



SUPERMARATON  
GÓR  
STOŁOWYCH

**Wydarzenie:** Supermaraton Gór Stołowych  
**Organizator:** Fundacja Maratony Górskie  
**Data:** 2024-06-22  
**Miejsce:** Kartów  
**Dystans:** 23 km

## SGS LIGHT 21KM

B4SPORT

**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	<b>BRÝDL Pavel</b>	<b>2370</b>	SALOMON CZ	M-40	1	00:39:04	01:11:24	<b>01:56:08.15</b>	<b>01:56:08.15</b>		5:31	10.8 (100%)
2	<b>KOTARSKI Jarosław</b>	<b>2158</b>	TRAIL IS OUR WAY	M-30	1	00:40:48	01:13:39	<b>01:56:45.60</b>	<b>01:56:45.60</b>	+00:00:37 (0.5%)	5:33	10.8 (100%)
3	<b>NORBERT Michał</b>	<b>2274</b>	KB SOBÓTKA	M-30	2	00:40:34	01:13:37	<b>01:58:06.75</b>	<b>01:58:06.75</b>	+00:01:58 (1.7%)	5:37	10.7 (99.1%)
4	<b>GONCZAR Szymon</b>	<b>2286</b>	INŻYNIERIA BIEGANIA	M-30	3	00:41:18	01:13:57	<b>01:59:00.95</b>	<b>01:59:00.95</b>	+00:02:52 (2.4%)	5:40	10.6 (98.1%)
5	<b>TESLUK Kuba</b>	<b>2039</b>	AW - SZYBCIEJ - TEAM	M-30	4	00:41:23	01:13:54	<b>02:00:00.85</b>	<b>02:00:00.85</b>	+00:03:52 (3.2%)	5:42	10.5 (97.2%)
6	<b>SZYMAŃCZUK Jacek</b>	<b>2043</b>	#BIEGIEMWLAS/NARAMOWICEBIEGAJĄ	M-30	5	00:40:40	01:14:29	<b>02:02:28.50</b>	<b>02:02:28.50</b>	+00:06:20 (5.2%)	5:49	10.3 (95.4%)
7	<b>SAJDUDA Adam</b>	<b>2024</b>	AW - SZYBCIEJ - TEAM	M-30	6	00:43:04	01:17:27	<b>02:03:17.75</b>	<b>02:03:17.75</b>	+00:07:09 (5.8%)	5:52	10.2 (94.4%)
8	<b>STAWIŃSKI Michał</b>	<b>2110</b>	AW SZYBCIEJ TEAM	M-30	7	00:43:50	01:19:46	<b>02:08:11.35</b>	<b>02:08:11.35</b>	+00:12:03 (9.4%)	6:06	9.8 (90.7%)
9	<b>KAMIŃSKI Artur</b>	<b>2188</b>	PRZEDWOJEWSKI TEAM	M-40	2	00:43:52		<b>02:10:05.00</b>	<b>02:10:05.00</b>	+00:13:56 (10.7%)	6:11	9.7 (89.8%)
10	<b>GÓRAL Karolina</b>	<b>2259</b>	HEJ HEJ GÓRALU	K-30	1	00:45:18	01:22:28	<b>02:13:41.30</b>	<b>02:13:41.30</b>	+00:17:33 (13.1%)	6:21	9.4 (87.0%)
11	<b>MÓLL Kacper</b>	<b>2219</b>		M-20	1	00:45:01	01:22:28	<b>02:15:25.40</b>	<b>02:15:25.40</b>	+00:19:17 (14.2%)	6:26	9.3 (86.1%)
12	<b>MALEK Tomasz</b>	<b>2340</b>		M-30	8	00:46:33	01:22:38	<b>02:16:35.30</b>	<b>02:16:35.30</b>	+00:20:27 (15.0%)	6:30	9.2 (85.2%)
13	<b>RYŁKO Krzysztof</b>	<b>2371</b>	ZADYSZKA OŚWIĘCIM	M-50	1	00:45:59	01:25:55	<b>02:17:31.15</b>	<b>02:17:31.15</b>	+00:21:23 (15.5%)	6:32	9.2 (85.2%)
14	<b>PAJĄK Alan</b>	<b>2250</b>	ZIELONA MANUFAKTURA	M-30	9	00:48:24	01:25:57	<b>02:17:50.55</b>	<b>02:17:50.55</b>	+00:21:42 (15.7%)	6:33	9.1 (84.3%)
15	<b>KOZANECKI Przemysław</b>	<b>2327</b>	WYBIEGAĆ MARZENIA TEAM	M-30	10	00:48:49	01:26:17	<b>02:17:52.85</b>	<b>02:17:52.85</b>	+00:21:44 (15.8%)	6:33	9.1 (84.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
16	<b>GĄSIOROWSKI Jarek</b>	<b>2354</b>	DAREK KRUCZKOWSKI TEAM - ADDED VALUE NIERUCHOMOŚCI	M-30	11	00:49:19	01:28:16	<b>02:18:46.70</b>	<b>02:18:46.70</b>	+00:22:38 (16.3%)	6:36	9.1 (84.3%)
17	<b>SZUKALSKI Krzysztof</b>	<b>2287</b>	DTR BIEGA MARIO TEAM	M-40	3	00:46:55	01:25:36	<b>02:19:14.10</b>	<b>02:19:14.10</b>	+00:23:05 (16.6%)	6:37	9 (83.3%)
18	<b>POCHYLSKI Radosław</b>	<b>2301</b>	GRUNNERS	M-30	12	00:48:22	01:26:21	<b>02:19:57.10</b>	<b>02:19:57.10</b>	+00:23:48 (17.0%)	6:39	9 (83.3%)
19	<b>MARSZAŁEK Kazimierz</b>	<b>2249</b>	ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO	M-50	2	00:48:50	01:27:30	<b>02:21:44.65</b>	<b>02:21:44.65</b>	+00:25:36 (18.1%)	6:44	8.9 (82.4%)
20	<b>PRZERWANEK Marek</b>	<b>2174</b>		M-40	4	00:44:39	01:30:06	<b>02:22:44.25</b>	<b>02:22:44.25</b>	+00:26:36 (18.6%)	6:47	8.8 (81.5%)
21	<b>SZCZENIOWSKI Jacek</b>	<b>2325</b>	GOPR SUDETY	M-40	5	00:48:23	01:27:50	<b>02:23:13.00</b>	<b>02:23:13.00</b>	+00:27:04 (18.9%)	6:49	8.8 (81.5%)
22	<b>PERON Anita</b>	<b>2270</b>		K-30	2	00:48:51	01:27:54	<b>02:24:10.00</b>	<b>02:24:10.00</b>	+00:28:01 (19.4%)	6:51	8.7 (80.6%)
23	<b>KURAŚ Szymon</b>	<b>2145</b>	NKB CHYŻY NOWY TOMYŚL	M-40	6	00:47:18	01:26:05	<b>02:24:11.45</b>	<b>02:24:11.45</b>	+00:28:03 (19.5%)	6:51	8.7 (80.6%)
24	<b>HÁJEK Jakub</b>	<b>2268</b>		M-50	3	00:51:50	01:31:12	<b>02:24:12.75</b>	<b>02:24:12.75</b>	+00:28:04 (19.5%)	6:52	8.7 (80.6%)
25	<b>ŚRÓBKA Mateusz</b>	<b>2294</b>		M-30	13	00:51:20	01:31:18	<b>02:25:19.90</b>	<b>02:25:19.90</b>	+00:29:11 (20.1%)	6:55	8.7 (80.6%)
26	<b>SOBCZAK-PAŁASZEWSKA Karolina</b>	<b>2083</b>		K-30	3	00:51:32	01:29:42	<b>02:25:29.35</b>	<b>02:25:29.35</b>	+00:29:21 (20.2%)	6:55	8.7 (80.6%)
27	<b>CHAMALA Krzysztof</b>	<b>2063</b>	WEEGREE	M-40	7	00:51:15	01:29:32	<b>02:26:28.70</b>	<b>02:26:28.70</b>	+00:30:20 (20.7%)	6:58	8.6 (79.6%)
28	<b>BARTELA Mateusz</b>	<b>2198</b>		M-20	2	00:50:12	01:29:31	<b>02:27:06.40</b>	<b>02:27:06.40</b>	+00:30:58 (21.1%)	7:00	8.6 (79.6%)
29	<b>WOJTKOWIAK Stefan</b>	<b>2036</b>	PIĄTKOWO NA BIEGOWO	M-50	4	00:51:36	01:32:52	<b>02:28:09.60</b>	<b>02:28:09.60</b>	+00:32:01 (21.6%)	7:03	8.5 (78.7%)
30	<b>BABIŃSKA-POPIŁKA Ewelina</b>	<b>2367</b>		K-40	1	00:48:52	01:31:06	<b>02:28:52.70</b>	<b>02:28:52.70</b>	+00:32:44 (22.0%)	7:05	8.5 (78.7%)
31	<b>KŁODNICKI Krzysztof</b>	<b>2329</b>		M-40	8	00:48:15	01:27:48	<b>02:29:00.00</b>	<b>02:29:00.00</b>	+00:32:51 (22.1%)	7:05	8.5 (78.7%)
32	<b>KURZYŃSKI Piotr</b>	<b>2055</b>	TEAM BEROTU	M-40	9	00:50:56	01:31:15	<b>02:32:25.20</b>	<b>02:32:25.20</b>	+00:36:17 (23.8%)	7:15	8.3 (76.9%)
33	<b>SZYMAŃSKA Brygida</b>	<b>2348</b>	EERLE SPORTSWEAR RUNNING TEAM / STRZEGOMSKA DWUNASTKA	K-30	4	00:55:28	01:37:24	<b>02:33:43.45</b>	<b>02:33:43.45</b>	+00:37:35 (24.5%)	7:19	8.2 (75.9%)
34	<b>PIWOŃSKI Adam</b>	<b>2359</b>	TEAM#R	M-40	10	00:54:55	01:36:10	<b>02:33:58.40</b>	<b>02:33:58.40</b>	+00:37:50 (24.6%)	7:19	8.2 (75.9%)
35	<b>ŁAŻEWSKI Marcin</b>	<b>2181</b>		M-50	5	00:53:07	01:35:24	<b>02:34:20.20</b>	<b>02:34:20.20</b>	+00:38:12 (24.8%)	7:20	8.2 (75.9%)
36	<b>BŁASZCZAK Marek</b>	<b>2253</b>	AW - SZYBCIEJ - TEAM	M-30	14	00:53:59	01:35:57	<b>02:34:44.85</b>	<b>02:34:44.85</b>	+00:38:36 (25.0%)	7:22	8.1 (75.0%)
37	<b>TOMASZEWSKI Przemek</b>	<b>2281</b>	RUN TEAM RYDZYNA	M-30	15	00:54:45	01:35:58	<b>02:35:18.35</b>	<b>02:35:18.35</b>	+00:39:10 (25.2%)	7:23	8.1 (75.0%)
38	<b>WRÓBEL Marcin</b>	<b>2237</b>		M-40	11	00:54:43	01:36:59	<b>02:35:25.30</b>	<b>02:35:25.30</b>	+00:39:17 (25.3%)	7:24	8.1 (75.0%)

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39	<b>OKHRYM Olha</b>	<b>2042</b>	#BIEGIEMWLAS	K-20	1	00:56:11	01:38:56	<b>02:37:11.15</b>	<b>02:37:11.15</b>	+00:41:03 (26.1%)	7:29	8 (74.1%)
