



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

RUDAWY ZIMOWY FESTIWAL BIEGOWY
Fundacja Szczyt za Szczytem
2022-02-19
Karpniki
60.5 km

SZEŚĆDZIESIĄTKA

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zamek Bolczów 8km	Kolorowe Jeziorka 19.5km	Wielka Kopa 22.5km	Mała Ostra 29km	Rudnik 36km	Przełęcz Kowarska 38km	Starościńskie Skąły 56km	Czas netto 60.5km	Czas brutto 60.5km	Różn	Tempo min/km	Tempo km/h
1	SADOWSKI Paweł	844	DRÄXLMAIER.	M30	1	00:58:27	02:01:40	02:31:44	03:21:12	04:15:01	04:22:20	06:14:10	06:35:45.50	06:35:53.00		6:32	9.2 (100%)
2	JUDA Witold	839		M40	1	00:59:46	02:04:14	02:36:57	03:29:32	04:24:17	04:32:07	06:28:01	06:48:09.60	06:48:11.60	+00:12:18 (3.0%)	6:44	8.9 (96.7%)
3	GADZIMSKI Michał	837		M40	2	01:00:55	02:05:06	02:36:45	03:31:09	04:27:52	04:36:28	06:42:12	07:02:02.95	07:02:05.00	+00:26:12 (6.2%)	6:58	8.6 (93.5%)
4	BIELAWA Rafał	850	INOV8TEAMPOLSKA	M40	3	01:03:52	02:06:29	02:37:09	03:31:48	04:26:43	04:34:55	06:42:46	07:02:54.35	07:02:58.75	+00:27:05 (6.4%)	6:59	8.6 (93.5%)
5	KLINCEWICZ Cezary	840		M40	4	01:05:45	02:07:25	02:40:04	03:37:13	04:33:17	04:40:52	06:43:00	07:03:38.10	07:03:40.80	+00:27:47 (6.6%)	7:00	8.6 (93.5%)
6	PIOTROWSKI Marek	751	SKLEP BIEGACZA RUNNING TEAM / KILOMETRY POMOCY	M30	2	01:04:01	02:06:31	02:39:56	03:37:07	04:33:33	04:43:59	06:50:56	07:13:42.00	07:13:45.45	+00:37:52 (8.7%)	7:10	8.4 (91.3%)
7	ŁYJAK Błażej	796	RATEMYTRAIL	M40	5	01:04:04	02:07:27		03:33:29	04:32:21	04:42:22	06:50:56	07:13:41.95	07:13:53.40	+00:38:00 (8.8%)	7:10	8.4 (91.3%)
8	PIEKIELNY Mariusz	816		M40	6	01:05:50	02:08:51	02:42:46	03:40:43	04:38:56	04:48:29	06:53:37	07:17:00.80	07:17:00.80	+00:41:07 (9.4%)	7:13	8.3 (90.2%)
9	BODANKA Piotr	805	APAMA ACOUSTIC PROJECT	M40	7	01:04:08	02:07:29	02:42:53	03:40:34	04:37:46	04:45:02	06:58:40	07:20:32.35	07:20:35.80	+00:44:42 (10.1%)	7:16	8.2 (89.1%)
10	EICHNER Dominik	820		M20	1	01:05:53	02:14:23	02:50:06	03:47:37	04:47:53	04:57:36	07:01:16	07:23:40.50	07:23:43.00	+00:47:50 (10.8%)	7:20	8.2 (89.1%)
11	WIECZORKIEWICZ Zbigniew	759		M30	3	01:07:49	02:17:20	02:50:02	03:47:30	04:50:05	04:59:46	07:15:41	07:40:19.50	07:40:21.40	+01:04:28 (14.0%)	7:36	7.9 (85.9%)
12	FAJKS Marcin	744	BIEGOWYWIRUS	M40	8	01:02:32	02:08:20	02:45:07	03:46:02	04:53:38	05:03:40	07:22:35	07:46:38.40	07:46:41.65	+01:10:48 (15.2%)	7:42	7.8 (84.8%)
13	FARGANUS Robert	703	ZABIEGANI Z LEŚNEJ	M40	9	01:05:54	02:13:32		03:48:41	04:57:45	05:10:14	07:24:37	07:50:21.45	07:50:26.70	+01:14:33 (15.8%)	7:46	7.7 (83.7%)
14	NOWAK Marcin	808		M30	4	03:32:46			04:08:08	05:06:40	05:17:44	07:30:37	07:54:38.60	07:54:51.70	+01:18:58 (16.6%)	7:50	7.6 (82.6%)
15	ZDĄBŁARZ Marcin	766		M30	5	01:28:59	02:30:12	03:05:05	04:08:33	05:07:33	05:17:50	07:29:46	07:54:45.55	07:54:51.80	+01:18:58 (16.6%)	7:50	7.6 (82.6%)
