



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

CHOJNIK KARKONOSKI FESTIWAL BIEGOWY 2020
FUNDACJA PROFIT MARATON
2020-09-05
Sobieszów
71 km

SIEDEMDZIESIĄT Z HAKIEM

B4SPORT

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Trzy Jawory 10km	Kark_Przelecz 24km	Karpacz 38km	Kark_Przelecz 51km	Droga pod Reglami 64km	Kara/ bonifikata	Czas netto 71km	Czas brutto 71km	Różn	Tempo min/km	Tempo km/h
1	HETMAN Radosław	1410	GRUPA NOMAX	M30	1	00:15:03	00:56:02	02:26:09	03:43:28	05:21:12	06:53:03		07:34:20.40	07:49:24.05		6:23	9.4 (100%)
2	MORAWSKI Przemysław	1285	CISCO KRAKOW RUNNING TEAM	M30	2	00:02:15	01:00:36	02:39:55	04:03:14	05:50:57	07:25:49		08:07:43.00	08:09:58.55	+00:33:22 (6.8%)	6:52	8.7 (92.6%)
3	KORPALSKI Tomasz	1428	STAJNIA BALONA	M30	3	00:31:13	01:04:04	02:46:50	04:09:45	05:56:54	07:31:04		08:11:36.95	08:42:50.10	+00:37:16 (7.6%)	6:55	8.7 (92.6%)
4	SAWICKI Piotr	1324		M40	1	00:12:54	00:59:16	02:43:59	04:14:04	06:10:01	07:47:46		08:28:14.45	08:41:08.65	+00:53:54 (10.6%)	7:09	8.4 (89.4%)
5	WOLEK Szymon	1326		M30	4	00:01:44	00:58:44	02:38:56	04:03:45	06:00:08	07:44:07		08:32:02.80	08:33:46.80	+00:57:42 (11.3%)	7:12	8.3 (88.3%)
6	BIELIŃSKI Maciek	1409		M30	5	00:11:43	01:00:12	02:38:11	04:01:03	06:04:13	07:47:56		08:44:09.10	08:55:52.85	+01:09:48 (13.3%)	7:22	8.1 (86.2%)
7	GADZIMSKI Michał	1411		M30	6	00:00:34	01:03:04	02:47:32	04:14:35	06:21:08	08:15:58		09:07:23.25	09:07:58.00	+01:33:02 (17.0%)	7:42	7.8 (83.0%)
8	NIEZGÓDKA Tomasz	1427	ZAŁOGA GÓRSKA	M50	1	00:29:39	01:06:04	02:58:49	04:34:04	06:40:15	08:24:41	-00:03:00	09:07:54.00	09:37:33.00	+01:33:33 (17.1%)	7:45	7.7 (81.9%)
9	KYCIA Piotr	1308		M40	2	00:28:53	01:06:40	02:57:22	04:32:32	06:34:09	08:27:25	-00:03:00	09:14:36.00	09:43:30.00	+01:40:15 (18.1%)	7:51	7.6 (80.9%)
10	WIŚNIEWSKI Paweł	1305	KARKONOSZ RUNNING TEAM	M30	7	00:01:13	01:01:39	02:46:22	04:22:12	06:30:39	08:25:00		09:15:26.05	09:16:39.50	+01:41:05 (18.2%)	7:49	7.7 (81.9%)
11	MERKWA Wojciech	1399		M30	8	00:07:44	01:08:18	03:02:37	04:32:24	06:43:54	08:35:34		09:20:52.25	09:28:36.75	+01:46:31 (19.0%)	7:53	7.6 (80.9%)
12	ZALEWSKI Dariusz	1380	M.A.D.D.	M40	3	00:08:04	01:04:14	02:56:34	04:31:58	06:40:08	08:33:30	-00:02:00	09:23:35.00	09:31:39.00	+01:49:14 (19.4%)	7:57	7.5 (79.8%)
13	RUDNICKI Dariusz	1395		M30	9	00:05:34	01:09:40	02:58:42	04:31:12	06:42:53	08:37:31		09:23:59.50	09:29:34.05	+01:49:39 (19.4%)	7:56	7.6 (80.9%)
14	SZARAPANOWSKI Marcin	1335	ULTRA DIABŁY TEAM LUBRZA	M40	4	00:03:04	01:09:33	03:05:15	04:43:35	06:49:45	08:40:10	-00:02:00	09:25:08.00	09:28:12.00	+01:50:47 (19.6%)	7:59	7.5 (79.8%)
15	ADLER Łukasz	1291	LESZ NO LIMITS RUNNERS	M30	10	00:26:51	01:09:16	03:00:32	04:37:11	06:52:03	08:43:00		09:30:39.40	09:57:31.35	+01:56:19 (20.4%)	8:02	7.5 (79.8%)
16	WOJTASZEK Jacek	1294		M40	5	00:19:00	01:06:21	02:51:14	04:26:02	06:51:11	08:47:30		09:36:15.10	09:55:15.60	+02:01:54 (21.2%)	8:06	7.4 (78.7%)
17	FARGANUS Robert	1270	ZABIEGANI Z LEŚNEJ	M40	6	00:11:04	01:08:06	03:01:07	04:33:57	06:41:03	08:51:14		09:45:47.25	09:56:51.70	+02:11:26 (22.4%)	8:15	7.3 (77.7%)
