

**Event:** Kudowski Festiwal Biegowy  
**Organiser:** Fundacja MARATONY GÓRSKIE  
**Date:** 2023-04-01  
**Place:** Kudowa-Zdrój  
**Distance:** 29.2 km

Classification: All

Place	Participant	Number	Club	Category	MCat	Nazwa Sztafety	Błędne Skały 10km	Nad U Zabiteho 16.6km	Net time 29.2km	Czas brutto 29.2km	Gap	Pace min/km	Pace km/h
1	<b>RAJCA Michał</b>	<b>1110E1</b>	HOKA GARMIN TEAM	OPEN	1	Hoka Garmin Team	00:56:05	01:24:15	<b>02:41:48.65</b>	<b>02:41:48.65</b>		5:32	10.8 (100%)
2	<b>CZERNIAK Paweł</b>	<b>1044E1</b>	BLACK HAT PRO	OPEN	2	Black Hat Pro	00:57:02	01:26:13	<b>02:42:14.65</b>	<b>02:42:14.65</b>	+00:00:26 (0.3%)	5:33	10.8 (100%)
3	<b>MALINA Dawid</b>	<b>1111E1</b>	DYNAFIT	OPEN	3	Orłowski Team	00:55:06	01:24:04	<b>02:48:08.85</b>	<b>02:48:08.85</b>	+00:06:20 (3.8%)	5:45	10.4 (96.3%)
4	<b>ŠOLC Vítězslav</b>	<b>1028E1</b>	BKN	OPEN	4	BK Náchod	01:00:34	01:31:02	<b>02:55:27.90</b>	<b>02:55:27.90</b>	+00:13:39 (7.8%)	6:00	10 (92.6%)
5	<b>MASIAREK Maciej</b>	<b>1055E1</b>	KB SOBÓTKA	OPEN	5	KB SOBÓTKA	01:01:14	01:31:57	<b>02:59:33.55</b>	<b>02:59:33.55</b>	+00:17:44 (9.9%)	6:08	9.8 (90.7%)
6	<b>KLIMCZAK Mikołaj</b>	<b>1091E1</b>	PRZEDWOJEWSKI TEAM	OPEN	6	Przedwojewski Team 2	01:01:12	01:34:09	<b>03:00:12.65</b>	<b>03:00:12.65</b>	+00:18:24 (10.2%)	6:10	9.7 (89.8%)
7	<b>FEJFAR Ondřej</b>	<b>1073E1</b>		OPEN	7	Kalokagathia Aliance	01:02:24	01:36:40	<b>03:07:44.50</b>	<b>03:07:44.50</b>	+00:25:55 (13.8%)	6:25	9.3 (86.1%)
8	<b>GRUDZIEŃ Kamil</b>	<b>1092E1</b>		OPEN	8	Banda Grudnia	01:05:52	01:37:34	<b>03:10:20.90</b>	<b>03:10:20.90</b>	+00:28:32 (15.0%)	6:31	9.2 (85.2%)
9	<b>GONCZARENKO Jarek</b>	<b>1095E1</b>		OPEN	9	Run100love	01:05:53	01:39:00	<b>03:10:56.00</b>	<b>03:10:56.00</b>	+00:29:07 (15.3%)	6:32	9.2 (85.2%)
10	<b>SZKOŁA Wojciech</b>	<b>1107E1</b>	NATUAL BORN RUNNERS	OPEN	10	Rób swoje #R	01:06:34	01:40:33	<b>03:15:48.80</b>	<b>03:15:48.80</b>	+00:34:00 (17.4%)	6:42	8.9 (82.4%)
11	<b>KRAJEWSKI Maciej</b>	<b>1068E1</b>	ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO	OPEN	11	Świeradów-Zdrój Górskie Uzdrowisko	01:11:46	01:48:17	<b>03:23:11.85</b>	<b>03:23:11.85</b>	+00:41:23 (20.4%)	6:57	8.6 (79.6%)
12	<b>ZDUNEK Grześ</b>	<b>1043E1</b>		OPEN	12	Przedwojewski Team	01:10:10	01:45:52	<b>03:27:01.00</b>	<b>03:27:01.00</b>	+00:45:12 (21.8%)	7:05	8.5 (78.7%)
