

**Wydarzenie:** Sztafeta Górską 2019  
**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2019-04-13  
**Miejsce:** Kudowa-Zdrój  
**Dystans:** 28,7 km

Klasyfikacja: OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Punkt_przed_Z1 26.7km	Czas netto 28.7km	Czas brutto 28.7km	Różn	Tempo min/km	Tempo km/h
1	<b>KRUPIČKA Robert</b>	<b>1001</b>	SALOMON CZ/WILLA SPA SCALIANO	OPEN	1	02:21:42	<b>02:30:37.25</b>	<b>02:30:37.25</b>		5:14	11.4 (100%)
2	<b>UZNAŃSKI Piotr</b>	<b>1119</b>	PRZYJACIELE PO PROSTU	OPEN	2	02:28:47	<b>02:37:56.10</b>	<b>02:37:56.10</b>	+00:07:18 (4.6%)	5:30	10.9 (95.6%)
3	<b>MAREK Dariusz</b>	<b>1015</b>	MONK SANDALS TEAM	OPEN	3	02:29:19	<b>02:40:45.45</b>	<b>02:40:45.45</b>	+00:10:08 (6.3%)	5:36	10.7 (93.9%)
4	<b>BARANOW Łukasz</b>	<b>1006</b>	INOV8/UD	OPEN	4	02:32:32	<b>02:42:53.55</b>	<b>02:42:53.55</b>	+00:12:16 (7.5%)	5:40	10.6 (93.0%)
5	<b>BIERNAWSKI Piotr</b>	<b>1003</b>	ATTIQ	OPEN	5	02:35:08	<b>02:45:39.75</b>	<b>02:45:39.75</b>	+00:15:02 (9.1%)	5:46	10.4 (91.2%)
6	<b>BONIEC Radosław</b>	<b>1164</b>	ZIELONY LAS	OPEN	6	02:35:57	<b>02:47:03.85</b>	<b>02:47:03.85</b>	+00:16:26 (9.8%)	5:49	10.3 (90.4%)
7	<b>BERAN Jan</b>	<b>1177</b>	HOU HOU HOU	OPEN	7	02:37:41	<b>02:49:02.05</b>	<b>02:49:02.05</b>	+00:18:24 (10.9%)	5:53	10.2 (89.5%)
8	<b>NOWAK Przemysław</b>	<b>1009</b>	SOWIODZIKI	OPEN	8	02:38:01	<b>02:49:13.45</b>	<b>02:49:13.45</b>	+00:18:36 (11.0%)	5:53	10.2 (89.5%)
9	<b>GRAMACKI Szymon</b>	<b>1014</b>	PROJEKT BRACIA	OPEN	9	02:40:15	<b>02:51:09.25</b>	<b>02:51:09.25</b>	+00:20:32 (12.0%)	5:57	10.1 (88.6%)
10	<b>LEŚNIAK Michał</b>	<b>1067</b>	TEAM MOUNTAIN FUEL POLSKA	OPEN	10	02:41:28	<b>02:51:22.00</b>	<b>02:51:22.00</b>	+00:20:44 (12.1%)	5:58	10 (87.7%)
11	<b>WŁODARKIEWICZ Dominik</b>	<b>1004</b>	CITY TRAIL TEAM	OPEN	11	02:41:48	<b>02:51:52.50</b>	<b>02:51:52.50</b>	+00:21:15 (12.4%)	5:59	10 (87.7%)
12	<b>SZCZEŚNIEWSKI Miłosz</b>	<b>1002</b>	SALCO RETRO TEAM 2015	OPEN	12	02:41:19	<b>02:52:04.10</b>	<b>02:52:04.10</b>	+00:21:26 (12.5%)	5:59	10 (87.7%)
13	<b>GORZELAŃCZYK Jakub</b>	<b>1145</b>	TRZEJ RYCERZE	OPEN	13	02:41:05	<b>02:53:31.50</b>	<b>02:53:31.50</b>	+00:22:54 (13.2%)	6:02	9.9 (86.8%)
14	<b>HUDEČEK Jiří</b>	<b>1178</b>	TRANS BRDY TEAM LETY	OPEN	14	02:43:40	<b>02:55:31.55</b>	<b>02:55:31.55</b>	+00:24:54 (14.2%)	6:06	9.8 (86.0%)
15	<b>ŻARECKI Łukasz</b>	<b>1158</b>	PUMY PATAGOŃSKIE	OPEN	15	02:47:09	<b>02:59:56.05</b>	<b>02:59:56.05</b>	+00:29:18 (16.3%)	6:16	9.6 (84.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Punkt_przed_Z1 26.7km	Czas netto 28.7km	Czas brutto 28.7km	Różn	Tempo min/km	Tempo km/h
16	<b>KAŁUŻNY Adam</b>	<b>1148</b>	SOCIOS SILESIA1	OPEN	16	02:46:54	<b>03:00:51.85</b>	<b>03:00:51.85</b>	+00:30:14 (16.7%)	6:18	9.5 (83.3%)
17	<b>TERZONI Christian</b>	<b>1076</b>	ULTRARAGAZZI	OPEN	17	02:48:15	<b>03:02:49.75</b>	<b>03:02:49.75</b>	+00:32:12 (17.6%)	6:22	9.4 (82.5%)
18	<b>WYRODEK Jakub</b>	<b>1184</b>	TURBOPTYSIE&MICHAŁ-SKALNIK.PL	OPEN	18	02:52:10	<b>03:03:12.60</b>	<b>03:03:12.60</b>	+00:32:35 (17.8%)	6:22	9.4 (82.5%)
19	<b>MILEWSKI Dominik</b>	<b>1113</b>	GĄBIN BIEGA	OPEN	19	02:50:26	<b>03:03:21.15</b>	<b>03:03:21.15</b>	+00:32:43 (17.9%)	6:23	9.4 (82.5%)
20	<b>KOMENDACKI Dominik</b>	<b>1042</b>	SPEED 4 TEAM	OPEN	20	02:50:57	<b>03:04:28.85</b>	<b>03:04:28.85</b>	+00:33:51 (18.4%)	6:25	9.3 (81.6%)
21	<b>KUŹNIAR Paweł</b>	<b>1136</b>	GDZIE MAŻ NIE MOŻE TAM ŻONĘ POŚLE	OPEN	21	02:53:15	<b>03:05:01.40</b>	<b>03:05:01.40</b>	+00:34:24 (18.6%)	6:26	9.3 (81.6%)
22	<b>BEDNARZ Adam</b>	<b>1063</b>	KILOMETERS EATERS TEAM	OPEN	22	02:50:38	<b>03:05:55.90</b>	<b>03:05:55.90</b>	+00:35:18 (19.0%)	6:28	9.3 (81.6%)
