

Wydarzenie: UltraKotlina
Organizator: Fundacja Przejście Kotliny
Data: 2024-10-12
Miejsce: Szklarska Poręba
Dystans: 30 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	PK A Zakręt Śmierci 12km	PK B Jakuszyce 24km	Czas netto 35km	Czas brutto 35km	Różn	Tempo min/km	Tempo km/h
1	WITEK Andrzej	330		M30	1	00:52:29	01:45:18	02:31:53.00	02:31:55.35		4:20	13.8 (100%)
2	BONIEC Radosław	189	NADLEŚNICTWO LIPINKI/AW SZYBCIEJ TEAM	M30	2	00:54:58	01:50:23	02:40:08.95	02:40:11.00	+00:08:15 (5.2%)	4:34	13.1 (94.9%)
3	SZEWIC Jonasz	243	MOCNA GRUPA CEZARA	M20	1	00:57:26	01:55:28	02:47:03.10	02:47:05.55	+00:15:10 (9.1%)	4:46	12.6 (91.3%)
4	SMOLIŃSKI Marcin	263	STAJNIAK TEAM	M30	3	00:59:01	01:58:02	02:50:23.20	02:50:25.25	+00:18:29 (10.9%)	4:52	12.3 (89.1%)
5	RUTKOWSKI Dawid	223	GRIZZLYTEAM	M40	1	01:02:19	02:07:07	02:59:58.90	03:00:01.20	+00:28:05 (15.6%)	5:08	11.7 (84.8%)
6	GOŁASZEWSKI Łukasz	91	KARL STORZ POLSKA	M40	2	01:01:22	02:01:08	03:00:14.50	03:00:16.85	+00:28:21 (15.7%)	5:08	11.7 (84.8%)
7	ŚMICHURSKI Krzysztof	129	WLKP MOUNTAINS ULTRA	M30	4	01:01:23	02:03:49	03:00:39.90	03:00:42.40	+00:28:47 (15.9%)	5:09	11.6 (84.1%)
8	KHIRLIUK Mikalai	106		M20	2	01:02:32	02:07:11	03:05:47.25	03:05:50.25	+00:33:54 (18.2%)	5:18	11.3 (81.9%)
9	GOMOŁYSEK Kinga	210		K30	1	01:04:22	02:09:14	03:05:59.15	03:06:02.20	+00:34:06 (18.3%)	5:18	11.3 (81.9%)
10	KOCOŃ Justyna	190	TRAIL IS OUR WAY	K20	1	01:05:04	02:09:31	03:06:25.55	03:06:29.15	+00:34:33 (18.5%)	5:19	11.3 (81.9%)
11	BIEGAŃSKI Marcin	278	TRIMP	M30	5	01:04:53	02:09:06	03:07:08.25	03:07:10.75	+00:35:15 (18.8%)	5:20	11.2 (81.2%)
12	CZYPEK Damian	125	CRİK FCA TYCHY	M40	3	01:02:30	02:07:33	03:10:10.85	03:10:16.35	+00:38:21 (20.2%)	5:26	11 (79.7%)
13	ZBOROWSKI Krzysztof	60		M40	4	01:02:39	02:08:25	03:12:52.40	03:12:55.20	+00:40:59 (21.3%)	5:30	10.9 (79.0%)
14	ŚLĘCZEK Filip	135		M30	6	01:04:10	02:11:24	03:13:25.20	03:13:28.55	+00:41:33 (21.5%)	5:31	10.9 (79.0%)
15	PRZERWANIEK Marek	267	AW-SZYBCIEJ-TEAM	M40	5	01:04:29	02:11:30	03:14:17.80	03:14:20.50	+00:42:25 (21.8%)	5:33	10.8 (78.3%)

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16	CHRZAŚTEK Bartosz	162	PRZEDWOJEWSKI TEAM	M30	7	01:04:48	02:12:54	03:16:32.75	03:16:41.40	+00:44:46 (22.8%)	5:36	10.7 (77.5%)
17	BARBILAT Oleksii	73	WROCŁAWSKI PARK WODNY S.A.	M20	3	01:04:11	02:10:59	03:16:46.40	03:16:49.15	+00:44:53 (22.8%)	5:37	10.7 (77.5%)
18	KRAWCZYK Adriana	328		K30	2	01:09:13	02:20:52	03:17:49.25	03:17:49.25	+00:45:53 (23.2%)	5:39	10.6 (76.8%)
19	SZCZEPANSKI Bart	27	RRT	M30	8	01:03:54	02:12:54	03:18:27.05	03:18:29.50	+00:46:34 (23.5%)	5:40	10.6 (76.8%)
20	CIERCZEK Rafał	95		M30	9	01:08:28	02:17:23	03:19:05.10	03:19:13.85	+00:47:18 (23.7%)	5:41	10.5 (76.1%)
21	SOBCZAK Karolina	131		K30	3	01:06:37	02:16:11	03:20:05.20	03:20:08.75	+00:48:13 (24.1%)	5:43	10.5 (76.1%)
22	SZNUROWSKI Mariusz	320	KB SOBÓTKA	M30	10	01:09:26	02:19:54	03:21:07.45	03:21:10.55	+00:49:15 (24.5%)	5:44	10.4 (75.4%)
23	CZECH Agata	167		K30	4	01:08:20	02:17:34	03:23:07.30	03:23:11.15	+00:51:15 (25.2%)	5:48	10.3 (74.6%)
24	ŚWIERCZYŃSKI Adrian	173		M20	4	01:05:49	02:17:25	03:25:37.10	03:25:41.15	+00:53:45 (26.1%)	5:52	10.2 (73.9%)
25	KORCZ Daniel	327	TERVEL BIEGACZ GÓRSKI / BESTTEXT.PL	M40	6	01:07:59	02:19:32	03:26:00.15	03:26:02.95	+00:54:07 (26.3%)	5:53	10.2 (73.9%)
26	VASINSKI Hleb	136	BIEGACZE STU MOSTÓW	M20	5	01:06:24	02:16:25	03:26:25.45	03:26:29.60	+00:54:34 (26.4%)	5:53	10.2 (73.9%)
27	FERET Hubert	164		M30	11	01:10:19	02:20:55	03:27:14.85	03:27:18.80	+00:55:23 (26.7%)	5:55	10.1 (73.2%)
28	GRYGIEL Piotr	282		M40	7	01:12:47	02:23:59	03:27:38.20	03:27:45.10	+00:55:49 (26.9%)	5:55	10.1 (73.2%)
29	MAJEWSKA Agata	18	MKS SIECHNICE	K40	1	01:07:07	02:20:09	03:29:13.00	03:29:16.65	+00:57:21 (27.4%)	5:58	10 (72.5%)
30	WENDT Krystian	103		M20	6	01:10:55	02:24:56	03:29:34.25	03:29:40.00	+00:57:44 (27.5%)	5:59	10 (72.5%)
31	KUCHARSKI Robert	139	BIEGAM NA STABŁOWICACH	M40	8	01:10:34	02:24:19	03:31:29.70	03:31:36.60	+00:59:41 (28.2%)	6:02	9.9 (71.7%)
32	CHEŁMIŃSKA Katarzyna	160	TRAIL IS OUR WAY	K20	2	01:12:21	02:24:24	03:32:30.30	03:32:34.85	+01:00:39 (28.5%)	6:04	9.9 (71.7%)