13	<b>DEMBSKI Paweł</b>	<b>1057E1</b>		OPEN	13	Dembski i Przyjaciele	01:09:51	01:45:34	<b>03:27:37.80</b>	<b>03:27:37.80</b>	+00:45:49 (22.1%)	7:06	8.4 (77.8%)
14	<b>KUPIJAJ Marcin</b>	<b>1002E1</b>	SOCIOS SILESIA	OPEN	14	SOCIOS SILESIA	01:11:37	01:47:12	<b>03:27:46.80</b>	<b>03:27:46.80</b>	+00:45:58 (22.1%)	7:06	8.4 (77.8%)
15	<b>MIKA Andrzej</b>	<b>1083E1</b>	PRZEDWOJEWSKI TEAM	OPEN	15	Przedwojewski Team: Czarne Złoto	01:09:54	01:46:55	<b>03:28:12.55</b>	<b>03:28:12.55</b>	+00:46:23 (22.3%)	7:07	8.4 (77.8%)

Place	Participant	Number	Club	Category	MCat	Nazwa Sztafety	Błędne Skały 10km	Nad U Zabiteho 16.6km	Net time 29.2km	Czas brutto 29.2km	Gap	Pace min/km	Pace km/h
16	<b>BARTYZEL Marek</b>	<b>1106E1</b>		OPEN	16	Cerber	01:13:12	01:49:19	<b>03:29:33.05</b>	<b>03:29:33.05</b>	+00:47:44 (22.8%)	7:10	8.4 (77.8%)
17	<b>KOPEĆ Mateusz</b>	<b>1026E1</b>		OPEN	17	Kopeć Team	01:16:25	01:53:32	<b>03:32:29.05</b>	<b>03:32:29.05</b>	+00:50:40 (23.8%)	7:16	8.2 (75.9%)
18	<b>GWIŹDŹ Marcin</b>	<b>1098E1</b>	LEDWOZIPIA	OPEN	18	LedwoZipia	01:11:18	01:48:13	<b>03:32:50.40</b>	<b>03:32:50.40</b>	+00:51:01 (24.0%)	7:17	8.2 (75.9%)
19	<b>WYSOKIŃSKI Konrad</b>	<b>1048E1</b>	BARUNOWCE	OPEN	19	Barunowce	01:13:01	01:48:56	<b>03:35:51.10</b>	<b>03:35:51.10</b>	+00:54:02 (25.0%)	7:23	8.1 (75.0%)
20	<b>ŚLEZIAK Jarosław</b>	<b>1096E1</b>	DANIEL WOSIK TERVEL TEAM	OPEN	20	Team Gór Złoty Złoty Stok	01:13:42	01:48:45	<b>03:37:08.25</b>	<b>03:37:08.25</b>	+00:55:19 (25.5%)	7:26	8.1 (75.0%)
21	<b>RYSZAWY Mikołaj</b>	<b>1031E1</b>	ORŁY JEZUSA	OPEN	21	Orły Jezusa	01:16:09	01:53:54	<b>03:37:41.40</b>	<b>03:37:41.40</b>	+00:55:52 (25.7%)	7:27	8 (74.1%)
22	<b>RYNKIEWICZ Mateusz</b>	<b>1072E1</b>	GORĄCY POTOK TEAM	OPEN	22	Dziki Dzik Gorzów	01:18:14	01:57:14	<b>03:39:38.90</b>	<b>03:39:38.90</b>	+00:57:50 (26.3%)	7:31	8 (74.1%)
23	<b>WOWER Bartłomiej</b>	<b>1064E1</b>	CSC ADVENTURE ACADEMY	OPEN	23	CSC Adventure Academy - Sekcja Geriatryczna	01:21:54	02:00:42	<b>03:43:52.35</b>	<b>03:43:52.35</b>	+01:02:03 (27.7%)	7:40	7.8 (72.2%)
24	<b>IGNASZEWSKI Krzysztof</b>	<b>1036E1</b>	RUNNER POWER / EMERYCI	OPEN	24	Emeryci	01:15:13	01:52:20	<b>03:44:21.15</b>	<b>03:44:21.15</b>	+01:02:32 (27.9%)	7:40	7.8 (72.2%)
