

**Wydarzenie:** Sztafeta Górska 2019  
**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2019-04-13  
**Miejsce:** Kudowa-Zdrój  
**Dystans:** 22,9 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 22.9km	Różn	Tempo min/km	Tempo km/h
1	<b>DOMBROWSKI Maciej</b>	<b>1119</b>	PRZYJACIELE PO PROSTU	OPEN	1	<b>01:40:36.20</b>		4:23	13.7 (100%)
2	<b>BRÝDL Pavel</b>	<b>1001</b>	SALOMON CZ/WILLA SPA SCALIANO	OPEN	2	<b>01:43:49.05</b>	+00:03:12 (3.1%)	4:32	13.2 (96.4%)
3	<b>KOŚCIELNIAK Kacper</b>	<b>1063</b>	KILOMETERS EATERS TEAM	OPEN	3	<b>01:44:22.25</b>	+00:03:46 (3.6%)	4:33	13.2 (96.4%)
4	<b>PLNÝ David</b>	<b>1177</b>	HOU HOU HOU	OPEN	4	<b>01:47:15.80</b>	+00:06:39 (6.2%)	4:41	12.8 (93.4%)
5	<b>BACHLEDA Łukasz</b>	<b>1067</b>	TEAM MOUNTAIN FUEL POLSKA	OPEN	5	<b>01:47:27.60</b>	+00:06:51 (6.4%)	4:41	12.8 (93.4%)
6	<b>MUSIELSKI Kamil</b>	<b>1009</b>	SOWIODZIKI	OPEN	6	<b>01:48:08.15</b>	+00:07:31 (7.0%)	4:43	12.7 (92.7%)
7	<b>HUZIOR Piotr</b>	<b>1003</b>	ATTIQ	OPEN	7	<b>01:49:52.60</b>	+00:09:16 (8.4%)	4:47	12.5 (91.2%)
8	<b>LANGNER Radosław</b>	<b>1181</b>	RMT TEAM ~ RATEMYTRAIL.COM	OPEN	8	<b>01:54:24.60</b>	+00:13:48 (12.1%)	4:59	12 (87.6%)
9	<b>MARCHUK Wioletta</b>	<b>1006</b>	INOV8/UD	OPEN	9	<b>01:55:13.30</b>	+00:14:37 (12.7%)	5:01	11.9 (86.9%)
10	<b>SZEWCZYK Rafał</b>	<b>1053</b>	UMIŁOWANI W BEKONIE	OPEN	10	<b>01:56:04.95</b>	+00:15:28 (13.3%)	5:04	11.8 (86.1%)
11	<b>KOPYCZOK Michał</b>	<b>1100</b>	BROTHERS IN PAIN	OPEN	11	<b>01:56:17.05</b>	+00:15:40 (13.5%)	5:04	11.8 (86.1%)
12	<b>KOŁODZIEJCZYK Kamil</b>	<b>1148</b>	SOCIOS SILESIA1	OPEN	12	<b>01:57:25.85</b>	+00:16:49 (14.3%)	5:07	11.7 (85.4%)
13	<b>HOLUB Miroslav</b>	<b>1193</b>	RUNSPORT TEAM	OPEN	13	<b>01:57:50.45</b>	+00:17:14 (14.6%)	5:08	11.7 (85.4%)
14	<b>BŁASZYK Mateusz</b>	<b>1197</b>	UMIŁOWANI W TOFUROŻKU	OPEN	14	<b>01:58:59.60</b>	+00:18:23 (15.5%)	5:11	11.5 (83.9%)
15	<b>PAZDAN Piotr</b>	<b>1050</b>	KOWARY BIEGAJĄ	OPEN	15	<b>01:59:27.85</b>	+00:18:51 (15.8%)	5:13	11.5 (83.9%)
16	<b>TOMASIAK Natalia</b>	<b>1002</b>	SALCO RETRO TEAM 2015	OPEN	16	<b>01:59:42.45</b>	+00:19:06 (16.0%)	5:13	11.5 (83.9%)
17	<b>PIASECKI Radosław</b>	<b>1042</b>	SPEED 4 TEAM	OPEN	17	<b>02:00:25.35</b>	+00:19:49 (16.5%)	5:15	11.4 (83.2%)
18	<b>JASTRZĘBSKI Piotr</b>	<b>1064</b>	SOCIOS SILESIA	OPEN	18	<b>02:01:39.30</b>	+00:21:03 (17.3%)	5:18	11.3 (82.5%)
19	<b>GORCZYŃSKI Norbert</b>	<b>1183</b>	THE ŁAN TEAM	OPEN	19	<b>02:01:44.45</b>	+00:21:08 (17.4%)	5:18	11.3 (82.5%)
20	<b>TELATYŃSKA Sylwia</b>	<b>1021</b>	ROMEO I JULIE	OPEN	20	<b>02:02:08.80</b>	+00:21:32 (17.6%)	5:20	11.3 (82.5%)
21	<b>KĄCKA Anna</b>	<b>1005</b>	FAJNA DRUŻYNA	OPEN	21	<b>02:02:29.75</b>	+00:21:53 (17.9%)	5:20	11.2 (81.8%)
22	<b>YURTSUN Stepan</b>	<b>1169</b>	SPARTA ULTRA TEAM 1	OPEN	22	<b>02:02:39.45</b>	+00:22:03 (18.0%)	5:21	11.2 (81.8%)