33	HACUŚ Tomasz	118		M40	9	01:12:23	02:26:42	03:33:34.60	03:33:41.85	+01:01:46 (28.9%)	6:06	9.8 (71.0%)
34	CERANKA Hubert	205		M20	7	01:12:21	02:24:20	03:34:00.85	03:34:11.10	+01:02:15 (29.1%)	6:06	9.8 (71.0%)
35	NIEŚŁONY Dominika	272	EX TEAM	K20	3	01:12:32	02:25:17	03:34:44.40	03:34:48.00	+01:02:52 (29.3%)	6:08	9.8 (71.0%)
36	KICHLER Kryspin	287		M40	10	01:09:49	02:24:04	03:35:03.10	03:35:14.70	+01:03:19 (29.4%)	6:08	9.8 (71.0%)
37	TOMASZEWSKI Mikołaj	236	ATT	M40	11	01:12:25	02:23:59	03:37:13.25	03:37:16.50	+01:05:21 (30.1%)	6:12	9.7 (70.3%)
38	PARYSEK Tomasz	49		M30	12	01:09:21	02:21:06	03:38:15.55	03:38:22.75	+01:06:27 (30.4%)	6:14	9.6 (69.6%)

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39	UMIASTOWSKI Mateusz	296		M30	13	01:12:00	02:25:32	03:38:32.10	03:38:42.45	+01:06:47 (30.5%)	6:14	9.6 (69.6%)
40	MIKUŁAN Mikołaj	180		M30	14	01:14:12	02:30:23	03:39:05.35	03:39:12.70	+01:07:17 (30.7%)	6:15	9.6 (69.6%)
41	KUTYBA Mariusz	262	WOLNE ŚLIMAKI	M40	12	01:12:04	02:26:22	03:39:09.00	03:39:13.45	+01:07:18 (30.7%)	6:15	9.6 (69.6%)
42	KAZUŁA Dawid	298		M20	8	01:09:36	02:27:07	03:39:32.85	03:39:37.90	+01:07:42 (30.8%)	6:16	9.6 (69.6%)
43	KALININ Jarosław	297	EX TEAM	M20	9	01:09:37	02:27:18	03:39:34.10	03:39:38.05	+01:07:42 (30.8%)	6:16	9.6 (69.6%)
44	NIKANENKA Siarhei	261	GREBENSTAR	M40	13	01:12:40	02:28:57	03:40:36.60	03:40:46.75	+01:08:51 (31.2%)	6:18	9.5 (68.8%)
45	RACHWALAK Filip	319		M30	15		02:25:21	03:41:43.65	03:41:50.00	+01:09:54 (31.5%)	6:20	9.5 (68.8%)
46	KLINICKI Adam	204		M40	14	01:10:26	02:22:16	03:42:17.60	03:42:43.35	+01:10:48 (31.8%)	6:21	9.4 (68.1%)
47	BYŚ Mateusz	96	AB TEAM	M30	16	01:14:41	02:30:51	03:42:33.60	03:42:50.00	+01:10:54 (31.8%)	6:21	9.4 (68.1%)
48	GROCHOWSKA Aleksandra	168		K30	5	01:15:10	02:28:21	03:43:16.40	03:43:24.55	+01:11:29 (32.0%)	6:22	9.4 (68.1%)
49	WIELIŃSKI Mariusz	138	STOBNICKO BIEGA	M40	15	01:11:25	02:29:32	03:44:14.40	03:44:21.35	+01:12:26 (32.3%)	6:24	9.4 (68.1%)
50	LAMEK Andrzej	291	AKTYWNY OSTRZESZÓW	M50	1	01:12:27	02:29:55	03:44:21.90	03:44:28.70	+01:12:33 (32.3%)	6:24	9.4 (68.1%)
51	BLICHARZ Jarosław	99	POLICE	M50	2	01:11:51	02:29:39	03:44:54.70	03:44:58.95	+01:13:03 (32.5%)	6:25	9.3 (67.4%)
52	BIĄŁOMYZY Urszula	270	AW SZYBCIEJ TEAM	K20	4	01:12:03	02:31:38	03:46:03.05	03:46:06.30	+01:14:10 (32.8%)	6:27	9.3 (67.4%)
53	NOWAKOWSKI Marcin	258		M40	16	01:15:15	02:33:34	03:47:00.70	03:47:07.45	+01:15:12 (33.1%)	6:29	9.3 (67.4%)
54	AUGUSTYNIAK Krzysztof	211	ATT	M40	17	01:18:50	02:39:06	03:47:59.30	03:48:10.05	+01:16:14 (33.4%)	6:30	9.2 (66.7%)
55	GABRYŚ Paweł	283	AW SZYBCIEJ	M40	18	01:14:50	02:33:40	03:48:25.40	03:48:32.05	+01:16:36 (33.5%)	6:31	9.2 (66.7%)
56	ZDAŃSKI Daniel	231	IKSY - XXXXX	M40	19	01:11:19	02:33:29	03:49:40.55	03:49:46.85	+01:17:51 (33.9%)	6:33	9.1 (65.9%)
57	PABIAŃSKA Marta	144	NOA	K30	6	01:19:31	02:41:24	03:50:46.80	03:50:52.35	+01:18:57 (34.2%)	6:35	9.1 (65.9%)
58	STANGIERSKI Adam	206	KORNELCIA TEAM	M40	20	01:17:42	02:37:10	03:50:49.10	03:50:58.85	+01:19:03 (34.2%)	6:35	9.1 (65.9%)
59	PIOTRÓW Łukasz	142	BEZ SENSU	M30	17	01:17:39	02:38:10	03:50:33.45	03:51:05.45	+01:19:10 (34.3%)	6:35	9.1 (65.9%)
60	ŚLIWIŃSKA Wioleta	176		K40	2	01:14:17	02:32:02	03:51:44.30	03:51:58.25	+01:20:02 (34.5%)	6:37	9.1 (65.9%)
61	RUSOŁ Tomasz	214		M40	21	01:13:09	02:35:18	03:52:59.40	03:53:06.15	+01:21:10 (34.8%)	6:39	9 (65.2%)

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62	KŁOCZKO Marcin	155		M30	18	01:16:16	02:34:27	03:53:15.90	03:53:30.95	+01:21:35 (34.9%)	6:39	9 (65.2%)
63	WÓJCIK Katarzyna	245	FIZJOBIEGACZE SZCZECIN	K40	3	01:16:35	02:34:21	03:53:41.40	03:53:48.75	+01:21:53 (35.0%)	6:40	9 (65.2%)
64	TYCZYŃSKI Adrian	242		M30	19	01:17:04	02:35:57	03:53:42.45	03:53:53.20	+01:21:57 (35.0%)	6:40	9 (65.2%)
65	PODOLUK Marek	62		M40	22	01:13:32	02:34:49	03:55:07.90	03:55:13.90	+01:23:18 (35.4%)	6:43	8.9 (64.5%)
66	JĘSIEK Artur	147		M30	20	01:12:00	02:33:50	03:55:43.25	03:55:51.50	+01:23:56 (35.6%)	6:44	8.9 (64.5%)
67	ŁAGANOWSKI Błażej	215		M30	21	01:20:16	02:39:49	03:55:56.30	03:56:21.60	+01:24:26 (35.7%)	6:44	8.9 (64.5%)
