

Wydarzenie: UltraKotlina
Organizator: Fundacja Przejście Kotliny
Data: 2023-10-07
Miejsce: Szklarska Poręba
Dystans: 34 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zakręt Śmierci 12km	Jakuszyce 24km	Czas netto 34km	Czas brutto 34km	Różn	Tempo min/km	Tempo km/h
1	GORZELAŃCZYK Jakub	245		M30	1	00:55:37	01:49:58	02:28:14.10	02:28:16.00		4:21	13.8 (100%)
2	KARWACZYŃSKI Roger	90	CODETWO	M30	2	00:56:09	01:51:13	02:30:06.40	02:30:08.60	+00:01:52 (1.2%)	4:24	13.6 (98.6%)
3	ZAMIELSKI Paweł	194	PRZEDWOJEWSKI TEAM	M30	3	00:57:59	01:55:40	02:38:12.65	02:38:14.45	+00:09:58 (6.3%)	4:39	12.9 (93.5%)
4	RUTKOWSKI Dawid	238	GRIZZLYTEAM/140MINUT.PL	M40	1	01:02:28	02:04:20	02:47:12.60	02:47:12.60	+00:18:56 (11.3%)	4:55	12.2 (88.4%)
5	PIETRUCHA Maciej	91		M40	2	01:02:15	02:03:12	02:47:11.35	02:47:14.00	+00:18:58 (11.3%)	4:55	12.2 (88.4%)
6	WŁODARCZYK Jarosław	219	KOWARY BIEGAJĄ	M40	3	00:59:20	02:01:13	02:48:02.30	02:48:04.65	+00:19:48 (11.8%)	4:56	12.1 (87.7%)
7	MIŚ Zbigniew	306		M30	4	01:03:09	02:06:24	02:48:23.10	02:48:25.15	+00:20:09 (12.0%)	4:57	12.1 (87.7%)
8	SZEWC Jonasz	202	MOCNA GRUPA CEZARA	M20	1	01:03:37	02:05:01	02:49:04.50	02:49:04.50	+00:20:48 (12.3%)	4:58	12.1 (87.7%)
9	DUL Karolina	277	SBG SALCO	K20	1	01:04:30	02:06:00	02:52:20.75	02:52:20.75	+00:24:04 (14.0%)	5:04	11.8 (85.5%)
10	GRYNKIEWICZ Krzysztof	127		M20	2	01:04:05	02:06:04	02:54:20.90	02:54:23.90	+00:26:07 (15.0%)	5:07	11.7 (84.8%)
11	JANIAK Norbert	39		M30	5	01:06:30	02:09:02	02:54:38.95	02:54:38.95	+00:26:22 (15.1%)	5:08	11.7 (84.8%)
12	BIELECKI Tomasz	272		M30	6	01:04:31	02:08:17	02:57:26.35	02:57:30.70	+00:29:14 (16.5%)	5:13	11.5 (83.3%)
13	WOJNAROWICZ Paweł	113		M30	7	01:07:00	02:11:00	02:59:23.55	02:59:27.25	+00:31:11 (17.4%)	5:16	11.4 (82.6%)
14	ZBOROWSKI Krzysztof	262		M40	4	01:05:19	02:10:55	03:00:13.75	03:00:16.00	+00:32:00 (17.8%)	5:18	11.3 (81.9%)
15	BOSAKIEWICZ Tomasz	175	AW SZYBCIEJ	M40	5	01:06:55	02:12:29	03:02:51.75	03:02:51.75	+00:34:35 (18.9%)	5:22	11.2 (81.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zakręt Śmierci 12km	Jakuszyce 24km	Czas netto 34km	Czas brutto 34km	Różn	Tempo min/km	Tempo km/h
16	WRÓBEL Kamil	92		M30	8	01:09:17	02:15:33	03:04:45.50	03:04:45.50	+00:36:29 (19.8%)	5:26	11 (79.7%)
17	ŚWIERCZYŃSKI Adrian	250		M20	3	01:06:10	02:13:24	03:05:42.15	03:05:43.90	+00:37:27 (20.2%)	5:27	11 (79.7%)
18	LANGNER Radosław	75	#SOBOTATOSOBOTA	M30	9	01:05:32	02:12:38	03:06:10.30	03:06:13.65	+00:37:57 (20.4%)	5:28	11 (79.7%)
19	WOLAŃSKI Jan	300	BIEGNIJ OŁAWO	M40	6	01:10:20	02:17:02	03:06:17.65	03:06:21.65	+00:38:05 (20.4%)	5:28	11 (79.7%)
20	CEPIELIK Wojciech	30		M30	10	01:10:10	02:16:45	03:07:53.25	03:08:02.05	+00:39:46 (21.1%)	5:31	10.9 (79.0%)
21	BEGIER Dominik	201	KP PSP SŁUBICE	M30	11	01:09:27	02:18:44	03:09:22.25	03:09:22.25	+00:41:06 (21.7%)	5:34	10.8 (78.3%)
22	KUCHARSKI Robert	110	ZAKOCHAJ SIĘ W BIEGANIU	M40	7	01:08:00	02:16:29	03:09:42.55	03:09:47.95	+00:41:31 (21.9%)	5:34	10.8 (78.3%)
23	BONIEC-RZEPSKA Gabriela	205	AW - SZYBCIEJ -TEAM	K30	1	01:11:58	02:23:02	03:13:54.05	03:13:54.05	+00:45:38 (23.5%)	5:42	10.5 (76.1%)
24	VRAL Thijs	310		M30	12	01:10:49	02:21:01	03:14:01.15	03:14:04.45	+00:45:48 (23.6%)	5:42	10.5 (76.1%)
25	IWAŃCIÓW Katarzyna	203	TERVEL MOUNTAIN RUNNING	K30	2	01:12:32	02:23:04	03:15:06.65	03:15:06.65	+00:46:50 (24.0%)	5:44	10.5 (76.1%)
26	DONDAJEWSKI Mikołaj	184		M20	4	01:12:21	02:21:35	03:15:49.30	03:16:05.45	+00:47:49 (24.4%)	5:45	10.4 (75.4%)
27	THIER Dominik	103	KS KANDAHAR / TATRACAMP	M40	8	01:10:08	02:22:51	03:18:55.60	03:18:59.55	+00:50:43 (25.5%)	5:51	10.3 (74.6%)
28	IWANEK Przemysław	160	PLANYBIEGOWE.PL	M30	13	01:13:25	02:24:29	03:19:07.10	03:19:07.10	+00:50:51 (25.5%)	5:51	10.2 (73.9%)
29	RYBARCZYK Weronika	190	KW DZIABKA	K30	3	01:13:31	02:24:24	03:18:57.55	03:19:07.70	+00:50:51 (25.5%)	5:51	10.3 (74.6%)
30	MRÓZ Marcin	266	STR POZNAŃ / DZIKIE BOBRY	M40	9	01:11:39	02:22:04	03:20:42.75	03:20:48.15	+00:52:32 (26.2%)	5:54	10.2 (73.9%)
31	FILUŚ Adam	239		M20	5	01:11:38	02:22:57	03:20:41.45	03:20:56.55	+00:52:40 (26.2%)	5:54	10.2 (73.9%)
