b>DERBICH Mariusz</b>	<b>2217</b>	FAMOT TEAM	M-40	57	01:15:05	02:11:35	<b>03:33:37.10</b>	<b>03:33:37.10</b>	+01:42:48 (48.1%)	10:10	5.9 (51.8%)
182	<b>KUCZEWSKI Marek</b>	<b>2169</b>		M-30	43	01:09:47	02:08:21	<b>03:33:38.75</b>	<b>03:33:38.75</b>	+01:42:49 (48.1%)	10:10	5.9 (51.8%)
183	<b>BORMANN Margrit</b>	<b>2067</b>	ZADYSZKA OŚWIĘCIM/KS KANDAHAR	K-40	25	01:13:29	02:12:11	<b>03:33:39.85</b>	<b>03:33:39.85</b>	+01:42:50 (48.1%)	10:10	5.9 (51.8%)
184	<b>KULAK Paweł</b>	<b>2269</b>		M-40	58	01:08:33	02:06:51	<b>03:33:46.40</b>	<b>03:33:46.40</b>	+01:42:57 (48.2%)	10:10	5.9 (51.8%)
185	<b>TYŃSKA - SITEK Aleksandra</b>	<b>2310</b>		K-40	26	01:15:56	02:11:57	<b>03:34:02.30</b>	<b>03:34:02.30</b>	+01:43:13 (48.2%)	10:11	5.9 (51.8%)
186	<b>DUBIEL Monika</b>	<b>2124</b>	KUNA W AGREŚCIE	K-40	27	01:13:07	02:09:50	<b>03:34:07.95</b>	<b>03:34:07.95</b>	+01:43:19 (48.2%)	10:11	5.9 (51.8%)
187	<b>ORŁOWSKI Daniel</b>	<b>2026</b>	MILLSIDE DISTILLERY	M-40	59	01:13:28	02:09:24	<b>03:34:08.10</b>	<b>03:34:08.10</b>	+01:43:19 (48.2%)	10:11	5.9 (51.8%)
188	<b>CZUBALA Beata</b>	<b>2148</b>	LKS ZIĘBICE	K-40	28	01:17:30	02:15:46	<b>03:34:08.70</b>	<b>03:34:08.70</b>	+01:43:19 (48.3%)	10:11	5.9 (51.8%)
189	<b>GIDASZEWSKA Jolanta</b>	<b>2158</b>	GIDOLKI	K-40	29	01:16:08	02:14:26	<b>03:34:11.60</b>	<b>03:34:11.60</b>	+01:43:22 (48.3%)	10:11	5.9 (51.8%)
190	<b>DENYSENKO Lech</b>	<b>2000</b>	BDB TEAM	M-60	1	01:13:15	02:11:03	<b>03:34:20.35</b>	<b>03:34:20.35</b>	+01:43:31 (48.3%)	10:12	5.9 (51.8%)
191	<b>BRZEZIŃSKI Andrzej</b>	<b>2196</b>	LANRUNS	M-60	2	01:10:22	02:09:40	<b>03:35:01.00</b>	<b>03:35:01.00</b>	+01:44:12 (48.5%)	10:14	5.9 (51.8%)
192	<b>ZARĘBA Aneta</b>	<b>2126</b>	ZAREBA MEISEIKAI	K-20	3	01:18:17	02:14:02	<b>03:35:06.90</b>	<b>03:35:06.90</b>	+01:44:17 (48.5%)	10:14	5.9 (51.8%)
193	<b>GACZOŁ Klaudia</b>	<b>2147</b>	STRAIGHT OUTTA SCRANTON	K-30	18	01:09:14	02:09:04	<b>03:35:44.40</b>	<b>03:35:44.40</b>	+01:44:55 (48.6%)	10:16	5.8 (50.9%)
194	<b>KACZOROWSKA Dorota</b>	<b>2059</b>		K-40	30	01:16:01	02:12:27	<b>03:36:23.85</b>	<b>03:36:23.85</b>	+01:45:34 (48.8%)	10:18	5.8 (50.9%)