18	MAGALSKI Tomasz	1303	KAMIEŃSKA GRUPA BIEGOWA	M30	11	00:16:33	01:09:27	03:09:00	04:48:08	07:04:38	09:06:17		09:55:38.20	10:12:11.95	+02:21:17 (23.7%)	8:23	7.2 (76.6%)
19	KRAKOWIAK Rafał	1274	KRAKOWIAKTEAM	M30	12	00:12:03	01:09:43	03:13:50	04:58:08	07:11:42	09:07:09		09:58:04.55	10:10:08.45	+02:23:44 (24.0%)	8:25	7.1 (75.5%)
20	ROWIŃSKI Michał	1392	ULTRAFUN	M30	13	00:03:14	01:07:12	02:58:34	04:38:01	07:00:18	09:03:57		09:59:34.50	10:02:48.80	+02:25:14 (24.2%)	8:26	7.1 (75.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Trzy				Droga pod Reglami 64km	Kara/ bonifikata	Czas netto 71km	Czas brutto 71km	Różn	Tempo min/km	Tempo km/h
							Jawory 10km	Kark_Przelec 24km	Karpacz 38km	Kark_Przelec 51km							
21	LIS Marek	1353	#ZALINIAMETYTEAM	M30	14	00:16:02	01:12:27	03:20:21	05:04:56	07:10:46	09:14:16		10:02:03.15	10:18:06.05	+02:27:42 (24.5%)	8:28	7.1 (75.5%)
22	JASTRZEBSKI Szymon	1424		M30	15	00:10:44	01:09:49	03:05:07	04:45:37	07:08:47	09:09:51		10:02:15.10	10:12:59.20	+02:27:54 (24.6%)	8:28	7.1 (75.5%)
23	GRZELAK Adrian	1394	MĘCINA PANY	M30	16	00:13:14	01:11:34	03:11:25	04:50:50	07:15:55	09:16:37		10:08:42.60	10:21:56.60	+02:34:22 (25.4%)	8:34	7 (74.5%)
24	SOKULSKI Tomasz	1376	GÓRSKIE ZAJOBY	M30	17	00:14:33	01:13:55	03:16:20	04:56:17	07:18:10	09:23:36		10:23:53.00	10:38:26.75	+02:49:32 (27.2%)	8:47	6.8 (72.3%)
25	MATCZAK Maciej	1290	KS FABRYKA BIEGANIA OSTRÓW WIELKOPOLSKI	M30	18	00:04:23	01:12:56	03:20:17	05:05:37	07:29:30	09:33:04		10:28:53.80	10:33:17.65	+02:54:33 (27.8%)	8:51	6.8 (72.3%)
26	YURTSUN Stepan	1350	SPARTA ULTRA TEAM	M18	1	00:02:54	01:17:01	03:25:45	05:08:12	07:27:22	09:36:35		10:30:54.80	10:33:49.55	+02:56:34 (28.0%)	8:53	6.8 (72.3%)
27	KSIĘŻAK Bartłomiej	1355	BIEG SZLAK TRAFI	M30	19	00:06:44	01:12:12	03:18:50	05:08:22	07:40:07	09:38:06		10:31:20.20	10:38:04.75	+02:56:59 (28.0%)	8:53	6.7 (71.3%)
28	NOWAK Marcin	1433	ULTRA TEAM KRAKOWIAK	M30	20	00:11:53	01:09:55	03:14:23	05:06:42	07:22:21	09:36:26		10:34:18.75	10:46:12.55	+02:59:58 (28.4%)	8:56	6.7 (71.3%)
29	ZIEMBA Michal	1398	ZIOMKI	M30	21	00:07:33	01:14:58	03:32:32	05:18:39	07:39:21	09:44:49		10:34:33.70	10:42:07.50	+03:00:13 (28.4%)	8:56	6.7 (71.3%)
30	PODLEŚ Rafał	1373	#FITONTOP UMLAUT	M18	2	00:12:34	01:12:09	03:23:55	05:14:49	07:43:39	09:45:32		10:35:36.15	10:48:10.20	+03:01:15 (28.5%)	8:57	6.7 (71.3%)
31	POSADOWSKI Szymon	1391	ŚLĘZAK TEAM	M18	3	00:19:32	01:15:07	03:24:06	05:16:06	07:43:50	09:45:15		10:41:04.65	11:00:37.20	+03:06:44 (29.1%)	9:01	6.6 (70.2%)
32	JAKÓBCZYK Martyna	1334	ADIDAS RUNNERS WARSAW	K18	1	00:07:14	01:15:40	03:25:43	05:19:58	07:53:31	09:52:49		10:42:32.05	10:49:46.35	+03:08:11 (29.3%)	9:02	6.6 (70.2%)
33	STRAUCHOLD Anna	1381	PRO-RUN WROCŁAW	K40	1	00:07:03	01:15:54	03:29:19	05:20:00	07:43:23	09:48:21		10:43:01.65	10:50:05.15	+03:08:41 (29.3%)	9:03	6.6 (70.2%)
34	OSTAPSKI Kamil	1426	VEGE RUNNERS	M30	22	00:22:55	01:08:37	03:14:00	05:06:41	07:42:29	09:56:02		10:47:32.35	11:10:28.05	+03:13:11 (29.8%)	9:07	6.6 (70.2%)