23	<b>ŁĘŻNIAK Aleksander</b>	<b>1015</b>	MONK SANDALS TEAM	OPEN	23	<b>02:04:54.20</b>	+00:24:18 (19.5%)	5:27	11 (80.3%)
24	<b>ŚCIUBA Aneta</b>	<b>1110</b>	STAY INSANE/BIEGUSIEM.PL	OPEN	24	<b>02:05:16.65</b>	+00:24:40 (19.7%)	5:28	11 (80.3%)
25	<b>ZAGUBIEŃ Wojciech</b>	<b>1065</b>	EUFORABIEGACZATEM	OPEN	25	<b>02:05:20.30</b>	+00:24:44 (19.7%)	5:28	11 (80.3%)
26	<b>KUŚNIERCZAK Wiesław</b>	<b>1195</b>	RZYĆ CHYŻA GZEGŻÓŁKI I CZYŻA	OPEN	26	<b>02:05:31.45</b>	+00:24:55 (19.9%)	5:28	10.9 (79.6%)
27	<b>ZEISKOVA Marketa</b>	<b>1135</b>	CESKE HOLKY	OPEN	27	<b>02:05:32.00</b>	+00:24:55 (19.9%)	5:28	10.9 (79.6%)
28	<b>SNARSKI Bogdan</b>	<b>1076</b>	ULTRARAGAZZI	OPEN	28	<b>02:05:36.75</b>	+00:25:00 (19.9%)	5:29	10.9 (79.6%)
29	<b>CIEŚLIK Paweł</b>	<b>1095</b>	PO ROBOCIE	OPEN	29	<b>02:07:57.10</b>	+00:27:20 (21.4%)	5:35	10.7 (78.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						22.9km	Różn		
30	<b>SŁODKOWSKI Krzysztof</b>	<b>1098</b>	ULTRAWAPNIAKI	OPEN	30	<b>02:08:11.60</b>	+00:27:35 (21.5%)	5:35	10.7 (78.1%)
31	<b>CEBULA Leszek</b>	<b>1124</b>	POZKRAKI	OPEN	31	<b>02:08:51.50</b>	+00:28:15 (21.9%)	5:37	10.7 (78.1%)
32	<b>PIĄTEK Karolina</b>	<b>1129</b>	LADIES TEAM	OPEN	32	<b>02:09:06.85</b>	+00:28:30 (22.1%)	5:38	10.6 (77.4%)
33	<b>KAMIŃSKI Cezary</b>	<b>1089</b>	GOATS GONE WILD	OPEN	33	<b>02:11:06.80</b>	+00:30:30 (23.3%)	5:43	10.5 (76.6%)
34	<b>GRZYWACZEWSKA Justyna</b>	<b>1004</b>	CITY TRAIL TEAM	OPEN	34	<b>02:11:45.70</b>	+00:31:09 (23.6%)	5:45	10.4 (75.9%)
35	<b>JABŁOŃSKI Paweł</b>	<b>1083</b>	SUDECCY D-E-P-TACZE TEAM	OPEN	35	<b>02:12:41.80</b>	+00:32:05 (24.2%)	5:47	10.4 (75.9%)
36	<b>BERNAT Katarzyna</b>	<b>1101</b>	POZYTYWNI FURIACI	OPEN	36	<b>02:13:03.50</b>	+00:32:27 (24.4%)	5:48	10.3 (75.2%)
37	<b>MALEC Arkadiusz</b>	<b>1084</b>	SZTURM	OPEN	37	<b>02:14:47.00</b>	+00:34:10 (25.4%)	5:53	10.2 (74.5%)
38	<b>PAPROCKI Krzysztof</b>	<b>1027</b>	ZBIEGI	OPEN	38	<b>02:15:34.05</b>	+00:34:57 (25.8%)	5:55	10.1 (73.7%)
39	<b>ADAMCZYK Mirosław</b>	<b>1191</b>	CSC ADVENTURE ACADEMY	OPEN	39	<b>02:16:38.65</b>	+00:36:02 (26.4%)	5:58	10.1 (73.7%)
40	<b>KWIATKOWSKI Paweł</b>	<b>1138</b>	VICTORIA DOBRZYŃ	OPEN	40	<b>02:17:05.15</b>	+00:36:28 (26.6%)	5:59	10 (73.0%)
41	<b>CIECHANOWSKI Bartłomiej</b>	<b>1150</b>	ZAPASIENI TRUCHTACZE	OPEN	41	<b>02:17:47.25</b>	+00:37:11 (27.0%)	6:01	10 (73.0%)
42	<b>MICHALSKI Piotr</b>	<b>1157</b>	3 PIERONY	OPEN	42	<b>02:18:02.70</b>	+00:37:26 (27.1%)	6:01	10 (73.0%)
43	<b>WALEŃSKI Maciej</b>	<b>1078</b>	PROTON	OPEN	43	<b>02:18:15.85</b>	+00:37:39 (27.2%)	6:02	9.9 (72.3%)
44	<b>KURPIEWSKA Anna</b>	<b>1028</b>	3W1	OPEN	44	<b>02:18:24.80</b>	+00:37:48 (27.3%)	6:02	9.9 (72.3%)
45	<b>FEODORÓW Wojciech</b>	<b>1187</b>	SKURCZYBYKI	OPEN	45	<b>02:18:29.50</b>	+00:37:53 (27.4%)	6:02	9.9 (72.3%)
46	<b>SIOMA Konrad</b>	<b>1055</b>	FREE RUN	OPEN	46	<b>02:18:30.45</b>	+00:37:54 (27.4%)	6:02	9.9 (72.3%)