195	<b>BENEŠOVÁ Jolana</b>	<b>2307</b>	REDPOINT TEAM	K-50	10	01:12:08	02:11:12	<b>03:39:53.85</b>	<b>03:39:53.85</b>	+01:49:04 (49.6%)	10:28	5.7 (50.0%)
196	<b>PLESIŃSKA Joanna</b>	<b>2063</b>		K-30	19	01:20:46	02:17:00	<b>03:40:02.00</b>	<b>03:40:02.00</b>	+01:49:13 (49.6%)	10:28	5.7 (50.0%)
197	<b>IVANOVA Alina</b>	<b>2154</b>		K-30	20	01:18:06	02:18:14	<b>03:41:00.70</b>	<b>03:41:00.70</b>	+01:50:11 (49.9%)	10:31	5.7 (50.0%)
198	<b>PAPROCKA Natalia</b>	<b>2057</b>		K-40	31	01:16:14	02:15:27	<b>03:41:25.55</b>	<b>03:41:25.55</b>	+01:50:36 (50.0%)	10:32	5.7 (50.0%)
199	<b>TRZASKO Ania</b>	<b>2176</b>	ADIDAS RUNNERS WARSAW	K-30	21	01:18:51	02:18:56	<b>03:41:31.70</b>	<b>03:41:31.70</b>	+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	<b>MAĆKIEWICZ Piotr</b>	<b>2047</b>	PARKRUN ŚWINOUJŚCIE	M-60	3	01:15:02	02:12:06	<b>03:41:33.30</b>	<b>03:41:33.30</b>	+01:50:44 (50.0%)	10:33	5.7 (50.0%)
201	<b>PIOTROWSKA Edyta</b>	<b>2039</b>	BRACTWO BIEGOWE BGK	K-40	32	01:13:41	02:15:08	<b>03:42:25.00</b>	<b>03:42:25.00</b>	+01:51:36 (50.2%)	10:35	5.7 (50.0%)
202	<b>KAŃDUŁA Klaudia</b>	<b>2185</b>	LION GROUP	K-40	33	01:18:50	02:18:28	<b>03:42:27.20</b>	<b>03:42:27.20</b>	+01:51:38 (50.2%)	10:35	5.7 (50.0%)
203	<b>PATYRA Łukasz</b>	<b>2014</b>		M-40	60	01:15:15	02:14:38	<b>03:42:28.00</b>	<b>03:42:28.00</b>	+01:51:39 (50.2%)	10:35	5.7 (50.0%)
204	<b>JASNOWSKI Paweł</b>	<b>2173</b>	COFFEE AND GO	M-40	61	01:19:31	02:18:37	<b>03:42:30.40</b>	<b>03:42:30.40</b>	+01:51:41 (50.2%)	10:35	5.7 (50.0%)
205	<b>KUNIGOWSKI Piotr</b>	<b>2066</b>	LINCOLN ELECTRIC BESTER RUN BIELAWA	M-50	20	01:14:29	02:14:35	<b>03:43:21.50</b>	<b>03:43:21.50</b>	+01:52:32 (50.4%)	10:38	5.6 (49.1%)
206	<b>MAJCHRZAK Magdalena</b>	<b>2109</b>		K-30	22	01:18:38	02:16:27	<b>03:43:25.70</b>	<b>03:43:25.70</b>	+01:52:36 (50.4%)	10:38	5.6 (49.1%)
207	<b>WIEWIÓRA Agata</b>	<b>2107</b>		K-40	34	01:18:49	02:16:27	<b>03:43:26.00</b>	<b>03:43:26.00</b>	+01:52:37 (50.4%)	10:38	5.6 (49.1%)
208	<b>GRABOWSKI Mariusz</b>	<b>2038</b>	PEGA RUNNERS	M-40	62	01:15:16	02:14:36	<b>03:44:18.20</b>	<b>03:44:18.20</b>	+01:53:29 (50.6%)	10:40	5.6 (49.1%)