16	BIAŁEK Marcin	712	SWEETTRAVEL	M30	6	01:14:47	02:28:46		04:10:28	05:15:54	05:28:50	07:32:08	07:56:30.25	07:56:52.60	+01:20:59 (17.0%)	7:52	7.6 (82.6%)
17	KOŚCIELNIAK Wioletta	702	RUNNERS TEAM NYSA	K40	1	01:29:54	02:31:47		04:08:29	05:10:45	05:20:23	07:39:48	08:05:14.30	08:05:20.80	+01:29:27 (18.4%)	8:01	7.5 (81.5%)
18	ZIMKOWSKI Marcin	775	KGHM ZG RUN	M30	7	01:05:50	02:17:19		04:03:36	05:10:12	05:20:23	07:45:41	08:07:22.90	08:07:25.20	+01:31:32 (18.8%)	8:03	7.4 (80.4%)
19	STEFANIAK Łukasz	765		M40	10	01:14:46	02:25:44		04:03:57	05:13:08	05:23:57	07:45:33	08:08:43.85	08:08:47.90	+01:32:54 (19.0%)	8:04	7.4 (80.4%)
20	PODBIELSKI Krystian	714	KAJA TEAM	M40	11	01:15:04	02:29:46		04:10:33	05:18:45	05:29:35	07:45:50	08:10:35.00	08:10:43.65	+01:34:50 (19.3%)	8:06	7.4 (80.4%)
21	SZCZĘSNY Maciej	842		M40	12	01:11:20	02:23:13		04:05:12	05:11:16	05:21:33	07:54:28	08:17:16.70	08:17:25.10	+01:41:32 (20.4%)	8:13	7.3 (79.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zamek	Kolorowe	Wielka	Mała	Rudnik	Przełęcz	Starościńskie	Czas	Czas	Różn	Tempo	Tempo
						Bolczów	Jeziorka	Kopa	Ostra				netto	brutto			
22	BEGASIEWICZ Monika	846	MKL SZCZECIN	K40	2	01:14:54	02:29:13		04:12:03	05:20:39	05:31:27	07:54:40	08:22:25.10	08:22:28.95	+01:46:35 (21.2%)	8:18	7.2 (78.3%)
23	ŻAK Robert	782	TYGRIS & BIEDRONKA	M40	13	01:28:46	02:37:59		04:18:19	05:26:38	05:39:56	08:01:06	08:22:59.65	08:23:05.10	+01:47:12 (21.3%)	8:18	7.2 (78.3%)
24	PACZUSKI Michał	813		M40	14	01:18:12	02:32:01	03:12:12	04:15:40	05:22:40	05:33:27	07:58:14	08:25:45.75	08:25:52.90	+01:49:59 (21.7%)	8:21	7.2 (78.3%)
25	STACHURA Damian	758		M30	8	01:05:57	02:14:28	02:51:40	03:56:33	05:09:42	05:21:00	08:01:21	08:27:42.30	08:27:47.85	+01:51:54 (22.0%)	8:23	7.1 (77.2%)
26	LIPOWICZ Łukasz	705		M40	15	01:28:50	02:34:27		04:16:16	05:22:59	05:34:40	08:05:13	08:31:25.70	08:31:31.25	+01:55:38 (22.6%)	8:27	7.1 (77.2%)
27	ŻYŻA Piotr	717	ATLETICS TEAM PRUSICE	M40	16	01:14:40	02:25:52		04:12:18	05:24:35	05:35:35	08:08:44	08:35:30.85	08:35:37.40	+01:59:44 (23.2%)	8:31	7 (76.1%)
28	STĘPAK Włodzimierz	803		M50	1	01:28:41	02:34:01	03:12:41	04:20:01	05:28:51	05:40:52	08:09:57	08:36:03.70	08:36:22.80	+02:00:29 (23.3%)	8:31	7 (76.1%)
29	SZELUK Grzegorz	737	DZIEWIĘĆ SIŁ	M40	17	01:29:51	02:36:18		04:21:32	05:32:44	05:45:27	08:18:39	08:43:09.85	08:43:16.00	+02:07:23 (24.3%)	8:38	6.9 (75.0%)
30	DARMETKO Rafał	781		M30	9	01:14:59	02:29:09		04:14:58	05:26:26	05:40:08	08:26:57	08:44:06.90	08:44:14.20	+02:08:21 (24.5%)	8:39	6.9 (75.0%)
31	MENDYKA Łukasz	819	KB AKTYWNI ŚRODA WLKP.	M30	10	01:36:50	02:47:12		04:35:38	05:44:52	05:56:51	08:22:55	08:44:31.55	08:44:40.25	+02:08:47 (24.5%)	8:40	6.9 (75.0%)
