



**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

CHOJNIK KARKONOSKI FESTIWAL BIEGOWY  
Fundacja Szczyt za szczytem  
2024-09-07  
Sobieszów  
72 km

## SIEDEMDZIESIĄT Z HAKIEM

B4SPORT  
INTELEKTUALNE ZAWODY SPORTOWE

**B4SPORT**  
INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 10km	Odrodzenie 24km	Karpacz 38km	Odrodzenie 51km	Droga pod Reglami 64km	Czas netto 72km	Czas brutto 72km	Różn	Tempo min/km	Tempo km/h
1	<b>OTRĘBA Maciej</b>	<b>1112</b>		M40	1	00:32:14	00:57:06	02:33:28	03:56:03	05:33:32	07:04:30	<b>07:45:55.15</b>	<b>07:45:55.15</b>		6:28	9.3 (100%)
2	<b>JAKIMIUK Daniel</b>	<b>1023</b>	AURORA RUNNING TEAM	M30	1	00:31:41	00:55:35	02:30:00	03:55:39	05:32:14	07:06:33	<b>07:47:56.20</b>	<b>07:47:56.20</b>	+00:02:01 (0.4%)	6:29	9.2 (98.9%)
3	<b>GÓRAK Przemysław</b>	<b>1018</b>	BLACK HAT PRO	M40	2	00:31:41	00:56:15	02:33:43	03:55:44	05:39:51	07:15:45	<b>08:00:13.70</b>	<b>08:00:13.70</b>	+00:14:18 (3.0%)	6:40	9 (96.8%)
4	<b>KOPCEWICZ Tomasz</b>	<b>1033</b>		M40	3	00:33:24	00:59:24	02:39:31	04:03:51	05:59:39	07:50:04	<b>08:39:54.80</b>	<b>08:39:54.80</b>	+00:53:59 (10.4%)	7:13	8.3 (89.2%)
5	<b>MIKEŠOVÁ Jana</b>	<b>1053</b>	SALMING CZ	K30	1	00:34:04	01:01:04	02:44:13	04:13:42	06:06:21	07:55:42	<b>08:41:11.60</b>	<b>08:41:11.60</b>	+00:55:16 (10.6%)	7:14	8.3 (89.2%)
6	<b>MUCHACZOW Jacek</b>	<b>1056</b>	TS REGLE SZKLARSKA POREBA	M40	4	00:35:29	01:03:10	02:44:39	04:12:02	06:07:23	07:57:55	<b>08:51:43.00</b>	<b>08:51:43.00</b>	+01:05:47 (12.4%)	7:23	8.1 (87.1%)
6	<b>KOSAL Maciej</b>	<b>1034</b>	KTS JELENIA GÓRA	M40	4	00:35:28	01:03:10	02:44:34	04:11:54	06:07:17	07:57:46	<b>08:51:43.00</b>	<b>08:51:43.00</b>	+01:05:47 (12.4%)	7:23	8.1 (87.1%)
8	<b>WIŚNIEWSKI Paweł</b>	<b>1092</b>	ULTRAKOTLINA TEAM	M40	6	00:38:00	01:06:08	02:55:14	04:33:43	06:39:44	08:40:31	<b>09:35:09.00</b>	<b>09:35:09.00</b>	+01:49:13 (19.0%)	7:59	7.5 (80.6%)
9	<b>BIEGAŃSKI Marcin</b>	<b>1005</b>	TRIMP	M30	2	00:36:31	01:04:24	02:49:05	04:19:35	06:24:53	08:28:54	<b>09:35:12.85</b>	<b>09:35:12.85</b>	+01:49:17 (19.0%)	7:59	7.5 (80.6%)
10	<b>PIETRZAK Konrad</b>	<b>1063</b>	AURORA RUNNING TEAM	M30	3	00:36:12	01:04:19	02:46:14	04:18:43	06:26:56	08:41:48	<b>09:40:23.30</b>	<b>09:40:23.30</b>	+01:54:28 (19.7%)	8:03	7.4 (79.6%)
11	<b>FISZER Sebastian</b>	<b>1014</b>	LESZ NO LIMITS RUNNERS	M40	7	00:34:17	01:00:59	02:53:42	04:33:38	06:45:36	08:51:20	<b>09:40:58.60</b>	<b>09:40:58.60</b>	+01:55:03 (19.8%)	8:04	7.4 (79.6%)
12	<b>RINK Jan</b>	<b>1070</b>		M40	8	00:36:19	01:03:49	02:53:35	04:25:34	06:39:52	08:48:43	<b>09:43:23.90</b>	<b>09:43:23.90</b>	+01:57:28 (20.1%)	8:06	7.4 (79.6%)
