

PÓŁMARATON Z GÓRKĄ

Organizator: Fundacja Szczyt za szczytem
Data: 2024-09-07
Miejsce: Sobieszów
Dystans: 29 km
Klasyfikacja wg czasów brutto.



PÓŁMARATON Z GÓRKĄ, OPEN

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	6km	10km	22km	Netto	Brutto	min/km	km/h
1	WERNER KAMIL	887	DZIKI BIEG	WARSZAWA	POL	M40	1	M 1	00:27:15	00:48:32	01:59:38	02:33:37.05	02:33:37.05	5:17	11.3
2	LULIS DAWID	927	SOBOTA TO SOBOTA	WROCŁAW	POL	M30	1	M 2	00:27:59	00:49:59	02:00:09	02:36:41.75	02:36:41.75	5:24	11.1
3	BRÝDL PAVEL	667	SALOMON CZ	TRUTNOV	CZE	M40	2	M 3	00:28:00	00:50:00	02:02:10	02:38:30.40	02:38:30.40	5:27	11
4	BOSAKIEWICZ TOMASZ	665	AW SZYBCIEJ	ZŁOTORYJA	POL	M40	3	M 4	00:31:19	00:55:29	02:13:54	02:55:49.95	02:55:49.95	6:03	9.9
5	STREICH TOMASZ	950		WROCŁAW	POL	M30	2	M 5	00:30:55	00:54:25	02:15:51	02:57:06.80	02:57:06.80	6:06	9.8
6	BORZYSTOWSKI PATRYK	914		NOWA SÓL	POL	M40	4	M 6	00:31:59	00:57:52	02:14:28	02:57:17.90	02:57:17.90	6:06	9.8
7	POLACZEK DANIEL	831	DANIEL_BIEGA TEAM \ ASICS FRONTRUNNER	OTMICE	POL	M30	3	M 7	00:31:30	00:55:37	02:17:36	02:57:26.40	02:57:26.40	6:07	9.8
8	STANKIEWICZ TOMASZ	857		WROCŁAW	POL	M30	4	M 8	00:30:45	00:54:37	02:17:25	02:59:46.60	02:59:46.60	6:11	9.7
9	URBAŃCZYK GRZEGORZ	882	FOR RUN TEAM & DZIECIAKI CHOJRAKI	POZNAŃ	POL	M30	5	M 9	00:31:41	00:56:15	02:15:43	02:59:57.85	02:59:57.85	6:12	9.7
10	PAROL PIOTR	819	INSTALACJE-ST.COM.PL	MIŃSK MAZOWIECKI	POL	M18	1	M 10	00:31:55	00:57:03	02:22:26	03:02:54.00	03:02:54.00	6:18	9.5
11	STACHOWIAK ŁUKASZ	915	KAMIL LEŚNIAK TEAM / CITYTRAIL TEAM	POZNAŃ	POL	M30	6	M 11	00:31:32	00:55:53	02:22:00	03:07:10.85	03:07:10.85	6:27	9.3
12	ZBOROWSKI KRZYSZTOF	909		WILKÓW	POL	M40	5	M 12	00:32:25	00:58:07	02:26:58	03:09:35.70	03:09:35.70	6:32	9.2
13	WŁODARCZYK JAROSŁAW	897	KRUCZKOWSKITEAM/KOWARY BIEGAJĄ	JELENIA GÓRA (SOBIESZÓW) (WOJ. DOLNOŚLĄSKIE)	POL	M40	6	M 13	00:30:59	00:56:10	02:26:21	03:09:50.05	03:09:50.05	6:32	9.2
14	OLCZYK GRZEGORZ	809	TS REGLE	JELENIA GÓRA	POL	M30	7	M 14	00:34:26	01:00:51	02:29:16	03:12:24.95	03:12:24.95	6:38	9
15	IWASZKIEWICZ JĘDRZEJ	722		WARSZAWA	POL	M30	8	M 15	00:32:18	00:58:09	02:26:18	03:13:54.15	03:13:54.15	6:41	9
16	BUDYNEK TADEUSZ	669		DABROWA	POL	M40	7	M 16	00:34:42	01:00:29	02:29:31	03:13:56.05	03:13:56.05	6:41	9
17	KAZUŁA DAWID	741		TRZEBNICA	POL	M18	2	M 17	00:34:33	01:01:52	02:32:05	03:19:34.30	03:19:34.30	6:52	8.7
18	STELMACH SZYMON	860		JELENIA GÓRA	POL	M30	9	M 18	00:34:57	01:03:48	02:31:55	03:19:53.60	03:19:53.60	6:53	8.7
19	PARYSEK TOMASZ	820		PIELGRZYMKI	POL	M30	10	M 19	00:33:35	00:59:28	02:30:08	03:21:40.85	03:21:40.85	6:57	8.6
20	NOWORYTA RADOSŁAW	806	ULTRA DIABŁY TEAM LUBRZA	LUBRZA	POL	M40	8	M 20	00:34:08	01:00:53	02:34:28	03:21:43.20	03:21:43.20	6:57	8.6
21	GOLONKA PAWEŁ	701	KB WIKON NOWA SÓL	NOWA SÓL	POL	M40	9	M 21	00:34:40	01:02:42	02:34:45	03:22:08.00	03:22:08.00	6:58	8.6
22	WRÓBEL MICHAŁ	903	JAN TALERZ DRUGI	POZNAŃ	POL	M30	11	M 22	00:34:24	01:00:21	02:36:38	03:23:00.65	03:23:00.65	7:00	8.6
23	BUNIKOWSKI MICHAŁ	671	TS REGLE SZKŁARSKA PORĘBA	JELENIA GÓRA	POL	M40	10	M 23	00:35:11	01:01:48	02:36:21	03:23:54.80	03:23:54.80	7:01	8.5
24	HACUŚ TOMASZ	711		WROCŁAW	POL	M40	11	M 24	00:36:04	01:04:41	02:38:19	03:23:56.55	03:23:56.55	7:01	8.5
25	ŚLEDZIEWSKI PIOTR	876	#BIEGAJLESZNO	LESZNO	POL	M50	1	M 25	00:34:00	01:00:28	02:37:20	03:23:58.55	03:23:58.55	7:02	8.5
26	SZTURO JAN	873	PODGÓRZYN-GMINA PRZYJAZNA Z NATURY	PODGÓRZYN	POL	M50	2	M 26	00:34:39	01:01:24	02:36:02	03:24:26.85	03:24:26.85	7:02	8.5
27	ONISZCZUK AGNIESZKA	814	GLKS RUDAWY	JANOWICE WIELKIE	POL	K30	1	K 1	00:36:27	01:04:44	02:38:38	03:24:50.00	03:24:50.00	7:03	8.5
28	ONISZCZUK KAROL	813	GLKS RUDAWY	WROCŁAW	POL	M30	12	M 27	00:36:15	01:04:48	02:38:41	03:25:17.05	03:25:17.05	7:04	8.5
29	KOŚCIELSKI MATEUSZ	752	BRAWHEARTS LEGIONOWO	KĄTY WĘGIERSKI	POL	M40	12	M 28	00:39:18	01:06:45	02:43:38	03:29:03.10	03:29:03.10	7:12	8.3
30	ZDAŃSKI DANIEL	910	IKSY-XXXXX ZAGRODNO	ZAGRODNO	POL	M40	13	M 29	00:35:09	01:02:14	02:42:10	03:29:21.20	03:29:21.20	7:13	8.3