68	ORŁOWSKA Katarzyna	182		K30	7	01:18:46	02:40:44	03:56:48.65	03:56:54.35	+01:24:59 (35.9%)	6:45	8.9 (64.5%)
69	WYPYCH Bartosz	59		M40	23	01:15:11	02:36:00	03:57:06.50	03:57:20.45	+01:25:25 (36.0%)	6:46	8.9 (64.5%)
70	ŚWIĄTEK Julia	219	GVT	K40	4	01:18:25	02:38:10	03:57:42.00	03:57:49.20	+01:25:53 (36.1%)	6:47	8.8 (63.8%)
71	BURDA Maciej	154	MARATOŃCZYK POZNAŃ	M40	24	01:17:14	02:38:08	03:57:50.75	03:58:05.90	+01:26:10 (36.2%)	6:47	8.8 (63.8%)
72	ZBORALSKI Michał	186		M40	25	01:16:45	02:42:42	03:59:36.90	03:59:46.75	+01:27:51 (36.6%)	6:50	8.8 (63.8%)
73	DOBRZYŃSKI Eryk	44		M20	10	01:09:37	02:33:56	04:00:10.95	04:00:16.95	+01:28:21 (36.8%)	6:51	8.7 (63.0%)
74	VESELÝ Pavel	212	HSK HORNÍ ROKYTNICE	M50	3	01:14:17	02:36:42	04:00:40.65	04:00:45.60	+01:28:50 (36.9%)	6:52	8.7 (63.0%)
75	RAUK Mateusz	241		M30	22	01:17:25	02:40:33	04:02:44.00	04:02:55.55	+01:31:00 (37.5%)	6:56	8.7 (63.0%)
76	JARMUŻEK Marcin	265		M40	26	01:20:16	02:45:32	04:03:45.35	04:03:58.80	+01:32:03 (37.7%)	6:57	8.6 (62.3%)
77	SAJNÓG Leszek	280	#BIEGAJLESZNO	M40	27	01:18:20	02:42:36	04:04:04.15	04:04:08.00	+01:32:12 (37.8%)	6:58	8.6 (62.3%)
78	CZARNECKA Barbara	177		K40	5	01:24:14	02:47:57	04:03:49.05	04:04:10.20	+01:32:14 (37.8%)	6:57	8.6 (62.3%)
79	MARCINIAK Martyna	141	ATT	K30	8	01:19:11	02:45:41	04:04:31.50	04:04:42.55	+01:32:47 (37.9%)	6:59	8.6 (62.3%)
80	IWANЕК Przemysław	260	PLANYBIEGOWE.PL	M30	23	01:19:42		04:05:26.95	04:05:34.90	+01:33:39 (38.1%)	7:00	8.6 (62.3%)
81	PIETRZAKOWSKI Robert	226		M40	28	01:19:04	02:42:36	04:05:51.85	04:06:26.30	+01:34:30 (38.4%)	7:01	8.5 (61.6%)
82	ŚWIERCZ Marcin	194		M30	24	01:24:31	02:48:33	04:06:07.85	04:06:34.65	+01:34:39 (38.4%)	7:01	8.5 (61.6%)
83	KRAJEWSKI Tomasz	65		M40	29	01:19:31	02:45:00	04:06:18.20	04:06:39.05	+01:34:43 (38.4%)	7:02	8.5 (61.6%)
84	PISARSKI Mikołaj	11		M30	25	01:20:42	02:49:49	04:07:38.60	04:07:46.80	+01:35:51 (38.7%)	7:04	8.5 (61.6%)

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85	GOLA Henryk	299		M50	4	01:20:09	02:45:18	04:07:47.25	04:07:54.15	+01:35:58 (38.7%)	7:04	8.5 (61.6%)
86	JANUSZKIEWICZ Grzegorz	57	POPIELAMATOR	M40	30	01:15:22	02:45:53	04:07:52.95	04:07:57.85	+01:36:02 (38.7%)	7:04	8.5 (61.6%)
87	MADEJA Dariusz	133	LKS ISKRA JASZKOWA	M40	31	01:21:32	02:45:20	04:08:22.60	04:08:37.45	+01:36:42 (38.9%)	7:05	8.5 (61.6%)
88	CZERNIK Adrian	181		M40	32	01:17:23	02:46:29	04:08:19.55	04:08:50.10	+01:36:54 (38.9%)	7:05	8.5 (61.6%)
89	CHARYTANIAK Piotr	169		M30	26	01:21:30	02:45:11	04:08:57.25	04:09:08.45	+01:37:13 (39.0%)	7:06	8.4 (60.9%)
90	SOWIŃSKA-JANECZEK Joanna	114	KB MARATON TUREK	K30	9	01:22:05	02:48:20	04:09:30.50	04:09:35.45	+01:37:40 (39.1%)	7:07	8.4 (60.9%)
91	KŁODA Dariusz	158	SPORT GENERATION	M40	33	01:21:00	02:44:46	04:09:21.30	04:09:41.95	+01:37:46 (39.2%)	7:07	8.4 (60.9%)
92	TKACZYK Jakub	268		M30	27	01:18:48	02:45:11	04:10:09.80	04:10:18.55	+01:38:23 (39.3%)	7:08	8.4 (60.9%)
93	ZALEWSKI Karol	37		M40	34	01:19:20	02:42:45	04:10:46.85	04:10:50.05	+01:38:54 (39.4%)	7:09	8.4 (60.9%)
94	BUDYNEK Dariusz	240		M40	35	01:21:12	02:44:48	04:11:21.95	04:11:48.85	+01:39:53 (39.7%)	7:10	8.4 (60.9%)
95	PURA Robert	322		M40	36	01:18:44	02:42:33	04:11:41.00	04:12:15.25	+01:40:19 (39.8%)	7:11	8.3 (60.1%)
96	KORZENIEWSKI Marcin	143		M30	28	01:22:33	02:50:27	04:11:49.85	04:12:22.65	+01:40:27 (39.8%)	7:11	8.3 (60.1%)
97	WIĘCEK Maria	233	NOTORYCZNI DEBIUTANCI	K30	10	01:21:59	02:49:36	04:12:10.50	04:12:26.35	+01:40:31 (39.8%)	7:12	8.3 (60.1%)
98	LUDWIŃSKI Artur	305		M20	11	01:24:41	02:54:53	04:12:34.40	04:12:46.50	+01:40:51 (39.9%)	7:12	8.3 (60.1%)
99	STRAUCHOLD Anna	224	BLUE BIRDS RUN	K50	1	01:24:22	02:52:38	04:14:19.95	04:14:25.95	+01:42:30 (40.3%)	7:15	8.3 (60.1%)
100	KOSTRZEWSKI Maciej	1		M30	29	01:21:47	02:48:49	04:14:19.70	04:14:33.85	+01:42:38 (40.3%)	7:15	8.3 (60.1%)
101	KUZAK Bożena	230		K40	6	01:18:05	02:43:05	04:14:33.95	04:14:54.05	+01:42:58 (40.4%)	7:16	8.2 (59.4%)
102	JĄCZEK Kamil	8		M20	12	01:29:28	02:54:18	04:14:57.05	04:15:08.65	+01:43:13 (40.5%)	7:17	8.2 (59.4%)
103	ADAMOVICH Darya	72	TEAM "PO 4:15"	K20	5	01:24:56	02:53:32	04:16:36.20	04:16:51.80	+01:44:56 (40.9%)	7:19	8.2 (59.4%)
