

DWUDZIESTKA

Organizator: Fundacja Szczyt za Szczytem
Data: 2025-02-08
Miejsce: Karpniki
Dystans: 21 km
Klasyfikacja wg czasów brutto.



DWUDZIESTKA, OPEN

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.5km	11.5km	Netto	Brutto	min/km	km/h
1	PAWLIK PAWEŁ	482	ALPIN SPORT TEAM	WAŁBRZYCH	POL	M30	1	M 1	00:24:49	00:58:22	01:47:34.20	01:47:35.10	5:07	11.7
2	KWIATKOWSKI PAWEŁ	403		BRZEG DOLNY	POL	M30	2	M 2	00:27:05	01:04:12	01:57:56.00	01:57:56.60	5:36	10.7
3	KUKUŁA WALDEMAR	530	WALKA KOSTRZYŃ/ JAŃCZAK TEAM	CZERLEJŃKO	POL	M40	1	M 3	00:27:14	01:03:44	01:59:00.45	01:59:26.55	5:40	10.6
4	KITA MICHAŁ	388	PĘDZĄCY W MIEJSCU	WROCŁAW	POL	M50	1	M 4	00:28:10	01:05:15	02:00:38.25	02:00:39.60	5:44	10.4
5	BIELECKI TOMASZ	344		JELENIA GÓRA	POL	M30	3	M 5	00:28:15	01:06:23	02:02:00.45	02:02:01.75	5:48	10.3
6	SADOWSKI KRZYSZTOF	548	OSP JANOWICE WIELKIE	JANOWICE WIELKIE	POL	M20	1	M 6		01:04:39	02:02:24.60	02:02:25.50	5:49	10.3
7	ŚMICHURSKI KRZYSZTOF	373		CEREKWICA	POL	M30	4	M 7	00:28:18	01:06:47	02:04:27.35	02:04:28.65	5:55	10.1
8	ZBOROWSKI KRZYSZTOF	417		WILKÓW	POL	M40	2	M 8	00:29:32	01:09:10	02:06:15.70	02:06:16.40	6:00	10
9	WOJTULEWSKI DAREK	527		ZIELONA GÓRA	POL	M50	2	M 9			02:07:32.00	02:07:38.00	6:04	9.9
10	BEDNARCZYK MAGDALENA	495	WKS OLEŚNICA OLEŚNICZANKA / TEAM KRUCZKOWSKI	STRZEGOM	POL	K30	1	K 1	00:30:30	01:10:55	02:08:16.85	02:08:31.10	6:06	9.8
11	BIEGAŃSKI MARCIN	566		WROCŁAW	POL	M30	5	M 10	00:31:32	01:12:25	02:10:07.55	02:10:09.40	6:11	9.7
12	GAWRON PAWEŁ	317	WEPA PIECHOWICE	DZIWIŚZÓW	POL	M40	3	M 11	00:28:48	01:10:15	02:10:30.20	02:10:31.30	6:12	9.7
13	CHODOROWSKI DAMIAN	513	BEZ BALASTU ACTIVE TEAM	RADWANICE	POL	M30	6	M 12	00:32:15	01:12:21	02:10:49.25	02:10:51.25	6:13	9.6
14	MIKOŁAJEWSKI MACIEJ	372		POZNAŃ	POL	M30	7	M 13	00:31:19	01:13:32	02:13:50.55	02:13:54.65	6:22	9.4
15	STĘSIK TOMASZ	358		WOLSZTYN	POL	M30	8	M 14	00:31:17	01:13:32	02:13:50.95	02:13:55.10	6:22	9.4
16	KAWCZAK PATRYK	589			POL	M30	9	M 15	00:31:30	01:11:33	02:13:29.70	02:14:05.00	6:21	9.4
17	NOWORYTA RADOSŁAW	497	ULTRA DIABŁY TEAM LUBRZA	ŚWIEBODZIN	POL	M50	3	M 16	00:31:59	01:14:03	02:14:10.40	02:14:12.95	6:23	9.4
18	ŚWIERK PRZEMEK	519	ULTRA DIABŁY	ŚWIEBODZIN	POL	M40	4	M 17	00:30:55	01:12:10	02:14:22.30	02:14:24.75	6:23	9.4
19	GOŁDYN DAWID	445		PRZEDBOROWA	POL	M30	10	M 18	00:30:28	01:12:42	02:15:43.80	02:15:45.30	6:27	9.3
20	LATAŃSKI ERYK	572	WOLONTARIAT RUDAWY!!!	KALISZ	POL	M20	2	M 19	00:32:05	01:15:47	02:18:29.60	02:18:32.65	6:35	9.1
21	HOZAKOWSKI KAJETAN	524	JANICKI COACHING	ZIELONA GÓRA	POL	M30	11	M 20	00:31:32	01:14:04	02:19:23.00	02:19:27.05	6:38	9
22	MARSZAŁEK KAZIMIERZ	384	ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO	ŚWIERADÓW-ZDRÓJ	POL	M50	4	M 21	00:32:47	01:16:55	02:20:32.25	02:20:34.80	6:41	9