31	SZUMIŃSKI ARTUR	874		PIELGRZYMKI	POL	M50	3	M 30	00:33:51	01:00:51	02:42:01	03:30:06.45	03:30:06.45	7:14	8.3
32	STACHOWIAK AGNIESZKA	855	BBL ŚWIEBODZIN	ŚWIEBODZIN	POL	K18	1	K 2	00:39:33	01:07:02	02:46:37	03:32:24.20	03:32:24.20	7:19	8.2
33	BOBORYCKI RAFAŁ	660	MOCNA GRUPA CEZARA	ŚRODA ŚLĄSKA	POL	M40	14	M 31	00:38:11	01:08:09	02:43:49	03:32:29.50	03:32:29.50	7:19	8.2
34	HAMKALO DAWID	712	HOST WROCŁAW	WROCŁAW	POL	M40	15	M 32	00:37:00	01:05:16	02:44:59	03:32:42.25	03:32:42.25	7:20	8.2
35	POLAK BARTOSZ	832		WROCŁAW	POL	M30	13	M 33	00:36:43	01:04:37	02:43:08	03:32:59.65	03:32:59.65	7:20	8.2
36	WITKOWSKI WOJCIECH	894		NIEMODLIN	POL	M30	14	M 34	00:35:25	01:03:03	02:43:13	03:33:16.90	03:33:16.90	7:21	8.2
37	ŚWIERK PRZEMEK	879	ULTRA DIABŁY	ŚWIEBODZIN	POL	M40	16	M 35	00:34:11	01:01:46	02:42:31	03:33:23.75	03:33:23.75	7:21	8.2
38	BIĄŁOMYZY URSZULA	658	AW SZYBCIEJ TEAM	BOLESŁAWIEC	POL	K18	2	K 3	00:35:39	01:04:16	02:43:47	03:34:07.65	03:34:07.65	7:23	8.1
39	PLÓCIENNIK BARTOSZ	830		POZNAŃ	POL	M30	15	M 36	00:35:51	01:03:05	02:41:55	03:34:43.35	03:34:43.35	7:24	8.1
40	KACZOR TOMEK	738	GIANT STEPS RC	WARSZAWA	POL	M40	17	M 37	00:37:00	01:06:38	02:44:54	03:35:22.40	03:35:22.40	7:25	8.1
41	NOWIK KAMIL	805	SECORUN	ŚWIEBODZIN	POL	M50	4	M 38	00:36:41	01:05:32	02:44:50	03:35:24.50	03:35:24.50	7:25	8.1

PÓŁMARATON Z GÓRKĄ, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	6km	10km	22km	Netto	Brutto	min/km	km/h
42	SZARAPANOWSKI MARCIN	867		SZCZECIN	POL	M40	18	M 39	00:35:19	01:03:44	02:46:17	03:35:24.55	03:35:24.55	7:25	8.1
43	CZERWINSKI DOMINIK	682		KOMORNIKI	POL	M40	19	M 40	00:34:38	01:01:02	02:46:21	03:36:27.55	03:36:27.55	7:27	8
44	ŁĄŻEWSKI MARCIN	774		CHWAŁĘCICE	POL	M50	5	M 41	00:35:33	01:03:11	02:39:56	03:36:31.00	03:36:31.00	7:27	8
45	HANČOVÁ DENISA	713	HSK HORNÍ ROKYTNICE	ROKYTNICE NAD JIZEROU	CZE	K40	1	K 4	00:38:43	01:07:50	02:47:57	03:39:49.40	03:39:49.40	7:34	7.9
46	NASKRĘT PIOTR	800	KOWARY BIEGAJĄ	KOWARY	POL	M40	20	M 42	00:36:49	01:05:19	02:49:37	03:40:48.60	03:40:48.60	7:36	7.9
47	PAŹUCHA WOJCIECH	822	KRAKOWIAK ULTRA TEAM	LUSÓWKO	POL	M40	21	M 43	00:38:37	01:07:54	02:50:38	03:41:29.55	03:41:29.55	7:38	7.9
48	MATUSZAK KINGA	781	JESTEM OD ROMKA	KOBYLNICIA	POL	K40	2	K 5	00:37:51	01:06:51	02:53:17	03:41:55.00	03:41:55.00	7:39	7.8
49	IDZIAK JAKUB	720		POZNAN	POL	M18	3	M 44	00:38:52	01:07:38	02:46:17	03:42:48.10	03:42:48.10	7:40	7.8
50	KUCHARSKI TOMASZ	763		ŚMIGIEL	POL	M40	22	M 45	00:35:12	01:03:42	02:46:35	03:42:55.85	03:42:55.85	7:41	7.8
51	ORZEL MIKE	816		DERBY	GBR	M30	16	M 46	00:37:03	01:07:25	02:50:58	03:44:06.50	03:44:06.50	7:43	7.8
52	WOLAŃSKI JAN	898	BIEGNIJ OŁAWO	OŁAWA	POL	M40	23	M 47	00:34:41	01:00:34	02:45:06	03:45:41.25	03:45:41.25	7:46	7.7
53	WOLSKI KRZYSZTOF	899		MĄKOSZYCE	POL	M30	17	M 48	00:39:56	01:12:11	02:53:55	03:46:35.90	03:46:35.90	7:48	7.7
54	LIPSKI DAWID	772		KRAKÓW	POL	M18	4	M 49	00:41:51	01:13:37	02:59:21	03:47:32.45	03:47:32.45	7:50	7.6
55	PAWŁOWSKI SZYMON	821		POZNAŃ	POL	M18	5	M 50	00:36:56	01:03:59	02:46:52	03:48:10.55	03:48:10.55	7:52	7.6
56	OBST MATEUSZ	808		KOBYLNICIA	POL	M30	18	M 51	00:39:25	01:09:27	02:54:02	03:48:38.50	03:48:38.50	7:53	7.6
57	PAŁYSA ROBERT	818	STANWEX II	JÓZEFÓW	POL	M30	19	M 52	00:41:55	01:12:02	02:59:05	03:49:27.95	03:49:27.95	7:54	7.6
58	GŁOWIŃSKI ROBERT	700	KOMORNICKA GRUPA BIEGOWA GRZMOT	KOMORNIKI	POL	M50	6	M 53	00:41:41	01:13:23	03:00:41	03:49:39.95	03:49:39.95	7:55	7.6
59	CIEŚLIK SŁAWOMIR	680	ANTONTEAM	RYDZYNA	POL	M40	24	M 54	00:38:08	01:08:47	02:59:27	03:50:56.75	03:50:56.75	7:57	7.5
60	PIOTRÓW ŁUKASZ	828		WROCŁAW	POL	M30	20	M 55	00:35:28	01:03:28	02:53:05	03:50:59.65	03:50:59.65	7:57	7.5
61	ZIĘTEK KRZYSZTOF	911	NATURALEPO TEAM	KĄTY WROCŁAWSKIE	POL	M40	25	M 56	00:38:31	01:06:56	02:52:49	03:51:01.50	03:51:01.50	7:57	7.5
62	MOTYCZYŃSKI MACIEJ	796	MOTYCZYŃSKI RUNNING	SZCZECIN	POL	M50	7	M 57	00:39:11	01:09:23	02:57:08	03:52:56.80	03:52:56.80	8:01	7.5
63	MACKOWIAK ROBERT	776		KOŚCIAN	POL	M30	21	M 58	00:36:35	01:05:21	02:59:54	03:53:04.05	03:53:04.05	8:02	7.5
