

Event: Sztafeta Górska 2019
Organiser: Fundacja MARATONY GÓRSKIE
Date: 2019-04-13
Place: Kudowa-Zdrój
Distance: 21,7 km

Classification: OPEN

Place	Participant	Number	Club	Category	MCat	Punkt_przed_Z2 19.2km	Penalty/ bonus	Net time 21.7km	Gap	Pace min/km	Pace km/h
1	SÁDLO Dominik	1001	SALOMON CZ/WILLA SPA SCALIANO	OPEN	1	01:34:13		01:41:48.00		4:41	12.8 (100%)
2	CZUBA Jarek	1067	TEAM MOUNTAIN FUEL POLSKA	OPEN	2	01:45:53		01:54:50.65	+00:13:02 (11.4%)	5:17	11.3 (88.3%)
3	FARON Robert	1002	SALCO RETRO TEAM 2015	OPEN	3	01:49:42		01:59:03.35	+00:17:15 (14.5%)	5:29	10.9 (85.2%)
4	SZUMLIŃSKI Piotr	1003	ATTIQ	OPEN	4	01:51:57		02:01:46.10	+00:19:58 (16.4%)	5:36	10.7 (83.6%)
5	MARCHUK Ilya	1006	INOV8/UD	OPEN	5	01:54:06		02:03:10.30	+00:21:22 (17.4%)	5:40	10.6 (82.8%)
6	KOSTERKIEWICZ Marcin	1119	PRZYJACIELE PO PROSTU	OPEN	6	01:58:03		02:07:50.70	+00:26:02 (20.4%)	5:53	10.2 (79.7%)
7	SOLIŃSKA Katarzyna	1005	FAJNA DRUŻYNA	OPEN	7	01:59:08		02:09:22.50	+00:27:34 (21.3%)	5:57	10.1 (78.9%)
8	PICH Tomáš	1177	HOU HOU HOU	OPEN	8	01:59:28		02:09:39.45	+00:27:51 (21.5%)	5:58	10 (78.1%)
9	BANASZEK Adam	1110	STAY INSANE/BIEGUSIEM.PL	OPEN	9	02:01:38		02:12:04.50	+00:30:16 (22.9%)	6:05	9.9 (77.3%)
10	PERKOWSKI Piotr	1015	MONK SANDALS TEAM	OPEN	10	02:04:55		02:15:31.25	+00:33:43 (24.9%)	6:14	9.6 (75.0%)
11	ŁABUZ Sylwester	1009	SOWIODZIKI	OPEN	11	02:06:41		02:16:44.20	+00:34:56 (25.6%)	6:18	9.5 (74.2%)
12	OLKIS Rafał	1181	RMT TEAM ~ RATEMYTRAIL.COM	OPEN	12	02:08:30		02:18:58.40	+00:37:10 (26.7%)	6:24	9.4 (73.4%)
13	POCIASK Konrad	1100	BROTHERS IN PAIN	OPEN	13	02:11:41		02:21:11.55	+00:39:23 (27.9%)	6:30	9.2 (71.9%)
14	CZERWIŃSKI Michał	1032	3XM	OPEN	14			02:22:53.55	+00:41:05 (28.8%)	6:35	9.1 (71.1%)
15	DZIENISZEWSKI Michał	1184	TURBOPTYSIE&MICHAŁ-SKALNIK.PL	OPEN	15	02:11:57		02:23:00.70	+00:41:12 (28.8%)	6:35	9.1 (71.1%)

Place	Participant	Number	Club	Category	MCat	Punkt_przed_Z2 19.2km	Penalty/ bonus	Net time 21.7km	Gap	Pace min/km	Pace km/h
16	KUPIJAJ Marcin	1148	SOCIOS SILESIA1	OPEN	16	02:12:38		02:23:51.40	+00:42:03 (29.2%)	6:37	9.1 (71.1%)
17	STASZELIS Krzysztof	1197	UMIŁOWANI W TOFUROŻKU	OPEN	17	02:14:43		02:25:00.90	+00:43:12 (29.8%)	6:40	9 (70.3%)
18	BALWIERCZAK Piotr	1018	MISIE PYSIE	OPEN	18	02:15:50		02:26:35.30	+00:44:47 (30.6%)	6:45	8.9 (69.5%)
19	MORAWSKI Filip	1167	KRAKOWIAK TEAM	OPEN	19	02:15:51		02:27:14.05	+00:45:26 (30.9%)	6:47	8.8 (68.8%)
20	MAŁEK Tomasz	1042	SPEED 4 TEAM	OPEN	20	02:15:22		02:27:31.25	+00:45:43 (31.0%)	6:47	8.8 (68.8%)
21	NYKIEL Mariusz	1064	SOCIOS SILESIA	OPEN	21	02:17:07		02:27:41.55	+00:45:53 (31.1%)	6:48	8.8 (68.8%)
22	ROKICKI Piotr	1124	PO2KRAKI	OPEN	22	02:17:58		02:29:35.85	+00:47:47 (32.0%)	6:53	8.7 (68.0%)