23	SŁOBODZIAN ANDRZEJ	553		ŚWIDNICA	POL	M40	5	M 22	00:33:39	01:17:04	02:20:30.25	02:20:36.65	6:41	9
24	BIELA KONRAD	484	ON / GOPR KARKONOSZE	KOWARY	POL	M30	12	M 23	00:32:37	01:17:20	02:20:44.30	02:20:46.25	6:42	9
25	SZYMKOWIAK DAMIAN	431		ZBAŚZYNEK	POL	M30	13	M 24	00:33:03	01:17:40	02:21:52.30	02:21:57.50	6:45	8.9
26	BIAŁY ADAM	368		PIERWOSZÓW	POL	M50	5	M 25	00:33:22	01:16:51	02:21:55.65	02:22:02.05	6:45	8.9
27	SOKOŁOWSKI TOMASZ	448	KLINIKA TRIATHLONU	BYDGOSZCZ	POL	M30	14	M 26	00:32:10	01:16:06	02:21:59.15	02:22:02.95	6:45	8.9
28	TOMASZEWSKI MICHAŁ	332		JEŻÓW SUDECKI	POL	M30	15	M 27	00:32:46	01:17:10	02:22:29.65	02:22:32.15	6:47	8.8
29	KMEŤOVÁ KRISTÍNA	420		BRATISLAVA	SVK	K30	2	K 2	00:32:48	01:17:32	02:22:38.60	02:22:40.45	6:47	8.8
30	POLIWOZAK PATRYK	562		MROWINY	POL	M30	16	M 28	00:31:56	01:16:20	02:22:59.05	02:23:01.70	6:48	8.8
31	KUBAJEWSKI PAWEŁ	343		ŚWIERCZE	POL	M30	17	M 29	00:34:41	01:19:16	02:23:44.35	02:23:47.60	6:50	8.8
32	JACHYMSKI KRZYSZTOF	346	VEGE RUNNERS	WARSZAWA	POL	M30	18	M 30	00:32:56	01:17:04	02:24:23.70	02:24:29.70	6:52	8.7
33	DŁUGOŁĘCKI KONRAD	410	BIEGOWA ŚWIDNICA	ŚWIDNICA	POL	M40	6	M 31	00:33:07	01:16:58	02:25:09.15	02:25:14.40	6:54	8.7
34	JODŁOWSKI MAREK	322		KROSNO ODRZ	POL	M40	7	M 32	00:35:41	01:21:48	02:25:30.85	02:25:37.55	6:55	8.7
35	WYPYCH BARTOSZ	489		LEIPZIG	GER	M40	8	M 33	00:38:13	01:23:06	02:25:27.95	02:25:48.55	6:55	8.7
36	SOTNYKOV PLATON	533		ZIELONA GÓRA	POL	M40	9	M 34	00:33:03	01:16:59	02:26:08.00	02:26:13.70	6:57	8.6
37	MORAWSKI FILIP	523	KRAKOWIAKULTRATEAM	PUSZCZYKOWO	POL	M50	6	M 35	00:34:08	01:18:30	02:26:12.60	02:26:17.90	6:57	8.6
38	BABIŃSKA-POPIŁKA EWELINA	418		RADKÓW	POL	K40	1	K 3	00:35:46	01:21:46	02:26:32.55	02:26:36.90	6:58	8.6
39	PĘCZAR ANETA	516	MAD RUNNERS	ŚWIDNICA	POL	K30	3	K 4	00:34:21	01:19:53	02:27:01.95	02:27:06.50	7:00	8.6
40	SZCZESZEK LUKASZ	444		POZNAŃ	POL	M40	10	M 36	00:36:06	01:19:57	02:27:33.50	02:27:39.10	7:01	8.5
41	DYSARZ PRZEMYSŁAW	303		POZNAŃ	POL	M40	11	M 37	00:35:17	01:20:37	02:27:51.75	02:28:04.05	7:02	8.5
42	NÓWIK KAMIL	544	SECORUN	ŚWIEBODZIN	POL	M50	7	M 38	00:35:07	01:22:24	02:28:20.60	02:28:25.50	7:03	8.5
43	KULCZYCKI EMANUEL	413	#SOBASTEAM	POZNAŃ	POL	M40	12	M 39	00:34:12	01:20:20	02:28:24.35	02:28:29.25	7:04	8.5
44	BOHAREWICZ PAWEŁ	327	STARSZA DZIKA MŁODZIEŻ	ZIELONA GÓRA	POL	M40	13	M 40	00:32:59	01:17:20	02:28:46.30	02:28:50.75	7:05	8.5

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M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.5km	11.5km	Netto	Brutto	min/km	km/h
45	CIEMIEGA ROMAN	405	KOWARY BIEGAJA	KOWARY	POL	M50	8	M 41	00:34:19	01:20:42	02:28:51.50	02:28:53.20	7:05	8.5
46	LESZEK GRZEGORZ ROBERT	324		DZIWISZÓW	POL	M30	19	M 42	00:33:30	01:19:26	02:28:52.65	02:28:57.85	7:05	8.5
47	NOWACKA MARLENA	546	JAN-MAR	PIASKI	POL	K40	2	K 5	00:35:46	01:20:59	02:28:57.25	02:29:00.50	7:05	8.5