35	KOWCZYK Łukasz	1361	DRUŻYNA CHROBREGO	M40	7	00:19:05	01:08:10	03:05:33	04:44:46	07:12:36	09:40:25		10:47:44.10	11:06:49.30	+03:13:23 (29.9%)	9:07	6.6 (70.2%)
36	WOJDANOWSKI Jan	1430	KB HARCOWNIK JELCZ-LASKOWICE	M50	2	00:07:53	01:13:50	03:21:17	05:13:43	07:42:41	09:54:47		10:51:08.25	10:59:02.20	+03:16:47 (30.2%)	9:10	6.5 (69.1%)
37	SZCZEPAŃSKI Andrzej	1429		M40	8	00:30:43	01:17:53	03:23:53	05:12:50	07:44:56	09:45:44		10:54:53.40	11:25:36.75	+03:20:33 (30.6%)	9:13	6.5 (69.1%)
38	KOPCZYŃSKI Łukasz	1269	K-TEAM	M30	23	00:00:24	01:13:04	03:28:48	05:23:23	08:01:40	10:03:58		10:56:34.15	10:56:58.80	+03:22:13 (30.8%)	9:14	6.5 (69.1%)
39	SPECHT Mikołaj	1413		M40	9	00:12:14	01:12:42	03:23:07	05:16:50	07:55:17	10:07:29		11:03:12.25	11:15:26.35	+03:28:51 (31.5%)	9:20	6.4 (68.1%)
40	JABŁOŃSKI Adrian	1412	TRAWERS TEAM NAKŁO	M30	24	00:03:24	01:17:15	03:34:19	05:32:42	08:04:21	10:12:33		11:03:19.90	11:06:44.65	+03:28:59 (31.5%)	9:20	6.4 (68.1%)
41	ORŁOWSKI Jakub	1417	OTS	M30	25	00:06:35	01:14:22	03:21:39	05:11:58	07:54:41	10:06:42		11:05:13.00	11:11:48.60	+03:30:52 (31.7%)	9:22	6.4 (68.1%)
42	ZIMNY Tomasz	1377		M60	1	00:20:21	01:10:19	03:20:29	05:12:55	07:56:46	10:05:07		11:06:57.50	11:27:19.30	+03:32:37 (31.9%)	9:23	6.4 (68.1%)
43	KOCJAN Paweł	1401	KB I LOVE ZIEMEK / NIGHT RUNNERS	M40	10	00:27:57	01:20:04	03:30:25	05:19:49	08:04:35	10:18:04		11:11:38.85	11:39:36.05	+03:37:18 (32.4%)	9:27	6.3 (67.0%)
44	POŁUBOK Kajetan	1337		M40	11	00:01:34	01:01:19	02:47:07	04:18:27	08:10:57	10:24:06		11:11:47.85	11:13:22.40	+03:37:27 (32.4%)	9:27	6.3 (67.0%)
45	WINTER Piotr	1404	NIGHT RUNNERS	M30	26	00:28:17	01:10:42	03:15:29	05:12:00	07:58:37	10:10:01		11:14:47.90	11:43:04.95	+03:40:27 (32.7%)	9:30	6.3 (67.0%)
46	ZIELIŃSKI Robert	1390	LUBOŃSKI KLUB BIEGACZA	M40	12	00:15:42	01:21:40	03:37:06	05:35:40	08:05:04	10:18:14		11:15:18.85	11:31:01.65	+03:40:58 (32.7%)	9:30	6.3 (67.0%)
47	WANSKI Michal	1356		M40	13	00:11:23	01:14:08	03:26:28	05:24:10	08:03:41	10:16:25		11:15:21.40	11:26:45.05	+03:41:01 (32.7%)	9:30	6.3 (67.0%)
48	MATYJA Rafał	1389	LESZNOLIMITS RUNNERS	M30	27	00:26:58	01:14:27	03:40:30	05:37:58	08:22:32	10:27:58		11:17:38.80	11:44:37.75	+03:43:18 (33.0%)	9:32	6.3 (67.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Trzy			Droga pod		Czas netto 71km	Czas brutto 71km	Różn	Tempo min/km	Tempo km/h
							Jawory 10km	Kark_Przelec 24km	Karpacz 38km	Kark_Przelec 51km	Reglami 64km					
49	MAZANKA Jakub	1339		M40	14	00:17:13	01:12:04	03:11:47	04:58:31	07:47:32	10:14:00	11:17:39.20	11:34:52.70	+03:43:18 (33.0%)	9:32	6.3 (67.0%)
50	GWOZDECKI Tomasz	1254		M30	28	00:00:16	01:13:12	03:28:56	05:23:41	08:01:50	10:15:07	11:18:37.90	11:18:54.80	+03:44:17 (33.1%)	9:33	6.3 (67.0%)
51	KONIECZNY Maciej	1423	MK-CONNECT	M40	15	00:04:53	01:12:47	03:22:38	05:20:08	08:07:52	10:32:09	11:35:39.65	11:40:33.50	+04:01:19 (34.7%)	9:47	6.1 (64.9%)
52	MYŚLIŃSKI Marcin	1332		M30	29	00:04:43	01:18:21	03:41:00	05:47:57	08:28:12	10:46:42	11:37:18.65	11:42:01.80	+04:02:58 (34.8%)	9:49	6.1 (64.9%)