23	<b>ŁYJAK Błażej</b>	<b>1181</b>	RMT TEAM ~ RATEMYTRAIL.COM	OPEN	23	02:53:00	<b>03:06:04.10</b>	<b>03:06:04.10</b>	+00:35:26 (19.1%)	6:28	9.3 (81.6%)
24	<b>GUSTAW Łukasz</b>	<b>1183</b>	THE ŁAN TEAM	OPEN	24	02:51:53	<b>03:06:26.85</b>	<b>03:06:26.85</b>	+00:35:49 (19.2%)	6:29	9.2 (80.7%)
25	<b>BARTYZEL Marek</b>	<b>1115</b>	CERBER	OPEN	25	02:55:41	<b>03:07:26.45</b>	<b>03:07:26.45</b>	+00:36:49 (19.6%)	6:31	9.2 (80.7%)
26	<b>MALINOWSKI Mateusz</b>	<b>1095</b>	PO ROBOCIE	OPEN	26	02:56:16	<b>03:08:01.45</b>	<b>03:08:01.45</b>	+00:37:24 (19.9%)	6:33	9.2 (80.7%)
27	<b>LINKOWSKI Michał</b>	<b>1058</b>	OSZUKANI PRZEZ BMI	OPEN	27	02:57:06	<b>03:08:30.50</b>	<b>03:08:30.50</b>	+00:37:53 (20.1%)	6:34	9.1 (79.8%)
28	<b>KRZYSZCZAK Jaromir</b>	<b>1110</b>	STAY INSANE/BIEGUSIEM.PL	OPEN	28	02:54:51	<b>03:08:48.50</b>	<b>03:08:48.50</b>	+00:38:11 (20.2%)	6:34	9.1 (79.8%)
29	<b>MAZURKIEWICZ Jerzy</b>	<b>1018</b>	MISIE PYSIE	OPEN	29	02:57:54	<b>03:09:54.00</b>	<b>03:09:54.00</b>	+00:39:16 (20.7%)	6:37	9.1 (79.8%)
30	<b>MACIĄG Grzegorz</b>	<b>1114</b>	NULLPOINTER	OPEN	30	02:57:34	<b>03:10:14.85</b>	<b>03:10:14.85</b>	+00:39:37 (20.8%)	6:37	9.1 (79.8%)
31	<b>WINIARSKA Katarzyna</b>	<b>1005</b>	FAJNA DRUŻYNA	OPEN	31	02:58:18	<b>03:10:31.45</b>	<b>03:10:31.45</b>	+00:39:54 (20.9%)	6:38	9 (78.9%)
32	<b>KUCHARSKI Przemysław</b>	<b>1055</b>	FREE RUN	OPEN	32	02:59:42	<b>03:13:30.50</b>	<b>03:13:30.50</b>	+00:42:53 (22.2%)	6:44	8.9 (78.1%)
33	<b>MILKOWSKI Rafał</b>	<b>1032</b>	3XM	OPEN	33	03:00:29	<b>03:14:01.05</b>	<b>03:14:01.05</b>	+00:43:23 (22.4%)	6:45	8.9 (78.1%)
34	<b>BEDNARZ Krzysztof</b>	<b>1061</b>	SRC TEAM	OPEN	34	03:00:27	<b>03:14:58.80</b>	<b>03:14:58.80</b>	+00:44:21 (22.8%)	6:47	8.8 (77.2%)
35	<b>DZIĄDZIAK Łukasz</b>	<b>1163</b>	SENTE	OPEN	35	03:00:06	<b>03:15:16.55</b>	<b>03:15:16.55</b>	+00:44:39 (22.9%)	6:48	8.8 (77.2%)
36	<b>NERS Maciej</b>	<b>1199</b>	KINGRUNNERS	OPEN	36	03:03:40	<b>03:16:17.90</b>	<b>03:16:17.90</b>	+00:45:40 (23.3%)	6:50	8.8 (77.2%)
37	<b>SZKODA Dariusz</b>	<b>1064</b>	SOCIOS SILESIA	OPEN	37	03:03:36	<b>03:16:54.70</b>	<b>03:16:54.70</b>	+00:46:17 (23.5%)	6:51	8.7 (76.3%)
38	<b>GWIŹDŹ Marcin</b>	<b>1139</b>	BIEGAMY DOKŁADNIE	OPEN	38	03:04:25	<b>03:18:21.65</b>	<b>03:18:21.65</b>	+00:47:44 (24.1%)	6:54	8.7 (76.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Punkt_przed_Z1 26.7km	Czas netto 28.7km	Czas brutto 28.7km	Różn	Tempo min/km	Tempo km/h
39	<b>KRAKOWIAK Rafał</b>	<b>1167</b>	KRAKOWIAK TEAM	OPEN	39	03:06:08	<b>03:18:44.00</b>	<b>03:18:44.00</b>	+00:48:06 (24.2%)	6:55	8.7 (76.3%)
40	<b>ZAŁUBSKI Jacek</b>	<b>1070</b>	HARCOWNIK 1	OPEN	40	03:07:16	<b>03:18:55.75</b>	<b>03:18:55.75</b>	+00:48:18 (24.3%)	6:55	8.7 (76.3%)
41	<b>WOWER Bartłomiej</b>	<b>1191</b>	CSC ADVENTURE ACADEMY	OPEN	41	03:06:50	<b>03:19:17.95</b>	<b>03:19:17.95</b>	+00:48:40 (24.4%)	6:56	8.6 (75.4%)
42	<b>PĘCHERZ Piotr</b>	<b>1050</b>	KOWARY BIEGAJĄ	OPEN	42	03:07:07	<b>03:19:28.30</b>	<b>03:19:28.30</b>	+00:48:51 (24.5%)	6:57	8.6 (75.4%)
43	<b>URAMEK Grzegorz</b>	<b>1150</b>	ZAPASIENI TRUCHTACZE	OPEN	43	03:07:42	<b>03:19:44.10</b>	<b>03:19:44.10</b>	+00:49:06 (24.6%)	6:57	8.6 (75.4%)
44	<b>KWIATKOWSKI Przemysław</b>	<b>1138</b>	VICTORIA DOBRZYŃ	OPEN	44	03:05:57	<b>03:19:53.50</b>	<b>03:19:53.50</b>	+00:49:16 (24.6%)	6:57	8.6 (75.4%)
45	<b>MATLOK Marek</b>	<b>1187</b>	SKURCZYBYKI	OPEN	45	03:07:25	<b>03:20:11.20</b>	<b>03:20:11.20</b>	+00:49:33 (24.8%)	6:58	8.6 (75.4%)
46	<b>KOGUT Stanisław</b>	<b>1097</b>	BIEGNIEMY Z ROZUMEM	OPEN	46	03:06:30	<b>03:21:12.25</b>	<b>03:21:12.25</b>	+00:50:35 (25.1%)	7:00	8.6 (75.4%)
47	<b>SZKOŁA Wojciech</b>	<b>1186</b>	NATURAL BORN RUNNERS	OPEN	47	03:08:13	<b>03:21:37.05</b>	<b>03:21:37.05</b>	+00:50:59 (25.3%)	7:01	8.5 (74.6%)
