

**Wydarzenie:** Kudowski Festiwal Biegowy 2022  
**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2022-04-09  
**Miejsce:** Kudowa-Zdrój  
**Dystans:** 24 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 9.2km	Kara/ bonifikata	Czas netto 25km	Czas brutto 25km	Różn	Tempo min/km	Tempo km/h
1	<b>BRÝDL Pavel</b>	<b>1164</b>		OPEN	1	01:12:30		<b>01:53:26.90</b>	<b>06:31:16.80</b>		4:32	13.2 (100%)
2	<b>ŠOLC Vítězslav</b>	<b>1051</b>	BK NÁCHOD	OPEN	2	01:12:37		<b>01:53:51.20</b>	<b>06:34:24.10</b>	+00:03:07 (0.8%)	4:33	13.2 (100%)
3	<b>PAZDAN Piotr</b>	<b>1129</b>		OPEN	3	06:33:50		<b>07:17:54.30</b>	<b>07:17:54.30</b>	+00:46:37 (10.6%)	17:30	3.4 (25.8%)
4	<b>NOWAK Przemysław</b>	<b>1183</b>	COCCOLINO TEDDYS	OPEN	4	01:28:23		<b>02:14:25.95</b>	<b>07:21:05.20</b>	+00:49:48 (11.3%)	5:22	11.2 (84.8%)
5	<b>ŁUŻNY Bartłomiej</b>	<b>1144</b>		OPEN	5	06:42:09		<b>07:22:50.30</b>	<b>07:22:50.30</b>	+00:51:33 (11.6%)	17:42	3.4 (25.8%)
6	<b>WAŻNY Jacek</b>	<b>1182</b>	BANDA GRUDNIA	OPEN	6	01:18:24		<b>02:01:55.05</b>	<b>07:26:20.65</b>	+00:55:03 (12.3%)	4:52	12.3 (93.2%)
7	<b>MAZERSKI Bartosz</b>	<b>1006</b>	LKS ZANTYR SZTUM	OPEN	7			<b>02:24:51.95</b>	<b>07:37:26.05</b>	+01:06:09 (14.5%)	5:47	10.4 (78.8%)
8	<b>ADLER Łukasz</b>	<b>1174</b>	LESZ NO LIMITS RUNNERS	OPEN	8	01:23:09		<b>02:06:35.05</b>	<b>07:50:07.65</b>	+01:18:50 (16.8%)	5:03	11.8 (89.4%)
9	<b>FILIPEK Paweł</b>	<b>1156</b>	BIEGUSIEM.PL	OPEN	9	01:25:50		<b>02:12:59.95</b>	<b>07:53:00.60</b>	+01:21:43 (17.3%)	5:19	11.3 (85.6%)
10	<b>RUTKOWSKI Maciej</b>	<b>1076</b>	ULTRA DIABŁY TEAM LUBRZA	OPEN	10	01:30:33		<b>02:26:59.10</b>	<b>08:09:55.90</b>	+01:38:39 (20.1%)	5:52	10.2 (77.3%)
11	<b>KUŚMIDER Kuba</b>	<b>1027</b>		OPEN	11	01:29:25		<b>02:15:27.60</b>	<b>08:10:47.50</b>	+01:39:30 (20.3%)	5:25	11.1 (84.1%)
12	<b>PISAREK Maciej</b>	<b>1176</b>		OPEN	12	01:30:32		<b>02:24:38.65</b>	<b>08:13:39.40</b>	+01:42:22 (20.7%)	5:47	10.4 (78.8%)
13	<b>BIERNACKA Katarzyna</b>	<b>1135</b>	SBRT WROCŁAW	OPEN	13	01:37:28		<b>02:31:04.95</b>	<b>08:19:46.30</b>	+01:48:29 (21.7%)	6:02	9.9 (75.0%)
14	<b>KOWALIK Andrzej</b>	<b>1197</b>	ADRUNALINE	OPEN	14	01:26:57		<b>02:14:35.50</b>	<b>08:23:14.70</b>	+01:51:57 (22.2%)	5:23	11.1 (84.1%)
15	<b>ADAMCZYK Emanuela</b>	<b>1089</b>	#BIEGIEMWLAS	OPEN	15	01:37:31		<b>02:30:03.80</b>	<b>08:23:34.65</b>	+01:52:17 (22.3%)	6:00	10 (75.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skąły 9.2km	Kara/ bonifikata	Czas netto 25km	Czas brutto 25km	Różn	Tempo min/km	Tempo km/h
16	<b>KULCHYTSKYI Yehor</b>	<b>1035</b>		OPEN	16	01:24:57		<b>02:12:46.95</b>	<b>08:27:46.10</b>	+01:56:29 (22.9%)	5:18	11.3 (85.6%)
17	<b>OLSZEWSKA Oszi</b>	<b>1104</b>	GKS BARAKA	OPEN	17	01:56:15		<b>03:02:19.50</b>	<b>08:37:16.55</b>	+02:05:59 (24.4%)	7:17	8.2 (62.1%)
18	<b>BAŁYS Katarzyna</b>	<b>1065</b>		OPEN	18	01:31:32		<b>02:24:07.40</b>	<b>08:39:58.05</b>	+02:08:41 (24.7%)	5:45	10.4 (78.8%)