25	<b>KULIK-GAWĘDA Iwona</b>	<b>1041E1</b>	KUDOWIANKA RUN	OPEN	25	Kudowianki	01:16:11	01:55:00	<b>03:44:21.60</b>	<b>03:44:21.60</b>	+01:02:32 (27.9%)	7:40	7.8 (72.2%)
26	<b>JABŁOŃSKI Paweł</b>	<b>1108E1</b>	KUDOWIANKA RUN	OPEN	26	KUDOWIANKA SUPER TEAM	01:21:18	02:00:15	<b>03:47:38.05</b>	<b>03:47:38.05</b>	+01:05:49 (28.9%)	7:47	7.7 (71.3%)
27	<b>DOMAGAŁA Grzegorz</b>	<b>1046E1</b>		OPEN	27	jesteśmy aby truchtnąć	01:16:40	01:54:49	<b>03:47:39.45</b>	<b>03:47:39.45</b>	+01:05:50 (28.9%)	7:47	7.7 (71.3%)
28	<b>VOITIUK Dmytro</b>	<b>1076E1</b>		OPEN	28	TDA	01:19:01	01:56:58	<b>03:47:50.80</b>	<b>03:47:50.80</b>	+01:06:02 (29.0%)	7:48	7.7 (71.3%)
29	<b>CIĘŻKI Konrad</b>	<b>1079E1</b>	AKADEMIABIEGACZA.PL	OPEN	29	AkademiaBiegacza.pl / Everrun	01:22:28	02:01:32	<b>03:48:23.45</b>	<b>03:48:23.45</b>	+01:06:34 (29.2%)	7:49	7.7 (71.3%)
30	<b>BIAŁOBŁOCKA Alicja</b>	<b>1099E1</b>		OPEN	30	Ach Te Baby	01:18:11	01:57:07	<b>03:49:55.80</b>	<b>03:49:55.80</b>	+01:08:07 (29.6%)	7:52	7.6 (70.4%)
31	<b>PĘCHRA Mateusz</b>	<b>1074E1</b>	ULTRATURY	OPEN	31	UltraTury / KB Odra Opole	01:20:22	02:00:29	<b>03:52:59.30</b>	<b>03:52:59.30</b>	+01:11:10 (30.5%)	7:58	7.5 (69.4%)
32	<b>CICHOWSKI Wojciech</b>	<b>1047E1</b>	140MINUT.PL	OPEN	32	poRUNbani	01:15:03	01:54:49	<b>03:55:36.90</b>	<b>03:55:36.90</b>	+01:13:48 (31.3%)	8:04	7.4 (68.5%)
33	<b>GBUREK Anna</b>	<b>1065E1</b>	ITMBW KRAKÓW	OPEN	33	ITMBW Kraków	01:19:08	01:58:02	<b>03:55:57.20</b>	<b>03:55:57.20</b>	+01:14:08 (31.4%)	8:04	7.4 (68.5%)
34	<b>SCHWITALLA Adrian</b>	<b>1033E1</b>		OPEN	34	AMBa	01:18:45	02:00:40	<b>03:56:05.35</b>	<b>03:56:05.35</b>	+01:14:16 (31.5%)	8:05	7.4 (68.5%)
35	<b>SENDEK Sylwia</b>	<b>1088E1</b>		OPEN	35	Mocno_kreatywni ULTRA	01:21:14	02:02:36	<b>03:56:47.85</b>	<b>03:56:47.85</b>	+01:14:59 (31.7%)	8:06	7.4 (68.5%)
36	<b>LATAŃSKI Eryk</b>	<b>1063E1</b>		OPEN	36	Szybkie Trio	01:18:16	01:57:47	<b>03:57:07.85</b>	<b>03:57:07.85</b>	+01:15:19 (31.8%)	8:07	7.4 (68.5%)
37	<b>DULĘBA Marcin</b>	<b>1019E1</b>		OPEN	37	Biegnę, żeby Bartek mógł biegać	01:22:48	02:03:40	<b>03:58:09.90</b>	<b>03:58:09.90</b>	+01:16:21 (32.1%)	8:09	7.4 (68.5%)
38	<b>WOJCIECHOWSKI Mateusz</b>	<b>1009E1</b>		OPEN	38	KtórędyNadMorskieOko	01:16:03	01:54:47	<b>03:58:50.90</b>	<b>03:58:50.90</b>	+01:17:02 (32.3%)	8:10	7.3 (67.6%)