48	<b>RÓŻANOWSKI Łukasz</b>	<b>1084</b>	SZTURM	OPEN	48	03:08:43	<b>03:23:25.35</b>	<b>03:23:25.35</b>	+00:52:48 (26.0%)	7:05	8.5 (74.6%)
49	<b>DĄBROWSKI Kamil</b>	<b>1092</b>	ULTRA FRUSIAKI	OPEN	49	03:09:37	<b>03:23:39.40</b>	<b>03:23:39.40</b>	+00:53:02 (26.0%)	7:05	8.5 (74.6%)
50	<b>BUCHLA Marcin</b>	<b>1028</b>	3W1	OPEN	50	03:11:36	<b>03:24:12.55</b>	<b>03:24:12.55</b>	+00:53:35 (26.2%)	7:06	8.4 (73.7%)
51	<b>JANUSZKO Krzysztof</b>	<b>1104</b>	ŻELAZNA ŚWIDNICA TRI TEAM	OPEN	51	03:11:25	<b>03:25:29.70</b>	<b>03:25:29.70</b>	+00:54:52 (26.7%)	7:09	8.4 (73.7%)
52	<b>SADZIK Robert</b>	<b>1090</b>	ABY DO METY/NEOPROFIL	OPEN	52	03:14:35	<b>03:27:45.20</b>	<b>03:27:45.20</b>	+00:57:07 (27.5%)	7:14	8.3 (72.8%)
53	<b>MICHALAK Maciej</b>	<b>1007</b>	GIZDY PIEROŃSKIE	OPEN	53	03:13:43	<b>03:28:09.05</b>	<b>03:28:09.05</b>	+00:57:31 (27.6%)	7:15	8.3 (72.8%)
54	<b>WITAS Andrzej</b>	<b>1100</b>	BROTHERS IN PAIN	OPEN	54	03:11:45	<b>03:28:40.00</b>	<b>03:28:40.00</b>	+00:58:02 (27.8%)	7:16	8.3 (72.8%)
55	<b>LUBAŃSKI Robert</b>	<b>1159</b>	50 PLUS	OPEN	55	03:14:14	<b>03:29:47.15</b>	<b>03:29:47.15</b>	+00:59:09 (28.2%)	7:18	8.2 (71.9%)
56	<b>ŁAŻNIEWSKI Dawid</b>	<b>1083</b>	SUDECCY D-E-P-TACZE TEAM	OPEN	56	03:16:43	<b>03:30:33.55</b>	<b>03:30:33.55</b>	+00:59:56 (28.5%)	7:20	8.2 (71.9%)
57	<b>NOWAK Wojtek</b>	<b>1020</b>	EXPLORADOR	OPEN	57	03:16:02	<b>03:31:13.45</b>	<b>03:31:13.45</b>	+01:00:36 (28.7%)	7:21	8.2 (71.9%)
58	<b>MYRCHA Mateusz</b>	<b>1173</b>	MIXTURA	OPEN	58	03:18:10	<b>03:32:03.10</b>	<b>03:32:03.10</b>	+01:01:25 (29.0%)	7:23	8.1 (71.1%)
59	<b>MUSIOŁ Michał</b>	<b>1147</b>	KAMIL JEST PIĘKNY	OPEN	59	03:18:14	<b>03:32:17.40</b>	<b>03:32:17.40</b>	+01:01:40 (29.0%)	7:23	8.1 (71.1%)
60	<b>GRYCMAN Łukasz</b>	<b>1169</b>	SPARTA ULTRA TEAM 1	OPEN	60	03:19:37	<b>03:33:17.45</b>	<b>03:33:17.45</b>	+01:02:40 (29.4%)	7:25	8.1 (71.1%)
61	<b>KUNICKI Konrad</b>	<b>1116</b>	NOA 3-PACK	OPEN	61	03:18:45	<b>03:34:05.40</b>	<b>03:34:05.40</b>	+01:03:28 (29.6%)	7:27	8 (70.2%)

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62	<b>GRUDOWSKI Konrad</b>	<b>1013</b>	WAŁY CHROBREGO	OPEN	62	03:18:21	<b>03:34:19.70</b>	<b>03:34:19.70</b>	+01:03:42 (29.7%)	7:28	8 (70.2%)
63	<b>WŁODARCZYK Michał</b>	<b>1035</b>	ASYBEZKASY	OPEN	63	03:20:17	<b>03:34:48.10</b>	<b>03:34:48.10</b>	+01:04:10 (29.9%)	7:29	8 (70.2%)
64	<b>BALCAR Michał</b>	<b>1193</b>	RUNSPORT TEAM	OPEN	64	03:13:59	<b>03:34:51.90</b>	<b>03:34:51.90</b>	+01:04:14 (29.9%)	7:29	8 (70.2%)
65	<b>JACHYM-DREWNIAK Joanna</b>	<b>1129</b>	LADIES TEAM	OPEN	65	03:21:51	<b>03:35:41.05</b>	<b>03:35:41.05</b>	+01:05:03 (30.2%)	7:30	8 (70.2%)
66	<b>GAWĘSKI Maciej</b>	<b>1124</b>	POZKRAKI	OPEN	66	03:22:46	<b>03:37:24.55</b>	<b>03:37:24.55</b>	+01:06:47 (30.7%)	7:34	7.9 (69.3%)
67	<b>PALCZARSKI Marcin</b>	<b>1128</b>	DZIKIE DZIKI GORZÓW	OPEN	67	03:22:28	<b>03:37:45.65</b>	<b>03:37:45.65</b>	+01:07:08 (30.8%)	7:35	7.9 (69.3%)
68	<b>POTOCZNY Łukasz</b>	<b>1065</b>	EUFORIABIEGACZATEM	OPEN	68	03:24:32	<b>03:37:45.95</b>	<b>03:37:45.95</b>	+01:07:08 (30.8%)	7:35	7.9 (69.3%)
69	<b>GRZEBIELUCH Łukasz</b>	<b>1144</b>	LEDWOZIPIA	OPEN	69	03:23:13	<b>03:39:01.15</b>	<b>03:39:01.15</b>	+01:08:23 (31.2%)	7:37	7.9 (69.3%)
70	<b>PRUSISZ Jacek</b>	<b>1027</b>	ZBIEGI	OPEN	70	03:25:00	<b>03:39:08.65</b>	<b>03:39:08.65</b>	+01:08:31 (31.3%)	7:38	7.9 (69.3%)
71	<b>PERENC Michał</b>	<b>1047</b>	HUSARIA RACE TEAM	OPEN	71	03:25:07	<b>03:39:24.20</b>	<b>03:39:24.20</b>	+01:08:46 (31.3%)	7:38	7.8 (68.4%)
72	<b>ZAJĄC Marcin</b>	<b>1156</b>	DA STYGMATYK	OPEN	72	03:23:37	<b>03:40:05.30</b>	<b>03:40:05.30</b>	+01:09:28 (31.6%)	7:40	7.8 (68.4%)