32	DUBINSKAS Arunas	823		M40	18	01:29:36	02:36:27		04:23:49	05:34:02	05:47:38	08:26:11	08:44:49.55	08:45:09.00	+02:09:16 (24.6%)	8:40	6.9 (75.0%)
33	JANCZ Tomasz	753		M50	2	01:28:35	02:32:34		04:20:26	05:30:24	05:42:57	08:22:04	08:46:20.75	08:46:29.25	+02:10:36 (24.8%)	8:41	6.9 (75.0%)
34	CALICKI Łukasz	831	147ULTRA, NCDC	M40	19	01:28:44	02:31:22	03:13:12	04:21:02	05:31:30	05:44:10	08:26:17	08:47:30.90	08:47:35.25	+02:11:42 (25.0%)	8:43	6.9 (75.0%)
35	SKOWRON Radosław	743	WARCZĄC ODBYTEM	M40	20	01:35:04	02:40:22		04:30:19	05:41:00	05:53:19	08:21:18	08:47:48.75	08:48:07.15	+02:12:14 (25.0%)	8:43	6.9 (75.0%)
36	SKORUPIŃSKI Piotr	728		M40	21	01:30:04	02:35:47		04:23:47	05:35:19	05:47:26	08:27:53	08:48:48.30	08:48:55.70	+02:13:02 (25.2%)	8:44	6.9 (75.0%)
37	BURMAN Michał	704	AKTYWNI RAZEM	M40	22	01:14:55	02:29:02	03:11:18	04:21:59	05:35:10	05:47:53	08:27:36	08:50:19.80	08:50:24.95	+02:14:31 (25.4%)	8:45	6.8 (73.9%)
38	KRÓL Marcin	801		M40	23	01:37:29	02:52:33		04:39:37	05:48:33	06:02:13	08:31:51	08:58:55.75	08:59:16.65	+02:23:23 (26.6%)	8:54	6.7 (72.8%)
39	KASZKOWIAK Bogumił	800	WRONKI	M40	24	01:37:47	02:52:01		04:46:03	05:58:19	06:10:24	08:46:18	09:11:37.40	09:11:49.45	+02:35:56 (28.3%)	9:07	6.6 (71.7%)
40	DREGER Dariusz	792		M50	3	01:35:15	02:42:24		04:34:14	05:49:22	06:05:23	08:43:11	09:12:36.70	09:12:53.25	+02:37:00 (28.4%)	9:08	6.6 (71.7%)
41	SPECHT Mikołaj	833		M40	25	01:17:53	02:34:37		04:27:33	05:43:43	05:59:55	08:41:39	09:12:56.35	09:13:01.35	+02:37:08 (28.4%)	9:08	6.6 (71.7%)
42	ZAJĄC Sebastian	788	BIEGOWA ŚWIDNICA	M40	26	01:34:48	02:42:49		04:43:57	06:02:18	06:17:50	08:52:39	09:14:12.35	09:14:25.00	+02:38:32 (28.6%)	9:09	6.5 (70.7%)
43	SZEWCZENKO Agnieszka	730	KLUB BIEGACZA BOLESŁAWIEC	K30	1	01:30:11	02:40:23		04:38:00	05:55:41	06:08:48	08:45:27	09:14:41.10	09:14:45.60	+02:38:52 (28.6%)	9:10	6.5 (70.7%)
44	CEBULA Grzegorz	760		M50	4	01:30:09	02:40:21		04:37:40	05:55:33	06:08:48	08:45:50	09:14:40.90	09:14:45.75	+02:38:52 (28.6%)	9:10	6.5 (70.7%)
45	DEINIUK Roman	755		M30	11	01:36:53	02:51:43		04:48:13	06:02:28	06:16:10	08:51:11	09:14:47.95	09:15:02.40	+02:39:09 (28.7%)	9:10	6.5 (70.7%)
46	OLESEK Magdalena	721		K30	2	01:30:18	02:47:15		04:41:42	05:53:31	06:05:52	08:50:47	09:21:09.35	09:21:12.50	+02:45:19 (29.5%)	9:16	6.5 (70.7%)
47	RAJKOWSKI Tomasz	749	FC EIRE DIVISION	M30	12	01:37:04	02:51:50		04:48:37	06:01:29	06:19:01	08:53:48	09:22:36.80	09:22:44.70	+02:46:51 (29.7%)	9:17	6.5 (70.7%)
48	HETMAN Łukasz	780		M40	27	01:28:55	02:35:59		04:34:02		06:07:08	08:52:24	09:22:56.40	09:23:04.40	+02:47:11 (29.7%)	9:18	6.4 (69.6%)
49	JERKA Marek	858		M40	28	01:35:14	02:44:47		04:35:13	05:54:55	06:05:25	08:51:38	09:22:54.45	09:23:14.50	+02:47:21 (29.7%)	9:18	6.4 (69.6%)