48	KORZENIOWSKI WOJCIECH	446		JELENIA GÓRA	POL	M50	9	M 43	00:35:28	01:23:09	02:29:00.05	02:29:03.55	7:05	8.5
49	KNAPCZYK BARTOSZ	525		WROCŁAW	POL	M30	20	M 44	00:35:51	01:21:21	02:28:38.95	02:29:08.15	7:04	8.5
50	KUBICKI MARIUSZ	568	DOBRAFORMA	KLUCZBORK	POL	M40	14	M 45	00:34:18	01:20:55	02:29:42.45	02:29:47.00	7:07	8.4
51	PARUCKI MICHAŁ	542	MJP DRUK / VEGE RUNNERS	POZNAŃ	POL	M40	15	M 46	00:35:33	01:22:06	02:29:47.85	02:29:51.60	7:07	8.4
52	BUNIKOWSKI MICHAŁ	500	TS REGLE SZKOLSKA POREBA	JELENIA GÓRA	POL	M40	16	M 47	00:35:26	01:20:48	02:29:53.70	02:29:58.60	7:08	8.4
53	TYŚ RADEK	563		NOWA RUDA	POL	M40	17	M 48	00:33:30	01:20:42	02:30:17.80	02:30:21.35	7:09	8.4
54	JANOSZ KAMIL	433		JELENIA GÓRA	POL	M20	3	M 49	00:36:33	01:22:58	02:31:37.35	02:31:52.00	7:13	8.3
55	KRUSZEWSKI FILIP	476	NOWAK.RUN	POZNAŃ	POL	M30	21	M 50	00:37:29	01:23:19	02:32:15.15	02:32:29.10	7:15	8.3
56	SZUMIŃSKI ARTUR	302		PIELGRZYMKI	POL	M50	10	M 51	00:33:05	01:20:03	02:32:27.05	02:32:29.50	7:15	8.3
57	KOSZAREK MACIEJ	573		TULCE	POL	M50	11	M 52	00:35:41	01:22:36	02:32:34.35	02:32:38.15	7:15	8.3
58	WASIK ROBERT	547		WROCŁAW	POL	M40	18	M 53	00:33:19	01:21:46	02:33:05.50	02:33:13.95	7:17	8.2
59	POLAK BARTOSZ	558		WROCŁAW	POL	M30	22	M 54	00:36:42	01:23:22	02:33:20.65	02:33:28.00	7:18	8.2
60	SKOPOWSKI JAN	345		WROCŁAW	POL	M40	19	M 55	00:33:17	01:21:45	02:33:25.45	02:33:34.60	7:18	8.2
61	JANOSZ EWA	432		JELENIA GÓRA	POL	K20	1	K 6	00:36:48	01:23:36	02:33:39.20	02:33:53.65	7:19	8.2
62	SZARAPANOWSKI MARCIN	538	ULTRA DIABŁY TEAM LUBRZA	SZCZECIN	POL	M40	20	M 56	00:35:26	01:22:36	02:34:05.65	02:34:10.55	7:20	8.2
63	MARGOL PAWEŁ	437		LIGOTA PIĘKNA	POL	M40	21	M 57	00:36:59	01:24:22	02:34:17.15	02:34:24.05	7:20	8.2
64	POLICHT DAMIAN	379		WROCŁAW	POL	M20	4	M 58	00:36:10	01:25:20	02:34:19.65	02:34:30.65	7:20	8.2
65	ŚMIGIELSKI KAMIL	487		WROCŁAW	POL	M20	5	M 59	00:35:59	01:22:10	02:34:16.00	02:34:35.10	7:20	8.2
66	CEBULSKI ŁUKASZ	545	CEBULA TEAM	POZNAŃ	POL	M30	23	M 60	00:36:26	01:23:41	02:34:33.05	02:34:39.00	7:21	8.2
67	KORNALSKI GRZEGORZ	507	TRAIL RUNNING ASSOCIATION	BRADFORD	GBR	M40	22	M 61	00:35:37	01:22:50	02:34:59.40	02:35:06.00	7:22	8.1
68	KORZENIOWSKI OSKAR	450	INFINITY GYM ŁUKASZ SZAPORÓW / ACCENTURE	JELENIA GÓRA	POL	M30	24	M 62	00:35:42	01:24:25	02:35:06.15	02:35:07.65	7:23	8.1
69	STAWIŃSKI MICHAŁ	504		MNICHOWICE	POL	M30	25	M 63	00:35:00	01:22:06	02:36:03.25	02:36:06.20	7:25	8.1
70	RADKOWSKA MAŁGORZATA	402	TEAM PARSZCZYŃSKICH	WARSZAWA	POL	K30	4	K 7	00:36:14	01:25:28	02:37:19.80	02:37:25.80	7:29	8
71	KWIECIEŃ MONIKA	396		KŁOMNICE	POL	K20	2	K 8	00:38:03	01:27:10	02:37:38.70	02:37:49.40	7:30	8
72	ŻÓŁDAK PRZEMYSŁAW	464	#BIEGIEMWLAS / PNB	POZNAŃ	POL	M40	23	M 64	00:37:29	01:27:36	02:37:42.40	02:37:53.40	7:30	8
