

SZTAFETA GÓRSKA - SOLO

Organiser: Fundacja MARATONY GÓRSKIE
 Date: 2021-05-08
 Place: Kudowa-Zdrój
 Distance: 75,4 km
 Klasyfikacja wg czasów netto.



SZTAFETA GÓRSKA - SOLO, OPEN

POS	Name and surname	No.	Club	City	NAT	Cat.	M.	F/M	15km	25km	41km	51km	66km	Netto	min/km	km/h	
							cat.										
1	JUREK MICHAŁ	1043	RMT TEAM PRO	WROCLAW	POL	M-30	1	M 1	01:36:06	02:34:25	04:16:44	05:36:24	07:12:37	07:54:57.75	6:17	9.5	
2	KARWACZYŃSKI ROGER	1004		JELEŃ GÓRA	POL	M-30	2	M 2	01:39:12	02:40:40	04:22:49	05:43:34	07:29:12	08:17:16.20	6:35	9.1	
3	BEDNARZ JAKUB	1009	DRUŻYNA SZPIKU/ BIEGANIE NA SZCZYTACH	ZAKOPANE	POL	M-30	3	M 3	01:38:32	02:41:53	04:32:54	06:06:09	08:03:48	09:02:48.45	7:11	8.3	
4	KOZAK ROBERT	1016	RONAL POLSKA RUN	WAŁBRZYCH	POL	M-40	1	M 4	01:38:23	02:40:10	04:32:06	06:13:26	08:17:27	09:14:39.65	7:21	8.2	
5	SZRAMOWIAT MAREK	1142	BRITA	LWÓWEK ŚLĄSKI	POL	M-40	2	M 5	01:51:07	03:01:19	04:57:30	06:29:44	08:24:46	09:15:14.25	7:21	8.1	
6	MIKESOVA JANA	1047	SALMING CZ	NOVÁ PAKA	CZE	K-30	1	K 1	01:55:59	03:07:25	05:04:02	06:32:23	08:28:39	09:23:26.00	7:28	8	
7	SZELAĞ SŁAWOMIR	1013	LISY PUSTYNI	KLUCZE	POL	M-40	3	M 6	02:00:45	03:12:42	05:07:38	06:37:00	08:35:28	09:27:45.95	7:31	8	
8	GŁUG WOJCIECH	1076		RABKA-ZDRÓJ	POL	M-20	1	M 7	01:42:51	02:46:56	04:48:49	06:28:37	08:35:37	09:38:20.95	7:40	7.8	
9	SNARSKI BOGDAN	1039	ALBATROSY	WARSZAWA	POL	M-40	4	M 8	01:44:03	02:50:35	04:46:32	06:21:03	08:35:43	09:39:22.25	7:41	7.8	
10	WACHAŁA DAMIAN	1080		KROSNO ODRZAŃSKIE	POL	M-20	2	M 9	01:44:19	02:54:35	04:57:55	06:35:53	08:44:04	09:39:50.50	7:41	7.8	
11	KUŹMIAK STANISŁAW	1014	ŻARY RUNNERS TEAM	ŻARY	POL	M-40	5	M 10	01:57:17	03:10:55	05:08:07	06:41:16	08:45:45	09:42:39.25	7:43	7.8	
12	PIETRYSZYN EMIL	1056		ŻNIN	POL	M-30	4	M 11	01:46:12	02:58:26	04:58:57	06:34:26	08:41:39	09:44:04.85	7:44	7.7	
13	KUCHARSKI PRZEMYSŁAW	1052		ROKIETNICA	POL	M-30	5	M 12	01:56:24	03:08:13	05:14:01	06:51:08	08:54:26	09:50:13.45	7:49	7.7	
14	STEFANIAK ŁUKASZ	1100		SZCZECIN	POL	M-40	6	M 13	01:53:51	03:02:53	05:06:55	06:45:24	08:53:05	09:51:40.05	7:50	7.6	
15	WOJTCZAK MARIUSZ	1026		BRZEZINY	POL	M-40	7	M 14	02:00:48	03:13:32	05:20:28	06:56:04	09:00:44	09:56:19.10	7:54	7.6	
16	MAZUREK ROMAN	1122	SPARTANIE DZIECIOM	MURÓW	POL	M-40	8	M 15	01:52:28	03:06:58	05:19:58	07:06:24	09:08:27	10:06:08.45	8:02	7.5	
17	DZIUB MARCIN	1124	SEVEN-PERCEPTUS TEAM	PŁOTY	POL	M-40	9	M 16	01:51:44	03:04:29	05:14:40	06:47:30	09:01:41	10:09:35.20	8:05	7.4	
18	DEINIUK ROMAN	1082		WARSZAWA	UKR	M-20	3	M 17	01:52:48	03:08:44	05:17:53	06:57:36	09:12:09	10:10:10.10	8:05	7.4	
19	KARPOWICZ RAFAL	1097		WROCLAW	POL	M-40	10	M 18	01:57:05	03:11:39	05:18:03	07:00:05	09:13:40	10:11:27.35	8:06	7.4	
20	GAWLEWICZ KRYSZYNA	1075	GAWŁKI TEAM/POZYTYWNE ZABIEGANI SANOK	SANOK	POL	K-40	1	K 2	01:59:00	03:13:12	05:23:39	07:01:14	09:14:59	10:13:29.50	8:08	7.4	
21	JUSZCZYK JAROSŁAW	1036	GOŚLAW SPORT CENTER	DĄBROWA GÓRNICZA	POL	M-30	6	M 19	01:57:17	03:13:48	05:23:27	07:08:36	09:22:01	10:21:05.55	8:14	7.3	
22	MATUSZEWSKI MAREK	1003	RUNNER'S POWER ŚREM	ŚREM	POL	M-40	11	M 20	02:07:21	03:26:40	05:35:17	07:11:27	09:23:49	10:23:25.70	8:16	7.3	
23	KRÓL MARCIN	1140		OBORNIKI ŚLĄSKIE	POL	M-40	12	M 21	02:07:37	03:26:58	05:36:17	07:13:22	09:27:44	10:29:37.35	8:21	7.2	
24	KOCEMBA ASKANIUSZ	1038		LUBAWKA	POL	M-40	13	M 22	01:54:04	03:04:50	05:14:45	07:02:43	09:32:23	10:31:48.95	8:22	7.2	
25	RINK JAN	1073		BOLKÓW	POL	M-40	14	M 23	01:58:00	03:16:10	05:35:13	07:21:10	09:33:17	10:32:33.60	8:23	7.2	
26	MUSIELAK MAREK	1101		POZNAŃ	POL	M-30	7	M 24	02:10:18	03:28:38	05:39:44	07:21:27	09:34:33	10:32:52.55	8:23	7.1	
27	MALINOWSKI JERZY	1059	ZIĘBICE ULTRA TEAM	ZIĘBICE	POL	M-50	1	M 25	02:01:27	03:25:39	05:41:02	07:27:04	09:44:00	10:39:15.65	8:28	7.1	
28	SCHRODER PATRYK	1106	ULTRAFUN	ZIELONA GÓRA	POL	M-40	15	M 26	01:59:08	03:14:36	05:29:59	07:19:27	09:36:15	10:39:44.00	8:29	7.1	
29	GOSTYŃSKI KRZYSZTOF	1134	RUZCZAJ ULTRA TEAM	KRAKÓW	POL	M-40	16	M 27	02:04:52	03:24:13	05:36:36	07:27:09	09:47:35	10:44:32.30	8:32	7	
30	NOWAK WOJTEK	1021	EXPLORADOR	POZNAŃ	POL	M-40	17	M 28	01:52:08	03:08:46	05:18:23	07:04:43	09:24:17	10:48:31.70	8:36	7	
31	KONIARZ MICHAŁ	1103		BRZEG	POL	M-50	2	M 29	01:57:46	03:19:16	05:40:04	07:20:16	09:53:37	10:50:05.80	8:37	7	
32	LUBAŃSKI ROBERT	1031		BUKOWICE	POL	M-50	3	M 30	01:58:46	03:13:08	05:28:23	07:19:36	09:44:45	10:50:35.95	8:37	7	
33	SIOMA KONRAD	1051	ROKIETNICA BIEGA	KRZYSZKOWO	POL	M-30	8	M 31	01:57:45	03:17:36	05:28:27	07:18:23	09:46:49	10:50:40.00	8:37	7	
34	WARDZYŃSKI ŁUKASZ	1109		WARSZAWA	POL	M-30	9	M 32	02:01:51	03:22:34	05:39:41	07:29:11	09:55:19	10:53:57.70	8:40	6.9	
35	ŚLIŹ SYLWIA	1117		SIECHNICE	POL	K-30	2	K 3	02:12:12	03:40:30	05:58:44	07:41:07	09:55:01	10:56:34.40	8:42	6.9	
36	HORŁUKOWICZ KAMIL	1128	KPP ŚWIDNICA	ŚWIDNICA	POL	M-20	4	M 33	02:01:32	03:20:50	05:39:47	07:25:50	09:50:08	10:56:44.00	8:42	6.9	
37	SZWAJA WOJCIECH	1025	WOLBROM TEAM	CHARSZNICA	POL	M-30	10	M 34	01:53:39	03:10:03	05:35:18	07:26:02	09:53:23	10:58:51.70	8:44	6.9	
38	KURPIEWSKA ANNA	1060	GT RAT	WROCLAW	POL	K-40	2	K 4	02:05:58	03:29:09	05:48:03	07:33:27	09:55:41	11:02:10.80	8:46	6.8	
39	SIKORSKI MARCIN	1091	TT SZCZECIN	SZCZECIN	POL	M-40	18	M 35	02:06:00	03:29:11	05:48:10	07:33:31	09:55:44	11:03:45.10	8:48	6.8	
40	STANOWSKI GRZEGORZ	1030	FOREVER YOUNG	ŁÓDŹ	POL	M-50	4	M 36	02:02:03	03:24:02	05:44:03	07:34:47	09:55:00	11:04:47.50	8:49	6.8	
41	KRAWCZYK KAROL	1033		JAWORZNO	POL	M-30	11	M 37	02:01:40	03:24:12	05:44:29	07:36:42	10:03:43	11:08:26.45	8:51	6.8	
42	SOWA PAWEŁ	1084		GDYNIA	POL	M-40	19	M 38	02:02:53	03:22:04	05:40:37	07:29:18	10:03:45	11:11:42.30	8:54	6.7	
43	ZAJĄC LESZEK	1012		ŚWIEBODZICE	POL	M-30	12	M 39	01:55:49	03:11:55	05:26:24	07:14:15	10:01:09	11:13:44.00	8:56	6.7	

SZTAFETA GÓRSKA - SOLO, OPEN c.d.

