DWUDZIESTKA

Organizator: Fundacja Szczyt za Szczytem
Data: 2023-02-18
Miejsce: Karpniki
Dystans: 21 km
Klasyfikacja wg czasów brutto.

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

RUDAWY Zimowy Festiwal Biegowy

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

DWUDZIESTKA, OPEN

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.5km	4.4km	4.5km	Netto	Brutto	min/km	km/h
1	LEŚNIAK KAMI	579	HOKA GARMIN TEAM	POZNAŃ	POL	M30	1	M 1	00:15:55	00:24:23	00:24:44	01:43:27.10	01:43:28.45	4:55	12.2
2	CZERNIAK PAWEŁ	529	BLACK HAT PRO	SOSNÓWKA	POL	M30	2	M 2	00:16:06	00:24:23	00:24:43	01:43:49.85	01:43:51.80	4:56	12.1
3	DUDA KAROL	604	BLACK HAT PRO	PIESZYCE	POL	M30	3	M 3	00:16:54	00:25:37	00:25:55	01:49:06.70	01:49:09.15	5:11	11.5
4	BONIEC RADOSŁAW	541	NADLEŚNICTWO LIPINKI/AW-SZYBCIEJ-TEAM	ŁAZ	POL	M30	4	M 4	00:16:53	00:25:37	00:25:55	01:49:16.75	01:49:18.55	5:12	11.5
5	KARWACZYŃSKI ROGER	573	AW-SZYBCIEJ-TEAM	JELENIA GÓRA	POL	M30	5	M 5	00:16:55	00:25:54	00:26:12	01:52:18.30	01:52:20.25	5:20	11.2
6	SMOLIŃSKI MARCIN	455	STAJNIAK TEAM	WROCŁAW	POL	M30	6	M 6	00:17:33	00:26:45	00:27:03	01:55:34.80	01:55:37.40	5:30	10.9
7	KRASULAK DANIEL	563	WKS ŚLĄSK WROCŁAW	WROCŁAW	POL	M40	1	M 7	00:17:51	00:27:40	00:28:02	02:02:24.95	02:02:26.30	5:49	10.3
8	BUCZEK BARTŁOMIEJ	549	CHIHUAHUA TEAM	JELENIA GÓRA	POL	M30	7	M 8	00:19:03	00:29:08	00:29:28	02:04:37.50	02:04:39.25	5:56	10.1
9	STANKIEWICZ TOMASZ	571	PLANYBIEGOWE.PL	SREBRNA GÓRA	POL	M30	8	M 9	00:18:50	00:29:00	00:29:17	02:04:44.25	02:04:46.35	5:56	10.1
10	SZCZEPANIAK WITOLD	447		OSTRÓW WIELKOPOLSKI	POL	M40	2	M 10	00:19:18	00:29:11	00:29:32	02:05:06.00	02:05:07.35	5:57	10.1
11	FILIPEK WOJCIECH	603		KAMIENIEC WROCLAWSKI	POL	M30	9	M 11	00:18:59	00:28:43	00:29:02	02:05:23.45	02:05:26.70	5:58	10
12	NIEPALA JACEK	332		OBORNIKI ŚLĄSKIE	POL	M30	10	M 12	00:19:06	00:29:11	00:29:30	02:06:37.95	02:06:40.00	6:01	10
13	RABENDA MARCIN	601	OŁAWA ZŁOTORYJA	PIELGRZYMKA	POL	M40	3	M 13	00:19:22	00:29:34	00:29:54	02:07:42.10	02:07:44.20	6:04	9.9
14	BIELECKI TOMASZ	565		JELENIA GÓRA	POL	M30	11	M 14	00:19:23	00:29:27	00:29:45	02:09:00.30	02:09:07.45	6:08	9.8
15	SZCZOTKA ŁUKASZ	557		WROCŁAW	POL	M40	4	M 15	00:20:43	00:32:02	00:32:59	02:09:52.85	02:09:56.35	6:11	9.7
16	TROJANOWSKI ARTUR	486	CARBON SILESIA SPORT	RUDA ŚLĄSKA	POL	M30	12	M 16	00:19:19	00:29:23	00:29:40	02:10:01.00	02:10:04.85	6:11	9.7
17	SAJDUDA ADAM	462	AW - SZYBCIEJ - TEAM	WROCŁAW	POL	M30	13	M 17	00:19:18	00:29:44	00:30:08	02:10:34.35	02:10:37.30	6:13	9.7
18	MOCZULSKA MAŁGORZATA	608		ŻARÓW	POL	K40	1	K 1	00:19:49	00:30:14	00:30:37	02:10:40.65	02:10:44.60	6:13	9.6
19	NOWAK PAWEŁ	441		WROCŁAW	POL	M30	14	M 18	00:20:51	00:32:17	00:32:46	02:10:55.95	02:11:00.35	6:14	9.6
20	NOWORYTA RADOSŁAW	489	ULTRA DIABŁY TEAM LUBRZA	LUBRZA	POL	M40	5	M 19	00:20:15	00:30:45	00:31:04	02:11:38.60	02:11:42.10	6:16	9.6
21	SZCZUCKI PRZEMYSŁAW	602	TEAM OPTYKOKULAR-ALCHIMOWICZBIKE	ŚWIERZAWA	POL	M30	15	M 20	00:20:43	00:32:11	00:32:55	02:14:56.70	02:15:01.10	6:25	9.3
22	RUTKOWSKI MACIEJ	459	ULTRA DIABŁY TEAM LUBRZA	SULĘCIN	POL	M30	16	M 21	00:20:16	00:30:58	00:31:18	02:15:18.40	02:15:21.70	6:26	9.3
23	RYSZAWY MIKOŁAJ	376		ŚWIEBODZICE	POL	M20	1	M 22	00:19:11	00:29:44	00:30:03	02:15:51.20	02:15:54.10	6:28	9.3
24	ANANICZ ANDREI	607	BIAŁ.TM	WROCŁAW	BLR	M20	2	M 23	00:21:09	00:32:27	00:32:53	02:17:10.40	02:17:15.70	6:31	9.2
25	PIETRUCHA MACIEJ	576		JELENIA GÓRA	POL	M40	6	M 24	00:20:41	00:32:35	00:32:58	02:17:56.35	02:18:00.00	6:34	9.1
26	GRACZ PAWEŁ	305	ULTRA DIABŁY TEAM LUBRZA	ZBĄSZYNEK	POL	M40	7	M 25	00:20:31	00:31:12	00:31:33	02:18:57.35	02:19:01.15	6:37	9.1
27	CEPIELIK WOJCIECH	411		MARCISZÓW	POL	M30	17	M 26	00:21:32	00:32:39	00:32:57	02:20:58.80	02:21:03.70	6:42	8.9
28	GALEK WOJCIECH	306	ADIENT RUNNING TEAM	ŁAGÓW	POL	M30	18	M 27	00:20:47	00:32:21	00:32:43	02:21:05.50	02:21:09.20	6:43	8.9
29	PIECHOWIAK BARTOSZ	542	PIECHOWIAK-KRÓLIKOWSKI.PL	WROCŁAW	POL	M30	19	M 28	00:20:48	00:32:38	00:33:04	02:23:59.85	02:24:02.50	6:51	8.8
30	ZIENTARA KRZYSZTOF	451		JELENIA GÓRA	POL	M30	20	M 29	00:22:23	00:33:44	00:34:08	02:24:10.30	02:24:15.50	6:51	8.7
31	PILIPCZUK JAKUB	434		ZAMOŚĆ	POL	M20	3	M 30	00:20:33	00:31:38	00:32:00	02:24:27.00	02:24:32.30	6:52	8.7
32	ŁUKASIEWICZ EWA	513	AW - SZYBCIEJ - TEAM	ZŁOTORYJA	POL	K50	1	K 2	00:23:17	00:34:34	00:34:57	02:24:47.80	02:24:50.50	6:53	8.7