23	PSZCZÓŁKA Dominik	1084	SZTURM	OPEN	23	02:18:07		02:30:19.70	+00:48:31 (32.3%)	6:55	8.7 (68.0%)
24	OHLA Krzysztof	1186	NATURAL BORN RUNNERS	OPEN	24	02:19:12		02:30:24.75	+00:48:36 (32.3%)	6:55	8.7 (68.0%)
25	CZUB Piotr	1044	GRUPA BIEGOWA 'BEZ GRANIC'	OPEN	25	02:19:32		02:30:42.30	+00:48:54 (32.5%)	6:56	8.6 (67.2%)
26	BIELA Konrad	1050	KOWARY BIEGAJĄ	OPEN	26	02:18:43		02:30:56.25	+00:49:08 (32.6%)	6:57	8.6 (67.2%)
27	BAZUŁKA Aleksandra	1063	KILOMETERS EATERS TEAM	OPEN	27	02:21:06		02:32:02.55	+00:50:14 (33.0%)	7:00	8.6 (67.2%)
28	WOJNA Mikołaj	1158	PUMY PATAGOŃSKIE	OPEN	28	02:20:37		02:32:46.90	+00:50:58 (33.4%)	7:02	8.5 (66.4%)
29	MOJ Krzysztof	1187	SKURCZYBYKI	OPEN	29	02:21:00		02:32:49.10	+00:51:01 (33.4%)	7:02	8.5 (66.4%)
30	JĘDRYCHOWSKI Bartosz	1114	NULLPOINTER	OPEN	30	02:21:34		02:33:52.60	+00:52:04 (33.8%)	7:05	8.5 (66.4%)
31	STORTZ Piotr	1173	MIXTURA	OPEN	31	02:21:11		02:33:53.90	+00:52:05 (33.9%)	7:05	8.5 (66.4%)
32	CZERWIECKI Marcin	1043	MGM STRZEGOM	OPEN	32	02:21:32		02:34:04.15	+00:52:16 (33.9%)	7:05	8.5 (66.4%)
33	KAMIŃSKI Krzysztof	1113	GĄBIN BIEGA	OPEN	33	02:23:26		02:34:21.25	+00:52:33 (34.0%)	7:06	8.4 (65.6%)
34	KOWALIK Marcin	1170	PGE RUN OBRÓT	OPEN	34	02:23:22		02:35:21.25	+00:53:33 (34.5%)	7:09	8.4 (65.6%)
35	SZMYT Maciej	1055	FREE RUN	OPEN	35	02:24:03		02:35:50.20	+00:54:02 (34.7%)	7:10	8.4 (65.6%)
36	BROŻEK-WOŹNICZKA Natalia	1129	LADIES TEAM	OPEN	36	02:25:13		02:36:56.80	+00:55:08 (35.1%)	7:13	8.3 (64.8%)
37	WÓJCICKI Dariusz	1191	CSC ADVENTURE ACADEMY	OPEN	37	02:26:02		02:37:28.45	+00:55:40 (35.4%)	7:15	8.3 (64.8%)
38	TRUSZKOWSKI Damian	1076	ULTRARAGAZZI	OPEN	38	02:27:12		02:38:10.05	+00:56:22 (35.6%)	7:17	8.2 (64.1%)

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								21.7km			
39	GRAMACKI Maciej	1014	PROJEKT BRACIA	OPEN	39	02:28:00		02:39:19.20	+00:57:31 (36.1%)	7:20	8.2 (64.1%)
40	RAFAŁ Krzyszłowski	1118	CZASEM NA ASFALCIE	OPEN	40	02:28:10		02:39:28.60	+00:57:40 (36.2%)	7:20	8.2 (64.1%)
41	KOZANECKI Przemysław	1071	CONSTRAVIA	OPEN	41	02:28:11		02:39:44.00	+00:57:56 (36.3%)	7:21	8.2 (64.1%)
42	SKRABA Michał	1150	ZAPASIENI TRUCHTACZE	OPEN	42	02:26:35		02:39:55.45	+00:58:07 (36.3%)	7:22	8.1 (63.3%)
43	JĘDRZEJEWSKA-WNUK Agnieszka	1116	NOA 3-PACK	OPEN	43	02:27:45		02:40:01.75	+00:58:13 (36.4%)	7:22	8.1 (63.3%)
44	WYLEGALSKI Piotr	1058	OSZUKANI PRZEZ BMI	OPEN	44	02:30:10		02:41:27.50	+00:59:39 (36.9%)	7:26	8.1 (63.3%)
45	DYSARZ Przemysław	1089	GOATS GONE WILD	OPEN	45	02:29:18		02:41:40.65	+00:59:52 (37.0%)	7:27	8.1 (63.3%)
46	WARGUŁA Waldemar	1045	KIBOLSKI KS	OPEN	46	02:27:37		02:41:41.45	+00:59:53 (37.0%)	7:27	8.1 (63.3%)
47	MARGOL Paweł	1056	OSWITZ	OPEN	47	02:29:18		02:41:55.00	+01:00:07 (37.1%)	7:27	8 (62.5%)