13	<b>DAJEK Łukasz</b>	<b>1010</b>		M40	9	00:37:41	01:06:09	02:59:07	04:37:13	06:56:00	08:53:22	<b>09:47:24.70</b>	<b>09:47:24.70</b>	+02:01:29 (20.7%)	8:09	7.4 (79.6%)
14	<b>WOJNAROWICZ Paweł</b>	<b>1094</b>		M30	4	00:37:25	01:05:52	02:59:12	04:41:02	06:56:29	08:56:04	<b>09:48:15.15</b>	<b>09:48:15.15</b>	+02:02:20 (20.8%)	8:10	7.3 (78.5%)
15	<b>MIKRUT Remigiusz</b>	<b>1054</b>	9TE WZGÓRZE CHEŁMNO	M40	10	00:38:53	01:11:48	03:05:45	04:49:42	06:58:39	09:00:09	<b>09:58:09.55</b>	<b>09:58:09.55</b>	+02:12:14 (22.1%)	8:18	7.2 (77.4%)
16	<b>LISIECKI Tomasz</b>	<b>1111</b>		M40	11	00:39:52	01:08:55				09:08:04	<b>10:06:40.45</b>	<b>10:06:40.45</b>	+02:20:45 (23.2%)	8:25	7.1 (76.3%)
17	<b>KOZŁOWSKI Wojciech</b>	<b>1106</b>		M50	1	00:44:37	01:21:04	03:58:59				<b>10:11:33.20</b>	<b>10:11:33.20</b>	+02:25:38 (23.8%)	8:29	7.1 (76.3%)
18	<b>CARUK Damian</b>	<b>1009</b>	PGN NIERUCHOMOŚCI	M40	12	00:37:12	01:05:52	03:06:39	04:52:24	07:11:06	09:16:25	<b>10:14:52.50</b>	<b>10:14:52.50</b>	+02:28:57 (24.2%)	8:32	7 (75.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami					Droga pod Reglami		Czas netto 72km	Czas brutto 72km	Różn	Tempo min/km	Tempo km/h
						6km	Trzy 10km	Odrodzenie 24km	Karpacz 38km	Odrodzenie 51km	64km	72km					
19	<b>KASZKOWIAK Bogumil</b>	<b>1031</b>	WRONKI	M40	13	00:43:42	01:17:59	03:25:20	05:12:37	07:35:25	09:38:50	<b>10:26:12.55</b>	<b>10:26:12.55</b>	+02:40:17 (25.6%)	8:41	6.9 (74.2%)	
20	<b>PALIWODA Sławek</b>	<b>1062</b>	ITPROJEKT BYDGOSZCZ	M30	5	00:36:22	01:04:46	03:04:32	04:45:27	07:00:04	09:21:32	<b>10:30:03.00</b>	<b>10:30:03.00</b>	+02:44:07 (26.1%)	8:45	6.9 (74.2%)	
21	<b>BUKOWIŃSKI Damian</b>	<b>1008</b>	TRAIL IS OUR WAY	M40	14	00:40:25	01:16:39	03:21:48	05:13:34	07:32:50	09:43:58	<b>10:37:29.25</b>	<b>10:37:29.25</b>	+02:51:34 (26.9%)	8:51	6.8 (73.1%)	
22	<b>KANIA Marcin</b>	<b>1030</b>	#TEAMKOSTERA	M18	1	00:40:52	01:12:56	03:12:51	04:59:42	07:20:44	09:43:21	<b>10:44:45.10</b>	<b>10:44:45.10</b>	+02:58:49 (27.7%)	8:57	6.7 (72.0%)	
23	<b>ZBOROWSKI Marcin</b>	<b>1098</b>	ULTRA DIABŁY TEAM LUBRZA	M30	6	00:43:31	01:15:12	03:24:23	05:13:40	07:34:20	09:50:30	<b>10:47:29.40</b>	<b>10:47:29.40</b>	+03:01:34 (28.0%)	8:59	6.7 (72.0%)	
24	<b>WĘGLEWICZ Maciej</b>	<b>1089</b>	BIEGOLAS KOSZALIN	M30	7	00:39:37	01:11:14	03:12:01	04:59:51	07:23:10	09:49:15	<b>10:48:21.40</b>	<b>10:48:21.40</b>	+03:02:26 (28.1%)	9:00	6.7 (72.0%)	