73	<b>BERNAT Marcin</b>	<b>1103</b>	DZIKA WATAHA	OPEN	73	03:20:30	<b>03:40:40.70</b>	<b>03:40:40.70</b>	+01:10:03 (31.7%)	7:41	7.8 (68.4%)
74	<b>WOŁCZEK Przemysław</b>	<b>1044</b>	GRUPA BIEGOWA 'BEZ GRANIC'	OPEN	74	03:24:52	<b>03:40:48.65</b>	<b>03:40:48.65</b>	+01:10:11 (31.8%)	7:41	7.8 (68.4%)
75	<b>BRUMLICHOVA Romana</b>	<b>1200</b>	BEHNY Z CECH	OPEN	75	03:25:14	<b>03:40:59.10</b>	<b>03:40:59.10</b>	+01:10:21 (31.8%)	7:41	7.8 (68.4%)
76	<b>PIOTROWSKI Paweł</b>	<b>1078</b>	PROTON	OPEN	76	03:26:34	<b>03:41:00.80</b>	<b>03:41:00.80</b>	+01:10:23 (31.8%)	7:42	7.8 (68.4%)
77	<b>STEFANIAK Łukasz</b>	<b>1021</b>	ROMEO I JULIE	OPEN	77	03:27:27	<b>03:41:05.05</b>	<b>03:41:05.05</b>	+01:10:27 (31.9%)	7:42	7.8 (68.4%)
78	<b>KORCZYK Jakub</b>	<b>1118</b>	CZASEM NA ASFALCIE	OPEN	78	03:26:20	<b>03:42:23.50</b>	<b>03:42:23.50</b>	+01:11:46 (32.3%)	7:44	7.7 (67.5%)
79	<b>KRZESZOWSKI Marcin</b>	<b>1043</b>	MGM STRZEGOM	OPEN	79	03:27:16	<b>03:43:15.20</b>	<b>03:43:15.20</b>	+01:12:37 (32.5%)	7:46	7.7 (67.5%)
80	<b>LEWANDOWSKI Paweł</b>	<b>1170</b>	PGE RUN OBRÓT	OPEN	80	03:27:22	<b>03:43:20.65</b>	<b>03:43:20.65</b>	+01:12:43 (32.6%)	7:46	7.7 (67.5%)
81	<b>MAGDA Łukasz</b>	<b>1079</b>	3XL	OPEN	81	03:28:51	<b>03:43:31.80</b>	<b>03:43:31.80</b>	+01:12:54 (32.6%)	7:47	7.7 (67.5%)
82	<b>MAJEWSKI Maciej</b>	<b>1098</b>	ULTRAWAPNIAKI	OPEN	82	03:27:09	<b>03:43:38.55</b>	<b>03:43:38.55</b>	+01:13:01 (32.7%)	7:47	7.7 (67.5%)
83	<b>ROJEWSKI Paweł</b>	<b>1166</b>	NIEBEZPIECZNE ZBIEGI	OPEN	83	03:29:09	<b>03:44:36.60</b>	<b>03:44:36.60</b>	+01:13:59 (32.9%)	7:49	7.7 (67.5%)
84	<b>JAROSŁAWSKI Marcin</b>	<b>1154</b>	KB HARCOWNIK 2	OPEN	84	03:25:55	<b>03:44:36.70</b>	<b>03:44:36.70</b>	+01:13:59 (32.9%)	7:49	7.7 (67.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Punkt_przed_Z1 26.7km	Czas netto 28.7km	Czas brutto 28.7km	Różn	Tempo min/km	Tempo km/h
85	<b>FERENC-SZMUC Edyta</b>	<b>1141</b>	ZAKOCHANE W GÓRACH	OPEN	85	03:30:16	<b>03:44:57.95</b>	<b>03:44:57.95</b>	+01:14:20 (33.0%)	7:50	7.7 (67.5%)
86	<b>BĄK Agata</b>	<b>1146</b>	BUSHIDO	OPEN	86	03:31:19	<b>03:45:10.00</b>	<b>03:45:10.00</b>	+01:14:32 (33.1%)	7:50	7.6 (66.7%)
87	<b>KRYM Katarzyna</b>	<b>1160</b>	AED	OPEN	87	03:29:44	<b>03:45:15.05</b>	<b>03:45:15.05</b>	+01:14:37 (33.1%)	7:50	7.6 (66.7%)
88	<b>KUCZKOWSKI Krzysztof</b>	<b>1049</b>	MERINO MOB	OPEN	88	03:29:10	<b>03:46:41.90</b>	<b>03:46:41.90</b>	+01:16:04 (33.6%)	7:53	7.6 (66.7%)
89	<b>GÓRAJ Janusz</b>	<b>1011</b>	KOPALNIA MOCY	OPEN	89	03:30:25	<b>03:47:33.65</b>	<b>03:47:33.65</b>	+01:16:56 (33.8%)	7:55	7.6 (66.7%)
90	<b>PISINGAS Mariusz</b>	<b>1082</b>	SIŁA MASA MOC KIEŁBASA	OPEN	90	03:30:48	<b>03:48:03.45</b>	<b>03:48:03.45</b>	+01:17:26 (34.0%)	7:56	7.6 (66.7%)
91	<b>MARGASIŃSKI Michał</b>	<b>1132</b>	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	OPEN	91	03:31:32	<b>03:48:29.95</b>	<b>03:48:29.95</b>	+01:17:52 (34.1%)	7:57	7.5 (65.8%)
92	<b>SZELAĞ Sławomir</b>	<b>1165</b>	LISY PUSTYNI	OPEN	92	03:33:09	<b>03:49:08.20</b>	<b>03:49:08.20</b>	+01:18:30 (34.3%)	7:59	7.5 (65.8%)
93	<b>KAŁUŻNY Wojciech Kałużny</b>	<b>1012</b>	NO SUGAR CAFE	OPEN	93	03:35:11	<b>03:49:30.15</b>	<b>03:49:30.15</b>	+01:18:52 (34.4%)	7:59	7.5 (65.8%)
94	<b>DŁUGOŁĘCKI Konrad</b>	<b>1101</b>	POZYTYWNI FURIACI	OPEN	94	03:32:34	<b>03:49:44.45</b>	<b>03:49:44.45</b>	+01:19:07 (34.4%)	8:00	7.5 (65.8%)
95	<b>BONIKOWSKI Tomasz</b>	<b>1036</b>	#DOPORZYGU	OPEN	95	03:35:15	<b>03:49:52.00</b>	<b>03:49:52.00</b>	+01:19:14 (34.5%)	8:00	7.5 (65.8%)
96	<b>ROSOŁOWSKI Grzegorz</b>	<b>1051</b>	G-G-M TEAM	OPEN	96	03:34:54	<b>03:51:15.40</b>	<b>03:51:15.40</b>	+01:20:38 (34.9%)	8:03	7.4 (64.9%)