48	STOLIŃSKI Przemysław	1035	ASYBEZKASY	OPEN	48	02:29:58		02:42:01.00	+01:00:13 (37.2%)	7:27	8 (62.5%)
49	SYDOR Piotr	1094	HEDONIŚCI	OPEN	49	02:30:42		02:42:18.75	+01:00:30 (37.3%)	7:28	8 (62.5%)
50	SZCZUREK Paweł	1061	SRC TEAM	OPEN	50	02:30:48		02:42:20.70	+01:00:32 (37.3%)	7:28	8 (62.5%)
51	DRUZESCU Filip	1178	TRANS BRDY TEAM LETY	OPEN	51	02:28:50		02:42:36.30	+01:00:48 (37.4%)	7:29	8 (62.5%)
52	BIHUN Natalia	1028	3W1	OPEN	52	02:30:08		02:42:55.75	+01:01:07 (37.5%)	7:30	8 (62.5%)
53	KAMIŃSKI James Artur	1199	KINGRUNNERS	OPEN	53	02:31:05		02:43:03.35	+01:01:15 (37.6%)	7:30	8 (62.5%)
54	KANIA Marian	1144	LEDWOZIPIA	OPEN	54	02:31:24		02:43:07.15	+01:01:19 (37.6%)	7:31	8 (62.5%)
55	KIRILENKO Aneta	1180	UKA ULTRAS	OPEN	55	02:32:34		02:43:37.50	+01:01:49 (37.8%)	7:32	8 (62.5%)
56	GWIŹDŹ Michał	1139	BIEGAMY DOKŁADNIE	OPEN	56			02:44:00.00	+01:02:12 (37.9%)	7:33	7.9 (61.7%)
57	KUŻAJ Sławomir	1020	EXPLORADOR	OPEN	57	02:31:47		02:44:04.40	+01:02:16 (38.0%)	7:33	7.9 (61.7%)
58	GRANOPS Maciej	1107	ARCYWROGOWIE	OPEN	58	02:31:36		02:44:18.70	+01:02:30 (38.0%)	7:34	7.9 (61.7%)
59	BOCHEŃSKA Aleksandra	1182	GÓRALKI BEZ HALKI	OPEN	59	02:33:01		02:44:46.55	+01:02:58 (38.2%)	7:35	7.9 (61.7%)
60	WESOŁEK Marek	1163	SENTE	OPEN	60	02:32:54		02:45:24.95	+01:03:36 (38.5%)	7:37	7.9 (61.7%)
61	WUJDA Marta	1175	ŻARY RUNNERS TEAM	OPEN	61	02:33:04		02:45:33.20	+01:03:45 (38.5%)	7:37	7.9 (61.7%)

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								21.7km			
62	TOMASIAK Adam	1154	KB HARCOWNIK 2	OPEN	62	02:34:19		02:46:01.35	+01:04:13 (38.7%)	7:39	7.8 (60.9%)
63	SURMAN Julia	1095	PO ROBOCIE	OPEN	63	02:35:40		02:46:55.25	+01:05:07 (39.0%)	7:41	7.8 (60.9%)
64	SOLAREK Krzysztof	1128	DZIKIE DZIKI GORZÓW	OPEN	64	02:34:34		02:47:16.50	+01:05:28 (39.1%)	7:42	7.8 (60.9%)
65	RUDY Maciej	1090	ABY DO METY/NEOPROFIL	OPEN	65	02:32:32		02:47:26.20	+01:05:38 (39.2%)	7:42	7.8 (60.9%)
66	FIEBIG Stefan	1123	CHYBA DOBIEGNIEMY	OPEN	66	02:35:19		02:47:27.80	+01:05:39 (39.2%)	7:43	7.8 (60.9%)
67	KRAWCZYK Tomasz	1157	3 PIERONY	OPEN	67	02:35:20		02:48:08.75	+01:06:20 (39.5%)	7:44	7.7 (60.2%)
68	RYDLOVA Denisa	1200	BEHNY Z CECH	OPEN	68	02:35:13		02:48:12.25	+01:06:24 (39.5%)	7:45	7.7 (60.2%)
69	HOTAŁA Sylwia	1141	ZAKOCHANE W GÓRACH	OPEN	69	02:36:31		02:48:32.70	+01:06:44 (39.6%)	7:45	7.7 (60.2%)
70	MAJCHROWSKI Jacek	1011	KOPALNIA MOCY	OPEN	70	02:36:14		02:48:50.30	+01:07:02 (39.7%)	7:46	7.7 (60.2%)
71	KONIECZNY Tomasz	1007	GIZDY PIEROŃSKIE	OPEN	71	02:36:32		02:48:57.50	+01:07:09 (39.7%)	7:47	7.7 (60.2%)
72	ROZUMKIEWICZ Sonia	1097	BIEGNIEMY Z ROZUMEM	OPEN	72	02:36:39		02:49:06.65	+01:07:18 (39.8%)	7:47	7.7 (60.2%)
73	KLIMCZAK Piotr	1030	BEZ NAZWY :)	OPEN	73	02:35:57		02:49:36.50	+01:07:48 (40.0%)	7:48	7.7 (60.2%)