25	<b>STERNIK Tomasz</b>	<b>1079</b>	PASJA TEAM	M40	15	00:39:38	01:11:15	03:11:54	04:59:39	07:23:06	09:49:15	<b>10:48:21.70</b>	<b>10:48:21.70</b>	+03:02:26 (28.1%)	9:00	6.7 (72.0%)	
26	<b>PYZIK Ewa</b>	<b>1069</b>	MATNER RUNNING TEAM	K40	1	00:41:57	01:14:43	03:25:57	05:20:06	07:42:48	09:56:45	<b>10:56:32.30</b>	<b>10:56:32.30</b>	+03:10:37 (29.0%)	9:07	6.6 (71.0%)	
27	<b>MAJEWSKI Michał</b>	<b>1048</b>	SPIN FORCE RUNNERS	M40	16	00:37:47	01:06:10	03:07:32	04:58:14	07:26:18	09:53:07	<b>11:02:40.15</b>	<b>11:02:40.15</b>	+03:16:45 (29.7%)	9:12	6.5 (69.9%)	
28	<b>KACZMARCZYK Piotr</b>	<b>1029</b>	SOLPARK KLESZCZÓW	M40	17	00:41:55	01:14:50	03:24:01	05:12:41	07:49:18	10:04:15	<b>11:03:37.70</b>	<b>11:03:37.70</b>	+03:17:42 (29.8%)	9:13	6.5 (69.9%)	
29	<b>DRAGANEK Ewelina</b>	<b>1013</b>		K40	2	00:42:03	01:14:45	03:27:01	05:25:30	07:56:01	10:07:41	<b>11:06:35.95</b>	<b>11:06:35.95</b>	+03:20:40 (30.1%)	9:15	6.5 (69.9%)	
30	<b>WICZKOWSKI Konrad</b>	<b>1090</b>		M30	8	00:37:36	01:07:55	03:12:30	05:24:11	07:40:34	10:12:53	<b>11:07:42.80</b>	<b>11:07:42.80</b>	+03:21:47 (30.2%)	9:16	6.5 (69.9%)	
31	<b>LEWANDOWSKI Bartłomiej</b>	<b>1044</b>	MMUU	M40	18	00:41:17	01:11:05	03:16:12	05:09:57	07:40:44	10:07:53	<b>11:12:26.55</b>	<b>11:12:26.55</b>	+03:26:31 (30.7%)	9:20	6.4 (68.8%)	
32	<b>KOPACZ Katarzyna</b>	<b>1102</b>		K40	3	00:41:02	01:14:46	03:23:54	05:20:09	07:52:26	10:06:41	<b>11:17:36.90</b>	<b>11:17:36.90</b>	+03:31:41 (31.2%)	9:24	6.4 (68.8%)	
33	<b>JĘDZURA Daniel</b>	<b>1027</b>		M40	19	00:39:16	01:09:45	03:13:13	05:10:05	07:41:05	10:06:56	<b>11:17:42.15</b>	<b>11:17:42.15</b>	+03:31:47 (31.3%)	9:24	6.4 (68.8%)	
34	<b>MAZUR Anna</b>	<b>1051</b>	ULTRANQA	K40	4	00:41:57	01:14:57	03:29:01	05:26:57	08:03:41	10:19:17	<b>11:18:39.85</b>	<b>11:18:39.85</b>	+03:32:44 (31.3%)	9:25	6.4 (68.8%)	
35	<b>SADOWSKI Krzysztof</b>	<b>1074</b>		M18	2	00:39:15	01:07:45	03:06:26	04:53:40	07:45:26	10:18:49	<b>11:28:15.60</b>	<b>11:28:15.60</b>	+03:42:20 (32.3%)	9:33	6.3 (67.7%)	
36	<b>LIPOWICZ Łukasz</b>	<b>1045</b>		M40	20	00:41:46	01:11:33	03:21:56	05:20:50	07:53:05	10:24:36	<b>11:33:09.65</b>	<b>11:33:09.65</b>	+03:47:14 (32.8%)	9:37	6.2 (66.7%)	
37	<b>POCHROŃ Marcin</b>	<b>1067</b>		M30	9	00:47:00	01:19:00	03:35:01	05:43:31	08:16:15	10:48:50	<b>11:42:02.35</b>	<b>11:42:02.35</b>	+03:56:07 (33.6%)	9:45	6.2 (66.7%)	
38	<b>GĄSZCZAK Mariusz</b>	<b>1016</b>		M40	21	00:41:18	01:14:53	03:26:47	05:29:05	08:06:53	10:37:53	<b>11:44:06.10</b>	<b>11:44:06.10</b>	+03:58:10 (33.8%)	9:46	6.1 (65.6%)	