Place	Participant	Number	Club	Category	MCat	Nazwa Sztafety	Błędne Skały 10km	Nad U Zabiteho 16.6km	Net time 29.2km	Czas brutto 29.2km	Gap	Pace min/km	Pace km/h
39	<b>ŚLĄSKI Bartosz</b>	<b>1054E1</b>	PRZEDWOJEWSKI TEAM	OPEN	39	Może nie najszybciej, ale za to najwolniej	01:24:16	02:04:58	<b>03:59:02.80</b>	<b>03:59:02.80</b>	+01:17:14 (32.3%)	8:11	7.3 (67.6%)
40	<b>WIECZOREK Piotr</b>	<b>1022E1</b>		OPEN	40	szwadroniści	01:21:19	02:00:39	<b>03:59:23.60</b>	<b>03:59:23.60</b>	+01:17:34 (32.4%)	8:11	7.3 (67.6%)
41	<b>OLESZOWSKI Marcin</b>	<b>1084E1</b>		OPEN	41	Z nurtem Białej Łądeckiej	01:24:17	02:04:41	<b>03:59:52.70</b>	<b>03:59:52.70</b>	+01:18:04 (32.5%)	8:12	7.3 (67.6%)
42	<b>TRZECIAKIEWICZ Mieczysław</b>	<b>1080E1</b>		OPEN	42	MLKS Radków	01:25:10	02:05:33	<b>04:02:50.75</b>	<b>04:02:50.75</b>	+01:21:02 (33.4%)	8:18	7.2 (66.7%)
43	<b>LIEBNER Patryk</b>	<b>1100E1</b>		OPEN	43	Paprykarze Szczecin	01:17:32	01:59:08	<b>04:03:17.85</b>	<b>04:03:17.85</b>	+01:21:29 (33.5%)	8:19	7.2 (66.7%)
44	<b>GRZEGORZEK Marcin</b>	<b>1035E1</b>		OPEN	44	Jagoda Team	01:21:11	02:04:37	<b>04:03:44.80</b>	<b>04:03:44.80</b>	+01:21:56 (33.6%)	8:20	7.2 (66.7%)
45	<b>BANASZCZYK Mariusz</b>	<b>1015E1</b>	EDC.TEAM.ACTIVE	OPEN	45	Szybkie EDC	01:22:22	02:04:15	<b>04:04:14.00</b>	<b>04:04:14.00</b>	+01:22:25 (33.7%)	8:21	7.2 (66.7%)
46	<b>PAWELEC Mariusz</b>	<b>1021E1</b>		OPEN	46	VETERANS RUNNER	01:21:16	02:00:32	<b>04:04:36.50</b>	<b>04:04:36.50</b>	+01:22:47 (33.8%)	8:22	7.2 (66.7%)
47	<b>BABIŃSKA-POPIŁKA Ewelina</b>	<b>1032E1</b>		OPEN	47	WeBlondes	01:19:26	02:00:19	<b>04:06:58.35</b>	<b>04:06:58.35</b>	+01:25:09 (34.5%)	8:27	7.1 (65.7%)
48	<b>JABŁOŃSKI Jakub</b>	<b>1000E1</b>	PRO366	OPEN	48	Bez nazwy	01:24:12	02:07:56	<b>04:07:40.00</b>	<b>04:07:40.00</b>	+01:25:51 (34.7%)	8:28	7.1 (65.7%)
49	<b>KOPCZYŃSKI Łukasz</b>	<b>1069E1</b>		OPEN	49	Włochate Głownogi	01:25:42	02:07:40	<b>04:09:41.10</b>	<b>04:09:41.10</b>	+01:27:52 (35.2%)	8:33	7 (64.8%)
50	<b>TYZO Aleksander</b>	<b>1005E1</b>	WILKI MIĘDZYLESIE	OPEN	50	WILKI MIĘDZYLESIE	01:24:18	02:05:13	<b>04:10:43.95</b>	<b>04:10:43.95</b>	+01:28:55 (35.5%)	8:35	7 (64.8%)
51	<b>STACHURA Magdalena</b>	<b>1059E1</b>	CSC ADVENTURE ACADEMY	OPEN	51	Ona jest w ciąży (z nami)	01:25:06	02:08:28	<b>04:11:52.15</b>	<b>04:11:52.15</b>	+01:30:03 (35.8%)	8:37	7 (64.8%)