97	<b>SZYMAŃSKI Marek</b>	<b>1048</b>	GRIZZLY TEAM	OPEN	97	03:34:25	<b>03:51:26.45</b>	<b>03:51:26.45</b>	+01:20:49 (34.9%)	8:03	7.4 (64.9%)
98	<b>MUCHA Piotr</b>	<b>1023</b>	FIZJOTEAM	OPEN	98	03:34:13	<b>03:51:29.75</b>	<b>03:51:29.75</b>	+01:20:52 (34.9%)	8:03	7.4 (64.9%)
99	<b>NOWAK Michał</b>	<b>1089</b>	GOATS GONE WILD	OPEN	99	03:36:22	<b>03:51:38.50</b>	<b>03:51:38.50</b>	+01:21:01 (35.0%)	8:04	7.4 (64.9%)
100	<b>SZANDAŁA Jacek</b>	<b>1106</b>	CAŁA OLEŚNICA BIEGA	OPEN	100	03:37:09	<b>03:52:38.90</b>	<b>03:52:38.90</b>	+01:22:01 (35.3%)	8:06	7.4 (64.9%)
101	<b>KOZIELEWSKI Antoni</b>	<b>1195</b>	RZYĆ CHYŻA GZEGŻÓŁKI I CZYŻA	OPEN	101	03:36:58	<b>03:52:51.45</b>	<b>03:52:51.45</b>	+01:22:14 (35.3%)	8:06	7.4 (64.9%)
102	<b>FEDER Marcin</b>	<b>1059</b>	TROCHĘ SAJKO	OPEN	102	03:37:05	<b>03:53:26.80</b>	<b>03:53:26.80</b>	+01:22:49 (35.5%)	8:08	7.4 (64.9%)
103	<b>SZNAJDER Marcin</b>	<b>1025</b>	MESONDŽI LAJF STAJL	OPEN	103	03:37:06	<b>03:53:31.10</b>	<b>03:53:31.10</b>	+01:22:53 (35.5%)	8:08	7.4 (64.9%)
104	<b>IDZIAK Jakub</b>	<b>1086</b>	DZIKI Z POZNANIA	OPEN	104	03:40:24	<b>03:54:32.15</b>	<b>03:54:32.15</b>	+01:23:54 (35.8%)	8:10	7.3 (64.0%)
105	<b>GNIADK Tomasz</b>	<b>1117</b>	W POGONI ZA KOPYTKIEM	OPEN	105	03:39:15	<b>03:54:45.95</b>	<b>03:54:45.95</b>	+01:24:08 (35.8%)	8:10	7.3 (64.0%)
106	<b>JĘDRYCA Przemek</b>	<b>1171</b>	SPARTA ULTRA TEAM NIEZNISZCZALNI	OPEN	106		<b>03:54:47.90</b>	<b>03:54:47.90</b>	+01:24:10 (35.9%)	8:10	7.3 (64.0%)
107	<b>PUCHACZ Wojciech</b>	<b>1053</b>	UMIŁOWANI W BEKONIE	OPEN	107	03:40:14	<b>03:55:11.40</b>	<b>03:55:11.40</b>	+01:24:34 (36.0%)	8:11	7.3 (64.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Punkt_przed_Z1 26.7km	Czas netto 28.7km	Czas brutto 28.7km	Różn	Tempo min/km	Tempo km/h
108	<b>WALECZEK Sławomir</b>	<b>1094</b>	HEDONIŚCI	OPEN	108	03:36:46	<b>03:55:12.90</b>	<b>03:55:12.90</b>	+01:24:35 (36.0%)	8:11	7.3 (64.0%)
109	<b>STACHURA Magdalena</b>	<b>1108</b>	CSC ADVENTURE ACADEMY	OPEN	109	03:39:55	<b>03:55:13.05</b>	<b>03:55:13.05</b>	+01:24:35 (36.0%)	8:11	7.3 (64.0%)
110	<b>URBANIAK Hubert</b>	<b>1137</b>	ROZBIEGANY RAWICZ AKUNA RUN	OPEN	110	03:40:52	<b>03:56:58.10</b>	<b>03:56:58.10</b>	+01:26:20 (36.4%)	8:15	7.3 (64.0%)
110	<b>GRAMZA Katarzyna</b>	<b>1017</b>	DZIKIE HUCUŁY	OPEN	111	03:41:00	<b>03:56:58.10</b>	<b>03:56:58.10</b>	+01:26:20 (36.4%)	8:15	7.3 (64.0%)
112	<b>ZIMNY Tomasz</b>	<b>1010</b>	MŁODZI GNIEWNI	OPEN	112	03:39:18	<b>03:57:38.85</b>	<b>03:57:38.85</b>	+01:27:01 (36.6%)	8:16	7.2 (63.2%)
113	<b>TOMASIK Andrzej</b>	<b>1179</b>	FAWORYCI 20 LAT PÓZNIJ	OPEN	113	03:41:23	<b>03:58:12.45</b>	<b>03:58:12.45</b>	+01:27:35 (36.8%)	8:18	7.2 (63.2%)
114	<b>HORNYCHOVA Marie</b>	<b>1135</b>	CESKE HOLKY	OPEN	114	03:42:54	<b>03:58:47.15</b>	<b>03:58:47.15</b>	+01:28:09 (36.9%)	8:19	7.2 (63.2%)
115	<b>MIKOŁAJCZYK Tomasz</b>	<b>1111</b>	EXPLORADOR	OPEN	115	03:41:49	<b>03:59:07.55</b>	<b>03:59:07.55</b>	+01:28:30 (37.0%)	8:19	7.2 (63.2%)
116	<b>KRUPIANIK Tomasz</b>	<b>1056</b>	OSWITZ	OPEN	116	03:41:51	<b>03:59:29.20</b>	<b>03:59:29.20</b>	+01:28:51 (37.1%)	8:20	7.2 (63.2%)
117	<b>GRZESZCZUK Grzegorz</b>	<b>1168</b>	TEAM ZABIEGANEDNI II	OPEN	117	03:44:00	<b>03:59:33.50</b>	<b>03:59:33.50</b>	+01:28:56 (37.1%)	8:20	7.2 (63.2%)
118	<b>RUSOŁ Tomasz</b>	<b>1134</b>	PZPN - POLSKI ZWIĄZEK PRZYJACIÓŁ NADWAGI	OPEN	118	03:43:05	<b>03:59:43.35</b>	<b>03:59:43.35</b>	+01:29:06 (37.2%)	8:21	7.2 (63.2%)
119	<b>GARCZYŃSKI Darek</b>	<b>1077</b>	AKD TEAM	OPEN	119	03:43:37	<b>03:59:43.85</b>	<b>03:59:43.85</b>	+01:29:06 (37.2%)	8:21	7.2 (63.2%)
120	<b>MAKOWSKI Tomasz</b>	<b>1091</b>	JANUSZE ULTRA	OPEN	120	03:41:39	<b>04:00:01.20</b>	<b>04:00:01.20</b>	+01:29:23 (37.2%)	8:21	7.2 (63.2%)