74	ŁUŻNIAK Wojciech	1053	UMIŁOWANI W BEKONIE	OPEN	74	02:34:49		02:49:49.05	+01:08:01 (40.1%)	7:49	7.7 (60.2%)
75	SCHEJBAL Jan	1193	RUNSPORT TEAM	OPEN	75	02:34:16		02:49:50.70	+01:08:02 (40.1%)	7:49	7.7 (60.2%)
76	LOMPART Agnieszka	1101	POZYTYWNI FURIACI	OPEN	76	02:36:57		02:50:29.00	+01:08:41 (40.3%)	7:51	7.6 (59.4%)
77	ZERZUT Jarosław	1010	MŁODZI GNIEWNI	OPEN	77	02:39:31		02:51:09.35	+01:09:21 (40.5%)	7:53	7.6 (59.4%)
78	KOZERA Katarzyna	1146	BUSHIDO	OPEN	78	01:58:28		02:51:27.50	+01:09:39 (40.6%)	7:54	7.6 (59.4%)
79	JACHNIK Sabina	1021	ROMEO I JULIE	OPEN	79	02:37:56		02:51:49.40	+01:10:01 (40.8%)	7:55	7.6 (59.4%)
80	PIETRZYK Tomasz	1096	ICH TROJE	OPEN	80	02:39:48		02:51:57.60	+01:10:09 (40.8%)	7:55	7.6 (59.4%)
81	OPOWICZ Rafał	1016	FIZJOBIEGACZE	OPEN	81	02:39:56		02:52:10.05	+01:10:22 (40.9%)	7:56	7.6 (59.4%)
82	KOWALIK Ewelina	1023	FIZJOTEAM	OPEN	82	02:39:58		02:52:22.80	+01:10:34 (40.9%)	7:56	7.6 (59.4%)
83	BIERNACKA Edyta	1078	PROTON	OPEN	83	02:40:35		02:53:19.10	+01:11:31 (41.3%)	7:59	7.5 (58.6%)
84	PROCHOWSKA Sylwia	1160	AED	OPEN	84	02:41:11		02:54:35.70	+01:12:47 (41.7%)	8:02	7.5 (58.6%)

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						19.2km		21.7km			
85	LEJA Wojciech	1156	DA STYGMATYK	OPEN	85	02:40:50		02:54:46.15	+01:12:58 (41.8%)	8:03	7.4 (57.8%)
86	ŁYSIAK Sylwia	1017	DZIKIE HUCUŁY	OPEN	86	02:42:03		02:54:46.55	+01:12:58 (41.8%)	8:03	7.4 (57.8%)
87	KLOC Andrzej	1047	HUSARIA RACE TEAM	OPEN	87	02:43:15		02:55:30.35	+01:13:42 (42.0%)	8:05	7.4 (57.8%)
88	DZIETCZYK Kamil	1013	WAŁY CHROBREGO	OPEN	88	02:43:33		02:56:25.55	+01:14:37 (42.3%)	8:07	7.4 (57.8%)
89	MOŃKA Łukasz	1171	SPARTA ULTRA TEAM NIEZNISZCZALNI	OPEN	89	02:42:37		02:56:26.90	+01:14:38 (42.3%)	8:07	7.4 (57.8%)
90	ZENDWALEWICZ Ewa	1031	HARCOWNICZKI	OPEN	90	02:44:13		02:56:28.05	+01:14:40 (42.3%)	8:07	7.4 (57.8%)
91	PIASKOWSKI Marcin	1152	DZIKI TRZY	OPEN	91	02:43:06		02:56:31.60	+01:14:43 (42.3%)	8:08	7.4 (57.8%)
92	LACHERA Kamila	1108	CSC ADVENTURE ACADEMY	OPEN	92	02:44:25		02:57:09.80	+01:15:21 (42.5%)	8:09	7.3 (57.0%)
93	BEDNARZ Anna	1060	BESKIDZKIE EKLERKI	OPEN	93	02:39:19	00:02:50	02:57:51.05	+01:16:03 (42.8%)	8:03	7.4 (57.8%)
94	ROŻKO Sebastian	1037	GRYFINO TEAM	OPEN	94	02:43:40		02:58:05.15	+01:16:17 (42.8%)	8:12	7.3 (57.0%)
95	KUPCZAK Ewa	1176	SPARTA ULTRA TEAM ZMIXOWANI	OPEN	95	02:44:45		02:58:47.95	+01:16:59 (43.1%)	8:14	7.3 (57.0%)
96	CHYLIŃSKI Sławomir	1102	AKS	OPEN	96	02:45:42		02:59:20.05	+01:17:32 (43.2%)	8:15	7.3 (57.0%)
97	BARANOWSKI Krzysztof	1012	NO SUGAR CAFE	OPEN	97	02:47:17		03:00:00.90	+01:18:12 (43.4%)	8:17	7.2 (56.3%)
98	ŻELIŃSKI Michał	1140	KULAWIE PIERONY	OPEN	98	02:46:02		03:00:30.00	+01:18:42 (43.6%)	8:19	7.2 (56.3%)