19	<b>ROSZAK Robert</b>	<b>1143</b>	RUNNER'S POWER	OPEN	19	01:29:40		<b>02:28:18.60</b>	<b>08:41:52.45</b>	+02:10:35 (25.0%)	5:55	10.1 (76.5%)
20	<b>BIEŃ Magdalena</b>	<b>1038</b>	WOŹNIAK RUNNING TEAM CK BABCIE	OPEN	20	01:53:20		<b>02:58:18.35</b>	<b>08:50:16.70</b>	+02:18:59 (26.2%)	7:07	8.4 (63.6%)
21	<b>SKÓRA Anastazja</b>	<b>1184</b>	#SOBASTEAM	OPEN	21	07:49:57		<b>08:50:39.00</b>	<b>08:50:39.00</b>	+02:19:22 (26.3%)	21:13	2.8 (21.2%)
22	<b>MANJURA Tomasz</b>	<b>1192</b>	CSC ADVENTURE ACADEMY	OPEN	22	01:24:54		<b>02:14:09.80</b>	<b>08:52:57.80</b>	+02:21:41 (26.6%)	5:21	11.2 (84.8%)
23	<b>WYSOKIŃSKI Konrad</b>	<b>1041</b>	MESMERIK RUNNERS	OPEN	23	01:24:25		<b>02:15:08.50</b>	<b>08:59:30.55</b>	+02:28:13 (27.5%)	5:24	11.1 (84.1%)
24	<b>GOLIŃCZAK Michał</b>	<b>1165</b>		OPEN	24	01:31:20		<b>02:25:48.90</b>	<b>09:02:19.65</b>	+02:31:02 (27.9%)	5:49	10.3 (78.0%)
25	<b>URBAN Daniel</b>	<b>1142</b>	SENTE	OPEN	25	01:45:43		<b>02:44:08.15</b>	<b>09:04:41.50</b>	+02:33:24 (28.2%)	6:33	9.1 (68.9%)
26	<b>BONIEC Gabriela</b>	<b>1185</b>	NADLEŚNICTWO LIPINKI	OPEN	26	01:51:22		<b>02:52:14.65</b>	<b>09:05:03.00</b>	+02:33:46 (28.2%)	6:53	8.7 (65.9%)
27	<b>KOLENDA Krzysztof</b>	<b>1153</b>	FIZJOBIEGACZE SZCZECIN	OPEN	27	01:31:45		<b>02:25:30.20</b>	<b>09:09:11.10</b>	+02:37:54 (28.8%)	5:49	10.3 (78.0%)
28	<b>SZEWCZENKO Agnieszka</b>	<b>1179</b>		OPEN	28	01:57:24		<b>03:04:30.55</b>	<b>09:10:34.90</b>	+02:39:18 (28.9%)	7:22	8.1 (61.4%)
29	<b>PRELICH Tomasz</b>	<b>1195</b>	DABEX BOLT	OPEN	29	01:29:20		<b>02:26:41.30</b>	<b>09:12:42.25</b>	+02:41:25 (29.2%)	5:52	10.2 (77.3%)
30	<b>CICHOWSKI Wojciech</b>	<b>1125</b>	140MINUT.PL	OPEN	30	01:30:57		<b>02:23:35.85</b>	<b>09:14:44.40</b>	+02:43:27 (29.5%)	5:44	10.4 (78.8%)
31	<b>GOŁĘBIEWSKA Anna</b>	<b>1189</b>		OPEN	31	02:06:44		<b>03:18:12.55</b>	<b>09:19:46.55</b>	+02:48:29 (30.1%)	7:55	7.6 (57.6%)
32	<b>KOGUT Stanisław</b>	<b>1010</b>		OPEN	32	01:44:17		<b>02:49:24.20</b>	<b>09:21:35.70</b>	+02:50:18 (30.3%)	6:46	8.9 (67.4%)
33	<b>KURAŚ Szymon</b>	<b>1082</b>	NKB CHYŻY NOWY TOMYŚL	OPEN	33	01:31:54		<b>02:28:10.65</b>	<b>09:24:09.85</b>	+02:52:53 (30.6%)	5:55	10.1 (76.5%)
34	<b>BIHUN Natalia</b>	<b>1171</b>	NOA	OPEN	34	01:47:03		<b>02:48:44.00</b>	<b>09:29:19.00</b>	+02:58:02 (31.3%)	6:44	8.9 (67.4%)
35	<b>NIŻEWSKI Paweł</b>	<b>1139</b>	KRAKOWIAKULTRATEAM	OPEN	35	01:43:45		<b>02:40:08.70</b>	<b>09:31:26.10</b>	+03:00:09 (31.5%)	6:24	9.4 (71.2%)
36	<b>RATAJCZAK Hubert</b>	<b>1056</b>	BIEGANIE NA ŚNIADANIE 2	OPEN	36	01:46:37		<b>02:44:40.35</b>	<b>09:31:27.15</b>	+03:00:10 (31.5%)	6:35	9.1 (68.9%)
37	<b>KUŁAKOWSKA Małgorzata</b>	<b>1043</b>	ŚWIDNICKA GRUPA BIEGOWA	OPEN	37	01:50:18		<b>02:53:55.35</b>	<b>09:33:57.75</b>	+03:02:40 (31.8%)	6:57	8.6 (65.2%)
38	<b>KARWACKI Grzegorz</b>	<b>1016</b>		OPEN	38	01:44:44		<b>02:46:53.40</b>	<b>09:35:30.20</b>	+03:04:13 (32.0%)	6:40	9 (68.2%)