32	GAWRON Paweł	31	WEPA PIECHOWICE	M30	14	01:12:21	02:24:16	03:20:57.85	03:21:03.85	+00:52:47 (26.3%)	5:54	10.2 (73.9%)
33	ZAGUBIEŃ Wojtek	228	EUFORIA BIEGACZA TEAM	M40	10	01:11:47	02:23:30	03:21:14.25	03:21:14.25	+00:52:58 (26.3%)	5:55	10.1 (73.2%)
34	GOŁĘBIEWICZ Wojciech	255	ŻARŁOKI	M20	6	01:12:44	02:25:17	03:21:48.10	03:21:48.10	+00:53:32 (26.5%)	5:56	10.1 (73.2%)
35	IDCZAK Agnieszka	264	FITNESS PIEKARY LEGNICA	K30	4	01:14:20	02:28:13	03:23:03.50	03:23:07.85	+00:54:51 (27.0%)	5:58	10 (72.5%)
36	SNOWACKI Kamil	243		M30	15	01:10:02	02:22:13	03:23:55.55	03:23:55.55	+00:55:39 (27.3%)	5:59	10 (72.5%)
37	JAMRÓZ Karina	195		K40	1	01:15:08	02:29:24	03:24:49.80	03:24:49.80	+00:56:33 (27.6%)	6:01	10 (72.5%)
38	KUBIAK Jagoda	256		K30	5	01:15:41	02:29:36	03:24:56.85	03:24:56.85	+00:56:40 (27.7%)	6:01	10 (72.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zakręt Śmierci 12km	Jakuszyce 24km	Czas netto 34km	Czas brutto 34km	Różn	Tempo min/km	Tempo km/h
39	SMIRNOV Maksym	246		M40	11	01:10:02	02:25:06	03:26:02.85	03:26:06.15	+00:57:50 (28.1%)	6:03	9.9 (71.7%)
40	SZCZEPANSKI Bartosz	58		M30	16	01:09:46	02:25:58	03:26:09.50	03:26:11.75	+00:57:55 (28.1%)	6:03	9.9 (71.7%)
41	KLAJA Aleksander	181	ABEBE BIKILA RUNNING CLUB	M30	17	01:12:23	02:25:09	03:26:28.25	03:26:39.90	+00:58:23 (28.3%)	6:04	9.9 (71.7%)
42	JANUSZKIEWICZ Grzegorz	152		M40	12	01:18:02	02:32:14	03:26:28.95	03:26:52.55	+00:58:36 (28.3%)	6:04	9.9 (71.7%)
43	FIJOLEK Tomek	191	FIZJOTERAPIA HD	M30	18	01:15:20	02:29:59	03:28:27.40	03:28:27.40	+01:00:11 (28.9%)	6:07	9.8 (71.0%)
44	JASZCZAK Bogna	62		K20	2	01:17:01	02:32:51	03:32:24.60	03:32:30.75	+01:04:14 (30.2%)	6:14	9.6 (69.6%)
45	PATROŃSKI Adam	267	ŻARŁOKI	M20	7	01:17:26	02:33:56	03:32:58.20	03:33:03.90	+01:04:47 (30.4%)	6:15	9.6 (69.6%)
46	MINKO Dawid	302	NADLEŚNICTWO ŚWIERADÓW	M30	19	01:19:21	02:33:53	03:34:09.25	03:34:37.75	+01:06:21 (30.9%)	6:17	9.5 (68.8%)
47	DRAGANEK Ewelina	157		K40	2	01:19:06	02:36:52	03:35:10.10	03:35:23.45	+01:07:07 (31.2%)	6:19	9.5 (68.8%)
48	BLICHARZ Jarosław	282	GAPS POLICE	M50	1	01:14:25	02:29:43	03:35:27.55	03:35:31.45	+01:07:15 (31.2%)	6:20	9.5 (68.8%)
49	RÓŻAŁSKI Ireneusz	299	BIEGNIJ OŁAWO	M50	2	01:13:35	02:32:01	03:37:23.00	03:37:26.70	+01:09:10 (31.8%)	6:23	9.4 (68.1%)
50	KORZYCKI Tadeusz	233		M60+	1	01:15:34	02:33:18	03:38:28.80	03:38:38.65	+01:10:22 (32.2%)	6:25	9.3 (67.4%)
51	MORYL Krystian	40		M40	13	01:19:47	02:39:30	03:38:55.95	03:39:13.70	+01:10:57 (32.4%)	6:26	9.3 (67.4%)
52	PIETRZAK Jan	259	LEGAL TAXES	M30	20	01:20:08	02:40:33	03:40:01.65	03:40:01.65	+01:11:45 (32.6%)	6:28	9.3 (67.4%)
53	CZELEŃ Mateusz	114		M30	21	01:22:02	02:43:13	03:40:22.55	03:40:32.25	+01:12:16 (32.8%)	6:28	9.3 (67.4%)
54	PODOLUK Marek	227		M40	14	01:16:19	02:37:02	03:41:08.60	03:41:08.60	+01:12:52 (33.0%)	6:30	9.2 (66.7%)
55	TOMASZEWSKI Przemek	139	RUN-TEAM RYDZYNA	M30	22	01:17:46	02:36:41	03:41:24.05	03:41:31.10	+01:13:15 (33.1%)	6:30	9.2 (66.7%)
56	FRANEK Sebastian	132	WLKP MOUNTAINS ULTRA	M40	15	01:17:19	02:34:53	03:41:27.45	03:41:36.00	+01:13:20 (33.1%)	6:30	9.2 (66.7%)
57	ONISZCZUK Karol	34		M30	23	01:22:25	02:43:16	03:41:33.05	03:41:42.90	+01:13:26 (33.1%)	6:30	9.2 (66.7%)
58	KURPIEWSKA Anna	135	GT RAT	K40	3	01:20:55	02:42:35	03:41:44.15	03:42:01.25	+01:13:45 (33.2%)	6:31	9.2 (66.7%)
59	BIL Mariusz	199	SWIM2TRI	M30	24	01:23:23	02:45:03	03:42:42.85	03:42:42.85	+01:14:26 (33.4%)	6:33	9.2 (66.7%)
60	ONISZCZUK Agnieszka	142		K20	3	01:21:40	02:43:20	03:43:24.95	03:43:33.75	+01:15:17 (33.7%)	6:34	9.1 (65.9%)
61	KLINICKI Adam	285		M40	16	01:17:57	02:36:44	03:43:52.25	03:43:52.25	+01:15:36 (33.8%)	6:35	9.1 (65.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zakręt Śmierci 12km	Jakuszyce 24km	Czas netto 34km	Czas brutto 34km	Różn	Tempo min/km	Tempo km/h
62	SMOTER Wojciech	47	STAL NYSA	M40	17	01:21:32	02:42:57	03:43:53.80	03:44:13.15	+01:15:57 (33.9%)	6:35	9.1 (65.9%)
63	PINIARSKI Paweł	309	DPKJIP / STR POZNAŃ	M30	25	01:20:00	02:40:12	03:43:56.70	03:44:13.55	+01:15:57 (33.9%)	6:35	9.1 (65.9%)