POS	Name and surname	No.	Club	City	NAT	Cat.	M.	F/M	15km	25km	41km	51km	66km	Netto	min/km	km/h	
							cat.										
44	KLIMCZEWSKI ANDRZEJ	1121	FOREVER YOUNG ŁÓDŹ	ŁÓDŹ	POL	M-50	5	M 40	02:02:50	03:24:35	05:46:14	07:38:52	10:07:10	11:18:22.15	8:59	6.7	
45	JARUS ANDRZEJ	1046	WKURW_TEAM	GALLSPACH	AUT	M-40	20	M 41	02:04:28	03:29:18	05:48:14	07:42:58	10:11:48	11:21:18.40	9:02	6.6	
46	WUJDA MARTA	1019	ŻARY RUNNERS TEAM	ŻARY	POL	K-40	3	K 5	02:07:58	03:29:58	05:46:47	07:37:23	10:00:20	11:23:23.85	9:03	6.6	
47	DUDEK REMIGIUSZ	1006	KALINKA ULTRA TEAM	ZIEBICE	POL	M-30	13	M 42	02:01:36	03:25:45	05:50:48	07:53:02	10:22:43	11:37:38.65	9:15	6.5	
48	URBAŃSKI KRZYSZTOF	1143	ENGLISH OVER TEA	KRAKÓW	POL	M-30	14	M 43	02:07:18	03:26:59	05:54:16	07:56:05	10:35:38	11:45:16.10	9:21	6.4	
49	KOCIUMBAS BARTOSZ	1010	KB SOBÓTKA	SOBÓTKA	POL	M-40	21	M 44	02:03:00	03:28:55	05:45:13	07:47:57	10:31:12	11:46:07.25	9:21	6.4	
50	POROWSKI WALDEK	1141	KB SOBÓTKA	CELESTYNÓW	POL	M-40	22	M 45	02:03:07	03:29:28	05:45:33	07:47:55	10:31:32	11:46:13.25	9:21	6.4	
51	PAZERA KAROL	1042	KUDOWIANKA RUN	KUDOWA-ZDRÓJ	POL	M-40	23	M 46	02:03:26	03:24:59	05:51:26	08:06:44	10:37:29	11:46:25.80	9:22	6.4	
52	HAMERLA ADAM	1001		RUDA ŚLĄSKA	POL	M-30	15	M 47	02:04:17	03:24:24	05:48:11	07:58:34	10:48:10	11:54:55.30	9:28	6.3	
53	GUZIUK RAFAŁ	1107	ROZBRYKANY KUCYK	ŁÓDŹ	POL	M-40	24	M 48	02:20:06	03:48:28	06:15:10	08:13:46	10:48:57	11:56:04.50	9:29	6.3	
54	BIERNACIK PIOTR	1011		LEWIN KŁODZKI	POL	M-40	25	M 49	02:09:02	03:43:01	06:10:22	08:07:17	10:49:46	11:56:23.70	9:30	6.3	
55	SZYMCZYK MICHAŁ	1077		SZPROTAWA	POL	M-40	26	M 50	02:10:03	03:40:57	06:15:49	08:10:54	10:43:29	11:56:33.45	9:30	6.3	
56	NOWAK KRYSZTIAN	1055	NKB CHYŻY NOWY TOMYŚL	KUŚLIN	POL	M-20	5	M 51	02:05:20	03:28:54	06:02:35	08:05:05	10:47:13	12:00:57.80	9:33	6.3	
57	SUSMARSKA EWA	1112	TRIATHLONISTA TEAM/MUAY RUNNING TEAM	POZNAŃ	POL	K-20	1	K 6	02:06:16	03:29:15	05:58:08	08:01:36	10:46:10	12:03:11.05	9:35	6.3	
58	MARUKIEWICZ MAREK	1070	BIEGAMDLAZDROWIA.PL	JEŻÓW SUDECKI	POL	M-30	16	M 52	02:10:09	03:41:22	06:07:35	07:55:38	10:41:13	12:03:54.45	9:36	6.2	
59	BONIKOWSKI TOMASZ	1137		GRODZISK MAZ	POL	M-50	6	M 53	02:08:07	03:33:31	06:01:10	07:57:39	10:42:21	12:06:35.50	9:38	6.2	
60	DAWIDZIAK ARKADIUSZ	1005		OLEŚNICA	POL	M-30	17	M 54	02:02:55	03:30:59	05:56:46	07:54:34	10:45:47	12:10:25.05	9:41	6.2	
61	KWIECIŃSKI NORBERT	1094		SZCZECIN	POL	M-40	27	M 55	02:08:28	03:31:27	06:06:40	08:10:09	10:54:43	12:10:54.10	9:41	6.2	
62	FEODORÓW WOJCIECH	1029	RESHAPERUNNERS	ZABRZE	POL	M-50	7	M 56	02:16:40	03:43:30	06:19:17	08:24:00	11:09:58	12:13:24.80	9:43	6.2	
63	OLESZEK MAGDALENA	1050	BIEGOWA KUŹNIA	CZELADŹ	POL	K-30	3	K 7	02:20:19	03:54:27	06:22:05	08:23:38	11:04:24	12:19:58.15	9:48	6.1	
64	KRYM KATARZYNA	1136	NIGHT RUNNERS WROCŁAW	SMOLEC	POL	K-40	4	K 8	02:20:55	03:52:06	06:25:01	08:24:47	11:07:24	12:20:23.35	9:49	6.1	
65	ŁAMPIKA KINGA	1139		SMOLEC	POL	K-40	5	K 9	02:20:58	03:52:10	06:25:02	08:24:53	11:07:24	12:20:27.50	9:49	6.1	
66	KRUK WACŁAW	1120	KB SOBÓTKA	ŚWIDNICA	POL	M-50	8	M 57	02:21:34	03:56:18	06:31:58	08:36:37	11:12:21	12:21:13.80	9:49	6.1	
67	ZAWISZA BARTŁOMIEJ	1132	BRAK	GORZANÓW	POL	M-20	6	M 58	02:01:55	03:27:01	05:58:53	08:14:56	11:08:06	12:22:19.50	9:50	6.1	
68	POPRAWSKI MATEUSZ	1063	KILIŃSKIEGO TEAM	BOJANOWO	POL	M-30	18	M 59	02:12:35	03:40:00	06:15:29	08:19:39	11:07:24	12:24:23.65	9:52	6.1	
69	KOSMOWSKI WIESŁAW	1037		RYDZYNA	POL	M-30	19	M 60	02:12:49	03:40:12	06:15:20	08:19:42	11:07:44	12:24:27.10	9:52	6.1	
70	KRYGIER PRZEMYSŁAW	1062		BOJANOWO	POL	M-30	20	M 61	02:12:59	03:40:26	06:15:33	08:20:22	11:07:49	12:24:36.35	9:52	6.1	
71	KAROLCZAK TOMASZ	1071	KILIŃSKIEGO TEAM	BOJANOWO	POL	M-40	28	M 62	02:13:03	03:40:23	06:15:28	08:20:27	11:07:58	12:24:39.80	9:52	6.1	
72	MIELNIK KRZYSZTOF	1115	LESZ NO LIMITS RUNNERS	LIPNO	POL	M-40	29	M 63	02:14:15	03:45:35	06:24:25	08:25:36	11:06:06	12:26:08.20	9:53	6.1	
73	PARWA MICHAŁ	1000	BIEGIEM NA ROWER	DZIEKANOWICE	POL	M-30	21	M 64	02:06:54	03:32:33	06:05:16	08:12:48	11:17:30	12:35:02.55	10:00	6	
74	KÓZKA PRZEMO	1048	BIEGAM, BO NIE LUBIĘ	SKÓRZEWO	POL	M-40	30	M 65	02:13:08	03:47:14	06:28:23	08:34:39	11:21:56	12:43:42.75	10:07	5.9	
75	STUDZIŃSKI MATEUSZ	1087		SZCZECIN	POL	M-30	22	M 66	02:02:36	03:30:46	06:17:21	08:31:41	11:25:36	12:44:00.75	10:07	5.9	
76	WINNIK ELA	1114		MROWINO	POL	K-30	4	K 10	02:07:55	03:34:33	06:04:40	08:26:24	11:24:59	12:46:21.85	10:09	5.9	
77	DAWIDZIAK WOJCIECH	1007		OLEŚNICA	POL	M-30	23	M 67	02:14:48	03:47:29	06:30:57	09:02:21	11:37:48	12:46:36.80	10:10	5.9	
78	JAMBOR MICHAŁ	1090	BRACTWO BIEGOWE BGK / ŻÓRAWSKI TEAM	WARSZAWA	POL	M-40	31	M 68	02:26:49	04:01:17	06:46:07	09:01:01	11:46:54	12:47:46.85	10:10	5.9	
79	MODLISZEWSKI DARIUSZ	1085	ORANGE POLSKA	SUCHY LAS	POL	M-40	32	M 69	02:11:11	03:43:57	06:31:54	08:36:16	11:34:27	12:47:49.15	10:10	5.9	
80	PAWLAK BARTOSZ	1089		JABŁONNA	POL	M-40	33	M 70	02:26:50	04:01:19	06:45:59	09:00:20	11:46:56	12:47:50.85	10:11	5.9	
81	CIUK PIOTR	1035		WARSZAWA	POL	M-40	34	M 71	02:26:57	04:01:26	06:46:07	09:01:00	11:47:00	12:47:54.50	10:11	5.9	
82	DĘBICKI MARIUSZ	1057		WRZEŚNIA	POL	M-40	35	M 72	02:11:19	03:44:04	06:32:11	08:36:21	11:34:34	12:49:30.45	10:12	5.9	
83	REAUD JULIEN	1110	FRAPOL RAZEM!	WARSZAWA	POL	M-40	36	M 73	02:30:46	04:08:47	06:46:13	08:52:38	11:26:40	12:51:29.05	10:13	5.9	
84	ROLICZ TOMASZ	1119		JUGÓW	POL	M-40	37	M 74	02:18:27	03:56:29	06:48:41	08:56:24	11:43:31	12:52:38.35	10:14	5.9	
85	MIKOŁAJCZYK TOMASZ	1022	EXPLORADOR	DOPIEWIEC	POL	M-40	38	M 75	02:18:14	03:58:27	06:51:47	08:57:51	11:40:48	12:53:16.45	10:15	5.9	
86	KUFERA DARIUSZ	1111	FRAPOL RAZEM!	WARSZAWA	POL	M-40	39	M 76	02:30:44	04:08:45	06:46:02	08:52:36	11:42:50	12:55:13.70	10:16	5.8	
87	TYLMAN PIOTR	1081	RUNDORFINA	CZAPLINEK	POL	M-30	24	M 77	02:15:15	03:52:08	06:34:41	08:43:29	11:44:24	13:01:02.50	10:21	5.8	
88	STAJNIAK-STELIGA IZABELA	1099	OBORYGENI	WILCZYN	POL	K-40	6	K 11	02:29:30	04:04:45	06:41:21	08:48:27	11:48:13	13:02:48.85	10:22	5.8	
89	FELIŃSKI JAROSŁAW	1104		ŁÓDŹ	POL	M-50	9	M 78	02:13:37	03:44:01	06:24:57	08:31:05	11:32:53	13:02:54.85	10:22	5.8	
90	WRÓBEL MAŁGORZATA	1067	OBORYGENI	OBORNIKI ŚLĄSKIE	POL	K-30	5	K 12	02:29:44	04:04:55	06:41:31	08:48:34	11:48:20	13:02:55.45	10:23	5.8	
91	TKACZEW PAWEŁ	1068	OBORYGENI	OBORNIKI ŚLĄSKIE	POL	M-40	40	M 79	02:29:57	04:04:57	06:41:39	08:49:03	11:48:24	13:02:59.45	10:23	5.8	
92	STAWSKI DARIUSZ	1017	BIEGIEM PO PIWO	ŁÓDŹ	POL	M-60	1	M 80	02:19:59	03:57:37	06:47:01	08:56:58	11:50:06	13:05:03.35	10:24	5.8	
93	GŁADYSZ ROBERT	1058	SCE24.PL	BIELAWA	POL	M-40	41	M 81	02:17:20	03:49:03	06:26:46	08:35:50	11:30:20	13:05:43.90	10:25	5.8	
94	KOSTRZEWSKI SŁAWOMIR	1144		OPOLE	POL	M-40	42	M 82	02:15:01	03:43:21	06:33:16	08:41:58	11:31:46	13:07:09.40	10:26	5.7	
95	BIELEŃ AGNIESZKA	1041	MUAY RUNNING TEAM	POZNAŃ	POL	K-30	6	K 13	02:19:02	03:57:18	06:43:20	08:55:24	11:45:25	13:09:21.40	10:28	5.7	
96	KARCZ ANNA	1116	PIES TO BIEGAŁ	BYDGOSZCZ	POL	K-20	2	K 14	02:20:43	04:08:04	06:56:52	09:06:09	11:52:25	13:12:09.80	10:30	5.7	
97	PARZONKA PAWEŁ	1061		KĘPNO	POL	M-40	43	M 83	02:18:36	03:57:16	06:43:00	09:07:03	11:57:17	13:17:02.95	10:34	5.7	

SZTAFETA GÓRSKA - SOLO, OPEN c.d.