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39	KARATKOW Ewa	1100		OPEN	39	01:58:28		03:05:47.20	09:36:36.75	+03:05:19 (32.1%)	7:25	8.1 (61.4%)
40	STACHNIK Łukasz	1194	NOA	OPEN	40	01:45:03		02:43:51.10	09:44:59.85	+03:13:43 (33.1%)	6:33	9.2 (69.7%)
41	GDULA Jakub	1067		OPEN	41	01:48:35		02:51:23.00	09:45:00.00	+03:13:43 (33.1%)	6:51	8.8 (66.7%)
42	PISKORZ Robert	1083		OPEN	42	01:46:06		02:49:38.65	09:47:55.30	+03:16:38 (33.4%)	6:47	8.8 (66.7%)
43	KACZMAREK Tomasz	1059		OPEN	43	01:36:43		02:32:59.95	09:48:20.15	+03:17:03 (33.5%)	6:07	9.8 (74.2%)
44	SUSZ Marian	1159	GRZMOTOMOCNI SOBÓTKA	OPEN	44	01:43:48		02:42:17.20	09:48:35.85	+03:17:19 (33.5%)	6:29	9.2 (69.7%)
45	SZARADOWSKI Marcin	1091	ORŁY JEZUSA	OPEN	45	01:44:24		02:42:37.00	09:48:39.50	+03:17:22 (33.5%)	6:30	9.2 (69.7%)
46	NYKIEL Marlena	1145		OPEN	46	01:59:22		03:08:21.05	09:49:56.90	+03:18:40 (33.7%)	7:32	8 (60.6%)
47	TRZCIONKA Maciej	1046	BLACKSHEEP TEAM	OPEN	47	01:28:33		02:18:19.10	09:50:14.70	+03:18:57 (33.7%)	5:31	10.8 (81.8%)
48	BĄK Artur	1092	FC PO 40-TCE	OPEN	48	01:45:52		02:45:14.00	09:51:05.30	+03:19:48 (33.8%)	6:36	9.1 (68.9%)
49	LITWIN Monika	1170		OPEN	49	01:46:43		02:47:04.80	09:54:15.00	+03:22:58 (34.2%)	6:40	9 (68.2%)
50	SZOPA Marek	1168	DZIKIE DZIKI GORZÓW	OPEN	50	01:29:45		02:18:22.25	10:00:02.40	+03:28:45 (34.8%)	5:32	10.8 (81.8%)
51	CYWIŃSKI Paweł	1036	AKG	OPEN	51	06:07:45		07:32:18.65	10:02:18.65	+03:31:01 (35.0%)	18:05	3.3 (25.0%)
52	ŚWIDZIŃSKI Tomasz	1037	VEGE RUNNERS	OPEN	52	01:47:02		02:48:49.90	10:07:33.25	+03:36:16 (35.6%)	6:45	8.9 (67.4%)
53	CENIUCH Magdalena	1155	FIZJOBIEGACZE SZCZECIN	OPEN	53	01:54:49		03:04:04.10	10:08:54.00	+03:37:37 (35.7%)	7:21	8.1 (61.4%)
54	SOJKA Jakub	1160	WILKSZYN RUNNING	OPEN	54	01:38:39		02:35:28.70	10:09:01.10	+03:37:44 (35.8%)	6:13	9.6 (72.7%)
55	GNITECKA Katarzyna	1175	KUDOWIANKA RUN	OPEN	55	09:12:07		10:09:48.25	10:09:48.25	+03:38:31 (35.8%)	24:23	2.5 (18.9%)
56	DUDEK Krzysztof	1055	STRZEGOMSKA DWUNASTKA	OPEN	56	02:01:12		03:15:08.30	10:10:44.40	+03:39:27 (35.9%)	7:48	7.7 (58.3%)
57	RECZYŃSKI Marcin	1044		OPEN	57	01:49:23		02:50:51.90	10:12:18.00	+03:41:01 (36.1%)	6:50	8.8 (66.7%)
58	KĘDZIORA Jacek	1057	BIEGANIE NA ŚNIADANIE 1	OPEN	58	01:58:00		03:06:11.80	10:12:42.90	+03:41:26 (36.1%)	7:26	8.1 (61.4%)
59	MAĆKOWIAK Michał	1084	MAĆKOWIAK TEAM	OPEN	59	01:42:01		02:39:14.95	10:13:25.55	+03:42:08 (36.2%)	6:22	9.4 (71.2%)
60	GIERSZEWSKI Cezary	1181	FUNDACJA KIERUNEK ULTRA	OPEN	60	02:02:05		03:15:40.40	10:13:40.20	+03:42:23 (36.2%)	7:49	7.7 (58.3%)
61	JAGODZKI Daniel	1050		OPEN	61	01:58:25		03:10:56.15	10:13:57.30	+03:42:40 (36.3%)	7:38	7.9 (59.8%)

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62	<b>WICHUŁA Łukasz</b>	<b>1103</b>	RONAL TEAM	OPEN	62	01:35:16		<b>02:28:47.05</b>	<b>10:16:05.25</b>	+03:44:48 (36.5%)	5:57	10.1 (76.5%)