99	KUDŁA Joanna	1059	TROCHĘ SAJKO	OPEN	99	02:47:04		03:00:58.10	+01:19:10 (43.7%)	8:20	7.2 (56.3%)
100	KOTECKI Paweł	1099	NO PROBLAMA	OPEN	100	02:48:02		03:01:41.50	+01:19:53 (44.0%)	8:22	7.2 (56.3%)
101	PIEKARSKA Karina	1057	BEZGRANIC	OPEN	101	02:47:27		03:01:44.75	+01:19:56 (44.0%)	8:22	7.2 (56.3%)
102	SKÓRA Mirosław	1169	SPARTA ULTRA TEAM 1	OPEN	102	02:48:12		03:01:57.65	+01:20:09 (44.1%)	8:23	7.2 (56.3%)
103	LOCHYŃSKI Szymon	1145	TRZEJ RYCERZE	OPEN	103			03:02:56.90	+01:21:08 (44.4%)	8:25	7.1 (55.5%)
104	KRÓLAK Krystian	1052	#TEAMKRÓLAK	OPEN	104	02:50:12		03:03:12.25	+01:21:24 (44.4%)	8:26	7.1 (55.5%)
105	WARZYCHA Krzysztof	1077	AKD TEAM	OPEN	105	02:50:51		03:03:28.55	+01:21:40 (44.5%)	8:27	7.1 (55.5%)
106	ZŁOTNICKA Olga	1098	ULTRAWAPNIAKI	OPEN	106	02:51:37		03:04:33.35	+01:22:45 (44.8%)	8:30	7.1 (55.5%)
107	DOMAGAŁA Agnieszka	1132	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	OPEN	107	02:50:48		03:04:39.90	+01:22:51 (44.9%)	8:30	7.1 (55.5%)

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						19.2km		21.7km			
108	PIOTROWSKI Grzegorz	1104	ŻELAZNA ŚWIDNICA TRI TEAM	OPEN	108	02:50:45		03:04:55.40	+01:23:07 (45.0%)	8:31	7 (54.7%)
109	GNIADEK Gosia	1117	W POGONI ZA KOPYTKIEM	OPEN	109	02:51:58		03:05:21.85	+01:23:33 (45.1%)	8:32	7 (54.7%)
110	CHORAŻY Łukasz	1106	CAŁA OLEŚNICA BIEGA	OPEN	110	02:51:17		03:05:36.65	+01:23:48 (45.2%)	8:33	7 (54.7%)
111	KANIKOWSKI Tomasz	1073	TAŃCZĄCA Z DZIKAMI	OPEN	111	02:49:43		03:05:47.35	+01:23:59 (45.2%)	8:33	7 (54.7%)
112	CĄKAŁA Zuzanna	1027	ZBIEGI	OPEN	112	02:51:28		03:06:15.00	+01:24:27 (45.3%)	8:34	7 (54.7%)
113	GOŁĘBIEWSKI Mariusz	1111	EXPLORADOR	OPEN	113	02:51:21		03:06:16.30	+01:24:28 (45.3%)	8:35	7 (54.7%)
114	BRYKSI Barbora	1135	CESKE HOLKY	OPEN	114	02:54:10		03:07:11.55	+01:25:23 (45.6%)	8:37	7 (54.7%)
115	PANEK Krzysztof	1195	RZYĆ CHYŻA GŻEGŻÓŁKI I CZYŻA	OPEN	115	02:54:10		03:07:28.65	+01:25:40 (45.7%)	8:38	6.9 (53.9%)
116	KUCIA Szymon	1138	VICTORIA DOBRZYŃ	OPEN	116	02:52:47		03:07:39.35	+01:25:51 (45.8%)	8:38	6.9 (53.9%)
117	JASEK Maciej	1179	FAWORYCI 20 LAT PÓŹNIEJ	OPEN	117	02:53:00		03:07:55.95	+01:26:07 (45.8%)	8:39	6.9 (53.9%)
118	PLACHA Piotr	1068	KOPALNIA MOCY TARNOBRZEG	OPEN	118	02:53:06		03:08:05.25	+01:26:17 (45.9%)	8:40	6.9 (53.9%)
119	KWASZEWSKI Mariusz	1103	DZIKA WATAHA	OPEN	119	02:55:15		03:08:14.80	+01:26:26 (45.9%)	8:40	6.9 (53.9%)
120	RODZIEWICZ Zbigniew	1120	DZIKI OLEŚNICA	OPEN	120	02:54:06		03:08:51.70	+01:27:03 (46.1%)	8:42	6.9 (53.9%)
121	MAĆKOWIAK Maciej	1008	MAĆKOWIAK TEAM	OPEN	121	02:55:31		03:09:02.35	+01:27:14 (46.1%)	8:42	6.9 (53.9%)
122	TOKARSKI Joachim	1121	KUDOWSCY MIŁOŚNICY BIEGANIA	OPEN	122	02:55:10		03:09:36.90	+01:27:48 (46.3%)	8:44	6.9 (53.9%)