40	<b>NADOLSKA-BOCHEŃSKA Barbara</b>	<b>2351</b>	SKS OBORNIKI	K-30	5	00:57:13	01:38:39	<b>02:38:06.80</b>	<b>02:38:06.80</b>	+00:41:58 (26.5%)	7:31	8 (74.1%)
41	<b>KONIECZNY Wojciech</b>	<b>2183</b>	SII RUNNING TEAM	M-40	12	00:54:41	01:36:53	<b>02:38:47.50</b>	<b>02:38:47.50</b>	+00:42:39 (26.9%)	7:33	7.9 (73.1%)
42	<b>HÁJEK Jan</b>	<b>2283</b>		M-50	6	00:54:50	01:37:48	<b>02:38:49.20</b>	<b>02:38:49.20</b>	+00:42:41 (26.9%)	7:33	7.9 (73.1%)
43	<b>PILETSKI Maksim</b>	<b>2182</b>		M-30	16	00:54:46	01:37:18	<b>02:38:54.35</b>	<b>02:38:54.35</b>	+00:42:46 (26.9%)	7:34	7.9 (73.1%)
44	<b>SKAŁACKI Krzysztof</b>	<b>2330</b>		M-40	13	00:54:28	01:36:44	<b>02:40:16.00</b>	<b>02:40:16.00</b>	+00:44:07 (27.5%)	7:37	7.9 (73.1%)
45	<b>KORZENIOWSKI Wojciech</b>	<b>2088</b>		M-50	7	00:53:06	01:36:47	<b>02:40:48.00</b>	<b>02:40:48.00</b>	+00:44:39 (27.8%)	7:39	7.8 (72.2%)
46	<b>WAKUŁA Bartłomiej</b>	<b>2135</b>		M-30	17	00:57:43	01:37:08	<b>02:40:50.55</b>	<b>02:40:50.55</b>	+00:44:42 (27.8%)	7:39	7.8 (72.2%)
47	<b>BIHUN-GRYSZKIEWICZ Natalia</b>	<b>2233</b>	ANNA HALSKA COACHING	K-30	6	00:53:04	01:45:14	<b>02:40:54.20</b>	<b>02:40:54.20</b>	+00:44:46 (27.8%)	7:39	7.8 (72.2%)
48	<b>JAWORSKA Magdalena</b>	<b>2073</b>	GB WIELKOPOLSCY BIEGACZE/TEAM HARD WORK BEATS TALENT	K-40	2	00:57:20	01:40:26	<b>02:41:10.60</b>	<b>02:41:10.60</b>	+00:45:02 (27.9%)	7:40	7.8 (72.2%)
49	<b>MOCHEGANI Andrea</b>	<b>2337</b>		M-50	8	00:56:49	01:39:23	<b>02:42:03.90</b>	<b>02:42:03.90</b>	+00:45:55 (28.3%)	7:43	7.8 (72.2%)
50	<b>BRONISZ Maciej</b>	<b>2104</b>	DUSZKI GORZÓW WLKP	M-40	14	00:56:31	01:39:05	<b>02:42:09.80</b>	<b>02:42:09.80</b>	+00:46:01 (28.4%)	7:43	7.8 (72.2%)
51	<b>KRAKOWSKA Anna</b>	<b>2264</b>		K-30	7	00:55:44	01:39:40	<b>02:43:14.25</b>	<b>02:43:14.25</b>	+00:47:06 (28.9%)	7:46	7.7 (71.3%)
52	<b>KULIKOWSKI Maciej</b>	<b>2352</b>		M-30	18	00:59:26	01:41:37	<b>02:43:16.90</b>	<b>02:43:16.90</b>	+00:47:08 (28.9%)	7:46	7.7 (71.3%)
53	<b>STEC Adam</b>	<b>2279</b>		M-40	15	00:57:15	01:41:35	<b>02:43:33.10</b>	<b>02:43:33.10</b>	+00:47:24 (29.0%)	7:47	7.7 (71.3%)
54	<b>ŁUKASZEWSKI Kamil</b>	<b>2345</b>	GB WIELKOPOLSCY BIEGACZE	M-30	19	00:59:28	01:42:52	<b>02:43:40.25</b>	<b>02:43:40.25</b>	+00:47:32 (29.0%)	7:47	7.7 (71.3%)
55	<b>BOREK Jacek</b>	<b>2098</b>		M-30	20	00:56:12	01:40:54	<b>02:44:01.00</b>	<b>02:44:01.00</b>	+00:47:52 (29.2%)	7:48	7.7 (71.3%)
56	<b>ORŁOWSKA Katarzyna</b>	<b>2328</b>		K-30	8	00:59:07	01:43:24	<b>02:44:22.00</b>	<b>02:44:22.00</b>	+00:48:13 (29.3%)	7:49	7.7 (71.3%)
57	<b>SMOTER Wojciech</b>	<b>2368</b>	STAL NYSA	M-40	16	00:57:17	01:42:23	<b>02:44:31.30</b>	<b>02:44:31.30</b>	+00:48:23 (29.4%)	7:50	7.7 (71.3%)
58	<b>REGUŁA Piotr</b>	<b>2170</b>		M-20	3	00:59:09	01:42:40	<b>02:44:32.60</b>	<b>02:44:32.60</b>	+00:48:24 (29.4%)	7:50	7.7 (71.3%)
59	<b>SZTYPKA Justyna</b>	<b>2129</b>	WKB MARATOŃCZYK WŁOCŁAWEK	K-40	3	00:58:07	01:42:52	<b>02:45:08.60</b>	<b>02:45:08.60</b>	+00:49:00 (29.7%)	7:51	7.6 (70.4%)
60	<b>STACHOWIAK Kinga</b>	<b>2318</b>		K-40	4	00:58:10	01:43:57	<b>02:45:12.25</b>	<b>02:45:12.25</b>	+00:49:04 (29.7%)	7:52	7.6 (70.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
61	<b>FRANKOWSKI Andrzej</b>	<b>2246</b>	FRANEK EXTREME TEAM	M-30	21	00:57:02	01:41:18	<b>02:45:30.65</b>	<b>02:45:30.65</b>	+00:49:22 (29.8%)	7:52	7.6 (70.4%)
62	<b>KARWACKI Grzegorz</b>	<b>2208</b>	KATCROS WAŁBRZYCH	M-50	9	00:56:53	01:41:24	<b>02:45:55.20</b>	<b>02:45:55.20</b>	+00:49:47 (30.0%)	7:54	7.6 (70.4%)
63	<b>STACHOWIAK Jacek</b>	<b>2030</b>		M-40	17	00:59:42	01:42:34	<b>02:45:59.10</b>	<b>02:45:59.10</b>	+00:49:50 (30.0%)	7:54	7.6 (70.4%)
64	<b>PANUFNIK Tomasz</b>	<b>2317</b>	AKS POLONIA WARSZAWA	M-40	18	01:04:08	01:46:49	<b>02:46:02.80</b>	<b>02:46:02.80</b>	+00:49:54 (30.1%)	7:54	7.6 (70.4%)
65	<b>GRZEGORZEWSKI Adrian</b>	<b>2257</b>	MATNER RUNNING TEAM	M-30	22	00:59:45	01:44:41	<b>02:46:16.00</b>	<b>02:46:16.00</b>	+00:50:07 (30.2%)	7:55	7.6 (70.4%)
66	<b>JAGODZIŃSKI Robert</b>	<b>2155</b>	JAGODA TEAM	M-50	10	01:03:15	01:47:23	<b>02:46:33.00</b>	<b>02:46:33.00</b>	+00:50:24 (30.3%)	7:55	7.6 (70.4%)
67	<b>TROCKI Grzegorz</b>	<b>2261</b>	TROCCYBIEGAJĄ	M-40	19	00:58:49	01:43:07	<b>02:46:51.65</b>	<b>02:46:51.65</b>	+00:50:43 (30.4%)	7:56	7.6 (70.4%)
68	<b>ŁATWIŃSKI Łukasz</b>	<b>2305</b>		M-30	23	00:58:09	01:43:08	<b>02:46:53.90</b>	<b>02:46:53.90</b>	+00:50:45 (30.4%)	7:56	7.6 (70.4%)
69	<b>SKOCZYŁAS Mateusz</b>	<b>2285</b>	AW SZYBCIEJ TEAM	M-30	24	00:58:59	01:45:17	<b>02:47:06.70</b>	<b>02:47:06.70</b>	+00:50:58 (30.5%)	7:57	7.5 (69.4%)
70	<b>WIĄCEK Marek</b>	<b>2093</b>	MASTERS WROCŁAW	M-60	1	00:58:14	01:43:15	<b>02:47:25.95</b>	<b>02:47:25.95</b>	+00:51:17 (30.6%)	7:58	7.5 (69.4%)
71	<b>ZACZYŃSKA-SKIBA Anna</b>	<b>2298</b>	SALLER TEAM LEGNICA	K-40	5	00:59:22	01:44:00	<b>02:47:48.55</b>	<b>02:47:48.55</b>	+00:51:40 (30.8%)	7:59	7.5 (69.4%)
72	<b>STIRBYS Vaclovas</b>	<b>2375</b>	RUNFACE VASTI	M-30	25	00:53:00	01:45:30	<b>02:47:52.35</b>	<b>02:47:52.35</b>	+00:51:44 (30.8%)	7:59	7.5 (69.4%)
73	<b>JĘDRZEJCZAK Wojciech</b>	<b>2361</b>		M-50	11	00:59:40	01:45:26	<b>02:47:54.60</b>	<b>02:47:54.60</b>	+00:51:46 (30.8%)	7:59	7.5 (69.4%)
74	<b>ULANOWSKI Dawid</b>	<b>2273</b>	PIECHOTĄ PO SCHODACH	M-30	26	01:01:41	01:46:17	<b>02:48:01.35</b>	<b>02:48:01.35</b>	+00:51:53 (30.9%)	8:00	7.5 (69.4%)
75	<b>WOJTKOWIAK Renata</b>	<b>2035</b>	PIĄTKOWO NA BIEGOWO	K-50	1	00:59:02	01:44:41	<b>02:48:24.55</b>	<b>02:48:24.55</b>	+00:52:16 (31.0%)	8:01	7.5 (69.4%)
76	<b>PRYŚKO-GROBELNA Małgorzata</b>	<b>2306</b>	USTAW SIĘ NA BIEGANIE	K-30	9	01:01:34	01:46:51	<b>02:48:36.90</b>	<b>02:48:36.90</b>	+00:52:28 (31.1%)	8:01	7.5 (69.4%)
77	<b>SZUKALSKA Milena</b>	<b>2255</b>	DTR BIEGA MARIO TEAM	K-30	10	00:58:15	01:43:51	<b>02:48:46.15</b>	<b>02:48:46.15</b>	+00:52:38 (31.2%)	8:02	7.5 (69.4%)
78	<b>PODGÓRNY Mariusz</b>	<b>2344</b>	TEAM OZIMEK / UTRANIEPODLEGŁA	M-30	27	00:54:09	01:38:59	<b>02:48:58.80</b>	<b>02:48:58.80</b>	+00:52:50 (31.3%)	8:02	7.5 (69.4%)
79	<b>ČERVENÝ David</b>	<b>2207</b>		M-40	20	00:58:07	01:44:40	<b>02:49:06.95</b>	<b>02:49:06.95</b>	+00:52:58 (31.3%)	8:03	7.5 (69.4%)