52	<b>KURZYDLAK Jakub</b>	<b>1014E1</b>		OPEN	52	Łan EDC.Tim	01:25:04	02:11:13	<b>04:14:39.10</b>	<b>04:14:39.10</b>	+01:32:50 (36.5%)	8:43	6.9 (63.9%)
53	<b>GAWCZYŃSKI Jakub</b>	<b>1103E1</b>		OPEN	53	NanoresRUN	01:22:44	02:05:14	<b>04:14:39.85</b>	<b>04:14:39.85</b>	+01:32:51 (36.5%)	8:43	6.9 (63.9%)
54	<b>PRUSISZ Jacek</b>	<b>1007E1</b>		OPEN	54	Zbiegi	01:24:23	02:07:28	<b>04:16:54.90</b>	<b>04:16:54.90</b>	+01:35:06 (37.0%)	8:47	6.8 (63.0%)
55	<b>KOJS Łukasz</b>	<b>1077E1</b>	KB SOBÓTKA	OPEN	55	KB SOBÓTKA Juniors and Someone Old	01:26:57	02:11:33	<b>04:18:42.85</b>	<b>04:18:42.85</b>	+01:36:54 (37.5%)	8:51	6.8 (63.0%)
56	<b>SOLAREK Krzysztof</b>	<b>1075E1</b>	DZIKIE DZIKI GORZÓW	OPEN	56	DZIKIE DZIKI GORZÓW 1	01:25:03	02:11:12	<b>04:20:35.20</b>	<b>04:20:35.20</b>	+01:38:46 (37.9%)	8:55	6.7 (62.0%)
57	<b>MATUSZEK Krzysztof</b>	<b>1027E1</b>		OPEN	57	Czarny skład	01:24:38	02:10:25	<b>04:21:42.55</b>	<b>04:21:42.55</b>	+01:39:53 (38.2%)	8:57	6.7 (62.0%)
58	<b>GAJDA Michał</b>	<b>1101E1</b>		OPEN	58	Poznańsko - Paszowska Kooperacja	01:29:57	02:17:08	<b>04:22:59.00</b>	<b>04:22:59.00</b>	+01:41:10 (38.5%)	9:00	6.7 (62.0%)
59	<b>FILIPEK Paweł</b>	<b>1038E1</b>		OPEN	59	Emeryten Party	01:19:03	02:11:11	<b>04:24:00.80</b>	<b>04:24:00.80</b>	+01:42:12 (38.7%)	9:02	6.6 (61.1%)
60	<b>KISILEWICZ Marek</b>	<b>1053E1</b>		OPEN	60	Trzech Samuraj	01:30:16	02:12:18	<b>04:24:06.90</b>	<b>04:24:06.90</b>	+01:42:18 (38.7%)	9:02	6.6 (61.1%)

Place	Participant	Number	Club	Category	MCat	Nazwa Sztafety	Błędne Skały 10km	Nad U Zabiteho 16.6km	Net time 29.2km	Czas brutto 29.2km	Gap	Pace min/km	Pace km/h
61	<b>RADOSZEK-ZAKRZYŃSKA Barbara</b>	<b>1061E1</b>	CSC ADVENTURE ACADEMY	OPEN	61	PINDZIPOŁKI	01:36:30	02:22:27	<b>04:24:58.40</b>	<b>04:24:58.40</b>	+01:43:09 (38.9%)	9:04	6.6 (61.1%)
62	<b>WIDERA Maciej</b>	<b>1062E1</b>		OPEN	62	Wichury Zagłady	01:27:33	02:15:07	<b>04:25:09.30</b>	<b>04:25:09.30</b>	+01:43:20 (39.0%)	9:04	6.6 (61.1%)
63	<b>KONIECZNY Cyprian</b>	<b>1052E1</b>		OPEN	63	Muflony z Leszna	01:32:13	02:22:16	<b>04:28:44.10</b>	<b>04:28:44.10</b>	+01:46:55 (39.8%)	9:12	6.5 (60.2%)
64	<b>LEŚNIEWSKA Justyna</b>	<b>1089E1</b>	AKTYWNA NOWA RUDA	OPEN	64	Aktywna Nowa Ruda	01:30:26	02:15:39	<b>04:29:35.30</b>	<b>04:29:35.30</b>	+01:47:46 (40.0%)	9:13	6.5 (60.2%)