64	MAREK JAROSŁAW	779	MEGABUD KIEŁCZÓW	WILCZYCE	POL	M40	26	M 59	00:35:43	01:03:19	02:48:47	03:53:54.65	03:53:54.65	8:03	7.4
65	PARTIKA PAWEŁ	925		WAŁBRZYCH	POL	M40	27	M 60	00:38:10	01:08:17	02:58:22	03:53:56.60	03:53:56.60	8:04	7.4
66	MROTEK KEVIN	797		MIEKOWO	POL	M30	22	M 61	00:36:42	01:05:19	02:55:24	03:54:00.60	03:54:00.60	8:04	7.4
67	JAKUCZEK RAFAŁ	726		WROCŁAW	POL	M18	6	M 62	00:39:18	01:08:04	02:59:25	03:54:22.90	03:54:22.90	8:04	7.4
68	JAKUBCZAK KONRAD	725	DEBEŚCIAK	WARSZAWA	POL	M40	28	M 63	00:36:58	01:06:07	02:58:14	03:54:35.50	03:54:35.50	8:05	7.4
69	GARŁACZ - SADOWSKA JUSTYNA	696	NESSI SPORTSWEAR	WARSZAWA	POL	K30	2	K 6	00:38:45	01:07:49	02:56:42	03:56:14.85	03:56:14.85	8:08	7.4
70	STEJSKAKOVA ADILA	949			CZE	K30	3	K 7	00:42:14	01:14:46	03:04:15	03:59:03.05	03:59:03.05	8:14	7.3
71	BAUTA DAWID	655		WOLSZTYN	POL	M30	23	M 64	00:40:11	01:13:28	03:02:42	03:59:13.90	03:59:13.90	8:14	7.3
72	ŚWIĄTEK JULIA	878	IMMABEE/ GVT	LUSOWO	POL	K40	3	K 8	00:40:32	01:12:03	03:00:45	03:59:38.20	03:59:38.20	8:15	7.3
73	SYCHOWSKI DAWID	862		LEGNICA	POL	M40	29	M 65	00:39:44	01:11:40	03:05:47	03:59:42.30	03:59:42.30	8:15	7.3
74	MIGASIEWICZ MARCIN	791	RUNNING TEAM MILICZ	MILICZ	POL	M30	24	M 66	00:39:17	01:10:40	03:03:52	03:59:43.80	03:59:43.80	8:15	7.3
75	CHYSKI GRZEGORZ	678		SZPROTAWA	POL	M40	30	M 67	00:39:11	01:08:23	03:03:36	03:59:45.50	03:59:45.50	8:16	7.3
76	MOREVA DARIA	795		WROCŁAW	POL	K40	4	K 9	00:40:01	01:12:07	03:04:14	04:00:48.15	04:00:48.15	8:18	7.2
77	ZUGAJ DAWID	912	BEZ SENSU	WROCŁAW	POL	M30	25	M 68	00:36:27	01:05:20	03:01:23	04:02:44.45	04:02:44.45	8:22	7.2
78	WALIGÓRA MATEUSZ	884		ŚWIĘTA KATARZYNA	POL	M40	31	M 69	00:35:59	01:05:29	02:59:53	04:02:49.60	04:02:49.60	8:22	7.2
79	SAJNÓG LESZEK	847	#BIEGAJLESZNO	MÓRKOWO	POL	M40	32	M 70	00:39:16	01:11:19	03:02:43	04:02:59.00	04:02:59.00	8:22	7.2
80	KUBISZTAŁ WOJCIECH	761	SWIM2TRI SZCZECIN	SZCZECIN	POL	M40	33	M 71	00:32:25	01:00:53	02:43:49	04:03:24.35	04:03:24.35	8:23	7.1
81	NIŻEWSKI PAWEŁ	802	KRAKOWIAK ULTRA TEAM	CZAPURY	POL	M40	34	M 72	00:40:06	01:11:00	03:06:27	04:05:21.00	04:05:21.00	8:27	7.1
82	PRZYBYLSKA ALEKSANDRA	833		KROSNO K.MOSINY	POL	K30	4	K 10	00:45:06	01:18:17	03:09:01	04:05:32.35	04:05:32.35	8:28	7.1
83	LASKOWSKI DAREK	770		CHWAŁISZÓW	POL	M40	35	M 73	00:42:46	01:15:59	03:08:05	04:06:31.60	04:06:31.60	8:30	7.1
84	BUDYNEK DARIUSZ	670		POZNAŃ	POL	M40	36	M 74	00:45:21	01:15:07	03:12:33	04:08:15.45	04:08:15.45	8:33	7
85	RUDZIEWICZ URSZULA	841		SZCZECIN	POL	K40	5	K 11	00:40:54	01:13:40	03:12:05	04:08:59.20	04:08:59.20	8:35	7
86	PIETRZAK DAMIAN	824		ŻAGAŃ	POL	M18	7	M 75	00:39:53	01:11:51	03:09:16	04:09:47.65	04:09:47.65	8:36	7
87	SZAFRAŃSKA EMILIA	865	TRAIL IS OUR WAY	GDAŃSK	POL	K18	3	K 12	00:45:18	01:20:05	03:12:29	04:10:10.85	04:10:10.85	8:37	7
88	ROŚLIICKI JAROSŁAW	839	DTR BIEGA / MARIO TEAM / UBEZPIECZENIA DLA AKTYWNYCH	OZOROWICE	POL	M40	37	M 76	00:38:57	01:11:23	03:08:36	04:10:53.75	04:10:53.75	8:39	6.9
89	GAŁKA MARCIN	694		CZERWIŃSK	POL	M30	26	M 77	00:40:38	01:09:56	03:04:32	04:11:33.75	04:11:33.75	8:40	6.9
90	MARGOL PAWEŁ	780		LIGOTA PIĘKNA	POL	M40	38	M 78	00:43:48	01:20:33	03:16:20	04:12:26.65	04:12:26.65	8:42	6.9
91	SZCZEPAŃSKI PIOTR	869		BOLESŁAWIEC	POL	M40	39	M 79	00:41:55	01:16:22	03:08:05	04:12:40.60	04:12:40.60	8:42	6.9
92	SMORAWSKI ROBERT	850		POZNAŃ	POL	M50	8	M 80	00:39:24	01:10:43	03:08:29	04:12:43.90	04:12:43.90	8:42	6.9
93	ROKSELA PAWEŁ	837		WROCŁAW	POL	M30	27	M 81	00:41:50	01:13:14	03:13:52	04:12:44.10	04:12:44.10	8:42	6.9
94	GÓRNA JAGODA	703	TRAIL IS OUR WAY	POZNAŃ	POL	K40	6	K 13	00:43:14	01:19:43	03:16:50	04:13:35.90	04:13:35.90	8:44	6.9
95	KOWALSKI TOMASZ	755		MALCZYCE	POL	M30	28	M 82	00:38:54	01:07:21	03:10:12	04:15:07.00	04:15:07.00	8:47	6.8

PÓŁMARATON Z GÓRKĄ, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	6km	10km	22km	Netto	Brutto	min/km	km/h
96	--	664	BADGERUN	SZCZECIN	POL	M40	40	M 83	00:37:30	01:07:17	03:10:58	04:15:24.10	04:15:24.10	8:48	6.8