80	<b>RZECZKOWSKI Zbigniew</b>	<b>2355</b>	WKS JB	M-50	12	00:55:41	01:40:57	<b>02:49:15.15</b>	<b>02:49:15.15</b>	+00:53:07 (31.4%)	8:03	7.4 (68.5%)
81	<b>ŻUREK Stanisław</b>	<b>2248</b>		M-40	21	01:04:15	01:47:48	<b>02:49:42.70</b>	<b>02:49:42.70</b>	+00:53:34 (31.6%)	8:04	7.4 (68.5%)
82	<b>PARDAŁA Wojciech</b>	<b>2029</b>		M-40	22	00:57:42	01:42:34	<b>02:49:44.45</b>	<b>02:49:44.45</b>	+00:53:36 (31.6%)	8:04	7.4 (68.5%)
83	<b>KANIEWSKI Piotr</b>	<b>2091</b>		M-30	28	00:59:07	01:44:45	<b>02:49:56.90</b>	<b>02:49:56.90</b>	+00:53:48 (31.7%)	8:05	7.4 (68.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
84	<b>MARON-KABAŁA Bartosz</b>	<b>2346</b>	#BIEGIEMWLAS	M-20	4	00:58:31	01:43:55	<b>02:50:12.20</b>	<b>02:50:12.20</b>	+00:54:04 (31.8%)	8:06	7.4 (68.5%)
85	<b>CICHOŃ Maciej</b>	<b>2062</b>		M-50	13	01:01:19	01:46:40	<b>02:50:37.40</b>	<b>02:50:37.40</b>	+00:54:29 (31.9%)	8:07	7.4 (68.5%)
86	<b>MAZUR Monika</b>	<b>2209</b>	KATCROSS	K-40	6	00:57:56	01:44:09	<b>02:50:49.80</b>	<b>02:50:49.80</b>	+00:54:41 (32.0%)	8:08	7.4 (68.5%)
87	<b>GOLEC Paweł</b>	<b>2048</b>		M-30	29	00:57:20	01:43:16	<b>02:50:52.70</b>	<b>02:50:52.70</b>	+00:54:44 (32.0%)	8:08	7.4 (68.5%)
88	<b>KOLASIŃSKI Jakub</b>	<b>2358</b>	DIRTY SPARROWS	M-30	30	00:58:13	01:44:42	<b>02:50:59.40</b>	<b>02:50:59.40</b>	+00:54:51 (32.1%)	8:08	7.4 (68.5%)
89	<b>NUREK Łukasz</b>	<b>2065</b>	PIWNE BRZUSZKI RACE TEAM	M-40	23	01:02:45	01:47:51	<b>02:51:00.80</b>	<b>02:51:00.80</b>	+00:54:52 (32.1%)	8:08	7.4 (68.5%)
90	<b>BIALIK Jędrzej</b>	<b>2364</b>	RUNNERS TEAM NYSA	M-40	24	00:59:22	01:46:04	<b>02:51:11.80</b>	<b>02:51:11.80</b>	+00:55:03 (32.2%)	8:09	7.4 (68.5%)
91	<b>MAGIER Jerzy</b>	<b>2132</b>		M-50	14	00:51:58	01:38:58	<b>02:51:21.00</b>	<b>02:51:21.00</b>	+00:55:12 (32.2%)	8:09	7.4 (68.5%)
92	<b>FEICHTINGER Marek</b>	<b>2131</b>		M-40	25	00:59:24	01:46:42	<b>02:51:54.50</b>	<b>02:51:54.50</b>	+00:55:46 (32.4%)	8:11	7.3 (67.6%)
93	<b>CYBUL Marek</b>	<b>2027</b>	TEAM DALI-DALI	M-40	26	00:59:44	01:44:47	<b>02:51:55.10</b>	<b>02:51:55.10</b>	+00:55:46 (32.4%)	8:11	7.3 (67.6%)
94	<b>MAZUR Patryk</b>	<b>2215</b>	AKADEMIA RUCHU	M-40	27	00:57:18	01:43:03	<b>02:52:22.15</b>	<b>02:52:22.15</b>	+00:56:14 (32.6%)	8:12	7.3 (67.6%)
95	<b>BRONCZAK Tomasz</b>	<b>2225</b>	LUBIĘPODGÓRKĘ	M-40	28	00:59:04	01:44:15	<b>02:52:33.35</b>	<b>02:52:33.35</b>	+00:56:25 (32.7%)	8:13	7.3 (67.6%)
96	<b>KŁODAWSKI Marek</b>	<b>2247</b>		M-40	29	00:57:14	01:44:40	<b>02:53:43.15</b>	<b>02:53:43.15</b>	+00:57:35 (33.1%)	8:16	7.3 (67.6%)
97	<b>KUTARBA Dawid</b>	<b>2128</b>	BRAK	M-40	30	01:01:00	01:47:01	<b>02:53:44.45</b>	<b>02:53:44.45</b>	+00:57:36 (33.2%)	8:16	7.3 (67.6%)
98	<b>SOBAŃSKI Leszek</b>	<b>2171</b>	SOBANTEAM	M-40	31	01:02:06	01:48:52	<b>02:53:54.75</b>	<b>02:53:54.75</b>	+00:57:46 (33.2%)	8:16	7.2 (66.7%)
99	<b>PONIATOWSKA Justyna</b>	<b>2309</b>	TEBIA RUNNERS	K-30	11	01:01:01	01:47:43	<b>02:54:02.00</b>	<b>02:54:02.00</b>	+00:57:53 (33.3%)	8:17	7.2 (66.7%)
100	<b>ŁYSEK Nataniel</b>	<b>2169</b>		M-20	5	01:06:55	01:51:28	<b>02:54:07.05</b>	<b>02:54:07.05</b>	+00:57:58 (33.3%)	8:17	7.2 (66.7%)
101	<b>JAZ Ernest</b>	<b>2311</b>	ENDORFINY WAŚOSZ	M-40	32	01:00:30	01:48:01	<b>02:55:12.75</b>	<b>02:55:12.75</b>	+00:59:04 (33.7%)	8:20	7.2 (66.7%)
102	<b>SZULC Marcin</b>	<b>2308</b>	BOLI BOLI	M-40	33	00:58:50	01:42:40	<b>02:55:26.50</b>	<b>02:55:26.50</b>	+00:59:18 (33.8%)	8:21	7.2 (66.7%)
103	<b>BUGAJ Alan</b>	<b>2310</b>		M-30	31	01:02:07	01:49:34	<b>02:55:49.10</b>	<b>02:55:49.10</b>	+00:59:40 (33.9%)	8:22	7.2 (66.7%)
104	<b>PIECUCH Karolina</b>	<b>2067</b>		K-30	12	01:01:21	01:49:21	<b>02:55:54.60</b>	<b>02:55:54.60</b>	+00:59:46 (34.0%)	8:22	7.2 (66.7%)
105	<b>GRUDZIEN-JURKOWSKA Malgorzata</b>	<b>2196</b>		K-40	7	01:01:37	01:50:26	<b>02:56:31.60</b>	<b>02:56:31.60</b>	+01:00:23 (34.2%)	8:24	7.1 (65.7%)
106	<b>PRZYBYLA Sebastian</b>	<b>2075</b>		M-30	32	01:06:35	01:52:45	<b>02:56:32.40</b>	<b>02:56:32.40</b>	+01:00:24 (34.2%)	8:24	7.1 (65.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
107	<b>KUBABSKI Patryk</b>	<b>2202</b>		M-30	33	01:02:16	01:49:50	<b>02:57:49.30</b>	<b>02:57:49.30</b>	+01:01:41 (34.7%)	8:28	7.1 (65.7%)
108	<b>KOTARSKI Wiesław</b>	<b>2120</b>	GRUPA AZOTY ZCH POLLICE	M-60	2	00:58:29	01:44:41	<b>02:58:24.20</b>	<b>02:58:24.20</b>	+01:02:16 (34.9%)	8:29	7.1 (65.7%)
109	<b>PAWELEC Mariusz</b>	<b>2221</b>	KB FORREST GUMP	M-50	15	01:00:54	01:49:31	<b>02:58:25.05</b>	<b>02:58:25.05</b>	+01:02:16 (34.9%)	8:29	7.1 (65.7%)
110	<b>OPIAŁ Michalina</b>	<b>2262</b>		K-30	13	01:02:23	01:50:56	<b>02:58:26.55</b>	<b>02:58:26.55</b>	+01:02:18 (34.9%)	8:29	7.1 (65.7%)
111	<b>PRZYBYLSKI Paweł</b>	<b>2362</b>		M-40	34	01:02:03	01:51:29	<b>03:00:39.25</b>	<b>03:00:39.25</b>	+01:04:31 (35.7%)	8:36	7 (64.8%)
112	<b>KURIATA Bartłomiej</b>	<b>2372</b>		M-50	16	01:04:43	01:53:07	<b>03:01:01.30</b>	<b>03:01:01.30</b>	+01:04:53 (35.8%)	8:37	7 (64.8%)
113	<b>OLEJNIK Agnieszka</b>	<b>2350</b>	ENDORFINY WAŚOSZ	K-40	8	01:06:38	01:54:58	<b>03:01:05.70</b>	<b>03:01:05.70</b>	+01:04:57 (35.9%)	8:37	7 (64.8%)
114	<b>HAIDA Marcin</b>	<b>2052</b>		M-40	35	01:00:47	01:49:49	<b>03:02:03.80</b>	<b>03:02:03.80</b>	+01:05:55 (36.2%)	8:40	6.9 (63.9%)
115	<b>LUKAS Robert</b>	<b>2369</b>		M-30	34	01:06:43	01:52:06	<b>03:02:27.35</b>	<b>03:02:27.35</b>	+01:06:19 (36.3%)	8:41	6.9 (63.9%)
116	<b>MIEDZIŃSKI Michał</b>	<b>2159</b>	JKS SALAMANDRA	M-40	36	01:00:58	01:50:32	<b>03:02:31.15</b>	<b>03:02:31.15</b>	+01:06:23 (36.4%)	8:41	6.9 (63.9%)
117	<b>KRUPA Justyna</b>	<b>2106</b>	AKTYWNA NOWA RUDA	K-40	9	01:01:13	01:52:05	<b>03:02:44.60</b>	<b>03:02:44.60</b>	+01:06:36 (36.4%)	8:42	6.9 (63.9%)
118	<b>SMYK Sylwester</b>	<b>2178</b>	AUTOLIV RUN TEAM	M-40	37	01:01:39	01:51:48	<b>03:03:20.75</b>	<b>03:03:20.75</b>	+01:07:12 (36.7%)	8:43	6.9 (63.9%)
119	<b>SOSNOWSKA-SMYK Joanna</b>	<b>2179</b>	AUTOLIV RUN TEAM	K-40	10	01:01:36	01:51:50	<b>03:03:20.95</b>	<b>03:03:20.95</b>	+01:07:12 (36.7%)	8:43	6.9 (63.9%)
120	<b>STASIŃSKA- KOSTOWSKA Wiktoria</b>	<b>2347</b>		K-20	2	01:06:47	01:54:55	<b>03:03:22.80</b>	<b>03:03:22.80</b>	+01:07:14 (36.7%)	8:43	6.9 (63.9%)
121	<b>NOVÁK Martin</b>	<b>2085</b>	NOWIS TRAILRUNNER	M-30	35	01:03:11	01:53:17	<b>03:03:43.90</b>	<b>03:03:43.90</b>	+01:07:35 (36.8%)	8:44	6.9 (63.9%)