39	<b>TOPA Mateusz</b>	<b>1108</b>		M30	10	00:37:46	01:06:24	03:15:17	05:13:07	07:52:20	10:48:32	<b>11:46:47.85</b>	<b>11:46:47.85</b>	+04:00:52 (34.1%)	9:48	6.1 (65.6%)	
40	<b>GILEWICZ-RACHOWSKA Jagoda</b>	<b>1017</b>	MAKSFLY	K30	2	00:43:05	01:17:48	03:35:05	05:41:50	08:15:29	10:48:38	<b>11:47:29.35</b>	<b>11:47:29.35</b>	+04:01:34 (34.1%)	9:49	6.1 (65.6%)	
41	<b>BEDNARZ Krzysztof</b>	<b>1104</b>	TS REGLE	M40	22	00:37:41	01:06:32	03:19:36	05:16:10	08:06:05	10:47:09	<b>11:50:06.10</b>	<b>11:50:06.10</b>	+04:04:10 (34.4%)	9:51	6.1 (65.6%)	
42	<b>JANKOWSKI Krzysztof</b>	<b>1024</b>		M30	11	00:41:31	01:14:49	03:20:24	05:23:20	08:03:16	10:45:55	<b>11:51:36.15</b>	<b>11:51:36.15</b>	+04:05:41 (34.5%)	9:53	6.1 (65.6%)	
43	<b>WALUŚKIEWICZ Artur</b>	<b>1087</b>	SOLA FIDE	M50	2	00:43:57	01:19:18	03:37:25	05:39:15	08:16:41	10:55:12	<b>11:57:26.15</b>	<b>11:57:26.15</b>	+04:11:31 (35.1%)	9:57	6 (64.5%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami					Droga pod Reglami		Czas netto 72km	Czas brutto 72km	Różn	Tempo min/km	Tempo km/h
						6km	Trzy 10km	Odrodzenie 24km	Karpacz 38km	Odrodzenie 51km	64km	72km					
44	<b>KOWALSKI Andrzej</b>	<b>1035</b>		M60	1	00:45:53	01:21:27	03:39:11	05:45:06	08:29:34	10:58:13	<b>12:02:43.75</b>	<b>12:02:43.75</b>	+04:16:48 (35.5%)	10:02	6 (64.5%)	
45	<b>ANTKIEWICZ Kamil</b>	<b>1103</b>		M30	12	00:43:41	01:19:31	03:30:16	05:34:17	08:18:46	10:57:04	<b>12:05:56.75</b>	<b>12:05:56.75</b>	+04:20:01 (35.8%)	10:04	6 (64.5%)	
46	<b>WAWRZUSIAK Dawid</b>	<b>1088</b>		M40	23	00:46:47	01:23:44	03:37:53	05:41:24	08:19:31	11:07:15	<b>12:05:58.35</b>	<b>12:05:58.35</b>	+04:20:03 (35.8%)	10:04	6 (64.5%)	
47	<b>ABRAMOWICZ Agata</b>	<b>1001</b>		K30	3	00:44:29	01:19:53	03:40:07	05:45:21	08:31:10	11:07:09	<b>12:10:33.60</b>	<b>12:10:33.60</b>	+04:24:38 (36.2%)	10:08	5.9 (63.4%)	
48	<b>BIAŁEK Mirosław</b>	<b>1004</b>	WRONIECKI KLUB BIEGACZA	M40	24	00:44:42	01:18:43	03:34:53	05:40:16	08:27:28	11:06:31	<b>12:13:20.90</b>	<b>12:13:20.90</b>	+04:27:25 (36.5%)	10:11	5.9 (63.4%)	
49	<b>NOWICKI Zbigniew</b>	<b>1059</b>		M50	3	00:47:00	01:22:26	03:48:35	06:06:47	08:50:23	11:17:53	<b>12:14:35.50</b>	<b>12:14:35.50</b>	+04:28:40 (36.6%)	10:12	5.9 (63.4%)	
50	<b>SZERMENT Eryk</b>	<b>1081</b>	BBL GORZÓW WIELKOPOLSKI	M40	25	00:47:39	01:23:53	03:51:10	05:57:16	08:50:21	11:15:38	<b>12:18:55.95</b>	<b>12:18:55.95</b>	+04:33:00 (36.9%)	10:15	5.8 (62.4%)	
51	<b>MARCINIAK Rafał</b>	<b>1050</b>	8A.PL	M30	13	00:46:39	01:25:20	03:54:39	05:57:11	08:31:12	11:17:08	<b>12:20:29.20</b>	<b>12:20:29.20</b>	+04:34:34 (37.1%)	10:17	5.8 (62.4%)	