50	GAŁKA Grzegorz	748		M40	29	01:36:44	02:47:18		04:36:07	05:53:14	06:07:15	08:57:59	09:28:56.70	09:29:14.25	+02:53:21 (30.5%)	9:24	6.4 (69.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zamek	Kolorowe	Wielka	Mała	Rudnik	Przełęcz	Starościńskie	Czas	Czas	Różn	Tempo	Tempo
						Bolczów	Jeziorka	Kopa	Ostra		Kowarska	Skały	netto	brutto			
51	PAŻUCHA Wojciech	827											09:34:18.30	09:34:41.10	+02:58:48 (31.1%)	9:29	6.3 (68.5%)
52	WOJCIECHOWSKI Dariusz	826	KRAKOWIAK ULTRA TEAM / GÓRAL Z MAZUR RUNNING TEAM	M40	31	01:35:04	02:41:12		04:44:32	05:57:52	06:12:41	09:01:53	09:34:19.50	09:34:41.40	+02:58:48 (31.1%)	9:29	6.3 (68.5%)
53	GRUBICH Damian	732	PARKRUN GRUDZIĄDZ	M40	32	01:36:50	02:52:26		04:46:33	06:07:09	06:20:08	09:05:52	09:36:39.65	09:36:54.70	+03:01:01 (31.4%)	9:31	6.3 (68.5%)
54	DAWIDZIAK Arkadiusz	794	GARMIN WROCŁAW	M30	13	01:35:12	02:47:52		04:54:14	06:10:06	06:24:54	09:12:41	09:37:11.55	09:37:18.10	+03:01:25 (31.4%)	9:32	6.3 (68.5%)
55	KACZOROWSKI Michał	757	KWIDZYN BIEGA	M30	14	01:45:18	03:00:42		04:59:12	06:14:02	06:35:47	09:10:56	09:37:33.85	09:37:54.60	+03:02:01 (31.5%)	9:32	6.3 (68.5%)
56	WARZECHA Teresa	731	RANNERS TEAM NYSA	K60	1	01:35:36	02:48:58		04:47:04	06:05:25	06:20:24	09:10:06	09:40:13.65	09:40:21.50	+03:04:28 (31.8%)	9:35	6.3 (68.5%)
57	GOSTYŃSKI Krzysztof	741	RUCZAJ ULTRA TEAM	M40	33	01:38:43	03:03:15		05:03:31	06:19:06	06:29:02	09:18:08	09:41:52.80	09:42:17.10	+03:06:24 (32.0%)	9:37	6.2 (67.4%)
58	GIBAŁA Marcin	774	BIEGAM I POMAGAM	M50	5	01:30:05	02:47:04		04:42:46	06:04:04	06:22:25	09:12:16	09:42:13.05	09:42:26.25	+03:06:33 (32.0%)	9:37	6.2 (67.4%)
59	JARUS Andrzej	722	POLISH WINGS	M40	34	01:36:41	02:47:13		04:43:38	05:57:46	06:11:41	09:09:50	09:44:51.20	09:45:00.95	+03:09:07 (32.3%)	9:40	6.2 (67.4%)
60	PIETRUCHA Jakub	809		M30	15	01:40:26	02:58:12		04:56:59	06:15:58	06:32:54	09:22:41	09:47:04.60	09:47:29.00	+03:11:36 (32.6%)	9:42	6.2 (67.4%)
60	TEJWAN Leszek	799	STG WARSZAWA	M40	35	01:40:17	02:58:14		04:56:29	06:15:37	06:32:54	09:24:41	09:47:03.25	09:47:29.00	+03:11:36 (32.6%)	9:42	6.2 (67.4%)
62	BEDNAREK Anna	776	SPARTAN TRAINING GROUP WARSZAWA	K30	3	01:40:31	02:58:14		04:56:57	06:15:21	06:32:55	09:22:27	09:47:05.35	09:47:29.25	+03:11:36 (32.6%)	9:42	6.2 (67.4%)
63	KOCEMBA Kamil	742	KĘCKIE HARPAGANY	M30	16	01:35:01	02:50:15		04:59:27	06:27:13	06:50:23	09:21:30	09:47:28.85	09:47:38.40	+03:11:45 (32.6%)	9:42	6.2 (67.4%)
64	KRZYWDZIŃSKI Bartłomiej	711		M40	36	03:22:01			05:01:15	06:18:44	06:34:19	09:21:00	09:48:50.55	09:49:01.90	+03:13:08 (32.8%)	9:43	6.2 (67.4%)
65	WOŁOSZYN Mariusz	708	FUNDACJA PRZEJŚCIE KOTLINY	M50	6	01:28:49	02:57:55		04:58:36	06:21:12	06:36:49		09:49:59.60	09:50:08.60	+03:14:15 (32.9%)	9:45	6.2 (67.4%)
