

Wydarzenie: UltraKotlina
Organizator: Fundacja Przejście Kotliny
Data: 2022-10-08
Miejsce: Szklarska Poręba
Dystans: 34 km

Klasyfikacja: OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zakręt Śmierci 12km	PK B Jakuszyce 24km	Czas netto 34km	Czas brutto 34km	Różn	Tempo min/km	Tempo km/h
1	PYSZEL Florian	1427	PIEKIELNI WARSZAWA	M20	1	00:52:23	01:41:53	02:17:01.40	02:17:03.40		4:01	14.9 (100%)
2	GORZELAŃCZYK Jakub	1354	MKS SIECHNICE	M30	1	00:50:40	01:40:39	02:17:15.40	02:17:17.25	+00:00:13 (0.2%)	4:02	14.9 (100%)
3	LEŚNIAK Kami	1432	HOKA GARMIN TEAM	M20	2	00:54:24	01:47:31	02:27:38.05	02:27:39.70	+00:10:36 (7.2%)	4:20	13.8 (92.6%)
4	JUREK Michał	1373	RMT TEAM PRO	M30	2	00:57:45	01:53:59	02:33:59.95	02:34:02.05	+00:16:58 (11.0%)	4:31	13.2 (88.6%)
5	KLAMUT Michał	1273	BHPE/GOPR KARKONOSZE	M30	3	00:56:51	01:53:43	02:34:10.90	02:34:13.00	+00:17:09 (11.1%)	4:32	13.2 (88.6%)
6	BONIEC Radosław	1423	NADLEŚNICTWO LIPINKI/140MINUT.PL	M30	4	00:57:29	01:54:13	02:35:50.15	02:35:52.45	+00:18:49 (12.1%)	4:35	13.1 (87.9%)
7	STANKIEWICZ Tomasz	1305	PLANYBIEGOWE.PL	M30	5	01:00:56	02:00:02	02:44:44.00	02:44:46.40	+00:27:43 (16.8%)	4:50	12.4 (83.2%)
8	RUTKOWSKI Dawid	1374	GRIZZLYTEAM/140MINUT.PL	M40	1	01:02:06	02:01:42	02:44:45.10	02:44:47.55	+00:27:44 (16.8%)	4:50	12.4 (83.2%)
9	KOTLAREK Dawid	1270	MIZUNO / BIEGOSTACJA ULTRA TEAM	M40	2	01:00:04	02:00:00	02:48:25.90	02:48:28.65	+00:31:25 (18.6%)	4:57	12.1 (81.2%)
10	BORZYSTOWSKI Patryk	1395	#ZALINIAMETYTEAM	M30	6	01:03:12	02:04:48	02:49:45.85	02:49:48.00	+00:32:44 (19.3%)	4:59	12 (80.5%)
11	SZKOŁA Wojciech	1289	NATURAL BORN RUNNERS	M30	7	01:02:11	02:02:17	02:49:50.50	02:49:53.65	+00:32:50 (19.3%)	4:59	12 (80.5%)
12	TOMASIAK Adam	1245		M20	3	01:02:55	02:05:56	02:51:49.65	02:51:52.75	+00:34:49 (20.3%)	5:03	11.9 (79.9%)
13	DUL Karolina	1433		K20	1	01:05:43	02:08:40	02:54:31.10	02:54:34.55	+00:37:31 (21.5%)	5:07	11.7 (78.5%)
14	WIECZOREK Nina	1310	MOCNA GRUPA CEZARA	K20	2	01:06:50	02:10:41	02:55:09.80	02:55:14.05	+00:38:10 (21.8%)	5:09	11.6 (77.9%)
15	STANGRECIAK Adam	1328		M30	8	01:05:06	02:08:23	02:56:33.40	02:56:36.15	+00:39:32 (22.4%)	5:11	11.6 (77.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zakręt Śmierci 12km	PK B Jakuszyce 24km	Czas netto 34km	Czas brutto 34km	Różn	Tempo min/km	Tempo km/h