122	<b>ANDRZEJEWSKI Michał</b>	<b>2172</b>	SOBANTEAM	M-30	36	01:02:23	01:50:55	<b>03:05:02.90</b>	<b>03:05:02.90</b>	+01:08:54 (37.2%)	8:48	6.8 (63.0%)
123	<b>STASIAK Łukasz</b>	<b>2280</b>		M-40	38	01:03:12	01:53:28	<b>03:05:04.65</b>	<b>03:05:04.65</b>	+01:08:56 (37.3%)	8:48	6.8 (63.0%)
124	<b>LING Robert</b>	<b>2149</b>		M-40	39	01:04:33	01:53:50	<b>03:05:51.40</b>	<b>03:05:51.40</b>	+01:09:43 (37.5%)	8:51	6.8 (63.0%)
125	<b>GRUCHOT Waldemar</b>	<b>2157</b>		M-40	40	01:10:41	01:58:37	<b>03:06:01.40</b>	<b>03:06:01.40</b>	+01:09:53 (37.6%)	8:51	6.8 (63.0%)
126	<b>BRASEL Marcin</b>	<b>2220</b>	FIZJOBIEGACZE	M-50	17	01:06:42	01:55:52	<b>03:06:22.30</b>	<b>03:06:22.30</b>	+01:10:14 (37.7%)	8:52	6.8 (63.0%)
127	<b>SIKORA Malwina</b>	<b>2193</b>	DROGA DO ULTRA	K-20	3	01:06:44	01:56:37	<b>03:06:29.95</b>	<b>03:06:29.95</b>	+01:10:21 (37.7%)	8:52	6.8 (63.0%)
128	<b>WAWRZYŃIAK Robert</b>	<b>2014</b>	#BIEGIEMWLAS	M-40	41	01:08:59	01:58:21	<b>03:06:41.30</b>	<b>03:06:41.30</b>	+01:10:33 (37.8%)	8:53	6.7 (62.0%)
129	<b>CIEŚLAK Krystian</b>	<b>2302</b>		M-40	42	01:03:03	01:53:27	<b>03:06:45.05</b>	<b>03:06:45.05</b>	+01:10:36 (37.8%)	8:53	6.7 (62.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
130	<b>COLAUTTI Enrico</b>	<b>2365</b>	BAD ORGANIZER TEAM	M-50	18	01:05:06	01:56:27	<b>03:07:10.05</b>	<b>03:07:10.05</b>	+01:11:01 (38.0%)	8:54	6.7 (62.0%)
131	<b>ZALEWSKI Piotr</b>	<b>2256</b>	SLAVIC PAGAN	M-30	37	01:03:25	01:52:48	<b>03:07:21.70</b>	<b>03:07:21.70</b>	+01:11:13 (38.0%)	8:55	6.7 (62.0%)
132	<b>WRZESZCZ Jakub</b>	<b>2326</b>		M-30	38	01:07:03	01:57:37	<b>03:07:22.70</b>	<b>03:07:22.70</b>	+01:11:14 (38.0%)	8:55	6.7 (62.0%)
133	<b>HOLAK Tomasz</b>	<b>2284</b>	PAN KRACY ENTERTIMENT	M-50	19	01:05:04	01:55:28	<b>03:08:09.80</b>	<b>03:08:09.80</b>	+01:12:01 (38.3%)	8:57	6.7 (62.0%)
134	<b>WAWRZYNIAK Lidia</b>	<b>2235</b>	WYPOŻYCZALNIA SKRZYDEŁ	K-50	2	01:05:08	01:55:44	<b>03:08:15.20</b>	<b>03:08:15.20</b>	+01:12:07 (38.3%)	8:57	6.7 (62.0%)
135	<b>KUDREJ Grzegorz</b>	<b>2260</b>		M-30	39	01:03:59	01:56:13	<b>03:08:16.40</b>	<b>03:08:16.40</b>	+01:12:08 (38.3%)	8:57	6.7 (62.0%)
136	<b>STOMAL Marzena</b>	<b>2226</b>		K-40	11	01:07:28	01:57:28	<b>03:09:06.15</b>	<b>03:09:06.15</b>	+01:12:58 (38.6%)	9:00	6.7 (62.0%)
137	<b>MAŁECKI Bartosz</b>	<b>2231</b>		M-20	6	01:12:17	02:02:25	<b>03:09:42.30</b>	<b>03:09:42.30</b>	+01:13:34 (38.8%)	9:02	6.6 (61.1%)
138	<b>KIELISZEK Dariusz</b>	<b>2222</b>		M-30	40	01:09:47	01:59:13	<b>03:09:56.95</b>	<b>03:09:56.95</b>	+01:13:48 (38.9%)	9:02	6.6 (61.1%)
139	<b>KRZYWICKA Martyna</b>	<b>2204</b>	ZABIEGANI.COM.PL	K-20	4	01:06:46	01:58:57	<b>03:10:25.40</b>	<b>03:10:25.40</b>	+01:14:17 (39.0%)	9:04	6.6 (61.1%)
140	<b>OLEJNIK Tomasz</b>	<b>2124</b>		M-50	20	01:06:37	01:58:22	<b>03:10:53.70</b>	<b>03:10:53.70</b>	+01:14:45 (39.2%)	9:05	6.6 (61.1%)
141	<b>WYRWICKI Przemek</b>	<b>2224</b>		M-40	43	01:06:40	01:59:53	<b>03:10:54.70</b>	<b>03:10:54.70</b>	+01:14:46 (39.2%)	9:05	6.6 (61.1%)
142	<b>PAKULSKA-TOMZA Dorota</b>	<b>2010</b>	SIŁA KOBIEC	K-40	12	01:08:26	02:01:22	<b>03:11:15.95</b>	<b>03:11:15.95</b>	+01:15:07 (39.3%)	9:06	6.6 (61.1%)
143	<b>BRODA Dominik</b>	<b>2322</b>		M-30	41	01:04:20	01:56:12	<b>03:11:20.40</b>	<b>03:11:20.40</b>	+01:15:12 (39.3%)	9:06	6.6 (61.1%)
144	<b>KACPRZAK Maciej</b>	<b>2227</b>		M-20	7	01:17:23	02:06:01	<b>03:12:11.15</b>	<b>03:12:11.15</b>	+01:16:03 (39.6%)	9:09	6.6 (61.1%)
145	<b>GRABIAS-MAZUR Krystyna</b>	<b>2236</b>	TRIATHLON DĄBROWA GÓRNICZA	K-40	13	01:05:30	01:56:36	<b>03:12:35.50</b>	<b>03:12:35.50</b>	+01:16:27 (39.7%)	9:10	6.5 (60.2%)
146	<b>CUBER Michał</b>	<b>2230</b>		M-40	44	01:07:03	01:57:51	<b>03:13:00.45</b>	<b>03:13:00.45</b>	+01:16:52 (39.8%)	9:11	6.5 (60.2%)
147	<b>ŻUREK Damian</b>	<b>2152</b>	SPINKO LESZNO	M-40	45	01:12:14	02:09:53	<b>03:13:03.10</b>	<b>03:13:03.10</b>	+01:16:54 (39.8%)	9:11	6.5 (60.2%)
148	<b>MIERZEJEWSKI Robert</b>	<b>2097</b>	CENTRUM SZKOLENIA WOJSK LĄDOWYCH W POZNANIU	M-50	21	01:09:15	02:01:46	<b>03:13:36.75</b>	<b>03:13:36.75</b>	+01:17:28 (40.0%)	9:13	6.5 (60.2%)
149	<b>OLEKSA Robert</b>	<b>2339</b>		M-50	22	01:06:53	01:58:43	<b>03:14:00.30</b>	<b>03:14:00.30</b>	+01:17:52 (40.1%)	9:14	6.5 (60.2%)
150	<b>KUKOBNIKAVA Vitaliya</b>	<b>2164</b>		K-30	14	01:11:41	02:03:05	<b>03:14:07.65</b>	<b>03:14:07.65</b>	+01:17:59 (40.2%)	9:14	6.5 (60.2%)
151	<b>HYŻY Krzysztof</b>	<b>2068</b>	PIWNE BRZUSZKI RACE TEAM	M-40	46	01:12:24	02:03:51	<b>03:14:37.80</b>	<b>03:14:37.80</b>	+01:18:29 (40.3%)	9:16	6.5 (60.2%)
152	<b>KRYSIAK Marlena</b>	<b>2044</b>		K-30	15	01:10:52	02:02:41	<b>03:15:06.85</b>	<b>03:15:06.85</b>	+01:18:58 (40.5%)	9:17	6.5 (60.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
153	<b>WESOŁEK Paula</b>	<b>2150</b>	ADIDAS RUNNERS POZNAŃ	K-30	16	01:11:38	02:02:01	<b>03:15:15.55</b>	<b>03:15:15.55</b>	+01:19:07 (40.5%)	9:17	6.5 (60.2%)
154	<b>WÓJCICKI Piotr</b>	<b>2121</b>	WIERZBICKI RUNNING PROJECT	M-30	42	01:09:11	02:02:33	<b>03:15:25.00</b>	<b>03:15:25.00</b>	+01:19:16 (40.6%)	9:18	6.4 (59.3%)
155	<b>WESOŁEK Daniel</b>	<b>2166</b>	ADIDAS RUNNERS POZNAŃ	M-30	43	01:10:34	02:02:02	<b>03:15:32.05</b>	<b>03:15:32.05</b>	+01:19:23 (40.6%)	9:18	6.4 (59.3%)
156	<b>IGRAS Łukasz</b>	<b>2276</b>		M-40	47	01:13:15	02:05:32	<b>03:16:01.40</b>	<b>03:16:01.40</b>	+01:19:53 (40.8%)	9:20	6.4 (59.3%)
157	<b>MIODEK Adrian</b>	<b>2288</b>	DIRTY SPARROWS	M-40	48	01:06:17	01:58:39	<b>03:16:05.95</b>	<b>03:16:05.95</b>	+01:19:57 (40.8%)	9:20	6.4 (59.3%)
158	<b>KOSTRUBIEC Maciej</b>	<b>2130</b>	SII RUNNING TEAM	M-20	8	01:05:55	01:58:08	<b>03:16:09.50</b>	<b>03:16:09.50</b>	+01:20:01 (40.8%)	9:20	6.4 (59.3%)
159	<b>SKOWROŃSKI Bartosz</b>	<b>2244</b>	KAMIL LEŚNIAK TEAM	M-30	44	01:05:51	01:59:51	<b>03:16:13.30</b>	<b>03:16:13.30</b>	+01:20:05 (40.8%)	9:20	6.4 (59.3%)
160	<b>NOWAK Krystian</b>	<b>2314</b>	NKB CHYŻY NOWY TOMYŚL	M-30	45	01:05:24	01:58:20	<b>03:16:13.40</b>	<b>03:16:13.40</b>	+01:20:05 (40.8%)	9:20	6.4 (59.3%)
161	<b>OLCZYK Krzysztof</b>	<b>2094</b>	THERAMOVE	M-20	9	01:09:13	02:01:51	<b>03:16:13.60</b>	<b>03:16:13.60</b>	+01:20:05 (40.8%)	9:20	6.4 (59.3%)