104	FORNALIK Adam	269		M50	5	01:26:36	02:53:01	04:17:59.40	04:18:12.90	+01:46:17 (41.2%)	7:22	8.1 (58.7%)
105	KUCHEJDA Mateusz	108		M20	13	01:17:32	02:47:34	04:18:47.40	04:18:57.55	+01:47:02 (41.3%)	7:23	8.1 (58.7%)
106	BAGIŃSKI Krzysztof	234		M40	37	01:22:03	02:53:29	04:18:57.15	04:19:01.90	+01:47:06 (41.3%)	7:23	8.1 (58.7%)
107	ORCZYK Łukasz	93	KARL STORZ POLSKA	M40	38	01:17:32	02:46:24	04:19:04.35	04:19:07.05	+01:47:11 (41.4%)	7:24	8.1 (58.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	PK A Zakręt Śmierci 12km	PK B Jakuszyce 24km	Czas netto 35km	Czas brutto 35km	Różn	Tempo min/km	Tempo km/h
108	PUSZCZYŃSKI Krzysztof	3		M40	39	01:25:04	02:53:45	04:18:58.10	04:19:16.95	+01:47:21 (41.4%)	7:23	8.1 (58.7%)
109	LISOWSKI Przemek	239	MATNER RUNNING TEAM	M30	30	01:25:06	02:55:43	04:19:18.25	04:19:34.20	+01:47:38 (41.5%)	7:24	8.1 (58.7%)
110	JÓŹWIAK Jędrzej	88	NETBOX BIEGA	M20	14	01:24:48	02:52:44	04:19:45.75	04:20:00.35	+01:48:05 (41.6%)	7:25	8.1 (58.7%)
111	KWIATKOWSKI Dominik	246		M20	15	01:26:34	02:54:47	04:20:10.10	04:20:42.10	+01:48:46 (41.7%)	7:26	8.1 (58.7%)
112	PIETRZAK Paweł	218		M30	31	01:28:32	02:55:24	04:20:26.85	04:20:54.40	+01:48:59 (41.8%)	7:26	8.1 (58.7%)
113	MACIUSZEK Maciej	273		M30	32	01:23:04	02:53:56	04:20:37.10	04:20:56.25	+01:49:00 (41.8%)	7:26	8.1 (58.7%)
114	ĆWIKLIŃSKA Dorota	225		K30	11	01:24:35	02:52:36	04:20:43.55	04:20:58.60	+01:49:03 (41.8%)	7:26	8.1 (58.7%)
115	POCZTA Jacek	178	FOUR RUNNER KROTOSZYN	M40	40	01:22:34	02:51:50	04:21:05.90	04:21:17.25	+01:49:21 (41.9%)	7:27	8 (58.0%)
116	WÓJCIK Magdalena	326		K30	12	01:24:21	02:53:22	04:20:58.85	04:21:22.25	+01:49:26 (41.9%)	7:27	8 (58.0%)
117	CHRÓŚCICKA Karolina	281	LKS ISKRA JASZKOWA	K30	13	01:24:58	02:55:47	04:21:14.50	04:21:28.75	+01:49:33 (41.9%)	7:27	8 (58.0%)
118	MALINOWSKA Agnieszka	303		K50	2	01:23:46	02:52:36	04:21:37.20	04:21:58.85	+01:50:03 (42.0%)	7:28	8 (58.0%)
119	GAŁKOWSKI Paweł	221	NOWAK RUN	M40	41	01:31:34	02:59:03	04:21:59.30	04:22:24.65	+01:50:29 (42.1%)	7:29	8 (58.0%)
120	CZERWIŃSKI Radosław	244		M40	42	01:22:24	02:49:34	04:22:27.90	04:22:48.85	+01:50:53 (42.2%)	7:29	8 (58.0%)
121	MADEJ Anna	150	VEGE RUNNERS	K40	7	01:26:38	02:56:31	04:22:59.10	04:23:17.90	+01:51:22 (42.3%)	7:30	8 (58.0%)
122	WORONOWICZ Piotr	232	NOTORYCZNI DEBIUTANCI	M30	33	01:21:48	02:49:52	04:23:29.10	04:23:44.45	+01:51:49 (42.4%)	7:31	8 (58.0%)
123	PRZYBYLSKA Aleksandra	4		K30	14	01:26:59	03:01:09	04:24:20.10	04:24:34.95	+01:52:39 (42.6%)	7:33	7.9 (57.2%)
124	FALKOWSKI Michał	228	T.S. OPATRUNKI TORUŃ	M30	34	01:26:53	02:56:43	04:24:58.40	04:25:15.25	+01:53:19 (42.7%)	7:34	7.9 (57.2%)
125	TRZCIŃSKI Paweł	110	AB TEAM	M50	6	01:29:32	03:00:43	04:25:16.00	04:25:34.50	+01:53:39 (42.8%)	7:34	7.9 (57.2%)
126	KACZMAREK Mateusz	85	SZWAGIER TEAM	M20	16	01:26:29	02:57:14	04:25:51.60	04:26:15.00	+01:54:19 (42.9%)	7:35	7.9 (57.2%)
127	HNYTKO Michał	86	SZWAGIER TEAM	M30	35	01:26:31	02:57:13	04:25:52.15	04:26:15.30	+01:54:19 (42.9%)	7:35	7.9 (57.2%)
128	HERNANDEZ GONZALEZ Ivan	38	TERRANOVA RUNNERS	M30	36	01:27:58	02:59:45	04:26:13.25	04:26:40.10	+01:54:44 (43.0%)	7:36	7.9 (57.2%)
129	OPRYSZKO Joanna	7		K20	6	01:30:03	03:03:03	04:26:51.75	04:27:04.85	+01:55:09 (43.1%)	7:37	7.9 (57.2%)
130	KLIMEK Eryk	43	AWL	M20	17	01:28:10	03:06:04	04:26:58.10	04:27:15.85	+01:55:20 (43.2%)	7:37	7.9 (57.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	PK A Zakręt Śmierci 12km	PK B Jakuszyce 24km	Czas netto 35km	Czas brutto 35km	Różn	Tempo min/km	Tempo km/h
131	MOLIŃSKI Szymon	45		M20	18	01:28:05	03:05:59	04:26:58.55	04:27:16.15	+01:55:20 (43.2%)	7:37	7.9 (57.2%)
132	NOWAK Łukasz	295	BLOOD BROTHERS	M30	37	01:27:03	02:58:58	04:27:21.70	04:27:43.35	+01:55:48 (43.3%)	7:38	7.9 (57.2%)
133	WIĘCEK Michał	36		M30	38	01:27:03	02:58:48	04:27:22.20	04:27:43.50	+01:55:48 (43.3%)	7:38	7.9 (57.2%)
134	KOPACKI Tomasz	33		M30	39	01:30:22	03:00:53	04:28:39.10	04:28:54.15	+01:56:58 (43.5%)	7:40	7.8 (56.5%)
135	BAUM Tomasz	285		M30	40	01:21:49	02:55:19	04:28:56.05	04:28:59.90	+01:57:04 (43.5%)	7:41	7.8 (56.5%)
136	FORNAL Robert	237		M50	7	01:28:26	03:02:36	04:29:04.10	04:29:22.00	+01:57:26 (43.6%)	7:41	7.8 (56.5%)