209	<b>DOLECKA Elżbieta</b>	<b>2204</b>	NKB CHYŻY NOWY TOMYŚL	K-40	35	01:14:45	02:16:03	<b>03:44:24.40</b>	<b>03:44:24.40</b>	+01:53:35 (50.6%)	10:41	5.6 (49.1%)
210	<b>WĄSIK Izabela</b>	<b>2004</b>	BEMOWO BIEGA	K-50	11	01:18:00	02:18:36	<b>03:44:35.30</b>	<b>03:44:35.30</b>	+01:53:46 (50.7%)	10:41	5.6 (49.1%)
211	<b>ŁAŻEWSKA Sylwia</b>	<b>2011</b>		K-40	36	01:11:11	02:10:49	<b>03:44:36.05</b>	<b>03:44:36.05</b>	+01:53:47 (50.7%)	10:41	5.6 (49.1%)
212	<b>GUZIŃSKA Ola</b>	<b>2034</b>		K-40	37	01:18:02	02:18:35	<b>03:44:36.15</b>	<b>03:44:36.15</b>	+01:53:47 (50.7%)	10:41	5.6 (49.1%)
213	<b>GARCZAREK Krzysztof</b>	<b>2106</b>		M-60	4	01:09:50	02:06:05	<b>03:45:15.05</b>	<b>03:45:15.05</b>	+01:54:26 (50.8%)	10:43	5.6 (49.1%)
214	<b>CEBULAK Katarzyna</b>	<b>2174</b>	COFFEE AND GO	K-40	38	01:19:35	02:19:50	<b>03:46:56.25</b>	<b>03:46:56.25</b>	+01:56:07 (51.2%)	10:48	5.6 (49.1%)
215	<b>OSTROWSKI Łukasz</b>	<b>2241</b>		M-40	63	01:17:57	02:16:54	<b>03:47:49.45</b>	<b>03:47:49.45</b>	+01:57:00 (51.4%)	10:50	5.5 (48.2%)
216	<b>JAKUBOWSKA Marta</b>	<b>2083</b>	NESSI TIME KALISZ	K-40	39	01:20:18	02:19:51	<b>03:48:06.90</b>	<b>03:48:06.90</b>	+01:57:17 (51.4%)	10:51	5.5 (48.2%)
217	<b>MORAWSKI Marcin</b>	<b>2152</b>	RANGER SURVIVAL CLUB	M-50	21	01:15:02	02:18:05	<b>03:48:31.00</b>	<b>03:48:31.00</b>	+01:57:42 (51.5%)	10:52	5.5 (48.2%)
218	<b>BORSKI Daniel</b>	<b>2226</b>		M-40	64	01:14:39	02:17:31	<b>03:48:52.30</b>	<b>03:48:52.30</b>	+01:58:03 (51.6%)	10:53	5.5 (48.2%)
219	<b>KEGEL Zbigniew</b>	<b>2192</b>	PIĄTKOWO NA BIEGOWO	M-60	5	01:15:28	02:16:23	<b>03:49:58.30</b>	<b>03:49:58.30</b>	+01:59:09 (51.8%)	10:57	5.5 (48.2%)
220	<b>OBSTARCZYK Mirosław</b>	<b>2140</b>	ZADYSZKA OŚWIĘCIM	M-60	6	01:17:28	02:21:34	<b>03:50:05.65</b>	<b>03:50:05.65</b>	+01:59:16 (51.8%)	10:57	5.5 (48.2%)
221	<b>POŻNIAK-STYCZYŃSKA Maja</b>	<b>2012</b>	DDC	K-30	23	01:16:26	02:19:36	<b>03:50:14.65</b>	<b>03:50:14.65</b>	+01:59:25 (51.9%)	10:57	5.5 (48.2%)
222	<b>DYKO Jakub</b>	<b>2223</b>	SPARTA ŚWIDNICA	M-20	12	01:06:37	02:07:44	<b>03:50:29.60</b>	<b>03:50:29.60</b>	+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	<b>SZYMANIK Paweł</b>	<b>2272</b>		M-50	22	01:18:56	02:23:13	<b>03:50:42.95</b>	<b>03:50:42.95</b>	+01:59:54 (52.0%)	10:59	5.5 (48.2%)