123	KONOPNIAK Krzysztof	1137	ROZBIEGANY RAWICZ AKUNA RUN	OPEN	123	02:55:07		03:09:51.20	+01:28:03 (46.4%)	8:44	6.9 (53.9%)
124	SIERPIŃSKI Mateusz	1049	MERINO MOB	OPEN	124	02:56:38		03:09:53.55	+01:28:05 (46.4%)	8:45	6.9 (53.9%)
125	ZARZECKI Maciej	1051	G-G-M TEAM	OPEN	125	02:54:54		03:10:28.65	+01:28:40 (46.6%)	8:46	6.8 (53.1%)
126	GRĘBOWICZ Andrzej	1070	HARCOWNIK 1	OPEN	126	02:55:08		03:10:37.45	+01:28:49 (46.6%)	8:47	6.8 (53.1%)
127	SZELAĞ Dariusz	1165	LISY PUSTYNI	OPEN	127	02:56:27		03:10:58.50	+01:29:10 (46.7%)	8:48	6.8 (53.1%)
128	MIKRUT Paweł	1062	BAGIENNE DZIKI	OPEN	128	02:56:51		03:11:17.60	+01:29:29 (46.8%)	8:48	6.8 (53.1%)
129	KULCZYCKI Marek	1142	FLUNKYBALL TEAM ŁĄDEK-ZDRÓJ	OPEN	129	02:56:21		03:11:26.25	+01:29:38 (46.8%)	8:49	6.8 (53.1%)
130	PONIATOWSKI Seweryn	1134	PZPN - POLSKI ZWIĄZEK PRZYJACIOŁ NADWAGI	OPEN	130	02:56:07		03:11:30.20	+01:29:42 (46.8%)	8:49	6.8 (53.1%)

Place	Participant	Number	Club	Category	MCat	Punkt_przed_Z2	Penalty/ bonus	Net time	Gap	Pace min/km	Pace km/h
						19.2km		21.7km			
131	ŁAPCZYŃSKA Magdalena	1194	KARPACZ SPORT / KOWARY BIEGAJĄ	OPEN	131	02:58:17		03:12:01.85	+01:30:13 (47.0%)	8:50	6.8 (53.1%)
132	FRANKIEWICZ Jakub	1019	ANIOŁKI CHARLIEGO	OPEN	132	02:56:09		03:12:45.50	+01:30:57 (47.2%)	8:52	6.8 (53.1%)
133	TYRPA Jarosław	1092	ULTRA FRUSIAKI	OPEN	133	02:59:44		03:14:06.20	+01:32:18 (47.6%)	8:56	6.7 (52.3%)
134	WIDLIŃSKI Tomasz	1038	JEŻYKI	OPEN	134	03:00:40		03:14:21.15	+01:32:33 (47.6%)	8:57	6.7 (52.3%)
135	ZGÓRSKI Grzegorz	1082	SIŁA MASA MOC KIEŁBASA	OPEN	135	02:59:52		03:14:31.80	+01:32:43 (47.7%)	8:57	6.7 (52.3%)
136	ZYLA Katarzyna	1022	OPOLE BIEGA	OPEN	136	02:59:58		03:15:35.65	+01:33:47 (48.0%)	9:00	6.7 (52.3%)
137	JANKOWSKI Mariusz	1161	TRAILOWE BIEGI DUCHOWE	OPEN	137	03:04:32		03:16:55.25	+01:35:07 (48.3%)	9:04	6.6 (51.6%)
138	ADAMCZYK Łukasz	1079	3XL	OPEN	138	03:02:40		03:16:56.00	+01:35:08 (48.3%)	9:04	6.6 (51.6%)
139	BUŁKOWSKI Waldemar	1125	KOTWICA BRZEG	OPEN	139	03:01:54		03:17:07.05	+01:35:19 (48.4%)	9:05	6.6 (51.6%)
140	BONIEC Aleksander	1164	ZIELONY LAS	OPEN	140	03:03:41		03:20:09.45	+01:38:21 (49.1%)	9:13	6.5 (50.8%)
141	FALKOWSKA Sandra	1091	JANUSZE ULTRA	OPEN	141	03:05:56		03:21:40.00	+01:39:52 (49.5%)	9:17	6.5 (50.8%)
142	KOSEK Dariusz	1159	50 PLUS	OPEN	142	03:05:24		03:21:57.85	+01:40:09 (49.6%)	9:18	6.4 (50.0%)
143	SMOGORZEWSKI Michał	1127	WKURW_TEAM WARSZAWA	OPEN	143	03:05:52		03:21:58.45	+01:40:10 (49.6%)	9:18	6.4 (50.0%)
144	WŁODARSKA Magdalena	1190	NATALIA TOMASIAK GÓRSKI STYL	OPEN	144	03:08:16		03:22:35.25	+01:40:47 (49.8%)	9:20	6.4 (50.0%)
145	OLEJNICZAK Piotr	1025	MESONDŽI LAJF STAJL	OPEN	145	03:04:30		03:23:51.45	+01:42:03 (50.1%)	9:23	6.4 (50.0%)