162	<b>RUSZKIEWICZ Marcin</b>	<b>2214</b>	ING BANK ŚLĄSKI	M-40	49	01:06:50	01:59:31	<b>03:16:13.80</b>	<b>03:16:13.80</b>	+01:20:05 (40.8%)	9:20	6.4 (59.3%)
163	<b>CZUCHAJ Anna</b>	<b>2251</b>		K-40	14	01:08:21	01:59:39	<b>03:16:15.30</b>	<b>03:16:15.30</b>	+01:20:07 (40.8%)	9:20	6.4 (59.3%)
164	<b>BURZYŃSKA Ewelina</b>	<b>2008</b>	SIŁA KOBIET	K-40	15	01:08:26	02:00:48	<b>03:16:17.90</b>	<b>03:16:17.90</b>	+01:20:09 (40.8%)	9:20	6.4 (59.3%)
165	<b>GILSKI Maciej</b>	<b>2240</b>		M-20	10	01:10:54	02:01:40	<b>03:16:20.95</b>	<b>03:16:20.95</b>	+01:20:12 (40.9%)	9:20	6.4 (59.3%)
166	<b>SUWALSKA Julia</b>	<b>2241</b>		K-30	17	01:10:57	02:01:40	<b>03:17:41.50</b>	<b>03:17:41.50</b>	+01:21:33 (41.3%)	9:24	6.4 (59.3%)
167	<b>CHEŁCHOWSKI Mateusz</b>	<b>2315</b>		M-30	46	01:09:07	02:01:44	<b>03:17:42.95</b>	<b>03:17:42.95</b>	+01:21:34 (41.3%)	9:24	6.4 (59.3%)
168	<b>WILMAŃSKI Jakub</b>	<b>2087</b>	BUBINKA TEAM	M-20	11	01:09:55	02:03:02	<b>03:17:43.25</b>	<b>03:17:43.25</b>	+01:21:35 (41.3%)	9:24	6.4 (59.3%)
169	<b>WALCZAK Tadeusz</b>	<b>2050</b>	GAPS POLICE	M-50	23	01:06:45	02:02:13	<b>03:17:44.70</b>	<b>03:17:44.70</b>	+01:21:36 (41.3%)	9:24	6.4 (59.3%)
170	<b>BARAN Paulina</b>	<b>2360</b>		K-30	18	01:09:17	02:03:48	<b>03:18:03.05</b>	<b>03:18:03.05</b>	+01:21:54 (41.4%)	9:25	6.4 (59.3%)
171	<b>ŁAMPIKA Kinga</b>	<b>2168</b>	GOOD MOVE	K-40	16	01:12:05	02:06:02	<b>03:18:15.00</b>	<b>03:18:15.00</b>	+01:22:06 (41.4%)	9:26	6.4 (59.3%)
172	<b>GANOWICZ Marcin</b>	<b>2053</b>		M-30	47	01:08:25	02:05:00	<b>03:18:17.60</b>	<b>03:18:17.60</b>	+01:22:09 (41.4%)	9:26	6.4 (59.3%)
173	<b>DZIARKOWSKA Edyta</b>	<b>2137</b>	RUNCROSS ROZGARTY	K-40	17	01:08:49	02:02:39	<b>03:18:25.55</b>	<b>03:18:25.55</b>	+01:22:17 (41.5%)	9:26	6.4 (59.3%)
174	<b>BAL Tomasz</b>	<b>2031</b>		M-40	50	01:07:11	01:58:14	<b>03:18:27.20</b>	<b>03:18:27.20</b>	+01:22:19 (41.5%)	9:27	6.3 (58.3%)
175	<b>KIEŁPIŃSKI Wojciech</b>	<b>2148</b>		M-30	48	01:08:09	02:02:33	<b>03:19:19.70</b>	<b>03:19:19.70</b>	+01:23:11 (41.7%)	9:29	6.3 (58.3%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
176	<b>ŻEMOJDZIN Marcin</b>	<b>2066</b>	PIWNE BRZUSZKI RACE TEAM	M-40	51	01:12:21	02:05:16	<b>03:19:57.60</b>	<b>03:19:57.60</b>	+01:23:49 (41.9%)	9:31	6.3 (58.3%)
177	<b>ANDRZEJEWSKA Anna</b>	<b>2163</b>		K-40	18	01:06:31	02:02:23	<b>03:20:56.10</b>	<b>03:20:56.10</b>	+01:24:47 (42.2%)	9:34	6.3 (58.3%)
178	<b>STYBEL Anna</b>	<b>2112</b>	GORZOWSKASIŁA /PARKRUNGORZÓW/BBL LASY BOGDANIEC	K-30	19	01:08:36	02:05:00	<b>03:20:58.40</b>	<b>03:20:58.40</b>	+01:24:50 (42.2%)	9:34	6.3 (58.3%)
179	<b>NOWAK Patryk</b>	<b>2312</b>		M-30	49	01:04:43	01:57:54	<b>03:21:33.70</b>	<b>03:21:33.70</b>	+01:25:25 (42.4%)	9:35	6.3 (58.3%)
180	<b>STOCHNIJ Katarzyna</b>	<b>2243</b>	ING BANK ŚLĄSKI	K-40	19	01:12:34	02:05:02	<b>03:21:36.60</b>	<b>03:21:36.60</b>	+01:25:28 (42.4%)	9:36	6.3 (58.3%)
181	<b>BELICA Daniel</b>	<b>2022</b>		M-40	52	01:11:03	02:05:59	<b>03:21:42.00</b>	<b>03:21:42.00</b>	+01:25:33 (42.4%)	9:36	6.2 (57.4%)
182	<b>JOPEK Tomasz</b>	<b>2101</b>		M-40	53	01:01:21	01:50:04	<b>03:21:43.10</b>	<b>03:21:43.10</b>	+01:25:34 (42.4%)	9:36	6.2 (57.4%)
183	<b>CZERWIŃSKI Paweł</b>	<b>2054</b>	PSY PECONA	M-30	50	01:35:01	02:02:40	<b>03:21:43.40</b>	<b>03:21:43.40</b>	+01:25:35 (42.4%)	9:36	6.2 (57.4%)
184	<b>SKRUDLIK Wojciech</b>	<b>2033</b>	NIGHT RUNNERS	M-40	54	01:08:27	02:02:49	<b>03:21:44.70</b>	<b>03:21:44.70</b>	+01:25:36 (42.4%)	9:36	6.2 (57.4%)
185	<b>BISKUPSKI Jakub</b>	<b>2332</b>		M-50	24	01:10:26	02:06:00	<b>03:22:04.10</b>	<b>03:22:04.10</b>	+01:25:55 (42.5%)	9:37	6.2 (57.4%)
186	<b>WILMAŃSKI Arkadiusz</b>	<b>2086</b>		M-50	25	01:10:59	02:06:59	<b>03:22:11.10</b>	<b>03:22:11.10</b>	+01:26:02 (42.6%)	9:37	6.2 (57.4%)
187	<b>SUCHORSKA-PRZERWANEK Anna</b>	<b>2175</b>		K-40	20	01:10:52	02:03:19	<b>03:22:24.65</b>	<b>03:22:24.65</b>	+01:26:16 (42.6%)	9:38	6.2 (57.4%)
188	<b>JANOWSKA-JASICZAK Ewa</b>	<b>2032</b>		K-30	20	01:13:12	02:07:18	<b>03:22:44.40</b>	<b>03:22:44.40</b>	+01:26:36 (42.7%)	9:39	6.2 (57.4%)
189	<b>DZIEJMA Wojciech</b>	<b>2252</b>	MAXI PULPETOS	M-40	55	01:10:03	02:04:36	<b>03:23:18.90</b>	<b>03:23:18.90</b>	+01:27:10 (42.9%)	9:40	6.2 (57.4%)
190	<b>SZYMAŃSKI Wojciech</b>	<b>2071</b>		M-40	56	01:16:10	02:10:02	<b>03:23:29.25</b>	<b>03:23:29.25</b>	+01:27:21 (42.9%)	9:41	6.2 (57.4%)
191	<b>KAPUŚCIŃSKA Agnieszka</b>	<b>2185</b>		K-30	21	01:15:54	02:10:13	<b>03:24:13.70</b>	<b>03:24:13.70</b>	+01:28:05 (43.1%)	9:43	6.2 (57.4%)
192	<b>OLSEN Helge</b>	<b>2300</b>		M-50	26	01:18:10	02:15:21	<b>03:25:35.90</b>	<b>03:25:35.90</b>	+01:29:27 (43.5%)	9:47	6.1 (56.5%)
193	<b>MICIUK Marcin</b>	<b>2271</b>		M-40	57	01:11:09	02:04:24	<b>03:26:15.40</b>	<b>03:26:15.40</b>	+01:30:07 (43.7%)	9:49	6.1 (56.5%)
194	<b>PAWLIKOWSKA Anna</b>	<b>2210</b>		K-50	3	01:13:03	02:07:50	<b>03:26:27.20</b>	<b>03:26:27.20</b>	+01:30:19 (43.7%)	9:49	6.1 (56.5%)
195	<b>KOZDRÓJ Wioletta</b>	<b>2028</b>	DOGOŃ GRODZISK MAZOWIECKI/DŻAKARTA RUN TEAM	K-40	21	01:13:11	02:09:58	<b>03:26:57.30</b>	<b>03:26:57.30</b>	+01:30:49 (43.9%)	9:51	6.1 (56.5%)
196	<b>FISZER Jakub</b>	<b>2138</b>	RUNCROSS ROZGARTY	M-40	58	01:08:49	02:02:29	<b>03:27:01.15</b>	<b>03:27:01.15</b>	+01:30:53 (43.9%)	9:51	6.1 (56.5%)
197	<b>MATEJKO Radek</b>	<b>2144</b>	GB GOPR	M-40	59	01:11:01	02:05:40	<b>03:27:06.50</b>	<b>03:27:06.50</b>	+01:30:58 (43.9%)	9:51	6.1 (56.5%)
198	<b>KARCZEWSKI Daniel</b>	<b>2111</b>		M-40	60	01:16:13	02:10:11	<b>03:27:07.95</b>	<b>03:27:07.95</b>	+01:30:59 (43.9%)	9:51	6.1 (56.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
199	ZYCH Krystian	2056		M-40	61	01:11:39	02:07:40	03:27:13.95	03:27:13.95	+01:31:05 (44.0%)	9:52	6.1 (56.5%)
200	ŠERKŠNAITĖ Odeta	2374	WILD SOULS	K-40	22	01:16:50	02:12:31	03:27:32.10	03:27:32.10	+01:31:23 (44.0%)	9:52	6.1 (56.5%)
201	FELKEL Ewa	2025	PIĄTKOWO NA BIEGOWO	K-50	4	01:15:09	02:12:38	03:27:33.35	03:27:33.35	+01:31:25 (44.0%)	9:53	6.1 (56.5%)
202	ZAGÓRSKI Yann	2080	SZWAGROPOL	M-30	51	01:14:02	02:10:15	03:27:41.35	03:27:41.35	+01:31:33 (44.1%)	9:53	6.1 (56.5%)
203	KWIATKOWSKA Marta	2153		K-40	23	01:12:19	02:06:00	03:27:56.75	03:27:56.75	+01:31:48 (44.2%)	9:54	6.1 (56.5%)
204	PIETRYGAŁA Robert	2092	-	M-40	62	01:07:01	02:05:55	03:28:48.30	03:28:48.30	+01:32:40 (44.4%)	9:56	6 (55.6%)