224	<b>KABZIŃSKA Dagmara</b>	<b>2086</b>		K-40	40	01:20:19	02:21:54	<b>03:51:45.60</b>	<b>03:51:45.60</b>	+02:00:56 (52.2%)	11:02	5.4 (47.4%)
225	<b>POGORZELEC Tomasz</b>	<b>2188</b>		M-40	65	01:14:42	02:15:37	<b>03:51:59.90</b>	<b>03:51:59.90</b>	+02:01:10 (52.2%)	11:02	5.4 (47.4%)
226	<b>MIŁKOWSKI Marcin</b>	<b>2179</b>	POLSKA	M-40	66	01:19:07	02:23:42	<b>03:54:37.70</b>	<b>03:54:37.70</b>	+02:03:48 (52.8%)	11:10	5.4 (47.4%)
227	<b>KOZŁOWSKA Magdalena</b>	<b>2187</b>	RUNNERS KONIN	K-40	41	01:18:04	02:23:43	<b>03:55:17.00</b>	<b>03:55:17.00</b>	+02:04:28 (52.9%)	11:12	5.4 (47.4%)
228	<b>KRZESZOWSKA Adrianna</b>	<b>2271</b>	ROWERY MAŁGOŚKA	K-30	24	01:20:15	02:23:47	<b>03:55:17.30</b>	<b>03:55:17.30</b>	+02:04:28 (52.9%)	11:12	5.4 (47.4%)
229	<b>NOWAK - KASPRZAK Anna</b>	<b>2276</b>		K-30	25	01:20:01	02:23:44	<b>03:55:18.70</b>	<b>03:55:18.70</b>	+02:04:29 (52.9%)	11:12	5.4 (47.4%)
230	<b>KASPRZAK Łukasz</b>	<b>2277</b>		M-30	44	01:20:34	02:23:45	<b>03:55:19.30</b>	<b>03:55:19.30</b>	+02:04:30 (52.9%)	11:12	5.4 (47.4%)
231	<b>ZABOROWSKA Halina</b>	<b>2177</b>	MARATOŃCZYK DĘBICA	K-50	12	01:20:33	02:22:55	<b>03:55:29.50</b>	<b>03:55:29.50</b>	+02:04:40 (52.9%)	11:12	5.4 (47.4%)
232	<b>KARPIŃSKI Rafał</b>	<b>2072</b>		M-40	67	01:20:28	02:23:59	<b>03:55:31.55</b>	<b>03:55:31.55</b>	+02:04:42 (52.9%)	11:12	5.3 (46.5%)
233	<b>PTAK Monika</b>	<b>2073</b>		K-40	42	01:20:26	02:23:59	<b>03:55:31.70</b>	<b>03:55:31.70</b>	+02:04:42 (53.0%)	11:12	5.3 (46.5%)
234	<b>KSIĘŻNIK Anna</b>	<b>2301</b>		K-50	13	01:17:54	02:21:29	<b>03:56:05.80</b>	<b>03:56:05.80</b>	+02:05:16 (53.1%)	11:14	5.3 (46.5%)
235	<b>HELMAN Jaroslaw</b>	<b>2247</b>	JAROSŁAW HELMAN	M-40	68	01:17:32	02:22:56	<b>03:57:38.50</b>	<b>03:57:38.50</b>	+02:06:49 (53.4%)	11:18	5.3 (46.5%)
236	<b>PIETRZAK Radosław</b>	<b>2131</b>	MILLSIDE DISTILLERY	M-40	69	01:13:00	02:14:01	<b>03:57:46.50</b>	<b>03:57:46.50</b>	+02:06:57 (53.4%)	11:19	5.3 (46.5%)
237	<b>SKARŻEŃSKA-SOKOŁOWSKA Jagoda</b>	<b>2303</b>	NIEZWYCIĘŻENI Z WRZOSOWEJ	K-40	43	01:18:30	02:23:52	<b>03:58:08.10</b>	<b>03:58:08.10</b>	+02:07:19 (53.5%)	11:20	5.3 (46.5%)