121	<b>URBAŃSKI Michał</b>	<b>1142</b>	FLUNKYBALL TEAM ŁĄDEK-ZDRÓJ	OPEN	121	03:42:16	<b>04:00:42.35</b>	<b>04:00:42.35</b>	+01:30:05 (37.4%)	8:23	7.2 (63.2%)
122	<b>GÓRSKA Agnieszka</b>	<b>1175</b>	ŻARY RUNNERS TEAM	OPEN	122		<b>04:01:12.25</b>	<b>04:01:12.25</b>	+01:30:35 (37.6%)	8:24	7.1 (62.3%)
123	<b>LEKSY Robert</b>	<b>1161</b>	TRAILOWE BIEGI DUCHOWE	OPEN	123	03:42:45	<b>04:01:12.65</b>	<b>04:01:12.65</b>	+01:30:35 (37.6%)	8:24	7.1 (62.3%)
124	<b>GAGAT Bartłomiej</b>	<b>1140</b>	KULAWE PIERONY	OPEN	124	03:43:47	<b>04:02:09.55</b>	<b>04:02:09.55</b>	+01:31:32 (37.8%)	8:26	7.1 (62.3%)
125	<b>MAĆKOWIAK Michał</b>	<b>1008</b>	MAĆKOWIAK TEAM	OPEN	125	03:44:20	<b>04:02:15.20</b>	<b>04:02:15.20</b>	+01:31:37 (37.8%)	8:26	7.1 (62.3%)
126	<b>FRAĆKOWIAK Ewelina</b>	<b>1131</b>	PIASTOWSKI JAR	OPEN	126	03:47:01	<b>04:03:14.70</b>	<b>04:03:14.70</b>	+01:32:37 (38.1%)	8:28	7.1 (62.3%)
127	<b>GAWRON Bartłomiej</b>	<b>1085</b>	FASTER	OPEN	127	03:46:09	<b>04:04:06.50</b>	<b>04:04:06.50</b>	+01:33:29 (38.3%)	8:30	7.1 (62.3%)
128	<b>DETTLAFF Patrycja</b>	<b>1182</b>	GÓRALKI BEZ HALKI	OPEN	128	03:47:56	<b>04:04:31.10</b>	<b>04:04:31.10</b>	+01:33:53 (38.4%)	8:31	7 (61.4%)
129	<b>CZECZOTT Małgorzata</b>	<b>1180</b>	UKA ULTRAS	OPEN	129	03:48:40	<b>04:05:30.90</b>	<b>04:05:30.90</b>	+01:34:53 (38.7%)	8:33	7 (61.4%)
130	<b>PAWLICKI Karol</b>	<b>1062</b>	BAGIENNE DZIKI	OPEN	130	03:49:30	<b>04:05:37.10</b>	<b>04:05:37.10</b>	+01:34:59 (38.7%)	8:33	7 (61.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Punkt_przed_Z1 26.7km	Czas netto 28.7km	Czas brutto 28.7km	Różn	Tempo min/km	Tempo km/h
131	<b>GAZDA Michał</b>	<b>1071</b>	CONSTRAVIA	OPEN	131	03:52:01	<b>04:09:10.60</b>	<b>04:09:10.60</b>	+01:38:33 (39.6%)	8:40	6.9 (60.5%)
132	<b>BARTOSIEWICZ Adam</b>	<b>1037</b>	GRYFINO TEAM	OPEN	132	03:54:43	<b>04:10:30.75</b>	<b>04:10:30.75</b>	+01:39:53 (39.9%)	8:43	6.9 (60.5%)
133	<b>TRACZYŃSKI Daniel</b>	<b>1096</b>	ICH TROJE	OPEN	133	03:51:35	<b>04:11:09.55</b>	<b>04:11:09.55</b>	+01:40:32 (40.0%)	8:45	6.9 (60.5%)
134	<b>TUCHOŁKA Marta</b>	<b>1197</b>	UMIŁOWANI W TOFUROŻKU	OPEN	134	03:54:19	<b>04:11:31.85</b>	<b>04:11:31.85</b>	+01:40:54 (40.1%)	8:45	6.8 (59.6%)
135	<b>CISZYŃSKI Marek</b>	<b>1133</b>	GOSIAMAREKJAKUB	OPEN	135	03:58:06	<b>04:11:52.80</b>	<b>04:11:52.80</b>	+01:41:15 (40.2%)	8:46	6.8 (59.6%)
136	<b>JĘDRASZEK Alicja</b>	<b>1026</b>	IRONGIRLS	OPEN	136	03:54:51	<b>04:11:54.55</b>	<b>04:11:54.55</b>	+01:41:17 (40.2%)	8:46	6.8 (59.6%)
137	<b>BARSZCZ Bartosz</b>	<b>1143</b>	RADOMSKIE WARCHOŁY	OPEN	137	03:51:28	<b>04:12:06.00</b>	<b>04:12:06.00</b>	+01:41:28 (40.3%)	8:47	6.8 (59.6%)
138	<b>NYKIEL Artur</b>	<b>1030</b>	BEZ NAZWY :)	OPEN	138	03:57:00	<b>04:13:40.15</b>	<b>04:13:40.15</b>	+01:43:02 (40.6%)	8:50	6.8 (59.6%)
139	<b>KAPAŁKA Adrian</b>	<b>1190</b>	NATALIA TOMASIAK GÓRSKI STYL	OPEN	139	03:58:18	<b>04:14:11.85</b>	<b>04:14:11.85</b>	+01:43:34 (40.7%)	8:51	6.8 (59.6%)
140	<b>SOWA Maciej</b>	<b>1045</b>	KIBOLSKI KS	OPEN	140	03:59:48	<b>04:14:52.40</b>	<b>04:14:52.40</b>	+01:44:15 (40.9%)	8:52	6.8 (59.6%)
141	<b>BIERNACKA Katarzyna</b>	<b>1196</b>	SAMOZWAŃCZY FUNCLUB PIOTRKA HERCOGA	OPEN	141	03:58:17	<b>04:14:56.95</b>	<b>04:14:56.95</b>	+01:44:19 (40.9%)	8:52	6.8 (59.6%)
142	<b>NIMSZ Kamila</b>	<b>1031</b>	HARCOWNICZKI	OPEN	142	03:58:04	<b>04:15:08.20</b>	<b>04:15:08.20</b>	+01:44:30 (41.0%)	8:53	6.7 (58.8%)
143	<b>KOTKOWSKI Arthur</b>	<b>1052</b>	#TEAMKRÓLAK	OPEN	143	04:00:04	<b>04:16:51.75</b>	<b>04:16:51.75</b>	+01:46:14 (41.4%)	8:56	6.7 (58.8%)
144	<b>GRYCMAN Magdalena</b>	<b>1174</b>	SPARTA ULTRA TEAM DĘBOWY I DZIEWCZYNY	OPEN	144	03:59:30	<b>04:17:22.75</b>	<b>04:17:22.75</b>	+01:46:45 (41.5%)	8:58	6.7 (58.8%)