64	DOBRZYŃSKI Eryk	223		M20	8	01:10:16	02:27:13	03:44:26.90	03:44:26.90	+01:16:10 (33.9%)	6:36	9.1 (65.9%)
65	KIŃCZYK Tomasz	301	BIEGNIJ OŁAWO	M40	18	01:17:57	02:41:13	03:44:54.00	03:44:58.70	+01:16:42 (34.1%)	6:36	9.1 (65.9%)
66	STRZELECKI Michał	105	SMASHING PĄPKINS	M40	19	01:19:10	02:40:32	03:44:51.70	03:45:03.60	+01:16:47 (34.1%)	6:36	9.1 (65.9%)
67	ŁUKASIEWICZ Ewelina	231		K20	4	01:20:35	02:42:16	03:45:33.25	03:45:33.25	+01:17:17 (34.3%)	6:38	9 (65.2%)
68	NOWAK Dawid	76	#BIEGAJLESZNO	M30	26	01:20:38	02:43:45	03:47:21.65	03:47:24.40	+01:19:08 (34.8%)	6:41	9 (65.2%)
69	SAJNÓG Leszek	286	#BIEGAJ LESZNO	M40	20	01:20:44	02:43:53	03:47:21.30	03:47:24.90	+01:19:08 (34.8%)	6:41	9 (65.2%)
70	PAPROCKI Krzysztof	281		M50	3	01:18:51	02:42:42	03:47:44.70	03:47:52.55	+01:19:36 (34.9%)	6:41	9 (65.2%)
71	KAROLEWSKI Maciej	284	KROTOSZYŃSKA GRUPA BIEGOWA	M40	21	01:20:48	02:42:36	03:47:47.75	03:48:14.05	+01:19:58 (35.0%)	6:41	9 (65.2%)
72	MATYSIAK Maciej	48	WLKP MU	M40	22	01:16:44	02:38:24	03:49:12.00	03:49:29.05	+01:21:13 (35.4%)	6:44	8.9 (64.5%)
73	HAUZER Łukasz	143	UCIEKAJĄCY RODZICE	M30	27	01:20:02	02:42:08	03:49:52.10	03:49:52.10	+01:21:36 (35.5%)	6:45	8.9 (64.5%)
74	CZAPLICKA Izabela	138	GOPR KARKONOSZE	K40	4	01:21:07	02:45:12	03:49:39.55	03:49:56.80	+01:21:40 (35.5%)	6:45	8.9 (64.5%)
75	WINKOWSKI Adrian	206	PRZEDWOJEWSKI TEAM	M30	28	01:27:43	02:48:53	03:50:06.50	03:50:11.20	+01:21:55 (35.6%)	6:46	8.9 (64.5%)
76	RATAJCZAK Mateusz	174	MFS	M40	23	01:15:52	02:40:34	03:51:10.70	03:51:23.75	+01:23:07 (35.9%)	6:47	8.8 (63.8%)
77	MACHNICKA Wiktoria	297		K20	5	01:21:47	02:49:23	03:51:50.30	03:52:12.25	+01:23:56 (36.1%)	6:49	8.8 (63.8%)
78	WYPYCH Bartosz	44		M40	24	01:22:18	02:46:24	03:52:05.35	03:52:18.70	+01:24:02 (36.2%)	6:49	8.8 (63.8%)
79	MACYSZYN Łukasz	36		M40	25	01:23:23	02:44:39	03:52:07.90	03:52:25.55	+01:24:09 (36.2%)	6:49	8.8 (63.8%)
80	FORNALIK Adam	225	WITC	M40	26	01:26:16	02:45:25	03:52:33.80	03:52:33.80	+01:24:17 (36.2%)	6:50	8.8 (63.8%)
81	DRWIĘGA Tomasz	23		M30	29	01:26:20	02:49:22	03:52:20.00	03:52:45.60	+01:24:29 (36.3%)	6:50	8.8 (63.8%)
82	KŁOS Wojciech	115		M30	30	01:16:20	02:42:55	03:52:41.05	03:52:51.40	+01:24:35 (36.3%)	6:50	8.8 (63.8%)
83	OWCZAREK Izabela	292	SLEZAKTEAM	K40	5	01:21:55	02:46:02	03:53:02.90	03:53:07.10	+01:24:51 (36.4%)	6:51	8.8 (63.8%)
84	BIALIK Jędrzej	14		M30	31	01:26:09	02:49:56	03:54:16.85	03:54:16.85	+01:26:00 (36.7%)	6:53	8.7 (63.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zakręt Śmierci 12km	Jakuszyce 24km	Czas netto 34km	Czas brutto 34km	Różn	Tempo min/km	Tempo km/h
85	PASZKIEWICZ Kamil	11		M50	4	01:19:26	02:46:27	03:54:37.35	03:54:43.90	+01:26:27 (36.8%)	6:54	8.7 (63.0%)
86	PIETRZAKOWSKI Robert	254		M40	27	01:23:58	02:47:10	03:54:28.50	03:54:48.15	+01:26:32 (36.9%)	6:53	8.7 (63.0%)
87	FORTAK Rafał	279		M30	32	01:24:23	02:45:30	03:54:30.05	03:54:52.90	+01:26:36 (36.9%)	6:53	8.7 (63.0%)
88	BAKOWSKI Marcin	55	KLUB ŚLIMAKA TORPEDY	M40	28	01:24:57	02:52:46	03:54:49.10	03:54:57.15	+01:26:41 (36.9%)	6:54	8.7 (63.0%)
89	KUNECKI Norbert	287	KB HARCOWNIK JELCZ LASKOWICE	M40	29	01:22:13	02:48:53	03:58:16.95	03:58:29.70	+01:30:13 (37.8%)	7:00	8.6 (62.3%)
90	BIELECKI Andrzej	109	3:33 TEAM	M50	5	01:25:00	02:50:46	03:58:21.45	03:58:37.15	+01:30:21 (37.9%)	7:00	8.6 (62.3%)
91	RUDZKI Martin	229	PIAST LUTYNIA	M30	33	01:21:17	02:48:17	03:58:20.05	03:58:43.70	+01:30:27 (37.9%)	7:00	8.6 (62.3%)
92	BEHRA Natalia	204		K30	6	01:19:30	02:46:19	03:58:47.75	03:58:47.75	+01:30:31 (37.9%)	7:01	8.5 (61.6%)
93	MAJDER Klaudia	217	CAŁA OLEŚNICA BIEGA	K30	7	01:21:41	02:46:56	03:58:59.80	03:59:04.65	+01:30:48 (38.0%)	7:01	8.5 (61.6%)
94	CZUBA Arkadiusz	118		M50	6	01:25:30	02:47:28	03:58:54.95	03:59:06.55	+01:30:50 (38.0%)	7:01	8.5 (61.6%)
95	KOŚCIELNIAK Oliwia	60		K20	6	01:27:55	02:54:22	03:58:53.10	03:59:18.40	+01:31:02 (38.0%)	7:01	8.5 (61.6%)
96	CIENIUCH Piotr	125		M40	30	01:28:47	02:53:41	03:59:06.70	03:59:20.35	+01:31:04 (38.1%)	7:01	8.5 (61.6%)