33	ŁUKAWSKI TOMASZ	578	OPTYKOKULAR-ALCHIMOWICZBIKE	RZĄŚNIK	POL	M40	8	M 31	00:21:40	00:32:59	00:33:23	02:24:47.50	02:24:52.10	6:53	8.7
34	LAMEK ANDRZEJ	591	AKTYWNY OSTRZESZÓW	OSTRZESZÓW	POL	M50	1	M 32	00:21:55	00:33:20	00:33:46	02:25:10.10	02:25:14.35	6:54	8.7
35	LANDVOGT CHRISTOPH	366	LC 80 BAD KREUZNACH	BAD KREUZNACH	GER	M40	9	M 33	00:21:55	00:33:09	00:33:30	02:25:39.80	02:25:46.05	6:56	8.7
36	NOWAKOWSKA ANNA	385	ZAWISZA BYDGOSZCZ	INOWROCŁAW	POL	K30	1	K 3	00:20:41	00:32:34	00:32:57	02:25:56.95	02:25:59.90	6:56	8.6
37	IDCZAK AGNIESZKA	343		LEGNICA	POL	K30	2	K 4	00:23:52	00:35:55	00:36:17	02:26:38.55	02:26:49.10	6:58	8.6
38	SUCHY ROLAND	396	POGOŃ BYDŁO	KRAPKOWICE	POL	M30	21	M 34	00:23:10	00:35:28	00:35:52	02:28:26.70	02:28:41.90	7:04	8.5
39	DUBAS MAREK	468	WWW.SPRAWDZAMY-NIERUCHOMOSCI.PL	KOMORNIKI	POL	M40	10	M 35	00:22:38	00:34:22	00:34:43	02:28:39.65	02:28:51.25	7:04	8.5
40	POSADOWSKI SZYMON	450		WILKÓW	POL	M30	22	M 36	00:22:44	00:34:41	00:35:07	02:29:11.45	02:29:14.65	7:06	8.4
41	NIŻEWSKI PAWEŁ	440	KRAKOWIAK ULTRA TEAM	CZAPURY	POL	M40	11	M 37	00:23:31	00:35:30	00:35:56	02:29:07.35	02:29:16.20	7:06	8.4

DWUDZIESTKA, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.5km	4.4km	4.5km	Netto	Brutto	min/km	km/h
42	MORAWSKI FILIP	311	KRAKOWIAKULTRATEAM	PUSZCZYKOWO	POL	M40	12	M 38	00:23:32	00:36:01	00:36:25	02:29:25.05	02:29:33.15	7:06	8.4
43	KUBICKI MARIUSZ	479	DOBRA FORMA	KLUCZBORK	POL	M40	13	M 39	00:21:08	00:32:40	00:33:01	02:29:32.35	02:29:34.45	7:07	8.4
44	BOWSZYS ARKADIUSZ	559	KAMAR	LWÓWEK ŚLĄSKI	POL	M40	14	M 40	00:22:02	00:33:56	00:34:24	02:29:34.90	02:29:43.45	7:07	8.4
45	WOJCIECHOWSKI DARIUSZ	539	KRAKOWIAK ULTRA TEAM / GÓRAL Z MAZUR RUNNING TEAM	KROSNO	POL	M40	15	M 41	00:22:50	00:34:58	00:35:21	02:29:36.85	02:29:45.25	7:07	8.4
46	WEGNER ADRIAN	530		POZNAN	POL	M30	23	M 42	00:22:15	00:33:38	00:35:22	02:29:51.65	02:29:58.90	7:08	8.4
47	BIL GRZEGORZ	463	TATRALAND	KĘTY	POL	M40	16	M 43	00:23:27	00:35:35	00:36:00	02:29:48.85	02:30:12.70	7:08	8.4
48	MAJER PIOTR	448	MITUTOYO AZS WRATISLAVIA WROCŁAW	JELENIA GÓRA	POL	M40	17	M 44	00:22:08	00:34:26	00:34:48	02:29:53.20	02:30:21.65	7:08	8.4
49	MARKOWSKI ARTUR	560		WROCŁAW	POL	M50	2	M 45	00:22:48	00:35:08	00:35:34	02:30:26.65	02:30:30.75	7:09	8.4
50	NASKRĘT PIOTR	325	KOWARY BIEGAJĄ	KOWARY	POL	M40	18	M 46	00:23:13	00:35:28	00:35:50	02:30:36.30	02:30:43.85	7:10	8.4
51	WOŹNIAK SEBASTIAN	357	INKA TEAM	POZNAŃ	POL	M30	24	M 47	00:22:24	00:34:02	00:34:26	02:30:44.85	02:30:53.45	7:10	8.4
52	BIAŁOMYZY URSZULA	594		BOLESŁAWIEC	POL	K20	1	K 5	00:22:28	00:33:43	00:34:07	02:31:03.15	02:31:10.45	7:11	8.3
53	OBUCHOWICZ ARTUR	406		WSCHOWA	POL	M40	19	M 48	00:21:41	00:32:47	00:33:07	02:32:41.55	02:32:49.35	7:16	8.3
54	CHUDY TOBIASZ	352	RUN TEAM RYDZYNA	LESZNO	POL	M30	25	M 49	00:21:10	00:32:32	00:32:55	02:33:00.55	02:33:10.65	7:17	8.2
55	IDCZAK PIOTR	526		SULĘCINEK	POL	M30	26	M 50	00:22:27	00:34:00	00:34:21	02:32:57.90	02:33:23.60	7:17	8.2
56	JODŁOWSKI MAREK	445	BIEGAMY BO CHCEMY	KROSNO ODRZ	POL	M40	20	M 51	00:24:30	00:37:06	00:37:38	02:33:24.60	02:33:35.45	7:18	8.2
57	RADKOWSKA MAŁGORZATA	538	TEAM PARSZCZYŃSKICH	WARSZAWA	POL	K30	3	K 6	00:23:14	00:36:24	00:36:47	02:33:35.10	02:33:42.95	7:18	8.2
58	PIWOWOŃSKI PAWEŁ	567		ZAGRODNO	POL	M40	21	M 52	00:23:28	00:35:34	00:35:56	02:33:37.25	02:33:50.70	7:18	8.2
59	KOPCZYŃSKI ŁUKASZ	322	K-TEAM	WROCŁAW	POL	M40	22	M 53	00:25:47	00:38:42	00:39:05	02:33:35.55	02:33:58.95	7:18	8.2
60	KATARZYŃSKI MAREK	537		OSIECZNA	POL	M40	23	M 54	00:23:23	00:35:29	00:35:55	02:34:06.05	02:34:32.20	7:20	8.2
61	RATYMIRSKI WOJTEK	449		WROCLAW	POL	M40	24	M 55	00:23:16	00:35:22	00:35:45	02:34:42.40	02:34:52.20	7:22	8.1
62	JĘDRASIAK ADRIAN	590	ALL OR NOTHING ZIELONA GÓRA	ZIELONA GÓRA	POL	M40	25	M 56	00:22:32	00:34:56	00:35:21	02:35:00.75	02:35:11.90	7:22	8.1
63	MICHAŁKOWSKI MAREK	476		POZNAŃ	POL	M30	27	M 57	00:23:13	00:34:32	00:34:55	02:35:13.10	02:35:18.95	7:23	8.1
64	RAJKOWSKI TOMASZ	588	WIDZEW FC EIRE DIVISION	ZGIERZ	POL	M30	28	M 58	00:22:02	00:33:56	00:34:18	02:35:16.35	02:35:22.70	7:23	8.1
65	MAGIERA BARTŁOMIEJ	369		WAŁBRZYCH	POL	M30	29	M 59	00:24:53	00:37:51	00:38:15	02:35:36.90	02:35:43.85	7:24	8.1