97	RYCHTYK DAWID	844		WROCLAW	POL	M40	41	M 84	00:42:25	01:17:17	03:15:51	04:17:07.85	04:17:07.85	8:51	6.8
98	GRZESIK MATEUSZ	707		WOLSZTYN	POL	M30	29	M 85	00:39:50	01:13:28	03:11:08	04:17:52.85	04:17:52.85	8:53	6.7
99	LISOWSKI PRZEMEK	773	MATNER RUNNING TEAM	WROCLAW	POL	M30	30	M 86	00:47:22	01:21:01	03:24:34	04:18:58.35	04:18:58.35	8:55	6.7
100	GRZYMAŁA KRZYSZTOF	710	GIZMO POWER !!	WROCLAW	POL	M50	9	M 87	00:44:02	01:16:23	03:18:20	04:20:03.05	04:20:03.05	8:58	6.7
101	FURMAŃCZAK EMIL	692	ENDORFINA WSCHOWA	WSCHOWA	POL	M40	42	M 88	00:35:51	01:05:23	03:08:13	04:20:51.55	04:20:51.55	8:59	6.7
102	STASIAK ŁUKASZ	858		LUBIN	POL	M40	43	M 89	00:44:00	01:20:28	03:18:31	04:21:36.65	04:21:36.65	9:01	6.7
103	RUPINSKI JACEK	842		DOBZYKOWICE	POL	M40	44	M 90	00:40:08	01:13:15	03:17:30	04:22:17.85	04:22:17.85	9:02	6.6
104	SKIBIŃSKA ALDONA	848	CZARNKÓW	CZARNKÓW	POL	K50	1	K 14	00:41:26	01:16:28	03:20:23	04:22:27.40	04:22:27.40	9:03	6.6
105	CHICIAK MATEUSZ	674		GŁOGÓW	POL	M18	8	M 91	00:39:51	01:10:43	03:20:24	04:23:48.60	04:23:48.60	9:05	6.6
106	LEMBOWICZ GRZEGORZ	771	JESTEM OD ROMKA	SWARZĘDZ	POL	M40	45	M 92	00:43:54	01:19:40	03:23:20	04:25:32.05	04:25:32.05	9:09	6.6
107	MATYJA RAFAŁ	782	LESZNOLIMITS RUNNERS	LIPNO	POL	M30	31	M 93	00:44:22	01:21:24	03:26:08	04:26:01.25	04:26:01.25	9:10	6.5
108	JACHYMSKI IGNACY	724	AKG ŁÓDŹ	ŁÓDŹ	POL	M30	32	M 94	00:44:51	01:20:40	03:23:22	04:26:27.45	04:26:27.45	9:11	6.5
109	IGNASZEWSKI ŁUKASZ	721	MCH RUNNERS TEAM	ZIELONA GÓRA	POL	M40	46	M 95	00:42:00	01:17:26	03:24:53	04:28:50.05	04:28:50.05	9:16	6.5
110	WIĘCEK MICHAŁ	890		CHOJNÓW	POL	M30	33	M 96	00:42:15	01:16:23	03:11:50	04:28:57.30	04:28:57.30	9:16	6.5
111	OLEJNIK MARCIN	923		ŻERNIKI WROCLAWSKIE	POL	M40	47	M 97	00:43:38	01:19:41	03:25:10	04:29:34.40	04:29:34.40	9:17	6.5
112	TULIK PRZEMYSŁAW	881		WARSZAWA	POL	M50	10	M 98	00:44:06	01:17:23	03:28:44	04:30:39.10	04:30:39.10	9:19	6.4
113	NOWAK ŁUKASZ	803		PLEWISKA	POL	M18	9	M 99	00:43:57	01:18:05	03:25:27	04:30:46.65	04:30:46.65	9:20	6.4
114	ROŚNIAK-STELMACH MARTA	840		JELEŃSKA GÓRA	POL	K30	5	K 15	00:45:28	01:26:24	03:30:17	04:31:02.20	04:31:02.20	9:20	6.4
115	KACZMAREK MACIEJ	948	WLKP MOUNTAINS ULTRA TEAM	BARANOWO	POL	M30	34	M 100	00:44:10	01:21:55	03:31:49	04:31:27.75	04:31:27.75	9:21	6.4
116	BEHRENDT IGA	921		GRUDZIĄDZ	POL	K18	4	K 16	00:44:04	01:17:50	03:28:56	04:31:29.75	04:31:29.75	9:21	6.4
117	PIETRZAK PAWEŁ	825		LUBAŃ	POL	M30	35	M 101	00:45:12	01:22:04	03:27:07	04:31:53.50	04:31:53.50	9:22	6.4
118	SZLUFIK MARTA	872		OŁAWA	POL	K30	6	K 17	00:44:12	01:21:25	03:32:04	04:32:41.05	04:32:41.05	9:24	6.4
119	JASICKI HENRYK	733	BIEGNIJ OŁAWO	OŁAWA	POL	M60	1	M 102	00:44:12	01:21:25	03:32:02	04:33:25.60	04:33:25.60	9:25	6.4
120	SKOWRON MAREK	849		JEŻÓW SUDECKI	POL	M40	48	M 103	00:43:19	01:17:14	03:34:42	04:33:37.20	04:33:37.20	9:26	6.4
121	JARAS PATRYK	731		PYRNIK	POL	M40	49	M 104	00:49:03	01:26:45	03:38:01	04:33:55.70	04:33:55.70	9:26	6.4
122	GRZEGRZÓŁKA ANNA	706	ZABIEGAMI Z LEŚNEJ	LUBAŃ	POL	K40	7	K 18	00:44:58	01:21:31	03:29:32	04:34:04.20	04:34:04.20	9:27	6.3
123	NYKIEL RAFAŁ	807		NOWA WIOSKA	POL	M40	50	M 105	00:40:05	01:13:53	03:33:12	04:35:39.90	04:35:39.90	9:30	6.3
124	KUNECKI NORBERT	765	KB HARCOWNIK JELCZ-LASKOWICE	RATOWICE	POL	M40	51	M 106	00:42:36	01:16:50	03:33:39	04:35:43.25	04:35:43.25	9:30	6.3
125	KORZENIOWSKI MICHAŁ	751	STANWEX II	WIĄZOWNA	POL	M18	10	M 107	00:45:07	01:29:17	03:33:46	04:36:07.70	04:36:07.70	9:31	6.3
126	JĘDRZEJCZAK RENATA	736		RAKONIEWICE	POL	K40	8	K 19	00:45:29	01:21:43	03:34:18	04:37:06.60	04:37:06.60	9:33	6.3
127	KISIELEWSKI JAKUB	745		ŚRODA WIELKOPOLSKA	POL	M30	36	M 108	00:44:21	01:20:30	03:30:45	04:37:35.00	04:37:35.00	9:34	6.3
128	FIK ADRIAN	689		OŁAWA	POL	M40	52	M 109	00:50:28	01:27:45	03:36:25	04:37:48.65	04:37:48.65	9:34	6.3
129	KIŃCZYK TOMASZ	744		OŁAWA	POL	M40	53	M 110	00:50:29	01:27:45	03:36:22	04:37:49.45	04:37:49.45	9:34	6.3
130	GIEDRYS WOJCIECH	698	3:33 TEAM	TRZCIANKA	POL	M50	11	M 111	00:44:02	01:18:43	03:32:23	04:38:01.55	04:38:01.55	9:35	6.3