97	MARCINKOWSKI Maciej	244	MM RUN TEAM	M30	34	01:27:43	02:52:24	03:59:12.30	03:59:24.25	+01:31:08 (38.1%)	7:02	8.5 (61.6%)
98	MARCINKOWSKI Michał	128	RUN TEAM RYDZYNA	M40	31	01:20:20	02:45:52	04:00:35.35	04:00:42.50	+01:32:26 (38.4%)	7:04	8.5 (61.6%)
99	PASTERNAK Przemysław	96	SAMI SWOI	M30	35	01:25:15	02:47:27	04:00:32.00	04:00:54.75	+01:32:38 (38.5%)	7:04	8.5 (61.6%)
100	JANKOWSKI Krzysztof	87		M30	36	01:26:02	02:54:17	04:02:19.25	04:02:34.75	+01:34:18 (38.9%)	7:07	8.4 (60.9%)
101	MALUNG Jarosław	303	NADLEŚNICTWO ŚWIERADÓW	M50	7	01:25:30	02:52:59	04:03:34.80	04:04:02.15	+01:35:46 (39.2%)	7:09	8.4 (60.9%)
102	GIEDRYS Wojciech	111	3:33 TEAM	M50	8		02:50:10	04:03:58.95	04:04:16.35	+01:36:00 (39.3%)	7:10	8.4 (60.9%)
103	KIEŁB Wojciech	189	KW DZIABKA	M30	37	01:20:02	02:49:31	04:04:13.60	04:04:24.35	+01:36:08 (39.3%)	7:10	8.4 (60.9%)
104	KUBIK Mateusz	70	FIZJOBIEGACZE SZCZECIN	M30	38	01:27:58	02:56:50	04:04:55.05	04:04:55.05	+01:36:39 (39.5%)	7:12	8.3 (60.1%)
105	KUC Patryk	169		M30	39	01:22:33	02:50:57	04:04:56.25	04:04:56.25	+01:36:40 (39.5%)	7:12	8.3 (60.1%)
106	KSIĘŻAREK Łukasz	136	XC-SPORT TEAM	M40	32	01:21:13	02:51:40	04:05:05.70	04:05:21.20	+01:37:05 (39.6%)	7:12	8.3 (60.1%)
107	SKIBIŃSKA Aldona	208		K50	1	01:25:07	02:53:43	04:05:34.55	04:05:39.05	+01:37:23 (39.6%)	7:13	8.3 (60.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zakręt Śmierci 12km	Jakuszyce 24km	Czas netto 34km	Czas brutto 34km	Różn	Tempo min/km	Tempo km/h
108	GÓRSKI Mariusz	263	GÓRBRATY	M40	33	01:30:17	02:56:43	04:05:32.25	04:05:56.50	+01:37:40 (39.7%)	7:13	8.3 (60.1%)
109	WRAGA Andrzej	276	PKE POLSKA	M40	34	01:24:57	02:51:32	04:05:43.20	04:06:10.15	+01:37:54 (39.8%)	7:13	8.3 (60.1%)
110	ŁOWICKA Maja	236	AKTYWNI RAZEM	K30	8	01:25:52	02:58:26	04:06:57.45	04:06:57.45	+01:38:41 (40.0%)	7:15	8.3 (60.1%)
111	JODŁOWSKA Ewa	123	BBC KROSNO ODRZANSKIE	K40	6	01:31:51	02:58:52	04:07:05.90	04:07:05.90	+01:38:49 (40.0%)	7:16	8.3 (60.1%)
112	GÓRSKI Szymon	93	BRIDGE NATION	M20	9	01:26:11	03:00:01	04:07:00.25	04:07:22.70	+01:39:06 (40.1%)	7:15	8.3 (60.1%)
113	TUCZYNSKA Barbara	38	ACTIVE TEAM BEZ BALASTU	K40	7	01:26:58	02:54:11	04:07:13.60	04:07:37.75	+01:39:21 (40.1%)	7:16	8.3 (60.1%)
114	KROSZCZYŃSKA Jowita	79		K20	7	01:30:00	02:59:18	04:09:26.85	04:09:31.40	+01:41:15 (40.6%)	7:20	8.2 (59.4%)
115	KUROWSKI Artur	56	PURA VIDA TEAM	M30	40	01:27:38	02:57:06	04:09:23.45	04:09:44.90	+01:41:28 (40.6%)	7:20	8.2 (59.4%)
116	WALKOWIAK Bartosz	89		M30	41	01:29:31	02:58:43	04:09:38.85	04:09:52.95	+01:41:36 (40.7%)	7:20	8.2 (59.4%)
117	MAŁOSZEK Kacper	171		M30	42	01:24:10	02:56:31	04:10:49.05	04:11:15.10	+01:42:59 (41.0%)	7:22	8.1 (58.7%)
118	MICHALCZYK Jacek	197		M40	35	01:28:48	02:58:55	04:12:25.45	04:12:44.75	+01:44:28 (41.3%)	7:25	8.1 (58.7%)
119	MICHALAK-KLIMCZAK Lucyna	298		K40	8	01:29:33	02:59:51	04:12:35.55	04:12:57.80	+01:44:41 (41.4%)	7:25	8.1 (58.7%)
120	PIETRZAK Paweł	158		M30	43	01:27:06	02:53:35	04:13:06.25	04:13:29.70	+01:45:13 (41.5%)	7:26	8.1 (58.7%)
121	CZAJKA Elżbieta	185	CEBULA TEAM	K30	9	01:29:52	03:00:52	04:13:32.15	04:13:46.55	+01:45:30 (41.6%)	7:27	8 (58.0%)
122	HEJNE Agnieszka	84	MISTRZOWSKITRENING	K40	9	01:27:32	03:00:53	04:14:41.75	04:14:41.75	+01:46:25 (41.8%)	7:29	8 (58.0%)
123	KRUSZEWSKA Asia	68	AR ADIDAS RUNNERS POZNAŃ	K30	10		03:00:49	04:15:26.10	04:15:50.00	+01:47:34 (42.0%)	7:30	8 (58.0%)
124	OLEJNICZAK Konrad	108	FIZJOBIEGACZE SZCZECIN	M40	36	01:29:27	03:02:44	04:15:35.25	04:15:56.75	+01:47:40 (42.1%)	7:31	8 (58.0%)
125	JACIUK Dagmara	247		K40	10	01:30:54	03:01:59	04:16:09.10	04:16:09.10	+01:47:53 (42.1%)	7:32	8 (58.0%)
126	GĘSIAREK Grzegorz	137		M40	37	01:31:11	03:02:18	04:16:25.60	04:16:25.60	+01:48:09 (42.2%)	7:32	8 (58.0%)
127	CZAJKOWSKI Stefan	249	OBORNICKI KLUB LEKKOATLETYCZNY	M20	10	01:27:58	02:59:47	04:17:04.90	04:17:14.75	+01:48:58 (42.4%)	7:33	7.9 (57.2%)
128	ŻUREK Mateusz	57		M40	38	01:30:46	03:04:30	04:19:04.70	04:19:04.70	+01:50:48 (42.8%)	7:37	7.9 (57.2%)
129	PASZEK Emil	51		M30	44	01:28:47	03:00:01	04:19:16.15	04:19:33.20	+01:51:17 (42.9%)	7:37	7.9 (57.2%)