66	NOWICKI MARCIN	581		GORZÓW WIELKOPOLSKI	POL	M40	26	M 60	00:23:26	00:35:51	00:36:17	02:35:44.75	02:35:49.90	7:24	8.1
67	KAZUBOWSKA ALEKSANDRA	365	VEGE RUNNERKA	GORZÓW WLKP.	POL	K40	2	K 7	00:23:22	00:35:50	00:36:13	02:35:45.60	02:35:49.90	7:25	8.1
68	CHWALIŃSKI MICHAŁ	380		POZNAŃ	POL	M40	27	M 61	00:23:14	00:35:21	00:35:44	02:36:43.65	02:36:52.05	7:27	8
69	FERET KAMILA	421	TRAIL IS OUR WAY TEAM	JELENIA GÓRA	POL	K20	2	K 8	00:23:21	00:35:42	00:36:03	02:37:00.80	02:37:04.00	7:28	8
70	PARYSEK TOMASZ	600		PIELGRZYMKA	POL	M30	30	M 62	00:22:12	00:33:52	00:34:17	02:37:01.00	02:37:13.55	7:28	8
71	PURCZYŃSKI GRZEGORZ	465		ZIELONA GÓRA	POL	M40	28	M 63	00:22:48	00:35:48	00:36:24	02:37:20.30	02:37:31.75	7:29	8
72	NOWIK KAMIL	321	SECO RUN	ŚWIEBODZIN	POL	M40	29	M 64	00:23:34	00:36:30	00:36:55	02:39:01.20	02:39:05.95	7:34	7.9
73	RĘKOSIEWICZ JAKUB	415		ZIELONA GÓRA	POL	M40	30	M 65	00:24:15	00:37:07	00:37:33	02:39:15.00	02:39:20.75	7:35	7.9
74	STĘSIK TOMASZ	314		NOWE TŁOKI	POL	M30	31	M 66	00:23:30	00:36:25	00:36:51	02:39:45.55	02:39:57.40	7:36	7.9
75	SZUMIŃSKI ARTUR	307		PIELGRZYMKA	POL	M50	3	M 67	00:23:13	00:35:29	00:35:51	02:40:02.00	02:40:06.40	7:37	7.9
76	WYPYCH BARTOSZ	398		LEIPZIG	GER	M40	31	M 68	00:25:54	00:38:48	00:39:12	02:40:01.70	02:40:21.75	7:37	7.9
77	CYRANOWICZ SZYMON	599	BIEGAJĄCE KREJZOLE	POZNAŃ	POL	M20	4	M 69	00:20:25	00:32:38	00:32:59	02:40:20.20	02:40:22.90	7:38	7.9
78	FERET HUBERT	475	TRAIL IS OUR WAY	PIECHOWICE	POL	M30	32	M 70	00:23:58	00:37:08	00:37:34	02:40:33.65	02:40:36.30	7:38	7.8
79	SZARADOWSKI PIOTR	487	140 MINUT / ORŁY JEZUSA	ŚWIDNICA	POL	M50	4	M 71	00:25:15	00:37:57	00:38:27	02:40:59.30	02:41:08.95	7:39	7.8
80	WITLICKI KACPER	424	BBC	KROSNO ODRZAŃSKIE	POL	M20	5	M 72	00:25:22	00:38:57	00:39:22	02:42:06.30	02:42:15.35	7:43	7.8
81	ŚWIERK PRZEMYSŁAW	312	ULTRA DIABŁY TEAM	ŚWIEBODZIN	POL	M40	32	M 73	00:25:03	00:38:39	00:39:05	02:42:38.90	02:42:58.15	7:44	7.7
82	GALEK ZBIGNIEW	304	ADIENT RUNNING TEAM	ŁAGÓW	POL	M40	33	M 74	00:24:24	00:36:53	00:37:15	02:42:52.85	02:42:59.25	7:45	7.7
83	SZKÓDLIŃSKI BARTOSZ	318	NARAMOWICE BIEGAJĄ	POZNAŃ	POL	M40	34	M 75		00:37:16	00:37:41	02:43:03.40	02:43:10.40	7:45	7.7
84	GRAMALA MATEUSZ	469		NADOLICE WIELKIE	POL	M20	6	M 76	00:24:23	00:38:07	00:38:44	02:44:07.00	02:44:22.80	7:48	7.7
85	WOJCIECHOWSKI MAREK	473		SKÓRZEWO	POL	M40	35	M 77	00:25:38	00:39:30	00:39:56	02:44:18.70	02:44:29.95	7:49	7.7
86	STROJEK GRZEGORZ	508		PRZEMKÓW	POL	M40	36	M 78	00:23:13	00:35:42	00:36:06	02:44:28.45	02:44:33.45	7:49	7.7
87	ALGIERSKI PAWEŁ	531		ŚWIEBODZIN	POL	M30	33	M 79	00:25:03	00:37:41	00:38:04	02:44:24.60	02:44:41.25	7:49	7.7
88	JEKA MATEUSZ	514	JEKA TEAM	WROCŁAW	POL	M30	34	M 80	00:23:47			02:44:50.45	02:44:50.45	7:50	7.6
89	OLEJNIK EGIDIUSZ	598		JELENIA GÓRA	POL	M30	35	M 81	00:24:58	00:38:26	00:38:58	02:45:18.95	02:45:22.00	7:52	7.6
90	PATROŃSKA MAGDALENA	527	ŻARŁOKI	WROCŁAW	POL	K30	4	K 9	00:27:13	00:40:47	00:41:16	02:46:12.50	02:46:27.40	7:54	7.6
91	KOZAKIEWICZ TOMEK	435	CAŁE ŻYCIE NA REDUKCJI	WROCŁAW	POL	M30	36	M 82	00:25:00	00:38:47	00:39:12	02:46:30.95	02:46:38.10	7:55	7.6
92	KĘPA KAMIL	425		WROCŁAW	POL	M30	37	M 83				02:46:40.00	02:46:40.00	7:56	7.6
93	GAŁASZEWSKI KAMIL	384		SZCZECIN	POL	M30	38	M 84	00:22:42	00:35:33	00:35:57	02:46:37.85	02:46:42.15	7:56	7.6
94	PAWŁUSIÓW ANDRZEJ	416		LWÓWEK ŚLĄSKI	POL	M40	37	M 85	00:26:12	00:39:32	00:40:05	02:47:51.80	02:47:51.80	7:59	7.5
95	ŻUROWSKA-SOPALA IWONA	570		BOGUSZÓW-GORCE	POL	K30	5	K 10	00:26:04	00:39:01	00:39:32	02:47:32.95	02:48:01.35	7:58	7.5
96	FURMANOWSKI PAWEŁ	389		WARSZAWA	POL	M20	7	M 86	00:26:23	00:40:33	00:41:01	02:49:13.05	02:49:23.35	8:03	7.4

DWUDZIESTKA, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.5km	4.4km	4.5km	Netto	Brutto	min/km	km/h
97	MICHALAK WOJCIECH	491		WROCŁAW	POL	M40	38	M 87	00:27:32	00:41:14	00:41:39	02:49:08.80	02:49:32.65	8:03	7.4
98	TYRALSKI DOMINIK	500	POLSAT BIEGA	WARSZAWA	POL	M40	39	M 88	00:26:53	00:40:46	00:41:10	02:49:28.65	02:49:53.55	8:04	7.4
99	LISIAKIEWICZ BARTOSZ	616		BESTWINA	POL	M40	40	M 89	00:27:52	00:41:55	00:43:06	02:49:39.60	02:50:00.30	8:04	7.4
100	LIPSKI DAWID	507		KRAKÓW	POL	M20	8	M 90	00:26:22	00:40:12	00:40:38	02:50:11.85	02:50:21.35	8:06	7.4
101	SUCHY ARON	439	POGOŃ BYDŁO	STEBLÓW	POL	M30	39	M 91	00:24:26	00:38:15	00:38:48	02:50:23.95	02:50:41.85	8:06	7.4