65	<b>WAWRZYŃIAK Małgorzata</b>	<b>1086E1</b>	#BIEGIEMWLAS	OPEN	65	#biegiemwlas	01:31:10	02:20:38	<b>04:29:45.70</b>	<b>04:29:45.70</b>	+01:47:57 (40.0%)	9:14	6.5 (60.2%)
66	<b>OLSZEWSKI Jarosław</b>	<b>1105E1</b>	NIGHT RUNNERS	OPEN	66	Jaro i 2KC	01:30:24	02:19:45	<b>04:33:38.00</b>	<b>04:33:38.00</b>	+01:51:49 (40.9%)	9:22	6.4 (59.3%)
67	<b>JAGŃIĄTOWSKI Jacek</b>	<b>1081E1</b>	LKZK	OPEN	67	LKZK	01:26:46	02:12:51	<b>04:39:30.70</b>	<b>04:39:30.70</b>	+01:57:42 (42.1%)	9:34	6.3 (58.3%)
68	<b>PIĘTA Piotr</b>	<b>1049E1</b>		OPEN	68	Tylko Mental!	01:32:11	02:24:30	<b>04:41:32.90</b>	<b>04:41:32.90</b>	+01:59:44 (42.5%)	9:38	6.2 (57.4%)
69	<b>BOBER Dorota</b>	<b>1082E1</b>	JAWOR	OPEN	69	Moje Góry	01:33:50	02:24:44	<b>04:44:09.45</b>	<b>04:44:09.45</b>	+02:02:20 (43.1%)	9:43	6.2 (57.4%)
70	<b>PAPLIKA Katarzyna</b>	<b>1066E1</b>	DZIKIE DZIKI GORZÓW	OPEN	70	Dzikie Loszki	01:40:49	02:29:48	<b>04:44:52.55</b>	<b>04:44:52.55</b>	+02:03:03 (43.2%)	9:45	6.2 (57.4%)
71	<b>GRZEBIELUCH Kasia</b>	<b>1097E1</b>		OPEN	71	LedwoZipia	01:35:06	02:25:29	<b>04:46:44.00</b>	<b>04:46:44.00</b>	+02:04:55 (43.6%)	9:49	6.1 (56.5%)
72	<b>ŻARNICKI Kamil</b>	<b>1090E1</b>	BANDA GRUDNIA	OPEN	72	Banda Grudnia Mix	01:38:00	02:25:06	<b>04:47:17.90</b>	<b>04:47:17.90</b>	+02:05:29 (43.7%)	9:50	6.1 (56.5%)
73	<b>BARSZCZ Marta</b>	<b>1071E1</b>	PRO366	OPEN	73	PRO366	01:37:51	02:31:19	<b>04:47:18.90</b>	<b>04:47:18.90</b>	+02:05:30 (43.7%)	9:50	6.1 (56.5%)
74	<b>WOJCIECHOWSKA Aleksandra</b>	<b>1010E1</b>		OPEN	74	UltraGirls	01:40:45	02:28:52	<b>04:47:24.65</b>	<b>04:47:24.65</b>	+02:05:36 (43.7%)	9:50	6.1 (56.5%)
75	<b>SZUBERT-WALENCZAK Magdalena</b>	<b>1040E1</b>		OPEN	75	Anielski Orszak	01:37:26	02:28:47	<b>04:47:38.70</b>	<b>04:47:38.70</b>	+02:05:50 (43.7%)	9:51	6.1 (56.5%)
76	<b>PIASKOWSKI Marcin</b>	<b>1078E1</b>	ZAKOCHAJ SIĘ W BIEGANIU	OPEN	76	Geriatría	01:36:24	02:29:39	<b>04:48:01.50</b>	<b>04:48:01.50</b>	+02:06:12 (43.8%)	9:51	6.1 (56.5%)
77	<b>KOCZOROWSKI Marcin</b>	<b>1058E1</b>	TEAM ZABIEGANEDNI	OPEN	77	Team ZabieganeDni	01:37:27	02:28:54	<b>04:50:18.30</b>	<b>04:50:18.30</b>	+02:08:29 (44.3%)	9:56	6 (55.6%)
78	<b>LEWICKI Tomasz</b>	<b>1070E1</b>	CAŁA OLEŚNICA BIEGA	OPEN	78	COB	01:40:24	02:31:18	<b>04:51:38.15</b>	<b>04:51:38.15</b>	+02:09:49 (44.5%)	9:59	6 (55.6%)