130	STASIAK Łukasz	168		M40	39	01:35:01	03:06:40	04:19:51.55	04:20:01.70	+01:51:45 (43.0%)	7:38	7.9 (57.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zakręt Śmierci 12km	Jakuszyce 24km	Czas netto 34km	Czas brutto 34km	Różn	Tempo min/km	Tempo km/h
130	SZELA Łukasz	145	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	M30	45	01:34:50	03:06:38	04:19:51.35	04:20:01.70	+01:51:45 (43.0%)	7:38	7.9 (57.2%)
132	PAWLAK Robert	112		M30	46	01:33:38	03:04:18	04:19:50.75	04:20:04.75	+01:51:48 (43.0%)	7:38	7.9 (57.2%)
133	CHWALISZ Włodek	106	3:33 TEAM	M50	9	01:29:42	02:57:03	04:20:11.10	04:20:27.25	+01:52:11 (43.1%)	7:39	7.8 (56.5%)
134	KOSTRZEWSKI Maciej	3	AAM POLAND RUNNING TEAM	M30	47	01:30:49	03:06:45	04:20:30.00	04:20:41.00	+01:52:25 (43.1%)	7:39	7.8 (56.5%)
135	BIZIEL Michał	149		M40	40	01:29:55	03:01:52	04:20:27.05	04:20:41.50	+01:52:25 (43.1%)	7:39	7.8 (56.5%)
136	KRZYSZTOF Krzysztof	241		M30	48	01:32:55	03:08:31	04:20:36.60	04:20:47.55	+01:52:31 (43.1%)	7:39	7.8 (56.5%)
137	CHWIEJ Michał	21		M20	11	01:36:04	03:10:40	04:20:29.15	04:20:57.50	+01:52:41 (43.2%)	7:39	7.8 (56.5%)
138	GOŁĘBIOWSKI Marcin	144		M40	41	01:26:32	03:00:53	04:21:36.15	04:21:46.80	+01:53:30 (43.4%)	7:41	7.8 (56.5%)
139	BALCERZAK Aleksandra	193	UKL ÓSEMKA	K30	11	01:30:47	03:02:13	04:21:51.40	04:21:51.40	+01:53:35 (43.4%)	7:42	7.8 (56.5%)
140	HORZELA Beata	41	BETA-TRANS BIS	K30	12	01:33:35	03:07:18	04:22:10.60	04:22:10.60	+01:53:54 (43.4%)	7:42	7.8 (56.5%)
141	PŁUSA Aneta	153	BBC KROSNO ODRZAŃSKIE	K40	11	01:32:08	03:07:35	04:22:04.95	04:22:17.00	+01:54:01 (43.5%)	7:42	7.8 (56.5%)
142	WÓJCIK Monika	260	RUNPROGRESS	K40	12	01:30:38	03:04:31	04:22:48.00	04:22:53.20	+01:54:37 (43.6%)	7:43	7.8 (56.5%)
143	NARKUN Ewa	305		K40	13	01:34:15	03:08:34	04:22:54.30	04:22:54.30	+01:54:38 (43.6%)	7:43	7.8 (56.5%)
144	FILIPOWSKA Teresa	209		K50	2	01:32:05	03:05:45	04:22:58.15	04:23:06.00	+01:54:50 (43.6%)	7:44	7.8 (56.5%)
145	BOLEK Marcin	182		M30	49	01:30:05	03:08:19	04:23:46.95	04:23:53.95	+01:55:37 (43.8%)	7:45	7.7 (55.8%)
146	ZIOMBKA Kuba	7	WAWRZYNTTEAM	M40	42	01:27:04	03:02:12	04:23:47.75	04:24:00.80	+01:55:44 (43.8%)	7:45	7.7 (55.8%)
147	BAKSALARY Lidia	20	BIEGAJ LESZNO	K50	3		03:12:27	04:24:02.70	04:24:05.55	+01:55:49 (43.9%)	7:45	7.7 (55.8%)
148	MARCIN Muszyński-Łanowy	146	#WKURW-TEAM	M40	43		02:57:01	04:24:47.00	04:24:47.00	+01:56:31 (44.0%)	7:47	7.7 (55.8%)
149	KAŻMIERCZAK Anna	85	#BIEGAJLESZNO	K40	14	01:32:11	03:07:31	04:24:45.25	04:24:51.80	+01:56:35 (44.0%)	7:47	7.7 (55.8%)
150	JANKOWIAK Paulina	166	SOKÓŁ WŁOSZAKOWICE	K40	15	01:31:58	03:09:07	04:24:52.25	04:24:58.25	+01:56:42 (44.0%)	7:47	7.7 (55.8%)
151	PIETRZAK Marek	116		M40	44	01:33:17	03:08:52	04:26:14.90	04:26:37.55	+01:58:21 (44.4%)	7:49	7.7 (55.8%)
152	KWIATKOWSKI Kajetan	213	KOWALE BIEGAJĄ	M40	45	01:30:11	03:06:55	04:26:31.75	04:26:51.25	+01:58:35 (44.4%)	7:50	7.7 (55.8%)
153	KACZOROWSKA Dorota	159		K40	16	01:36:49	03:10:49	04:27:09.50	04:27:09.50	+01:58:53 (44.5%)	7:51	7.6 (55.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zakręt Śmierci 12km	Jakuszyce 24km	Czas netto 34km	Czas brutto 34km	Różn	Tempo min/km	Tempo km/h
154	BUGAJ Alan	187		M30	50	01:34:04	03:15:03	04:28:02.35	04:28:20.70	+02:00:04 (44.7%)	7:53	7.6 (55.1%)
155	BARTECKI Tomasz	274	#PIGWATRIL	M40	46	01:36:40	03:11:04	04:31:14.50	04:31:14.50	+02:02:58 (45.3%)	7:58	7.5 (54.3%)
156	SERWATKIEWICZ Grzegorz	230		M40	47	01:33:15	03:11:13	04:31:25.45	04:31:31.20	+02:03:15 (45.4%)	7:58	7.5 (54.3%)
157	KOPACKI Tomasz	251		M30	51	01:32:50	03:06:26	04:31:12.80	04:31:33.65	+02:03:17 (45.4%)	7:58	7.5 (54.3%)
158	SREJ Balazs	269	KSW GROMADZKA	M40	48	01:35:11	03:14:32	04:31:42.35	04:32:04.35	+02:03:48 (45.5%)	7:59	7.5 (54.3%)
159	WRÓBEL Sławomir	261		M40	49	01:31:13	03:06:44	04:32:40.80	04:33:06.25	+02:04:50 (45.7%)	8:01	7.5 (54.3%)
160	WALCZAK Tadeusz	82		M50	10	01:28:30	03:07:05	04:33:10.15	04:33:16.50	+02:05:00 (45.7%)	8:02	7.5 (54.3%)
161	WIETRZYŃSKA Agnieszka	2		K50	4	01:33:02	03:11:59	04:33:10.60	04:33:17.55	+02:05:01 (45.7%)	8:02	7.5 (54.3%)