16	NOWACKI Mateusz	1452	PRZEDWOJEWSKI TEAM	M30	9	01:05:03	02:08:53	02:57:06.05	02:57:09.75	+00:40:06 (22.6%)	5:12	11.5 (77.2%)
17	MIELEWCZYK Tomasz	1466	VERGE RUNNING TEAM	M40	3	01:07:42	02:13:17	03:01:16.65	03:01:22.75	+00:44:19 (24.4%)	5:19	11.3 (75.8%)
18	ŚNIERZYŃSKI Robert	1343		M30	10	01:07:34	02:12:53	03:02:04.40	03:02:07.60	+00:45:04 (24.7%)	5:21	11.2 (75.2%)
19	SERAFIN Piotr	1465	35MINUT.PL	M40	4	01:03:45	02:08:19	03:02:16.00	03:02:20.10	+00:45:16 (24.8%)	5:21	11.2 (75.2%)
20	GĄSIOROWSKI Jarosław	1248		M20	4	01:08:18	02:13:54	03:03:04.25	03:03:14.05	+00:46:10 (25.2%)	5:23	11.1 (74.5%)
21	STRASZAK Patryk	1415	MOCNA GRUPA CEZARA	M20	5	01:03:56	02:10:27	03:04:56.70	03:05:00.95	+00:47:57 (25.9%)	5:26	11 (73.8%)
22	KOCEMBA Askaniusz	1469	MARCIN ŚWIERC TEAM	M40	5	01:05:44	02:12:16	03:05:19.85	03:05:22.75	+00:48:19 (26.1%)	5:27	11 (73.8%)
23	WOJNAROWICZ Paweł	1372		M30	11	01:09:41	02:15:13	03:06:27.95	03:06:31.70	+00:49:28 (26.5%)	5:29	10.9 (73.2%)
24	LITWIN Michał	1318	LITEWIN	M40	6	01:07:55	02:15:16	03:07:46.30	03:07:53.05	+00:50:49 (27.1%)	5:31	10.9 (73.2%)
25	NOWAKOWSKA Anna	1262	1BLOG BYDGOSZCZ	K30	1	01:06:01	02:14:30	03:07:55.05	03:07:57.80	+00:50:54 (27.1%)	5:31	10.9 (73.2%)
26	GUZIKIEWICZ Kamil	1271		M30	12	01:06:38	02:15:06	03:12:47.35	03:13:11.30	+00:56:07 (29.1%)	5:40	10.6 (71.1%)
27	SZUTA Maciej	1357		M30	13	01:09:00	02:18:06	03:16:23.65	03:16:36.15	+00:59:32 (30.3%)	5:46	10.4 (69.8%)
28	SIEMIOŃCZYK Jan	1442		M30	14	01:11:54	02:24:01	03:16:42.45	03:16:49.85	+00:59:46 (30.4%)	5:47	10.4 (69.8%)
29	GOŁĘBIEWICZ Wojciech	1315	ŻARŁOKI	M20	6	01:07:50	02:18:31	03:17:05.60	03:17:09.85	+01:00:06 (30.5%)	5:47	10.4 (69.8%)
30	GRZEGORZEWSKI Wojciech	1346		M20	7	01:14:06	02:24:04	03:18:44.40	03:18:53.95	+01:01:50 (31.1%)	5:50	10.3 (69.1%)
31	KUDREJ Grzegorz	1267	MOCNA GRUPA CEZARA	M30	15	01:13:06	02:26:06	03:18:55.65	03:19:00.80	+01:01:57 (31.1%)	5:51	10.3 (69.1%)
32	PURA Robert	1477		M40	7	01:11:29	02:22:39	03:19:12.65	03:19:21.15	+01:02:17 (31.2%)	5:51	10.2 (68.5%)
33	MACIEJEWSKI Rafał	1334		M30	16	01:07:16	02:16:06	03:21:01.65	03:21:07.25	+01:04:03 (31.9%)	5:54	10.1 (67.8%)
34	JAKÓBCZAK Kuba	1371		M30	17	01:14:11	02:28:21	03:22:30.90	03:22:39.40	+01:05:36 (32.4%)	5:57	10.1 (67.8%)
35	BYRNE Keith	1449	IRELAND	M40	8	01:13:20	02:29:41	03:22:54.40	03:23:00.95	+01:05:57 (32.5%)	5:58	10.1 (67.8%)