137	MYŚLEWSKI Janusz	6	NOCNY POYEB	M40	43	01:23:41	02:57:40	04:29:26.90	04:29:36.55	+01:57:41 (43.7%)	7:41	7.8 (56.5%)
138	BAJONCZAK Adam	83	MOCNA GRUPA CEZARA	M20	19	01:27:51	03:02:52	04:29:32.80	04:30:02.35	+01:58:07 (43.7%)	7:42	7.8 (56.5%)
139	ARTOMSKI Mateusz	174		M30	41	01:25:17	02:56:52	04:29:49.15	04:30:16.25	+01:58:20 (43.8%)	7:42	7.8 (56.5%)
140	SULIGA Dominik	58		M40	44	01:18:10	03:02:50	04:30:46.15	04:30:58.55	+01:59:03 (43.9%)	7:44	7.8 (56.5%)
141	OCZACHOWSKI Sławek	152	PRUSZKOWSKI TEAM	M40	45	01:25:08	03:00:52	04:30:55.95	04:31:02.30	+01:59:06 (43.9%)	7:44	7.8 (56.5%)
142	SERWATKIEWICZ Grzegorz	63		M40	46	01:25:17	02:58:36	04:31:00.70	04:31:07.90	+01:59:12 (44.0%)	7:44	7.7 (55.8%)
143	ŚWIĄTEK Ewelina	259		K40	8	01:25:41	02:56:11	04:31:16.50	04:31:35.70	+01:59:40 (44.1%)	7:45	7.7 (55.8%)
144	PAWŁOWSKI Krzysztof	290	BIEGAM WOLNO, ALE DOKŁADNIE	M40	47	01:25:31	02:57:24	04:31:36.70	04:31:41.45	+01:59:46 (44.1%)	7:45	7.7 (55.8%)
145	CZYSZCZOŃ Marcin	48		M30	42	01:25:19	02:56:55	04:31:16.45	04:31:43.55	+01:59:48 (44.1%)	7:45	7.7 (55.8%)
146	TYL Radosław	71		M40	48	01:27:51	03:01:06	04:31:21.80	04:31:49.65	+01:59:54 (44.1%)	7:45	7.7 (55.8%)
147	HOLAK Tomasz	304	PANKRACY ENTERTAINMENT	M50	8	01:25:06	02:59:01	04:33:46.60	04:33:51.65	+02:01:56 (44.5%)	7:49	7.7 (55.8%)
148	ŻUKOWSKI Sławomir	161	JOKA POLSKA	M40	49	01:24:26	03:00:10	04:34:00.70	04:34:09.85	+02:02:14 (44.6%)	7:49	7.7 (55.8%)
149	KOŚMIDER Tomasz	34	PEPTYD	M40	50	01:22:17	02:56:53	04:34:14.00	04:34:28.25	+02:02:32 (44.6%)	7:50	7.7 (55.8%)
150	GROCHECKA Joanna	35		K40	9	01:31:01	03:04:08	04:34:21.30	04:34:40.95	+02:02:45 (44.7%)	7:50	7.7 (55.8%)
151	HACUŚ Jacek	292		M40	51	01:30:12	03:01:39	04:34:56.05	04:35:07.25	+02:03:11 (44.8%)	7:51	7.6 (55.1%)
152	OSICA Łukasz	306		M40	52	01:28:50	03:01:49	04:35:28.85	04:35:48.30	+02:03:52 (44.9%)	7:52	7.6 (55.1%)
153	POLEROWICZ Adrian	288	40LATEK BIEGA MOTYWUJE	M40	53	01:28:42	03:06:06	04:35:39.35	04:35:51.60	+02:03:56 (44.9%)	7:52	7.6 (55.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	PK A Zakręt Śmierci 12km	PK B Jakuszyce 24km	Czas netto 35km	Czas brutto 35km	Różn	Tempo min/km	Tempo km/h
154	SZYDŁOWSKI Marcin	102		M30	43	01:32:50	03:11:04	04:35:25.75	04:35:51.70	+02:03:56 (44.9%)	7:52	7.6 (55.1%)
155	CASTELEIN Astrid	293		K40	10	01:30:22	03:04:24	04:35:54.35	04:36:11.95	+02:04:16 (45.0%)	7:52	7.6 (55.1%)
156	PACULA Monika	127		K30	15	01:27:14	03:04:37	04:36:10.30	04:36:17.40	+02:04:22 (45.0%)	7:53	7.6 (55.1%)
157	WAWRZYNIAK Lidia	309		K50	3	01:30:41	03:05:39	04:36:12.50	04:36:17.70	+02:04:22 (45.0%)	7:53	7.6 (55.1%)
158	GOŹDZICKI Witold	275		M40	54	01:30:36	03:04:52	04:36:35.95	04:36:54.30	+02:04:58 (45.1%)	7:54	7.6 (55.1%)
159	MAŚLANKA Łukasz	308		M30	44	01:26:49	03:04:12	04:37:30.20	04:37:38.60	+02:05:43 (45.3%)	7:55	7.6 (55.1%)
160	TOMASZEWSKA Katarzyna	153	PRUSZKOWSKI TEAM	K40	11	01:26:52	03:01:16	04:38:18.35	04:38:25.25	+02:06:29 (45.4%)	7:57	7.5 (54.3%)
161	MUCHA Mateusz	25		M30	45	01:24:21	03:02:04	04:38:25.10	04:38:34.50	+02:06:39 (45.5%)	7:57	7.5 (54.3%)
162	PIOTROWIAK Angelika	121		K30	16	01:26:03	02:59:14	04:38:55.80	04:39:15.25	+02:07:19 (45.6%)	7:58	7.5 (54.3%)
163	SYNOWIEC-JUDA Agata	324		K40	12	01:32:06	03:07:52	04:39:13.80	04:39:26.65	+02:07:31 (45.6%)	7:58	7.5 (54.3%)
164	TOBYS Marcin	238		M30	46	01:26:41	03:01:24	04:39:54.00	04:40:17.85	+02:08:22 (45.8%)	7:59	7.5 (54.3%)
165	ANDRZEJEWSKI Przemysław	90		M30	47	01:29:35	03:01:44	04:40:10.70	04:40:20.05	+02:08:24 (45.8%)	8:00	7.5 (54.3%)
166	PRZYGOCKA Ewelina	52	TEAM KOTLAREK	K30	17	01:27:07	03:03:52	04:40:41.50	04:40:56.65	+02:09:01 (45.9%)	8:01	7.5 (54.3%)
167	CIEŚLAK Tomek	222	ROSSMANN	M40	55	01:29:24	03:04:57	04:40:37.25	04:40:57.05	+02:09:01 (45.9%)	8:01	7.5 (54.3%)
168	FORNALIK Paulina	98	ATT	K30	18	01:37:26	03:09:30	04:43:41.90	04:43:54.60	+02:11:59 (46.5%)	8:06	7.4 (53.6%)
169	PISKORZ Robert	116	ATT	M50	9	01:37:27	03:09:34	04:43:50.50	04:44:02.50	+02:12:07 (46.5%)	8:06	7.4 (53.6%)
170	WOLAK Wojciech	120	COACH OD WÓDKI	M40	56	01:27:24	03:01:33	04:44:49.70	04:44:58.45	+02:13:03 (46.7%)	8:08	7.4 (53.6%)