63	<b>ANDRZEJCZAK Łukasz</b>	<b>1079</b>	NKB CHYŻY NOWY TOMYŚL	OPEN	63	01:35:24		<b>02:34:17.25</b>	<b>10:19:45.60</b>	+03:48:28 (36.9%)	6:10	9.7 (73.5%)
64	<b>KNACH Marta</b>	<b>1020</b>		OPEN	64	01:56:23		<b>02:58:45.30</b>	<b>10:22:50.40</b>	+03:51:33 (37.2%)	7:09	8.4 (63.6%)
65	<b>RABIEGA Monika</b>	<b>1138</b>	#BIEGAJLESZNO	OPEN	65	02:05:53		<b>03:13:41.20</b>	<b>10:23:24.90</b>	+03:52:08 (37.2%)	7:44	7.7 (58.3%)
66	<b>MASŁOWSKI Robert</b>	<b>1053</b>		OPEN	66	01:47:23		<b>02:52:17.50</b>	<b>10:24:22.35</b>	+03:53:05 (37.3%)	6:53	8.7 (65.9%)
67	<b>BEDNARCZYK Paweł</b>	<b>1140</b>	SPARTA ULTRA TEAM	OPEN	67	01:52:25		<b>02:57:56.80</b>	<b>10:25:14.75</b>	+03:53:57 (37.4%)	7:07	8.4 (63.6%)
68	<b>INDULSKA-SAŁDACZ Edyta</b>	<b>1108</b>		OPEN	68	02:01:29		<b>03:10:18.90</b>	<b>10:26:54.90</b>	+03:55:38 (37.6%)	7:36	7.9 (59.8%)
69	<b>BASZAK Ewa</b>	<b>1196</b>		OPEN	69	02:08:48		<b>03:20:31.60</b>	<b>10:28:47.00</b>	+03:57:30 (37.8%)	8:01	7.5 (56.8%)
70	<b>KWIATKOWSKI Paweł</b>	<b>1000</b>		OPEN	70	01:53:56		<b>02:58:22.85</b>	<b>10:29:32.70</b>	+03:58:15 (37.8%)	7:08	8.4 (63.6%)
71	<b>STANKIEWICZ Paweł</b>	<b>1028</b>		OPEN	71	01:52:57		<b>02:58:43.45</b>	<b>10:30:26.50</b>	+03:59:09 (37.9%)	7:08	8.4 (63.6%)
72	<b>WALEŃSKI Maciej</b>	<b>1008</b>	PROTON GOSTYŃ	OPEN	72	01:50:14		<b>02:57:11.90</b>	<b>10:32:47.50</b>	+04:01:30 (38.2%)	7:05	8.5 (64.4%)
73	<b>SKROBAŃSKA Laura</b>	<b>1005</b>	BIEGAM BO CHCĘ	OPEN	73	02:01:52		<b>03:05:48.60</b>	<b>10:32:49.45</b>	+04:01:32 (38.2%)	7:25	8.1 (61.4%)
74	<b>MASŁOWIEC Bartosz</b>	<b>1136</b>		OPEN	74			<b>03:35:47.60</b>	<b>10:35:43.30</b>	+04:04:26 (38.5%)	8:37	7 (53.0%)
75	<b>PADOŁ Krzysztof</b>	<b>1157</b>		OPEN	75	01:43:37		<b>02:39:10.30</b>	<b>10:36:32.85</b>	+04:05:16 (38.5%)	6:22	9.4 (71.2%)
76	<b>RACZKOWSKI Wojciech</b>	<b>1115</b>	KOTWICA BRZEG	OPEN	76	01:53:08		<b>03:02:23.50</b>	<b>10:37:41.45</b>	+04:06:24 (38.6%)	7:17	8.2 (62.1%)
77	<b>PUTOWSKI Maciej</b>	<b>1032</b>	NIGHT RUNNERS	OPEN	77	01:59:00		<b>03:12:41.05</b>	<b>10:38:17.20</b>	+04:07:00 (38.7%)	7:42	7.8 (59.1%)
78	<b>KOZANECKA Weronika</b>	<b>1061</b>		OPEN	78	02:10:27		<b>03:25:34.20</b>	<b>10:38:23.85</b>	+04:07:07 (38.7%)	8:13	7.3 (55.3%)
79	<b>SYPIEWSKI Szymon</b>	<b>1099</b>	RUN TEAM RYDZYNA	OPEN	79	01:57:26		<b>03:06:14.65</b>	<b>10:39:07.45</b>	+04:07:50 (38.8%)	7:26	8.1 (61.4%)
80	<b>HAJEWSKI Tomasz</b>	<b>1017</b>		OPEN	80	02:07:38		<b>03:30:42.85</b>	<b>10:43:41.65</b>	+04:12:24 (39.2%)	8:25	7.1 (53.8%)
81	<b>ODOLAK Piotr</b>	<b>1088</b>		OPEN	81	01:42:44		<b>02:42:35.20</b>	<b>10:45:18.50</b>	+04:14:01 (39.4%)	6:30	9.2 (69.7%)
82	<b>SKRZYPEK Sławomir</b>	<b>1120</b>		OPEN	82	01:40:00		<b>02:43:59.75</b>	<b>10:45:21.30</b>	+04:14:04 (39.4%)	6:33	9.1 (68.9%)
83	<b>KAWA Krzysztof</b>	<b>1180</b>		OPEN	83	02:00:47		<b>03:13:53.40</b>	<b>10:49:49.25</b>	+04:18:32 (39.8%)	7:45	7.7 (58.3%)