POS	Name and surname	No.	Club	City	NAT	Cat.	M.	F/M	15km	25km	41km	51km	66km	Netto	min/km	km/h	
							cat.										
98	GAŚCZAK MARIUSZ	1113	KS LENIWIEC	KEPNO	POL	M-40	44	M 84	02:18:45	03:57:24	06:43:09	09:07:14	11:57:23	13:17:08.30	10:34	5.7	
99	POSMAN RAFAŁ	1125		WARSZAWA	POL	M-40	45	M 85	02:27:47	04:07:06	06:45:21	08:58:46	11:52:53	13:19:24.85	10:36	5.7	
100	MAŁKOWSKI BOGDAN	1096	SPARTANIE DZIECIOM	MURÓW	POL	M-50	10	M 86	02:23:13	04:09:15	07:05:45	09:14:33	12:10:44	13:28:38.55	10:43	5.6	
101	BASZCZYŹYŃSKI ARTUR	1131	KUDOWIANKA RUN	KUDOWA ZDRÓJ	POL	M-30	25	M 87	02:03:15	03:27:44	06:14:50	08:44:30	12:01:47	13:30:32.70	10:44	5.6	
102	ZIENIEWICZ WOJCIECH	1135		WROCŁAW	POL	M-40	46	M 88	02:19:22	03:51:29	06:35:57	09:05:07	12:10:24	13:30:36.90	10:45	5.6	
103	MARKOWSKI MAREK	1130	KS LENIWIEC	KEPNO	POL	M-40	47	M 89	02:17:57	04:01:18	06:57:11	09:18:42	12:14:41	13:41:31.65	10:53	5.5	
104	KACZMAREK MIROŚLAW	1088	RUNNER'S POWER	ŚREM	POL	M-30	26	M 90	02:42:31	04:26:38	07:26:41	09:39:50	12:26:01	13:42:43.15	10:54	5.5	
105	MATUSZEWSKA MAŁGORZATA	1002	RUNNER'S POWER ŚREM	ŚREM	POL	K-40	7	K 15	02:42:36	04:26:42	07:26:39	09:39:51	12:26:03	13:42:47.70	10:54	5.5	
106	STANEK BARTOSZ	1078	PLEWISKA	PLEWISKA	POL	M-30	27	M 91	02:17:15	04:05:22	07:00:10	09:29:19	12:28:31	13:43:59.25	10:55	5.5	
107	PRUCHNIEWSKA AGNIESZKA	1072	ROKIETNICA BIEGA	ROKIETNICA	POL	K-40	8	K 16	02:28:19	03:36:39	06:31:40	09:06:56	12:25:46	13:52:14.85	11:02	5.4	
108	LEŚNIK WOJCIECH	1074		WROCŁAW	POL	M-50	11	M 92	02:33:06	04:21:53	07:16:31	09:33:16	12:29:12	13:55:40.45	11:04	5.4	
109	HETMAŃSKI AREK	1015	LOVELASY	BARTOSZEWO	POL	M-30	28	M 93	02:27:55	04:08:05	07:09:48	09:38:03	12:39:59	14:22:00.05	11:25	5.2	
110	CZYŻ ŁUKASZ	1064	ES TEAM	SOSNOWIEC	POL	M-30	29	M 94	02:23:34	04:09:06	07:14:33	09:45:34	12:53:57	14:31:06.40	11:33	5.2	
111	GÓRCZYŃSKI RAFAŁ	1053		NOWY TOMYŚL	POL	M-40	48	M 95	02:31:58	04:12:06	07:24:08	09:49:38	13:07:21	14:43:33.30	11:43	5.1	
112	FILIPIAK SEBASTIAN	1023	EKIPA LIPA	LIPA	POL	M-40	49	M 96	02:32:00	04:12:08	07:24:09	09:49:34	13:07:26	14:43:37.35	11:43	5.1	
113	ROGOWSKI TOMASZ	1069	UMLAUT	KROSNO ODRZAŃSKIE	POL	M-30	30	M 97	02:22:49	04:05:19	07:09:34	09:38:46	13:02:13	14:49:55.60	11:48	5.1	
114	MARCINIAK MACIEJ	1138	MM-PROJEKT	ŻARY	POL	M-40	50	M 98	02:30:50	04:10:29	07:34:44	10:06:11		14:50:36.95	11:48	5.1	
115	IGNASZEWSKA MARTA	1108	1980	RADZYNY	POL	K-40	9	K 17	02:36:39	04:29:12	07:45:05	10:21:44		15:04:21.15	11:59	5	
116	WACHOWIAK SEBASTIAN	1123	BIEGAJĄCE KREJZOLE	KOZIEGŁOWY	POL	M-30	31	M 99	02:36:32	04:29:05	07:45:10	10:21:54		15:04:24.55	11:59	5	
117	BALIŃSKI KAROL	1066	ULTRA DRAWSKI BIEGACZ	DRAWSKO POMORSKIE	POL	M-30	32	M 100			06:16:25				9:10	6.5	
	DWORNICKI PAWEŁ	1027	ŻARY RUNNERS TEAM	ŻARY	POL	M-40			02:04:21	03:20:55	05:28:26	07:14:44	DNF	DNF	-	-	
	ZARODA ZBIGNIEW	1045	WQURW TEAM	KONIN	POL	M-50			DNF	DNF	DNF	DNF	DNF	DNF	-	-	
	MARSZALEK JAN	1083	ITMBW KRAKÓW	KRAKOW	POL	M-30			01:58:23	03:19:50	05:53:28	08:37:33	DNF	DNF	-	-	
	ZARZECZNY RADOŚLAW	1044	JUNIOR AMATOR SUPERSTAR	KRAKÓW	POL	M-30			DNF	DNF	DNF	DNF	DNF	DNF	-	-	
	RAGHAVJEE YASHIN	1126		WILANOV, WARSZAWA		M-40			02:26:46	04:08:28	07:09:49	10:09:07	DNF	DNF	-	-	
	CYNIAK MAREK	1127	EVERRUN	ŁÓDŹ	POL	M-50			DNF	DNF	DNF	DNF	DNF	DNF	-	-	
	HOFFMANN GRZEGORZ	1054	KOŚCIAN TEAM	PIOTROWO PIERWSZE	POL	M-40			02:22:47	04:14:49	08:00:09	DNF	DNF	DNF	-	-	
	GNIELKA DAWID	1095	ZAMKOWIEC TOSZEK	PYSKOWICE	POL	M-20			DNF	DNF	DNF	DNF	DNF	DNF	-	-	
	JOKIEL WOJCIECH	1129	SPARTA ULTRA TEAM	GRANICE	POL	M-30			02:36:57	04:35:13	08:08:48	DNF	DNF	DNF	-	-	
	NOWAKOWSKI PAWEŁ	1034	ŻARY RUNNERS TEAM	JANKOWA ŻAGANSKA	POL	M-40			DNF	DNF	DNF	DNF	DNF	DNF	-	-	
	WOŹNIAK PAWEŁ	1098	KLEP	WROCŁAW	POL	M-40			02:52:11	04:58:47	08:29:27	DNF	DNF	DNF	-	-	
	STAROŃ TOMASZ	1105	MOCNA GRUPA CEZARA/SBRT	WROCŁAW	POL	M-40			DNF	DNF	DNF	DNF	DNF	DNF	-	-	
	KOCOT SEBASTIAN	1093	WROCŁAW	SOSNOWIEC	POL	M-40			01:42:30	02:57:08	DNF	DNF	DNF	DNF	-	-	
0	JUREK MICHAŁ	1043	RMT TEAM PRO	WROCŁAW	POL	M-30	1	M 1	DNF	DNF	DNF	DNF	DNF	DNF	-	-	
1	KARWACZYŃSKI ROGER	1004		JELENIA GÓRA	POL	M-30	2	M 2	01:36:06	02:34:25	04:16:44	05:36:24	07:12:37	07:54:57.75	6:17	9.5	
2	BEDNARZ JAKUB	1009	DRUŻYNA SZPIKU/ BIEGANIE NA SZCZYTACH	ZAKOPANE	POL	M-30	3	M 3	01:39:12	02:40:40	04:22:49	05:43:34	07:29:12	08:17:16.20	6:35	9.1	
3	KOZAK ROBERT	1016	RONAL POLSKA RUN	WAŁBRZYCH	POL	M-40	1	M 4	01:38:32	02:41:53	04:32:54	06:06:09	08:03:48	09:02:48.45	7:11	8.3	
4	SZRAMOWIAT MAREK	1142	BRITA	LWÓWEK ŚLĄSKI	POL	M-40	2	M 5	01:38:23	02:40:10	04:32:06	06:13:26	08:17:27	09:14:39.65	7:21	8.2	
5	MIKESOVA JANA	1047	SALMING CZ	NOVÁ PAKA	CZE	K-30	1	K 1	01:51:07	03:01:19	04:57:30	06:29:44	08:24:46	09:15:14.25	7:21	8.1	
6	SZELAĞ SKAWOMIR	1013	LISY PUSTYNI	KLUCZE	POL	M-40	3	M 6	01:55:59	03:07:25	05:04:02	06:32:23	08:28:39	09:23:26.00	7:28	8	
7	GLUG WOJCIECH	1076		RABKA-ZDRÓJ	POL	M-20	1	M 7	02:00:45	03:12:42	05:07:38	06:37:00	08:35:28	09:27:45.95	7:31	8	
8	SNARSKI BOGDAN	1039	ALBATROSY	WARSZAWA	POL	M-40	4	M 8	01:42:51	02:46:56	04:48:49	06:28:37	08:35:37	09:38:20.95	7:40	7.8	
									01:44:03	02:50:35	04:46:32	06:21:03	08:35:43	09:39:22.25	7:41	7.8	

SZTAFETA GÓRSKA - SOLO, OPEN c.d.