36	CIEPLIŃSKI Tomek	1411	SUDECKI KLUB WYSOKOGÓRSKI, WERTYKALNA KOTLINA	M40	9	01:14:29	02:29:39	03:23:43.85	03:24:03.05	+01:06:59 (32.8%)	5:59	10 (67.1%)
37	DOBIJA Jacek	1390		M30	18	01:28:39	02:35:21	03:23:44.10	03:24:03.10	+01:06:59 (32.8%)	5:59	10 (67.1%)
38	KACZMAREK Filip	1431		M20	8	01:15:20	02:28:29	03:24:17.65	03:24:22.80	+01:07:19 (32.9%)	6:00	10 (67.1%)

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39	WANAT Mateusz	1407	PRZEDWOJEWSKI TEAM	M30	19	01:16:16	02:30:06	03:24:48.15	03:24:55.80	+01:07:52 (33.1%)	6:01	10 (67.1%)
40	SKIBA Ania	1301		K20	3	01:18:00	02:30:49	03:24:52.60	03:25:03.55	+01:08:00 (33.2%)	6:01	10 (67.1%)
41	JĘDRYCHOWSKI Bartłomiej	1428	WEMECOTEAM	M30	20	01:10:51	02:25:28	03:25:36.50	03:25:39.65	+01:08:36 (33.4%)	6:02	9.9 (66.4%)
42	SZAFRAŃSKI Dominik	1333	OBORNICKI KLUB LEKKOATLETYCZNY	M30	21	01:10:40	02:23:42	03:26:59.90	03:27:02.35	+01:09:58 (33.8%)	6:05	9.9 (66.4%)
43	ZYWERT Antonina	1216		K20	4	01:15:10	02:29:33	03:29:35.15	03:29:43.95	+01:12:40 (34.7%)	6:09	9.7 (65.1%)
44	GÓRECKI Krzysztof	1211		M20	9	01:17:25	02:33:32	03:30:40.20	03:30:46.00	+01:13:42 (35.0%)	6:11	9.7 (65.1%)
45	KUCZERA Natalia	1418		K30	2	01:17:35	02:33:16	03:30:50.90	03:30:56.40	+01:13:53 (35.0%)	6:12	9.7 (65.1%)
46	TOMASIK Andrzej	1287		M50	1	01:22:50		03:31:36.50	03:31:42.10	+01:14:38 (35.3%)	6:13	9.6 (64.4%)
47	KUCHARSKI Adrian	1285	ZEFKA RUNNERS/ PRZEDWOJEWSKI TEAM	M30	22	01:12:33	02:30:36	03:33:03.00	03:33:10.95	+01:16:07 (35.7%)	6:15	9.6 (64.4%)
48	SERAFIN- GORSZKOWSKA Paulina	1253	#140MINUT.PL	K40	1	01:17:07	02:33:02	03:33:17.65	03:33:23.00	+01:16:19 (35.8%)	6:16	9.6 (64.4%)
49	BYŚ Mateusz	1329		M30	23	01:16:51	02:34:21	03:34:34.40	03:34:49.95	+01:17:46 (36.2%)	6:18	9.5 (63.8%)
50	WARDEGA Adrian	1386		M30	24	01:11:05	02:31:09	03:34:47.05	03:34:56.15	+01:17:52 (36.2%)	6:19	9.5 (63.8%)
51	WUJDA Karolina	1457		K30	3	01:18:06	02:34:53	03:34:46.60	03:35:01.30	+01:17:57 (36.3%)	6:19	9.5 (63.8%)
52	SIKORSKI Maciej	1402		M40	10	01:15:00	02:32:38	03:34:57.50	03:35:16.40	+01:18:13 (36.3%)	6:19	9.5 (63.8%)
53	MALIGRANDA Mariusz	1276		M30	25	01:18:27	02:35:31	03:36:25.90	03:36:30.30	+01:19:26 (36.7%)	6:21	9.4 (63.1%)
54	SKWARSKI Darek	1332		M40	11	01:16:50	02:32:10	03:37:05.95	03:37:13.65	+01:20:10 (36.9%)	6:23	9.4 (63.1%)