238	<b>PATYNOWSKI Tomasz</b>	<b>2149</b>	DOGOŃ GRODZISK MAZOWIECKI	M-50	23	01:13:24	02:17:37	<b>03:58:23.25</b>	<b>03:58:23.25</b>	+02:07:34 (53.5%)	11:21	5.3 (46.5%)
239	<b>KAŁUSKI Jan</b>	<b>2075</b>	AKTYWNI RAZEM	M-40	70	01:19:20	02:22:11	<b>04:01:27.80</b>	<b>04:01:27.80</b>	+02:10:38 (54.1%)	11:29	5.2 (45.6%)
240	<b>SKOWROŃSKI Bartosz</b>	<b>2138</b>		M-30	45	01:24:40	02:31:26	<b>04:02:09.90</b>	<b>04:02:09.90</b>	+02:11:20 (54.2%)	11:31	5.2 (45.6%)
241	<b>STOLARSKI Janusz</b>	<b>2080</b>	PARKRUN SŁODOWO, WŁOCŁAWEK	M-60	7	01:22:42	02:29:15	<b>04:02:56.05</b>	<b>04:02:56.05</b>	+02:12:07 (54.4%)	11:34	5.2 (45.6%)
242	<b>KRZYSZTOFOWICZ Karolina</b>	<b>2294</b>	ULTRASZY	K-40	44	01:24:03	02:30:53	<b>04:03:44.75</b>	<b>04:03:44.75</b>	+02:12:55 (54.5%)	11:36	5.2 (45.6%)
243	<b>KACZMAREK Monika</b>	<b>2201</b>	NKB CHYŻY NOWY TOMYŚL	K-40	45	01:19:34	02:28:31	<b>04:05:43.05</b>	<b>04:05:43.05</b>	+02:14:54 (54.9%)	11:42	5.1 (44.7%)
244	<b>KURAŚ Szymon</b>	<b>2166</b>	NKB CHYŻY NOWY TOMYŚL	M-40	71	01:19:12	02:28:28	<b>04:05:43.95</b>	<b>04:05:43.95</b>	+02:14:55 (54.9%)	11:42	5.1 (44.7%)
245	<b>SZPLIT Agata</b>	<b>2056</b>	KORONA PABIANICE	K-30	26	01:22:20	02:27:55	<b>04:05:44.50</b>	<b>04:05:44.50</b>	+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	<b>BOŻEK Aleksandra</b>	<b>2100</b>	TEAM ZABIEGANEDNI	K-30	27	01:24:39	02:27:57	<b>04:05:46.85</b>	<b>04:05:46.85</b>	+02:14:57 (54.9%)	11:42	5.1 (44.7%)
247	<b>STYPUŁA Michał</b>	<b>2013</b>		M-30	46	01:19:08	02:28:19	<b>04:05:48.50</b>	<b>04:05:48.50</b>	+02:14:59 (54.9%)	11:42	5.1 (44.7%)
248	<b>KOWALCZYK Aleksandra</b>	<b>2121</b>		K-30	28	01:26:35	02:34:58	<b>04:07:08.35</b>	<b>04:07:08.35</b>	+02:16:19 (55.2%)	11:46	5.1 (44.7%)
249	<b>STAMM Tomasz</b>	<b>2116</b>		M-50	24	01:16:13	02:23:16	<b>04:07:29.50</b>	<b>04:07:29.50</b>	+02:16:40 (55.2%)	11:47	5.1 (44.7%)
250	<b>JĘDRZEJEK Kinga</b>	<b>2115</b>	HAPPY RUNNERS	K-40	46	01:24:43	02:33:23	<b>04:07:52.30</b>	<b>04:07:52.30</b>	+02:17:03 (55.3%)	11:48	5.1 (44.7%)
251	<b>TARNOWSKI Paweł</b>	<b>2122</b>	HAPPY RUNNERS	M-30	47	01:25:16	02:33:24	<b>04:07:52.75</b>	<b>04:07:52.75</b>	+02:17:03 (55.3%)	11:48	5.1 (44.7%)