53	CHUDA Aneta	1310		K40	2	00:02:44	01:18:07	03:41:45	05:43:56	08:17:19	10:38:52	11:42:43.50	11:45:27.55	+04:08:23 (35.3%)	9:53	6.1 (64.9%)
54	KALEMBA Kamil	1341		M30	30	00:11:33	01:14:01	03:26:19	05:26:36	08:21:06	10:38:56	11:42:58.15	11:54:32.10	+04:08:37 (35.4%)	9:54	6.1 (64.9%)
55	GRZYWIŃSKI Bartosz	1304		M40	16	00:05:14	01:15:45	03:29:57	05:28:16	08:33:07	10:45:55	11:43:16.65	11:48:30.95	+04:08:56 (35.4%)	9:54	6.1 (64.9%)
56	ŁOWIECKI Dominik	1403	NBR TEAM	M40	17	00:28:32	01:10:09	03:26:34	05:32:11	08:35:24	10:41:48	11:44:18.75	12:12:51.50	+04:09:58 (35.5%)	9:55	6 (63.8%)
57	GILEWICZ-RACHOWSKA Jagoda	1422	DGR KANCELARIA RADCÓW PRAWNYCH	K30	1	00:05:04	01:18:08	03:40:26	05:50:21	08:27:01	10:45:17	11:45:15.75	11:50:20.25	+04:10:55 (35.6%)	9:56	6 (63.8%)
58	POLIWKA Mariusz	1439	FITNES PIEKARY	M40	18	00:19:22	01:16:09	03:38:04	05:45:31	08:33:12	10:47:35	11:45:24.40	12:04:46.95	+04:11:04 (35.6%)	9:56	6 (63.8%)
59	NOWACKI Michał	1261	MORSY POZNAŃ	M40	19	00:05:53	01:16:40	03:31:37	05:31:27	08:35:00	10:46:03	11:49:07.15	11:55:01.00	+04:14:46 (35.9%)	9:59	6 (63.8%)
60	SIWIEC Stanisław	1289		M60	2	00:16:43	01:14:31	03:27:14	05:32:50	08:36:16	10:52:18	11:51:09.05	12:07:52.90	+04:16:48 (36.1%)	10:00	6 (63.8%)
61	KONIECZNA Paulina	1311	CH10	K30	2	00:17:03	01:19:51	03:37:55	05:44:11	08:37:45	10:55:43	11:51:35.50	12:08:39.05	+04:17:15 (36.2%)	10:01	6 (63.8%)
62	FRYBEL Damian	1354	WOLSZTYŃSKA AKADEMIA BIEGOWA	M40	20	00:06:54	01:10:33	03:26:55	05:26:44	08:14:10	10:38:47	11:51:39.90	11:58:34.15	+04:17:19 (36.2%)	10:01	6 (63.8%)
63	NEUFELD Marcin	1368	INTEL RUNNERS / RUN-PASSION.PL	M40	21	00:01:54	01:10:47	03:21:32	05:20:31	08:30:02	10:51:24	11:52:37.40	11:54:31.95	+04:18:17 (36.2%)	10:02	6 (63.8%)
64	IGNACZAK Marek	1313	1ON1 TEAM	M30	31	00:01:23	01:17:58	03:39:36	05:38:40	08:36:58	10:55:43	11:53:10.45	11:54:33.85	+04:18:50 (36.3%)	10:02	6 (63.8%)
65	RATAJCZAK Łukasz	1416	NIGHT RUNNERS / CITITOK	M30	32	00:28:07	01:11:30	03:24:53	05:29:20	08:34:26	10:50:42	11:54:00.00	12:22:07.65	+04:19:39 (36.4%)	10:03	6 (63.8%)
66	JAKUBOWSKI Łukasz	1307	KB KAMIEN POMORSKI	M40	22	00:16:23	01:17:23	03:34:58	05:40:44	08:36:21	10:53:11	11:55:13.70	12:11:37.25	+04:20:53 (36.5%)	10:04	6 (63.8%)
67	PIETRZAK Jacek	1320		M40	23	00:13:53	01:16:34	03:31:26	05:25:13	08:20:52	10:56:49	11:59:14.25	12:13:07.70	+04:24:53 (36.8%)	10:07	5.9 (62.8%)
68	GARSTKA Zbigniew	1276	WRONIECKI KLUB BIEGACZA	M40	24	00:04:33	01:14:29	03:32:42	05:35:29	08:34:18	10:58:32	11:59:21.10	12:03:55.05	+04:25:00 (36.8%)	10:07	5.9 (62.8%)
69	SŁOWIŃSKI Damian	1388	CITYZEN POZNAŃ	M40	25	00:27:46	01:20:16	03:44:34	05:51:54	08:34:47	11:00:19	12:03:12.80	12:30:59.00	+04:28:52 (37.2%)	10:11	5.9 (62.8%)
70	PARWA Michał	1414		M30	33	00:14:23	01:16:11	03:42:47	05:59:50	08:58:13	11:15:19	12:09:42.05	12:24:05.90	+04:35:21 (37.7%)	10:16	5.8 (61.7%)
71	SUDUŁ Jarosław	1374	WIERZBICKI RUNNING PROJECT	M40	26	00:10:04	01:34:18	04:11:29	06:21:24	08:58:05	11:14:32	12:11:18.50	12:21:22.85	+04:36:58 (37.9%)	10:18	5.8 (61.7%)