55	WAŁCZYK Mateusz	1283		M30	26	01:13:59	02:32:05	03:38:00.20	03:38:07.80	+01:21:04 (37.2%)	6:24	9.4 (63.1%)
56	TOMELA Maciej	1350		M30	27	01:14:37	02:34:45	03:39:42.00	03:39:49.60	+01:22:46 (37.7%)	6:27	9.3 (62.4%)
57	BŁASZCZAK Marek	1294	MOCNA GRUPA CEZARA	M30	28	01:17:19	02:35:25	03:40:19.80	03:40:24.45	+01:23:21 (37.8%)	6:28	9.3 (62.4%)
58	MAJDER Klaudia	1385		K30	4	01:22:53	02:43:05	03:41:01.50	03:41:07.00	+01:24:03 (38.0%)	6:30	9.2 (61.7%)
59	MARCINKOWSKI Michał	1393	RUN TEAM RYDZYNA	M40	12	01:15:04	02:35:07	03:41:32.05	03:41:39.95	+01:24:36 (38.2%)	6:30	9.2 (61.7%)
60	BACHURSKI Tomasz	1316	140MINUT/KB HARCOWNIK	M40	13	01:17:24	02:38:15	03:41:59.65	03:42:04.55	+01:25:01 (38.3%)	6:31	9.2 (61.7%)
61	KORZYCKI Tadeusz	1450	AMATOR	M60	1	01:16:54	02:36:10	03:42:02.35	03:42:11.25	+01:25:07 (38.3%)	6:31	9.2 (61.7%)

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62	BOROWSKA-NAJDEREK Paulina	1458	FREE RUN/ WLKP ULTRA MOUNTAINS	K40	2	01:17:53	02:38:53	03:42:06.70	03:42:12.85	+01:25:09 (38.3%)	6:31	9.2 (61.7%)
63	GAWROŃSKI Ireneusz	1227	AMATOR	M60	2	01:19:23		03:43:16.95	03:43:20.55	+01:26:17 (38.6%)	6:34	9.1 (61.1%)
64	LATOS Janusz	1482		M60	3	01:19:16	02:40:04	03:43:10.90	03:43:26.75	+01:26:23 (38.7%)	6:33	9.1 (61.1%)
65	SZCZEPANSKI Bartosz	1249	REBELS SOFTWARE	M30	29	01:14:47	02:36:00	03:43:32.70	03:43:39.65	+01:26:36 (38.7%)	6:34	9.1 (61.1%)
66	MIKOŁAJSKI Krzysztof	1370	MUD FOXES	M30	30	01:17:13	02:38:21	03:43:52.75	03:43:57.95	+01:26:54 (38.8%)	6:35	9.1 (61.1%)
67	SAJNÓG Leszek	1435	BIEGAJ LESZNO	M40	14	01:20:33	02:40:41	03:44:06.80	03:44:10.85	+01:27:07 (38.9%)	6:35	9.1 (61.1%)
68	RABIEJ-OLSZEWSKA Hanna	1322	#SOBASTEAM	K30	5	01:20:09	02:39:43	03:44:24.15	03:44:33.90	+01:27:30 (39.0%)	6:36	9.1 (61.1%)
69	IWANOWSKI Przemysław	1351	SFORA CHOJNÓW	M40	15	01:15:11	02:36:21	03:44:28.80	03:44:40.10	+01:27:36 (39.0%)	6:36	9.1 (61.1%)
70	GOLA Henryk	1389		M50	2	01:19:29	02:41:52	03:44:56.65	03:45:01.80	+01:27:58 (39.1%)	6:36	9.1 (61.1%)
71	BEDNARZ Jarosław	1309	SMS SZKLARSKA PORĘBA	M50	3	01:18:11	02:40:10	03:47:14.70	03:47:19.60	+01:30:16 (39.7%)	6:41	9 (60.4%)
72	DAWIDZIŃSKI Tomasz	1308	AKTYWNI RAZEM	M30	31	01:21:17	02:45:13	03:47:46.20	03:47:56.90	+01:30:53 (39.9%)	6:41	9 (60.4%)