84	<b>ŻYGIEŁO Monika</b>	<b>1085</b>		OPEN	84	02:08:23		<b>03:17:26.20</b>	<b>10:50:07.50</b>	+04:18:50 (39.8%)	7:53	7.6 (57.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 9.2km	Kara/ bonifikata	Czas netto 25km	Czas brutto 25km	Różn	Tempo min/km	Tempo km/h
85	<b>PAŁKIEWICZ Wojciech</b>	<b>1141</b>		OPEN	85	01:51:48		<b>03:03:59.75</b>	<b>10:51:48.15</b>	+04:20:31 (40.0%)	7:21	8.2 (62.1%)
86	<b>BARWIŃSKI Jarosław</b>	<b>1109</b>		OPEN	86	01:57:24		<b>03:02:34.65</b>	<b>10:52:58.50</b>	+04:21:41 (40.1%)	7:18	8.2 (62.1%)
87	<b>RZESZOTARSKI Tomasz</b>	<b>1075</b>		OPEN	87	01:49:23		<b>02:51:04.80</b>	<b>10:54:21.55</b>	+04:23:04 (40.2%)	6:50	8.8 (66.7%)
88	<b>STYCZEŃ Grzegorz</b>	<b>1107</b>	BIEGOWA KUŹNIA	OPEN	88	01:49:08		<b>02:46:51.30</b>	<b>10:54:34.50</b>	+04:23:17 (40.2%)	6:40	9 (68.2%)
89	<b>NIZAR Wioletta</b>	<b>1007</b>	CSC ADVENTURE ACADEMY	OPEN	89	02:08:09		<b>03:16:47.00</b>	<b>10:54:50.50</b>	+04:23:33 (40.2%)	7:52	7.6 (57.6%)
90	<b>CZYCZ Mateusz</b>	<b>1131</b>	CARPATHIAN RUNNERS	OPEN	90	01:47:08		<b>02:49:24.95</b>	<b>10:54:52.20</b>	+04:23:35 (40.3%)	6:46	8.9 (67.4%)
91	<b>MARCINIAK Maciej</b>	<b>1178</b>	JESTEŚMY OD ROMKA	OPEN	91	01:49:27		<b>02:49:57.20</b>	<b>10:55:23.00</b>	+04:24:06 (40.3%)	6:47	8.8 (66.7%)
92	<b>SPRINGER Marta</b>	<b>1023</b>	NIGHT RUNNERS POZNAŃ	OPEN	92	02:39:17		<b>04:05:45.90</b>	<b>10:58:52.80</b>	+04:27:36 (40.6%)	9:49	6.1 (46.2%)
93	<b>PLACKOWSKI Mikołaj</b>	<b>1002</b>	FABRYKA FORMY	OPEN	93	02:11:49		<b>03:25:47.90</b>	<b>10:59:47.05</b>	+04:28:30 (40.7%)	8:13	7.3 (55.3%)
94	<b>BŁESNOWSKI Krzysztof</b>	<b>1133</b>	LEŚNE DZIKI PRZYJACIELSKA GUPA BIEGOWA	OPEN	94	01:37:48		<b>02:34:48.05</b>	<b>11:02:43.60</b>	+04:31:26 (41.0%)	6:11	9.7 (73.5%)
95	<b>STASZEWSKI Piotr</b>	<b>1078</b>	PRO366	OPEN	95	02:08:32		<b>03:18:54.50</b>	<b>11:02:54.10</b>	+04:31:37 (41.0%)	7:57	7.5 (56.8%)
96	<b>LEWALD Michał</b>	<b>1102</b>		OPEN	96	01:50:44		<b>02:55:20.85</b>	<b>11:03:12.95</b>	+04:31:56 (41.0%)	7:00	8.6 (65.2%)
97	<b>NOWAKOWSKA Magdalena</b>	<b>1146</b>		OPEN	97	02:24:23		<b>03:55:09.10</b>	<b>11:03:58.10</b>	+04:32:41 (41.1%)	9:24	6.4 (48.5%)
98	<b>WOŹNICA Robert</b>	<b>1151</b>		OPEN	98	01:49:56		<b>02:51:10.90</b>	<b>11:08:35.40</b>	+04:37:18 (41.5%)	6:50	8.8 (66.7%)
99	<b>DZIEKANOWSKA Maria</b>	<b>1149</b>	NOA	OPEN	99	02:00:48		<b>03:13:14.40</b>	<b>11:09:43.55</b>	+04:38:26 (41.6%)	7:43	7.8 (59.1%)
100	<b>KIRILENKO Aneta</b>	<b>1001</b>	SNG WILD DUCKS	OPEN	100	01:41:16		<b>02:31:55.95</b>	<b>11:14:24.15</b>	+04:43:07 (42.0%)	6:04	9.9 (75.0%)
101	<b>LANCMAN Michał</b>	<b>1152</b>	FIZJOBIEGACZE SZCZECIN	OPEN	101	01:57:22		<b>02:55:33.95</b>	<b>11:14:51.35</b>	+04:43:34 (42.0%)	7:01	8.5 (64.4%)
102	<b>PIASKOWSKI Marcin</b>	<b>1137</b>	VOLVO POLSKA	OPEN	102	01:50:11		<b>02:49:34.85</b>	<b>11:18:36.65</b>	+04:47:19 (42.3%)	6:46	8.8 (66.7%)