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	15km	25km	41km	51km	66km	Netto	min/km	km/h
9	WACHAŁA DAMIAN	1080		KROSNO ODRZAŃSKIE	POL	M-20	2	M 9	01:44:19	02:54:35	04:57:55	06:35:53	08:44:04	09:39:50.50	7:41	7.8
10	KUŹMIAK STANISŁAW	1014	ŻARY RUNNERS TEAM	ŻARY	POL	M-40	5	M 10	01:57:17	03:10:55	05:08:07	06:41:16	08:45:45	09:42:39.25	7:43	7.8
11	PIETRYSZYN EMIL	1056		ŻNIN	POL	M-30	4	M 11	01:46:12	02:58:26	04:58:57	06:34:26	08:41:39	09:44:04.85	7:44	7.7
12	KUCHARSKI PRZEMYSŁAW	1052		ROKIETNICA	POL	M-30	5	M 12	01:56:24	03:08:13	05:14:01	06:51:08	08:54:26	09:50:13.45	7:49	7.7
13	STEFANIAK ŁUKASZ	1100		SZCZECIN	POL	M-40	6	M 13	01:53:51	03:02:53	05:06:55	06:45:24	08:53:05	09:51:40.05	7:50	7.6
14	WOJT CZAK MARIUSZ	1026		BRZĘZINY	POL	M-40	7	M 14	02:00:48	03:13:32	05:20:28	06:56:04	09:00:44	09:56:19.10	7:54	7.6
15	MAZUREK ROMAN	1122	SPARTANIE DZIECIOM	MURÓW	POL	M-40	8	M 15	01:52:28	03:06:58	05:19:58	07:06:24	09:08:27	10:06:08.45	8:02	7.5
16	DZIUB MARCIN	1124	SEVEN-PERCEPTUS TEAM	PŁOTY	POL	M-40	9	M 16	01:51:44	03:04:29	05:14:40	06:47:30	09:01:41	10:09:35.20	8:05	7.4
17	DEINIUK ROMAN	1082		WARSZAWA	UKR	M-20	3	M 17	01:52:48	03:08:44	05:17:53	06:57:36	09:12:09	10:10:10.10	8:05	7.4
18	KARPOWICZ RAFAL	1097		WROCLAW	POL	M-40	10	M 18	01:57:05	03:11:39	05:18:03	07:00:05	09:13:40	10:11:27.35	8:06	7.4
19	GAWLEWICZ KRYSZYNA	1075	GAWELKI TEAM/POZYTYWNE ZABIEGANI SANOK	SANOK	POL	K-40	1	K 2	01:59:00	03:13:12	05:23:39	07:01:14	09:14:59	10:13:29.50	8:08	7.4
20	JUSZCZYK JAROSŁAW	1036	GOŚLAW SPORT CENTER	DĄBROWA GÓRNICZA	POL	M-30	6	M 19	01:57:17	03:13:48	05:23:27	07:08:36	09:22:01	10:21:05.55	8:14	7.3
21	MATUSZEWSKI MAREK	1003	RUNNER'S POWER ŚREM	ŚREM	POL	M-40	11	M 20	02:07:21	03:26:40	05:35:17	07:11:27	09:23:49	10:23:25.70	8:16	7.3
22	KRÓL MARCIN	1140		OBORNIKI ŚLĄSKIE	POL	M-40	12	M 21	02:07:37	03:26:58	05:36:17	07:13:22	09:27:44	10:29:37.35	8:21	7.2
23	KOCEMBA ASKANIUSZ	1038		LUBAWKA	POL	M-40	13	M 22	01:54:04	03:04:50	05:14:45	07:02:43	09:32:23	10:31:48.95	8:22	7.2
24	RINK JAN	1073		BOLKÓW	POL	M-40	14	M 23	01:58:00	03:16:10	05:35:13	07:21:10	09:33:17	10:32:33.60	8:23	7.2
25	MUSIELAK MAREK	1101		POZNAŃ	POL	M-30	7	M 24	02:10:18	03:28:38	05:39:44	07:21:27	09:34:33	10:32:52.55	8:23	7.1
26	MALINOWSKI JERZY	1059	ZIĘBICE ULTRA TEAM	ZIĘBICE	POL	M-50	1	M 25	02:01:27	03:25:39	05:41:02	07:27:04	09:44:00	10:39:15.65	8:28	7.1
27	SCHRODER PATRYK	1106	ULTRAFUN	ZIELONA GÓRA	POL	M-40	15	M 26	01:59:08	03:14:36	05:29:59	07:19:27	09:36:15	10:39:44.00	8:29	7.1
28	GOSTYŃSKI KRZYSZTOF	1134	RU CZAJ ULTRA TEAM	KRAKÓW	POL	M-40	16	M 27	02:04:52	03:24:13	05:36:36	07:27:09	09:47:35	10:44:32.30	8:32	7
29	NOWAK WOJTEK	1021	EXPLORADOR	POZNAŃ	POL	M-40	17	M 28	01:52:08	03:08:46	05:18:23	07:04:43	09:24:17	10:48:31.70	8:36	7
30	KONIARZ MICHAŁ	1103		BRZEG	POL	M-50	2	M 29	01:57:46	03:19:16	05:40:04	07:20:16	09:53:37	10:50:05.80	8:37	7
31	LUBAŃSKI ROBERT	1031		BUKOWICE	POL	M-50	3	M 30	01:58:46	03:13:08	05:28:23	07:19:36	09:44:45	10:50:35.95	8:37	7
32	SIOMA KONRAD	1051	ROKIETNICA BIEGA	KRZYŻKOWO	POL	M-30	8	M 31	01:57:45	03:17:36	05:28:27	07:18:23	09:46:49	10:50:40.00	8:37	7
33	WARDZYŃSKI ŁUKASZ	1109		WARSZAWA	POL	M-30	9	M 32	02:01:51	03:22:34	05:39:41	07:29:11	09:55:19	10:53:57.70	8:40	6.9
34	ŚLIŹ SYLWIA	1117		SIECHNICE	POL	K-30	2	K 3	02:12:12	03:40:30	05:58:44	07:41:07	09:55:01	10:56:34.40	8:42	6.9
35	HORŁUKOWICZ KAMIL	1128	KPP ŚWIDNICA	ŚWIDNICA	POL	M-20	4	M 33	02:01:32	03:20:50	05:39:47	07:25:50	09:50:08	10:56:44.00	8:42	6.9
36	SZWAJA WOJCIECH	1025	WOLBROM TEAM	CHARSZNICA	POL	M-30	10	M 34	01:53:39	03:10:03	05:35:18	07:26:02	09:53:23	10:58:51.70	8:44	6.9
37	KURPIEWSKA ANNA	1060	GT RAT	WROCLAW	POL	K-40	2	K 4	02:05:58	03:29:09	05:48:03	07:33:27	09:55:41	11:02:10.80	8:46	6.8
38	SIKORSKI MARCIN	1091	TT SZCZECIN	SZCZECIN	POL	M-40	18	M 35	02:06:00	03:29:11	05:48:10	07:33:31	09:55:44	11:03:45.10	8:48	6.8
39	STANOWSKI GRZEGORZ	1030	FOREVER YOUNG	ŁODZ	POL	M-50	4	M 36	02:02:03	03:24:02	05:44:03	07:34:47	09:55:00	11:04:47.50	8:49	6.8
40	KRAWCZYK KAROL	1033		JAWORZNO	POL	M-30	11	M 37	02:01:40	03:24:12	05:44:29	07:36:42	10:03:43	11:08:26.45	8:51	6.8
41	SOWA PAWEŁ	1084		GDYNIA	POL	M-40	19	M 38	02:02:53	03:22:04	05:40:37	07:29:18	10:03:45	11:11:42.30	8:54	6.7
42	ZAJĄC LESZEK	1012		ŚWIEBODZICE	POL	M-30	12	M 39	01:55:49	03:11:55	05:26:24	07:14:15	10:01:09	11:13:44.00	8:56	6.7
43	KLIMCZEWSKI ANDRZEJ	1121	FOREVER YOUNG ŁÓDŹ	ŁÓDŹ	POL	M-50	5	M 40	02:02:50	03:24:35	05:46:14	07:38:52	10:07:10	11:18:22.15	8:59	6.7
44	JARUS ANDRZEJ	1046	WKURW_TEAM	GALLSPACH	AUT	M-40	20	M 41	02:04:28	03:29:18	05:48:14	07:42:58	10:11:48	11:21:18.40	9:02	6.6
45	WUJDA MARTA	1019	ŻARY RUNNERS TEAM	ŻARY	POL	K-40	3	K 5	02:07:58	03:29:58	05:46:47	07:37:23	10:00:20	11:23:23.85	9:03	6.6
46	DUDEK REMIGIUSZ	1006	KALINKA ULTRA TEAM	ZIĘBICE	POL	M-30	13	M 42	02:01:36	03:25:45	05:50:48	07:53:02	10:22:43	11:37:38.65	9:15	6.5
47	URBAŃSKI KRZYSZTOF	1143	ENGLISH OVER TEA	KRAKÓW	POL	M-30	14	M 43	02:07:18	03:26:59	05:54:16	07:56:05	10:35:38	11:45:16.10	9:21	6.4
48	KOCIUMBAS BARTOSZ	1010	KB SOBÓTKA	SOBÓTKA	POL	M-40	21	M 44	02:03:00	03:28:55	05:45:13	07:47:57	10:31:12	11:46:07.25	9:21	6.4
49	POROWSKI WALDEK	1141	KB SOBÓTKA	CELESTYNÓW	POL	M-40	22	M 45	02:03:07	03:29:28	05:45:33	07:47:55	10:31:32	11:46:13.25	9:21	6.4
50	PAZERA KAROL	1042	KUDOWIANKA RUN	KUDOWA-ZDRÓJ	POL	M-40	23	M 46	02:03:26	03:24:59	05:51:26	08:06:44	10:37:29	11:46:25.80	9:22	6.4
51	HAMERLA ADAM	1001		RUDA ŚLĄSKA	POL	M-30	15	M 47	02:04:17	03:24:24	05:48:11	07:54:53	10:48:10	11:54:55.30	9:28	6.3
52	GUZIUK RAFAŁ	1107	ROZBRYKANY KUCYK	ŁÓDŹ	POL	M-40	24	M 48	02:20:06	03:48:28	06:15:10	08:13:46	10:48:57	11:56:04.50	9:29	6.3
53	BIERNACIK PIOTR	1011		LEWIN KŁODZKI	POL	M-40	25	M 49	02:09:02	03:43:01	06:10:22	08:07:17	10:49:46	11:56:23.70	9:30	6.3
54	SZYMCZYK MICHAŁ	1077		SZPROTAWA	POL	M-40	26	M 50	02:10:03	03:40:57	06:15:49	08:10:54	10:43:29	11:56:33.45	9:30	6.3
55	NOWAK KRYSZTYAN	1055	NKB CHYŻY NOWY TOMYŚL	KUŚLIN	POL	M-20	5	M 51	02:05:20	03:28:54	06:02:35	08:05:05	10:47:13	12:00:57.80	9:33	6.3
56	SUSMARSKA EWA	1112	TRIATHLONISTA TEAM/MUAY RUNNING TEAM	POZNAŃ	POL	K-20	1	K 6	02:06:16	03:29:15	05:58:08	08:01:36	10:46:10	12:03:11.05	9:35	6.3
57	MARUKIEWICZ MAREK	1070	BIEGAMDLAZDROWIA.PL	JEŻÓW SUDECKI	POL	M-30	16	M 52	02:10:09	03:41:22	06:07:35	07:55:38	10:41:13	12:03:54.45	9:36	6.2
58	BONIKOWSKI TOMASZ	1137		GRODZISK MAZ	POL	M-50	6	M 53	02:08:07	03:33:31	06:01:10	07:57:39	10:42:21	12:06:35.50	9:38	6.2
59	DAWIDZIAK ARKADIUSZ	1005		OLEŚNICA	POL	M-30	17	M 54	02:02:55	03:30:59	05:56:46	07:54:34	10:45:47	12:10:25.05	9:41	6.2
60	KWIECIŃSKI NORBERT	1094		SZCZECIN	POL	M-40	27	M 55	02:08:28	03:31:27	06:06:40	08:10:09	10:54:43	12:10:54.10	9:41	6.2
61	FEODORÓW WOJCIECH	1029	RESHAPERUNNERS	ZABRZE	POL	M-50	7	M 56	02:16:40	03:43:30	06:19:17	08:24:00	11:09:58	12:13:24.80	9:43	6.2
62	OLEŚZEK MAGDALENA	1050	BIEGOWA KUŹNIA	CZELADŹ	POL	K-30	3	K 7	02:20:19	03:54:27	06:22:05	08:23:38	11:04:24	12:19:58.15	9:48	6.1
63	KRYM KATARZYNA	1136	NIGHT RUNNERS WROCLAW	SMOLEC	POL	K-40	4	K 8	02:20:55	03:52:06	06:25:01	08:24:47	11:07:24	12:20:23.35	9:49	6.1

SZTAFETA GÓRSKA - SOLO, OPEN c.d.