171	ANTKIEWICZ Agnieszka	200		K40	13	01:30:35	03:13:36	04:45:20.55	04:45:29.40	+02:13:34 (46.8%)	8:09	7.4 (53.6%)
172	DYMERSKI Zbyszek	201		M50	10		03:13:31	04:45:19.75	04:45:29.60	+02:13:34 (46.8%)	8:09	7.4 (53.6%)
173	OLEKSA Robert	317		M50	11	01:28:18	03:10:26	04:45:26.05	04:45:39.75	+02:13:44 (46.8%)	8:09	7.4 (53.6%)
174	TOKARZEWSKA Kasia	284	NATURAL BORN RUNNERS	K40	14	01:35:06	03:13:37	04:46:01.20	04:46:06.35	+02:14:11 (46.9%)	8:10	7.3 (52.9%)
175	OLEJNICZAK Paulina	307		K30	19	01:34:39	03:10:40	04:46:23.70	04:46:41.60	+02:14:46 (47.0%)	8:10	7.3 (52.9%)
176	PRUSZCZYŃSKI Piotr	151		M40	57	01:35:38	03:11:04	04:46:30.35	04:46:50.40	+02:14:55 (47.0%)	8:11	7.3 (52.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	PK A Zakręt Śmierci 12km	PK B Jakuszyce 24km	Czas netto 35km	Czas brutto 35km	Różn	Tempo min/km	Tempo km/h
177	GRAJ Łukasz	50		M30	48	01:34:21	03:10:41	04:48:06.00	04:48:27.95	+02:16:32 (47.3%)	8:13	7.3 (52.9%)
178	JASIŃSKI Marcin	247		M40	58	01:29:09	03:09:21	04:48:29.50	04:48:42.40	+02:16:47 (47.4%)	8:14	7.3 (52.9%)
179	BAKSALARY Lidia	41	@BIEGAJLESZNO	K50	4	01:27:55	03:09:01	04:49:03.65	04:49:08.80	+02:17:13 (47.5%)	8:15	7.3 (52.9%)
180	SAJNÓG Justyna	279	#BIEGAJLESZNO	K40	15	01:31:17	03:08:59	04:49:03.65	04:49:09.00	+02:17:13 (47.5%)	8:15	7.3 (52.9%)
181	JANKOWSKI Adam	5	ULTRAWAY.PL RUNNING TEAM	M30	49	01:28:26	03:09:02	04:49:16.80	04:49:24.40	+02:17:29 (47.5%)	8:15	7.3 (52.9%)
182	KUBICKA Martyna	2		K30	20	01:37:57	03:16:09	04:49:21.50	04:49:40.30	+02:17:44 (47.6%)	8:16	7.3 (52.9%)
183	MOREVA Daria	277	TRAIL RUNNING SCHOOL	K40	16	01:27:21	03:00:19	04:49:36.65	04:49:41.00	+02:17:45 (47.6%)	8:16	7.3 (52.9%)
184	JAKUBOWSKI Paweł	311		M50	12	01:33:35	03:13:24	04:49:54.95	04:50:25.00	+02:18:29 (47.7%)	8:16	7.2 (52.2%)
185	SZWEDOWICZ Bartosz	310		M50	13	01:33:42	03:13:31	04:50:02.20	04:50:30.35	+02:18:35 (47.7%)	8:17	7.2 (52.2%)
186	OBERSKI Adam	250	FORNOST	M30	50	01:33:31	03:13:24	04:50:24.55	04:50:47.10	+02:18:51 (47.8%)	8:17	7.2 (52.2%)
187	BALICZ Agnieszka	54	VIP CLUB	K30	21	01:35:35	03:18:41	04:50:36.05	04:50:52.20	+02:18:56 (47.8%)	8:18	7.2 (52.2%)
188	WIŚNIEWSKA Ewa	329		K50	5	01:26:46	03:07:16	04:50:43.05	04:50:59.85	+02:19:04 (47.8%)	8:18	7.2 (52.2%)
189	HAUKE Krzysztof	192		M40	59	01:31:44	03:15:40	04:50:59.45	04:51:12.60	+02:19:17 (47.8%)	8:18	7.2 (52.2%)
190	JAROSZEWSKI Mateusz	171		M30	51	01:36:45	03:16:58	04:52:05.15	04:52:35.00	+02:20:39 (48.1%)	8:20	7.2 (52.2%)
191	DZIADEK Bartosz	19	ZAWSZE Z GÓRKI	M40	60	01:35:03	03:19:34	04:52:17.45	04:52:38.30	+02:20:42 (48.1%)	8:21	7.2 (52.2%)
192	NOŻEWNIK Patryk	255		M40	61	01:29:23	03:11:06	04:52:39.65	04:52:49.60	+02:20:54 (48.1%)	8:21	7.2 (52.2%)
193	WIETRZYŃSKA Agnieszka	16		K50	6	01:34:32	03:16:08	04:53:29.90	04:53:34.65	+02:21:39 (48.3%)	8:23	7.2 (52.2%)
194	GRECZUK Paweł	94	CZARNAROPACZTEAM	M40	62	01:24:24	03:05:15	04:53:36.85	04:53:50.80	+02:21:55 (48.3%)	8:23	7.2 (52.2%)
195	SIKORSKI Cezary	105	BBC	M50	14	01:34:18	03:16:32	04:54:32.15	04:54:41.30	+02:22:45 (48.4%)	8:24	7.1 (51.4%)
196	ROZNEFSKI Łukasz	289		M40	63	01:28:49	03:15:41	04:54:50.00	04:55:12.35	+02:23:17 (48.5%)	8:25	7.1 (51.4%)
197	WILK Dariusz	253		M30	52	01:30:30	03:18:24	04:55:15.60	04:55:33.20	+02:23:37 (48.6%)	8:26	7.1 (51.4%)
198	JEŻEWSKI Arkadiusz	257	SWIDNICKA GRUPA BIEGOWA	M40	64	01:30:28	03:18:22	04:55:17.50	04:55:34.50	+02:23:39 (48.6%)	8:26	7.1 (51.4%)
199	KASTELIK Anna	111	NO	K30	22	01:37:41	03:21:57	04:55:34.55	04:55:38.70	+02:23:43 (48.6%)	8:26	7.1 (51.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	PK A Zakręt Śmierci 12km	PK B Jakuszyce 24km	Czas netto 35km	Czas brutto 35km	Różn	Tempo min/km	Tempo km/h
200	KOSOWSKA-PAWŁOWICZ Patrycja	264	KOSEKTEAM	K30	23	01:31:04	03:17:41	04:56:09.60	04:56:17.30	+02:24:21 (48.7%)	8:27	7.1 (51.4%)
201	RAUSZER-SZOPA Agata	124	KOSEK TEAM	K40	17	01:33:54	03:17:43	04:56:09.95	04:56:17.60	+02:24:22 (48.7%)	8:27	7.1 (51.4%)
202	KARLICKA Danuta	56	BIEGOHOLICY	K40	18	01:36:00	03:18:46	04:56:32.50	04:56:48.10	+02:24:52 (48.8%)	8:28	7.1 (51.4%)
203	KALOCIŃSKI Dawid	92	KARL STORZ POLSKA	M40	65	01:37:04	03:14:29	04:56:59.70	04:57:05.75	+02:25:10 (48.9%)	8:29	7.1 (51.4%)