52	<b>BRONOWSKA Justyna</b>	<b>1006</b>		K40	5	00:44:47	01:21:34	03:39:07	05:40:39	08:29:38	11:11:23	<b>12:23:46.00</b>	<b>12:23:46.00</b>	+04:37:50 (37.4%)	10:19	5.8 (62.4%)	
53	<b>GRODZKI Tomasz</b>	<b>1019</b>	ULTRASSCZYZOR	M50	4	00:47:42	01:24:35	03:37:56	05:41:20	08:27:32	11:16:12	<b>12:23:55.30</b>	<b>12:23:55.30</b>	+04:38:00 (37.4%)	10:19	5.8 (62.4%)	
54	<b>PRUSIEWICZ Bartosz</b>	<b>1068</b>	SPACEPRINT.PL	M30	14	00:44:48	01:19:23	03:38:09	05:44:24	08:31:17	11:15:21	<b>12:25:49.10</b>	<b>12:25:49.10</b>	+04:39:53 (37.5%)	10:21	5.8 (62.4%)	
55	<b>HANISZEWSKI Mateusz</b>	<b>1021</b>		M30	15	00:41:17	01:11:57	03:25:13	05:31:24	08:34:39	11:26:35	<b>12:28:49.20</b>	<b>12:28:49.20</b>	+04:42:54 (37.8%)	10:24	5.8 (62.4%)	
56	<b>KOZIOŁ Krzysztof</b>	<b>1037</b>		M40	26	00:44:09	01:19:57	03:41:59	05:49:40	08:32:44	11:18:00	<b>12:29:29.90</b>	<b>12:29:29.90</b>	+04:43:34 (37.8%)	10:24	5.8 (62.4%)	
57	<b>JUROSZEK Józef</b>	<b>1028</b>		M40	27	00:47:37	01:28:34	03:44:12	05:50:20	08:43:06	11:24:27	<b>12:38:00.80</b>	<b>12:38:00.80</b>	+04:52:05 (38.5%)	10:31	5.7 (61.3%)	
58	<b>PIOTROWICZ Michał</b>	<b>1064</b>	ORTHOS TEAM	M30	16	00:45:04	01:21:07	03:32:48	05:34:14	08:29:41	11:32:38	<b>12:50:35.75</b>	<b>12:50:35.75</b>	+05:04:40 (39.5%)	10:42	5.6 (60.2%)	
59	<b>ZMELONEK Piotr</b>	<b>1101</b>	TOWARZYSTWO WISŁA DLA WARSZAWY	M50	5	00:48:53	01:28:28	03:42:33	05:50:24	08:48:09	11:40:02	<b>12:50:40.30</b>	<b>12:50:40.30</b>	+05:04:45 (39.5%)	10:42	5.6 (60.2%)	
60	<b>ZIELIŃSKA Justyna</b>	<b>1099</b>	KS.POSNANIA TRIATHLON	K40	6	00:47:03	01:23:57	03:51:43	06:01:27	08:58:18	11:45:39	<b>12:54:59.40</b>	<b>12:54:59.40</b>	+05:09:04 (39.9%)	10:45	5.6 (60.2%)	
61	<b>IWASZCZYSZYN Tomasz</b>	<b>1022</b>	RMT TEAM & PRZYJACIELE / RATEMYTRAIL.COM	M30	17	00:42:56	01:19:57	03:35:19	05:39:28	08:29:44	11:37:39	<b>12:56:36.10</b>	<b>12:56:36.10</b>	+05:10:40 (40.0%)	10:47	5.6 (60.2%)	
62	<b>KWIECIŃSKA Małgorzata</b>	<b>1041</b>	BRAVEHEARTS LEGIONOWO	K30	4	00:50:34	01:35:03	04:04:15	06:13:47	09:07:36	11:55:15	<b>13:01:56.55</b>	<b>13:01:56.55</b>	+05:16:01 (40.4%)	10:51	5.5 (59.1%)	
63	<b>MUCHA Artur</b>	<b>1107</b>	ENERGY MARKETS	M30	18	00:44:39	01:22:04	03:48:30	05:59:44	08:53:05	11:55:35	<b>13:03:10.10</b>	<b>13:03:10.10</b>	+05:17:14 (40.5%)	10:52	5.5 (59.1%)	
64	<b>LEBODA Katarzyna</b>	<b>1042</b>	WILD DOGS TEAM	K30	5	00:41:56	01:17:19	03:25:09	05:26:54	08:06:14	11:25:02	<b>13:04:20.40</b>	<b>13:04:20.40</b>	+05:18:25 (40.6%)	10:53	5.5 (59.1%)	
65	<b>WALCZAK Łukasz</b>	<b>1086</b>	BYLE DO PRZODUQ	M30	19	00:48:46	01:25:18	03:57:27		09:24:07	12:01:46	<b>13:13:19.80</b>	<b>13:13:19.80</b>	+05:27:24 (41.3%)	11:01	5.4 (58.1%)	