66	PATYK Mirek	770		M40	37	01:30:10	02:46:04		04:45:22	06:07:20	06:31:09	09:24:35	09:51:25.60	09:51:39.10	+03:15:46 (33.1%)	9:46	6.1 (66.3%)
67	PIEKARSKI Łukasz	754		M30	17	01:29:44	02:37:34		04:39:20	06:06:51	06:26:04	09:21:49	09:54:40.20	09:54:58.40	+03:19:05 (33.5%)	9:49	6.1 (66.3%)
68	SPYCHALSKI Zbigniew	762	TKKF KOLEJARZ BYDGOSZCZ	M60	1	01:29:47	02:37:35		04:38:13	06:07:03	06:26:04	09:22:19	09:54:40.05	09:54:58.45	+03:19:05 (33.5%)	9:49	6.1 (66.3%)
69	KONOPSKI Piotr	834		M30	18		03:00:43		04:58:32	06:13:46	06:35:46	09:25:34	09:55:33.65	09:55:55.15	+03:20:02 (33.6%)	9:50	6.1 (66.3%)
70	MILEWICZ Daniel	814		M30	19	01:37:10	02:59:47		05:05:30	06:22:59	06:34:20	09:25:25	09:57:10.75	09:57:21.80	+03:21:28 (33.7%)	9:52	6.1 (66.3%)
71	PROKOPIUK Grzegorz	747	SZWAGRY DWA	M40	38	01:36:46	02:51:28		04:57:43	06:17:05	06:34:52	09:26:35	10:01:36.30	10:01:46.50	+03:25:53 (34.2%)	9:56	6 (65.2%)
72	ZADROŻNY Piotr	829		M30	20	01:43:20	03:01:30		05:03:00	06:21:24	06:39:22	09:37:20	10:03:46.15	10:04:20.05	+03:28:27 (34.5%)	9:58	6 (65.2%)
73	GARSTKA Zbigniew	768		M40	39	01:37:00	02:54:17		04:56:09	06:20:31	06:36:01	09:35:31	10:04:18.60	10:04:32.60	+03:28:39 (34.5%)	9:59	6 (65.2%)
74	LIS Paweł	851		M40	40	01:35:03	02:47:30		04:54:46	06:19:42	06:38:12	09:38:05	10:06:04.00	10:06:30.85	+03:30:37 (34.7%)	10:01	6 (65.2%)
75	POTOCKI Maciej	802	ORANGE POLSKA	M50	7	01:39:04	03:01:05		05:09:31	06:28:27	06:45:52	09:37:30	10:07:10.90	10:07:21.80	+03:31:28 (34.8%)	10:02	6 (65.2%)
76	NARECKI Jarosław	710		M50	8	01:38:56	03:00:41		05:10:09	06:27:20	06:42:37	09:36:17	10:08:22.05	10:08:36.35	+03:32:43 (35.0%)	10:03	6 (65.2%)
77	DEC Mirosław	787	TRUCHT TEAM OPOLE	M40	41	01:45:03	03:03:38		05:08:18	06:24:50	06:41:51	09:37:05	10:08:31.90	10:08:53.95	+03:33:00 (35.0%)	10:03	6 (65.2%)
78	MATYSIAK Marcin	789	ULTRAWYRYP.PL	M40	42	01:37:40	02:56:17		05:01:37	06:24:35	06:44:53	09:39:10	10:09:01.80	10:09:16.75	+03:33:23 (35.0%)	10:03	6 (65.2%)
79	SZCZUREK Mariusz	783	AGROAS TEAM	M40	43	01:36:48	02:53:07		04:59:55	06:18:43	06:29:40	09:36:51	10:10:01.30	10:10:07.15	+03:34:14 (35.1%)	10:04	6 (65.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zamek Bolczów 8km	Kolorowe Jeziorka 19.5km	Wielka Kopa 22.5km	Mała Ostra 29km	Rudnik 36km	Przełęcz Kowarska 38km	Starościńskie Skały 56km	Czas netto 60.5km	Czas brutto 60.5km	Różn	Tempo min/km	Tempo km/h
80	FLASIŃSKI Michał	798		M30	21	01:37:45	03:01:14		05:06:11	06:24:03	06:41:46	09:41:43	10:14:49.15	10:15:06.25	+03:39:13 (35.6%)	10:09	5.9 (64.1%)
81	BOMBA Alina	734		K30	4	01:39:04	02:58:19		05:08:17	06:25:15	06:41:49	09:42:41	10:16:26.15	10:16:38.25	+03:40:45 (35.8%)	10:11	5.9 (64.1%)
82	KŁOSEK Jacek	836	100 MARATHON CLUB POLAND	M30	22	01:45:27	03:09:14		05:15:52	06:36:56	06:51:22	09:46:37	10:17:26.40	10:17:43.95	+03:41:50 (35.9%)	10:12	5.9 (64.1%)