204	SAKRAJDA Piotr	315		M30	53	01:34:49	03:16:11	04:57:16.95	04:57:45.75	+02:25:50 (49.0%)	8:29	7.1 (51.4%)
205	MAGIERECKI Krzysztof	318		M60+	1	01:33:59	03:18:41	05:00:00.35	05:00:25.20	+02:28:29 (49.4%)	8:34	7 (50.7%)
206	ŁAKOMY Piotr	107	GRUBSCY BIEGAJĄ	M40	66	01:30:43	03:15:47	05:00:26.70	05:00:49.50	+02:28:54 (49.5%)	8:35	7 (50.7%)
207	GMYREK Jacek	97		M40	67	01:39:47	03:24:14	05:04:14.90	05:04:30.35	+02:32:35 (50.1%)	8:41	6.9 (50.0%)
208	MACEK Edyta	76		K30	24	01:37:57	03:21:37	05:05:36.50	05:05:48.95	+02:33:53 (50.3%)	8:43	6.9 (50.0%)
209	MACEK Michał	78	BIEGAJODZERA	M40	68	01:38:01	03:21:40	05:05:36.35	05:05:49.25	+02:33:53 (50.3%)	8:43	6.9 (50.0%)
210	SMALEC Mateusz	159	AB TEAM	M30	54	01:32:51	03:23:52	05:06:17.00	05:06:33.75	+02:34:38 (50.4%)	8:45	6.9 (50.0%)
211	KIFNER Hubert	47	BIEGIEM PO WINO	M40	69	01:38:28	03:29:10	05:06:55.70	05:07:20.55	+02:35:25 (50.6%)	8:46	6.8 (49.3%)
212	SAKRAJDA Justyna	314		K30	25	01:35:12	03:21:14	05:08:02.75	05:08:31.50	+02:36:36 (50.8%)	8:48	6.8 (49.3%)
213	ŚLUSAREK Grzegorz	112	ULTRAFILMAKER	M40	70	01:38:04	03:24:47	05:08:22.60	05:08:31.70	+02:36:36 (50.8%)	8:48	6.8 (49.3%)
214	BOCHEN Izabela	199		K40	19	01:38:00	03:22:59	05:09:25.00	05:09:33.15	+02:37:37 (50.9%)	8:50	6.8 (49.3%)
215	GŁÓWKA Barbara	274		K30	26	01:40:39	03:30:17	05:09:39.30	05:09:56.45	+02:38:01 (51.0%)	8:50	6.8 (49.3%)
216	FRANKOWSKI Jacek	197	RONAL POLSKA RUN	M40	71	01:35:03	03:22:01	05:09:28.15	05:09:59.40	+02:38:04 (51.0%)	8:50	6.8 (49.3%)
217	SAKRAJDA-BIEŃKO Beata	313		K30	27	01:37:38	03:21:17	05:10:39.00	05:11:08.05	+02:39:12 (51.2%)	8:52	6.8 (49.3%)
218	GNATOWICZ-CZARNOŁĘSKA Beata	249		K50	7	01:36:06	03:24:34	05:10:57.55	05:11:15.85	+02:39:20 (51.2%)	8:53	6.8 (49.3%)
219	BAUMAN Tomasz	128		M30	55	01:38:10	03:24:34	05:11:07.60	05:11:28.10	+02:39:32 (51.2%)	8:53	6.7 (48.6%)
220	JĘDRASZAK Mateusz	134		M30	56	01:38:27	03:22:04	05:11:04.05	05:11:29.00	+02:39:33 (51.2%)	8:53	6.8 (49.3%)
221	ANTKOWIAK-BRONOWICKA Agnieszka	69	DRUŻYNA SZPIKU	K40	20	01:39:31	03:25:00	05:11:35.95	05:11:59.75	+02:40:04 (51.3%)	8:54	6.7 (48.6%)
222	ŚMIAŁEK Filip	149	NKB CHYŻY NOWY TOMYŚL	M20	20	01:42:45	03:29:12	05:13:40.95	05:14:07.10	+02:42:11 (51.6%)	8:57	6.7 (48.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	PK A Zakręt Śmierci 12km	PK B Jakuszyce 24km	Czas netto 35km	Czas brutto 35km	Różn	Tempo min/km	Tempo km/h
223	KAPŁON Krzysztof	84		M40	72	01:43:43	03:32:47	05:15:04.60	05:15:21.10	+02:43:25 (51.8%)	9:00	6.7 (48.6%)
224	DĄBROWSKA Dorota	220	BIEGACZE JÓZEFA NOJI	K50	8	01:49:07	03:33:18	05:15:21.40	05:15:43.40	+02:43:48 (51.9%)	9:00	6.7 (48.6%)
225	DĄBROWSKI Marek	183	BIEGACZE JÓZEFA NOJI	M50	15	01:49:07	03:33:20	05:15:21.60	05:15:43.55	+02:43:48 (51.9%)	9:00	6.7 (48.6%)
226	KOLIS Tomasz	235		M30	57	01:31:55	03:13:37	05:16:00.30	05:16:26.55	+02:44:31 (52.0%)	9:01	6.6 (47.8%)
227	PILUJSKA Agnieszka	10		K40	21	01:39:23	03:29:32	05:17:12.00	05:17:24.30	+02:45:28 (52.1%)	9:03	6.6 (47.8%)
228	LISKE Dorota	266		K50	9	01:40:27	03:26:57	05:17:30.75	05:17:46.85	+02:45:51 (52.2%)	9:04	6.6 (47.8%)
229	KWASIUK Karolina	207		K30	28	01:42:39	03:31:41	05:18:28.35	05:18:59.00	+02:47:03 (52.4%)	9:05	6.6 (47.8%)
230	KWASIUK Wojciech	208		M30	58	01:42:40	03:31:43	05:18:28.50	05:18:59.05	+02:47:03 (52.4%)	9:05	6.6 (47.8%)
231	KOCH Piotr	312		M50	16	01:40:47	03:29:08	05:19:00.60	05:19:29.55	+02:47:34 (52.4%)	9:06	6.6 (47.8%)
232	ŚLUSAREK Rafał	256		M30	59	01:39:28	03:27:40	05:20:45.45	05:20:57.00	+02:49:01 (52.7%)	9:09	6.5 (47.1%)
233	HETMAŃCZYK Katarzyna	227	HETMANTEAM	K40	22	01:44:10	03:36:20	05:20:42.65	05:20:59.35	+02:49:04 (52.7%)	9:09	6.5 (47.1%)
234	WYSOCKA Katarzyna	15		K40	23	01:39:23	03:33:42	05:21:57.70	05:22:04.00	+02:50:08 (52.8%)	9:11	6.5 (47.1%)
235	MUCHA Natalia	276	BIEGAJĄCE KREJZOLE	K50	10	01:39:35	03:31:53	05:25:09.45	05:25:25.00	+02:53:29 (53.3%)	9:17	6.5 (47.1%)
236	KACZMAREK Izabela	188		K40	24	01:47:45	03:36:19	05:27:32.25	05:28:01.05	+02:56:05 (53.7%)	9:21	6.4 (46.4%)
237	KRYSTKOWIAK Tomasz	187		M50	17	01:47:43	03:36:17	05:27:32.25	05:28:01.25	+02:56:05 (53.7%)	9:21	6.4 (46.4%)