72	FORREITER Oskar	1408		M18	4	00:02:25	01:13:12	03:30:36	05:50:15	08:42:34	11:17:46	12:11:55.65	12:14:20.90	+04:37:35 (37.9%)	10:18	5.8 (61.7%)
73	JAGUSTYN Maciej	1418		M18	5	00:09:14	01:13:56	03:33:04	05:38:07	09:00:55	11:16:31	12:12:08.75	12:21:22.80	+04:37:48 (37.9%)	10:18	5.8 (61.7%)
74	PARA Jakub	1277	LESZNO LIMITS RUNNERS	M40	27	00:25:21	01:15:04	03:43:21	05:54:00	08:54:39	11:16:13	12:12:48.70	12:38:10.50	+04:38:28 (38.0%)	10:19	5.8 (61.7%)
75	BRODA Dominik	1264		M30	34	00:17:44	01:15:34	03:35:46	05:42:07	08:37:04	11:04:52	12:15:55.10	12:33:39.25	+04:41:34 (38.3%)	10:21	5.8 (61.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Trzy				Droga pod Reglami 64km	Kara/ bonifikata	Czas netto 71km	Czas brutto 71km	Różn	Tempo min/km	Tempo km/h
							Jawory 10km	Kark_Przelec 24km	Karpacz 38km	Kark_Przelec 51km							
76	KSIAŻKIEWICZ Tomasz	1400	ULTRAS LEGIA	M40	28	00:11:14	01:19:34	03:36:39	05:43:20	08:43:37	11:17:07		12:17:53.80	12:29:08.45	+04:43:33 (38.4%)	10:23	5.8 (61.7%)
77	GOŁĄB Łukasz	1407		M30	35	00:10:54	01:19:28	03:42:14	05:52:26	08:43:17	11:21:07		12:22:18.85	12:33:13.10	+04:47:58 (38.8%)	10:27	5.7 (60.6%)
78	VERHEYDEN Sam Andre	1436		M30	36	00:22:34	01:08:57	03:17:31	05:23:22	08:18:19	10:36:58		12:22:41.60	12:45:16.45	+04:48:21 (38.8%)	10:27	5.7 (60.6%)
79	SKRZEK Marcin	1382	PRO-RUN WROCŁAW	M40	29	00:29:57	01:17:39	03:38:44	05:44:28	09:01:46	11:22:37		12:25:55.00	12:55:52.05	+04:51:34 (39.1%)	10:30	5.7 (60.6%)
80	FUKS Szymon	1378	MCBIEGACZE	M40	30	00:22:28	01:12:53	03:31:02	05:37:22	08:57:06	11:22:06		12:27:07.55	12:49:36.00	+04:52:47 (39.2%)	10:31	5.7 (60.6%)
81	BURZYŃSKA Ewelina	1358	NATURA BIEDRUSKO	K40	3	00:03:35	01:20:03	03:58:18	06:12:28	08:56:29	11:23:47		12:27:23.85	12:30:58.95	+04:53:03 (39.2%)	10:31	5.7 (60.6%)
82	KANIA Marcin	1419		M18	6	00:09:03	01:14:08	03:33:11	05:35:57	08:51:16	11:17:30		12:29:03.80	12:38:07.45	+04:54:43 (39.3%)	10:33	5.7 (60.6%)
83	ZIELIŃSKA Justyna	1314		K40	4	00:15:32	01:21:48	03:50:30	06:00:32	08:58:35	11:26:31		12:29:43.40	12:45:16.25	+04:55:23 (39.4%)	10:33	5.7 (60.6%)
84	RYŻEWSKI Krzysztof	1333	QUADIMODO RACING	M40	31	00:30:04	01:18:33	03:42:41	05:51:18	08:59:04	11:27:39		12:29:44.45	12:59:49.40	+04:55:24 (39.4%)	10:33	5.7 (60.6%)
85	KOZŁOWSKI Wojciech	1281		M50	3	00:02:35	01:15:51	03:29:11	05:33:27	08:35:24	11:12:45		12:30:08.70	12:32:43.85	+04:55:48 (39.4%)	10:33	5.7 (60.6%)
86	KOWALCZYK Grzegorz	1438	ŻYCIE JAK MUZYKA	M40	32	00:15:23	01:18:02	03:42:11	05:58:45	08:49:29	11:30:08		12:33:24.60	12:48:47.85	+04:59:04 (39.7%)	10:36	5.7 (60.6%)
87	ROSZKOWSKI Marcin	1375		M30	37	00:08:54	01:22:08	03:48:21	05:57:43	08:51:45	11:21:52		12:34:39.90	12:43:34.25	+05:00:19 (39.8%)	10:37	5.6 (59.6%)
88	KORYTEK Piotr	1331	ART WITKOWO BIEGA	M40	33	00:14:13	01:19:31	03:36:27	05:42:41	08:31:12	11:27:35		12:39:12.25	12:53:25.40	+05:04:51 (40.2%)	10:41	5.6 (59.6%)
89	GRAMALA Mateusz	1336		M18	7	00:27:10	01:12:30	03:27:02	05:32:15	08:40:30	11:28:34		12:44:02.80	13:11:13.25	+05:09:42 (40.5%)	10:45	5.6 (59.6%)