146	SUSMARSKA Ewa	1130	DEBIUTANCI AWF	OPEN	146	03:09:12		03:23:55.50	+01:42:07 (50.1%)	9:23	6.4 (50.0%)
147	ŚLESIŃSKI Bartosz	1112	GRALNIATEAM	OPEN	147	03:09:07		03:25:02.15	+01:43:14 (50.4%)	9:26	6.4 (50.0%)
148	WALCZUK Paweł	1048	GRIZZLY TEAM	OPEN	148	03:12:32		03:27:30.95	+01:45:42 (50.9%)	9:33	6.3 (49.2%)
149	BIJAK Aleksandra	1196	SAMOZWAŃCZY FUNCLUB PIOTRKA HERCOGA	OPEN	149	03:12:05		03:28:06.00	+01:46:18 (51.1%)	9:35	6.3 (49.2%)
150	DĄBROWSKI Michał	1168	TEAM ZABIEGANEDNI II	OPEN	150	03:12:18		03:28:11.75	+01:46:23 (51.1%)	9:35	6.3 (49.2%)
151	JANOTA Marcin	1147	KAMIL JEST PIĘKNY	OPEN	151	03:11:18		03:28:16.70	+01:46:28 (51.1%)	9:35	6.3 (49.2%)
152	BUSS Jakub	1034	SUPER TRIO	OPEN	152	03:14:26		03:30:08.55	+01:48:20 (51.6%)	9:41	6.2 (48.4%)
153	KRZESIMOWSKI Damian	1166	NIEBEZPIECZNE ZBIEGI	OPEN	153	03:15:50		03:30:49.50	+01:49:01 (51.7%)	9:42	6.2 (48.4%)

Place	Participant	Number	Club	Category	MCat	Punkt_przed_Z2 19.2km	Penalty/ bonus	Net time 21.7km	Gap	Pace min/km	Pace km/h
154	JAKÓBCZYK Ewelina	1109	GORZOWSCY DEBIUTANCI	OPEN	154	03:16:27		03:31:30.20	+01:49:42 (51.9%)	9:44	6.2 (48.4%)
155	WILK Magdalena	1029	TEAM ZABIEGANEDNI	OPEN	155	03:16:56		03:31:33.70	+01:49:45 (51.9%)	9:44	6.2 (48.4%)
156	ZIĘBA Anna	1162	ZESRAM SIĘ A NIE DAM SIĘ	OPEN	156	03:17:16		03:32:00.85	+01:50:12 (52.0%)	9:46	6.1 (47.7%)
157	KLECHA Artur	1151	RAM	OPEN	157	03:13:23		03:32:49.95	+01:51:01 (52.2%)	9:48	6.1 (47.7%)
158	MUSIAŁ Ewa	1083	SUDECCY D-E-P-TACZE TEAM	OPEN	158	03:16:11		03:32:50.25	+01:51:02 (52.2%)	9:48	6.1 (47.7%)
159	MICHALAK Katarzyna	1026	IRONGIRLS	OPEN	159	03:15:00		03:32:50.60	+01:51:02 (52.2%)	9:48	6.1 (47.7%)
160	ZIELIŃSKI Krzysztof	1024	3 MUSHKIETERY	OPEN	160	03:17:41		03:33:07.35	+01:51:19 (52.2%)	9:49	6.1 (47.7%)
161	TRZOP Andrzej	1192	STOWARZYSZENIE NOWE GRANICE	OPEN	161	03:16:59		03:33:35.00	+01:51:47 (52.3%)	9:50	6.1 (47.7%)
162	MOŃKA Karolina	1174	SPARTA ULTRA TEAM DĘBOWY I DZIEWCZYNY	OPEN	162	03:12:38		03:35:15.95	+01:53:27 (52.7%)	9:55	6 (46.9%)
163	FIGIEL Aleksandra	1183	THE ŁAN TEAM	OPEN	163	03:19:21		03:35:50.20	+01:54:02 (52.8%)	9:56	6 (46.9%)
164	GRĘŻEL-GAWRON Jolanta	1085	FASTER	OPEN	164	03:22:37		03:38:04.95	+01:56:16 (53.3%)	10:02	6 (46.9%)
165	PŁATEK Katarzyna	1046	WKURW_TEAM	OPEN	165	03:22:03		03:38:11.15	+01:56:23 (53.3%)	10:03	6 (46.9%)
166	MAZUREK Michał	1188	3XM	OPEN	166	03:22:22		03:40:42.35	+01:58:54 (53.9%)	10:10	5.9 (46.1%)
167	SALAS Krzysztof	1143	RADOMSKIE WARCHOŁY	OPEN	167	03:27:36		03:45:00.45	+02:03:12 (54.8%)	10:22	5.8 (45.3%)
168	GNACY Agnieszka	1088	ORŁY AGNIESZKI- OBY DO METY	OPEN	168	03:29:06		03:46:26.40	+02:04:38 (55.0%)	10:26	5.7 (44.5%)
169	MAJEWSKA Marta	1086	DZIKI Z POZNANIA	OPEN	169	03:27:18		03:46:28.60	+02:04:40 (55.1%)	10:26	5.7 (44.5%)