205	JAGODZIŃSKA Aleksandra	2154	JAGODA TEAM	K-40	24	01:14:18	02:09:32	03:28:48.90	03:28:48.90	+01:32:40 (44.4%)	9:56	6 (55.6%)
206	TOWPIK Piotr	2081		M-40	63	01:08:23	02:05:23	03:28:50.60	03:28:50.60	+01:32:42 (44.4%)	9:56	6 (55.6%)
207	STUPAK Paweł	2173		M-40	64	01:13:55	02:11:38	03:29:09.90	03:29:09.90	+01:33:01 (44.5%)	9:57	6 (55.6%)
208	JACH Paulina	2205		K-30	22	01:16:18	02:10:59	03:29:24.30	03:29:24.30	+01:33:16 (44.5%)	9:58	6 (55.6%)
209	NAWROCKA Sylwia	2338	MAMA W BIEGU	K-50	5	01:15:07	02:11:33	03:29:34.70	03:29:34.70	+01:33:26 (44.6%)	9:58	6 (55.6%)
210	GWIOŹDZIK Sławek	2239	ING BANK ŚLĄSKI	M-50	27	01:09:08	02:07:07	03:30:03.55	03:30:03.55	+01:33:55 (44.7%)	10:00	6 (55.6%)
211	WIŚNIEWSKA Justyna	2335		K-40	25	01:13:55	02:11:34	03:30:08.00	03:30:08.00	+01:33:59 (44.7%)	10:00	6 (55.6%)
212	RADZIWANOWSKI Leszek	2341	LIPOWA 1	M-40	65	01:13:09	02:09:29	03:30:48.70	03:30:48.70	+01:34:40 (44.9%)	10:02	6 (55.6%)
213	MARCISZ Karol	2190	KROTOSZYŃSKA GRUPA BIEGOWA	M-40	66	01:13:43	02:09:05	03:31:33.10	03:31:33.10	+01:35:24 (45.1%)	10:04	6 (55.6%)
214	WELS Mariusz	2275		M-30	52	01:12:14	02:06:04	03:31:37.85	03:31:37.85	+01:35:29 (45.1%)	10:04	6 (55.6%)
215	ŁAŻEWSKA Sylwia	2180		K-40	26	01:12:17	02:09:19	03:31:52.10	03:31:52.10	+01:35:43 (45.2%)	10:05	5.9 (54.6%)
216	BOROWSKA Iga	2051	TARNOWO PODGÓRNE BIEGA	K-20	5	01:17:31	02:12:54	03:32:15.80	03:32:15.80	+01:36:07 (45.3%)	10:06	5.9 (54.6%)
217	DUTKOWIAK Aleksandra	2232	PIĄTKOWO NA BIEGOWO	K-40	27	01:15:15	02:13:22	03:32:16.95	03:32:16.95	+01:36:08 (45.3%)	10:06	5.9 (54.6%)
218	HEJNA Małgorzata	2303		K-50	6	01:12:16	02:10:02	03:33:06.50	03:33:06.50	+01:36:58 (45.5%)	10:08	5.9 (54.6%)
219	STANIEWSKI Michał	2161		M-30	53	01:16:35	02:12:30	03:33:08.30	03:33:08.30	+01:37:00 (45.5%)	10:08	5.9 (54.6%)
220	RABIEJ Kazimierz	2316	ROZBIEGANI CHOJNÓW	M-60	3	01:13:14	02:10:09	03:33:09.05	03:33:09.05	+01:37:00 (45.5%)	10:09	5.9 (54.6%)
221	GNATOWICZ- CZARNOŁĘSKA Beata	2218	ZAKOCHAJ SIĘ W BIEGANIU	K-50	7	01:13:07	02:09:19	03:33:10.15	03:33:10.15	+01:37:02 (45.5%)	10:09	5.9 (54.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
222	<b>KAMIŃSKA Sandra</b>	<b>2356</b>	GRUPA OTMUCHÓW SPORT TEAM	K-30	23	01:14:35	02:11:30	<b>03:33:19.30</b>	<b>03:33:19.30</b>	+01:37:11 (45.6%)	10:09	5.9 (54.6%)
223	<b>TROCKA Luiza</b>	<b>2258</b>	TROCCY BIEGAJĄ	K-40	28	01:14:57	02:09:52	<b>03:33:39.20</b>	<b>03:33:39.20</b>	+01:37:31 (45.6%)	10:10	5.9 (54.6%)
224	<b>JAKUBOWSKA Marta</b>	<b>2016</b>		K-40	29	01:13:07	02:12:33	<b>03:34:03.05</b>	<b>03:34:03.05</b>	+01:37:54 (45.7%)	10:11	5.9 (54.6%)
225	<b>CHORAZEWICZ Michał</b>	<b>2045</b>		M-40	67	01:10:53	02:08:48	<b>03:34:06.70</b>	<b>03:34:06.70</b>	+01:37:58 (45.8%)	10:11	5.9 (54.6%)
226	<b>KAŃDUŁA Klaudia</b>	<b>2266</b>		K-40	30	01:16:32	02:15:06	<b>03:35:08.45</b>	<b>03:35:08.45</b>	+01:39:00 (46.0%)	10:14	5.9 (54.6%)
227	<b>KACZOROWSKA Dorota</b>	<b>2156</b>		K-40	31	01:19:11	02:13:52	<b>03:35:31.90</b>	<b>03:35:31.90</b>	+01:39:23 (46.1%)	10:15	5.8 (53.7%)
228	<b>MARKOWSKI Mateusz</b>	<b>2100</b>	TRIGYM SZCZECIN	M-30	54	01:16:36	02:11:36	<b>03:35:50.85</b>	<b>03:35:50.85</b>	+01:39:42 (46.2%)	10:16	5.8 (53.7%)
229	<b>CHOŁUJ Małgorzata</b>	<b>2114</b>		K-60	1	01:19:17	02:17:14	<b>03:36:26.20</b>	<b>03:36:26.20</b>	+01:40:18 (46.3%)	10:18	5.8 (53.7%)
230	<b>SARNA Beata</b>	<b>2118</b>		K-50	8	01:19:21	02:17:18	<b>03:36:26.45</b>	<b>03:36:26.45</b>	+01:40:18 (46.3%)	10:18	5.8 (53.7%)
231	<b>MODERACKA Małgorzata</b>	<b>2096</b>		K-30	24	01:16:47	02:14:59	<b>03:36:50.05</b>	<b>03:36:50.05</b>	+01:40:41 (46.4%)	10:19	5.8 (53.7%)
232	<b>ZALEWSKA Ewa</b>	<b>2254</b>		K-30	25	01:19:11	02:15:14	<b>03:37:07.20</b>	<b>03:37:07.20</b>	+01:40:59 (46.5%)	10:20	5.8 (53.7%)
233	<b>MINIAJLUK-LEWANDOWSKA Kamila</b>	<b>2177</b>		K-40	32	01:15:18	02:13:44	<b>03:37:41.80</b>	<b>03:37:41.80</b>	+01:41:33 (46.7%)	10:21	5.8 (53.7%)
234	<b>LOBA Damian</b>	<b>2058</b>	ŚWIERCZEWO RUN	M-50	28	01:17:41	02:15:36	<b>03:39:24.90</b>	<b>03:39:24.90</b>	+01:43:16 (47.1%)	10:26	5.7 (52.8%)
235	<b>PALUSZKIEWICZ Rafał</b>	<b>2057</b>	ŚWIERCZEWO RUN / SPP TEAM	M-40	68	01:17:33	02:15:40	<b>03:39:25.00</b>	<b>03:39:25.00</b>	+01:43:16 (47.1%)	10:26	5.7 (52.8%)
236	<b>KAWALA Grzegorz</b>	<b>2139</b>	ŚWIERCZEWO RUN	M-40	69	01:17:34	02:15:39	<b>03:40:01.40</b>	<b>03:40:01.40</b>	+01:43:53 (47.2%)	10:28	5.7 (52.8%)
237	<b>WRÓBLEWSKA Anna</b>	<b>2223</b>	KLUB BIEGACZA KAMIEŃ POMORSK	K-40	33	01:17:14	02:15:27	<b>03:40:14.50</b>	<b>03:40:14.50</b>	+01:44:06 (47.3%)	10:29	5.7 (52.8%)
238	<b>SZYMAŃSKI Sławomir</b>	<b>2213</b>	WKB	M-40	70	01:16:33	02:15:52	<b>03:42:10.90</b>	<b>03:42:10.90</b>	+01:46:02 (47.7%)	10:34	5.7 (52.8%)
239	<b>MAŚNICA-SZYMAŃSKA Joanna</b>	<b>2212</b>	WOLSZTYŃSKI KLUB BIEGOWY	K-40	34	01:09:01	02:13:41	<b>03:42:11.20</b>	<b>03:42:11.20</b>	+01:46:03 (47.7%)	10:34	5.7 (52.8%)
240	<b>PLUTA Kinga</b>	<b>2041</b>		K-20	6	01:15:25	02:16:23	<b>03:42:30.20</b>	<b>03:42:30.20</b>	+01:46:22 (47.8%)	10:35	5.7 (52.8%)
241	<b>GRABARA Adam</b>	<b>2321</b>	ING BANK ŚLĄSKI	M-50	29	01:17:19	02:19:05	<b>03:42:33.40</b>	<b>03:42:33.40</b>	+01:46:25 (47.8%)	10:35	5.7 (52.8%)
242	<b>BŁASZCZYK Łukasz</b>	<b>2006</b>		M-30	55	01:19:03	02:15:03	<b>03:43:37.40</b>	<b>03:43:37.40</b>	+01:47:29 (48.1%)	10:38	5.6 (51.9%)
243	<b>BŁASZCZYK Małgorzata</b>	<b>2007</b>		K-30	26	01:19:02	02:16:31	<b>03:43:37.60</b>	<b>03:43:37.60</b>	+01:47:29 (48.1%)	10:38	5.6 (51.9%)
244	<b>KACZYŃSKA-BRONISZ Justyna</b>	<b>2103</b>	DUSZKI GORZÓW WLKP	K-40	35	01:16:25	02:17:15	<b>03:43:40.65</b>	<b>03:43:40.65</b>	+01:47:32 (48.1%)	10:39	5.6 (51.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
245	<b>SAJKOWSKA Gabriela</b>	<b>2102</b>	DUSZKI GORZÓW WLKP	K-50	9	01:16:18	02:17:02	<b>03:43:40.80</b>	<b>03:43:40.80</b>	+01:47:32 (48.1%)	10:39	5.6 (51.9%)
246	<b>DUBIŃSKA Wioletta</b>	<b>2336</b>	BBL ZDUŃSKA WOLA	K-40	36	01:15:57	02:15:18	<b>03:44:27.10</b>	<b>03:44:27.10</b>	+01:48:18 (48.3%)	10:41	5.6 (51.9%)
247	<b>LEWANDOWSKI Artur</b>	<b>2176</b>		M-40	71	01:16:52	02:15:12	<b>03:44:27.35</b>	<b>03:44:27.35</b>	+01:48:19 (48.3%)	10:41	5.6 (51.9%)
248	<b>KRÓL-PIDANTY Marzena</b>	<b>2011</b>		K-40	37	01:18:56	02:19:46	<b>03:44:47.45</b>	<b>03:44:47.45</b>	+01:48:39 (48.3%)	10:42	5.6 (51.9%)