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	15km	25km	41km	51km	66km	Netto	min/km	km/h
64	ŁAMPIKA KINGA	1139		SMOLEC	POL	K-40	5	K 9	02:20:58	03:52:10	06:25:02	08:24:53	11:07:24	12:20:27.50	9:49	6.1
65	KRUK WACŁAW	1120	KB SOBÓTKA	ŚWIDNICA	POL	M-50	8	M 57	02:21:34	03:56:18	06:31:58	08:36:37	11:12:21	12:21:13.80	9:49	6.1
66	ZAWISZA BARTŁOMIEJ	1132	BRAK	GORZANÓW	POL	M-20	6	M 58	02:01:55	03:27:01	05:58:53	08:14:56	11:08:06	12:22:19.50	9:50	6.1
67	POPRAWSKI MATEUSZ	1063	KILIŃSKIEGO TEAM	BOJANOWO	POL	M-30	18	M 59	02:12:35	03:40:00		08:19:39	11:07:24	12:24:23.65	9:52	6.1
68	KOSMOWSKI WIESŁAW	1037		RYDZYNA	POL	M-30	19	M 60	02:12:49	03:40:12	06:15:20	08:19:42	11:07:44	12:24:27.10	9:52	6.1
69	KRYGIER PRZEMYSŁAW	1062		BOJANOWO	POL	M-30	20	M 61	02:12:59	03:40:26	06:15:33	08:20:22	11:07:49	12:24:36.35	9:52	6.1
70	KAROLCZAK TOMASZ	1071	KILIŃSKIEGO TEAM	BOJANOWO	POL	M-40	28	M 62	02:13:03	03:40:23	06:15:28	08:20:27	11:07:58	12:24:39.80	9:52	6.1
71	MIELNIK KRZYSZTOF	1115	LESZ NO LIMITS RUNNERS	LIPNO	POL	M-40	29	M 63	02:14:15	03:45:35	06:24:25	08:25:36	11:06:06	12:26:08.20	9:53	6.1
72	PARWA MICHAŁ	1000	BIEGIEM NA ROWER	DZIEKANOWICE	POL	M-30	21	M 64	02:06:54	03:32:33	06:05:16	08:12:48	11:17:30	12:35:02.55	10:00	6
73	KÓZKA PRZEMO	1048	BIEGAM, BO NIE LUBIĘ	SKÓRZEWÓ	POL	M-40	30	M 65	02:13:08	03:47:14	06:28:23	08:34:39	11:21:56	12:43:42.75	10:07	5.9
74	STUDZIŃSKI MATEUSZ	1087		SZCZECIN	POL	M-30	22	M 66	02:02:36	03:30:46	06:17:21	08:31:41	11:25:36	12:44:00.75	10:07	5.9
75	WINNIK ELA	1114		MROWINO	POL	K-30	4	K 10	02:07:55	03:34:33	06:04:40	08:26:24	11:24:59	12:46:21.85	10:09	5.9
76	DAWIDZIAK WOJCIECH	1007		OLEŚNICA	POL	M-30	23	M 67	02:14:48	03:47:29	06:30:57	09:02:21	11:37:48	12:46:36.80	10:10	5.9
77	JAMBOR MICHAŁ	1090	BRACTWO BIEGOWE BGK / ŻÓRAWSKI TEAM	WARSZAWA	POL	M-40	31	M 68	02:26:49	04:01:17	06:46:07	09:01:01	11:46:54	12:47:46.85	10:10	5.9
78	MODLISZEWSKI DARIUSZ	1085	ORANGE POLSKA	SUCHY LAS	POL	M-40	32	M 69	02:11:11	03:43:57	06:31:54	08:36:16	11:34:27	12:47:49.15	10:10	5.9
79	PAWŁAK BARTOSZ	1089		JABŁONNA	POL	M-40	33	M 70	02:26:50	04:01:19	06:45:59	09:00:20	11:46:56	12:47:50.85	10:11	5.9
80	CIUK PIOTR	1035		WARSZAWA	POL	M-40	34	M 71	02:26:57	04:01:26	06:46:07	09:01:00	11:47:00	12:47:54.50	10:11	5.9
81	DĘBICKI MARIUSZ	1057		WRZEŚNIA	POL	M-40	35	M 72	02:11:19	03:44:04	06:32:11	08:36:21	11:34:34	12:49:30.45	10:12	5.9
82	REAUD JULIEN	1110	FRAPOL RAZEM!	WARSZAWA	POL	M-40	36	M 73	02:30:46	04:08:47	06:46:13	08:52:38	11:26:40	12:51:29.05	10:13	5.9
83	ROLICZ TOMASZ	1119		JUGÓW	POL	M-40	37	M 74	02:18:27	03:56:29	06:48:41	08:56:24	11:43:31	12:52:38.35	10:14	5.9
84	MIKOŁAJCZYK TOMASZ	1022	EXPLORADOR	DOPIEWIEC	POL	M-40	38	M 75	02:18:14	03:58:27	06:51:47	08:57:51	11:40:48	12:53:16.45	10:15	5.9
85	KUFERA DARIUSZ	1111	FRAPOL RAZEM!	WARSZAWA	POL	M-40	39	M 76	02:30:44	04:08:45	06:46:02	08:52:36	11:42:50	12:55:13.70	10:16	5.8
86	TYLMAN PIOTR	1081	RUNDORFINA	CZAPLINEK	POL	M-30	24	M 77	02:15:15	03:52:08	06:34:41	08:43:29	11:44:24	13:01:02.50	10:21	5.8
87	STAJNIAK-STELIGA IZABELA	1099	OBORYGENI	WILCZYN	POL	K-40	6	K 11	02:29:30	04:04:45	06:41:21	08:48:27	11:48:13	13:02:48.85	10:22	5.8
88	FELIŃSKI JAROSŁAW	1104		ŁÓDŹ	POL	M-50	9	M 78	02:13:37	03:44:01	06:24:57	08:31:05	11:32:53	13:02:54.85	10:22	5.8
89	WRÓBEL MAŁGORZATA	1067	OBORYGENI	OBORNIKI ŚLĄSKIE	POL	K-30	5	K 12	02:29:44	04:04:55	06:41:31	08:48:34	11:48:20	13:02:55.45	10:23	5.8
90	TKACZEW PAWEŁ	1068	OBORYGENI	OBORNIKI ŚLĄSKIE	POL	M-40	40	M 79	02:29:57	04:04:57	06:41:39	08:49:03	11:48:24	13:02:59.45	10:23	5.8
91	STAWSKI DARIUSZ	1017	BIEGIEM PO PIWO	ŁÓDŹ	POL	M-60	1	M 80	02:19:59	03:57:37	06:47:01	08:56:58	11:50:06	13:05:03.35	10:24	5.8
92	GŁADYSZ ROBERT	1058	SCE24.PL	BIELAWA	POL	M-40	41	M 81	02:17:20	03:49:03	06:26:46	08:35:50	11:30:20	13:05:43.90	10:25	5.8
93	KOSTRZEWSKI SŁAWOMIR	1144		OPOLE	POL	M-40	42	M 82	02:15:01	03:43:21	06:33:16	08:41:58	11:31:46	13:07:09.40	10:26	5.7
94	BIELEŃ AGNIESZKA	1041	MUAY RUNNING TEAM	POZNAŃ	POL	K-30	6	K 13	02:19:02	03:57:18	06:43:20	08:55:24	11:45:25	13:09:21.40	10:28	5.7
95	KARCZ ANNA	1116	PIES TO BIEGAŁ	BYDGOSZCZ	POL	K-20	2	K 14	02:20:43	04:08:04	06:56:52	09:06:09	11:52:25	13:12:09.80	10:30	5.7
96	PARZONKA PAWEŁ	1061		KEPNO	POL	M-40	43	M 83	02:18:36	03:57:16	06:43:00	09:07:03	11:57:17	13:17:02.95	10:34	5.7
97	GAŚCZAK MARIUSZ	1113	KS LENIWIEC	KEPNO	POL	M-40	44	M 84	02:18:45	03:57:24	06:43:09	09:07:14	11:57:23	13:17:08.30	10:34	5.7
98	POSMAŃ RAFAŁ	1125		WARSZAWA	POL	M-40	45	M 85	02:27:47	04:07:06	06:45:21	08:58:46	11:52:53	13:19:24.85	10:36	5.7
99	MAŁKOWSKI BOGDAN	1096	SPARTANIE DZIECIOM	MURÓW	POL	M-50	10	M 86	02:23:13	04:09:15	07:05:45	09:14:33	12:10:44	13:28:38.55	10:43	5.6
100	BASZCZYŃSKI ARTUR	1131	KUDOWIANKA RUN	KUDOWA ZDRÓJ	POL	M-30	25	M 87	02:03:15	03:27:44	06:14:50	08:44:30	12:01:47	13:30:32.70	10:44	5.6
101	ZIENIEWICZ WOJCIECH	1135		WROCŁAW	POL	M-40	46	M 88	02:19:22	03:51:29	06:35:57	09:05:07	12:10:24	13:30:36.90	10:45	5.6
102	MARKOWSKI MAREK	1130	KS LENIWIEC	KEPNO	POL	M-40	47	M 89	02:17:57	04:01:18	06:57:11	09:18:42	12:14:41	13:41:31.65	10:53	5.5
103	KACZMAREK MIROŚLAW	1088	RUNNER'S POWER	ŚREM	POL	M-30	26	M 90	02:42:31	04:26:38	07:26:41	09:39:50	12:26:01	13:42:43.15	10:54	5.5
104	MATUSZEWSKA MAŁGORZATA	1002	RUNNER'S POWER ŚREM	ŚREM	POL	K-40	7	K 15	02:42:36	04:26:42	07:26:39	09:39:51	12:26:03	13:42:47.70	10:54	5.5
105	STANEK BARTOSZ	1078	PLEWISKA	PLEWISKA	POL	M-30	27	M 91	02:17:15	04:05:22	07:00:10	09:29:19	12:28:31	13:43:59.25	10:55	5.5
106	PRUCHNIEWSKA AGNIESZKA	1072	ROKIETNICA BIEGA	ROKIETNICA	POL	K-40	8	K 16	02:28:19	03:36:39	06:31:40	09:06:56	12:25:46	13:52:14.85	11:02	5.4
107	LEŚNIK WOJCIECH	1074		WROCŁAW	POL	M-50	11	M 92	02:33:06	04:21:53	07:16:31	09:33:16	12:29:12	13:55:40.45	11:04	5.4
108	HETMAŃSKI AREK	1015	LOVELASY	BARTOSZEWÓ	POL	M-30	28	M 93	02:27:55	04:08:05	07:09:48	09:38:03	12:39:59	14:22:00.05	11:25	5.2
109	CZYŻ ŁUKASZ	1064	ES TEAM	SOSNOWIEC	POL	M-30	29	M 94	02:23:34	04:09:06	07:14:33	09:45:34	12:53:57	14:31:06.40	11:33	5.2
110	GÓRCZYŃSKI RAFAŁ	1053		NOWY TOMYŚL	POL	M-40	48	M 95	02:31:58	04:12:06	07:24:08	09:49:38	13:07:21	14:43:33.30	11:43	5.1
111	FILIPIAK SEBASTIAN	1023	EKIPA LIPA	LIPA	POL	M-40	49	M 96	02:32:00	04:12:08	07:24:09	09:49:34	13:07:26	14:43:37.35	11:43	5.1
112	ROGOWSKI TOMASZ	1069	UMLAUT	KROSNO ODRZAŃSKIE	POL	M-30	30	M 97	02:22:49	04:05:19	07:09:34	09:38:46	13:02:13	14:49:55.60	11:48	5.1
113	MARCINIAK MACIEJ	1138	MM-PROJEKT	ŻARY	POL	M-40	50	M 98	02:30:50	04:10:29	07:34:44	10:06:11	14:50:36.95	11:48	5.1	
114	IGNASZEWSKA MARTA	1108	1980	RADZYNY	POL	K-40	9	K 17	02:36:39	04:29:12	07:45:05	10:21:44		15:04:21.15	11:59	5
115	WACHOWIAK SEBASTIAN	1123	BIEGAJĄCE KREJZOLE	KOZIEGŁOWY	POL	M-30	31	M 99	02:36:32	04:29:05	07:45:10	10:21:54		15:04:24.55	11:59	5
116	BALIŃSKI KAROL	1066	ULTRA DRAWSKI BIEGACZ	DRAWSKO POMORSKIE	POL	M-30	32	M 100			06:16:25				9:10	6.5
	DWORNICKI PAWEŁ	1027	ŻARY RUNNERS TEAM	ŻARY	POL	M-40			02:04:21	03:20:55	05:28:26	07:14:44	DNF	DNF	-	-
									DNF	DNF	DNF	DNF				
	ZARODA ZBIGNIEW	1045	WQURW TEAM	KONIN	POL	M-50			01:58:23	03:19:50	05:53:28	08:37:33	DNF	DNF	-	-
									DNF	DNF	DNF	DNF				

SZTAFETA GÓRSKA - SOLO, OPEN c.d.