145	<b>KONIECZNY Andrzej</b>	<b>1088</b>	ORŁY AGNIESZKI- OBY DO METY	OPEN	145	04:02:01	<b>04:19:10.85</b>	<b>04:19:10.85</b>	+01:48:33 (41.9%)	9:01	6.6 (57.9%)
146	<b>PASZKIEWICZ Maciej</b>	<b>1151</b>	RAM	OPEN	146	04:00:55	<b>04:19:56.45</b>	<b>04:19:56.45</b>	+01:49:19 (42.1%)	9:03	6.6 (57.9%)
147	<b>STOLARZ Jędrzej</b>	<b>1157</b>	3 PIERONY	OPEN	147	04:01:04	<b>04:21:20.50</b>	<b>04:21:20.50</b>	+01:50:43 (42.4%)	9:06	6.6 (57.9%)
148	<b>BADOWSKI Rafał</b>	<b>1185</b>	MUKAINADA RUNNING TEAM	OPEN	148	04:04:12	<b>04:22:15.10</b>	<b>04:22:15.10</b>	+01:51:37 (42.6%)	9:08	6.6 (57.9%)
149	<b>REGULSKA Monika</b>	<b>1072</b>	ULTRAGRAŻYNY	OPEN	149	04:04:39	<b>04:22:38.35</b>	<b>04:22:38.35</b>	+01:52:01 (42.7%)	9:09	6.6 (57.9%)
150	<b>MARCINIAK Janusz</b>	<b>1024</b>	3 MUSHKIETERY	OPEN	150	04:06:31	<b>04:22:51.70</b>	<b>04:22:51.70</b>	+01:52:14 (42.7%)	9:09	6.6 (57.9%)
151	<b>HRAB Wojciech</b>	<b>1073</b>	TAŃCZĄCA Z DZIKAMI	OPEN	151		<b>04:22:55.90</b>	<b>04:22:55.90</b>	+01:52:18 (42.7%)	9:09	6.5 (57.0%)
152	<b>GARWOL Justyna</b>	<b>1022</b>	OPOLE BIEGA	OPEN	152	04:03:44	<b>04:23:03.50</b>	<b>04:23:03.50</b>	+01:52:26 (42.7%)	9:09	6.5 (57.0%)
153	<b>OPAŁA Krzysztof</b>	<b>1189</b>	TRAILOWE BIEGIDUCHOWE	OPEN	153	04:04:28	<b>04:23:07.60</b>	<b>04:23:07.60</b>	+01:52:30 (42.8%)	9:10	6.5 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Punkt_przed_Z1 26.7km	Czas netto 28.7km	Czas brutto 28.7km	Różn	Tempo min/km	Tempo km/h
154	<b>MALCHER Łukasz</b>	<b>1123</b>	CHYBA DOBIEGNIEMY	OPEN	154	04:06:11	<b>04:24:15.75</b>	<b>04:24:15.75</b>	+01:53:38 (43.0%)	9:12	6.5 (57.0%)
155	<b>WŁODARCZYK Łukasz</b>	<b>1107</b>	ARCYWROGOWIE	OPEN	155	04:06:15	<b>04:25:32.00</b>	<b>04:25:32.00</b>	+01:54:54 (43.3%)	9:15	6.5 (57.0%)
156	<b>MŁYNARCZYK Krzysztof</b>	<b>1016</b>	FIZJOBIEGACZE	OPEN	156	04:05:02	<b>04:25:49.75</b>	<b>04:25:49.75</b>	+01:55:12 (43.3%)	9:15	6.5 (57.0%)
157	<b>LECH Agnieszka</b>	<b>1057</b>	BEZGRANIC	OPEN	157	04:08:55	<b>04:27:43.65</b>	<b>04:27:43.65</b>	+01:57:06 (43.7%)	9:19	6.4 (56.1%)
158	<b>JANKOWSKI Krzysztof</b>	<b>1130</b>	DEBIUTANCI AWF	OPEN	158	04:06:58	<b>04:27:43.80</b>	<b>04:27:43.80</b>	+01:57:06 (43.7%)	9:19	6.4 (56.1%)
159	<b>CWOJDZIŃSKI Piotr</b>	<b>1099</b>	NO PROBLAMA	OPEN	159	04:10:16	<b>04:28:39.65</b>	<b>04:28:39.65</b>	+01:58:02 (43.9%)	9:21	6.4 (56.1%)
160	<b>DWORCZAK Małgorzata</b>	<b>1105</b>	PETARDA TEAM	OPEN	160	04:09:06	<b>04:28:53.85</b>	<b>04:28:53.85</b>	+01:58:16 (44.0%)	9:22	6.4 (56.1%)
161	<b>KADŁUBOWSKI Piotr</b>	<b>1125</b>	KOTWICA BRZEG	OPEN	161	04:09:32	<b>04:29:14.65</b>	<b>04:29:14.65</b>	+01:58:37 (44.1%)	9:22	6.4 (56.1%)
162	<b>MATYASZEK Marek</b>	<b>1188</b>	3XM	OPEN	162	04:11:36	<b>04:29:24.95</b>	<b>04:29:24.95</b>	+01:58:47 (44.1%)	9:23	6.4 (56.1%)
163	<b>STĘPIEŃ Tomasz</b>	<b>1093</b>	ABYDOMETY2+1	OPEN	163	04:11:50	<b>04:29:43.00</b>	<b>04:29:43.00</b>	+01:59:05 (44.2%)	9:23	6.4 (56.1%)
164	<b>KUŻEL Adrian</b>	<b>1102</b>	AKS	OPEN	164	04:09:18	<b>04:30:09.00</b>	<b>04:30:09.00</b>	+01:59:31 (44.2%)	9:24	6.4 (56.1%)
165	<b>ZARODA Zbyszek</b>	<b>1034</b>	SUPER TRIO	OPEN	165	04:13:07	<b>04:31:29.55</b>	<b>04:31:29.55</b>	+02:00:52 (44.5%)	9:27	6.3 (55.3%)
166	<b>KOZIOŁ Artur</b>	<b>1162</b>	ZESRAM SIĘ A NIE DAM SIĘ	OPEN	166	04:13:26	<b>04:31:36.35</b>	<b>04:31:36.35</b>	+02:00:59 (44.5%)	9:27	6.3 (55.3%)
167	<b>SAMBORSKI Bartosz</b>	<b>1127</b>	WKURW_TEAM WARSZAWA	OPEN	167	04:13:33	<b>04:32:10.70</b>	<b>04:32:10.70</b>	+02:01:33 (44.7%)	9:28	6.3 (55.3%)
168	<b>WINKOWSKA-STRUZIK Magdalena</b>	<b>1069</b>	KOZICE KAWY	OPEN	168	04:14:12	<b>04:32:52.25</b>	<b>04:32:52.25</b>	+02:02:15 (44.8%)	9:30	6.3 (55.3%)