73	MICHALCZYK MICHAŁ	333	#SOBASTEAM	ZIELONA GÓRA	POL	M40	24	M 65	00:36:36	01:26:49	02:37:57.30	02:38:02.30	7:31	8
74	BELCZYK ŁUKASZ	554	RATEL TEAM	WROCŁAW	POL	M30	26	M 66	00:38:15	01:27:53	02:38:26.00	02:38:49.10	7:32	8
75	JĘSIEK ARTUR	419		JELENIA GÓRA	POL	M30	27	M 67	00:34:08	01:25:05	02:39:29.60	02:39:40.90	7:35	7.9
76	PILETSKI MAKSIM	492		WROCŁAW	POL	M30	28	M 68	00:36:37	01:29:15	02:39:28.20	02:39:46.90	7:35	7.9
77	JURCZAK AGATA	496		OŁAWA	POL	K20	3	K 9	00:39:51	01:27:54	02:39:57.45	02:40:15.80	7:37	7.9
78	DAJCZAK MARIUSZ	439		WROCŁAW	POL	M30	29	M 69	00:39:01	01:29:04	02:40:47.90	02:40:59.90	7:39	7.8
79	SKORA MATEUSZ	508		WROCŁAW	POL	M40	25	M 70	00:39:15	01:28:56	02:40:47.95	02:41:02.65	7:39	7.8
80	MARSZAŁEK SEBASTIAN	424		POZNAŃ	POL	M30	30	M 71	00:38:12	01:27:27	02:40:56.00	02:41:08.35	7:39	7.8
81	ZBORALSKI MICHAŁ	467		LUSÓWKO	POL	M50	12	M 72	00:35:29	01:24:12	02:41:15.30	02:41:25.75	7:40	7.8
82	PIOTRÓW ŁUKASZ	371		WROCŁAW	POL	M30	31	M 73	00:33:19	01:27:44	02:41:24.55	02:41:28.50	7:41	7.8
83	CHUDY KAMIL	564	PRZEDWOJEWSKI TEAM	POZNAŃ	POL	M30	32	M 74	00:39:08	01:29:48	02:41:22.65	02:41:34.45	7:41	7.8
84	GRAMALA MATEUSZ	488		NADOLICE WIELKIE	POL	M30	33	M 75	00:36:44	01:30:07	02:42:12.20	02:42:19.30	7:43	7.8
85	SANKOWSKI BARTOSZ	357	OKI OKI TEAM	WROCŁAW	POL	M30	34	M 76	00:36:22	01:25:28	02:42:48.75	02:42:55.80	7:45	7.7
86	SZARADOWSKI PIOTR	441	BIEGOWA ŚWIDNICA	ŚWIDNICA	POL	M50	13	M 77	00:37:48	01:28:54	02:43:19.65	02:43:27.10	7:46	7.7
87	STEC ADAM	521		WYSOKA	POL	M40	26	M 78	00:37:27	01:30:13	02:43:28.15	02:43:33.35	7:47	7.7
88	MORAŃSKI PAWEŁ	397		BOLESŁAWIEC	POL	M30	35	M 79	00:37:11	01:28:30	02:44:10.50	02:44:15.40	7:49	7.7
89	KNAPP JANUSZ	351		GOSTYŃ	POL	M40	27	M 80	00:39:22	01:30:05	02:44:19.85	02:44:36.50	7:49	7.7
90	MARSZAŁEK JULIA	423		POZNAŃ	POL	K20	4	K 10	00:39:36	01:30:07	02:44:40.05	02:44:52.60	7:50	7.7
91	CZAPLA ŁUKASZ	443		SŁONAWY	POL	M40	28	M 81	00:36:37	01:26:46	02:45:18.35	02:45:26.45	7:52	7.6
92	KUCIAK BARTOSZ	348		KROSNO	POL	M30	36	M 82	00:38:45	01:30:07	02:45:19.00	02:45:29.80	7:52	7.6
93	POPKOWSKI ADAM	449		RZEPIN	POL	M30	37	M 83	00:38:43	01:30:07	02:45:44.65	02:45:52.00	7:53	7.6
94	PUSZCZYŃSKI KRZYSZTOF	462		PIŁA	POL	M40	29	M 84	00:44:03	01:34:15	02:45:54.75	02:46:22.35	7:54	7.6
95	LASKOWSKI DAREK	518		CHWALISZÓW MAKOWA 3	POL	M40	30	M 85	00:40:21	01:30:02	02:46:05.80	02:46:25.80	7:54	7.6
96	KRYCH PIOTR	557	BIEGACZE STU MOSTÓW	WROCŁAW	POL	M40	31	M 86	00:38:51	01:30:30	02:46:11.35	02:46:31.65	7:54	7.6
97	KĘSEK MARIUSZ	502	MKRUN	KRZYSZKOWICE	POL	M30	38	M 87	00:36:45	01:28:28	02:46:38.65	02:46:40.60	7:56	7.6
98	KRZYŻANOWSKA-KORZENIOWSKA ANNA MARIA	451	INFINITY GYM ŁUKASZ SZAPORÓW	JELENIA GÓRA	POL	K30	5	K 11	00:38:42	01:30:17	02:46:57.30	02:47:07.70	7:57	7.5