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	15km	25km	41km	51km	66km	Netto	min/km	km/h
	MARSZALEK JAN	1083	ITMBW KRAKÓW	KRAKOW	POL	M-30			02:00:05 DNF	03:27:05 DNF	06:08:37 DNF	09:02:37 DNF	DNF	DNF	-	-
	ZARZECZNY RADOSŁAW	1044	JUNIOR AMATOR SUPERSTAR	KRAKÓW	POL	M-30			02:26:46 DNF	04:08:28 DNF	07:09:49 DNF	10:09:07 DNF	DNF	DNF	-	-
	RAGHAVJEE YASHIN	1126		WILANOV, WARSZAWA		M-40			DNF	DNF	06:47:38 DNF	DNF	DNF	DNF	-	-
	CYNIAK MAREK	1127	EVERRUN	ŁÓDŹ	POL	M-50			02:22:47 DNF	04:14:49 DNF	08:00:09 DNF	DNF	DNF	DNF	-	-
	HOFFMANN GRZEGORZ	1054	KOŚCIAN TEAM	PIOTROWO PIERWSZE	POL	M-40			02:36:57 DNF	04:35:13 DNF	08:08:48 DNF	DNF	DNF	DNF	-	-
	GNIELKA DAWID	1095	ZAMKOWIEC TOSZEK	PYSKOWICE	POL	M-20			02:52:11 DNF	04:58:47 DNF	08:29:27 DNF	DNF	DNF	DNF	-	-
	JOKIEL WOJCIECH	1129	SPARTA ULTRA TEAM	GRANICE	POL	M-30			01:42:30 DNF	02:57:08 DNF	DNF	DNF	DNF	DNF	-	-
	NOWAKOWSKI PAWEŁ	1034	ŻARY RUNNERS TEAM	JANKOWA ŻAGANSKA	POL	M-40			01:57:09 DNF	03:11:40 DNF	DNF	DNF	DNF	DNF	-	-
	WOŹNIAK PAWEŁ	1098	KLEP	WROCLAW	POL	M-40			01:59:21 DNF	03:24:36 DNF	DNF	DNF	DNF	DNF	-	-
	STAROŃ TOMASZ	1105	MOCNA GRUPA CEZARA/SBRT WROCLAW	WROCLAW	POL	M-40			02:00:49 DNF	DNF	DNF	DNF	DNF	DNF	-	-
	KOCOT SEBASTIAN	1093		SOSNOWIEC	POL	M-40			02:07:05 DNF	DNF	DNF	DNF	DNF	DNF	-	-

SZTAFETA GÓRSKA - SOLO, OPEN KOBIEC

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	15km	25km	41km	51km	66km	Netto	min/km	km/h
1	MIKESOVA JANA	1047	SALMING CZ	NOVÁ PAKA	CZE	K-30	1	K 1	01:55:59	03:07:25	05:04:02	06:32:23	08:28:39	09:23:26.00	7:28	8
2	GAWLEWICZ KRYSZYNA	1075	GAWELKI TEAM/POZYTYWNE ZABIEGANI SANOK	SANOK	POL	K-40	1	K 2	01:59:00	03:13:12	05:23:39	07:01:14	09:14:59	10:13:29.50	8:08	7.4
3	ŚLIŹ SYLWIA	1117		SIECHNICE	POL	K-30	2	K 3	02:12:12	03:40:30	05:58:44	07:41:07	09:55:01	10:56:34.40	8:42	6.9
4	KURPIEWSKA ANNA	1060	GT RAT	WROCLAW	POL	K-40	2	K 4	02:05:58	03:29:09	05:48:03	07:33:27	09:55:41	11:02:10.80	8:46	6.8
5	WUJDA MARTA	1019	ŻARY RUNNERS TEAM	ŻARY	POL	K-40	3	K 5	02:07:58	03:29:58	05:46:47	07:37:23	10:00:20	11:23:23.85	9:03	6.6
6	SUSMARSKA EWA	1112	TRIATHLONISTA TEAM/MUAY RUNNING TEAM	POZNAŃ	POL	K-20	1	K 6	02:06:16	03:29:15	05:58:08	08:01:36	10:46:10	12:03:11.05	9:35	6.3
7	OLESZEK MAGDALENA	1050	BIEGOWA KUŹNIA	CZELADŹ	POL	K-30	3	K 7	02:20:19	03:54:27	06:22:05	08:23:38	11:04:24	12:19:58.15	9:48	6.1
8	KRYM KATARZYNA	1136	NIGHT RUNNERS WROCLAW	SMOLEC	POL	K-40	4	K 8	02:20:55	03:52:06	06:25:01	08:24:47	11:07:24	12:20:23.35	9:49	6.1
9	ŁAMPIKA KINGA	1139		SMOLEC	POL	K-40	5	K 9	02:20:58	03:52:10	06:25:02	08:24:53	11:07:24	12:20:27.50	9:49	6.1
10	WINNIK ELA	1114		MROWINO	POL	K-30	4	K 10	02:07:55	03:34:33	06:04:40	08:26:24	11:24:59	12:46:21.85	10:09	5.9
11	STAJNIAK-STELIGA IZABELA	1099	OBORYGENI	WILCZYŃ	POL	K-40	6	K 11	02:29:30	04:04:45	06:41:21	08:48:27	11:48:13	13:02:48.85	10:22	5.8
12	WRÓBEL MAŁGORZATA	1067	OBORYGENI	OBORNIKI ŚLĄSKIE	POL	K-30	5	K 12	02:29:44	04:04:55	06:41:31	08:48:34	11:48:20	13:02:55.45	10:23	5.8
13	BIELEŃ AGNIESZKA	1041	MUAY RUNNING TEAM	POZNAŃ	POL	K-30	6	K 13	02:19:02	03:57:18	06:43:20	08:55:24	11:45:25	13:09:21.40	10:28	5.7
14	KARCZ ANNA	1116	PIES TO BIEGAŁ	BYDGOSZCZ	POL	K-20	2	K 14	02:20:43	04:08:04	06:56:52	09:06:09	11:52:25	13:12:09.80	10:30	5.7
15	MATUSZEWSKA MAŁGORZATA	1002	RUNNER'S POWER ŚREM	ŚREM	POL	K-40	7	K 15	02:42:36	04:26:42	07:26:39	09:39:51	12:26:03	13:42:47.70	10:54	5.5
16	PRUCHNIEWSKA AGNIESZKA	1072	ROKIETNICA BIEGA	ROKIETNICA	POL	K-40	8	K 16	02:28:19	03:36:39	06:31:40	09:06:56	12:25:46	13:52:14.85	11:02	5.4
17	IGNASZEWSKA MARTA	1108	1980	RADZYNY	POL	K-40	9	K 17	02:36:39	04:29:12	07:45:05	10:21:44		15:04:21.15	11:59	5

SZTAFETA GÓRSKA - SOLO, K-20

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	15km	25km	41km	51km	66km	Netto	min/km	km/h
1	SUSMARSKA EWA	1112	TRIATHLONISTA TEAM/MUAY RUNNING TEAM	POZNAŃ	POL	K-20	1	K 6	02:06:16	03:29:15	05:58:08	08:01:36	10:46:10	12:03:11.05	9:35	6.3
2	KARCZ ANNA	1116	PIES TO BIEGAŁ	BYDGOSZCZ	POL	K-20	2	K 14	02:20:43	04:08:04	06:56:52	09:06:09	11:52:25	13:12:09.80	10:30	5.7

SZTAFETA GÓRSKA - SOLO, M-20

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	15km	25km	41km	51km	66km	Netto	min/km	km/h
1	GŁUG WOJCIECH	1076		RABKA-ZDRÓJ	POL	M-20	1	M 7	01:42:51	02:46:56	04:48:49	06:28:37	08:35:37	09:38:20.95	7:40	7.8
2	WĄCHAŁA DAMIAN	1080		KROSNO ODRZAŃSKIE	POL	M-20	2	M 9	01:44:19	02:54:35	04:57:55	06:35:53	08:44:04	09:39:50.50	7:41	7.8
3	DEINIUK ROMAN	1082		WARSZAWA	UKR	M-20	3	M 17	01:52:48	03:08:44	05:17:53	06:57:36	09:12:09	10:10:10.10	8:05	7.4
4	HORŁUKOWICZ KAMIL	1128	KPP ŚWIDNICA	ŚWIDNICA	POL	M-20	4	M 33	02:01:32	03:20:50	05:39:47	07:25:50	09:50:08	10:56:44.00	8:42	6.9
5	NOWAK KRYSZTIAN	1055	NKB CHYŻY NOWY TOMYŚL	KUŚLIN	POL	M-20	5	M 51	02:05:20	03:28:54	06:02:35	08:05:05	10:47:13	12:00:57.80	9:33	6.3
6	ZAWISZA BARTŁOMIEJ	1132	BRAK	GORZANÓW	POL	M-20	6	M 58	02:01:55	03:27:01	05:58:53	08:14:56	11:08:06	12:22:19.50	9:50	6.1
	GNIELKA DAWID	1095	ZAMKOWIEC TOSZEK	PYSKOWICE	POL	M-20			02:52:11	04:58:47	08:29:27	DNF	DNF	DNF	-	-
									DNF	DNF	DNF					

SZTAFETA GÓRSKA - SOLO, K-30

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	15km	25km	41km	51km	66km	Netto	min/km	km/h
1	MIKESOVA JANA	1047	SALMING CZ	NOVÁ PAKA	CZE	K-30	1	K 1	01:55:59	03:07:25	05:04:02	06:32:23	08:28:39	09:23:26.00	7:28	8
2	ŚLIŹ SYLWIA	1117		SIECHNICE	POL	K-30	2	K 3	02:12:12	03:40:30	05:58:44	07:41:07	09:55:01	10:56:34.40	8:42	6.9
3	OLESZEK MAGDALENA	1050	BIEGOWA KUŹNIA	CZELADŹ	POL	K-30	3	K 7	02:20:19	03:54:27	06:22:05	08:23:38	11:04:24	12:19:58.15	9:48	6.1
4	WINNIK ELA	1114		MROWINO	POL	K-30	4	K 10	02:07:55	03:34:33	06:04:40	08:26:24	11:24:59	12:46:21.85	10:09	5.9
5	WRÓBEL MAŁGORZATA	1067	OBORYGENI	OBORNIKI ŚLĄSKIE	POL	K-30	5	K 12	02:29:44	04:04:55	06:41:31	08:48:34	11:48:20	13:02:55.45	10:23	5.8
6	BIELEŃ AGNIESZKA	1041	MUAY RUNNING TEAM	POZNAŃ	POL	K-30	6	K 13	02:19:02	03:57:18	06:43:20	08:55:24	11:45:25	13:09:21.40	10:28	5.7