66	<b>PINCZEWSKI Patrik</b>	<b>1109</b>		M50	6	00:50:57	01:33:15	04:04:11	06:32:02	09:21:26	12:17:08	<b>13:19:07.85</b>	<b>13:19:07.85</b>	+05:33:12 (41.7%)	11:05	5.4 (58.1%)	
67	<b>SIKORSKI Dariusz</b>	<b>1076</b>	INSERT TEAM	M40	28	00:44:44	01:19:55	03:35:32	05:45:17	08:41:29	11:59:05	<b>13:24:47.35</b>	<b>13:24:47.35</b>	+05:38:52 (42.1%)	11:10	5.4 (58.1%)	
68	<b>MANEL Mariusz</b>	<b>1049</b>	DRUŻYNA SZPIKU	M50	7	00:46:15	01:23:39	03:48:38	06:06:50	09:11:52	12:15:02	<b>13:30:31.50</b>	<b>13:30:31.50</b>	+05:44:36 (42.5%)	11:15	5.3 (57.0%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami					Droga pod Reglami		Czas netto 72km	Czas brutto 72km	Różn	Tempo min/km	Tempo km/h
						6km	Trzy Jawory 10km	Odrodzenie 24km	Karpacz 38km	Odrodzenie 51km	64km	72km					
69	<b>RYCERSKI Rafał</b>	<b>1071</b>	GRZĄDZIEL TEAM	M40	29	00:41:34	01:15:43	03:35:11	05:54:37	09:12:38	12:27:26	<b>13:38:18.60</b>	<b>13:38:18.60</b>	+05:52:23 (43.1%)	11:21	5.3 (57.0%)	
70	<b>LEWANDOWSKI Rafał</b>	<b>1043</b>	SPC	M40	30	00:44:45	01:18:08	03:41:40	06:01:38	09:00:00	12:11:07	<b>13:40:22.00</b>	<b>13:40:22.00</b>	+05:54:26 (43.2%)	11:23	5.3 (57.0%)	
71	<b>MICHALAK Violetta</b>	<b>1052</b>	LEŚNE SZEPTUCHY	K50	1	00:45:47	01:21:04	03:54:29	06:18:19	09:32:48	12:35:13	<b>13:44:03.25</b>	<b>13:44:03.25</b>	+05:58:08 (43.5%)	11:26	5.2 (55.9%)	
71	<b>GARSTKA Zbigniew</b>	<b>1015</b>	LEŚNE DZIADY TEAM	M40	31	00:45:47	01:21:04	03:54:35	06:18:15	09:32:45	12:35:13	<b>13:44:03.25</b>	<b>13:44:03.25</b>	+05:58:08 (43.5%)	11:26	5.2 (55.9%)	
73	<b>BUDYCH-GÓRZNA Magdalena</b>	<b>1007</b>		K40	7	00:44:42	01:20:40	03:50:55	06:11:42	09:28:38	12:35:41	<b>13:47:54.65</b>	<b>13:47:54.65</b>	+06:01:59 (43.7%)	11:29	5.2 (55.9%)	
74	<b>KRUZEL Rafał</b>	<b>1039</b>	BIEGOWE MISIE	M50	8	00:49:40	01:30:59	04:15:00	06:40:38	09:41:06	12:34:08	<b>13:47:54.80</b>	<b>13:47:54.80</b>	+06:01:59 (43.7%)	11:29	5.2 (55.9%)	
75	<b>PIWOWARSKI Paweł</b>	<b>1066</b>	VULCAN JAWOR	M50	9	00:47:38	01:28:35	04:09:28	06:25:10	09:24:01	12:35:40	<b>13:47:54.90</b>	<b>13:47:54.90</b>	+06:01:59 (43.7%)	11:29	5.2 (55.9%)	
76	<b>PIWOŃSKA Agnieszka</b>	<b>1065</b>		K50	2	00:50:36	01:35:03	04:17:22		09:45:50	12:43:46	<b>13:53:49.30</b>	<b>13:53:49.30</b>	+06:07:54 (44.1%)	11:34	5.2 (55.9%)	
77	<b>JASKÓLSKI Jan</b>	<b>1026</b>		M40	32	00:49:41	01:37:23	04:00:20	06:35:04	09:52:44	12:55:47	<b>13:58:21.20</b>	<b>13:58:21.20</b>	+06:12:26 (44.4%)	11:38	5.2 (55.9%)	