103	<b>MIKULSKI Łukasz</b>	<b>1066</b>		OPEN	103	01:50:33		<b>03:02:13.70</b>	<b>11:21:00.60</b>	+04:49:43 (42.5%)	7:17	8.2 (62.1%)
104	<b>FRANKOWSKA Katarzyna</b>	<b>1094</b>	PRO366	OPEN	104	02:06:17		<b>03:24:10.25</b>	<b>11:21:18.75</b>	+04:50:01 (42.6%)	8:10	7.3 (55.3%)
105	<b>REDEK Sylwia</b>	<b>1122</b>	TEAM ZABIEGANEDNI	OPEN	105	02:04:29		<b>03:16:07.55</b>	<b>11:23:36.40</b>	+04:52:19 (42.8%)	7:50	7.6 (57.6%)
106	<b>MICHALA Magdalena</b>	<b>1186</b>	CZARNY SKŁAD	OPEN	106	02:14:52		<b>03:35:03.50</b>	<b>11:24:39.85</b>	+04:53:23 (42.9%)	8:36	7 (53.0%)
107	<b>HNATIUK Anna</b>	<b>1110</b>	MATNER RUNNING TEAM	OPEN	107	01:53:37		<b>02:55:06.70</b>	<b>11:25:25.50</b>	+04:54:08 (42.9%)	7:00	8.6 (65.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne	Kara/ bonifikata	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						Skały 9.2km		netto 25km	brutto 25km			
108	<b>MIELCZAREK Grzegorz</b>	<b>1111</b>	ULKS KARLIK PRZEZCHLEBIE	OPEN	108	01:53:57		<b>03:10:36.25</b>	<b>11:28:47.90</b>	+04:57:31 (43.2%)	7:37	7.9 (59.8%)
109	<b>BARTKOWIAK Iwona</b>	<b>1097</b>	RUN TEAM RYDZYNA	OPEN	109	02:31:07		<b>03:59:09.85</b>	<b>11:31:23.40</b>	+05:00:06 (43.4%)	9:33	6.3 (47.7%)
110	<b>RYBKOWSKA Ewa</b>	<b>1086</b>		OPEN	110	02:08:17		<b>03:15:58.65</b>	<b>11:34:24.10</b>	+05:03:07 (43.7%)	7:50	7.7 (58.3%)
111	<b>SADOWSKA Monika</b>	<b>1093</b>	ULTRA LASKI	OPEN	111	01:49:57		<b>02:53:19.10</b>	<b>11:35:34.65</b>	+05:04:17 (43.7%)	6:55	8.7 (65.9%)
112	<b>JASKÓLSKA Joanna</b>	<b>1030</b>		OPEN	112	02:14:38		<b>03:28:07.60</b>	<b>11:36:19.65</b>	+05:05:02 (43.8%)	8:19	7.2 (54.5%)
113	<b>KUROWSKI Michał</b>	<b>1193</b>		OPEN	113	02:14:22		<b>03:30:42.20</b>	<b>11:38:08.10</b>	+05:06:51 (44.0%)	8:25	7.1 (53.8%)
114	<b>BARCIKOWSKI Łukasz</b>	<b>1045</b>	KROPA TEAM	OPEN	114	01:58:46		<b>03:05:42.65</b>	<b>11:40:24.75</b>	+05:09:07 (44.1%)	7:25	8.1 (61.4%)
115	<b>STACHOWIAK Danuta</b>	<b>1048</b>		OPEN	115	02:13:19		<b>03:32:42.55</b>	<b>11:42:23.45</b>	+05:11:06 (44.3%)	8:30	7.1 (53.8%)
116	<b>KISILEWICZ Marek</b>	<b>1114</b>	NOA	OPEN	116	01:39:40		<b>02:32:18.40</b>	<b>11:42:40.20</b>	+05:11:23 (44.3%)	6:05	9.8 (74.2%)
117	<b>MOTULEWSKI Tomasz</b>	<b>1177</b>	FUNDACJA KIERUNEK ULTRA	OPEN	117	01:50:15		<b>02:52:15.10</b>	<b>11:54:23.55</b>	+05:23:06 (45.2%)	6:53	8.7 (65.9%)
118	<b>KAŁUŻNY Wojciech</b>	<b>1080</b>		OPEN	118	01:43:55		<b>02:42:28.75</b>	<b>11:54:45.30</b>	+05:23:28 (45.3%)	6:29	9.2 (69.7%)
119	<b>NOWICKI Miłosław</b>	<b>1161</b>		OPEN	119	02:11:05		<b>04:05:22.90</b>	<b>12:02:16.80</b>	+05:31:00 (45.8%)	9:48	6.1 (46.2%)
120	<b>KORDYLEWSKA Marlena</b>	<b>1121</b>		OPEN	120	02:06:36		<b>03:14:16.00</b>	<b>12:02:55.55</b>	+05:31:38 (45.9%)	7:46	7.7 (58.3%)
121	<b>STOŁOWSKA Natalia</b>	<b>1031</b>		OPEN	121	03:01:33		<b>04:48:46.80</b>	<b>12:03:42.70</b>	+05:32:25 (45.9%)	11:33	5.2 (39.4%)
122	<b>LISOWSKI Maciej</b>	<b>1029</b>	DESTYLATOR RUNNING TEAM	OPEN	122	02:04:53		<b>03:32:24.70</b>	<b>12:05:30.65</b>	+05:34:13 (46.1%)	8:29	7.1 (53.8%)