162	CZYCZEWSKA Paulina	119		K30	13	01:40:47	03:15:51	04:33:14.55	04:33:30.85	+02:05:14 (45.8%)	8:02	7.5 (54.3%)
163	BĘBAS Paweł	94	DANIEL WOSIK TERVEL MOUNTAIN RUNNER	M40	50	01:38:32	03:14:51	04:33:25.10	04:33:49.50	+02:05:33 (45.9%)	8:02	7.5 (54.3%)
164	LEWANDOWSKI Krzysztof	165	FC ZBIERANINA	M40	51	01:37:28	03:18:15	04:33:40.20	04:33:56.75	+02:05:40 (45.9%)	8:02	7.5 (54.3%)
165	MAKOWSKI Rafal	214		M40	52	01:30:23	03:09:56	04:34:42.15	04:34:58.10	+02:06:42 (46.1%)	8:04	7.4 (53.6%)
166	MARCINKOWSKA Martyna	265	MM RUN TEAM	K30	14	01:39:25	03:16:26	04:35:02.25	04:35:15.10	+02:06:59 (46.1%)	8:05	7.4 (53.6%)
167	KACZOR Marcin	52	ADJ	M40	53	01:33:04	03:05:47	04:24:30.00	04:35:29.00	+02:07:13 (46.2%)	7:46	7.7 (55.8%)
168	TUCZYNSKI Maciej	43	ACTIVE TEAM BEZBALASU	M40	54	01:26:32	02:58:10	04:35:30.65	04:35:55.35	+02:07:39 (46.3%)	8:06	7.4 (53.6%)
169	PLIS Jordan	67		M30	52	01:38:19	03:19:16	04:35:44.85	04:35:56.90	+02:07:40 (46.3%)	8:06	7.4 (53.6%)
170	MICHALAK Kamil	95		M30	53	01:32:38	03:11:46	04:36:01.30	04:36:22.90	+02:08:06 (46.4%)	8:07	7.4 (53.6%)
171	MAJDER Paweł	216	CAŁA OLEŚNICA BIEGA	M40	55	01:29:02	03:12:02	04:37:56.40	04:38:05.25	+02:09:49 (46.7%)	8:10	7.3 (52.9%)
172	KACZMAREK Dominik	97		M40	56	01:30:51	03:12:42	04:37:58.30	04:38:05.55	+02:09:49 (46.7%)	8:10	7.3 (52.9%)
173	ANTKOWIAK-BRONOWICKA Agnieszka	45	DRUŻYNA SZPIKU	K40	17	01:39:15	03:17:53	04:38:14.75	04:38:43.40	+02:10:27 (46.8%)	8:11	7.3 (52.9%)
174	SAKRAJDA Piotr	273		M30	54	01:39:41	03:19:47	04:38:52.65	04:39:18.30	+02:11:02 (46.9%)	8:12	7.3 (52.9%)
175	BARTMAŃSKA Mirosława	186	MOCNA GRUPA CEZARA	K40	18	01:31:56	03:09:20	04:40:56.00	04:41:06.60	+02:12:50 (47.3%)	8:15	7.3 (52.9%)
176	ZAPOTOCZNY Mariusz	170		M40	57	01:34:16	03:16:35	04:41:23.75	04:41:44.45	+02:13:28 (47.4%)	8:16	7.2 (52.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zakręt Śmierci 12km	Jakuszyce 24km	Czas netto 34km	Czas brutto 34km	Różn	Tempo min/km	Tempo km/h
177	KLAJA Karolina	180		K30	15	01:35:56	03:19:54	04:41:36.50	04:41:50.15	+02:13:34 (47.4%)	8:16	7.2 (52.2%)
178	SYNOWIEC-JUDA Agata	288		K40	19	01:42:05	03:23:52	04:41:53.80	04:42:11.05	+02:13:55 (47.5%)	8:17	7.2 (52.2%)
179	SZURKO Michał	120		M40	58	01:42:49	03:23:49	04:41:53.35	04:42:18.65	+02:14:02 (47.5%)	8:17	7.2 (52.2%)
180	WYCHOWAŁEK Jakub	257	RURKI ALPINE CLUB	M30	55	01:40:57	03:20:54	04:42:06.20	04:42:19.70	+02:14:03 (47.5%)	8:17	7.2 (52.2%)
181	SKUBISZ Marta	258	RURKI ALPINE CLUB	K30	16	01:41:05	03:21:20	04:42:07.40	04:42:21.70	+02:14:05 (47.5%)	8:17	7.2 (52.2%)
182	RONKOWSKA Małgorzata	289		K30	17	01:42:01	03:23:53	04:42:09.40	04:42:28.75	+02:14:12 (47.5%)	8:17	7.2 (52.2%)
183	MARCISZ Karol	196	KROTOSZYŃSKA GRUPA BIEGOWA	M40	59	01:31:18	03:13:47	04:42:14.05	04:42:40.35	+02:14:24 (47.5%)	8:18	7.2 (52.2%)
184	MAJEWSKI Dominik	210		M20	12	01:35:35	03:16:06	04:42:37.45	04:42:47.60	+02:14:31 (47.6%)	8:18	7.2 (52.2%)
185	ROKICKI Dawid	211		M40	60	01:33:24	03:19:50	04:43:11.25	04:43:23.75	+02:15:07 (47.7%)	8:19	7.2 (52.2%)
186	MICHALIK Kamila	129		K20	8	01:37:30	03:20:26	04:43:54.75	04:43:54.75	+02:15:38 (47.8%)	8:21	7.2 (52.2%)
187	POLIWO CZAK Patryk	15		M30	56	01:25:44	03:06:24	04:44:00.05	04:44:18.45	+02:16:02 (47.8%)	8:21	7.2 (52.2%)
188	GONSIOR Zbigniew	224		M40	61	01:40:53	03:21:36	04:44:56.60	04:45:01.85	+02:16:45 (48.0%)	8:22	7.2 (52.2%)
189	DZIADEK Bartosz	26	ZAWSZE Z GÓRKI	M40	62	01:38:14	03:21:35	04:45:09.00	04:45:18.45	+02:17:02 (48.0%)	8:23	7.2 (52.2%)
190	PILUJSKA Agnieszka	80		K40	20	01:37:20	03:19:09	04:45:35.90	04:45:49.45	+02:17:33 (48.1%)	8:23	7.1 (51.4%)
191	SAKRAJDA Justyna	270		K30	18	01:39:44	03:19:44	04:45:34.75	04:46:01.60	+02:17:45 (48.2%)	8:23	7.1 (51.4%)
192	OLEJNICZAK Agnieszka	178		K40	21	01:40:44	03:22:35	04:46:25.85	04:46:25.85	+02:18:09 (48.2%)	8:25	7.1 (51.4%)
193	MIŁOSZEWSKA Katarzyna	64	IZERY BOGATYNIA	K40	22	01:37:04	03:18:02	04:46:37.40	04:46:46.55	+02:18:30 (48.3%)	8:25	7.1 (51.4%)
194	GRZEGRZÓŁKA Anna	291		K40	23	01:36:59	03:18:08	04:46:37.80	04:46:46.65	+02:18:30 (48.3%)	8:25	7.1 (51.4%)