99	BAUTA DAWID	528		WOLSZTYN	POL	M30	39	M 88	00:38:45	01:31:49	02:47:12.20	02:47:24.20	7:57	7.5

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157	CZERNIEWICZ ANNA	426		WAŁCZ	POL	K40	10	K 32	00:43:50	01:42:44	03:07:28.40	03:07:38.00	8:55	6.7
158	KŁOPOTEK NINA	347	EXTREME FAMILY	BARTKOWO	POL	K20	6	K 33	00:46:04	01:45:06	03:07:33.05	03:07:44.50	8:55	6.7
159	SZEWECZENKO AGNIESZKA	498		BOLESŁAWIEC	POL	K40	11	K 34	00:44:05	01:42:46	03:08:09.55	03:08:19.50	8:57	6.7
160	STANIEWSKI MICHAŁ	440		POZNAŃ	POL	M30	58	M 126	00:40:30	01:42:12	03:09:35.45	03:09:41.70	9:01	6.6
161	STASZYŃSKA KAROLINA	461		TULCE	POL	K40	12	K 35	00:44:20	01:43:41	03:09:26.85	03:09:43.80	9:01	6.7
162	GRYGLAK PATRYK	353		ZIELONKA	POL	M30	59	M 127	00:40:31	01:38:47	03:10:09.85	03:10:18.75	9:03	6.6
163	MILEWICZ MARCIN	309		SIECHNICE	POL	M30	60	M 128	00:44:01	01:43:56	03:10:36.50	03:10:43.00	9:04	6.6
164	OLEJNIK TOMASZ	334		KALISZ	POL	M50	17	M 129	00:46:29	01:45:11	03:10:18.90	03:10:44.70	9:03	6.6
165	SIEJAK WOJCIECH	370		MIECZEWO	POL	M30	61	M 130	00:43:39	01:37:33	03:10:29.80	03:10:59.50	9:04	6.6
166	NICIEJA ANNA	474		KRAKOW	POL	K40	13	K 36	00:44:24	01:44:47	03:11:02.95	03:11:15.50	9:05	6.6
167	GNIZA KAROLINA	381		WROCŁAW	POL	K20	7	K 37	00:44:09	01:43:10	03:12:21.45	03:12:45.45	9:09	6.6
168	DROŃ JAKUB	493		OŁAWA	POL	M30	62	M 131	00:42:08	01:42:46	03:12:39.90	03:12:58.75	9:10	6.5
169	GAJEK ŁUKASZ	570	TENESO TEAM / LENIWCE BODYWORK	POZNAŃ	POL	M40	46	M 132	00:45:18	01:44:38	03:12:48.30	03:13:11.70	9:10	6.5
170	SZPACZEK BOGNA	469		LUBIN	POL	K30	17	K 38	00:44:27	01:44:30	03:13:26.15	03:13:40.80	9:12	6.5
171	WEWIÓR KRZYSZTOF	567		KAMIONKI	POL	M50	18	M 133	00:42:24	01:42:25	03:13:59.75	03:14:08.75	9:14	6.5
172	KUCHMECKI MACIEJ	376		POZNAŃ	POL	M40	47	M 134	00:46:05	01:46:08	03:15:53.70	03:16:17.85	9:19	6.4
173	PLIS JORDAN	514		JELENIA GÓRA	POL	M30	63	M 135	00:44:14	01:44:47	03:16:26.75	03:16:30.25	9:21	6.4
174	SYNOWIEC-JUDA AGATA	590		JELENIA GÓRA	POL	K40	14	K 39	00:46:58	01:48:37	03:16:30.70	03:16:38.95	9:21	6.4
175	SIEMBIDA WITEK	378		ZAGRODNO	POL	M30	64	M 136	00:43:04	01:44:26	03:18:00.10	03:18:22.60	9:25	6.4
176	FURGAŁ DAWID	483		SULECHÓW	POL	M30	65	M 137	00:44:21	01:45:13	03:18:37.55	03:18:54.20	9:27	6.3
177	WOLIŃSKI BŁAŻEJ	549	TATEL TEAM	WROCŁAW	POL	M30	66	M 138	00:44:23	01:45:12	03:18:43.75	03:18:59.75	9:27	6.3
178	GUZERA MAGDALENA	429	ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO	MIRSK	POL	K40	15	K 40	00:44:05	01:43:50	03:20:24.65	03:20:39.65	9:32	6.3
179	GÓRNA AMELIA	569	KLUB BIEGACZA BOLESŁAWIEC	TOMISŁAW	POL	K50	2	K 41	00:46:44	01:49:28	03:22:48.10	03:23:01.40	9:39	6.2
180	GOSTYŃSKA BEATA	355	BIEGAJĄCE KREJZOLE	POZNAŃ	POL	K40	16	K 42	00:46:51	01:51:10	03:23:01.20	03:23:10.65	9:40	6.2
181	MROTEK JOLANTA	470		MIEKOWO	POL	K30	18	K 43	00:47:32	01:55:28	03:23:11.45	03:23:20.30	9:40	6.2