73	SYCHOWSKI Dawid	1264		M30	32	01:19:08	02:43:20	03:47:46.05	03:48:00.40	+01:30:57 (39.9%)	6:41	9 (60.4%)
74	FORNALIK Adam	1335	WARSAW INTERNATIONAL TRIATHLON CLUB	M40	16	01:24:51	02:44:00	03:48:34.85	03:48:49.50	+01:31:46 (40.1%)	6:43	8.9 (59.7%)
75	KRAJEWSKI Marcin	1445		M30	33	01:20:10	02:41:54	03:48:53.65	03:48:59.25	+01:31:55 (40.1%)	6:43	8.9 (59.7%)
76	SIKORSKI Szymon	1420	NOA	M40	17	01:17:39	02:42:23	03:48:53.95	03:48:59.70	+01:31:56 (40.1%)	6:43	8.9 (59.7%)
77	STUPAK Ada	1379	KB ODRA OPOLE	K30	6	01:23:15	02:43:22	03:49:08.15	03:49:14.55	+01:32:11 (40.2%)	6:44	8.9 (59.7%)
78	HRYCAJ Marcin	1380	KB ODRA OPOLE	M40	18	01:23:12	02:43:19	03:49:08.25	03:49:14.95	+01:32:11 (40.2%)	6:44	8.9 (59.7%)
79	LISOWICZ Krzysztof	1345	XXXXX XXX	M40	19	01:21:49	02:43:04	03:50:01.25	03:50:16.20	+01:33:12 (40.5%)	6:45	8.9 (59.7%)
80	ZAWIŁA Dominik	1347		M20	10	01:25:46	02:50:04	03:50:08.30	03:50:20.60	+01:33:17 (40.5%)	6:46	8.9 (59.7%)
81	PASZKOWIAK Dominik	1414		M20	11	01:22:27	02:47:32	03:50:15.30	03:50:31.00	+01:33:27 (40.5%)	6:46	8.9 (59.7%)
82	DORNIAK Radek	1416		M40	20	01:27:30	02:49:58	03:50:52.45	03:51:06.15	+01:34:02 (40.7%)	6:47	8.8 (59.1%)
83	DRWIĘGA Tomasz	1293		M30	34	01:22:42	02:42:32	03:51:58.85	03:52:23.60	+01:35:20 (41.0%)	6:49	8.8 (59.1%)
84	JARONIEC Malgorzata	1421	BUBU TEAM	K30	7	01:26:19	02:49:14	03:53:40.05	03:53:51.90	+01:36:48 (41.4%)	6:52	8.7 (58.4%)

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85	MICHAŁEK Emil	1251	KB HARCOWNIK JELCZ-LASKOWICE	M40	21	01:22:27	02:51:27	03:55:03.95	03:55:13.15	+01:38:09 (41.7%)	6:54	8.7 (58.4%)
86	WERLE Michał	1453	AI CLEARING	M30	35	01:19:39	02:43:47	03:55:03.50	03:55:21.25	+01:38:17 (41.8%)	6:54	8.7 (58.4%)
87	PISARCZYK Grzegorz	1443		M30	36	01:25:38	02:51:54	03:55:30.00	03:55:55.20	+01:38:51 (41.9%)	6:55	8.7 (58.4%)
88	POSADOWSKI Szymon	1444	140MINUT	M30	37		02:58:39	03:56:24.15	03:56:30.30	+01:39:26 (42.0%)	6:57	8.6 (57.7%)
89	TYL Radosław	1312		M40	22	01:24:24	02:49:26	03:56:30.35	03:56:52.50	+01:39:49 (42.1%)	6:57	8.6 (57.7%)
90	FORTAK Rafał	1362		M30	38	01:21:26	02:46:19	03:57:36.75	03:58:02.20	+01:40:58 (42.4%)	6:59	8.6 (57.7%)
91	KOSOWSKI Przemysław	1462	NATIONALE-NEDERLANDEN	M50	4	01:20:47	02:45:13	03:57:59.20	03:58:13.00	+01:41:09 (42.5%)	6:59	8.6 (57.7%)
92	ZABOROWSKI Kamil	1409	ZALINIAMETY	M30	39	01:30:06	02:55:38	03:58:03.60	03:58:17.80	+01:41:14 (42.5%)	7:00	8.6 (57.7%)