249	<b>KRAWIEC Piotr</b>	<b>2297</b>		M-40	72	01:17:22	02:16:59	<b>03:44:55.10</b>	<b>03:44:55.10</b>	+01:48:46 (48.4%)	10:42	5.6 (51.9%)
250	<b>DON Robert</b>	<b>2108</b>		M-50	30	01:16:30	02:15:54	<b>03:45:44.40</b>	<b>03:45:44.40</b>	+01:49:36 (48.6%)	10:44	5.6 (51.9%)
251	<b>PIECUCH Małgorzata</b>	<b>2040</b>		K-60	2	01:19:59	02:20:02	<b>03:46:08.00</b>	<b>03:46:08.00</b>	+01:49:59 (48.6%)	10:46	5.6 (51.9%)
252	<b>BASTA Grzegorz</b>	<b>2186</b>	BIEGAM BO LUBIĘ LASY BOGDANIEC	M-50	31	01:16:41	02:18:33	<b>03:46:24.00</b>	<b>03:46:24.00</b>	+01:50:15 (48.7%)	10:46	5.6 (51.9%)
253	<b>SZPERNALOWSKI Grzegorz</b>	<b>2238</b>	ING BANK ŚLĄSKI	M-30	56	01:13:36	02:14:49	<b>03:47:43.10</b>	<b>03:47:43.10</b>	+01:51:34 (49.0%)	10:50	5.5 (50.9%)
254	<b>STACHOWIAK Krzysztof</b>	<b>2015</b>		M-50	32	01:21:48	02:21:29	<b>03:47:46.20</b>	<b>03:47:46.20</b>	+01:51:38 (49.0%)	10:50	5.5 (50.9%)
255	<b>SZPAKOWSKI Michał</b>	<b>2242</b>	ING BANK ŚLĄSKI	M-50	33	01:13:53	02:15:30	<b>03:48:07.40</b>	<b>03:48:07.40</b>	+01:51:59 (49.1%)	10:51	5.5 (50.9%)
256	<b>KONKIEWICZ Katarzyna</b>	<b>2366</b>	ULTRAPYRY	K-50	10	01:24:34	02:24:34	<b>03:48:20.05</b>	<b>03:48:20.05</b>	+01:52:11 (49.1%)	10:52	5.5 (50.9%)
257	<b>BLACHA Małgorzata</b>	<b>2140</b>		K-30	27	01:22:54	02:22:39	<b>03:48:32.00</b>	<b>03:48:32.00</b>	+01:52:23 (49.2%)	10:52	5.5 (50.9%)
258	<b>MAJAK Wojciech</b>	<b>2293</b>		M-40	73	01:11:28	02:12:10	<b>03:49:37.45</b>	<b>03:49:37.45</b>	+01:53:29 (49.4%)	10:56	5.5 (50.9%)
259	<b>NAPIERAŁA Katarzyna</b>	<b>2003</b>		K-40	38	01:20:46	02:22:41	<b>03:51:12.90</b>	<b>03:51:12.90</b>	+01:55:04 (49.8%)	11:00	5.4 (50.0%)
260	<b>APANOVA Ekaterina</b>	<b>2203</b>		K-30	28	01:17:17	02:21:08	<b>03:51:17.05</b>	<b>03:51:17.05</b>	+01:55:08 (49.8%)	11:00	5.4 (50.0%)
261	<b>MIKOŁAJCZAK Tomasz</b>	<b>2151</b>	SPINKO LESZNO	M-30	57	01:12:47	02:11:59	<b>03:51:18.80</b>	<b>03:51:18.80</b>	+01:55:10 (49.8%)	11:00	5.4 (50.0%)
262	<b>KABZIŃSKA Dagmara</b>	<b>2047</b>	UNIWERSYTECKI KLUB ALPINISTYCZNY	K-50	11	01:23:52	02:25:15	<b>03:51:19.95</b>	<b>03:51:19.95</b>	+01:55:11 (49.8%)	11:00	5.4 (50.0%)
263	<b>OPASKA Katarzyna</b>	<b>2201</b>		K-40	39	01:22:50	02:25:14	<b>03:53:05.00</b>	<b>03:53:05.00</b>	+01:56:56 (50.2%)	11:05	5.4 (50.0%)
264	<b>GŁUSZCZAK Jerzy</b>	<b>2265</b>	AKG ŁÓDŹ	M-60	4	01:15:12	02:17:56	<b>03:53:05.30</b>	<b>03:53:05.30</b>	+01:56:57 (50.2%)	11:05	5.4 (50.0%)
265	<b>WIECZOREK Artur</b>	<b>2282</b>	BIEGACZE Z PODLESIA.	M-40	74	01:17:23	02:25:16	<b>03:53:05.60</b>	<b>03:53:05.60</b>	+01:56:57 (50.2%)	11:05	5.4 (50.0%)
266	<b>STAWARZ Paweł</b>	<b>2343</b>	ELITARNY KLUB BIEGACZA	M-50	34	01:19:07	02:20:21	<b>03:53:08.80</b>	<b>03:53:08.80</b>	+01:57:00 (50.2%)	11:06	5.4 (50.0%)
267	<b>SWICARZ Monika</b>	<b>2191</b>		K-40	40	01:21:53	02:24:36	<b>03:54:01.85</b>	<b>03:54:01.85</b>	+01:57:53 (50.4%)	11:08	5.4 (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
268	<b>BURCHARDT Sławomir</b>	<b>2079</b>	CENTRUM SZKOLENIA WOJSK LĄDOWYCH W POZNANIU	M-50	35	01:18:07	02:21:17	<b>03:54:32.45</b>	<b>03:54:32.45</b>	+01:58:24 (50.5%)	11:10	5.4 (50.0%)
269	<b>WAŚIK Izabela</b>	<b>2037</b>	BEMOWO BIEGA	K-50	12	01:23:49	02:27:14	<b>03:54:56.80</b>	<b>03:54:56.80</b>	+01:58:48 (50.6%)	11:11	5.4 (50.0%)
270	<b>GUZIŃSKA Ola</b>	<b>2038</b>	BIEGAM BO LUBIĘ ZĄBKI TEAM	K-40	41	01:23:50	02:27:15	<b>03:54:58.25</b>	<b>03:54:58.25</b>	+01:58:50 (50.6%)	11:11	5.4 (50.0%)
271	<b>KULAK Paweł</b>	<b>2263</b>		M-50	36	01:16:51	02:23:06	<b>03:55:39.40</b>	<b>03:55:39.40</b>	+01:59:31 (50.7%)	11:13	5.3 (49.1%)
272	<b>GONTARZ Olga</b>	<b>2090</b>		K-30	29	01:21:06	02:28:10	<b>03:55:57.60</b>	<b>03:55:57.60</b>	+01:59:49 (50.8%)	11:14	5.3 (49.1%)
273	<b>ŚRÓBKA Weronika</b>	<b>2295</b>		K-30	30	01:21:51	02:25:09	<b>03:56:13.30</b>	<b>03:56:13.30</b>	+02:00:05 (50.8%)	11:14	5.3 (49.1%)
274	<b>KRUSZKA Jakub</b>	<b>2070</b>		M-20	12	01:16:44	02:18:16	<b>03:56:24.95</b>	<b>03:56:24.95</b>	+02:00:16 (50.9%)	11:15	5.3 (49.1%)
275	<b>PLESIŃSKA Joanna</b>	<b>2136</b>		K-30	31	01:29:34	02:29:10	<b>03:56:38.50</b>	<b>03:56:38.50</b>	+02:00:30 (50.9%)	11:16	5.3 (49.1%)
276	<b>ORŁOWSKI Daniel</b>	<b>2134</b>	MILLSIDE DISTILLERY	M-40	75	01:21:03	02:25:00	<b>03:57:47.20</b>	<b>03:57:47.20</b>	+02:01:39 (51.2%)	11:19	5.3 (49.1%)
277	<b>SIEDLIK Małgorzata</b>	<b>2089</b>	SPORTOWA INICJATYWA	K-30	32	01:25:45	02:28:58	<b>03:57:53.45</b>	<b>03:57:53.45</b>	+02:01:45 (51.2%)	11:19	5.3 (49.1%)
278	<b>KEGEL Zbigniew</b>	<b>2026</b>	PIĄTKOWO NA BIEGOWO	M-60	5	01:21:01	02:24:40	<b>03:58:00.10</b>	<b>03:58:00.10</b>	+02:01:51 (51.2%)	11:20	5.3 (49.1%)
279	<b>POKORNY Tomasz</b>	<b>2272</b>	ZAKOCHAJ SIĘ W BIEGANIU	M-50	37	01:21:52	02:25:04	<b>03:58:06.75</b>	<b>03:58:06.75</b>	+02:01:58 (51.2%)	11:20	5.3 (49.1%)
280	<b>SPACHACZ Agnieszka</b>	<b>2234</b>		K-20	7	01:28:24	02:31:24	<b>03:58:14.00</b>	<b>03:58:14.00</b>	+02:02:05 (51.3%)	11:20	5.3 (49.1%)
281	<b>MOSPINEK Ewa</b>	<b>2146</b>	SZAKALE BAŁUT ŁÓDŹ	K-40	42	01:27:45	02:32:54	<b>03:58:15.30</b>	<b>03:58:15.30</b>	+02:02:07 (51.3%)	11:20	5.3 (49.1%)
282	<b>BIRECKA Kamilla</b>	<b>2165</b>		K-50	13	01:23:46	02:26:12	<b>03:58:38.25</b>	<b>03:58:38.25</b>	+02:02:30 (51.3%)	11:21	5.3 (49.1%)
283	<b>FRANKIEWICZ Ludwika</b>	<b>2147</b>		K-40	43	01:27:48	02:32:55	<b>03:58:38.90</b>	<b>03:58:38.90</b>	+02:02:30 (51.3%)	11:21	5.3 (49.1%)
284	<b>KOZŁOWSKA Magdalena</b>	<b>2277</b>	RUNNERS KONIN	K-40	44	01:24:52	02:28:51	<b>04:01:37.70</b>	<b>04:01:37.70</b>	+02:05:29 (51.9%)	11:30	5.2 (48.1%)
285	<b>BRZEZIŃSKI Andrzej</b>	<b>2162</b>	LANRUNS	M-60	6	01:19:08	02:27:10	<b>04:01:50.30</b>	<b>04:01:50.30</b>	+02:05:42 (52.0%)	11:30	5.2 (48.1%)
286	<b>WALISZEWSKA Adrianna</b>	<b>2291</b>	ROWERY MAŁGOŚKA	K-30	33	01:24:51	02:29:03	<b>04:01:55.90</b>	<b>04:01:55.90</b>	+02:05:47 (52.0%)	11:31	5.2 (48.1%)
287	<b>WALISZEWSKI Jakub</b>	<b>2292</b>	ROWERY MAŁGOŚKA	M-30	58	01:25:14	02:29:02	<b>04:01:55.95</b>	<b>04:01:55.95</b>	+02:05:47 (52.0%)	11:31	5.2 (48.1%)
288	<b>BRZOSTOWSKI Zbigniew</b>	<b>2187</b>		M-60	7	01:23:04	02:27:45	<b>04:04:59.55</b>	<b>04:04:59.55</b>	+02:08:51 (52.6%)	11:39	5.1 (47.2%)