83	BOROWIAK Piotr	838		M40	44	01:45:34	03:09:14		05:15:22	06:37:01	06:51:28	09:47:19	10:17:26.25	10:17:44.05	+03:41:51 (35.9%)	10:12	5.9 (64.1%)
84	SKORUPIŃSKA Katarzyna	806		K40	3	01:36:56	02:59:54		05:06:58	06:25:40	06:42:22	09:46:30	10:19:42.15	10:19:48.70	+03:43:55 (36.1%)	10:14	5.9 (64.1%)
85	POMASKI Paweł	735	DOGOŃ GRODZISK MAZOWIECKI	M50	9	01:40:34	03:10:00		05:18:52	06:45:31	07:00:33	09:51:42	10:19:57.05	10:20:07.60	+03:44:14 (36.2%)	10:14	5.9 (64.1%)
86	GRAU Joanna	750	KWIDZYN BIEGA	K40	4	01:46:33	03:20:53		05:28:56	06:46:40	07:01:51	09:52:01	10:19:49.70	10:20:09.45	+03:44:16 (36.2%)	10:14	5.9 (64.1%)
87	ZIÓŁEK Rafał	824		M30	23	01:39:01	02:57:38		05:00:09	06:22:31	06:41:48	09:45:46	10:20:09.70	10:20:27.90	+03:44:34 (36.2%)	10:15	5.9 (64.1%)
88	ŁABĘDZKI Mariusz	701	STARGARD JA SIĘ NIE ŚCIGAM	M40	45	01:39:36	02:59:50		05:07:55	06:23:44	06:41:30	09:43:25	10:19:19.75	10:20:31.35	+03:44:38 (36.2%)	10:14	5.9 (64.1%)
89	GAJEWSKI Sebastian	740		M30	24	01:38:11	02:59:48		05:08:18	06:23:51	06:41:31	09:44:24	10:19:20.35	10:20:31.50	+03:44:38 (36.2%)	10:14	5.9 (64.1%)
90	OCHOTA Rafał	720		M40	46	01:43:43	03:09:31		05:12:49	06:33:54	06:51:33	09:49:34	10:20:48.40	10:22:54.20	+03:47:01 (36.4%)	10:15	5.8 (63.0%)
91	WYSOCCAŃSKI Adrian	830	PIETRZYKOWICE	M40	47	01:47:05	03:22:40		05:35:21	07:06:21	07:27:54	09:58:20	10:25:14.55	10:25:21.65	+03:49:28 (36.7%)	10:20	5.8 (63.0%)
92	GOLBIAK Wojciech	849		M40	48	01:34:55	02:42:27		04:41:17	06:04:59	06:57:40	09:54:01	10:27:12.20	10:27:21.75	+03:51:28 (36.9%)	10:22	5.8 (63.0%)
93	KROCZYŃSKI Sławomir	772		M60	2	01:43:58	03:06:45		05:17:49	06:36:41	06:54:25	09:55:01	10:28:20.65	10:28:24.90	+03:52:31 (37.0%)	10:23	5.8 (63.0%)
94	FICNER Iwona	791	FSD RUN DREZDENKO	K40	5	01:43:56	03:06:51		05:18:27	06:36:46	06:53:36	09:55:16	10:28:21.35	10:28:25.20	+03:52:32 (37.0%)	10:23	5.8 (63.0%)
95	RECZUCH Andrzej	771	DYWIZJON 102	M40	49	01:45:14	03:00:51		05:02:34	06:24:18	06:38:32	09:57:00	10:36:01.55	10:36:17.20	+04:00:24 (37.8%)	10:30	5.7 (62.0%)
96	MICHALSKI Dariusz	785	BIEGACZE JUNIORA-RUNNERS TEAM	M30	25	01:40:28	03:00:58		05:07:52	06:32:45	06:53:10	10:05:20	10:39:12.35	10:39:23.85	+04:03:30 (38.1%)	10:33	5.7 (62.0%)
96	WOJCIECHOWSKI Paweł	769	BIEGACZE JUNIORA_RUNNERS TEAM	M40	50	01:40:25	03:00:57		05:07:44	06:32:42	06:53:10	10:05:37	10:39:12.65	10:39:23.85	+04:03:30 (38.1%)	10:33	5.7 (62.0%)
98	WIŚNIEWSKI Artur	821		M40	51	01:45:14	03:08:04		05:19:46	06:49:04	07:03:19	10:05:50	10:42:05.80	10:42:27.30	+04:06:34 (38.4%)	10:36	5.7 (62.0%)
99	NOWACKI Adam	786	STG WARSZAWA	M20	2	01:37:09	02:58:36		05:10:08	06:35:22	06:56:04	10:07:39	10:42:31.80	10:42:39.95	+04:06:46 (38.4%)	10:37	5.6 (60.9%)