47	<b>ROMANOWICZ Łukasz</b>	<b>1012</b>	NO SUGAR CAFE	OPEN	47	<b>02:18:39.05</b>	+00:38:02 (27.4%)	6:03	9.9 (72.3%)
48	<b>NIEWIADA Maciej</b>	<b>1020</b>	EXPLORADOR	OPEN	48	<b>02:18:46.85</b>	+00:38:10 (27.5%)	6:03	9.9 (72.3%)
49	<b>GOLEŃ Marcin</b>	<b>1156</b>	DA STYGMATYK	OPEN	49	<b>02:18:57.70</b>	+00:38:21 (27.6%)	6:04	9.9 (72.3%)
50	<b>ŁUCZAK Marcin</b>	<b>1058</b>	OSZUKANI PRZEZ BMI	OPEN	50	<b>02:19:18.65</b>	+00:38:42 (27.8%)	6:05	9.9 (72.3%)
51	<b>SULIMA Grzegorz</b>	<b>1043</b>	MGM STRZEGOM	OPEN	51	<b>02:19:22.55</b>	+00:38:46 (27.8%)	6:05	9.9 (72.3%)
52	<b>FERDEK Igor</b>	<b>1140</b>	KULAWE PIERONY	OPEN	52	<b>02:19:59.65</b>	+00:39:23 (28.1%)	6:06	9.8 (71.5%)
53	<b>DUDA Bartosz</b>	<b>1016</b>	FIZJOBIEGACZE	OPEN	53	<b>02:20:10.25</b>	+00:39:34 (28.2%)	6:07	9.8 (71.5%)
54	<b>WIECZOREK Agata</b>	<b>1011</b>	KOPALNIA MOCY	OPEN	54	<b>02:20:15.20</b>	+00:39:39 (28.3%)	6:07	9.8 (71.5%)
55	<b>STRASZKO Monika</b>	<b>1017</b>	DZIKIE HUCUŁY	OPEN	55	<b>02:20:51.30</b>	+00:40:15 (28.6%)	6:09	9.8 (71.5%)
56	<b>KRUŻOŁEK Monika</b>	<b>1184</b>	TURBOPTYŚIE&MICHAŁ-SKALNIK.PL	OPEN	56	<b>02:21:25.10</b>	+00:40:48 (28.9%)	6:10	9.7 (70.8%)
57	<b>STARUCH Robert</b>	<b>1114</b>	NULLPOINTER	OPEN	57	<b>02:21:34.70</b>	+00:40:58 (28.9%)	6:10	9.7 (70.8%)
58	<b>RODAK Zbigniew</b>	<b>1044</b>	GRUPA BIEGOWA 'BEZ GRANIC'	OPEN	58	<b>02:21:37.15</b>	+00:41:00 (29.0%)	6:11	9.7 (70.8%)
59	<b>GRUSZKA Aleksandra</b>	<b>1182</b>	GÓRALKI BEZ HALKI	OPEN	59	<b>02:21:44.20</b>	+00:41:08 (29.0%)	6:11	9.7 (70.8%)
60	<b>CZERWIŃSKI Maciej</b>	<b>1045</b>	KIBOLSKI KS	OPEN	60	<b>02:21:49.05</b>	+00:41:12 (29.1%)	6:11	9.7 (70.8%)
61	<b>KOZIRÓG Dagmara</b>	<b>1026</b>	IRONGIRLS	OPEN	61	<b>02:21:59.30</b>	+00:41:23 (29.1%)	6:12	9.7 (70.8%)
62	<b>WINKIEL Arkadiusz</b>	<b>1037</b>	GRYFINO TEAM	OPEN	62	<b>02:22:56.65</b>	+00:42:20 (29.6%)	6:14	9.6 (70.1%)
63	<b>VONDRACKOVA Marketa</b>	<b>1200</b>	BEHNY Z CECH	OPEN	63	<b>02:23:32.75</b>	+00:42:56 (29.9%)	6:16	9.6 (70.1%)
64	<b>BOROWSKI Rafał</b>	<b>1035</b>	ASYBEZKASY	OPEN	64	<b>02:24:11.35</b>	+00:43:35 (30.2%)	6:17	9.5 (69.3%)
65	<b>GNITECKA Katarzyna</b>	<b>1141</b>	ZAKOCHANE W GÓRACH	OPEN	65	<b>02:24:23.60</b>	+00:43:47 (30.3%)	6:18	9.5 (69.3%)
66	<b>CIEPLUCH Marcin</b>	<b>1120</b>	DZIKI OLEŚNICA	OPEN	66	<b>02:25:01.45</b>	+00:44:25 (30.6%)	6:20	9.5 (69.3%)
67	<b>KOŁODZIŃSKI Paweł</b>	<b>1128</b>	DZIKIE DZIKI GORZÓW	OPEN	67	<b>02:26:38.90</b>	+00:46:02 (31.4%)	6:24	9.4 (68.6%)
68	<b>SZEPczyńska Anna</b>	<b>1175</b>	ŻARY RUNNERS TEAM	OPEN	68	<b>02:26:43.30</b>	+00:46:07 (31.4%)	6:24	9.4 (68.6%)
69	<b>MICHALAK Ewelina</b>	<b>1061</b>	SRC TEAM	OPEN	69	<b>02:26:48.25</b>	+00:46:12 (31.5%)	6:24	9.4 (68.6%)
70	<b>URBAN Daniel</b>	<b>1163</b>	SENTE	OPEN	70	<b>02:27:16.25</b>	+00:46:40 (31.7%)	6:25	9.3 (67.9%)
71	<b>JASIŃSKI Michał</b>	<b>1118</b>	CZASEM NA ASFALCIE	OPEN	71	<b>02:27:37.50</b>	+00:47:01 (31.9%)	6:26	9.3 (67.9%)