78	<b>ORŁOWSKA Beata</b>	<b>1061</b>	BIEGOLAS KOSZALIN-KOŁOBRZEG	K50	3	00:45:46	01:24:53	04:00:14	06:27:04	09:49:50	12:44:11	<b>13:59:53.60</b>	<b>13:59:53.60</b>	+06:13:58 (44.5%)	11:39	5.1 (54.8%)	
79	<b>KROCZYŃSKI Sławomir</b>	<b>1038</b>	BIEGOLAS KOSZALIN-KOŁOBRZEG	M60	2	00:45:45	01:24:57	04:00:18	06:26:35	09:49:46	12:44:11	<b>13:59:53.75</b>	<b>13:59:53.75</b>	+06:13:58 (44.5%)	11:39	5.1 (54.8%)	
80	<b>SZARANIEC Sebastian</b>	<b>1080</b>	AW - SZYBCIEJ - TEAM / MCBIEGACZE	M40	33	00:44:42	01:20:06	03:40:13	05:59:54	09:16:56	12:38:49	<b>14:01:03.60</b>	<b>14:01:03.60</b>	+06:15:08 (44.6%)	11:40	5.1 (54.8%)	
81	<b>ZIÓŁEK Rafał</b>	<b>1100</b>		M30	20	00:42:18	01:15:53	03:32:54	05:50:30	09:28:43	12:38:51	<b>14:01:04.95</b>	<b>14:01:04.95</b>	+06:15:09 (44.6%)	11:40	5.1 (54.8%)	
82	<b>WAJDA Maciej</b>	<b>1110</b>	SPELEOCLUB WROCŁAW	M40	34	00:53:16	01:31:51	04:02:55	06:30:47	09:44:49	12:51:11	<b>14:15:57.20</b>	<b>14:15:57.20</b>	+06:30:02 (45.6%)	11:53	5 (53.8%)	
83	<b>WÓJCIK Łukasz</b>	<b>1096</b>		M40	35	00:48:54	01:28:31	03:52:21	06:11:17	09:35:51	12:53:55	<b>14:17:03.15</b>	<b>14:17:03.15</b>	+06:31:08 (45.6%)	11:54	5 (53.8%)	
84	<b>ŁATWIŃSKI Mateusz</b>	<b>1046</b>	KAMIL LEŚNIAK TEAM	M18	3	00:44:38	01:19:38	03:44:22	06:03:06	09:24:04	12:59:23	<b>14:33:18.15</b>	<b>14:33:18.15</b>	+06:47:23 (46.6%)	12:07	4.9 (52.7%)	
85	<b>JANKOWSKI Adam</b>	<b>1025</b>	ULTRAWAY.PL RUNNING TEAM	M30	21	00:47:34	01:27:29	04:04:01	06:41:22	10:19:05	13:21:38	<b>14:36:16.00</b>	<b>14:36:16.00</b>	+06:50:20 (46.8%)	12:10	4.9 (52.7%)	
86	<b>WREMBEL Przemysław</b>	<b>1097</b>		M40	36	00:46:31	01:25:24	04:09:35	06:40:40	10:09:48	13:34:48	<b>15:01:44.20</b>	<b>15:01:44.20</b>	+07:15:49 (48.3%)	12:31	4.8 (51.6%)	
87	<b>NOWAKOWSKI Mirosław</b>	<b>1058</b>		M50	10	00:49:58	01:29:11	04:09:23	06:44:58	10:11:14	13:34:53	<b>15:02:15.95</b>	<b>15:02:15.95</b>	+07:16:20 (48.4%)	12:31	4.8 (51.6%)	
88	<b>MITASZEWSKI Przemysław</b>	<b>1055</b>	VULCAN JAWOR	M40	37	00:47:38	01:28:35	04:09:32	06:44:47	10:11:53	13:35:17	<b>15:02:16.00</b>	<b>15:02:16.00</b>	+07:16:20 (48.4%)	12:31	4.8 (51.6%)	
89	<b>STEFANIAK Emilia</b>	<b>1078</b>		K40	8	00:50:48	01:35:48	04:21:17	07:03:22		13:45:07	<b>15:10:05.30</b>	<b>15:10:05.30</b>	+07:24:10 (48.8%)	12:38	4.7 (50.5%)	
90	<b>ŚLUSAREK Grzegorz</b>	<b>1083</b>	PONADWSZYSTKO	M40	38	00:50:02	01:30:38	04:04:57	06:41:12	10:19:33	13:45:12	<b>15:10:05.80</b>	<b>15:10:05.80</b>	+07:24:10 (48.8%)	12:38	4.7 (50.5%)	
91	<b>KOZIEŁ Tadeusz</b>	<b>1036</b>	SZCZĘŚCIARZ BIEGA	M30	22	00:50:35	01:35:04	04:17:19	06:44:21	09:55:26	13:24:02	<b>15:17:15.75</b>	<b>15:17:15.75</b>	+07:31:20 (49.2%)	12:44	4.7 (50.5%)	