102	PRZYBYLSKI PAWEŁ	347		WROCLAW	POL	M30	40	M 92	00:27:58	00:43:04	00:43:24	02:51:10.30	02:51:28.80	8:09	7.4
103	GOLA HENRYK	512		SZKLARSKA POREĘBA	POL	M50	5	M 93	00:24:53	00:38:29	00:38:54	02:51:30.40	02:51:35.55	8:10	7.3
104	SOŁTYSIAK MARTA	368	SZAKALE BAŁUT ŁÓDŹ	ŁÓDŹ	POL	K30	6	K 11	00:26:23	00:41:01	00:41:28	02:51:20.70	02:51:45.45	8:09	7.4
105	POLIWOCZAK PATRYK	330		MROWINY	POL	M30	41	M 94	00:23:56	00:36:21	00:37:04	02:51:53.75	02:52:00.60	8:11	7.3
106	WAŁCZYK MATEUSZ	586		JELENIA GÓRA	POL	M30	42	M 95	00:23:12	00:36:32	00:36:56	02:51:58.00	02:52:02.55	8:11	7.3
107	CHUDY ARIEL	361	RUN TEAM RYDZYNA	RYDZYNA	POL	M40	41	M 96	00:26:16	00:40:19	00:40:46	02:52:21.15	02:52:33.95	8:12	7.3
108	KOTWICKI MATEUSZ	611		OŁAWA	POL	M30	43	M 97	00:27:08	00:41:27	00:42:02	02:52:34.60	02:52:44.00	8:13	7.3
109	ADAMSKI ADAM	333		BIERUTÓW	POL	M60	1	M 98				02:52:45.50	02:52:45.50	8:13	7.3
110	ŁAZEWSKI OSKAR	595		BOLESŁAWIEC	POL	M20	9	M 99	00:25:18	00:38:30	00:38:59	02:53:23.50	02:53:32.80	8:15	7.3
111	OLBERT IRENEUSZ	580		BRZEG DOLNY	POL	M50	6	M 100	00:23:44	00:37:07	00:37:45	02:53:53.10	02:53:56.65	8:16	7.2
112	DUSZYŃSKA EWA	336		JELENIA GÓRA	POL	K30	7	K 12		00:38:28	00:38:53	02:54:25.70	02:54:30.45	8:18	7.2
113	NOWAKOWSKI RAFAŁ	546	#BIEGIEMWLAS	LUBOŃ	POL	M40	42	M 101	00:28:32	00:43:05	00:44:01	02:55:09.60	02:55:15.60	8:20	7.2
114	BUGAJ ALAN	375		SZCZODRE	POL	M30	44	M 102	00:28:05	00:42:36	00:43:11	02:55:22.95	02:55:41.45	8:21	7.2
115	KUTA ŁUKASZ	515	ADDICTED TO MOUNTAINS OLSZYNA	OLSZYNA	POL	M40	43	M 103	00:27:58	00:42:39	00:43:06	02:55:28.10	02:55:55.45	8:21	7.2
116	STASIAK ŁUKASZ	547		LUBIN	POL	M40	44	M 104	00:26:28	00:40:56	00:41:45	02:56:01.10	02:56:07.10	8:22	7.2
117	UPTAS TOMASZ	327	CROSS STRACEŃCÓW TEAM	GŁOGÓW	POL	M40	45	M 105	00:28:15	00:43:34	00:43:57	02:55:59.15	02:56:11.55	8:22	7.2
118	UPTAS EWA	341	FITNESS & SGUASCH	GŁOGÓW	POL	K40	3	K 13	00:28:19	00:43:36	00:43:59	02:55:59.25	02:56:11.75	8:22	7.2
119	KLIMEK WOJCIECH	393	ORTHOS TEAM	BIELANY WROCŁAWSKIE	POL	M30	45	M 106	00:29:17	00:43:31	00:44:11	02:55:49.70	02:56:19.20	8:22	7.2
120	ZEMLEDUCH TOMASZ	378	ZEMLEDUCHY	ZIELONA GÓRA	POL	M30	46	M 107	00:26:00	00:40:08	00:40:44	02:56:13.05	02:56:20.70	8:23	7.2
121	GRONEK MAGDALENA	454	BIEGAMDLAZDROWIA. PL	JELENIA GÓRA	POL	K40	4	K 14	00:27:31	00:42:05	00:42:32	02:56:21.15	02:56:31.80	8:23	7.1
122	LIS ANNA	614		KIELCE	POL	K40	5	K 15	00:26:50	00:40:36	00:41:02	02:57:10.10	02:57:16.45	8:26	7.1
123	ZBOROWSKI MARCIN	316	ADIENT RUNNING TEAM	ŁAGÓW	POL	M30	47	M 108	00:24:59	00:38:39	00:39:07	02:58:27.10	02:58:49.70	8:29	7.1
124	SYDORCZYK MAGDALENA	498	ENDORFINA WSCHOWA	WSCHOWA	POL	K40	6	K 16	00:27:18	00:41:22	00:41:50	02:58:50.10	02:58:56.65	8:30	7
125	BYLINA BARTOSZ	533		POZNAN	POL	M50	7	M 109	00:26:00	00:39:57	00:40:27	02:59:03.70	02:59:14.05	8:31	7
126	POLAK BARTOSZ	569		WROCŁAW	POL	M30	48	M 110	00:28:25	00:43:40	00:44:11	02:59:06.15	02:59:24.20	8:31	7
127	ŚLIWKA RADOSŁAW	402		POZNAŃ	POL	M40	46	M 111	00:28:28	00:43:34	00:44:02	02:59:37.35	02:59:42.15	8:33	7
128	NOWAKOWSKI ŁUKASZ	610		CHORZÓW	POL	M30	49	M 112	00:26:10	00:40:06	00:40:30	02:59:37.30	02:59:51.65	8:33	7
129	KAŃDUŁA GRZEGORZ	317		POZNAŃ	POL	M40	47	M 113	00:26:32	00:41:19	00:41:48	03:00:15.30	03:00:25.05	8:35	7
130	WRÓBLEWSKI WOJCIECH	545		WROCŁAW	POL	M30	50	M 114	00:29:31	00:43:54	00:44:45	03:00:00.10	03:00:41.50	8:34	7
131	MACYSZYN ŁUKASZ	363		ZAGRODNO	POL	M40	48	M 115	00:25:02	00:38:28	00:38:58	03:00:42.00	03:00:53.85	8:36	7
132	LEŚNIAK GRZEGORZ	464		POZNAŃ	POL	M40	49	M 116	00:26:11	00:40:26	00:41:55	03:01:00.10	03:01:26.85	8:37	7
133	TRZEPACZ DOROTA	346	KB LUPUS OLEŚNICA	OLEŚNICA	POL	K50	2	K 17	00:27:14	00:41:21	00:41:54	03:01:23.65	03:01:35.85	8:38	6.9
134	WOŹNIAK KAROLINA	358	INKA TEAM	POZNAŃ	POL	K30	8	K 18	00:27:47	00:42:59	00:43:25	03:01:55.60	03:01:55.60	8:39	6.9
135	MALUNG JAROSLAW	562		OLSZYNA	POL	M50	8	M 117	00:26:53	00:40:31	00:40:59	03:01:38.00	03:02:05.95	8:38	6.9
136	GARBACZ JAN	510		WROCŁAW	POL	M40	50	M 118	00:27:27	00:42:16	00:43:04	03:02:34.95	03:02:50.35	8:41	6.9
137	NOLKA JAKUB	323		GRODZISK WIELKOPOLSKI	POL	M30	51	M 119	00:28:04	00:42:33	00:43:29	03:02:47.00	03:03:07.15	8:42	6.9
138	KŁACZYŃSKA DANUTA	382	IDĘ DALEJ	SZCZECIN	POL	K50	3	K 19	00:28:04	00:43:17	00:43:47	03:03:23.55	03:03:41.55	8:43	6.9