SZTAFETA GÓRSKA - SOLO, M-30

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	15km	25km	41km	51km	66km	Netto	min/km	km/h
1	JUREK MICHAŁ	1043	RMT TEAM PRO	WROCLAW	POL	M-30	1	M 1	01:36:06	02:34:25	04:16:44	05:36:24	07:12:37	07:54:57.75	6:17	9.5
2	KARWACZYŃSKI ROGER	1004		JELEŃ GÓRA	POL	M-30	2	M 2	01:39:12	02:40:40	04:22:49	05:43:34	07:29:12	08:17:16.20	6:35	9.1
3	BEDNARZ JAKUB	1009	DRUŻYNA SZPIKU/ BIEGANIE NA SZCZYTACH	ZAKOPANE	POL	M-30	3	M 3	01:38:32	02:41:53	04:32:54	06:06:09	08:03:48	09:02:48.45	7:11	8.3
4	PIETRYSZYN EMIL	1056		ŻNIN	POL	M-30	4	M 11	01:46:12	02:58:26	04:58:57	06:34:26	08:41:39	09:44:04.85	7:44	7.7
5	KUCHARSKI PRZEMYSŁAW	1052		ROKIETNICA	POL	M-30	5	M 12	01:56:24	03:08:13	05:14:01	06:51:08	08:54:26	09:50:13.45	7:49	7.7
6	JUSZCZYK JAROSŁAW	1036	GOŚLAW SPORT CENTER	DĄBROWA GÓRNICZA	POL	M-30	6	M 19	01:57:17	03:13:48	05:23:27	07:08:36	09:22:01	10:21:05.55	8:14	7.3
7	MUSIELAK MAREK	1101		POZNAŃ	POL	M-30	7	M 24	02:10:18	03:28:38	05:39:44	07:21:27	09:34:33	10:32:52.55	8:23	7.1
8	SIOMA KONRAD	1051	ROKIETNICA BIEGA	KRZYSZKOWO	POL	M-30	8	M 31	01:57:45	03:17:36	05:28:27	07:18:23	09:46:49	10:50:40.00	8:37	7
9	WARDZYŃSKI ŁUKASZ	1109		WARSZAWA	POL	M-30	9	M 32	02:01:51	03:22:34	05:39:41	07:29:11	09:55:19	10:53:57.70	8:40	6.9
10	SZWAJA WOJCIECH	1025	WOLBROM TEAM	CHARSZNICA	POL	M-30	10	M 34	01:53:39	03:10:03	05:35:18	07:26:02	09:53:23	10:58:51.70	8:44	6.9
11	KRAWCZYK KAROL	1033		JAWORZNO	POL	M-30	11	M 37	02:01:40	03:24:12	05:44:29	07:36:42	10:03:43	11:08:26.45	8:51	6.8
12	ZAJĄC LESZEK	1012		ŚWIEBODZICE	POL	M-30	12	M 39	01:55:49	03:11:55	05:26:24	07:14:15	10:01:09	11:13:44.00	8:56	6.7
13	DUDEK REMIGIUSZ	1006	KALINKA ULTRA TEAM	ZIĘBICE	POL	M-30	13	M 42	02:01:36	03:25:45	05:50:48	07:53:02	10:22:43	11:37:38.65	9:15	6.5
14	URBAŃSKI KRZYSZTOF	1143	ENGLISH OVER TEA	KRAKÓW	POL	M-30	14	M 43	02:07:18	03:26:59	05:54:16	07:56:05	10:35:38	11:45:16.10	9:21	6.4
15	HAMERLA ADAM	1001		RUDA ŚLĄSKA	POL	M-30	15	M 47	02:04:17	03:24:24	05:48:11	07:58:34	10:48:10	11:54:55.30	9:28	6.3
16	MARUKIEWICZ MAREK	1070	BIEGAMDŁAZDROWIA.PL	JEŻÓW SUDECKI	POL	M-30	16	M 52	02:10:09	03:41:22	06:07:35	07:55:38	10:41:13	12:03:54.45	9:36	6.2
17	DAWIDZIAK ARKADIUSZ	1005		OLEŚNICA	POL	M-30	17	M 54	02:02:55	03:30:59	05:56:46	07:54:34	10:45:47	12:10:25.05	9:41	6.2
18	POPRAWSKI MATEUSZ	1063	KILIŃSKIEGO TEAM	BOJANOWO	POL	M-30	18	M 59	02:12:35	03:40:00	06:15:20	08:19:39	11:07:24	12:24:23.65	9:52	6.1
19	KOSMOWSKI WIESŁAW	1037		RYDZYNA	POL	M-30	19	M 60	02:12:49	03:40:12	06:15:20	08:19:42	11:07:44	12:24:27.10	9:52	6.1
20	KRYGIER PRZEMYSŁAW	1062		BOJANOWO	POL	M-30	20	M 61	02:12:59	03:40:26	06:15:33	08:20:22	11:07:49	12:24:36.35	9:52	6.1
21	PARWA MICHAŁ	1000	BIEGIEM NA ROWER	DZIEKANOWICE	POL	M-30	21	M 64	02:06:54	03:32:33	06:05:16	08:12:48	11:17:30	12:35:02.55	10:00	6
22	STUDZIŃSKI MATEUSZ	1087		SZCZECIN	POL	M-30	22	M 66	02:02:36	03:30:46	06:17:21	08:31:41	11:25:36	12:44:00.75	10:07	5.9
23	DAWIDZIAK WOJCIECH	1007		OLEŚNICA	POL	M-30	23	M 67	02:14:48	03:47:29	06:30:57	09:02:21	11:37:48	12:46:36.80	10:10	5.9
24	TYLMAN PIOTR	1081	RUNDORFINA	CZAPLINEK	POL	M-30	24	M 77	02:15:15	03:52:08	06:34:41	08:43:29	11:44:24	13:01:02.50	10:21	5.8
25	BASZCZYŃSKI ARTUR	1131	KUDOWIANKA RUN	KUDOWA ZDRÓJ	POL	M-30	25	M 87	02:03:15	03:27:44	06:14:50	08:44:30	12:01:47	13:30:32.70	10:44	5.6
26	KACZMAREK MIROSŁAW	1088	RUNNER'S POWER	ŚREM	POL	M-30	26	M 90	02:42:31	04:26:38	07:26:41	09:39:50	12:26:01	13:42:43.15	10:54	5.5
27	STANEK BARTOSZ	1078	PLEWISKA	PLEWISKA	POL	M-30	27	M 91	02:17:15	04:05:22	07:00:10	09:29:19	12:28:31	13:43:59.25	10:55	5.5
28	HETMAŃSKI AREK	1015	LOVELASY	BARTOSZEWO	POL	M-30	28	M 93	02:27:55	04:08:05	07:09:48	09:38:03	12:39:59	14:22:00.05	11:25	5.2
29	CZYŻ ŁUKASZ	1064	ES TEAM	SOSNOWIEC	POL	M-30	29	M 94	02:23:34	04:09:06	07:14:33	09:45:34	12:53:57	14:31:06.40	11:33	5.2
30	ROGOWSKI TOMASZ	1069	UMLAUT	KROSNO ODRZAŃSKIE	POL	M-30	30	M 97	02:22:49	04:05:19	07:09:34	09:38:46	13:02:13	14:49:55.60	11:48	5.1
31	WACHOWIAK SEBASTIAN	1123	BIEGAJĄCE KREJZOLE	KOZIEGŁOWY	POL	M-30	31	M 99	02:36:32	04:29:05	07:45:10	10:21:54	15:04:24.55	11:59	5	

SZTAFETA GÓRSKA - SOLO, M-30 c.d.

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	15km	25km	41km	51km	66km	Netto	min/km	km/h
32	BALIŃSKI KAROL	1066	ULTRA DRAWSKI BIEGACZ	DRAWSKO POMORSKIE	POL	M-30	32	M 100			06:16:25				9:10	6.5
	MARSZALEK JAN	1083	ITMBW KRAKÓW	KRAKOW	POL	M-30			02:00:05	03:27:05	06:08:37	09:02:37	DNF	DNF	-	-
	ZARZECZNY RADOSŁAW	1044	JUNIOR AMATOR SUPERSTAR	KRAKÓW	POL	M-30			02:26:46	04:08:28	07:09:49	10:09:07	DNF	DNF	-	-
	JOKIEL WOJCIECH	1129	SPARTA ULTRA TEAM	GRANICE	POL	M-30			01:42:30	02:57:08	DNF	DNF	DNF	DNF	-	-

SZTAFETA GÓRSKA - SOLO, K-40

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	15km	25km	41km	51km	66km	Netto	min/km	km/h
1	GAWLEWICZ KRYSZYNA	1075	GAWĘŁKI TEAM/POZYTYWNIIE ZABIEGANI SANOK	SANOK	POL	K-40	1	K 2	01:59:00	03:13:12	05:23:39	07:01:14	09:14:59	10:13:29.50	8:08	7.4
2	KURPIEWSKA ANNA	1060	GT RAT	WROCŁAW	POL	K-40	2	K 4	02:05:58	03:29:09	05:48:03	07:33:27	09:55:41	11:02:10.80	8:46	6.8
3	WUJDA MARTA	1019	ŻARY RUNNERS TEAM	ŻARY	POL	K-40	3	K 5	02:07:58	03:29:58	05:46:47	07:37:23	10:00:20	11:23:23.85	9:03	6.6
4	KRYM KATARZYNA	1136	NIGHT RUNNERS WROCŁAW	SMOLEC	POL	K-40	4	K 8	02:20:55	03:52:06	06:25:01	08:24:47	11:07:24	12:20:23.35	9:49	6.1
5	ŁAMPIKA KINGA	1139		SMOLEC	POL	K-40	5	K 9	02:20:58	03:52:10	06:25:02	08:24:53	11:07:24	12:20:27.50	9:49	6.1
6	STAJNIAK-STELIGA IZABELA	1099	OBORYGENI	WILCZYN	POL	K-40	6	K 11	02:29:30	04:04:45	06:41:21	08:48:27	11:48:13	13:02:48.85	10:22	5.8
7	MATUSZEWSKA MAŁGORZATA	1002	RUNNER'S POWER ŚREM	ŚREM	POL	K-40	7	K 15	02:42:36	04:26:42	07:26:39	09:39:51	12:26:03	13:42:47.70	10:54	5.5
8	PRUCHNIEWSKA AGNIESZKA	1072	ROKIETNICA BIEGA	ROKIETNICA	POL	K-40	8	K 16	02:28:19	03:36:39	06:31:40	09:06:56	12:25:46	13:52:14.85	11:02	5.4
9	IGNASZEWSKA MARTA	1108	1980	RADZYNY	POL	K-40	9	K 17	02:36:39	04:29:12	07:45:05	10:21:44		15:04:21.15	11:59	5

SZTAFETA GÓRSKA - SOLO, M-40

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	15km	25km	41km	51km	66km	Netto	min/km	km/h
1	KOZAK ROBERT	1016	RONAL POLSKA RUN	WAŁBRZYCH	POL	M-40	1	M 4	01:38:23	02:40:10	04:32:06	06:13:26	08:17:27	09:14:39.65	7:21	8.2
2	SZRAMOWIAT MAREK	1142	BRITA	LWÓWEK ŚLĄSKI	POL	M-40	2	M 5	01:51:07	03:01:19	04:57:30	06:29:44	08:24:46	09:15:14.25	7:21	8.1
3	SZELAĞ SŁAWOMIR	1013	LISY PUSTYNI	KLUCZE	POL	M-40	3	M 6	02:00:45	03:12:42	05:07:38	06:37:00	08:35:28	09:27:45.95	7:31	8
4	SNARSKI BOGDAN	1039	ALBATROSY	WARSZAWA	POL	M-40	4	M 8	01:44:03	02:50:35	04:46:32	06:21:03	08:35:43	09:39:22.25	7:41	7.8
5	KUŹMIAK STANISŁAW	1014	ŻARY RUNNERS TEAM	ŻARY	POL	M-40	5	M 10	01:57:17	03:10:55	05:08:07	06:41:16	08:45:45	09:42:39.25	7:43	7.8
6	STEFANIAK ŁUKASZ	1100		SZCZECIN	POL	M-40	6	M 13	01:53:51	03:02:53	05:06:55	06:45:24	08:53:05	09:51:40.05	7:50	7.6
7	WOJTCZAK MARIUSZ	1026		BRZEZINY	POL	M-40	7	M 14	02:00:48	03:13:32	05:20:28	06:56:04	09:00:44	09:56:19.10	7:54	7.6
8	MAZUREK ROMAN	1122	SPARTANIE DZIECIOM	MURÓW	POL	M-40	8	M 15	01:52:28	03:06:58	05:19:58	07:06:24	09:08:27	10:06:08.45	8:02	7.5
9	DZIUB MARCIN	1124	SEVEN-PERCEPTUS TEAM	PŁOTY	POL	M-40	9	M 16	01:51:44	03:04:29	05:14:40	06:47:30	09:01:41	10:09:35.20	8:05	7.4
10	KARPOWICZ RAFAL	1097		WROCŁAW	POL	M-40	10	M 18	01:57:05	03:11:39	05:18:03	07:00:05	09:13:40	10:11:27.35	8:06	7.4
11	MATUSZEWSKI MAREK	1003	RUNNER'S POWER ŚREM	ŚREM	POL	M-40	11	M 20	02:07:21	03:26:40	05:35:17	07:11:27	09:23:49	10:23:25.70	8:16	7.3
12	KRÓL MARCIN	1140		OBORNIKI ŚLĄSKIE	POL	M-40	12	M 21	02:07:37	03:26:58	05:36:17	07:13:22	09:27:44	10:29:37.35	8:21	7.2
13	KOCEMBA ASKANIUŚ	1038		LUBAWKA	POL	M-40	13	M 22	01:54:04	03:04:50	05:14:45	07:02:43	09:32:23	10:31:48.95	8:22	7.2
14	RINK JAN	1073		BOLKÓW	POL	M-40	14	M 23	01:58:00	03:16:10	05:35:13	07:21:10	09:33:17	10:32:33.60	8:23	7.2
15	SCHRODER PATRYK	1106	ULTRAFUN	ZIELONA GÓRA	POL	M-40	15	M 26	01:59:08	03:14:36	05:29:59	07:19:27	09:36:15	10:39:44.00	8:29	7.1
16	GOSTYŃSKI KRZYSZTOF	1134	RUCZAJ ULTRA TEAM	KRAKÓW	POL	M-40	16	M 27	02:04:52	03:24:13	05:36:36	07:27:09	09:47:35	10:44:32.30	8:32	7
17	NOWAK WOJTEK	1021	EXPLORADOR	POZNAŃ	POL	M-40	17	M 28	01:52:08	03:08:46	05:18:23	07:04:43	09:24:17	10:48:31.70	8:36	7
18	SIKORSKI MARCIN	1091	TT SZCZECIN	SZCZECIN	POL	M-40	18	M 35	02:06:00	03:29:11	05:48:10	07:33:31	09:55:44	11:03:45.10	8:48	6.8
19	SOWA PAWEŁ	1084		GDYNIA	POL	M-40	19	M 38	02:02:53	03:22:04	05:40:37	07:29:18	10:03:45	11:11:42.30	8:54	6.7
20	JARUS ANDRZEJ	1046	WKURW_TEAM	GALLSPACH	AUT	M-40	20	M 41	02:04:28	03:29:18	05:48:14	07:42:58	10:11:48	11:21:18.40	9:02	6.6
21	KOCIUMBAS BARTOSZ	1010	KB SOBÓTKA	SOBÓTKA	POL	M-40	21	M 44	02:03:00	03:28:55	05:45:13	07:47:57	10:31:12	11:46:07.25	9:21	6.4
22	POROWSKI WALDEK	1141	KB SOBÓTKA	CELESTYNÓW	POL	M-40	22	M 45	02:03:07	03:29:28	05:45:33	07:47:55	10:31:32	11:46:13.25	9:21	6.4
23	PAZERA KAROL	1042	KUDOWIANKA RUN	KUDOWA-ZDRÓJ	POL	M-40	23	M 46	02:03:26	03:24:59	05:51:26	08:06:44	10:37:29	11:46:25.80	9:22	6.4
24	GUZIUK RAFAŁ	1107	ROZBRYKANY KUCYK	ŁÓDŹ	POL	M-40	24	M 48	02:20:06	03:48:28	06:15:10	08:13:46	10:48:57	11:56:04.50	9:29	6.3
25	BIERNACIK PIOTR	1011		LEWIN KŁODZKI	POL	M-40	25	M 49	02:09:02	03:43:01	06:10:22	08:07:17	10:49:46	11:56:23.70	9:30	6.3
26	SZYM CZYK MICHAŁ	1077		SZPROTAWA	POL	M-40	26	M 50	02:10:03	03:40:57	06:15:49	08:10:54	10:43:29	11:56:33.45	9:30	6.3
27	KWIECIŃSKI NORBERT	1094		SZCZECIN	POL	M-40	27	M 55	02:08:28	03:31:27	06:06:40	08:10:09	10:54:43	12:10:54.10	9:41	6.2
28	KAROLCZAK TOMASZ	1071	KILIŃSKIEGO TEAM	BOJANOWO	POL	M-40	28	M 62	02:13:03	03:40:23	06:15:28	08:20:27	11:07:58	12:24:39.80	9:52	6.1
29	MIELNIK KRZYSZTOF	1115	LESZ NO LIMITS RUNNERS	LIPNO	POL	M-40	29	M 63	02:14:15	03:45:35	06:24:25	08:25:36	11:06:06	12:26:08.20	9:53	6.1