72	<b>MAĆKOWIAK Krzysztof</b>	<b>1008</b>	MAĆKOWIAK TEAM	OPEN	72	<b>02:27:54.70</b>	+00:47:18 (32.0%)	6:27	9.3 (67.9%)
73	<b>JAŻNIEWICZ Artur</b>	<b>1158</b>	PUMY PATAGOŃSKIE	OPEN	73	<b>02:28:44.70</b>	+00:48:08 (32.4%)	6:29	9.2 (67.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						22.9km	Różn		
74	<b>GRABOWSKI Wojciech</b>	<b>1152</b>	DZIKI TRZY	OPEN	74	<b>02:29:33.95</b>	+00:48:57 (32.7%)	6:31	9.2 (67.2%)
75	<b>PIETRASZEWSKI Witold</b>	<b>1088</b>	ORŁY AGNIESZKI- OBY DO METY	OPEN	75	<b>02:30:27.00</b>	+00:49:50 (33.1%)	6:34	9.1 (66.4%)
76	<b>PETA Rafał</b>	<b>1151</b>	RAM	OPEN	76	<b>02:30:53.35</b>	+00:50:17 (33.3%)	6:35	9.1 (66.4%)
77	<b>JĘDRZEJEWSKA Maria</b>	<b>1059</b>	TROCHĘ SAJKO	OPEN	77	<b>02:30:59.80</b>	+00:50:23 (33.4%)	6:35	9.1 (66.4%)
78	<b>SZUREK Paulina</b>	<b>1190</b>	NATALIA TOMASIAK GÓRSKI STYL	OPEN	78	<b>02:31:08.90</b>	+00:50:32 (33.4%)	6:36	9.1 (66.4%)
79	<b>MICHALAK Wojciech</b>	<b>1007</b>	GIZDY PIEROŃSKIE	OPEN	79	<b>02:31:10.95</b>	+00:50:34 (33.5%)	6:36	9.1 (66.4%)
80	<b>CHORZĘPA Adam</b>	<b>1121</b>	KUDOWSCY MIŁOŚNICZY BIEGANIA	OPEN	80	<b>02:32:10.75</b>	+00:51:34 (33.9%)	6:38	9 (65.7%)
81	<b>SUCHOCKI Grzegorz</b>	<b>1051</b>	G-G-M TEAM	OPEN	81	<b>02:32:54.40</b>	+00:52:18 (34.2%)	6:40	9 (65.7%)
82	<b>MIRSKI Jerzy</b>	<b>1046</b>	WKURW_TEAM	OPEN	82	<b>02:32:57.85</b>	+00:52:21 (34.2%)	6:40	9 (65.7%)
83	<b>NIŻEWSKI Paweł</b>	<b>1167</b>	KRAKOWIAK TEAM	OPEN	83	<b>02:33:03.75</b>	+00:52:27 (34.3%)	6:41	9 (65.7%)
84	<b>LEWALD Michał</b>	<b>1185</b>	MUKAINADA RUNNING TEAM	OPEN	84	<b>02:33:21.45</b>	+00:52:45 (34.4%)	6:41	9 (65.7%)
85	<b>PIĘTKA Marta</b>	<b>1146</b>	BUSHIDO	OPEN	85	<b>02:33:42.70</b>	+00:53:06 (34.6%)	6:42	8.9 (65.0%)
86	<b>ŚWIATOWY Michał</b>	<b>1038</b>	JEŻYKI	OPEN	86	<b>02:35:04.40</b>	+00:54:28 (35.1%)	6:46	8.9 (65.0%)
87	<b>PIERZCHAŁA Anna</b>	<b>1139</b>	BIEGAMY DOKŁADNIE	OPEN	87	<b>02:35:04.45</b>	+00:54:28 (35.1%)	6:46	8.9 (65.0%)
88	<b>RYMARSKI Arkadiusz</b>	<b>1116</b>	NOA 3-PACK	OPEN	88	<b>02:35:14.95</b>	+00:54:38 (35.2%)	6:46	8.9 (65.0%)
89	<b>KUŁAKOWSKA Małgorzata</b>	<b>1104</b>	ŻELAZNA ŚWIDNICA TRI TEAM	OPEN	89	<b>02:35:18.00</b>	+00:54:41 (35.2%)	6:46	8.8 (64.2%)
90	<b>MAZURCZAK Maciej</b>	<b>1145</b>	TRZEJ RYCERZE	OPEN	90	<b>02:35:26.70</b>	+00:54:50 (35.3%)	6:47	8.8 (64.2%)
91	<b>BONIKOWSKI Mateusz</b>	<b>1036</b>	#DOPORZYGU	OPEN	91	<b>02:35:51.25</b>	+00:55:15 (35.5%)	6:48	8.8 (64.2%)
92	<b>JODEL Przemysław</b>	<b>1023</b>	FIZJOTEAM	OPEN	92	<b>02:37:10.65</b>	+00:56:34 (36.0%)	6:51	8.7 (63.5%)
93	<b>NYKIEL Marlena</b>	<b>1030</b>	BEZ NAZWY :)	OPEN	93	<b>02:37:12.30</b>	+00:56:36 (36.0%)	6:51	8.7 (63.5%)
94	<b>WŁOCH Kamil</b>	<b>1147</b>	KAMIL JEST PIĘKNY	OPEN	94	<b>02:37:18.70</b>	+00:56:42 (36.0%)	6:52	8.7 (63.5%)
95	<b>ADAMCZEWSKI Jakub</b>	<b>1099</b>	NO PROBLAMA	OPEN	95	<b>02:37:30.95</b>	+00:56:54 (36.1%)	6:52	8.7 (63.5%)