131	MATYJASZCZUK MATEUSZ	784		WROCLAW	POL	M30	37	M 112	00:40:49	01:15:58	03:23:56	04:38:39.95	04:38:39.95	9:36	6.2
132	NIKIPIEROWICZ MAREK	801		ŚWIDWIN	POL	M40	54	M 113	00:46:45	01:25:56	03:41:26	04:39:01.95	04:39:01.95	9:37	6.2
133	KRÓL ŁUKASZ	758		KONSTANCIN-JEZIORNA	POL	M30	38	M 113	00:45:41	01:21:31	03:31:37	04:39:01.95	04:39:01.95	9:37	6.2
134	MATYJASZCZUK ELA	783		WROCLAW	POL	K30	7	K 20	00:43:50	01:20:00	03:31:17	04:41:15.60	04:41:15.60	9:41	6.2
135	KOROŃSKI TADEUSZ	750		POZNAŃ	POL	M50	12	M 115	00:45:31	01:21:42	03:40:54	04:41:45.30	04:41:45.30	9:42	6.2
136	NOWAK MAŁGORZATA	804		ZBAŚZYNEK	POL	K30	8	K 21	00:46:22	01:25:32	03:37:10	04:43:00.65	04:43:00.65	9:45	6.1
137	GRACZ PAWEŁ	704	ULTRA DIABLY TEAM LUBRZA/NADODRZAŃSKI ODDZIAŁ STRAŻY GRANICZNEJ	ZBAŚZYNEK	POL	M40	55	M 116	00:46:17	01:25:32	03:37:35	04:43:01.85	04:43:01.85	9:45	6.1
138	SZYMKOWIAK DAMIAN	875		ZBAŚZYNEK	POL	M30	39	M 117	00:46:19	01:25:30	03:37:15	04:43:02.35	04:43:02.35	9:45	6.1
139	PIDEK MARCIN	930	TEAM HERBALIFE	OBORNIKI	POL	M40	56	M 118	00:44:59	01:21:48	03:37:17	04:43:22.80	04:43:22.80	9:46	6.1
140	TROCKA LUIZA	880	TROCCY BIEGAJĄ	POZNAŃ	POL	K40	9	K 22	00:44:21	01:22:34	03:39:54	04:43:32.05	04:43:32.05	9:46	6.1
141	CZARNOTA KACPER	681		POZNAŃ	POL	M30	40	M 119	00:44:21	01:21:57	03:39:54	04:43:42.75	04:43:42.75	9:46	6.1
142	GAJEK ŁUKASZ	693	TENESO TEAM	POZNAŃ	POL	M40	57	M 120	00:44:23	01:21:04	03:34:28	04:43:55.20	04:43:55.20	9:47	6.1
143	ĆWIKLIŃSKI MACIEJ	684		KONINKO	POL	M50	13	M 121	00:44:10	01:18:42	03:39:01	04:43:59.10	04:43:59.10	9:47	6.1
144	KUBIŚ ANDRZEJ	762	RUN TEAM RYDZYNA	RYDZYNA	POL	M60	2	M 122	00:41:37	01:15:39	03:34:49	04:44:42.35	04:44:42.35	9:49	6.1
145	LEDNICKA LIDIA	926		SKÓRZEWO	POL	K40	10	K 23	00:50:41	01:29:18	03:40:56	04:44:58.00	04:44:58.00	9:49	6.1
146	GRZYB KRZYSZTOF	709	KLUB BIEGACZA RTV EURO AGD	POZNAŃ	POL	M40	58	M 123	00:48:17	01:24:49	03:35:07	04:45:17.75	04:45:17.75	9:50	6.1
147	GIDASZEWSKA JOLANTA	697		LESZNO	POL	K40	11	K 24	00:45:35	01:24:17	03:46:00	04:45:28.75	04:45:28.75	9:50	6.1
148	SYNOWIEC WIKTORIA	864		WROCLAW	POL	K18	5	K 25	00:50:08	01:32:22	03:42:43	04:46:43.30	04:46:43.30	9:53	6.1
149	KACZOROWSKA DOROTA	739		KIELCZÓW	POL	K40	12	K 26	00:49:43	01:28:36	03:45:05	04:47:20.80	04:47:20.80	9:54	6.1

PÓŁMARATON Z GÓRKĄ, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	6km	10km	22km	Netto	Brutto	min/km	km/h
150	CHMIELEWSKA PAULINA	675		ŚWIEBODZICE	POL	K30	9	K 27	00:47:19	01:25:24	03:44:31	04:48:46.45	04:48:46.45	9:57	6
151	CEBULA TOMEK	672		ZALASEWO	POL	M30	41	M 124	00:46:47	01:25:54	03:41:22	04:48:53.35	04:48:53.35	9:57	6
152	OLEKSA ROBERT	929		KARWIANY	POL	M50	14	M 125	00:41:16	01:16:40	03:45:14	04:49:26.20	04:49:26.20	9:58	6
153	KWAŚNIEWSKA MALWINA	768		SOBÓTKA	POL	K30	10	K 28	00:44:22	01:25:07	03:43:24	04:49:34.85	04:49:34.85	9:59	6
154	PIOTROWSKA ANNA	827		POZNAŃ	POL	K40	13	K 29	00:49:04	01:30:14	03:45:18	04:50:03.80	04:50:03.80	10:00	6
155	MICHAŁSKI RAFAŁ	790	G4	SIEDLCE	POL	M30	42	M 126	00:44:46	01:27:12	03:45:39	04:50:20.35	04:50:20.35	10:00	6
156	SOBIERAJ MARTA	851		SIEDLCE	POL	K30	11	K 30	00:44:52	01:27:12	03:45:39	04:50:21.20	04:50:21.20	10:00	6
157	MYSLICKA NATALIA	799		WARSZAWA	POL	K30	12	K 31	00:45:03	01:27:22	03:46:21	04:50:52.00	04:50:52.00	10:01	6
158	HENSCHEL KLAUDIUSZ	718	TERMOORGANIKA/TRIATHLON OBORNIKI	OBORNIKI	POL	M40	59	M 127	00:43:45	01:16:44	03:37:12	04:51:02.10	04:51:02.10	10:02	6
159	KOBA ANNA	748		BIELSKO-BIAŁA	POL	K40	14	K 32	00:46:54	01:26:40	03:43:58	04:52:16.85	04:52:16.85	10:04	6
160	WALIGÓRA JUDYTA	885	SOKÓŁ WŁOSZAKOWICE	WŁOSZAKOWICE	POL	K30	13	K 33	00:47:26	01:28:35	03:45:39	04:52:32.95	04:52:32.95	10:05	5.9
161	OLSZEWSKI TOMASZ	811		NOWA SÓL	POL	M40	60	M 128	00:51:21	01:30:57	03:46:11	04:52:40.35	04:52:40.35	10:05	5.9
162	WIKTORSKI MARIUSZ	891		NOWA SÓL	POL	M40	61	M 129	00:51:21	01:30:59	03:46:13	04:52:40.45	04:52:40.45	10:05	5.9
163	KITA ANIA	746		TORUŃ	POL	K40	15	K 34	00:45:00	01:24:42	03:44:00	04:53:00.40	04:53:00.40	10:06	5.9