169	<b>LUBAŃSKI Mateusz</b>	<b>1029</b>	TEAM ZABIEGANEDNI	OPEN	169	04:14:32	<b>04:34:39.70</b>	<b>04:34:39.70</b>	+02:04:02 (45.2%)	9:34	6.3 (55.3%)
170	<b>SALDACZ Maciej</b>	<b>1087</b>	DZIKIE DZIKI 3	OPEN	170	04:16:06	<b>04:35:36.00</b>	<b>04:35:36.00</b>	+02:04:58 (45.3%)	9:36	6.2 (54.4%)
171	<b>CZERMAK Patryk</b>	<b>1172</b>	ZAKOCHAJ SIE W BIEGANIU	OPEN	171	04:17:35	<b>04:35:45.70</b>	<b>04:35:45.70</b>	+02:05:08 (45.4%)	9:36	6.2 (54.4%)
172	<b>WOŻNA Magdalena</b>	<b>1192</b>	STOWARZYSZENIE NOWE GRANICE	OPEN	172	04:19:56	<b>04:37:53.90</b>	<b>04:37:53.90</b>	+02:07:16 (45.8%)	9:40	6.2 (54.4%)
173	<b>WASZYK Anita</b>	<b>1198</b>	MUAY RUNNING TEAM	OPEN	173	04:20:22	<b>04:37:59.85</b>	<b>04:37:59.85</b>	+02:07:22 (45.8%)	9:41	6.2 (54.4%)
174	<b>KURKOWIAK Krzysztof</b>	<b>1046</b>	WKURW_TEAM	OPEN	174	04:23:03	<b>04:39:39.60</b>	<b>04:39:39.60</b>	+02:09:02 (46.1%)	9:44	6.2 (54.4%)
175	<b>GRACZ Krzysztof</b>	<b>1152</b>	DZIKI TRZY	OPEN	175	04:21:34	<b>04:40:57.40</b>	<b>04:40:57.40</b>	+02:10:20 (46.4%)	9:47	6.1 (53.5%)
176	<b>GRABOWICZ Paweł</b>	<b>1153</b>	GRANINO	OPEN	176	04:20:35	<b>04:42:23.40</b>	<b>04:42:23.40</b>	+02:11:46 (46.7%)	9:50	6.1 (53.5%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Punkt_przed_Z1 26.7km	Czas netto 28.7km	Czas brutto 28.7km	Różn	Tempo min/km	Tempo km/h
177	<b>CZERWIŃSKI Rafał</b>	<b>1120</b>	DZIKI OLEŚNICA	OPEN	177	04:25:39	<b>04:43:29.05</b>	<b>04:43:29.05</b>	+02:12:51 (46.9%)	9:52	6.1 (53.5%)
178	<b>MIGDAŁ Adrian</b>	<b>1019</b>	ANIOŁKI CHARLIEGO	OPEN	178	04:25:27	<b>04:44:23.20</b>	<b>04:44:23.20</b>	+02:13:45 (47.0%)	9:54	6.1 (53.5%)
179	<b>STAWIARSKA Katarzyna</b>	<b>1194</b>	KARPACZ SPORT / KOWARY BIEGAJĄ	OPEN	179	04:25:15	<b>04:44:28.70</b>	<b>04:44:28.70</b>	+02:13:51 (47.1%)	9:54	6.1 (53.5%)
180	<b>DAMASIEWICZ Paula</b>	<b>1176</b>	SPARTA ULTRA TEAM ZMIXOWANI	OPEN	180	04:25:15	<b>04:46:32.50</b>	<b>04:46:32.50</b>	+02:15:55 (47.4%)	9:59	6 (52.6%)
181	<b>RYCHTYK Dawid</b>	<b>1038</b>	JEŻYKI	OPEN	181	04:25:57	<b>04:46:50.60</b>	<b>04:46:50.60</b>	+02:16:13 (47.5%)	9:59	6 (52.6%)
182	<b>STOKŁOSA Michał</b>	<b>1033</b>	CAPGEMINI	OPEN	182	04:26:49	<b>04:47:58.00</b>	<b>04:47:58.00</b>	+02:17:20 (47.7%)	10:02	6 (52.6%)
183	<b>BIERNACIK Piotr</b>	<b>1121</b>	KUDOWSCY MIŁOŚNICZY BIEGANIA	OPEN	183	04:39:51	<b>04:58:36.75</b>	<b>04:58:36.75</b>	+02:27:59 (49.6%)	10:24	5.8 (50.9%)
184	<b>MARCINIAK Maciej</b>	<b>1074</b>	MÓJPIERWSZYRAZ-MPR	OPEN	184	04:04:02	<b>05:08:19.70</b>	<b>05:08:19.70</b>	+02:37:42 (51.1%)	10:44	5.6 (49.1%)
185	<b>SIMIŃSKI Maciej</b>	<b>1112</b>	GRALNIATEAM	OPEN	185	04:51:33	<b>05:11:28.70</b>	<b>05:11:28.70</b>	+02:40:51 (51.6%)	10:51	5.5 (48.2%)
186	<b>CIERACH Agnieszka</b>	<b>1109</b>	GORZOWSCY DEBIUTANCI	OPEN	186	04:52:43	<b>05:13:40.05</b>	<b>05:13:40.05</b>	+02:43:02 (52.0%)	10:55	5.5 (48.2%)
187	<b>HARNIK Michał</b>	<b>1068</b>	KOPALNIA MOCY TARNOBRZEG	OPEN	187	04:54:50	<b>05:14:32.25</b>	<b>05:14:32.25</b>	+02:43:55 (52.1%)	10:57	5.5 (48.2%)
188	<b>HAŁA Marta</b>	<b>1075</b>	DZIEWCZYNY Z TARNOWO PODGÓRNE BIEGA	OPEN	188	04:56:06	<b>05:16:41.30</b>	<b>05:16:41.30</b>	+02:46:04 (52.4%)	11:02	5.4 (47.4%)
189	<b>WASZKIEWICZ Joanna</b>	<b>1054</b>	KOZICE TURYSTYCZNE	OPEN	189	05:14:20	<b>05:33:12.25</b>	<b>05:33:12.25</b>	+03:02:35 (54.8%)	11:36	5.2 (45.6%)
190	<b>KRZYŻEWSKI Roger</b>	<b>1060</b>	BESKIDZKIE EKLERKI	OPEN	190	05:16:11	<b>05:34:32.70</b>	<b>05:34:32.70</b>	+03:03:55 (55.0%)	11:39	5.1 (44.7%)
	<b>GRZELCZAK Tomasz</b>	<b>1041</b>	POLISH MEDICAL MISSION 2	OPEN		05:31:58 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Znaleziono 191 wynik(ów)