96	<b>HENDRYS Marek</b>	<b>1171</b>	SPARTA ULTRA TEAM NIEZNISZCZALNI	OPEN	96	<b>02:38:31.35</b>	+00:57:55 (36.5%)	6:55	8.7 (63.5%)
97	<b>TYSZKIEWICZ Agnieszka</b>	<b>1180</b>	UKA ULTRAS	OPEN	97	<b>02:38:55.45</b>	+00:58:19 (36.7%)	6:56	8.6 (62.8%)
98	<b>ŁAMPIKA Kinga</b>	<b>1018</b>	MISIE PYSIE	OPEN	98	<b>02:39:27.70</b>	+00:58:51 (36.9%)	6:57	8.6 (62.8%)
99	<b>KOCJAN Paweł</b>	<b>1107</b>	ARCYWROGOWIE	OPEN	99	<b>02:39:37.80</b>	+00:59:01 (37.0%)	6:58	8.6 (62.8%)
100	<b>GAJDA Krzysztof</b>	<b>1115</b>	CERBER	OPEN	100	<b>02:39:40.45</b>	+00:59:04 (37.0%)	6:58	8.6 (62.8%)
101	<b>NEUMANN Jacek</b>	<b>1111</b>	EXPLORADOR	OPEN	101	<b>02:39:44.10</b>	+00:59:07 (37.0%)	6:58	8.6 (62.8%)
102	<b>KOPYCZOK Justyna</b>	<b>1117</b>	W POGONI ZA KOPYTKIEM	OPEN	102	<b>02:39:58.90</b>	+00:59:22 (37.1%)	6:59	8.6 (62.8%)
103	<b>NIAR Wioletta</b>	<b>1108</b>	CSC ADVENTURE ACADEMY	OPEN	103	<b>02:40:08.70</b>	+00:59:32 (37.2%)	6:59	8.6 (62.8%)
104	<b>STANKIEWICZ Paweł</b>	<b>1056</b>	OSWITZ	OPEN	104	<b>02:40:28.50</b>	+00:59:52 (37.3%)	7:00	8.6 (62.8%)
105	<b>SOKÓŁ Marcin</b>	<b>1033</b>	CAPGEMINI	OPEN	105	<b>02:40:34.40</b>	+00:59:58 (37.3%)	7:00	8.6 (62.8%)
106	<b>KURZAWA Marcin</b>	<b>1174</b>	SPARTA ULTRA TEAM DĘBOWY I DZIEWCZYNY	OPEN	106	<b>02:41:25.80</b>	+01:00:49 (37.7%)	7:02	8.5 (62.0%)
107	<b>HUDEČKOVÁ Daniela</b>	<b>1178</b>	TRANS BRDY TEAM LETY	OPEN	107	<b>02:41:38.30</b>	+01:01:02 (37.8%)	7:03	8.5 (62.0%)
108	<b>GOLIŃSKI Adrian</b>	<b>1091</b>	JANUSZE ULTRA	OPEN	108	<b>02:41:43.90</b>	+01:01:07 (37.8%)	7:03	8.5 (62.0%)
109	<b>SYGIET Andrzej</b>	<b>1094</b>	HEDONIŚCI	OPEN	109	<b>02:41:52.95</b>	+01:01:16 (37.9%)	7:04	8.5 (62.0%)
110	<b>PAZDAN Natalia</b>	<b>1194</b>	KARPACZ SPORT / KOWARY BIEGAJĄ	OPEN	110	<b>02:42:03.35</b>	+01:01:27 (37.9%)	7:04	8.5 (62.0%)
111	<b>WITKOWSKI Krzysztof</b>	<b>1068</b>	KOPALNIA MOCY TARNOBRZEG	OPEN	111	<b>02:42:48.80</b>	+01:02:12 (38.2%)	7:06	8.4 (61.3%)
112	<b>GARCZYŃSKA Ania</b>	<b>1077</b>	AKD TEAM	OPEN	112	<b>02:44:10.80</b>	+01:03:34 (38.7%)	7:10	8.4 (61.3%)
113	<b>BIELECKA Marlena</b>	<b>1097</b>	BIEGNIEMY Z ROZUMEM	OPEN	113	<b>02:44:22.10</b>	+01:03:45 (38.8%)	7:10	8.4 (61.3%)
114	<b>MIĘKISIAK Rafał</b>	<b>1130</b>	DEBIUTANCI AWF	OPEN	114	<b>02:45:00.95</b>	+01:04:24 (39.0%)	7:12	8.3 (60.6%)
115	<b>ŻYGIEŁO Monika</b>	<b>1010</b>	MŁODZI GNIEWNI	OPEN	115	<b>02:45:05.70</b>	+01:04:29 (39.1%)	7:12	8.3 (60.6%)
116	<b>PITOŃ Aneta</b>	<b>1090</b>	ABY DO METY/NEOPROFIL	OPEN	116	<b>02:45:34.15</b>	+01:04:57 (39.2%)	7:13	8.3 (60.6%)
117	<b>MAJEWSKA Joanna</b>	<b>1170</b>	PGE RUN OBRÓT	OPEN	117	<b>02:46:01.70</b>	+01:05:25 (39.4%)	7:15	8.3 (60.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						22.9km	Różn		
118	<b>BONIEC Gabriela</b>	<b>1164</b>	ZIELONY LAS	OPEN	118	<b>02:46:12.25</b>	+01:05:36 (39.5%)	7:15	8.3 (60.6%)