164	SOBKOWIAK MONIKA	852	KS KROTOSZ KROTOSZYN	KROTOSZYN	POL	K30	14	K 35	00:50:18	01:30:15	03:50:14	04:53:13.00	04:53:13.00	10:06	5.9
165	GRYGIER TOMASZ	705		OSIECZNA	POL	M40	62	M 130	00:46:48	01:26:00	03:42:16	04:53:32.45	04:53:32.45	10:07	5.9
166	HONSA TOMASZ	719		WROCŁAW	POL	M30	43	M 131	00:45:30	01:22:03	03:41:14	04:53:58.40	04:53:58.40	10:08	5.9
167	GARAS ELIZA	695		POZNAŃ	POL	K30	15	K 36	00:49:28	01:30:52	03:49:34	04:54:21.55	04:54:21.55	10:09	5.9
168	BLASZKIEWICZ MARCIN	659	DALEKO DO METY	POZNAŃ	POL	M30	44	M 132	00:49:41	01:27:48	03:42:35	04:54:30.70	04:54:30.70	10:09	5.9
169	KOCHANOWSKI MAREK	749		ŚWIERADÓW - ZDRÓJ	POL	M50	15	M 133	00:40:35	01:19:53	03:48:22	04:55:01.95	04:55:01.95	10:10	5.9
170	BOCHAN LIDIA	661		PIŁA	POL	K40	16	K 37	00:47:17	01:28:40	03:51:34	04:55:18.40	04:55:18.40	10:10	5.9
171	BOCHAN LESŁAW	662		PIŁA	POL	M40	63	M 134	00:47:40	01:28:40	03:51:30	04:55:18.60	04:55:18.60	10:10	5.9
172	SZCZUREK MICHAŁ	871		JANUSZKOWICE	POL	M30	45	M 135	00:45:10	01:23:31	03:51:39	04:56:03.00	04:56:03.00	10:12	5.9
173	SZCZEPANIAK MARTA	868		JELEŃ GÓRA	POL	K40	17	K 38	00:50:26	01:28:54	03:51:08	04:57:00.25	04:57:00.25	10:14	5.9
174	MLECZEK ROMAN	793		BANIE	POL	M50	16	M 136	00:47:46	01:32:19	03:50:47	04:57:16.20	04:57:16.20	10:15	5.9
175	WILMAŃSKI JAKUB	892	BIEGAJĄCE KREJZOLE	POZNAŃ	POL	M18	11	M 137	00:45:51	01:30:13	03:49:17	04:57:19.35	04:57:19.35	10:15	5.9
176	JANOWSKA AGNIESZKA	729		POZNAŃ	POL	K30	16	K 39	00:50:13	01:30:33	03:51:32	04:57:39.80	04:57:39.80	10:15	5.8
177	HEJNA MAŁGORZATA	717		SZCZECIN	POL	K50	2	K 40	00:47:23	01:28:36	03:49:56	04:59:51.25	04:59:51.25	10:20	5.8
178	JAŚKIEWICZ PAWEŁ	734	GŁODOMORKI	JELEŃ GÓRA	POL	M30	46	M 138	00:51:16	01:28:52	03:45:59	05:00:09.40	05:00:09.40	10:21	5.8
179	GLINKA AGNIESZKA	699	BRAVEHEARTS LEGIONOWO	LEGIONOWO	POL	K40	18	K 41	00:46:43	01:25:14	03:48:24	05:00:40.30	05:00:40.30	10:22	5.8
180	ŻYDEK PIOTR	913	CHSBD "W RUCHU"	CHORZÓW	POL	M30	47	M 139	00:46:56	01:30:55	03:56:16	05:00:56.40	05:00:56.40	10:22	5.8
181	KRUPA NATALIA	759	CHSBD "W RUCHU"	CHORZÓW	POL	K30	17	K 42	00:46:56	01:30:56	03:55:58	05:00:57.20	05:00:57.20	10:22	5.8
182	MECH BOGDAN	786		GOWOROWO	POL	M50	17	M 140	00:47:20	01:21:24	03:51:35	05:02:00.80	05:02:00.80	10:24	5.8
183	KOZŁOWSKI KRZYSZTOF	756	RUNCROSS ROZGARTY	TORUŃ	POL	M30	48	M 141	00:48:01	01:28:39	03:50:31	05:03:33.40	05:03:33.40	10:28	5.7
184	ROJKOWSKI MARCIN	836		ŁÓDŹ	POL	M40	64	M 142	00:48:00	01:29:55	03:53:11	05:06:39.00	05:06:39.00	10:34	5.7
185	JANIK KATARZYNA	727		LUBRZA	POL	K30	18	K 43	00:50:14	01:33:37	03:55:15	05:08:27.55	05:08:27.55	10:38	5.6
186	JANIK MATEUSZ	728		LUBRZA	POL	M30	49	M 143	00:50:14	01:33:37	03:55:14	05:08:27.70	05:08:27.70	10:38	5.6
187	DAVIES GLYN	685		NARBERTH	GBR	M50	18	M 144	00:50:29	01:28:55	03:52:01	05:08:41.70	05:08:41.70	10:38	5.6
188	WITKOWSKI-KOZIOŁEK MICHAŁ	895	KRAV MAGA WARSZAWA	ZĄBKI	POL	M30	50	M 145	00:45:27	01:27:22	03:49:47	05:10:05.65	05:10:05.65	10:41	5.6
189	SOKOŁOWSKI MARCIN	854		LEGNICA	POL	M40	65	M 146	00:45:19	01:26:22	03:51:43	05:10:21.70	05:10:21.70	10:42	5.6
190	OPARA MAJA	815	BRAVEHEARTS LEGIONOWO	JABŁONNA	POL	K40	19	K 44	00:51:54	01:31:31	03:56:42	05:10:42.70	05:10:42.70	10:42	5.6
191	SZCZĘSNY MACIEJ	870		ŚWIEBODZIN	POL	M60	3	M 147	00:49:54	01:30:38	03:56:08	05:10:49.55	05:10:49.55	10:43	5.6
192	DRZEWI TOLA	686		LESZNO	POL	K18	6	K 45	00:52:25	01:38:01	04:07:32	05:11:46.15	05:11:46.15	10:45	5.6
193	ANDRZEJEWSKI JAN	651	T-K-G	OBORNIKI	POL	M40	66	M 148	00:45:18	01:25:23	04:06:27	05:12:24.85	05:12:24.85	10:46	5.6
194	WILMAŃSKI ARKADIUSZ	893		POZNAŃ	POL	M50	19	M 149	00:47:22	01:30:11	04:06:13	05:13:41.60	05:13:41.60	10:49	5.5
195	ANUSZ ROKSANA	653		IMBRAMOWICE	POL	K40	20	K 46	00:50:44	01:29:42	03:55:41	05:14:01.90	05:14:01.90	10:49	5.5
196	ŁOGIN MARTA	775		SZCZECIN	POL	K30	19	K 47	00:50:08	01:31:55	04:07:31	05:15:16.60	05:15:16.60	10:52	5.5
197	MONKO DOMINIKA	794		WROCŁAW	POL	K18	7	K 48	00:52:24	01:41:42	04:05:19	05:15:23.30	05:15:23.30	10:52	5.5