123	<b>KRAWCZYK Anna</b>	<b>1130</b>	NIGHT RUNNERS	OPEN	123	02:26:26		<b>03:55:24.40</b>	<b>12:05:50.75</b>	+05:34:33 (46.1%)	9:24	6.4 (48.5%)
124	<b>MACHULIK Marek</b>	<b>1190</b>	DECATHLON RYBNIK & PRZYJACIELE	OPEN	124	01:50:46		<b>02:58:12.40</b>	<b>12:09:12.25</b>	+05:37:55 (46.3%)	7:07	8.4 (63.6%)
125	<b>MARCZAK 22 07 1976 Agnieszka</b>	<b>1112</b>	PRO366	OPEN	125	02:13:05		<b>03:26:50.55</b>	<b>12:09:29.70</b>	+05:38:12 (46.4%)	8:16	7.3 (55.3%)
126	<b>FATYGA Rafał</b>	<b>1058</b>		OPEN	126	01:57:54		<b>03:14:06.30</b>	<b>12:16:22.85</b>	+05:45:06 (46.9%)	7:45	7.7 (58.3%)
127	<b>ADAMCZYK-NOWAK Beata</b>	<b>1087</b>		OPEN	127	01:51:20		<b>02:49:33.45</b>	<b>12:16:34.85</b>	+05:45:18 (46.9%)	6:46	8.8 (66.7%)
128	<b>MARCINKOWSKI Michał</b>	<b>1096</b>	RUN TEAM RYDZYNA	OPEN	128	01:59:27		<b>03:12:16.65</b>	<b>12:19:12.70</b>	+05:47:55 (47.1%)	7:41	7.8 (59.1%)
129	<b>KORCZYŃSKA-FAJER Paulina</b>	<b>1148</b>		OPEN	129	02:21:42		<b>03:51:42.35</b>	<b>12:22:30.20</b>	+05:51:13 (47.3%)	9:16	6.5 (49.2%)
130	<b>WÓJCIK Katarzyna</b>	<b>1154</b>	FIZJOBIEGACZE SZCZECIN	OPEN	130	00:56:45	02:00:00	<b>04:03:47.25</b>	<b>12:24:26.60</b>	+05:53:09 (47.4%)	4:57	12.1 (91.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skąty 9.2km	Kara/ bonifikata	Czas netto 25km	Czas brutto 25km	Różn	Tempo min/km	Tempo km/h
131	<b>OGRODNIK Anna</b>	<b>1090</b>	ZAKOCHAJ SIĘ W BIEGANIU	OPEN	131	03:46:04		<b>05:32:12.50</b>	<b>12:31:14.90</b>	+05:59:58 (47.9%)	13:17	4.5 (34.1%)
132	<b>JAKÓBCZYK Ewelina</b>	<b>1073</b>	BIEGAMBOLUBIĘ - GORZÓW	OPEN	132	11:17:41		<b>12:33:39.70</b>	<b>12:33:39.70</b>	+06:02:22 (48.1%)	30:08	2 (15.2%)
133	<b>SAWICKI Bartosz</b>	<b>1166</b>		OPEN	133	02:15:51		<b>03:32:00.35</b>	<b>12:33:39.80</b>	+06:02:23 (48.1%)	8:28	7.1 (53.8%)
134	<b>PTAK Arkadiusz</b>	<b>1169</b>	CRAZY BIRDS	OPEN	134	02:20:58		<b>03:44:59.75</b>	<b>12:33:59.55</b>	+06:02:42 (48.1%)	8:59	6.7 (50.8%)
135	<b>GRZYWNA Przemysław</b>	<b>1098</b>	SOCIOS SILESIA	OPEN	135	02:17:11		<b>03:36:18.70</b>	<b>12:37:05.80</b>	+06:05:49 (48.3%)	8:39	6.9 (52.3%)
136	<b>DOBROWOLSKI Łukasz</b>	<b>1127</b>		OPEN	136	02:21:54		<b>03:46:26.95</b>	<b>12:37:41.90</b>	+06:06:25 (48.4%)	9:03	6.6 (50.0%)
137	<b>PAWŁOWICZ Dorota</b>	<b>1018</b>	KUŹNIA TRIATHLONU	OPEN	137	02:34:39		<b>03:57:35.90</b>	<b>12:41:49.00</b>	+06:10:32 (48.6%)	9:30	6.3 (47.7%)
138	<b>GONERA-BATOR Anna</b>	<b>1074</b>	KB HARCOWNIK JELCZ-LASKOWICE	OPEN	138	02:25:49		<b>03:50:26.00</b>	<b>12:46:38.10</b>	+06:15:21 (49.0%)	9:13	6.5 (49.2%)
139	<b>SKOCZYLAS Kacper</b>	<b>1150</b>	FIZJOBIEGACZE SZCZECIN	OPEN	139	02:28:52		<b>04:14:49.05</b>	<b>12:48:13.05</b>	+06:16:56 (49.1%)	10:11	5.9 (44.7%)
140	<b>JÓZEF Dorota</b>	<b>1132</b>		OPEN	140	02:15:52		<b>03:39:39.15</b>	<b>12:51:16.70</b>	+06:19:59 (49.3%)	8:47	6.8 (51.5%)