119	<b>RZEŹNIK Mariusz</b>	<b>1137</b>	ROZBIEGANY RAWICZ AKUNA RUN	OPEN	119	<b>02:46:45.05</b>	+01:06:08 (39.7%)	7:16	8.2 (59.9%)
120	<b>KRZECZKOWSKI Roman</b>	<b>1103</b>	DZIKA WATAHA	OPEN	120	<b>02:47:33.90</b>	+01:06:57 (40.0%)	7:19	8.2 (59.9%)
121	<b>KRÓL-KRAJEWSKA Agnieszka</b>	<b>1024</b>	3 MUSHKIETERY	OPEN	121	<b>02:47:59.95</b>	+01:07:23 (40.1%)	7:20	8.2 (59.9%)
122	<b>KRÓL-PIDANTY Marzena</b>	<b>1057</b>	BEZGRANIC	OPEN	122	<b>02:48:36.55</b>	+01:08:00 (40.3%)	7:21	8.1 (59.1%)
123	<b>WOLKIEWICZ Dariusz</b>	<b>1161</b>	TRAILOWE BIEGI DUCHOWE	OPEN	123	<b>02:48:47.85</b>	+01:08:11 (40.4%)	7:22	8.1 (59.1%)
124	<b>MOSÓR Mariusz</b>	<b>1165</b>	LISY PUSTYNI	OPEN	124	<b>02:48:54.30</b>	+01:08:18 (40.4%)	7:22	8.1 (59.1%)
125	<b>WINKLER Marcin</b>	<b>1112</b>	GRALNIATEAM	OPEN	125	<b>02:48:55.25</b>	+01:08:19 (40.4%)	7:22	8.1 (59.1%)
126	<b>FURGAŁ Dorota</b>	<b>1106</b>	CAŁA OLEŚNICA BIEGA	OPEN	126	<b>02:49:03.55</b>	+01:08:27 (40.5%)	7:22	8.1 (59.1%)
127	<b>MILKOWSKA Justyna</b>	<b>1032</b>	3XM	OPEN	127	<b>02:49:24.45</b>	+01:08:48 (40.6%)	7:23	8.1 (59.1%)
128	<b>SKOKOWSKI Jacek</b>	<b>1013</b>	WAŁY CHROBREGO	OPEN	128	<b>02:49:27.40</b>	+01:08:51 (40.6%)	7:23	8.1 (59.1%)
129	<b>SZAWARA-ZIÓŁKOWSKA Ewelina</b>	<b>1070</b>	HARCOWNIK 1	OPEN	129	<b>02:49:46.95</b>	+01:09:10 (40.7%)	7:24	8.1 (59.1%)
130	<b>PRYSZCZ Mirosław</b>	<b>1082</b>	SIŁA MASA MOC KIEŁBASA	OPEN	130	<b>02:49:57.30</b>	+01:09:21 (40.8%)	7:25	8.1 (59.1%)
131	<b>GÓRKA Radosław</b>	<b>1143</b>	RADOMSKIE WARCHOŁY	OPEN	131	<b>02:50:44.05</b>	+01:10:07 (41.1%)	7:27	8 (58.4%)
132	<b>BOGACZYŃSKA-ADACH Bożena</b>	<b>1132</b>	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	OPEN	132	<b>02:51:12.00</b>	+01:10:35 (41.2%)	7:28	8 (58.4%)
133	<b>FRĄCKOWIAK Maria</b>	<b>1071</b>	CONSTRAVIA	OPEN	133	<b>02:51:18.70</b>	+01:10:42 (41.3%)	7:28	8 (58.4%)
134	<b>NAUDZIUNAS Agnieszka</b>	<b>1186</b>	NATURAL BORN RUNNERS	OPEN	134	<b>02:51:37.60</b>	+01:11:01 (41.4%)	7:29	8 (58.4%)
135	<b>ŁACHACZ Irmina</b>	<b>1072</b>	ULTRAGRAŻYNY	OPEN	135	<b>02:52:29.00</b>	+01:11:52 (41.7%)	7:31	8 (58.4%)
136	<b>CABAJ Paweł</b>	<b>1062</b>	BAGIENNE DZIKI	OPEN	136	<b>02:52:34.90</b>	+01:11:58 (41.7%)	7:32	8 (58.4%)
137	<b>FIEBIG Natalia</b>	<b>1123</b>	CHYBA DOBIEGNIEMY	OPEN	137	<b>02:52:42.70</b>	+01:12:06 (41.8%)	7:32	8 (58.4%)
138	<b>KOZIOŁ Paweł</b>	<b>1162</b>	ZESRAM SIĘ A NIE DAM SIĘ	OPEN	138	<b>02:52:58.30</b>	+01:12:22 (41.8%)	7:33	7.9 (57.7%)
139	<b>NOWAK Jarosław</b>	<b>1153</b>	GRANINO	OPEN	139	<b>02:53:09.75</b>	+01:12:33 (41.9%)	7:33	7.9 (57.7%)
140	<b>NIEKRASZ Justyna</b>	<b>1096</b>	ICH TROJE	OPEN	140	<b>02:53:44.50</b>	+01:13:08 (42.1%)	7:35	7.9 (57.7%)
141	<b>MICHALAK Aleksandra</b>	<b>1073</b>	TAŃCZĄCA Z DZIKAMI	OPEN	141	<b>02:54:05.50</b>	+01:13:29 (42.2%)	7:36	7.9 (57.7%)
142	<b>GRAMACKI Michał</b>	<b>1014</b>	PROJEKT BRACIA	OPEN	142	<b>02:54:51.55</b>	+01:14:15 (42.5%)	7:38	7.9 (57.7%)