SZTAFETA GÓRSKA - SOLO, M-40 c.d.

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	15km	25km	41km	51km	66km	Netto	min/km	km/h
30	KÓZKA PRZEMO	1048	BIEGAM, BO NIE LUBIĘ	SKÓRZEWO	POL	M-40	30	M 65	02:13:08	03:47:14	06:28:23	08:34:39	11:21:56	12:43:42.75	10:07	5.9
31	JAMBOR MICHAŁ	1090	BRACTWO BIEGOWE BGK / ŻÓRAWSKI TEAM	WARSZAWA	POL	M-40	31	M 68	02:26:49	04:01:17	06:46:07	09:01:01	11:46:54	12:47:46.85	10:10	5.9
32	MODLISZEWSKI DARIUSZ	1085	ORANGE POLSKA	SUCHY LAS	POL	M-40	32	M 69	02:11:11	03:43:57	06:31:54	08:36:16	11:34:27	12:47:49.15	10:10	5.9
33	PAWLAK BARTOSZ	1089		JABŁONNA	POL	M-40	33	M 70	02:26:50	04:01:19	06:45:59	09:00:20	11:46:56	12:47:50.85	10:11	5.9
34	CIUK PIOTR	1035		WARSZAWA	POL	M-40	34	M 71	02:26:57	04:01:26	06:46:07	09:01:00	11:47:00	12:47:54.50	10:11	5.9
35	DEBICKI MARIUSZ	1057		WRZEŚNIA	POL	M-40	35	M 72	02:11:19	03:44:04	06:32:11	08:36:21	11:34:34	12:49:30.45	10:12	5.9
36	REAUD JULIEN	1110	FRAPOL RAZEM!	WARSZAWA	POL	M-40	36	M 73	02:30:46	04:08:47	06:46:13	08:52:38	11:26:40	12:51:29.05	10:13	5.9
37	ROLICZ TOMASZ	1119		JUGÓW	POL	M-40	37	M 74	02:18:27	03:56:29	06:48:41	08:56:24	11:43:31	12:52:38.35	10:14	5.9
38	MIKOŁAJCZYK TOMASZ	1022	EXPLORADOR	DOPIEWIEC	POL	M-40	38	M 75	02:18:14	03:58:27	06:51:47	08:57:51	11:40:48	12:53:16.45	10:15	5.9
39	KUFERA DARIUSZ	1111	FRAPOL RAZEM!	WARSZAWA	POL	M-40	39	M 76	02:30:44	04:08:45	06:46:02	08:52:36	11:42:50	12:55:13.70	10:16	5.8
40	TKACZEWSKI PAWEŁ	1068	OBORYGENI	OBORNIKI ŚLĄSKIE	POL	M-40	40	M 79	02:29:57	04:04:57	06:41:39	08:49:03	11:48:24	13:02:59.45	10:23	5.8
41	GŁADYSZ ROBERT	1058	SCE24.PL	BIELAWA	POL	M-40	41	M 81	02:17:20	03:49:03	06:26:46	08:35:50	11:30:20	13:05:43.90	10:25	5.8
42	KOSTRZEWSKI SŁAWOMIR	1144		OPOLE	POL	M-40	42	M 82	02:15:01	03:43:21	06:33:16	08:41:58	11:31:46	13:07:09.40	10:26	5.7
43	PARZONKA PAWEŁ	1061		KEPNO	POL	M-40	43	M 83	02:18:36	03:57:16	06:43:00	09:07:03	11:57:17	13:17:02.95	10:34	5.7
44	GAŚCZCZAK MARIUSZ	1113	KS LENIWIEC	KEPNO	POL	M-40	44	M 84	02:18:45	03:57:24	06:43:09	09:07:14	11:57:23	13:17:08.30	10:34	5.7
45	POSMAŃ RAFAŁ	1125		WARSZAWA	POL	M-40	45	M 85	02:27:47	04:07:06	06:45:21	08:58:46	11:52:53	13:19:24.85	10:36	5.7
46	ZIENIEWICZ WOJCIECH	1135		WROCŁAW	POL	M-40	46	M 88	02:19:22	03:51:29	06:35:57	09:05:07	12:10:24	13:30:36.90	10:45	5.6
47	MARKOWSKI MAREK	1130	KS LENIWIEC	KEPNO	POL	M-40	47	M 89	02:17:57	04:01:18	06:57:11	09:18:42	12:14:41	13:41:31.65	10:53	5.5
48	GÓRCZYŃSKI RAFAŁ	1053		NOWY TOMYŚL	POL	M-40	48	M 95	02:31:58	04:12:06	07:24:08	09:49:38	13:07:21	14:43:33.30	11:43	5.1
49	FILIPIAK SEBASTIAN	1023	EKIPA LIPA	LIPA	POL	M-40	49	M 96	02:32:00	04:12:08	07:24:09	09:49:34	13:07:26	14:43:37.35	11:43	5.1
50	MARCINIAK MACIEJ	1138	MM-PROJEKT	ŻARY	POL	M-40	50	M 98	02:30:50	04:10:29	07:34:44	10:06:11	14:50:36.95	11:48	5.1	
	DWORNICKI PAWEŁ	1027	ŻARY RUNNERS TEAM	ŻARY	POL	M-40			02:04:21	03:20:55	05:28:26	07:14:44	DNF	DNF	-	-
	RAGHAVJEE YASHIN	1126		WILANOV, WARSZAWA		M-40			DNF	DNF	06:47:38	DNF	DNF	DNF	-	-
	HOFFMANN GRZEGORZ	1054	KOŚCIAN TEAM	PIOTROWO PIERWSZE	POL	M-40			02:36:57	04:35:13	08:08:48	DNF	DNF	DNF	-	-
	NOWAKOWSKI PAWEŁ	1034	ŻARY RUNNERS TEAM	JANKOWA ŻAGANSKA	POL	M-40			01:57:09	03:11:40	DNF	DNF	DNF	DNF	-	-
	WOŹNIAK PAWEŁ	1098	KLEP	WROCŁAW	POL	M-40			01:59:21	03:24:36	DNF	DNF	DNF	DNF	-	-
	STAROŃ TOMASZ	1105	MOCNA GRUPA CEZARA/SBRT WROCŁAW	WROCŁAW	POL	M-40			02:00:49	DNF	DNF	DNF	DNF	DNF	-	-
	KOCOT SEBASTIAN	1093		SOSNOWIEC	POL	M-40			02:07:05	DNF	DNF	DNF	DNF	DNF	-	-

SZTAFETA GÓRSKA - SOLO, M-50

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	15km	25km	41km	51km	66km	Netto	min/km	km/h
1	MALINOWSKI JERZY	1059	ZIĘBICE ULTRA TEAM	ZIĘBICE	POL	M-50	1	M 25	02:01:27	03:25:39	05:41:02	07:27:04	09:44:00	10:39:15.65	8:28	7.1
2	KONIAK MICHAŁ	1103		BRZEG	POL	M-50	2	M 29	01:57:46	03:19:16	05:40:04	07:20:16	09:53:37	10:50:05.80	8:37	7
3	LUBAŃSKI ROBERT	1031		BUKOWICE	POL	M-50	3	M 30	01:58:46	03:13:08	05:28:23	07:19:36	09:44:45	10:50:35.95	8:37	7
4	STANOWSKI GRZEGORZ	1030	FOREVER YOUNG	ŁÓDŹ	POL	M-50	4	M 36	02:02:03	03:24:02	05:44:03	07:34:47	09:55:00	11:04:47.50	8:49	6.8
5	KLIMCZEWSKI ANDRZEJ	1121	FOREVER YOUNG ŁÓDŹ	ŁÓDŹ	POL	M-50	5	M 40	02:02:50	03:24:35	05:46:14	07:38:52	10:07:10	11:18:22.15	8:59	6.7
6	BONIKOWSKI TOMASZ	1137		GRODZISK MAZ	POL	M-50	6	M 53	02:08:07	03:33:31	06:01:10	07:57:39	10:42:21	12:06:35.50	9:38	6.2
7	FEODORÓW WOJCIECH	1029	RESHAPERUNNERS	ZABRZE	POL	M-50	7	M 56	02:16:40	03:43:30	06:19:17	08:24:00	11:09:58	12:13:24.80	9:43	6.2
8	KRUK WACŁAW	1120	KB SOBÓTKA	ŚWIDNICA	POL	M-50	8	M 57	02:21:34	03:56:18	06:31:58	08:36:37	11:12:21	12:21:13.80	9:49	6.1
9	FELIŃSKI JAROSŁAW	1104		ŁÓDŹ	POL	M-50	9	M 78	02:13:37	03:44:01	06:24:57	08:31:05	11:32:53	13:02:54.85	10:22	5.8
10	MAŁKOWSKI BOGDAN	1096	SPARTANIE DZIECIOM	MURÓW	POL	M-50	10	M 86	02:23:13	04:09:15	07:05:45	09:14:33	12:10:44	13:28:38.55	10:43	5.6
11	LEŚNIK WOJCIECH	1074		WROCŁAW	POL	M-50	11	M 92	02:33:06	04:21:53	07:16:31	09:33:16	12:29:12	13:55:40.45	11:04	5.4
	ZARODA ZBIGNIEW	1045	WQURW TEAM	KONIN	POL	M-50			01:58:23	03:19:50	05:53:28	08:37:33	DNF	DNF	-	-
	CYNIAK MAREK	1127	EVERRUN	ŁÓDŹ	POL	M-50			02:22:47	04:14:49	08:00:09	DNF	DNF	DNF	-	-

SZTAFETA GÓRSKA - SOLO, M-60

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	15km	25km	41km	51km	66km	Netto	min/km	km/h
1	STAWSKI DARIUSZ	1017	BIEGIEM PO PIWO	ŁÓDŹ	POL	M-60	1	M 80	02:19:59	03:57:37	06:47:01	08:56:58	11:50:06	13:05:03.35	10:24	5.8