141	<b>KOSSOK- ZAWADA Marta</b>	<b>1095</b>	CAŁA OLEŚNICA BIEGA	OPEN	141	02:35:42		<b>04:00:16.55</b>	<b>12:51:47.10</b>	+06:20:30 (49.3%)	9:36	6.2 (47.0%)
142	<b>KOWALCZYK Anna</b>	<b>1134</b>		OPEN	142	02:32:35		<b>04:02:57.90</b>	<b>12:56:16.65</b>	+06:24:59 (49.6%)	9:43	6.2 (47.0%)
143	<b>GOŁĘBIOWSKI Mariusz</b>	<b>1117</b>		OPEN	143	02:03:03		<b>03:18:35.70</b>	<b>12:56:50.55</b>	+06:25:33 (49.6%)	7:56	7.6 (57.6%)
144	<b>MONCZYŃSKA Małgorzata</b>	<b>1024</b>		OPEN	144	02:26:50		<b>03:53:42.00</b>	<b>12:57:19.30</b>	+06:26:02 (49.7%)	9:20	6.4 (48.5%)
145	<b>BLACHOWSKI Jacek</b>	<b>1064</b>		OPEN	145	02:19:13		<b>03:36:54.55</b>	<b>12:57:29.15</b>	+06:26:12 (49.7%)	8:40	6.9 (52.3%)
146	<b>KOMADA Wojciech</b>	<b>1116</b>		OPEN	146	02:05:54		<b>03:25:07.15</b>	<b>12:58:00.45</b>	+06:26:43 (49.7%)	8:12	7.3 (55.3%)
147	<b>KIELAR Jakub</b>	<b>1101</b>	ELEKTROPARTNER ZĄBKOWICE ŚLĄSKIE	OPEN	147			<b>03:19:10.00</b>	<b>13:01:14.65</b>	+06:29:57 (49.9%)	7:58	7.5 (56.8%)
148	<b>WARDAK Agnieszka</b>	<b>1068</b>	RADZYMIN RUN TEAM	OPEN	148	11:28:13		<b>13:01:32.15</b>	<b>13:01:32.15</b>	+06:30:15 (49.9%)	31:15	1.9 (14.4%)
149	<b>WARDAK Tomasz</b>	<b>1069</b>	RADZYMIN RUN TEAM	OPEN	149			<b>13:01:32.20</b>	<b>13:01:32.20</b>	+06:30:15 (49.9%)	31:15	1.9 (14.4%)
150	<b>ABRAMCZYK Patrycja</b>	<b>1070</b>	RADZYMIN RUN TEAM	OPEN	150	02:27:38		<b>03:49:40.15</b>	<b>13:03:25.15</b>	+06:32:08 (50.1%)	9:11	6.5 (49.2%)
151	<b>BABIŃSKA Malwina</b>	<b>1172</b>		OPEN	151	03:04:12		<b>04:53:07.30</b>	<b>13:21:59.40</b>	+06:50:42 (51.2%)	11:43	5.1 (38.6%)
152	<b>WOJCIECHOWSKI Andrzej</b>	<b>1128</b>	NIGHT RUNNERS OSTRÓW WIELKOPOLSKI	OPEN	152			<b>13:36:18.45</b>	<b>13:36:18.45</b>	+07:05:01 (52.1%)	32:39	1.8 (13.6%)
153	<b>MIKÓŁKA Monika</b>	<b>1034</b>	GOSŁAW SPORT CENTER	OPEN	153	02:37:18		<b>04:12:23.25</b>	<b>13:36:26.70</b>	+07:05:09 (52.1%)	10:05	5.9 (44.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skąły 9.2km	Kara/ bonifikata	Czas netto 25km	Czas brutto 25km	Różn	Tempo min/km	Tempo km/h
154	<b>ZARKOWA Denitsa</b>	<b>1004</b>		OPEN	154	02:48:36		<b>04:20:59.70</b>	<b>13:45:38.30</b>	+07:14:21 (52.6%)	10:26	5.7 (43.2%)
155	<b>MIODUSZEWSKI Mariusz</b>	<b>1167</b>		OPEN	155	01:58:28				+04:26:39	12:52	4.7 (35.6%)
156	<b>SŁOCIŃSKA Natasza</b>	<b>1187</b>	BIEGOWE WIÓRKI	OPEN	156	02:51:09				+06:34:40	18:36	3.2 (24.2%)
157	<b>CZAPIEWSKI Dariusz</b>	<b>1191</b>		OPEN	157	09:21:55				+03:31:35	61:04	1 (7.6%)
158	<b>JASEK Maciej</b>	<b>1118</b>		OPEN	158	12:08:44				+06:18:24	79:12	0.8 (6.1%)
159	<b>LUBAŃSKI Mateusz</b>	<b>1124</b>	TEAM ZABIEGANEDNI	OPEN	159	12:08:59				+06:18:39	79:14	0.8 (6.1%)
160	<b>NETOLICKÝ Martin</b>	<b>1014</b>		OPEN	160							(0.0%)
161	<b>MYSZYWODA Monika</b>	<b>1081</b>		OPEN	161							(0.0%)
	<b>MARCINIAK Renata</b>	<b>1113</b>		OPEN		DNF		<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 162 wynik(ów)