252	<b>FIORENZA Roberto</b>	<b>2119</b>	MUD FOXES	M-30	48	01:18:45	02:25:20	<b>04:08:54.55</b>	<b>04:08:54.55</b>	+02:18:05 (55.5%)	11:51	5.1 (44.7%)
253	<b>WIRA Barbara</b>	<b>2095</b>		K-40	47	01:26:31	02:32:37	<b>04:08:54.85</b>	<b>04:08:54.85</b>	+02:18:05 (55.5%)	11:51	5.1 (44.7%)
254	<b>KRAWCZYK Beata</b>	<b>2113</b>	PIECHOTĄ PO SCHODACH	K-30	29	01:17:21	02:26:36	<b>04:09:06.65</b>	<b>04:09:06.65</b>	+02:18:17 (55.5%)	11:51	5.1 (44.7%)
255	<b>JANISZEWSKA Emilia</b>	<b>2114</b>	PIECHOTĄ PO SCHODACH	K-30	30	01:17:17	02:26:36	<b>04:09:06.70</b>	<b>04:09:06.70</b>	+02:18:17 (55.5%)	11:51	5.1 (44.7%)
256	<b>JASIŃSKA Marzena</b>	<b>2077</b>	PIECHOTĄ PO SCHODACH	K-30	31	01:17:19	02:26:37	<b>04:09:06.90</b>	<b>04:09:06.90</b>	+02:18:17 (55.5%)	11:51	5.1 (44.7%)
257	<b>RADWAŃSKA Aneta</b>	<b>2117</b>	PIECHOTĄ PO SCHODACH	K-40	48	01:17:23	02:26:37	<b>04:09:07.60</b>	<b>04:09:07.60</b>	+02:18:18 (55.5%)	11:51	5.1 (44.7%)
258	<b>PASZKIEL Agnieszka</b>	<b>2182</b>	LUDZ	K-50	14	01:24:56	02:34:39	<b>04:17:36.50</b>	<b>04:17:36.50</b>	+02:26:47 (57.0%)	12:16	4.9 (43.0%)
259	<b>SARNOWSKI Maciej</b>	<b>2183</b>	TKKF MPK POZNAŃ	M-40	72	01:29:36	02:38:46	<b>04:23:27.00</b>	<b>04:23:27.00</b>	+02:32:38 (57.9%)	12:32	4.8 (42.1%)
260	<b>KOZIARSKA Ewa</b>	<b>2071</b>		K-40	49	01:25:56	02:38:10	<b>04:24:52.60</b>	<b>04:24:52.60</b>	+02:34:03 (58.2%)	12:36	4.8 (42.1%)
261	<b>WALENTYN Katarzyna</b>	<b>2078</b>	RUNCROSS ROZGARTY	K-40	50	01:33:02	02:44:23	<b>04:26:30.85</b>	<b>04:26:30.85</b>	+02:35:41 (58.4%)	12:41	4.7 (41.2%)
262	<b>FIRLIK Mirosław</b>	<b>2052</b>	KB KAMIEŃ POMORSKI	M-50	25	01:25:15	02:36:06	<b>04:26:36.65</b>	<b>04:26:36.65</b>	+02:35:47 (58.4%)	12:41	4.7 (41.2%)
262	<b>SZYMAŃSKI Marek</b>	<b>2051</b>	KB KAMIEŃ POMORSKI	M-30	49	01:26:46	02:37:59	<b>04:26:36.65</b>	<b>04:26:36.65</b>	+02:35:47 (58.4%)	12:41	4.7 (41.2%)
264	<b>ADAMCZUK Piotr</b>	<b>2049</b>		M-40	73	01:34:32	02:47:09	<b>04:35:17.60</b>	<b>04:35:17.60</b>	+02:44:28 (59.7%)	13:06	4.6 (40.4%)
265	<b>WOŹNIAK Marcin</b>	<b>2233</b>		M-30	50	01:33:03	02:48:59	<b>04:35:40.35</b>	<b>04:35:40.35</b>	+02:44:51 (59.8%)	13:07	4.6 (40.4%)