143	<b>GÓRECKA Milena</b>	<b>1102</b>	AKS	OPEN	143	<b>02:55:21.30</b>	+01:14:45 (42.6%)	7:39	7.8 (56.9%)
144	<b>PAŁKA Łukasz</b>	<b>1079</b>	3XL	OPEN	144	<b>02:55:45.55</b>	+01:15:09 (42.8%)	7:40	7.8 (56.9%)
145	<b>MOSKWA Kamila</b>	<b>1047</b>	HUSARIA RACE TEAM	OPEN	145	<b>02:56:13.35</b>	+01:15:37 (42.9%)	7:41	7.8 (56.9%)
146	<b>KOŁCIUK Wojciech</b>	<b>1127</b>	WKURW_TEAM WARSZAWA	OPEN	146	<b>02:56:34.05</b>	+01:15:57 (43.0%)	7:42	7.8 (56.9%)
147	<b>WAGNER Ewa</b>	<b>1092</b>	ULTRA FRUSIAKI	OPEN	147	<b>02:56:42.85</b>	+01:16:06 (43.1%)	7:43	7.8 (56.9%)
148	<b>TYSZER Łukasz</b>	<b>1142</b>	FLUNKYBALL TEAM ŁĄDEK-ZDRÓJ	OPEN	148	<b>02:56:57.00</b>	+01:16:20 (43.1%)	7:43	7.8 (56.9%)
149	<b>KOWALSKA Małgorzata</b>	<b>1154</b>	KB HARCOWNIK 2	OPEN	149	<b>02:57:09.00</b>	+01:16:32 (43.2%)	7:44	7.8 (56.9%)
150	<b>KOWALIŃSKI Marek</b>	<b>1176</b>	SPARTA ULTRA TEAM ZMIXOWANI	OPEN	150	<b>02:57:21.85</b>	+01:16:45 (43.3%)	7:44	7.7 (56.2%)
151	<b>MROZOWSKA Magdalena</b>	<b>1199</b>	KINGRUNNERS	OPEN	151	<b>02:57:29.80</b>	+01:16:53 (43.3%)	7:45	7.7 (56.2%)
152	<b>STALA-KONDRAKIEWICZ Katarzyna</b>	<b>1031</b>	HARCOWNICZKI	OPEN	152	<b>03:00:34.05</b>	+01:19:57 (44.3%)	7:53	7.6 (55.5%)
153	<b>WIŚNIEWSKI Artur</b>	<b>1166</b>	NIEBEZPIECZNE ZBIEGI	OPEN	153	<b>03:01:10.80</b>	+01:20:34 (44.5%)	7:54	7.6 (55.5%)
154	<b>LUBAŃSKA Alicja</b>	<b>1159</b>	50 PLUS	OPEN	154	<b>03:01:21.10</b>	+01:20:44 (44.5%)	7:55	7.6 (55.5%)
155	<b>INDULSKA-SAŁDACZ Edyta</b>	<b>1087</b>	DZIKIE DZIKI 3	OPEN	155	<b>03:03:32.30</b>	+01:22:56 (45.2%)	8:00	7.5 (54.7%)
156	<b>MAJEWSKI Marek</b>	<b>1049</b>	MERINO MOB	OPEN	156	<b>03:04:19.35</b>	+01:23:43 (45.4%)	8:02	7.5 (54.7%)
157	<b>MARCINIAK Michał</b>	<b>1105</b>	PETARDA TEAM	OPEN	157	<b>03:05:36.05</b>	+01:24:59 (45.8%)	8:06	7.4 (54.0%)
158	<b>BAK Konrad</b>	<b>1060</b>	BESKIDZKIE EKLERKI	OPEN	158	<b>03:06:06.45</b>	+01:25:30 (45.9%)	8:07	7.4 (54.0%)
159	<b>ZAUCHA Marta</b>	<b>1188</b>	3XM	OPEN	159	<b>03:06:19.50</b>	+01:25:43 (46.0%)	8:08	7.4 (54.0%)
160	<b>FEDOROWICZ Jowita</b>	<b>1125</b>	KOTWICA BRZEG	OPEN	160	<b>03:08:02.25</b>	+01:27:26 (46.5%)	8:12	7.3 (53.3%)
161	<b>CHODOROWSKI Krzysztof</b>	<b>1113</b>	GĄBIN BIEGA	OPEN	161	<b>03:08:19.60</b>	+01:27:43 (46.6%)	8:13	7.3 (53.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 22.9km	Różn	Tempo min/km	Tempo km/h
162	<b>PASZEK Tomasz</b>	<b>1144</b>	LEDWOZIPIA	OPEN	162	<b>03:10:56.75</b>	+01:30:20 (47.3%)	8:20	7.2 (52.6%)
163	<b>FLIGIER Katarzyna</b>	<b>1192</b>	STOWARZYSZENIE NOWE GRANICE	OPEN	163	<b>03:13:06.80</b>	+01:32:30 (47.9%)	8:25	7.1 (51.8%)
164	<b>BIELEŃ Agnieszka</b>	<b>1198</b>	MUAY RUNNING TEAM	OPEN	164	<b>03:13:42.25</b>	+01:33:06 (48.1%)	8:27	7.1 (51.8%)
165	<b>ZABA Jacek</b>	<b>1109</b>	GORZOWSCY DEBIUTANCI	OPEN	165	<b>03:14:27.30</b>	+01:33:51 (48.3%)	8:29	7.1 (51.8%)