182	PRZYSTUPA MICHAŁ	411	BROWAR GWAREK	SZKLARY GÓRNE	POL	M30	67	M 139	00:48:56	01:49:15	03:23:56.90	03:24:21.80	9:42	6.2
183	KÓZKA PRZEMO	539	MJP TEAM	SKÓRZEWO	POL	M50	19	M 140	00:44:15	01:46:46	03:24:18.65	03:24:28.80	9:43	6.2
184	BONIARCZYK ŁUKASZ	442		WROCŁAW	POL	M30	68	M 141	00:47:13	01:50:12	03:25:10.20	03:25:16.50	9:46	6.1
185	MISIAK PAULINA	430	NETBOX BIEGA	GOSTYŃ	POL	K30	19	K 44	00:48:35	01:48:50	03:25:02.25	03:25:18.60	9:45	6.1
186	PTAK EWA	465		ŚWIERZAWA	POL	K40	17	K 45	00:46:49	01:49:28	03:25:40.85	03:26:04.15	9:47	6.1
187	ZAPIÓR MAREK	556	ZET RUNNERS	BYTOM	POL	M60	2	M 142	00:48:37	01:53:21	03:26:19.05	03:26:35.40	9:49	6.1
188	SZUKAŁA IZABELA	341		POZNAŃ	POL	K30	20	K 46	00:49:46	01:50:11	03:27:41.95	03:28:15.90	9:53	6.1
189	POTERSKI JAKUB	543	MJPDRUK.PL / #BEZSENSU	POZNAŃ	POL	M40	48	M 143	00:45:31	01:47:01	03:28:10.75	03:28:20.55	9:54	6.1
190	GRZEŚIAK MACIEJ	505		DĄBROWA	POL	M50	20	M 144	00:46:58	01:50:32	03:28:30.85	03:28:39.15	9:55	6
191	KUBICKA MARTYNA	463		PIŁA	POL	K30	21	K 47	00:51:11	01:53:21	03:28:33.15	03:29:01.45	9:55	6
192	STACHOWIAK MAREK	535	ROKIETNICA BIEGA/OWOCBIEGA TEAM	ROKIETNICA	POL	M40	49	M 145	00:49:01	01:52:04	03:29:44.05	03:30:02.15	9:59	6
193	STACHOWIAK DANUTA	536	ROKIETNICA BIEGA/OWOCBIEGA TEAM	ROKIETNICA	POL	K50	3	K 48	00:48:58	01:52:03	03:29:42.70	03:30:02.30	9:59	6
194	TWAROGOWSKI MARCIN	481		ZIELONA GORA	POL	M40	50	M 146	00:47:25	01:50:16	03:29:37.00	03:30:03.90	9:58	6
195	KOPER SEBASTIAN	565	CARREFOUR RUNNING TEAM	WARSZAWA	POL	M40	51	M 147	00:45:52	01:46:14	03:30:29.15	03:30:46.60	10:01	6
196	ŻMIDZIŃSKA ANNA	555	RATEL TEAM	WROCŁAW	POL	K40	18	K 49	00:52:51	01:56:01	03:31:30.35	03:31:54.25	10:04	6
197	TOBOR MICHAŁ	350		WARSZAWA	POL	M40	52	M 148	00:46:16	01:54:35	03:32:24.45	03:32:32.45	10:06	5.9
198	NATKANIEC GRAZYNA	365		LIPA	POL	K50	4	K 50	00:47:58	01:54:53	03:33:02.80	03:33:26.65	10:08	5.9
199	KOWALCZYK PAULINA	377	ZMĘCZENI NA STARCIE DOBIEGNIEW	GORZÓW WLKP.	POL	K40	19	K 51	00:50:16	01:49:14	03:33:58.80	03:34:05.50	10:11	5.9
200	KRÚPA GRZEGORZ	571	KB SOBÓTKA	STRZEGOMIANY	POL	M50	21	M 149	00:44:59	01:51:00	03:33:43.90	03:34:08.35	10:10	5.9
201	GOLUCH ARKADIUSZ	398	WYBIEGANI ŁAGIEWNIKI	ŁAGIEWNIKI	POL	M50	22	M 150	00:45:09	01:51:01	03:33:44.80	03:34:08.65	10:10	5.9
202	SZAL MAŁGORZATA	506	TENIS CENTRUM AS	POLANICA- ZDRÓJ	POL	K30	22	K 52	00:49:45	01:56:51	03:34:10.80	03:34:23.35	10:11	5.9
203	MAJDYŚ WOJCIECH	475		KRAKÓW	POL	M50	23	M 151	00:49:14	01:56:13	03:35:16.95	03:35:30.15	10:15	5.9
204	KWIASOWSKA MARTYNA	468		ŁÓDŹ	POL	K30	23	K 53	00:48:27	01:53:17	03:35:48.00	03:36:10.00	10:16	5.8
205	KOŃ ALEKSANDRA	364		LIPA	POL	K40	20	K 54	00:48:39	01:54:54	03:37:14.20	03:37:37.45	10:20	5.8