195	PALKIJ Aleksandra	4	KS FORREST LIMANOWA	K30	19	01:32:59	03:16:28	04:47:42.40	04:47:42.40	+02:19:26 (48.5%)	8:27	7.1 (51.4%)
196	ROSIKOŃ Bartłomiej	172		M30	57	01:32:46	03:16:15	04:47:32.10	04:47:42.85	+02:19:26 (48.5%)	8:27	7.1 (51.4%)
197	MAGIERECKI Krzysztof	253		M60+	2	01:30:23	03:11:32	04:47:37.05	04:48:04.15	+02:19:48 (48.5%)	8:27	7.1 (51.4%)
198	RYNKIEWICZ Wojciech	280		M40	63	01:33:30	03:19:52	04:48:54.85	04:49:08.05	+02:20:52 (48.7%)	8:29	7.1 (51.4%)
199	WOJCIK Magdalena	77		K30	20	01:39:38	03:18:52	04:49:04.25	04:49:24.35	+02:21:08 (48.8%)	8:30	7.1 (51.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zakręt Śmierci 12km	Jakuszyce 24km	Czas netto 34km	Czas brutto 34km	Różn	Tempo min/km	Tempo km/h
200	WOJCIECHOWSKI Roman	83		M50	11	01:39:23	03:17:30	04:49:00.00	04:49:24.50	+02:21:08 (48.8%)	8:30	7.1 (51.4%)
201	WIELGOSZ Leszek	290	SPOCENI NOWA SÓL	M60+	3	01:42:33	03:23:51	04:50:13.60	04:50:28.50	+02:22:12 (49.0%)	8:32	7 (50.7%)
202	PIOTROWICZ Marta	248		K20	9	01:37:10	03:19:18	04:50:06.05	04:50:28.60	+02:22:12 (49.0%)	8:31	7 (50.7%)
203	WYSOCKA Katarzyna	1		K40	24	01:36:51	03:24:12	04:50:37.60	04:50:45.90	+02:22:29 (49.0%)	8:32	7 (50.7%)
204	LIPNICKA Joanna	200		K30	21	01:36:07	03:22:49	04:50:32.10	04:50:45.95	+02:22:29 (49.0%)	8:32	7 (50.7%)
205	GWÓŹDŹ Paweł	296		M40	64	01:37:59	03:21:58	04:50:37.70	04:51:06.75	+02:22:50 (49.1%)	8:32	7 (50.7%)
206	JÓŹWIK Artur	10	BIEGAM, BO BIEGAM ☐	M40	65	01:45:58	03:34:40	04:51:37.70	04:51:59.20	+02:23:43 (49.2%)	8:34	7 (50.7%)
207	DZIERŻANOWSKI Jacek	283	BIEGAM WOLNO BO MI WOLNO	M40	66	01:41:16	03:33:20	04:51:51.65	04:52:10.30	+02:23:54 (49.3%)	8:35	7 (50.7%)
208	GNATOWICZ-CZARNOŁĘSKA Beata	167	ZAKOCHAJ SIĘ W BIEGANIU	K50	5	01:39:10	03:26:55	04:51:51.05	04:52:11.90	+02:23:55 (49.3%)	8:35	7 (50.7%)
209	SOBAŃSKI Dominik	163	FC ZBIERANINA	M40	67	01:37:30	03:20:04	04:56:58.65	04:57:16.30	+02:29:00 (50.1%)	8:44	6.9 (50.0%)
210	GRZYWINSKA Anna	240		K40	25	01:39:49	03:25:04	04:57:05.20	04:57:32.95	+02:29:16 (50.2%)	8:44	6.9 (50.0%)
211	GRZYWIŃSKI Bartosz	69	RAMIRENT	M40	68	01:39:45	03:25:01	04:57:06.65	04:57:33.75	+02:29:17 (50.2%)	8:44	6.9 (50.0%)
212	KUBICKI Piotr	104	DZIKI ZGON KOŚCIAN	M30	58	01:41:17	03:28:59	04:57:42.00	04:58:05.35	+02:29:49 (50.3%)	8:45	6.9 (50.0%)
213	SZMEL Ewa	307	BIEGAMDLAZDROWIA	K60+	1	01:44:51	03:32:48	04:57:59.55	04:58:22.20	+02:30:06 (50.3%)	8:45	6.8 (49.3%)
214	TRZCIŃSKA Jolanta	156	ROCK BALANCING ICE	K40	26	01:40:28	03:29:52	04:59:37.95	04:59:37.95	+02:31:21 (50.5%)	8:48	6.8 (49.3%)
215	POHL Arkadiusz	22		M40	69	01:36:16	03:21:56	04:59:51.90	05:00:00.45	+02:31:44 (50.6%)	8:49	6.8 (49.3%)
216	TERLECKA Justyna	8		K40	27	01:32:26	03:27:56	05:01:17.20	05:01:17.20	+02:33:01 (50.8%)	8:51	6.8 (49.3%)
217	SAKRAJDA Beata	271		K30	22	01:41:04	03:29:14	05:02:38.70	05:03:04.80	+02:34:48 (51.1%)	8:54	6.7 (48.6%)
218	MATECKA Barbara	179	AKTYWNI RAZEM	K40	28	01:42:46	03:33:05	05:04:17.50	05:04:32.70	+02:36:16 (51.3%)	8:56	6.7 (48.6%)
219	HARAJ Honorata	73	AKTYWNI RAZEM	K40	29	01:42:49	03:33:09	05:04:17.40	05:04:32.90	+02:36:16 (51.3%)	8:56	6.7 (48.6%)
220	MATYSIAK Andrzej	150		M40	70	01:28:31	03:20:15	05:05:44.55	05:05:44.55	+02:37:28 (51.5%)	8:59	6.7 (48.6%)
221	ROGUZIŃSKI Radosław	65	RDX	M40	71	01:40:43	03:31:57	05:05:43.05	05:06:06.65	+02:37:50 (51.6%)	8:59	6.7 (48.6%)
222	SENETRA Malgorzata	183	ROCK BALANCING ICE	K40	30	01:43:41	03:30:35	05:06:34.80	05:06:39.75	+02:38:23 (51.7%)	9:01	6.7 (48.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zakręt Śmierci 12km	Jakuszyce 24km	Czas netto 34km	Czas brutto 34km	Różn	Tempo min/km	Tempo km/h
223	POLEROWICZ Adrian	235	GÓROŁAZI	M40	72	01:29:11	03:20:48	05:07:35.95	05:07:40.80	+02:39:24 (51.8%)	9:02	6.6 (47.8%)
224	JUSKOWIAK Mikołaj	98		M30	59	01:41:28	03:29:54	05:08:14.65	05:08:20.15	+02:40:04 (51.9%)	9:03	6.6 (47.8%)
225	KWAPISZ Paweł	294		M40	73	01:35:09	03:28:51	05:09:03.85	05:09:10.10	+02:40:54 (52.0%)	9:05	6.6 (47.8%)
226	JAŹDŹEWSKA Julita	59		K40	31	01:42:10	03:31:50	05:09:33.55	05:09:39.40	+02:41:23 (52.1%)	9:06	6.6 (47.8%)