238	BORODYN Andrzej	30	FARTY PUSZCZY	M40	73	01:43:27	03:37:02	05:28:16.50	05:28:35.05	+02:56:39 (53.8%)	9:22	6.4 (46.4%)
239	BREK Marcin	203		M30	60	01:31:43	03:24:31	05:29:02.30	05:29:12.85	+02:57:17 (53.9%)	9:24	6.4 (46.4%)
240	ZAKOLSKA Anna	20		K30	29	01:39:36	03:35:21	05:28:55.90	05:29:15.85	+02:57:20 (53.9%)	9:23	6.4 (46.4%)
241	GRZEGRZÓŁKA Anna	68	ZABIEGAMI Z LEŚNEJ	K40	25	01:43:00	03:34:45	05:34:19.35	05:34:29.70	+03:02:34 (54.6%)	9:33	6.3 (45.7%)
242	MIŁOSZEWSKA Katarzyna	70	IZERY BOGATYNIA	K40	26	01:43:13	03:34:51	05:34:30.55	05:34:42.65	+03:02:47 (54.6%)	9:33	6.3 (45.7%)
242	MIŁOSZEWSKI Przemysław	140	IZERY BOGATYNIA	M50	18	01:43:13	03:34:50	05:34:31.90	05:34:42.65	+03:02:47 (54.6%)	9:33	6.3 (45.7%)
244	WIĘCKOWSKA Agata	82		K40	27	01:40:26	03:33:15	05:34:56.40	05:35:24.60	+03:03:29 (54.7%)	9:34	6.3 (45.7%)
245	SZÓSTAK Joanna	185		K40	28	01:43:27	03:40:59	05:35:41.55	05:36:05.55	+03:04:10 (54.8%)	9:35	6.3 (45.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	PK A Zakręt Śmierci 12km	PK B Jakuszyce 24km	Czas netto 35km	Czas brutto 35km	Różn	Tempo min/km	Tempo km/h
246	WIŚNIEWSKA-MUCHA Marta	24		K30	30	01:30:50	03:49:37	05:36:32.50	05:36:41.55	+03:04:46 (54.9%)	9:36	6.2 (44.9%)
247	URBANEK Karolina	31		K40	29	01:45:41	03:45:02	05:40:05.45	05:40:29.85	+03:08:34 (55.4%)	9:43	6.2 (44.9%)
248	URBANEK Marcin	117		M40	74	01:45:40	03:45:07	05:40:04.60	05:40:30.05	+03:08:34 (55.4%)	9:42	6.2 (44.9%)
249	JANCZAK Martyna	191	FEHLAU RUN TEAM	K30	31	01:41:35	03:42:48	05:42:50.70	05:43:13.80	+03:11:18 (55.7%)	9:47	6.1 (44.2%)
250	MOŻEJEWSKA Alicja	248		K60+	1	01:47:34	03:46:59	05:42:47.80	05:43:13.95	+03:11:18 (55.7%)	9:47	6.1 (44.2%)
251	KOTLIŃSKI Tomasz	175	KB SZAMOTUŁY	M50	19	01:50:51	03:46:56	05:47:22.95	05:47:46.50	+03:15:51 (56.3%)	9:55	6 (43.5%)
251	KUŹNIAK Justyna	170	KB SZAMOTUŁY	K40	30	01:51:01	03:46:54	05:47:25.15	05:47:46.50	+03:15:51 (56.3%)	9:55	6 (43.5%)
253	JĘDRZEJCZAK Dawid	254		M30	61	01:42:20	03:48:34	05:48:23.15	05:48:34.35	+03:16:39 (56.4%)	9:57	6 (43.5%)
254	ROSÓŁ Anna	166		K50	11	01:48:14	03:48:10	05:50:44.75	05:51:12.45	+03:19:17 (56.7%)	10:01	6 (43.5%)
255	URBAN Klaudia	302		K20	7	01:54:51	04:04:00	05:51:45.30	05:52:16.65	+03:20:21 (56.9%)	10:03	6 (43.5%)
256	STASZCZUK Jarosław	229		M50	20	01:45:46	03:46:11	05:52:29.35	05:52:51.75	+03:20:56 (56.9%)	10:04	6 (43.5%)
257	ZAWADA Artur	113	SZTORM PRO	M20	21	01:46:20	04:03:17	05:52:43.00	05:53:03.20	+03:21:07 (57.0%)	10:04	6 (43.5%)
258	MARKIEWICZ Jagoda	74		K20	8	01:56:27	03:59:40	05:55:17.65	05:55:42.05	+03:23:46 (57.3%)	10:09	5.9 (42.8%)
259	PRZYSMAC Piotr	64		M50	21	01:40:38	03:48:17	05:55:59.60	05:56:17.65	+03:24:22 (57.4%)	10:10	5.9 (42.8%)
260	SZÓSTAK Marcin	184		M50	22	01:48:09	03:56:34	05:56:58.95	05:57:22.55	+03:25:27 (57.5%)	10:11	5.9 (42.8%)
261	KUŚNIERZ Wojciech	126	SZTORM PRO	M20	22	01:46:21	04:03:19	05:58:01.80	05:58:21.85	+03:26:26 (57.6%)	10:13	5.9 (42.8%)
Przekroczony limit czasu: 06:00:00												
262	SAKRAJDA Jolanta	301		K30	32	01:55:08	04:08:21	06:06:16.35	06:06:47.70	+03:34:52 (58.6%)	10:27	5.7 (41.3%)
263	GARCON Joanna	81	PHOENIX CONTACT WIELKOPOLSKA	K30	33	01:56:23	04:07:04	06:19:05.45	06:19:30.30	+03:47:34 (60.0%)	10:49	5.5 (39.9%)
264	KSEL Dominik	109	SZTORM PRO	M20	23	01:46:29	04:20:17	06:35:44.60	06:36:04.15	+04:04:08 (61.6%)	11:18	5.3 (38.4%)
265	KOZIARSKA Ewa	53		K40	31	01:57:38	04:21:51	06:37:53.95	06:37:53.95	+04:05:58 (61.8%)	11:22	5.3 (38.4%)
	ADAMS Maciej	39		M20		01:21:12 DNF	03:11:58 DNF	DNF	DNF		-	- (0.0%)
	HRYNIUK Dominik	286		M20		01:32:35 DNF	03:54:03 DNF	DNF	DNF		-	- (0.0%)
	ZAPAŚNIK Michał	46	BIEGIEM PO WINO	M40		01:38:57 DNF	DNF	DNF	DNF		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	PK A Zakręt Śmierci 12km	PK B Jakuszyce 24km	Czas netto 35km	Czas brutto 35km	Różn	Tempo min/km	Tempo km/h
	SEKOWSKI Dawid	101		M30		DNF	DNF	DNF	DNF	-	-	(0.0%)
	SEKOWSKA Malgorzata	100		K30		DNF	DNF	DNF	DNF	-	-	(0.0%)
	WASILKOWSKI Jerzy	325		M50		DNF	DNF	DNF	DNF	-	-	(0.0%)
	KUBICKI Piotr	146	DZIKI ZGON KOŚCIAN	M30		DNF	DNF	DNF	DNF	-	-	(0.0%)

Znaleziono 272 wynik(ów)