100	KOWALCZYK Paweł	733	KĘCKIE HARPAGANY	M40	52	01:35:05	02:48:25		04:58:19	06:26:30	06:50:29	10:10:42	10:45:58.95	10:46:01.35	+04:10:08 (38.7%)	10:40	5.6 (60.9%)
101	GAŁEK Wojciech	706	RAPI POLSKA / NO PAIN NO GAIN	M40	53	01:46:59	03:22:30		05:35:46	07:07:10	07:27:40	10:22:07	10:58:32.10	10:58:39.50	+04:22:46 (39.9%)	10:53	5.5 (59.8%)
102	WREMBEL Przemysław	793		M40	54	01:37:56	03:06:03		05:21:20	06:50:12	07:09:58	10:24:00	10:58:29.05	10:58:42.10	+04:22:49 (39.9%)	10:53	5.5 (59.8%)
103	CZURYŃSKA Wioleta	727	POKOCHAJ BIEGANIE	K40	6	01:38:52	03:07:44		05:39:13	06:58:45	07:12:40	10:27:34	11:02:51.35	11:03:01.55	+04:27:08 (40.3%)	10:57	5.5 (59.8%)
104	WOŻNA Magdalena	845	STOWARZYSZENIE NOWE GRANICE	K40	7	01:47:12	03:23:39		05:37:25	07:03:15	07:23:28	10:29:45	11:07:38.05	11:07:50.35	+04:31:57 (40.7%)	11:02	5.4 (58.7%)
105	BEM Piotr	725		M40	55	01:37:59	03:05:58		05:16:53	06:48:54	07:09:42	10:32:28	11:11:25.10	11:11:33.10	+04:35:40 (41.0%)	11:05	5.4 (58.7%)
106	KATA Wiesław	709		M50	10	01:43:49	03:05:51		05:10:39	06:37:17	07:09:35	10:33:28	11:11:20.05	11:11:36.30	+04:35:43 (41.1%)	11:05	5.4 (58.7%)
107	LASKOWSKI Tomasz	779	PIĘKNI I BESTIĘ	M30	26	01:43:48	02:59:45		05:14:38	06:47:21	07:13:14	10:39:41	11:12:03.30	11:12:12.25	+04:36:19 (41.1%)	11:06	5.4 (58.7%)
108	GORZUCH Justyna	795	KW WARSZAWA	K30	5	01:46:30	03:21:25		05:38:03	07:06:58	07:25:27	10:37:29	11:16:15.80	11:16:44.40	+04:40:51 (41.5%)	11:10	5.4 (58.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zamek Bolczów 8km	Kolorowe Jeziorka 19.5km	Wielka Kopa 22.5km	Mała Ostra 29km	Rudnik 36km	Przełęcz Kowarska 38km	Starościńskie Skały 56km	Czas netto 60.5km	Czas brutto 60.5km	Różn	Tempo min/km	Tempo km/h
109	GROCHOWSKI Wojciech	832	KLUB WYSOKOGÓRSKI WARSZAWA	M40	56	01:46:28	03:22:04		05:40:25	07:16:14	07:35:00	10:38:56	11:16:19.20	11:16:46.95	+04:40:53 (41.5%)	11:10	5.4 (58.7%)
110	KUDELSKI Ireneusz	843	ROZBIEGANI CHOJNÓW	M50	11	01:36:49	02:59:15		05:18:20	06:58:31	07:16:10	10:40:51	11:19:49.55	11:20:10.10	+04:44:17 (41.8%)	11:14	5.3 (57.6%)
111	KRUZEL Rafał	807	BIEGOWE MISIE	M50	12	01:46:40	03:23:03		05:36:49	07:12:37	07:29:25	10:42:54	11:20:51.65	11:21:01.80	+04:45:08 (41.9%)	11:15	5.3 (57.6%)
112	NÓŻKA Andrzej	859	ULTRA BEER RUNNERS	M40	57	01:45:36	03:16:14		05:37:50	07:07:44	07:25:47	10:47:38	11:24:14.35	11:24:31.75	+04:48:38 (42.2%)	11:18	5.3 (57.6%)
113	KONKEL Marcin	718		M40	58	01:46:37	03:22:12		05:40:51	07:09:24	07:34:32	10:50:49	11:28:36.40	11:29:09.30	+04:53:16 (42.6%)	11:22	5.3 (57.6%)
114	POBŁOCKI Jan	848		M60	3	01:50:10	03:37:10		06:00:26	07:28:27	07:44:55	10:55:34	11:35:24.95	11:35:41.25	+04:59:48 (43.1%)	11:29	5.2 (56.5%)
115	MELNYK Ivan	818		M30	27	01:47:15	03:36:24		05:53:52	07:23:59	07:47:48	11:00:10	11:35:39.35	11:35:58.80	+05:00:05 (43.1%)	11:29	5.2 (56.5%)