206	KORMAN MARIOLA	422		WROCŁAW	POL	K40	21	K 55	00:53:53	02:00:07	03:39:37.65	03:39:55.40	10:27	5.7
207	NIEWIADOMSKI MAREK	532	SOBASTEAM	KRAPKOWICE	POL	M40	53	M 152	00:53:52	02:01:19	03:39:37.30	03:39:55.45	10:27	5.7
208	BARTECKI TOMASZ	541		WROCŁAW	POL	M40	54	M 153	00:53:53	02:00:45	03:39:38.15	03:39:55.60	10:27	5.7
209	LIBEREK RENATA	356		ŁOPUCHOWO	POL	K50	5	K 56	00:45:50	01:52:16	03:39:55.90	03:40:08.75	10:28	5.7
210	STRUGAŁA KRZYSZTOF STRUŚ	526	BIEGAM WOLNO, ALE DOKŁADNIE / VR	DĘBE	POL	M50	24	M 154	00:53:58	02:00:01	03:39:42.25	03:40:10.80	10:27	5.7
211	OKONIEWSKA AGNIESZKA	537		BOSZKOWO	POL	K40	22	K 57	00:50:30	01:58:20	03:40:19.05	03:40:35.85	10:29	5.7
212	HNATYSZAK PIOTR	438	KUCE	RADWANICE	POL	M30	69	M 155	00:49:42	01:51:42	03:40:28.35	03:40:40.35	10:29	5.7

DWUDZIESTKA, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.5km	11.5km	Netto	Brutto	min/km	km/h
213	PANKOWIAK SERGIUSZ	486		WROCŁAW	POL	M30	70	M 156	00:48:14	01:52:09	03:41:14.10	03:41:33.50	10:32	5.7
214	FIERKOWICZ TERESA	392	ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO	ŚWIERADÓW-ZDRÓJ	POL	K60	1	K 58	00:53:23	02:00:14	03:42:38.70	03:43:14.00	10:36	5.7
215	PIETRZAK AGNIESZKA	522	BANICI ULTRA	POZNAŃ	POL	K50	6	K 59	00:52:08	02:02:02	03:43:28.55	03:43:46.40	10:38	5.6
216	WOJCIEROWSKA WERONIKA	447		DOBROŃ	POL	K40	23	K 60	00:53:11	02:02:52	03:43:45.90	03:44:00.55	10:39	5.6
217	HETMAŃCZYK KATARZYNA	375		PACZKOWO	POL	K40	24	K 61	00:55:21	02:03:35	03:43:48.55	03:44:00.90	10:39	5.6
218	KĄŻMIERCZAK-MOLIK ANNA	520		SIERAKÓW	POL	K30	24	K 62	00:49:24	01:57:35	03:44:16.65	03:44:37.80	10:40	5.6
219	MAZIJ ALEKSANDER	453	SPARTA ŚWIDNICA	ŚWIDNICA	POL	M40	55	M 157	00:50:56	02:00:40	03:45:36.45	03:45:56.50	10:44	5.6
220	BEDNARZ PIOTR	311		JELENIA GÓRA	POL	M30	71	M 158	00:54:29	02:03:39	03:45:55.30	03:46:17.60	10:45	5.6
221	POZNIAK ROBERT	421	O JEZIORA DO JEZIORA	DOBRZEŃ WIELKI	POL	M50	25	M 159	00:46:45	01:56:10	03:46:52.20	03:47:18.30	10:48	5.6
222	WALIGÓRA-MILEWICZ ANETA	310		SIECHNICE	POL	K30	25	K 63	00:57:06	02:04:54	03:47:28.65	03:47:45.15	10:49	5.5
223	KOWACZ AGATA	551	SPEEDBAR	WAŁBRZYCH	POL	K40	25	K 64	00:49:20	02:03:34	03:50:13.30	03:50:27.45	10:57	5.5
224	FRYSIAK AGATA	349		POBIEDZISKA	POL	K30	26	K 65	00:53:33	02:03:37	03:52:01.05	03:52:16.70	11:02	5.4
225	MURAWSKA JOANNA	313	ZGZB	ZIELONA GÓRA	POL	K30	27	K 66	00:55:09	02:05:22	03:52:59.00	03:53:16.10	11:05	5.4
226	GORGON AGATA	320	POBIEDZISKA RUNNING TEAM	POBIEDZISKA	POL	K40	26	K 67	00:52:13	02:05:23	03:54:05.20	03:54:16.90	11:08	5.4
227	ADAMCEWICZ DAWID	466		POZNAŃ	POL	M40	56	M 160	00:48:30	01:56:01	03:56:27.85	03:56:50.85	11:15	5.3
228	GORZAN MIKOŁAJ	434		POZNAŃ	POL	M40	57	M 161	00:48:28	01:56:01	03:56:28.70	03:56:51.15	11:15	5.3
229	FALEŃSKI PRZEMYSŁAW	435		POZNAŃ	POL	M50	26	M 162	00:48:30	01:56:02	03:56:47.20	03:57:08.35	11:16	5.3