198	SZAŁKOWSKA AGNIESZKA	866	DIRTY SPARROWS	POZNAŃ	POL	K30	20	K 49	00:52:22	01:34:26	04:09:58	05:20:02.40	05:20:02.40	11:02	5.4
199	HARASZCZUK JERZY	716	MORŚWIRY	ZĄŁOM	POL	M50	20	M 150	00:52:22	01:39:43	04:13:03	05:21:56.95	05:21:56.95	11:06	5.4
200	OZIMEK PRZEMYSŁAW	817		PRZEWORNO	POL	M30	51	M 151	00:51:06	01:39:34	04:14:50	05:22:02.80	05:22:02.80	11:06	5.4
201	KIEPIEL AGATA	743		WARSZAWA	POL	K30	21	K 50	00:51:41	01:36:50	04:12:57	05:23:48.10	05:23:48.10	11:09	5.4
202	RYSNIK BŁAŻEJ	845		WROCŁAW	POL	M30	52	M 152	00:49:47	01:36:03	04:03:44	05:24:29.40	05:24:29.40	11:11	5.4
203	PLUTA TOMASZ	829	MORŚWIRY SZCZECIN	SZCZECIN	POL	M60	4	M 153	00:47:33	01:28:50	04:08:21	05:25:42.90	05:25:42.90	11:13	5.3
204	JARONI BARTOSZ	732		ZIELONA GÓRA	POL	M30	53	M 154	00:49:24	01:29:12	04:16:20	05:26:37.45	05:26:37.45	11:15	5.3
205	KWASIUK KAROLINA	766		PODGÓRZYN	POL	K30	22	K 51	00:50:51	01:35:45	04:11:35	05:27:28.00	05:27:28.00	11:17	5.3

PÓŁMARATON Z GÓRKĄ, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	6km	10km	22km	Netto	Brutto	min/km	km/h
206	KWASIUK WOJCIECH	767		PODGÓRZYN	POL	M30	54	M 155	00:50:50	01:35:45	04:11:35	05:27:28.20	05:27:28.20	11:17	5.3
207	MURAWSKA JOANNA	798		ZIELONA GÓRA	POL	K30	23	K 52	00:50:45	01:33:31	04:16:18	05:28:34.35	05:28:34.35	11:19	5.3
208	PIOTRKOWSKI RAFAEL	922		JAWOR	POL	M40	67	M 156	00:51:06	01:36:44	04:17:02	05:29:28.70	05:29:28.70	11:21	5.3
209	KOWALEWSKI PAWEŁ	754	KOWALEWSKI TEAM / CNS	NOWA SÓL	POL	M30	55	M 157	00:43:42	01:25:10	04:04:43	05:30:00.05	05:30:00.05	11:22	5.3
210	KOWALEWSKI TOMASZ	753	#KOWALEWSKITEAM	NOWA SOL	POL	M30	56	M 158	00:43:48	01:25:11	04:04:43	05:30:00.20	05:30:00.20	11:22	5.3
211	MAKOWSKI TOMASZ	777		POZNAŃ	POL	M40	68	M 159	00:49:12	01:32:44	04:15:11	05:30:05.55	05:30:05.55	11:22	5.3
212	MALĘGOWSKI MIROŚLAW	778	KKS LECH POZNAŃ	POZNAŃ	POL	M40	69	M 160	00:49:08	01:32:44	04:15:12	05:30:10.30	05:30:10.30	11:23	5.3
213	MAZUR SARA	785		SKÓRZEWO	POL	K30	24	K 53	00:50:11	01:30:21	04:12:33	05:30:38.00	05:30:38.00	11:24	5.3
214	ĆWIKLIŃSKA DOROTA	683		KONINKO	POL	K30	25	K 54	00:50:11	01:30:21	04:12:33	05:30:38.15	05:30:38.15	11:24	5.3
215	RATAJCZAK KRZYSZTOF	835		ROKIETNICA	POL	M40	70	M 161	00:48:55	01:32:46	04:11:46	05:30:51.00	05:30:51.00	11:24	5.3
216	WALERCZYK PIOTR	883		SUCHY LAS	POL	M40	71	M 162	00:48:54	01:32:46	04:11:45	05:30:52.95	05:30:52.95	11:24	5.3
217	PIASECKI BOGUMIŁ	823		POZNAŃ	POL	M50	21	M 163	00:48:42	01:32:42	04:11:45	05:30:53.30	05:30:53.30	11:24	5.3
218	TOBOR MICHAŁ	924		WARSZAWA	POL	M40	72	M 164	00:50:19	01:33:27	04:11:31	05:30:59.70	05:30:59.70	11:24	5.3
219	ZARZECKA JUSTYNA	908		WARSZAWA	POL	K30	26	K 55	00:52:22	01:34:20	04:22:16	05:33:05.40	05:33:05.40	11:29	5.2
220	CHOJNOWSKA DOMINIKA	676		IŁAWA	POL	K30	27	K 56	00:52:21	01:34:20	04:21:42	05:33:05.55	05:33:05.55	11:29	5.2
221	GRZYB BEATA	708	KOBIETY BIEGAJĄ	POZNAŃ	POL	K40	21	K 57	00:56:24	01:44:32	04:20:15	05:33:29.00	05:33:29.00	11:29	5.2
222	CHRUŚCIŃSKA JOANNA	677	ADRIAN DANILEWICZ GROUP	ŚWIEBODZIN	POL	K18	8	K 58	00:47:33	01:25:47	04:23:03	05:34:14.10	05:34:14.10	11:31	5.2
223	NOWOSAD PIOTR	946	DARKSTAR	ZGORZELEC		M30	57	M 165	00:47:32	01:25:47	04:23:03	05:34:14.20	05:34:14.20	11:31	5.2
224	BOKSZCZANIN JAREK	663	LION NIERUCHOMOŚCI	SZCZECIN	POL	M40	73	M 166	00:56:00	01:39:40	04:25:39	05:34:49.55	05:34:49.55	11:32	5.2
225	DURIASZ PIOTR	687		BYTOM ODRZAŃSKI	POL	M40	74	M 167	00:50:59	01:34:14	04:15:02	05:34:51.75	05:34:51.75	11:32	5.2
226	OLEJNICZAK URSZULA	810	FITNESS & SQUASH COMPLEX GŁOGÓW	GŁOGÓW	POL	K18	9	K 59	00:50:59	01:34:14	04:15:02	05:34:51.95	05:34:51.95	11:32	5.2
227	MARCISZEWSKA ANETA	918	TRIATHLON SIEDLCE CLUB	SIEDLCE	POL	K40	22	K 60	00:49:37	01:31:04	04:20:27	05:39:20.55	05:39:20.55	11:42	5.1
228	ŚLUSARSKI WŁODZIMIERZ	877		WARSZAWA	POL	M60	5	M 168	00:49:43	01:33:03	04:10:08	05:40:46.50	05:40:46.50	11:45	5.1
229	PIETRZAK MACIEJ	826		OSIECZNA	POL	M50	22	M 169	00:50:02	01:34:23	04:21:04	05:42:29.25	05:42:29.25	11:48	5.1
230	JANOWSKI JERZY	730	RONIN	POZNAŃ	POL	M60	6	M 170	00:50:57	01:37:21	04:32:06	05:44:46.45	05:44:46.45	11:53	5