79	<b>CIEŚLAK Dominika</b>	<b>1056E1</b>	KB SOBÓTKA	OPEN	79	KB SOBÓTKA GIRLS	01:36:15	02:31:13	<b>04:56:22.65</b>	<b>04:56:22.65</b>	+02:14:34 (45.4%)	10:08	5.9 (54.6%)
80	<b>ŘÍZEK Pavel</b>	<b>1001E1</b>		OPEN	80	Lakovna Runners	01:24:20	02:06:00	<b>04:57:48.70</b>	<b>04:57:48.70</b>	+02:16:00 (45.7%)	10:11	5.9 (54.6%)
81	<b>GARCZYŃSKA Ania</b>	<b>1024E1</b>		OPEN	81	ADK	01:40:01	02:31:47	<b>04:58:34.85</b>	<b>04:58:34.85</b>	+02:16:46 (45.8%)	10:13	5.9 (54.6%)
82	<b>BADOWSKI Rafał</b>	<b>1020E1</b>	WSZYSTKO JEST W GŁOWIE	OPEN	82	Wszystko jest w głowie	01:35:04	02:26:54	<b>04:59:13.60</b>	<b>04:59:13.60</b>	+02:17:24 (45.9%)	10:14	5.9 (54.6%)

Place	Participant	Number	Club	Category	MCat	Nazwa Sztafety	Błędne Skały 10km	Nad U Zabiteho 16.6km	Net time 29.2km	Czas brutto 29.2km	Gap	Pace min/km	Pace km/h
83	<b>SURDAKI Piotr</b>	<b>1013E1</b>		OPEN	83	SpodKrzyża	01:37:51	02:32:01	<b>04:59:50.05</b>	<b>04:59:50.05</b>	+02:18:01 (46.0%)	10:16	5.8 (53.7%)
84	<b>KLIMEK Mateusz</b>	<b>1039E1</b>		OPEN	84	RunWall	01:37:49	02:31:16	<b>04:59:55.75</b>	<b>04:59:55.75</b>	+02:18:07 (46.1%)	10:16	5.8 (53.7%)
85	<b>TERETYKA Dorota</b>	<b>1042E1</b>	BIEGAJĄCE KREJZOLE	OPEN	85	Biegające Krejzolki	01:40:31	02:35:56	<b>05:00:57.30</b>	<b>05:00:57.30</b>	+02:19:08 (46.2%)	10:18	5.8 (53.7%)
86	<b>BEKAS Jędrzej</b>	<b>1018E1</b>	NIGHT RUNNERS POZNAŃ	OPEN	86	Night Runners Poznań	01:38:19	02:31:30	<b>05:01:54.35</b>	<b>05:01:54.35</b>	+02:20:05 (46.4%)	10:20	5.8 (53.7%)
87	<b>SZYMANIK Paweł</b>	<b>1030E1</b>		OPEN	87	Gold Shot	01:41:16	02:35:35	<b>05:02:02.70</b>	<b>05:02:02.70</b>	+02:20:14 (46.4%)	10:20	5.8 (53.7%)
88	<b>KRAKOWCZYK Adam</b>	<b>1004E1</b>	BANDA Z POŁUDNIA	OPEN	88	Gliwickie Bandziory	01:37:18	02:31:11	<b>05:03:00.70</b>	<b>05:03:00.70</b>	+02:21:12 (46.6%)	10:22	5.8 (53.7%)
89	<b>GRZYWACZ Rafał</b>	<b>1104E1</b>	NIGHT RUNNERS POZNAŃ	OPEN	89	Piękna i bestie	01:34:05	02:37:37	<b>05:04:50.20</b>	<b>05:04:50.20</b>	+02:23:01 (46.9%)	10:26	5.7 (52.8%)
90	<b>SZYSZKA Ryszard</b>	<b>1023E1</b>		OPEN	90	Dead or Alive	01:42:07	02:39:34	<b>05:05:42.85</b>	<b>05:05:42.85</b>	+02:23:54 (47.1%)	10:28	5.7 (52.8%)
91	<b>ZIÓŁEK Rafał</b>	<b>1029E1</b>		OPEN	91	Turbo Cola Team	01:39:52	02:33:56	<b>05:09:18.15</b>	<b>05:09:18.15</b>	+02:27:29 (47.7%)	10:35	5.7 (52.8%)