90	MYSTKOWSKI Grzegorz	1372	PSIA KOŚĆ	M50	4	00:17:24	01:23:17	03:48:03	05:56:28	09:19:15	11:48:13		12:48:36.90	13:06:01.40	+05:14:16 (40.9%)	10:49	5.5 (58.5%)
91	PODSKARBI Dawid	1265	GOD IS GOOD	M40	34	00:25:12	01:27:13	03:55:08	06:06:15	09:16:29	11:46:49		12:52:30.00	13:17:42.05	+05:18:09 (41.2%)	10:52	5.5 (58.5%)
92	NOWAK Krzysztof	1402		M30	38	00:15:53	01:10:39	03:28:41	05:34:20	08:33:55	11:31:10		13:00:57.20	13:16:50.70	+05:26:36 (41.8%)	10:59	5.5 (58.5%)
93	SUROWIEC Robert	1273	GORZOWSKIE BIEGANIE CZWARTKOWE	M40	35	00:00:44	01:23:51	03:58:40	06:10:52	09:30:04	11:59:10		13:04:05.60	13:04:50.35	+05:29:45 (42.1%)	11:02	5.4 (57.4%)
94	FILUT Łukasz	1349		M40	36	00:17:33	01:14:22	03:38:42	05:43:10	09:17:39	12:00:13		13:09:43.50	13:27:16.65	+05:35:23 (42.5%)	11:07	5.4 (57.4%)
95	GRZELAK Justyna	1309	MARATON LESZNO	K40	5	00:03:54	01:25:56	04:06:01	06:23:44	09:34:39	12:05:39		13:12:06.95	13:16:01.65	+05:37:46 (42.6%)	11:09	5.4 (57.4%)
96	KOZŁOWSKI Rafał	1329	MAFIA TEAM KONIN	M40	37	00:22:05	01:26:11	04:03:11	06:26:52	09:29:56	12:09:39		13:17:47.20	13:39:52.90	+05:43:26 (43.0%)	11:14	5.3 (56.4%)
97	KOBIERSKI Radek	1415	POMAGAMYNATALII.PL	M40	38	00:28:44	01:38:38	04:12:58	06:34:07	09:42:14	12:08:24		13:22:32.60	13:51:16.65	+05:48:12 (43.4%)	11:18	5.3 (56.4%)
98	NAWROT Artur	1315		M30	39	00:16:53	01:17:09	03:38:46	06:03:11	09:28:24	12:11:42		13:26:25.20	13:43:18.85	+05:52:04 (43.7%)	11:21	5.3 (56.4%)
99	SKRZYPCZAK Radosław	1357	ROUNDSPACE.PL	M40	39	00:12:24	01:19:31	03:39:01	05:42:12	09:31:47	12:16:10		13:30:17.55	13:42:42.35	+05:55:57 (43.9%)	11:24	5.3 (56.4%)
100	TETERYCZ Dariusz	1301	GDZIE NOGI PONIOSĄ	M40	40	00:14:04	01:27:14	04:05:36	06:22:31	09:42:54	12:26:36		13:33:36.80	13:47:41.30	+05:59:16 (44.2%)	11:27	5.2 (55.3%)
101	GUCKI Mikołaj	1256		M30	40	00:13:33	01:23:55	03:48:24	06:03:58	09:27:42	12:14:09		13:33:56.20	13:47:30.00	+05:59:35 (44.2%)	11:27	5.2 (55.3%)
102	LIPIEC Łukasz	1257		M40	41	00:02:04	01:17:17	03:47:33	06:05:40	09:32:41	12:21:07		13:35:35.75	13:37:40.55	+06:01:15 (44.3%)	11:29	5.2 (55.3%)
103	CHUDYBA Michał	1365		M40	42	00:14:54	01:22:30	04:03:20	06:27:40	09:39:27	12:18:29		13:35:36.25	13:50:30.35	+06:01:15 (44.3%)	11:29	5.2 (55.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Trzy				Droga pod Reglami 64km	Kara/ bonifikata	Czas netto 71km	Czas brutto 71km	Różn	Tempo min/km	Tempo km/h
							Jawory 10km	Kark_Przelec 24km	Karpacz 38km	Kark_Przelec 51km							
104	BUJNOWSKI Rafał	1406	PĘDZĄCE KAPCIE	M40	43	00:08:34	01:17:56	03:42:50	05:59:49	09:34:05	12:21:09		13:36:04.05	13:44:38.10	+06:01:43 (44.3%)	11:29	5.2 (55.3%)
105	JERMAK Maciej	1420	ZDROWY PROJEKT	M30	41	00:08:13	01:25:38	04:33:10	07:07:08	10:43:06	12:36:04		13:37:07.25	13:45:20.85	+06:02:46 (44.4%)	11:30	5.2 (55.3%)
106	GRZELAK Daniel	1397	MARATON LESZNO	M40	44	00:04:04	01:29:28	04:14:18	06:40:20	09:37:13	12:24:31		13:39:14.15	13:43:18.95	+06:04:53 (44.5%)	11:32	5.2 (55.3%)
107	JARZEMBOWSKI Tomasz	1384	WLKP MOUNTAINS ULTRA	M40	45	00:09:33	01:24:11	03:51:13	06:03:28	09:34:01	12:21:48		13:40:31.15	13:50:04.45	+06:06:10 (44.6%)	11:33	5.2 (55.3%)