93	STAJNIAK-STELIGA Izabela	1474	OBORYGENI	K40	3	01:26:13	02:51:55	03:58:12.00	03:58:23.00	+01:41:19 (42.5%)	7:00	8.6 (57.7%)
94	SŁOWIK Grzegorz	1286	ZEFKA RUNNERS	M40	23	01:25:33	02:52:21	03:58:21.75	03:58:30.45	+01:41:27 (42.5%)	7:00	8.6 (57.7%)
95	MIGURSKI Jakub	1384		M30	40	01:25:08	02:52:03	03:58:21.95	03:58:33.55	+01:41:30 (42.5%)	7:00	8.6 (57.7%)
96	JASIAK Karol	1297	ZEFKA RUNNERS	M30	41	01:21:57	02:48:37	04:00:18.25	04:00:27.70	+01:43:24 (43.0%)	7:04	8.5 (57.0%)
97	KUBISIAK Dariusz	1436		M50	5	01:27:32	02:55:01	04:00:59.35	04:01:18.05	+01:44:14 (43.2%)	7:05	8.5 (57.0%)
98	KĘDZIOR Bartłomiej	1405		M40	24	01:21:40	02:46:01	04:01:08.20	04:01:24.25	+01:44:20 (43.2%)	7:05	8.5 (57.0%)
99	PASEK Monika	1456	RUNNING CRAZY STRIPES	K40	4	01:30:08	02:56:34	04:01:12.80	04:01:26.70	+01:44:23 (43.2%)	7:05	8.5 (57.0%)
100	MIJAKOWSKI Paweł	1464	MIJAKOWSKI TEAM	M50	6	01:21:35	02:49:09	04:01:52.85	04:02:05.70	+01:45:02 (43.4%)	7:06	8.4 (56.4%)
101	CHILIMONIUK Mariusz	1266		M40	25	01:27:13	02:57:28	04:01:40.45	04:02:05.85	+01:45:02 (43.4%)	7:06	8.4 (56.4%)
102	KORYTKOWSKI Jakub	1382		M20	12	01:26:27	02:55:09	04:02:32.85	04:02:47.25	+01:45:43 (43.5%)	7:08	8.4 (56.4%)
103	TRACZYK Piotr	1475		M40	26	01:26:22	02:56:32	04:02:45.35	04:02:57.85	+01:45:54 (43.6%)	7:08	8.4 (56.4%)
104	GAWROŃSKI Sebastian	1451	PZU SPORT TEAM	M40	27	01:25:56	02:55:07	04:04:10.85	04:04:30.50	+01:47:27 (43.9%)	7:10	8.4 (56.4%)
105	BIALIK Jędrzej	1239		M30	42	01:31:29	02:58:39	04:04:12.10	04:04:32.55	+01:47:29 (44.0%)	7:10	8.4 (56.4%)
106	STRONIKOWSKI Wojciech	1296	DRUŻYNA STASIA	M30	43	01:26:07	02:51:21	04:04:45.65	04:05:07.60	+01:48:04 (44.1%)	7:11	8.3 (55.7%)
107	RAWA Martyna	1422		K20	5	01:28:36		04:06:19.35	04:06:36.10	+01:49:32 (44.4%)	7:14	8.3 (55.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zakręt Śmierci 12km	PK B Jakuszyce 24km	Czas netto 34km	Czas brutto 34km	Różn	Tempo min/km	Tempo km/h
108	DOBRYCKI Mateusz	1231	NADLEŚNICTWO KAMIENNA GÓRA	M30	44	01:27:37	03:00:12	04:06:56.25	04:07:21.15	+01:50:17 (44.6%)	7:15	8.3 (55.7%)
109	BUDNY Kamil	1447		M30	45	01:26:19	02:56:04	04:07:22.80	04:07:42.70	+01:50:39 (44.7%)	7:16	8.2 (55.0%)
110	KRYSZKIEWICZ Tomasz	1353		M50	7	01:26:50	02:53:24	04:07:33.75	04:07:49.75	+01:50:46 (44.7%)	7:16	8.2 (55.0%)