92	<b>TYL Radosław</b>	<b>1008E1</b>		OPEN	92	RAR Wrocław	01:40:26	02:31:02	<b>05:10:01.25</b>	<b>05:10:01.25</b>	+02:28:12 (47.8%)	10:37	5.7 (52.8%)
93	<b>KUŚ Gabriela</b>	<b>1016E1</b>		OPEN	93	TYLKO PRZELOTEM	01:46:09	02:40:26	<b>05:10:48.50</b>	<b>05:10:48.50</b>	+02:28:59 (47.9%)	10:38	5.6 (51.9%)
94	<b>RAWA Martyna</b>	<b>1102E1</b>		OPEN	94	Sportowe świry	01:41:57	02:38:03	<b>05:13:15.40</b>	<b>05:13:15.40</b>	+02:31:26 (48.3%)	10:43	5.6 (51.9%)
95	<b>FILIPIAK Sebastian</b>	<b>1003E1</b>	EKIPA LIPA	OPEN	95	Lipa i przyjaciele	01:51:37	02:47:03	<b>05:18:44.45</b>	<b>05:18:44.45</b>	+02:36:55 (49.2%)	10:54	5.5 (50.9%)
96	<b>KOSTOWSKI Roman</b>	<b>1087E1</b>		OPEN	96	RWM	01:44:57	02:47:10	<b>05:25:06.95</b>	<b>05:25:06.95</b>	+02:43:18 (50.2%)	11:08	5.4 (50.0%)
97	<b>SZTURC Łukasz</b>	<b>1051E1</b>		OPEN	97	Eskadra Kiszona	01:46:13	02:40:03	<b>05:27:31.90</b>	<b>05:27:31.90</b>	+02:45:43 (50.6%)	11:12	5.3 (49.1%)
98	<b>LEWICKA Magdalena</b>	<b>1025E1</b>		OPEN	98	COBITKI	01:46:12	02:47:32	<b>05:31:07.25</b>	<b>05:31:07.25</b>	+02:49:18 (51.1%)	11:20	5.3 (49.1%)
99	<b>NORAS Alina</b>	<b>1093E1</b>		OPEN	99	Tropy	01:51:00	02:55:54	<b>05:36:09.25</b>	<b>05:36:09.25</b>	+02:54:20 (51.9%)	11:30	5.2 (48.1%)
100	<b>FAJER Michał</b>	<b>1006E1</b>		OPEN	100	Konkret Rakiety	01:45:38	02:51:44	<b>05:36:41.90</b>	<b>05:36:41.90</b>	+02:54:53 (51.9%)	11:31	5.2 (48.1%)
101	<b>JASTRZĘBSKA Karolina</b>	<b>1067E1</b>	CSC ADVENTURE ACADEMY	OPEN	101	KKK	02:10:20	03:14:20	<b>06:00:40.20</b>	<b>06:00:40.20</b>	+03:18:51 (55.1%)	12:21	4.9 (45.4%)
102	<b>ROMAŃSKA Teresa</b>	<b>1011E1</b>		OPEN	102	Babskie Trio	02:10:17	03:11:32	<b>06:06:57.65</b>	<b>06:06:57.65</b>	+03:25:09 (55.9%)	12:34	4.8 (44.4%)
103	<b>FRANKOWSKA Katarzyna</b>	<b>1012E1</b>	PRO366	OPEN	103	PRO366/OWOCBIEGA TEAM	02:07:56	03:08:37			+01:44:22	11:21	5.3 (49.1%)
104	<b>PRYSZCZ Mirosław</b>	<b>1060E1</b>		OPEN	104	We Come Back	01:59:56	03:12:04			+01:47:49	11:34	5.2 (48.1%)
105	<b>SWOBODA Andrzej</b>	<b>1085E1</b>		OPEN	105	Piękna i Bestie	02:01:00	03:12:07			+01:47:52	11:34	5.2 (48.1%)

Place	Participant	Number	Club	Category	MCat	Nazwa Sztafety	Błędne Skały 10km	Nad U Zabiteho 16.6km	Net time 29.2km	Czas brutto 29.2km	Gap	Pace min/km	Pace km/h
106	<b>KRYSZTOFIAK Dawid</b>	<b>1037E1</b>		OPEN	106	GĘSIE PĘPKI	02:15:36	03:19:49			+01:55:34	12:02	5 (46.3%)

Total 106 results.