230	BIRECKA KAMILA	331	ŻÓŁTA STRZAŁA	KALISZ	POL	K50	7	K 68	00:57:22	02:11:52	03:57:27.60	03:57:55.45	11:18	5.3
231	KOZANECKI ADAM	330	OSZOŁOMTEAM	KALISZ	POL	M50	27	M 163	00:55:46	02:11:07	03:59:31.30	03:59:59.45	11:24	5.3
232	KOZŁOWSKA MAGDALENA	394	RUNNERS KONIN	KONIN	POL	K40	27	K 69	00:56:22	02:10:47	04:02:01.25	04:02:31.60	11:31	5.2
233	KUBAJEWSKA EMILIA	342		ŚWIERCZE	POL	K30	28	K 70	00:58:32	02:16:27	04:02:17.05	04:02:32.35	11:32	5.2
234	GRONOWSKA-KAROLCZAK AGNIESZKA	360	MARATOŃCZYK POZNAŃ/ BIEGAJĄCE KREJZOLE	POZNAŃ	POL	K30	29	K 71	00:53:43	02:09:47	04:02:22.05	04:02:36.00	11:32	5.2
235	LIS ANNA	339	BBL LASY BOGDANIEC	WAWRÓW	POL	K40	28	K 72	00:55:28	02:05:39	04:02:21.65	04:02:36.95	11:32	5.2
236	PAKIET WALDEMAR	404	ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO	ŚWIERADÓW-ZDRÓJ	POL	M60	3	M 164	00:51:52	02:01:57	04:05:46.75	04:06:07.05	11:42	5.1
237	HIBNER WALDEMAR	480		KOSZALIN	POL	M40	58	M 165	00:56:07	02:12:14	04:11:59.40	04:12:31.40	11:59	5
238	HIBNER ZBIGNIEW	479		SUCHY LAS	POL	M50	28	M 166	00:55:58	02:12:12	04:11:58.60	04:12:31.60	11:59	5
239	SREBRO KACPER	386	DZIKI Z CYTADELI	POZNAŃ	POL	M20	7	M 167	00:56:20	02:11:45	04:12:43.70	04:12:53.90	12:02	5
240	BIGORA PIOTR	326	ZWARIOWANY WARIAT	GODZIESZE MAŁE	POL	M50	29	M 168	00:57:02	02:16:12	04:13:19.70	04:13:38.55	12:03	5
241	STĘPIEŃ MARIA	307	OPALENICKI KLUB BIEGACZA	PNIEWY	POL	K60	2	K 73	00:58:17	02:15:36	04:15:32.65	04:15:54.45	12:10	4.9
242	CHĘĆ MICHALINA	550	RATEL TEAM	WROCŁAW	POL	K30	30	K 74	00:59:50	02:15:35	04:15:31.45	04:15:56.20	12:10	4.9
243	ROSIŃSKA AGNIESZKA	337	ŚWIERCZEWO RUN	POZNAŃ	POL	K40	29	K 75	00:56:09	02:13:04	04:18:05.20	04:18:20.70	12:17	4.9
244	ROKITA-MATYKA MARTYNA	460		SZYMANÓW	POL	K30	31	K 76	00:53:05	02:04:24	04:20:06.45	04:20:25.55	12:23	4.8
245	RADECKI WOJCIECH	321	DZIKI Z CYTADELI	POBIEDZISKA	POL	M40	59	M 169	01:01:08	02:24:51	04:27:02.35	04:27:23.65	12:42	4.7
246	PAWŁOWSKA KINGA	389	IZABELIN NA START	HORNÓWEK	POL	K50	8	K 77	00:59:58	02:16:42	04:28:20.70	04:28:41.70	12:46	4.7
247	OBRYCKA AGNIESZKA	382		WYKROTY	POL	K40	30	K 78	00:59:32	02:23:36	04:31:22.65	04:31:38.30	12:55	4.6
248	MORAŃSKA MAŁGORZATA	374		BOLESŁAWIEC	POL	K30	32	K 79	00:59:33	02:23:38	04:31:23.35	04:31:39.00	12:55	4.6
249	MILLER PAWEŁ	308	BBL LASY BOGDANIEC	BOGDANIEC	POL	M30	72	M 170	01:00:41	02:25:02	04:31:38.05	04:31:54.75	12:56	4.6
250	CHAJEC PATRYCJA	517	DIRTY SPARROWS	POZNAŃ	POL	K40	31	K 80	01:02:13	02:25:15	04:32:18.10	04:32:25.80	12:58	4.6
	CZECH DOROTA	458	ASICS FRONTRUNNER POLAND	WROCŁAW	POL	K40			00:53:17	02:04:36	DNF	DNF	-	-
									DNF	DNF				
	KOBYŁKA MAŁGORZATA	366	SUPERMARATON KALISZ	KALISZ	POL	K50			01:09:09	DNF	DNF	DNF	-	-
									DNF	DNF				
	UMIASTOWSKI MATEUSZ	471		WARSZAWA	POL	M30			DNF	DNF	DNF	DNF	-	-