108	TOMASZEWSKI Dawid	1383	WLKP MOUNTAINS ULTRA	M40	46	00:09:24	01:24:21	03:51:23	06:03:36	09:34:10	12:21:58		13:40:40.65	13:50:04.65	+06:06:20 (44.6%)	11:33	5.2 (55.3%)
109	MARKOWSKI Piotr	1287	MARKOTNESKOWRONKI	M40	47	00:05:43	01:20:00	03:59:22	06:28:23	09:51:14	12:34:56		13:41:50.20	13:47:34.15	+06:07:29 (44.7%)	11:34	5.2 (55.3%)
110	LEBODA Katarzyna	1351	WILD DOGS TEAM	K30	3	00:30:15	01:23:16	03:57:55	06:12:58	09:38:55	12:28:22		13:44:26.00	14:14:41.10	+06:10:05 (44.9%)	11:36	5.2 (55.3%)
111	JAKUBOWSKI Paweł	1268		M40	48	00:10:14	01:25:08	04:10:54	06:35:44	09:52:38	12:34:44		13:46:51.05	13:57:05.95	+06:12:30 (45.1%)	11:38	5.2 (55.3%)
112	MARKOWSKI Marek	1435	KS LENIWIEC	M40	49	00:21:32	01:26:22	04:01:27	06:33:11	10:04:18	12:34:30		13:47:16.05	14:08:48.95	+06:12:55 (45.1%)	11:39	5.1 (54.3%)
113	GRZYWIŃSKI Wojtek	1284		M30	42	00:05:24	01:26:13	04:05:55	06:26:55	09:41:27	12:31:50		13:48:28.35	13:53:52.75	+06:14:07 (45.2%)	11:40	5.1 (54.3%)
114	KUCZ Tomasz	1300		M40	50	00:10:24	01:26:20	04:11:30	06:46:18	10:38:27	12:50:05		14:02:37.05	14:13:01.65	+06:28:16 (46.1%)	11:52	5.1 (54.3%)
115	DRAŃKO Piotr	1296		M30	43	00:21:51	01:18:22	03:51:31	06:13:23	09:55:46	12:46:37		14:03:48.45	14:25:40.10	+06:29:28 (46.2%)	11:53	5 (53.2%)
116	SZCZEPANIAK Jadwiga	1275		K50	1	00:07:24	01:31:29	04:21:33	06:45:34	09:56:44	12:54:15		14:09:21.25	14:16:45.75	+06:35:00 (46.5%)	11:57	5 (53.2%)
117	PIWAŃSKI Piotr	1266		M60	3	00:16:13	01:35:52	04:25:31	06:42:31	10:28:16	13:04:46		14:12:35.20	14:28:48.20	+06:38:14 (46.7%)	12:00	5 (53.2%)
118	BUJNOWSKA Eliza	1405	KS STASZEWCY	K40	6	00:08:23	01:31:37	04:22:37	06:47:41	10:19:20	13:11:18		14:25:34.15	14:33:58.10	+06:51:13 (47.5%)	12:11	4.9 (52.1%)
119	SZELĄGIEWICZ Arek	1364		M40	51	00:01:03	01:24:18	04:04:42	06:26:42	10:11:07	13:07:21		14:28:35.15	14:29:39.00	+06:54:14 (47.7%)	12:14	4.9 (52.1%)
120	ROZWADOWSKI Robert	1379	DRUŻYNA SZPIKU	M40	52	00:13:44	01:27:55	04:09:24	06:35:14	10:12:19	13:11:24		14:31:26.90	14:45:11.25	+06:57:06 (47.9%)	12:16	4.9 (52.1%)
121	PARZONKA Paweł	1328	KS LENIWIEC	M40	53	00:21:18	01:26:38	04:01:38	06:33:24	10:36:51	13:27:33		14:44:57.40	15:06:15.90	+07:10:37 (48.7%)	12:27	4.8 (51.1%)
122	GĄSZCZAK Mariusz	1432	KS LENIWIEC	M40	54	00:20:52	01:27:05	04:02:07	06:33:55	10:37:17	13:28:00		14:45:23.50	15:06:15.90	+07:11:03 (48.7%)	12:28	4.8 (51.1%)
123	SERWADCZAK Marek	1386		M50	5	00:10:33	01:33:13	04:18:11	06:43:16	10:35:12	13:32:51		14:46:20.15	14:56:53.70	+07:11:59 (48.7%)	12:29	4.8 (51.1%)
124	TASZAREK Jakub	1325		M40	55	00:12:43	01:18:31	03:59:24	06:25:31	10:32:16	13:32:26		14:52:04.95	15:04:48.85	+07:17:44 (49.1%)	12:33	4.8 (51.1%)
125	NAPIERAŁA Katarzyna	1396		K40	7	00:03:45	01:29:17	04:27:19	06:46:23	10:41:59	13:38:39		14:52:51.55	14:56:36.60	+07:18:31 (49.1%)	12:34	4.8 (51.1%)
126	GUCKA Paulina	1262		K30	4	00:13:23	01:38:34	04:37:14	06:56:46	11:00:22	13:47:54		15:00:11.10	15:13:34.35	+07:25:50 (49.5%)	12:40	4.7 (50.0%)