139	CHRZANOWSKA AGNIESZKA	364	IDĘ DALEJ	SZCZECIN	POL	K40	7	K 20	00:28:04	00:43:18	00:43:47	03:03:23.60	03:03:41.80	8:43	6.9
140	ŁACNY ŁUKASZ	612	FORZA CHYNÓW	WROCŁAW	POL	M40	51	M 120	00:27:21	00:41:23	00:42:15	03:03:37.85	03:04:01.05	8:44	6.9
141	SCHULZE JÖRG	493	DAV ZITTAU	LUCKENWALDE	GER	M60	2	M 121	00:28:57	00:44:06	00:44:44	03:04:07.30	03:04:15.10	8:46	6.8
142	TOMYŚLAK MAGDALENA	427	TAKE CONTROL	POZNAŃ	POL	K30	9	K 21	00:28:48	00:43:28	00:43:55	03:04:37.55	03:04:59.40	8:47	6.8
143	KIEDA BARTEK	505		KIEŁCZÓWEK	POL	M30	52	M 122	00:25:35	00:40:02	00:40:28	03:05:22.10	03:05:50.75	8:49	6.8
144	SUCHY KATARZYNA	397	POGOŃ BYDŁO	KRAPKOWICE	POL	K30	10	K 22	00:27:30	00:42:47	00:43:32	03:06:38.40	03:06:52.60	8:53	6.8
145	KRYŃSKI GRZEGORZ	506		ŻERNIKI WROCŁAWSKIE	POL	M40	52	M 123	00:27:38	00:42:42	00:43:11	03:06:51.65	03:07:02.00	8:53	6.7
146	DUBAS ANNA	428	WWW.SPRAWDZAMY-NIERUCHOMOSCI.PL	POZNAŃ	POL	K30	11	K 23	00:28:47	00:43:10	00:43:36	03:07:36.25	03:07:58.85	8:56	6.7
147	ZIOMBKA KUBA	405	WAWRZYNTEAM	SIECHNICE	POL	M40	53	M 124	00:27:04	00:41:20	00:41:48	03:07:57.45	03:08:13.20	8:57	6.7
148	ZIELIŃSKA DOROTA	460	RUNNERS TEAM	WARSZAWA	POL	K20	3	K 24	00:26:55	00:40:43	00:41:24	03:08:43.40	03:08:48.80	8:59	6.7
149	LUBINA CEZARY	525		BIELANY WROCŁAWSKIE	POL	M30	53	M 125	00:26:59	00:41:16	00:41:48	03:09:10.95	03:09:22.30	9:00	6.7
150	WIŚNICKI MICHAŁ	501		MARCZYCE	POL	M30	54	M 126	00:26:32	00:40:39	00:41:28	03:09:25.65	03:09:34.35	9:01	6.7
151	KRAWCZYK MATEUSZ	618				M40	54	M 127	00:27:12	00:42:44	00:43:23	03:10:02.45	03:10:06.60	9:02	6.6

DWUDZIESTKA, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.5km	4.4km	4.5km	Netto	Brutto	min/km	km/h
152	CUKROWSKI ANDRZEJ	349	OLAWS ZŁOTORYJA	ZŁOTORYJA	POL	M40	55	M 128	00:27:15	00:42:40	00:43:07	03:10:08.60	03:10:19.45	9:03	6.6
153	MATKOWSKI WIKTOR	418	RENA WYKROTY	LWOWEK SLASKI	POL	M40	56	M 129				03:11:45.00	03:11:45.00	9:07	6.6
154	LENART JAKUB	446		WROCŁAW	POL	M30	55	M 130	00:28:28	00:44:06	00:44:40	03:11:40.05	03:11:58.90	9:07	6.6
155	BŁĘDKOWSKA KATARZYNA	597		OPOLE	POL	K30	12	K 25	00:29:14	00:43:57	00:44:52	03:12:15.15	03:12:29.75	9:09	6.6
156	JUDKIEWICZ PIOTR	377		WOLIN	POL	M50	9	M 131	00:29:50	00:45:42	00:46:09	03:12:01.40	03:12:37.65	9:08	6.6
157	KOZŁOWSKI WOJCIECH	313		LISOWICE	POL	M50	10	M 132	00:27:30	00:43:22	00:44:00	03:14:28.65	03:14:36.25	9:15	6.5
158	ORTYL EWELINA	370		LISOWICE	POL	K40	8	K 26	00:27:31	00:43:23	00:44:00	03:14:29.85	03:14:36.50	9:15	6.5
159	PASTERNAK MARCIN	589		POZNAŃ	POL	M40	57	M 133	00:29:45	00:45:40	00:46:07	03:14:14.35	03:14:55.55	9:14	6.5
160	SAMPIR MARIUSZ	381	WWW.ARNEON.COM	KALISZ	POL	M40	58	M 134	00:28:58	00:44:14	00:47:50	03:14:40.60	03:14:59.30	9:16	6.5
161	WYTYKOWSKA JOANNA	488	ŁKW	ŁÓDŹ	POL	K40	9	K 27	00:28:00	00:43:04	00:43:47	03:15:05.80	03:15:31.60	9:17	6.5
162	SZAMOCKA PAULINA	394		SZCZECIN	POL	K30	13	K 28	00:30:46	00:47:47	00:48:17	03:15:48.45	03:16:19.25	9:19	6.4
163	PTAK DOROTA	412		POZNAŃ	POL	K50	4	K 29	00:31:16	00:48:10	00:48:35	03:16:01.60	03:16:19.35	9:20	6.4
164	NOWAK MARTA	516		DŁUGOŁĘKA	POL	K40	10	K 30	00:33:38	00:51:56	00:55:21	03:16:07.90	03:16:25.80	9:20	6.4
165	SIKORA MALWINA	518		WROCŁAW	POL	K20	4	K 31	00:30:11	00:46:38	00:47:17	03:16:07.85	03:16:39.55	9:20	6.4
166	PISKORSKI ŁUKASZ	458		POZNAŃ	POL	M40	59	M 135	00:29:20	00:44:49	00:46:25	03:16:41.40	03:16:58.05	9:21	6.4
167	SERAFIN MICHAŁ	497	HWBC	WROCŁAW	POL	M40	60	M 136	00:30:19	00:46:34	00:47:23	03:16:55.25	03:17:11.80	9:22	6.4
168	MAZUR KATARZYNA	422	UMLAUT	KROSNO ODRZAŃSKIE	POL	K40	11	K 32	00:29:44	00:46:37	00:47:10	03:18:11.10	03:18:20.25	9:26	6.4
169	GRZELAK ŁUKASZ	383	WWW.GRZELAK-KANCELARIA.PL	KALISZ	POL	M40	61	M 137	00:29:13	00:45:12	00:47:54	03:18:10.45	03:18:29.75	9:26	6.4
170	JODŁOWSKA EWA	423	BIEGAMY BO CHCEMY	KROSNO ODRZ	POL	K40	12	K 33	00:29:42	00:46:54	00:48:03	03:18:39.60	03:18:52.00	9:27	6.3
171	DZIERGWA AGNIESZKA	609	PRZEDWOJEWSKI TEAM / RNB TEAM	SIECHNICE	POL	K30	14	K 34	00:27:50	00:43:28	00:43:55	03:18:57.10	03:19:12.35	9:28	6.3
172	FILIPOWICZ DOMINIK	413		CHOJNÓW	POL	M30	56	M 138	00:30:35	00:46:58	00:48:33	03:19:52.85	03:20:17.60	9:31	6.3
173	KOSTYK GRZEGORZ	410		CHOJNÓW	POL	M40	62	M 139	00:30:39	00:47:47	00:48:35	03:19:53.85	03:20:18.05	9:31	6.3