92	<b>SKRZYPCZAK Rafał</b>	<b>1077</b>		M40	39	00:49:41	01:37:22		06:55:49		13:54:40	<b>15:27:10.40</b>	<b>15:27:10.40</b>	+07:41:15 (49.7%)	12:52	4.7 (50.5%)	
93	<b>KLÓSKA Katarzyna</b>	<b>1032</b>		K40	9	00:51:27	01:34:58	04:46:23	07:44:20	11:08:01	14:13:52	<b>15:39:56.35</b>	<b>15:39:56.35</b>	+07:54:01 (50.4%)	13:03	4.6 (49.5%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami					Droga pod Reglami		Czas netto 72km	Czas brutto 72km	Różn	Tempo min/km	Tempo km/h
						6km	Trzy 10km	Odrodzenie 24km	Karpacz 38km	Odrodzenie 51km	64km	72km					
94	<b>SZYMANKIEWICZ Edyta</b>	<b>1082</b>	CROSS STRACENCÓW TEAM	K50	4	00:50:37	01:35:05	04:21:36	07:08:23	10:45:41	14:14:40	<b>15:49:48.60</b>	<b>15:49:48.60</b>	+08:03:53 (50.9%)	13:11	4.5 (48.4%)	
95	<b>WOLNIEWICZ Marcin</b>	<b>1095</b>		M40	40	00:47:15	01:25:25	04:04:21	06:40:05	10:15:23	14:15:04	<b>15:50:36.70</b>	<b>15:50:36.70</b>	+08:04:41 (51.0%)	13:12	4.5 (48.4%)	
96	<b>GWOŹDZIEWICZ Tomasz</b>	<b>1113</b>		M40	41	00:49:38	01:33:50	04:34:52	07:34:35	11:06:39	14:19:55	<b>15:51:33.05</b>	<b>15:51:33.05</b>	+08:05:37 (51.0%)	13:12	4.5 (48.4%)	
<b>Przekroczony limit czasu: 16:00:00</b>																	
97	<b>WACHOWSKA Katarzyna</b>	<b>1085</b>	SMOK TRÓJGŁOWY	K30	6	00:50:12	01:30:35	04:15:27	07:20:04	11:05:57	14:42:15	<b>16:13:03.10</b>	<b>16:13:03.10</b>	+08:27:07 (52.1%)	13:30	4.4 (47.3%)	
	<b>ANKIEWICZ Stefan</b>	<b>1002</b>	BRACTWO BIEGOWE BGK	M40		00:42:23 DNF	01:17:20 DNF	03:25:01 DNF	05:39:31 DNF	09:07:42 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)	
	<b>WIKLIŃSKA Iga</b>	<b>1091</b>		K18		00:43:21 DNF	01:17:22 DNF	03:36:30 DNF	05:44:39 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)	
	<b>HALINIAK Marek</b>	<b>1020</b>	NKB CHYŻY NOWY TOMYŚL	M40		00:45:12 DNF	01:20:52 DNF	04:09:39 DNF	07:08:14 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)	
	<b>ŁUCZKÓW Andrzej</b>	<b>1047</b>		M50		00:51:41 DNF	01:33:35 DNF	04:23:11 DNF	07:20:12 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)	
	<b>DOMINIAK Marcin</b>	<b>1012</b>		M50		00:44:43 DNF	01:22:11 DNF	03:52:02 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)	
	<b>SADKOWSKI Arkadiusz</b>	<b>1073</b>	ŁYSE PAŁY	M30		00:47:37 DNF	01:26:34 DNF	03:58:05 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)	
	<b>WOJCIECHOWICZ Jacek</b>	<b>1093</b>	PASJA TEAM	M40		00:39:41 DNF	01:11:14 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)	

Znaleziono 104 wynik(ów)