127	BĄDZIUL Dorota	1267		K30	5	00:14:43	01:40:51	04:38:13	07:18:14	11:00:49	13:50:05		15:04:45.60	15:19:29.55	+07:30:25 (49.8%)	12:44	4.7 (50.0%)
128	HAWRYLISZYN Jan	1255		M30	44	00:06:24	01:30:41	04:27:11	06:58:33	10:51:24	13:41:45		15:08:02.20	15:14:26.30	+07:33:41 (50.0%)	12:47	4.7 (50.0%)
129	SZERSZEŃ Janusz	1252	PIASECZNO RUNNING	M40	56	00:06:14	01:30:53	04:27:26	06:58:59	10:51:35	13:42:10		15:08:12.25	15:14:26.90	+07:33:51 (50.0%)	12:47	4.7 (50.0%)
130	ZIENKIEWICZ Agata	1278	PIASECZNO RUNNING	K40	8	00:06:04	01:31:02	04:27:31	06:58:51	10:51:38	13:42:04		15:08:22.45	15:14:26.65	+07:34:02 (50.0%)	12:47	4.7 (50.0%)
131	HEJNA Łukasz	1347		M40	57	00:23:11	01:38:20	04:40:17	07:11:59		13:55:19		15:16:40.70	15:39:52.40	+07:42:20 (50.4%)	12:54	4.6 (48.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Trzy				Droga pod Reglami 64km	Kara/ bonifikata	Czas netto 71km	Czas brutto 71km	Różn	Tempo min/km	Tempo km/h
							Jawory 10km	Kark_Przelec 24km	Karpacz 38km	Kark_Przelec 51km							
132	KOCH Piotr	1282	ZROBIMTO.PL	M40	58	00:09:53	01:25:31	04:13:22	07:03:49	11:06:10	14:10:52		15:23:50.60	15:33:44.55	+07:49:30 (50.8%)	13:00	4.6 (48.9%)
133	KAPA Patrycja	1344		K18	2	00:18:38	01:40:19	04:34:52	07:16:01		14:06:42		15:23:51.70	15:42:30.60	+07:49:31 (50.8%)	13:00	4.6 (48.9%)
134	OLECHNOWICZ Magda	1260	BBL GORZÓW	K40	9	00:09:43	01:34:40	04:25:08	07:02:29	11:06:20	14:11:02		15:30:12.10	15:39:55.70	+07:55:51 (51.2%)	13:06	4.6 (48.9%)
135	PROŃCZUK Adam	1369	WEHICOOL ZBIEG OKOLICZNOŚCI	M50	6	00:18:05	01:49:28	04:54:46	07:38:42		14:11:21		15:36:34.05	15:54:39.40	+08:02:13 (51.5%)	13:11	4.5 (47.9%)
136	MASZEWSKA-WACH Mariola	1370	ZBIEG OKOLICZNOŚCI	K30	6	00:17:54	01:49:38	04:54:53	07:37:42		14:10:50		15:36:44.10	15:54:38.45	+08:02:23 (51.5%)	13:11	4.5 (47.9%)
137	PIEKAROWICZ Piotr	1367		M50	7	00:00:04	01:34:42	05:04:04	07:49:45		14:25:18		15:45:28.20	15:45:32.85	+08:11:07 (51.9%)	13:18	4.5 (47.9%)
138	NOWAKOWSKI Sławomir	1297		M40	59	00:18:23	01:39:32	04:43:46	07:48:41		14:55:35		16:18:05.85	16:36:28.90	+08:43:45 (53.5%)	13:46	4.4 (46.8%)
139	KRZEWSKI Grzegorz	1316		M40	60	00:18:14	01:39:42	04:43:53	07:48:45		14:55:43		16:18:14.70	16:36:28.75	+08:43:54 (53.6%)	13:46	4.4 (46.8%)
140	GRZELAK Kamila	1393	MĘCINAPANY	K30	7	00:13:03	01:10:47	03:12:56	04:55:31	07:21:51					+02:00:38	8:39	6.9 (73.4%)
141	STALA-KONDRAKIEWICZ Katarzyna	1425	KB HARCOWNIK	K30	8	00:18:33	01:43:30	04:37:01	07:11:18						+03:27:51	11:21	5.3 (56.4%)
142	RURKA Grzegorz	1299	SAMBIEGAM	M50	8	00:08:43	01:40:06	05:15:34	08:38:51						+04:55:23	13:39	4.4 (46.8%)
143	KARBOWSKI Jarosław	1312	K.S.LENIWIEC	M40	61	00:20:45	01:27:11	04:07:14							+01:41:04	10:18	5.8 (61.7%)
	WSUŁ Monia	1271	CH10	K40		DNF	01:21:02 DNF	03:57:10 DNF	06:44:51 DNF	DNF	DNF		DNF	DNF	-	-	- (0.0%)
	KASPRZYK Adrian	1437	LESZ NO LIMITS RUNNERS	M40		DNF	01:29:19 DNF	04:14:12 DNF	06:52:32 DNF	DNF	DNF		DNF	DNF	-	-	- (0.0%)
	KLUCZYŃSKI Tomasz	1330		M40		DNF	01:29:11 DNF	04:23:12 DNF	07:43:09 DNF	DNF	DNF		DNF	DNF	-	-	- (0.0%)

Znaleziono 146 wynik(ów)