174	BUSZEWSKI ZBYSZEK	302		KARPICKO	POL	M30	57	M 140	00:27:43	00:42:50	00:43:49	03:20:56.80	03:21:14.50	9:34	6.3
175	GRUDNIEWSKI JAKUB	544		WROCŁAW	POL	M30	58	M 141	00:32:39	00:49:56	00:50:26	03:21:04.20	03:21:31.05	9:34	6.3
176	WIERZBIŃSKI KAMIL	572		WARSZAWA	POL	M30	59	M 142	00:27:26	00:42:07	00:42:35	03:21:53.45	03:22:04.90	9:36	6.2
177	DOŁĘGOWSKI MAREK	390	GMINA WOLIN	KOŁCZEWO	POL	M50	11	M 143	00:29:26	00:44:38	00:46:00	03:22:08.70	03:22:43.10	9:37	6.2
178	MIŚTA GRZEGORZ	481	DTR BIEGA / MARIO TEAM	ŚWIĄTNIKI	POL	M40	63	M 144	00:29:31	00:45:53	00:46:26	03:22:32.95	03:23:08.25	9:38	6.2
179	GÓRNA AMELIA	477		TOMISŁAW	POL	K50	5	K 35	00:28:06	00:43:18	00:43:54	03:23:47.70	03:24:01.95	9:42	6.2
180	KUBICKI PIOTR	509	DZIKI ZGON KOŚCIAN	KOŚCIAN	POL	M30	60	M 145	00:32:18	00:49:56	00:50:23	03:23:35.25	03:24:05.80	9:41	6.2
181	BORECKI MICHAŁ	408		LEGNICA	POL	M30	61	M 146	00:31:16	00:48:27	00:49:37	03:23:59.00	03:24:06.30	9:42	6.2
182	ZASOWSKI RAFAŁ	409		POZNAŃ	POL	M40	64	M 147	00:28:54	00:46:38	00:48:42	03:24:03.85	03:24:09.00	9:43	6.2
183	SZUMSKI ZBIGNIEW	419		ŚWIEBODZIN	POL	M50	12	M 148	00:29:25	00:45:28	00:48:16	03:24:47.95	03:24:56.35	9:45	6.2
184	PLIS JORDAN	319		JELENIA GÓRA	POL	M30	62	M 149	00:30:21	00:46:21	00:47:03	03:25:17.90	03:25:26.30	9:46	6.1
185	MARCINKIEWICZ MAREK	520		PIECHOWICE	POL	M40	65	M 150	00:31:10	00:47:56	00:48:23	03:25:09.40	03:25:45.75	9:46	6.1
186	KĘDZIORA ALEKSANDRA	552		WROCŁAW	POL	K40	13	K 36	00:32:08	00:49:48	00:50:23	03:25:41.25	03:26:11.25	9:47	6.1
187	LIS WOJCIECH	356	WIERZBICKI RUNNING PROJECT	WAWRÓW	POL	M40	66	M 151	00:29:30	00:45:09	00:46:35	03:26:27.95	03:26:43.70	9:49	6.1
188	KUSZ JOANNA	344	CROSS STRACEŃCÓW TEAM	GŁOGÓW	POL	K30	15	K 37	00:29:41	00:45:32	00:46:22	03:28:03.15	03:28:16.15	9:54	6.1
189	MARTAN IWONA	474	ORTHOS TEAM	WROCŁAW	POL	K40	14	K 38	00:37:55	00:54:53	00:55:50	03:27:54.20	03:28:23.40	9:54	6.1
190	ŁUPKOWSKI PAWEŁ	543	VEGE RUNNERS	POZNAŃ	POL	M40	67	M 152	00:31:21	00:48:15	00:49:22	03:28:18.90	03:28:41.65	9:55	6
191	PŁUSA ANETA	564	BBC	KROSNO ODRZAŃSKIE	POL	K40	15	K 39	00:29:43	00:46:53	00:48:00	03:28:51.30	03:29:05.85	9:56	6
192	SIKORSKI CEZARY	485	BBL GUBIN	GUBIN	POL	M50	13	M 153	00:29:50	00:46:47	00:47:20	03:28:56.20	03:29:06.10	9:56	6
193	TONDERSKI MACIEJ	524	FALCON V SYSTEMS	BESTWINA	POL	M20	10	M 154	00:30:52	00:47:56	00:49:16	03:29:35.90	03:29:45.80	9:58	6
194	LIPIŃSKI JACEK	324		KIEKRZ	POL	M40	68	M 155	00:32:06	00:48:52	00:50:02	03:30:02.20	03:30:35.20	10:00	6
195	GARCZYK PRZEMYSŁAW	350		KOZIEGŁOWY	POL	M30	63	M 156	00:30:37	00:46:58	00:47:44	03:30:40.15	03:30:46.20	10:01	6
196	KALIŃSKA DOROTA	490		KOBYŁKA	POL	K30	16	K 40	00:33:51	00:51:51	00:52:56	03:30:31.35	03:31:10.35	10:01	6
197	MISIAK ULA	613		WROCŁAW	POL	K30	17	K 41	00:30:43	00:48:16	00:50:37	03:31:30.70	03:31:38.00	10:04	6
198	KĘDZIORA ALICJA	438		BOGDANIEC	POL	K30	18	K 42	00:33:08	00:51:13	00:54:14	03:32:43.55	03:32:56.55	10:07	5.9
199	ŚMIECHOWSKA MAŁGORZATA	414		RECZ	POL	K40	16	K 43	00:32:17	00:51:08	00:52:17	03:32:43.50	03:33:01.10	10:07	5.9
200	SZKURŁAT ADAM	478		ŁÓDŹ	POL	M30	64	M 157	00:33:27	00:51:44	00:53:24	03:32:41.70	03:33:13.65	10:07	5.9
201	HOŁOWNIA PATRYCJA	484	BIEGUSY CZAPLE	CZAPLE	POL	K40	17	K 44	00:30:28	00:47:40	00:48:11	03:33:01.80	03:33:20.50	10:08	5.9
202	BARANOWSKI SZYMON	353		NOWY TOMYŚL	POL	M30	65	M 158	00:31:54	00:48:31	00:49:52	03:33:38.55	03:34:00.00	10:10	5.9
203	SZCZOTKA KATARZYNA	354		NOWY TOMYŚL	POL	K20	5	K 45	00:31:57	00:48:49	00:49:53	03:33:57.95	03:34:19.50	10:11	5.9
204	MALCZEWSKA- CHAŁADAJ KARINA	550		SIERADZ	POL	K40	18	K 46	00:34:27	00:52:17	00:52:49	03:34:02.05	03:34:22.75	10:11	5.9
205	WOLSKI KRZYSZTOF	444		MĄKOSZYCE	POL	M30	66	M 159	00:29:54	00:44:19	00:46:04	03:33:59.65	03:34:29.60	10:11	5.9
206	WOJTCZAK MAŁGORZATA	551		OLEŚNICA	POL	K50	6	K 47	00:32:07	00:50:42	00:51:22	03:34:22.30	03:34:32.90	10:12	5.9
207	MODZELEWSKA AGNIESZKA	502		OPALENICA	POL	K40	19	K 48	00:33:21	00:51:04	00:51:44	03:34:10.00	03:34:45.35	10:11	5.9

DWUDZIESTKA, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.5km	4.4km	4.5km	Netto	Brutto	min/km	km/h
208	OLEKSIEWICZ BEATA	499	SZAKALE BAŁUT ŁÓDŹ	ŁÓDŹ	POL	K40	20	K 49	00:32:41	00:51:09	00:52:34	03:34:18.65	03:34:49.95	10:12	5.9
209	KAŃDUŁA KLAUDIA	315	LION GROUP	POZNAŃ	POL	K40	21	K 50	00:32:31	00:50:37	00:51:16	03:34:31.95	03:34:52.25	10:12	5.9