289	<b>KRUSZKA Stanisław</b>	<b>2069</b>		M-40	76	01:25:57	02:30:47	<b>04:05:01.95</b>	<b>04:05:01.95</b>	+02:08:53 (52.6%)	11:40	5.1 (47.2%)
290	<b>JĘDRZEJEK Kinga</b>	<b>2095</b>	HAPPY RUNNERS	K-40	45	01:24:47	02:32:24	<b>04:05:02.90</b>	<b>04:05:02.90</b>	+02:08:54 (52.6%)	11:40	5.1 (47.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
291	<b>KOZIARSKA Ewa</b>	<b>2189</b>		K-40	46	01:27:37	02:32:32	<b>04:05:03.15</b>	<b>04:05:03.15</b>	+02:08:55 (52.6%)	11:40	5.1 (47.2%)
292	<b>JASTRZĘBSKA- DEM CZAR Aneta</b>	<b>2078</b>		K-50	14	01:25:08	02:29:40	<b>04:05:46.70</b>	<b>04:05:46.70</b>	+02:09:38 (52.7%)	11:42	5.1 (47.2%)
293	<b>DEM CZAR Jacek</b>	<b>2077</b>	W STRONĘ ULTRA	M-50	38	01:25:03	02:29:40	<b>04:05:47.60</b>	<b>04:05:47.60</b>	+02:09:39 (52.8%)	11:42	5.1 (47.2%)
294	<b>ROSIŃSKA Agnieszka</b>	<b>2072</b>	ŚWIERCZEWO RUN	K-40	47	01:25:09	02:31:05	<b>04:06:08.70</b>	<b>04:06:08.70</b>	+02:10:00 (52.8%)	11:43	5.1 (47.2%)
295	<b>MÓLL Mateusz</b>	<b>2342</b>		M-30	59	01:11:02	02:28:31	<b>04:06:57.00</b>	<b>04:06:57.00</b>	+02:10:48 (53.0%)	11:45	5.1 (47.2%)
296	<b>GIZELSKA Agnieszka</b>	<b>2084</b>	PIĄTKOWO NA BIEGOWO	K-50	15	01:22:46	02:27:07	<b>04:07:01.20</b>	<b>04:07:01.20</b>	+02:10:53 (53.0%)	11:45	5.1 (47.2%)
297	<b>RĘKOSIEWICZ- TOKARZ Monika</b>	<b>2206</b>	MONIKA RĘKOSIEWICZ- TOKARZ	K-40	48	01:28:51	02:36:18	<b>04:07:03.75</b>	<b>04:07:03.75</b>	+02:10:55 (53.0%)	11:45	5.1 (47.2%)
298	<b>GOLISZ-FIORENZA Katarzyna</b>	<b>2267</b>	MUD FOXES	K-30	34	01:28:19	02:33:26	<b>04:09:02.30</b>	<b>04:09:02.30</b>	+02:12:54 (53.4%)	11:51	5.1 (47.2%)
299	<b>JARCZYŃSKA Adriana</b>	<b>2269</b>		K-40	49	01:31:10	02:38:32	<b>04:09:19.70</b>	<b>04:09:19.70</b>	+02:13:11 (53.4%)	11:52	5.1 (47.2%)
300	<b>BIEŃ Katarzyna</b>	<b>2324</b>		K-30	35	01:29:37	02:33:21	<b>04:09:22.45</b>	<b>04:09:22.45</b>	+02:13:14 (53.4%)	11:52	5.1 (47.2%)
301	<b>KONIECZNY Marek</b>	<b>2143</b>		M-40	77	01:23:07	02:29:05	<b>04:09:57.30</b>	<b>04:09:57.30</b>	+02:13:49 (53.5%)	11:54	5 (46.3%)
302	<b>KONIECZNY Izabella</b>	<b>2142</b>		K-40	50	01:27:32	02:33:22	<b>04:09:58.50</b>	<b>04:09:58.50</b>	+02:13:50 (53.5%)	11:54	5 (46.3%)
303	<b>SOBCZAK Aleksander</b>	<b>2184</b>	BIELAWSKA AKADEMIA BIEGANIA	M-40	78	01:22:57	02:33:36	<b>04:13:34.20</b>	<b>04:13:34.20</b>	+02:17:26 (54.2%)	12:04	5 (46.3%)
304	<b>ADAMCZUK Piotr</b>	<b>2194</b>		M-40	79	01:25:01	02:34:55	<b>04:15:57.80</b>	<b>04:15:57.80</b>	+02:19:49 (54.6%)	12:11	4.9 (45.4%)
305	<b>SZYMAŃSKI Marek</b>	<b>2117</b>	KB KAMIEŃ POMORSKI	M-40	80	01:27:42	02:35:53	<b>04:16:14.30</b>	<b>04:16:14.30</b>	+02:20:06 (54.7%)	12:12	4.9 (45.4%)
306	<b>NOWAKOWSKI Robert</b>	<b>2216</b>	BBL LEGNICA	M-50	39	01:29:08	02:35:26	<b>04:16:15.05</b>	<b>04:16:15.05</b>	+02:20:06 (54.7%)	12:12	4.9 (45.4%)
307	<b>ADAMIAK Marta</b>	<b>2228</b>	RUN4GOLD	K-40	51	01:29:44	02:41:50	<b>04:20:18.30</b>	<b>04:20:18.30</b>	+02:24:10 (55.4%)	12:23	4.8 (44.4%)
308	<b>WALENTYN Katarzyna</b>	<b>2019</b>	RUNCROSS ROZGARTY	K-40	52	01:31:56	02:41:18	<b>04:21:22.40</b>	<b>04:21:22.40</b>	+02:25:14 (55.6%)	12:26	4.8 (44.4%)
309	<b>PUCHAŁA Iwona</b>	<b>2217</b>		K-60	3	01:29:40	02:38:22	<b>04:21:23.60</b>	<b>04:21:23.60</b>	+02:25:15 (55.6%)	12:26	4.8 (44.4%)
310	<b>KOZŁOWSKI Krzysztof</b>	<b>2020</b>	RUNCROSS ROZGARTY	M-30	60	01:31:51	02:41:17	<b>04:21:24.25</b>	<b>04:21:24.25</b>	+02:25:16 (55.6%)	12:26	4.8 (44.4%)
311	<b>GŁOWACKA Karolina</b>	<b>2373</b>		K-40	53	01:31:19	02:44:54	<b>04:23:51.40</b>	<b>04:23:51.40</b>	+02:27:43 (56.0%)	12:33	4.8 (44.4%)
312	<b>RYBAK Remigiusz</b>	<b>2197</b>		M-30	61	01:31:10	02:44:51	<b>04:23:52.00</b>	<b>04:23:52.00</b>	+02:27:43 (56.0%)	12:33	4.8 (44.4%)
313	<b>KOZANECKI Adam</b>	<b>2122</b>	SUPERMARATOŃCZYK KALISZ	M-50	40	01:25:57	02:37:27	<b>04:26:00.40</b>	<b>04:26:00.40</b>	+02:29:52 (56.3%)	12:40	4.7 (43.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
314	<b>BĄK Tatiana</b>	<b>2127</b>		K-30	36	01:35:32	02:45:00	<b>04:26:00.45</b>	<b>04:26:00.45</b>	+02:29:52 (56.3%)	12:40	4.7 (43.5%)
315	<b>NIEWCZAS- STEFAŃSKA Agnieszka</b>	<b>2018</b>		K-50	16	01:29:36	02:40:13	<b>04:27:15.60</b>	<b>04:27:15.60</b>	+02:31:07 (56.5%)	12:43	4.7 (43.5%)
316	<b>SUTA Anna</b>	<b>2013</b>		K-40	54	01:23:02	02:32:44	<b>04:28:21.05</b>	<b>04:28:21.05</b>	+02:32:12 (56.7%)	12:46	4.7 (43.5%)
317	<b>SZKUDLARZ Agata</b>	<b>2012</b>		K-40	55	01:28:14	02:40:02	<b>04:28:21.10</b>	<b>04:28:21.10</b>	+02:32:12 (56.7%)	12:46	4.7 (43.5%)
318	<b>PRYSZCZEWSKA Katarzyna</b>	<b>2229</b>		K-50	17	01:32:03	02:43:56	<b>04:31:27.05</b>	<b>04:31:27.05</b>	+02:35:18 (57.2%)	12:55	4.6 (42.6%)
319	<b>ZAWADZKA Kinga</b>	<b>2353</b>		K-40	56	01:34:43	02:48:57	<b>04:32:22.35</b>	<b>04:32:22.35</b>	+02:36:14 (57.4%)	12:58	4.6 (42.6%)
320	<b>NOWAK - KASPRZAK Anna</b>	<b>2334</b>		K-30	37	01:32:39	02:45:39	<b>04:33:35.70</b>	<b>04:33:35.70</b>	+02:37:27 (57.6%)	13:01	4.6 (42.6%)
321	<b>TOKARZ Paweł</b>	<b>2363</b>		M-40	81	01:35:46	02:48:42	<b>04:34:34.50</b>	<b>04:34:34.50</b>	+02:38:26 (57.7%)	13:04	4.6 (42.6%)
322	<b>ŁUCIÓW Agnieszka</b>	<b>2333</b>		K-40	57	01:32:47	02:45:56	<b>04:35:16.10</b>	<b>04:35:16.10</b>	+02:39:07 (57.8%)	13:06	4.6 (42.6%)
323	<b>DAWID Katarzyna</b>	<b>2299</b>	HAPPY RUNNERS	K-50	18	01:31:35	02:46:45	<b>04:37:18.00</b>	<b>04:37:18.00</b>	+02:41:09 (58.1%)	13:12	4.5 (41.7%)
324	<b>DOLICHER Robert</b>	<b>2109</b>		M-50	41		02:49:52	<b>04:58:01.35</b>	<b>04:58:01.35</b>	+03:01:53 (61.0%)	14:11	4.2 (38.9%)
<b>Przekroczony limit czasu: 05:00:00</b>												
325	<b>SYGUŁA Katarzyna</b>	<b>2023</b>		K-50	19	01:49:47	03:11:58	<b>05:04:42.80</b>	<b>05:04:42.80</b>	+03:08:34 (61.9%)	14:30	4.1 (38.0%)
326	<b>STAJER Małgorzata</b>	<b>2116</b>		K-50	20	01:49:47	03:15:50	<b>05:10:29.90</b>	<b>05:10:29.90</b>	+03:14:21 (62.6%)	14:47	4.1 (38.0%)
327	<b>KOSTULSKA Olga</b>	<b>2307</b>	WKURW_TEAM	K-30	38	01:54:28	03:25:34	<b>05:38:11.35</b>	<b>05:38:11.35</b>	+03:42:03 (65.7%)	16:06	3.7 (34.3%)
328	<b>BADOWSKA Katarzyna</b>	<b>2126</b>		K-40	58					+00:00:22	366:40	0.2 (1.9%)
	<b>BUDZAJ Robert</b>	<b>2001</b>		M-40		01:54:44 DNF	03:29:52 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>JASICZAK Andrzej</b>	<b>2107</b>		M-50		DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 330 wynik(ów)