166	<b>PERKA Barbara</b>	<b>1085</b>	FASTER	OPEN	166	<b>03:20:43.75</b>	+01:40:07 (49.9%)	8:45	6.8 (49.6%)
167	<b>SOBAŃSKA Paulina</b>	<b>1075</b>	DZIEWCZYNY Z TARNOWO PODGÓRNE BIEGA	OPEN	167	<b>03:21:25.15</b>	+01:40:48 (50.1%)	8:47	6.8 (49.6%)
168	<b>BUSS Konrad</b>	<b>1034</b>	SUPER TRIO	OPEN	168	<b>03:21:26.30</b>	+01:40:50 (50.1%)	8:47	6.8 (49.6%)
169	<b>LULA Agnieszka</b>	<b>1160</b>	AED	OPEN	169	<b>03:23:48.95</b>	+01:43:12 (50.6%)	8:54	6.7 (48.9%)
170	<b>CZESNOWICKI Jakub</b>	<b>1133</b>	GOSIAMAREKJAKUB	OPEN	170	<b>03:23:49.65</b>	+01:43:13 (50.6%)	8:54	6.7 (48.9%)
171	<b>SOKOŁOWSKI Artur</b>	<b>1029</b>	TEAM ZABIEGANEDNI	OPEN	171	<b>03:25:09.40</b>	+01:44:33 (51.0%)	8:57	6.7 (48.9%)
172	<b>SYNOWIEC-JUDA Agata</b>	<b>1136</b>	GDZIE MĄŻ NIE MOŻE TAM ŻONĘ POŚLE	OPEN	172	<b>03:26:18.70</b>	+01:45:42 (51.2%)	9:00	6.7 (48.9%)
173	<b>KAWECKA Magdalena</b>	<b>1069</b>	KOZICE KAWY	OPEN	173	<b>03:32:48.35</b>	+01:52:12 (52.7%)	9:17	6.5 (47.4%)
174	<b>KARPIŃSKI Grzegorz</b>	<b>1025</b>	MESONDŽI LAJF STAJL	OPEN	174	<b>03:34:32.35</b>	+01:53:56 (53.1%)	9:22	6.4 (46.7%)
175	<b>GALIŃSKI Kamil</b>	<b>1093</b>	ABYDOMETY2+1	OPEN	175	<b>03:35:35.95</b>	+01:54:59 (53.3%)	9:24	6.4 (46.7%)
176	<b>KARAMON Magdalena</b>	<b>1022</b>	OPOLE BIEGA	OPEN	176	<b>03:35:45.60</b>	+01:55:09 (53.4%)	9:25	6.4 (46.7%)
177	<b>RAJZER Dominika</b>	<b>1189</b>	TRAILOWE BIEGIDUCHOWE	OPEN	177	<b>03:38:56.75</b>	+01:58:20 (54.1%)	9:33	6.3 (46.0%)
178	<b>DUBER Michał</b>	<b>1048</b>	GRIZZLY TEAM	OPEN	178	<b>03:40:24.05</b>	+01:59:47 (54.4%)	9:37	6.2 (45.3%)
179	<b>KOWALCZYK Anita</b>	<b>1052</b>	#TEAMKRÓLAK	OPEN	179	<b>03:42:02.30</b>	+02:01:26 (54.7%)	9:41	6.2 (45.3%)
180	<b>MACIAS Waldemar</b>	<b>1179</b>	FAWORYCI 20 LAT PÓŹNIEJ	OPEN	180	<b>03:43:02.05</b>	+02:02:25 (54.9%)	9:44	6.2 (45.3%)
181	<b>PRĘTKIEWICZ Anna</b>	<b>1054</b>	KOZICE TURYSTYCZNE	OPEN	181	<b>03:47:45.10</b>	+02:07:08 (55.8%)	9:56	6 (43.8%)
182	<b>SPRINGER Marta</b>	<b>1074</b>	MÓJPIERWSZYRAZ-MPR	OPEN	182	<b>03:47:47.15</b>	+02:07:10 (55.8%)	9:56	6 (43.8%)
183	<b>SKOMOROWSKA Monika</b>	<b>1168</b>	TEAM ZABIEGANEDNI II	OPEN	183	<b>03:47:51.15</b>	+02:07:14 (55.8%)	9:56	6 (43.8%)
184	<b>WIERZBICKA Paulina</b>	<b>1196</b>	SAMOZWAŃCZY FUNCLUB PIOTRKA HERCOGA	OPEN	184	<b>03:49:11.65</b>	+02:08:35 (56.1%)	10:00	6 (43.8%)
185	<b>BOROWIECKA Agnieszka</b>	<b>1134</b>	PZPN - POLSKI ZWIĄZEK PRZYJACIOŁ NADWAGI	OPEN	185	<b>03:50:02.30</b>	+02:09:26 (56.3%)	10:02	6 (43.8%)
186	<b>MIGDAŁ Paulina</b>	<b>1019</b>	ANIOŁKI CHARLIEGO	OPEN	186	<b>03:59:10.60</b>	+02:18:34 (57.9%)	10:26	5.7 (41.6%)
187	<b>BARSZCZ Justyna</b>	<b>1173</b>	MIXTURA	OPEN	187	<b>03:59:42.10</b>	+02:19:05 (58.0%)	10:28	5.7 (41.6%)
	<b>DŹUGANOWSKA Agnieszka</b>	<b>1131</b>	PIASTOWSKI JAR	OPEN		<b>DNF</b>		-	- (0.0%)
	<b>SKRZYPCZAK Radosław</b>	<b>1086</b>	DZIKI Z POZNANIA	OPEN		<b>DNF</b>		-	- (0.0%)

Znaleziono 189 wynik(ów)