116	TREGUB Igor	817		M30	28	01:47:14	03:36:28		05:54:25	07:23:56	07:47:48	10:59:16	11:35:40.20	11:35:59.10	+05:00:06 (43.1%)	11:29	5.2 (56.5%)
117	PAJDOWSKI Andrzej	822		M50	13	01:50:08	03:35:31		06:08:08	07:44:00	08:00:34	11:15:40	11:45:44.70	11:46:08.00	+05:10:15 (43.9%)	11:39	5.1 (55.4%)
118	PLEWIŃSKA Oliwia	790	DREAM TEAM	K30	6	01:46:52	03:23:56		05:54:47	07:30:37	07:50:56	11:19:16	11:53:12.70	11:53:21.70	+05:17:28 (44.5%)	11:47	5.1 (55.4%)
119	FILIPIAK Sebastian	707	EKIPA LIPA	M40	59	01:45:27	03:20:37		05:49:28	07:25:42	07:49:19	11:23:49	12:05:20.15	12:05:49.85	+05:29:56 (45.5%)	11:59	5 (54.3%)
120	GÓRCZYŃSKI Rafał	716		M40	60	01:45:35	03:20:43		05:49:40	07:25:59	07:49:56	11:24:00	12:05:33.25	12:05:58.20	+05:30:05 (45.5%)	11:59	5 (54.3%)
121	MARCINIAK Maciej	784	MM PROJEKT	M40	61	01:37:43	03:03:10		05:20:33	07:07:30	07:34:04	11:19:52	12:07:37.55	12:07:47.30	+05:31:54 (45.6%)	12:01	5 (54.3%)
122	FURTAK Krzysztof	777	KTOŚ MUSI BYĆ OSTATNI	M60	4	01:47:05	03:36:48		06:05:59	07:43:36	08:02:52	11:37:02	12:25:00.30	12:25:14.50	+05:49:21 (46.9%)	12:18	4.9 (53.3%)
123	JESCHKA Jerry	860		M50	14	01:48:45	03:37:05		06:11:02	07:48:33	08:17:12	11:45:17	12:25:30.85	12:26:13.10	+05:50:20 (46.9%)	12:19	4.9 (53.3%)
124	GUZEK Agnieszka	764		K40	8	01:47:13	03:39:12		06:15:26	08:00:33	08:19:43	12:00:28	12:36:01.00	12:36:17.30	+06:00:24 (47.7%)	12:29	4.8 (52.2%)
125	KASPERKIEWICZ Filip	736		M40	62	01:46:53			06:15:38	08:05:26	08:32:22	11:59:52	12:36:53.55	12:37:16.65	+06:01:23 (47.7%)	12:30	4.8 (52.2%)
126	MASZEWSKA-WACH Mariola	797		K40	9	01:49:01	03:47:17		06:26:56	08:14:52	08:32:58	12:10:11	12:47:38.35	12:48:03.20	+06:12:10 (48.5%)	12:41	4.7 (51.1%)
126	DZISZKIEWICZ Grzegorz	841		M40	63	01:48:59	03:47:22		06:25:13	08:14:43	08:33:00	12:10:18	12:47:39.30	12:48:03.20	+06:12:10 (48.5%)	12:41	4.7 (51.1%)
128	SEMENIUK Konrad	729	RZEPIŃSCY BIEGACZE	M30	29	02:00:15	04:05:45		07:01:58	08:55:07	09:13:40	12:16:20	12:57:22.10	12:57:38.50	+06:21:45 (49.1%)	12:50	4.7 (51.1%)
129	JĘDROWSKI Ryszard	726	ULTRA RZEPIN	M40	64	02:00:08	04:05:39		07:01:57	08:55:07	09:18:04	13:42:03	14:35:13.40	14:35:34.00	+07:59:41 (54.8%)	14:27	4.1 (44.6%)
130	CIEŚLAK Łukasz	752	CIEŚLAK TEAM	M40	65	02:00:19	04:06:20		07:02:52	08:56:08	09:18:17	13:42:21	14:35:29.30	14:35:44.85	+07:59:51 (54.8%)	14:28	4.1 (44.6%)
131	SYPNIEWSKA Hanna	847		K60	2	02:09:53	04:35:29		07:41:45	09:43:21	10:02:46	14:10:24	14:47:25.55	14:47:42.00	+08:11:49 (55.4%)	14:40	4.1 (44.6%)
	MIECHUR Bogumił	804	RUNEXTREME	M40		01:15:09 DNF	02:30:56 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	KINCEL Krzysztof	815		M50		01:28:36 DNF	02:50:21 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)

Znaleziono 133 wynik(ów)