170	OPAŁA Beata	1189	TRAILOWE BIEGIDUCHOWE	OPEN	170	03:29:38		03:46:36.35	+02:04:48 (55.1%)	10:26	5.7 (44.5%)
171	SKUPIEŃ Izabela	1072	ULTRAGRAŻYNY	OPEN	171	03:29:08		03:46:51.75	+02:05:03 (55.1%)	10:27	5.7 (44.5%)
172	MARCINIAK Renata	1105	PETARDA TEAM	OPEN	172	03:29:20		03:46:56.70	+02:05:08 (55.1%)	10:27	5.7 (44.5%)
173	TURKIEWICZ Dawid	1087	DZIKIE DZIKI 3	OPEN	173	03:28:09		03:47:40.40	+02:05:52 (55.3%)	10:29	5.7 (44.5%)
174	PRZYBYLSKI Witold	1198	MUAY RUNNING TEAM	OPEN	174	03:30:44		03:49:38.05	+02:07:50 (55.7%)	10:34	5.7 (44.5%)
175	KUŹNIAR Magdalena	1136	GDZIE MAŻ NIE MOŻE TAM ŻONĘ POŚLE	OPEN	175	03:33:56		03:50:03.30	+02:08:15 (55.7%)	10:36	5.7 (44.5%)
176	KAPA Patrycja	1069	KOZICE KAWY	OPEN	176	03:31:59		03:51:33.90	+02:09:45 (56.0%)	10:40	5.6 (43.8%)

Place	Participant	Number	Club	Category	MCat	Punkt_przed_Z2 19.2km	Penalty/ bonus	Net time 21.7km	Gap	Pace min/km	Pace km/h
177	OPALA Małgorzata	1075	DZIEWCZYNY Z TARNOWO PODGÓRNE BIEGA	OPEN	177	03:42:41		04:01:57.60	+02:20:09 (57.9%)	11:08	5.4 (42.2%)
178	PARADOWSKI Paweł	1033	CAPGEMINI	OPEN	178	03:41:33		04:02:19.60	+02:20:31 (58.0%)	11:10	5.4 (42.2%)
179	KOŁOCH Krzysztof	1054	KOZICE TURYSTYCZNE	OPEN	179	03:41:25		04:02:33.25	+02:20:45 (58.0%)	11:10	5.4 (42.2%)
180	NITA Małgorzata	1153	GRANINO	OPEN	180	03:45:49		04:03:04.25	+02:21:16 (58.1%)	11:12	5.4 (42.2%)
181	KRUSZEWSKI Jacek	1185	MUKAINADA RUNNING TEAM	OPEN	181	03:43:48		04:04:08.40	+02:22:20 (58.3%)	11:15	5.3 (41.4%)
182	ZAWISTOWSKI Jacek	1036	#DOPORZYGU	OPEN	182	03:50:31		04:10:04.95	+02:28:16 (59.3%)	11:31	5.2 (40.6%)
183	JAKUBOWSKA Małgorzata	1133	GOSIAMAREKJAKUB	OPEN	183	03:53:38		04:15:15.10	+02:33:27 (60.1%)	11:45	5.1 (39.8%)
184	GEZELA Joannna	1065	EUFORIABIEGACZATEM	OPEN	184	04:05:23		04:23:52.55	+02:42:04 (61.4%)	12:09	4.9 (38.3%)
185	PIELICHATA Magdalena	1093	ABYDOMETY2+1	OPEN	185	04:08:50		04:27:28.90	+02:45:40 (61.9%)	12:19	4.9 (38.3%)
186	SUCHANKO Alicja	1074	MÓJPIERWSZYRAZ-MPR	OPEN	186	04:06:34		04:27:37.35	+02:45:49 (62.0%)	12:19	4.9 (38.3%)
187	STOŁOWSKA Natalia	1115	CERBER	OPEN	187	04:33:04		04:54:28.05	+03:12:40 (65.4%)	13:34	4.4 (34.4%)
188	KSIĄŻKIEWICZ Piotr	1004	CITY TRAIL TEAM	OPEN	188			05:18:42.55	+03:36:54 (68.1%)	14:41	4.1 (32.0%)
189	MRÓZ Mariusz	1172	ZAKOCHAJ SIE W BIEGANIU	OPEN	189	07:05:46		07:17:39.35	+05:35:51 (76.7%)	20:10	3 (23.4%)
190	MASALSKA- PAWLAK Agata	1172	ZAKOCHAJ SIE W BIEGANIU	OPEN	190						(0.0%)
DNC	ANTOSIAK Tomasz	1041	POLISH MEDICAL MISSION 2	OPEN		02:24:32		02:36:44.55		-	- (0.0%)
DNC	TYMKIEWICZ Grzegorz	1041	POLISH MEDICAL MISSION 2	OPEN				02:39:06.00		-	- (0.0%)
	SAS Aldona	1131	PIASTOWSKI JAR	OPEN		DNF		DNF		-	- (0.0%)

Total 193 results.