210	STUDZIŃSKI DAWID	548		POZNAŃ	POL	M30	67	M 160	00:32:37	00:50:27	00:50:55	03:35:21.80	03:35:44.25	10:15	5.9
211	KOZAKIEWICZ BEATA	452	CAŁE ŻYCIE NA REDUKCJI	WROCŁAW	POL	K30	19	K 51	00:32:26	00:50:29	00:50:58	03:36:22.45	03:36:30.85	10:18	5.8
212	BENTKOWSKA MAGDALENA	442	DIRTY SPARROWS	POZNAŃ	POL	K30	20	K 52	00:30:51	00:48:07	00:50:23	03:36:23.50	03:36:51.15	10:18	5.8
213	BORKOWSKI KRZYSZTOF	329		GORZÓW WIELKOPOLSKI	POL	M40	69	M 161	00:29:53	00:46:29	00:46:59	03:36:41.55	03:36:56.80	10:19	5.8
214	WINNICKA EDYTA	351	ADIDAS RUNNERS WARSAW SŁODKIE PĄCZKI	WARSZAWA	POL	K30	21	K 53	00:33:12	00:52:11	00:52:43	03:36:45.10	03:37:10.35	10:19	5.8
215	NIEWIADOMSKI MATEUSZ	523		GORZÓW WIELKOPOLSKI	POL	M30	68	M 162	00:34:20	00:54:03	00:54:45	03:36:51.30	03:37:29.65	10:19	5.8
216	DOMINIAK IWONA	431		OSTRÓW WIELKOPOLSKI	POL	K50	7	K 54	00:32:41	00:50:34	00:51:34	03:37:39.35	03:37:45.20	10:21	5.8
217	JĘDRZEJCZAK ANNA	492		WARSZAWA	POL	K50	8	K 55	00:33:13	00:51:35	00:54:52	03:37:52.35	03:38:29.90	10:22	5.8
218	KUCHARSKI ADAM	494		WARSZAWA	POL	M40	70	M 163	00:33:14	00:51:35	00:54:53	03:37:52.75	03:38:30.40	10:22	5.8
219	SKOWRONEK TOMASZ	540	OJ NIEFAJNIE	POZNAN	POL	M30	69	M 164	00:31:08	00:49:16	00:50:31	03:36:07.50	03:39:25.15	10:17	5.8
220	WALIŃSKA AGATA	429	WWW.SPRAWDZAMY-NIERUCHOMOSCI.PL	KOMORNIKI	POL	K30	22	K 56	00:32:45	00:50:18	00:50:57	03:39:51.25	03:40:13.20	10:28	5.7
221	PYZIO MAGDA	430		KOMORNIKI	POL	K30	23	K 57	00:32:45	00:50:18	00:50:55	03:39:55.30	03:40:16.55	10:28	5.7
222	PAWLIKOWSKA MONIKA	532		WROCŁAW	POL	K40	22	K 58	00:34:44	00:53:16	00:55:01	03:41:44.10	03:41:54.55	10:33	5.7
223	JĘDROWSKA EMILIA	401		RZEPIN	POL	K30	24	K 59	00:33:09	00:51:16	00:54:15	03:43:58.15	03:44:10.90	10:39	5.6
224	KRZECZKOWSKI ROMAN	482	CUDO KOMBUCHA	ŚWIDNICA	POL	M50	14	M 165	00:32:44	00:50:43	00:52:45	03:44:16.40	03:44:33.75	10:40	5.6
225	GAJEWSKA WERONIKA	472	RYSIE	DOBROŃ	POL	K40	23	K 60	00:33:36	00:52:00	00:52:47	03:46:37.35	03:47:04.15	10:47	5.6
226	PIÓRKOWSKI PAWEŁ	303		NOWA RUDA	POL	M30	70	M 166	00:32:28	00:50:24	00:52:06	03:46:42.90	03:47:18.25	10:47	5.6
227	PRAGACZ ADAM	379		WARSZAWA	POL	M20	11	M 167	00:33:59	00:51:53	00:53:44	03:47:18.55	03:47:52.40	10:49	5.5
228	STAMM TOMASZ	374		POZNAŃ	POL	M50	15	M 168	00:34:25	00:52:08	00:52:46	03:47:45.95	03:48:08.50	10:50	5.5
229	SIEMIĄTKOWSKI KRZYSZTOF	536	#BIEGAMWOLNOALEDOKŁADNIE	WARSZAWA	POL	M30	71	M 169	00:34:26	00:52:04	00:53:02	03:47:38.50	03:48:27.15	10:50	5.5
230	ANTKOWIAK MIROSŁAW	555	BBC KROSNO ODRZAŃSKIE	KROSNO ODRZAŃSKIE	POL	M50	16	M 170	00:31:01	00:49:31	00:50:23	03:49:18.85	03:49:32.75	10:55	5.5
231	AWIŻEŃ ŁUKASZ	577		PURDA	POL	M40	71	M 171	00:33:22	00:51:42	00:54:27	03:50:37.70	03:51:19.70	10:58	5.5
232	WASILEWSKA JOANNA	360		WARSZAWA	POL	K50	9	K 61	00:33:23	00:51:46	00:54:17	03:51:52.75	03:52:19.30	11:02	5.4
233	BROŚ BOŻENA	359	KLUB BIEGACZA ORANGE POLSKA	TURKA	POL	K40	24	K 62	00:33:23	00:51:45	00:54:15	03:51:53.20	03:52:19.45	11:02	5.4
234	SCHLOSSBERGER LIDIA	504		WROCLAW	POL	K30	25	K 63	00:34:53	00:53:44	00:55:43	03:52:32.20	03:52:49.80	11:04	5.4
235	GODYŃ SYLWIUSZ	483	DZIEWIĘĆSIŁ	WOJCIESZÓW	POL	M50	17	M 172	00:30:27	00:47:18	00:47:45	03:53:58.85	03:54:18.45	11:08	5.4
236	KAŁŁAUR KRZYSZTOF	495		WARSZAWA	POL	M30	72	M 173	00:35:29	00:55:46	00:56:18	03:54:52.20	03:55:21.55	11:11	5.4
237	SIKORSKA AGNIESZKA	606		WARSZAWA	POL	K40	25	K 64	00:35:32	00:57:12	00:57:58	03:54:54.95	03:55:40.70	11:11	5.4
238	KUŁAKOWSKI PIOTR	605		KONSTANCIN-JEZIORNA	POL	M60	3	M 174	00:35:32	00:57:09	00:57:54	03:54:55.30	03:55:41.00	11:11	5.4
239	SZYPURA KATARZYNA	553	OPALENICKI KLUB BIEGACZA	OPALENICA	POL	K50	10	K 65	00:34:31	00:53:32	00:54:24	03:57:03.20	03:57:34.75	11:17	5.3
240	SZYPURA ROBERT	554	OPALENICKI KLUB BIEGACZA	OPALENICA	POL	M50	18	M 175	00:34:34	00:53:29	00:54:26	03:57:02.80	03:57:35.05	11:17	5.3
241	KRZYSZTOF GRABOWY	575		BOLESŁAWIEC	POL	M30	73	M 176	00:32:29	00:50:32		03:57:47.20	03:57:47.20	11:19	5.3
242	KOJDER GREZGORZ	574		BOLESŁAWIEC	POL	M40	72	M 177	00:32:26	00:50:32	00:53:13	03:57:46.60	03:57:47.60	11:19	5.3
243	DUNOWSKI PRZEMYSŁAW	340		GORZÓW WLKP	POL	M50	19	M 178	00:34:02	00:54:06	00:54:54	03:58:28.50	03:58:45.15	11:21	5.3
244	DUNOWSKA ILONA	342		GORZÓW WLKP	POL	K50	11	K 66	00:34:28	00:54:16	00:55:08	03:58:51.50	03:59:08.25	11:22	5.3