227	MATUSEWICZ Patrycja	102		K40	32	01:42:55	03:32:37	05:09:31.30	05:09:39.55	+02:41:23 (52.1%)	9:06	6.6 (47.8%)
228	STRZELCZYK Paulina	237		K30	23	01:42:33	03:37:58	05:10:35.70	05:10:43.45	+02:42:27 (52.3%)	9:08	6.6 (47.8%)
229	GIDASZEWSKA Jolanta	32	LESZNO GRONOWO	K40	33	01:42:29	03:38:03	05:10:36.50	05:10:43.50	+02:42:27 (52.3%)	9:08	6.6 (47.8%)
230	HAUZER Natalia	148	UCIEKAJĄCY RODZICE	K30	24	01:45:50	03:38:05	05:10:49.15	05:10:56.30	+02:42:40 (52.3%)	9:08	6.6 (47.8%)
231	GOŁOS Paulina	147	UCIEKAJĄCY RODZICE	K30	25	01:46:03	03:38:16	05:10:49.10	05:10:56.35	+02:42:40 (52.3%)	9:08	6.6 (47.8%)
232	WIRA Barbara	133		K40	34	01:49:24	03:37:34	05:10:41.05	05:11:03.30	+02:42:47 (52.3%)	9:08	6.6 (47.8%)
233	MAĆKOWIAK Paweł	222		M30	60	01:40:41	03:38:23	05:12:17.05	05:12:29.50	+02:44:13 (52.6%)	9:11	6.5 (47.1%)
234	OCZKOWICZ Beata	221	MOCNA GRUPA CEZARA	K30	26	01:40:44	03:38:20	05:12:18.10	05:12:29.60	+02:44:13 (52.6%)	9:11	6.5 (47.1%)
235	WENDT Krystian	27		M20	13	01:30:20	03:19:01	05:15:24.60	05:15:24.60	+02:47:08 (53.0%)	9:16	6.5 (47.1%)
236	KLIMEK Piotr	33		M40	74	01:30:07	03:18:44	05:15:10.15	05:15:24.75	+02:47:08 (53.0%)	9:16	6.5 (47.1%)
237	GÓRALCZYK Magdalena	293		K30	27	01:44:23	03:37:07	05:16:14.85	05:16:23.10	+02:48:07 (53.1%)	9:18	6.5 (47.1%)
238	WIECZOREK Ewa	100		K40	35	01:43:07	03:35:55	05:18:43.10	05:19:06.45	+02:50:50 (53.5%)	9:22	6.4 (46.4%)
239	JASCHOK Marcin	101	MANGO-MARACUJA	M40	75	01:43:17	03:36:17	05:19:06.50	05:19:06.50	+02:50:50 (53.5%)	9:23	6.4 (46.4%)
240	KACPRZYCKI Tomasz	121		M30	61	01:47:47	03:44:10	05:23:49.00	05:23:49.00	+02:55:33 (54.2%)	9:31	6.3 (45.7%)
241	GIGOŃ Barbara	155	ROCK BALANCING ICE	K50	6	01:56:46	03:55:31	05:27:52.05	05:27:52.05	+02:59:36 (54.8%)	9:38	6.2 (44.9%)
242	ZAZULA Marlena	242		K60+	2	01:49:09	03:46:31	05:28:08.10	05:28:31.25	+03:00:15 (54.9%)	9:39	6.2 (44.9%)
243	POKORNY Tomasz	124	ZAKOCHAJ SIĘ W BIEGANIU	M50	12	01:46:22	03:44:01	05:28:30.80	05:28:51.20	+03:00:35 (54.9%)	9:39	6.2 (44.9%)
244	SUT Iwona	176		K40	36	01:40:31	03:56:38	05:36:22.80	05:36:39.95	+03:08:23 (56.0%)	9:53	6.1 (44.2%)
245	GORZELAK Artur	275		M30	62	01:43:24	03:44:50	05:36:47.85	05:37:02.75	+03:08:46 (56.0%)	9:54	6.1 (44.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zakręt Śmierci 12km	Jakuszyce 24km	Czas netto 34km	Czas brutto 34km	Różn	Tempo min/km	Tempo km/h
246	MARKIEWICZ Jagoda	117		K20	10	01:55:36	03:59:41	05:40:25.65	05:40:54.80	+03:12:38 (56.5%)	10:00	6 (43.5%)
247	GARCON Joanna	126	KUŹNIA TALENTÓW KAMIENIEC	K30	28	01:55:40	03:59:46	05:40:26.60	05:40:54.95	+03:12:38 (56.5%)	10:00	6 (43.5%)
248	STANOWSKA Katarzyna	268		K50	7	01:57:44	04:01:33	05:41:59.50	05:42:20.40	+03:14:04 (56.7%)	10:03	6 (43.5%)
249	MODRZEJEWSKA Anna	295		K40	37	02:00:22	04:08:03	05:51:15.25	05:51:15.25	+03:22:59 (57.8%)	10:19	5.8 (42.0%)
250	SOBIERALSKA Magdalena	66		K30	29	01:57:44	04:08:18	05:55:33.10	05:55:59.95	+03:27:43 (58.4%)	10:27	5.7 (41.3%)
251	CISZEWSKI Paweł	81		M20	14	01:57:30	04:08:11	05:55:33.45	05:56:00.95	+03:27:44 (58.4%)	10:27	5.7 (41.3%)
252	CHAŁUBIŃSKI Grzegorz	177		M50	13	01:41:08	04:01:11	05:58:03.30	05:58:21.95	+03:30:05 (58.6%)	10:31	5.7 (41.3%)
253	ZACHARA Grzegorz	198		M40	76	01:59:55	04:17:50	05:58:04.10	05:58:22.05	+03:30:06 (58.6%)	10:31	5.7 (41.3%)
Przekroczony limit czasu: 06:00:00												
254	OLSZANSKI Tomasz	12		M40	77	02:04:31	04:22:21	06:19:05.30	06:19:26.05	+03:51:10 (60.9%)	11:08	5.4 (39.1%)
255	FLAK Monika	154	ROCK BALANCING ICE	K30	30	02:04:50	04:43:03	06:52:48.20	06:52:48.20	+04:24:32 (64.1%)	12:08	4.9 (35.5%)
	BOROWIAK Łukasz	13	#BIEGAJLESZNO	M40		01:32:31 DNF	03:15:51 DNF	DNF	DNF		-	- (0.0%)
	HARAJ Robert	226	AKTYWNI RAZEM	M20		01:43:14 DNF	03:33:44 DNF	DNF	DNF		-	- (0.0%)
	JANKOWSKI Adam	218		M30		01:33:49 DNF	03:36:08 DNF	DNF	DNF		-	- (0.0%)
	APOLINARSKA Natalia	46	APOLLO	K30		01:22:24 DNF	DNF	DNF	DNF		-	- (0.0%)
	KMIEĆ Łukasz	192	FC ZBIERANINA	M40		01:49:35 DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 260 wynik(ów)