266	<b>LEŚKIEWICZ Michał</b>	<b>2090</b>		M-40	74	01:39:59	02:57:52	<b>04:39:15.60</b>	<b>04:39:15.60</b>	+02:48:26 (60.3%)	13:17	4.5 (39.5%)
267	<b>LANGIEWICZ Jacek</b>	<b>2055</b>	MKJ POLICE	M-60	8	01:28:18	02:39:59	<b>04:39:57.35</b>	<b>04:39:57.35</b>	+02:49:08 (60.4%)	13:19	4.5 (39.5%)
268	<b>KOSTRUBIEC Mariusz</b>	<b>2209</b>		M-50	26	01:31:08	02:46:15	<b>04:41:31.00</b>	<b>04:41:31.00</b>	+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	<b>ADAMIAK Marta</b>	<b>2270</b>	RUN4GOLD	K-40	51	01:38:45	03:05:43	<b>04:55:26.90</b>	<b>04:55:26.90</b>	+03:04:37 (62.5%)	14:04	4.3 (37.7%)
270	<b>PAŁASZYŃSKA Beata</b>	<b>2245</b>	MUD FOXES	K-40	52	01:40:20	03:05:45	<b>04:56:43.80</b>	<b>04:56:43.80</b>	+03:05:54 (62.7%)	14:07	4.2 (36.8%)
<b>Przekroczony limit czasu: 05:00:00</b>												
271	<b>STOLARSKA Danuta</b>	<b>2079</b>	PARKRUN SŁODOWO, WŁOCŁAWEK	K-60	1	01:42:00	03:06:54	<b>05:06:47.80</b>	<b>05:06:47.80</b>	+03:15:58 (63.9%)	14:36	4.1 (36.0%)
272	<b>LEŚNIEWSKI Sławomir</b>	<b>2048</b>	PARKRUN SŁODOWO, WŁOCŁAWEK	M-50	27	01:42:01	03:06:57	<b>05:06:48.40</b>	<b>05:06:48.40</b>	+03:15:59 (63.9%)	14:36	4.1 (36.0%)
273	<b>DAWID Katarzyna</b>	<b>2218</b>	HAPPY RUNNERS	K-50	15	01:45:42	03:26:15	<b>05:21:14.15</b>	<b>05:21:14.15</b>	+03:30:25 (65.5%)	15:17	3.9 (34.2%)
	<b>ŁUKASZEWSKI Szymon</b>	<b>2266</b>	ANDRZEJ WITEK - SZYBCIEJ	M-30		00:43:14 DNF	01:18:46 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>MÓLL Mateusz</b>	<b>2070</b>	#SOBASTEAM	M-30		00:59:05 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>CZARNIECKI Daniel</b>	<b>2160</b>	TIE	M-40		01:10:11 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>PRZESPOLEWSKI Rafał</b>	<b>2094</b>	LUDZIE Z WIOCHY	M-40		01:16:55 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>MICHALIK-KWAŚNICKA Katarzyna</b>	<b>2022</b>	PRECEL RACING TEAM	K-30		01:48:19 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>JODŁOWSKA Wioletta</b>	<b>2136</b>		K-50		02:11:21 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>ARCHACKA Kasia</b>	<b>2137</b>	KRĘCONA	K-50		02:11:31 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Znaleziono 280 wynik(ów)