231	KRAWCZYK MARCIN	757		LUZERN		M30	58	M 171	00:56:44	01:41:17	04:26:41	05:45:06.85	05:45:06.85	11:54	5
232	MECH MARTA	787		LUBIN	POL	K40	23	K 61	00:51:35	01:31:51	04:25:38	05:46:46.10	05:46:46.10	11:57	5
233	MAZIJ ALEKSANDER	916	SPARTA ŚWIDNICA	ŚWIDNICA	POL	M40	75	M 172	00:53:50	01:38:39	04:17:35	05:47:12.25	05:47:12.25	11:58	5
234	PTAK EWA	834		ŚWIERZAWA	POL	K40	24	K 62	00:51:33	01:31:29	04:25:28	05:47:17.70	05:47:17.70	11:58	5
235	JĘDROSKOWIAK ANNA	735		OSIECZNA	POL	K30	28	K 63	00:51:23	01:37:13	04:31:00	05:48:14.45	05:48:14.45	12:00	5
236	KWIASOWSKA MARTYNA	769		ŁÓDŹ	POL	K30	29	K 64	00:50:40	01:36:39	04:37:27	05:49:47.20	05:49:47.20	12:03	5
237	BRZOSTOWSKI ZBIGNIEW	668		WROCŁAW	POL	M60	7	M 173	00:51:58	01:34:33	04:27:20	05:50:46.10	05:50:46.10	12:05	5
238	STANKIEWICZ ADRIANNA	856		RADZYMIN	POL	K18	10	K 65	00:56:31	01:43:57	04:40:43	05:52:16.35	05:52:16.35	12:08	4.9
239	KACZMAREK MACIEJ	737	TEAM BEROTU	NOWY TOMYŚL	POL	M30	59	M 174	00:56:31	01:43:57	04:40:42	05:52:16.35	05:52:16.35	12:08	4.9
240	HARASZCZUK KRYSZTYAN	714		SZCZECIN	POL	M30	60	M 175	00:52:24	01:39:55	04:35:41	05:52:35.60	05:52:35.60	12:09	4.9
241	HARASZCZUK JOANNA	715		SZCZECIN	POL	K30	30	K 66	00:52:24	01:39:48	04:35:41	05:52:35.80	05:52:35.80	12:09	4.9
242	BESZTOCHA JADWIGA	657		ŁĘDZINY	POL	K30	31	K 67	00:49:17	01:34:17	04:40:25	05:52:49.60	05:52:49.60	12:09	4.9
243	STASZCZUK JAROSŁAW	859		BRZEG	POL	M50	23	M 176	00:52:19	01:36:02	04:32:14	05:54:22.90	05:54:22.90	12:13	4.9
244	BARAN DAWID	654	GŁODOMORKI	JELEŃSKA GÓRA	POL	M30	61	M 177	00:51:18	01:30:07	04:18:20	05:54:57.65	05:54:57.65	12:14	4.9
245	CHAJDYS MONIKA	673	SKOSZEWEY RUNNERS	ŁÓDŹ	POL	K40	25	K 68	00:53:06	01:40:09	04:33:27	05:55:48.55	05:55:48.55	12:16	4.9
246	SYNOWIEC GRZEGORZ	863		WROCŁAW	POL	M40	76	M 178	00:57:29	01:46:01	04:42:35	05:56:38.95	05:56:38.95	12:17	4.9
247	MŁODZIANOWSKA-SYNOWIEC MARIA	928		WROCŁAW	POL	K40	26	K 69	00:57:28	01:46:01	04:42:43	05:56:39.50	05:56:39.50	12:17	4.9
248	RYBAK LUCYNA	843		LUBIN	POL	K40	27	K 70	00:57:36	01:42:59	04:36:01	05:57:17.20	05:57:17.20	12:19	4.9
249	GOŁĘBIEWSKI SŁAWOMIR	702	OSP ŚREM	ŚREM	POL	M30	62	M 179	00:55:23	01:44:03	04:40:44	05:58:56.20	05:58:56.20	12:22	4.8
250	FLACZYŃSKA ALDONA	690	ŻÓŁWICE W BIEGU	ŚREM	POL	K40	28	K 71	00:55:25	01:44:04	04:40:40	05:58:56.35	05:58:56.35	12:22	4.8
251	WOŁOWICZ MARTYNA	900		WROCŁAW	POL	K30	32	K 72	01:02:20	01:55:43	04:54:20	06:19:52.35	06:19:52.35	13:05	4.6
252	SABLINSKI TOMASZ	846	NYRR	SHORT HILLS	USA	M60	8	M 180	01:00:17	01:49:58	04:55:46	06:26:49.05	06:26:49.05	13:20	4.5
253	WROŃSKA SANDRA	902		STARGARD	POL	K30	33	K 73	01:03:14	01:56:57	05:08:08	06:30:25.10	06:30:25.10	13:27	4.5
254	ZAKRZEWSKA ANNA	905		JÓZEFOSŁAW	POL	K40	29	K 74	00:56:29	01:44:41	05:06:33	06:32:32.95	06:32:32.95	13:32	4.4
255	ZAKRZEWSKI OLAF	906		JÓZEFOSŁAW	POL	M40	77	M 181	00:56:36	01:45:06	05:06:38	06:33:21.90	06:33:21.90	13:33	4.4
256	STĘPIEŃ MARIA	861	OPALENICKI KLUB BIEGACZA	PNIEWY	POL	K60	1	K 75	00:56:55	01:43:12	05:08:33	06:35:41.30	06:35:41.30	13:38	4.4
257	ANIOŁ LAURA	652	LISI ZAKĄTEK	WROCŁAW	POL	K30	34	K 76	01:00:16	01:51:58	05:15:42	06:43:44.75	06:43:44.75	13:55	4.3
258	OLZACKA ANNA	812		SZCZYTNO	POL	K40	30	K 77	01:00:17	01:51:59	05:15:42	06:43:44.95	06:43:44.95	13:55	4.3
259	WIECZOREK MAGDALENA	888	BRAVEHEARTS LEGIONOWO	SZCZEFÓW	POL	K40	31	K 78	01:01:58	01:58:49	05:17:17	06:46:14.00	06:46:14.00	14:00	4.3
260	DZIELEŃDZIAK KAROLINA	920	HELIKON-TEX	WROCŁAW	POL	K40	32	K 79	01:01:38	01:53:55	05:19:51	06:51:12.95	06:51:12.95	14:10	4.2
261	ADAMSKI SEBASTIAN	947		BUŚNIA	POL	M40	78	M 182	01:01:36	01:53:49	05:19:51	06:51:13.00	06:51:13.00	14:10	4.2

PÓŁMARATON Z GÓRKĄ, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	6km	10km	22km	Netto	Brutto	min/km	km/h
262	SOBKOWIAK MACIEJ	853	COBRA KROTOSZYN	KROTOSZYN	POL	M30	63	M 183	01:07:07	01:57:49	05:17:17	06:53:50.00	06:53:50.00	14:16	4.2
	WLEKLIK MAREK	896		LESZNO	POL	M50			01:02:37	01:59:13	DNF	DNF	DNF	-	-
									DNF	DNF					