245	INOROWICZ JOANNA	517		WARSZAWA	POL	K40	26	K 67	00:33:40	00:51:57	00:55:23	04:01:23.55	04:01:41.15	11:29	5.2
246	STAL WALDEMAR	437	TOOPLOOX	WROCŁAW	POL	M30	74	M 179	00:33:17	00:51:39	00:53:56	04:02:20.85	04:02:34.60	11:32	5.2
247	NOWAK MICHAŁ	436	TOOPLOOX	LEGNICA	POL	M30	75	M 180	00:33:21	00:51:58	00:53:57	04:02:25.15	04:02:38.20	11:32	5.2
248	KLOC MACIEJ	534	TEAM ORTHOS	WROCŁAW	POL	M20	12	M 181	00:38:36	00:58:23	01:02:23	04:04:43.75	04:05:13.60	11:39	5.1
249	LEŚNIAK GRZEGORZ	585	LUŹNE PIĄTKI	OSTRÓW WIELKOPOLSKI	POL	M40	73	M 182	00:30:33	00:48:05	00:49:27	04:05:13.80	04:05:39.15	11:40	5.1
250	PTAK EWA	587		ŚWIERZAWA	POL	K40	27	K 68	00:35:38	00:54:49	00:55:47	04:06:51.40	04:07:10.65	11:45	5.1
251	PĘKAŁA DAWID	457	DZIKI Z AFRYKI	ZIELONA GÓRA	POL	M40	74	M 183	00:37:13	00:57:05	01:01:18	04:07:45.25	04:08:00.55	11:47	5.1
252	HAGEL JULITA	432		LUBIN	POL	K40	28	K 69	00:32:33	00:51:39	00:55:02	04:08:03.45	04:08:06.80	11:48	5.1
253	KATA WIOLETTA	467	FIT STYLE ZONE	OSIECZNICA	POL	K50	12	K 70	00:35:13	00:54:25	00:55:07	04:09:03.70	04:09:17.90	11:51	5.1
254	CHAJDYS MACIEJ	593	SKOSZEWY RUNNERS	ŁÓDŹ	POL	M40	75	M 184	00:34:28	00:54:24	00:55:26	04:09:46.60	04:10:10.05	11:53	5
255	CHAJDYS MONIKA	592	SKOSZEWY RUNNERS	ŁÓDŹ	POL	K40	29	K 71	00:34:31	00:54:24	00:55:27	04:09:46.85	04:10:10.35	11:53	5
256	DWORZAŃSKA ANNA	584	MARATOŃCZYK POZNAŃ	POZNAŃ	POL	K30	26	K 72	00:36:26	00:56:29	00:57:34	04:09:32.70	04:10:15.45	11:52	5
257	GUL PAWEŁ	583		POZNAŃ	POL	M30	76	M 185	00:36:42	00:56:22	00:57:32	04:09:34.30	04:10:16.70	11:53	5
258	KARAŚ ANNA	456		ZIELONA GÓRA	POL	K40	30	K 73	00:37:18	00:57:30	01:01:20	04:10:04.60	04:10:18.40	11:54	5
259	LUBICKI WOJCIECH	566	DWÓJKA BEZ SERNIKA	ZABRZE	POL	M50	20	M 186	00:32:22	00:50:46	00:51:50	04:11:20.40	04:11:31.55	11:58	5
260	BASTA GRZEGORZ	308	BASTA TEAM	GORZÓW WIELKOPOLSKI	POL	M50	21	M 187	00:37:21	00:57:35	00:58:38	04:14:12.50	04:14:28.45	12:06	5
261	DRELINKIEWICZ MICHAŁ	522	MISIE BIEGAJĄ	CZAPLE	POL	M40	76	M 188	00:38:41	00:58:15	00:59:08	04:17:07.50	04:17:27.55	12:14	4.9

DWUDZIESTKA, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.5km	4.4km	4.5km	Netto	Brutto	min/km	km/h
262	SOBKÓW KATARZYNA	521	MISIE BIEGAJĄ	ZAGRODNO	POL	K30	27	K 74	00:38:38	00:58:15		04:17:38.30	04:17:58.00	12:16	4.9
263	PAWLAK KATARZYNA	334		GORZÓW WIELKOPOLSKI	POL	K30	28	K 75	00:36:58	00:57:26	00:59:52	04:18:02.55	04:18:25.65	12:17	4.9
264	PLUSKOTA EWA	404		POZNAŃ	POL	K30	29	K 76	00:36:18	00:58:20	00:59:46	04:22:51.45	04:23:16.55	12:31	4.8
265	SOBOCIŃSKI KAROL	403		DZIERZGOŃ	POL	M30	77	M 189	00:36:14	00:58:21	00:59:45	04:22:52.80	04:23:17.40	12:31	4.8
266	STĘPIEŃ MARIA	331	OPALENICKI KLUB BIEGACZA	PNIEWY	POL	K60	1	K 77	00:39:34	01:01:17	01:02:14	04:24:11.10	04:24:44.05	12:34	4.8
267	SIEKIERA ALEKSANDRA	355		ŁÓDŹ	POL	K20	6	K 78	00:38:47	00:58:49	01:02:37	04:25:09.65	04:25:46.85	12:37	4.8
268	SIEKIERA PIOTR	388		ŁÓDŹ	POL	M20	13	M 190	00:38:47	00:58:49	01:02:37	04:25:09.55	04:25:46.90	12:37	4.8
269	NAJDEK OSKAR	615		SZCZECIN	POL	M20	14	M 191	00:41:43	01:04:33	01:07:27	04:26:08.85	04:26:30.80	12:40	4.7
270	LISOWSKI DARIUSZ	348	POBIEROWO BIEGA	POBIEROWO	POL	M50	22	M 192	00:41:43	01:04:33	01:07:27	04:26:09.65	04:26:31.25	12:40	4.7
271	SIWA MICHAŁ	310	ADIENT RUNNING TEAM	ŚWIEBODZIN	POL	M30	78	M 193	00:36:55	00:57:25	00:58:45	04:26:55.80	04:27:35.10	12:42	4.7
272	ZIAJA ALEKSANDRA	339		WARSZAWA	POL	K30	30	K 79	00:39:06	01:00:00	01:01:53	04:29:59.30	04:30:30.30	12:51	4.7
273	SREBRO KACPER	466		POZNAŃ	POL	M20	15	M 194	00:40:56	01:04:19	01:06:31	04:43:20.25	04:43:48.05	13:29	4.4
274	SREBRO MICHAŁ	400		POZNAŃ	POL	M50	23	M 195	00:41:11	01:04:07	01:06:32	04:49:58.55	04:50:26.85	13:48	4.3
275	WIŚNIEWSKI ADAM	596	GR3MIASTO	SMĘTOWO GRANICZNE	POL	M40	77	M 196	00:42:02	01:03:42	01:08:16	05:18:37.65	05:18:43.60	15:10	4
276	NOWAK MACIEJ	582	SPEED FEET 16	POZNAŃ	POL	M40	78	M 197	00:47:46	01:15:19	01:18:03	05:19:04.60	05:19:37.65	15:11	3.9
277	DZIECIELSKA AGNIESZKA	309		POZNAŃ	POL	K40	31	K 80	00:44:53	01:10:58	01:13:10	05:20:11.85	05:20:47.85	15:14	3.9
278	MERKLINGHAUS-KOBER MONIKA	367	SPEED FEET '16	KOŚCIAN	POL	K40	32	K 81	00:47:47	01:15:55	01:17:56	05:22:38.85	05:23:11.00	15:21	3.9
	CZECHOWICZ JAROSŁAW	362		GORZÓW WLKP	POL	M30			DNF	DNF	DNF	DNF	DNF	-	-