111	STALA-KONDRAKIEWICZ Katarzyna	1438	KB HARCOWNIK JELCZ-LASKOWICE	K30	8	01:26:20	02:56:27	04:07:42.65	04:07:53.95	+01:50:50 (44.7%)	7:17	8.2 (55.0%)
112	DANAK Przemek	1299		M40	28	01:38:57	03:14:01	04:08:12.25	04:08:27.80	+01:51:24 (44.8%)	7:18	8.2 (55.0%)
113	KOZŁOWSKI Tomasz	1247	LESZ NO LIMITS RUNNERS	M50	8	01:25:44	02:58:39	04:08:59.55	04:09:04.25	+01:52:00 (45.0%)	7:19	8.2 (55.0%)
114	NOWAK Dawid	1320	#BIEGAJLESZNO	M30	46	01:23:06	02:50:05	04:09:27.65	04:09:30.95	+01:52:27 (45.1%)	7:20	8.2 (55.0%)
115	JACHIMECKI Rafał	1317	TUPU-TUPU GŁOGÓW	M40	29	01:23:09	02:50:01	04:09:26.80	04:09:31.05	+01:52:27 (45.1%)	7:20	8.2 (55.0%)
116	CIRILLO Saverio	1437		M30	47	01:25:51	02:58:00	04:09:16.85	04:09:34.60	+01:52:31 (45.1%)	7:19	8.2 (55.0%)
117	BUGAJ Alan	1226		M30	48	01:26:35	02:58:28	04:09:31.55	04:09:44.40	+01:52:41 (45.1%)	7:20	8.2 (55.0%)
118	ŁATWIŃSKI Mateusz	1300	MOCNA GRUPA CEZARA	M20	13	01:26:04	03:00:40	04:09:44.75	04:09:49.90	+01:52:46 (45.1%)	7:20	8.2 (55.0%)
119	MATUSIAK Mateusz	1252		M30	49	01:28:56	02:56:04	04:09:59.35	04:10:10.05	+01:53:06 (45.2%)	7:21	8.2 (55.0%)
120	GÓRNY Robert	1311	THESKYISTHELIMIT	M30	50	01:27:11	02:58:25	04:09:59.85	04:10:23.05	+01:53:19 (45.3%)	7:21	8.2 (55.0%)
121	DUSZYŃSKA Ewa	1468	MIEJMY TO JUŻ ZA SOBĄ!	K30	9	01:24:57	02:57:36	04:11:14.25	04:11:21.35	+01:54:17 (45.5%)	7:23	8.1 (54.4%)
122	KOSTOWSKI Roman	1280		M30	51	01:24:22	02:56:04	04:11:05.15	04:11:26.40	+01:54:23 (45.5%)	7:23	8.1 (54.4%)
123	SNOWACKI Kamil	1448		M30	52	01:15:20	02:52:52	04:11:39.10	04:11:45.45	+01:54:42 (45.6%)	7:24	8.1 (54.4%)
124	RABIEJ Wojciech	1363	DUCLA ACADEMY	M40	30	01:21:39	02:47:10	04:12:02.50	04:12:17.25	+01:55:13 (45.7%)	7:24	8.1 (54.4%)
125	BOŁDYS Paweł	1400		M30	53	01:29:35	02:59:56	04:12:13.55	04:12:25.50	+01:55:22 (45.7%)	7:25	8.1 (54.4%)
126	ROZMIAREK Przemysław	1274	SZCZĘŚLIWY AMATOR	M40	31	01:22:38		04:12:05.80	04:12:29.90	+01:55:26 (45.7%)	7:24	8.1 (54.4%)
127	JAKIMOWICZ Kamila	1410	TEAM TATARA	K20	6	01:31:14	02:58:49	04:12:19.10	04:12:33.90	+01:55:30 (45.7%)	7:25	8.1 (54.4%)
128	MARKOWIAK Paulina	1292		K30	10	01:29:51	02:59:28	04:12:35.85	04:12:54.35	+01:55:50 (45.8%)	7:25	8.1 (54.4%)
129	ONISZCZUK Agnieszka	1291		K20	7	01:29:47	02:59:22	04:12:36.15	04:12:54.55	+01:55:51 (45.8%)	7:25	8.1 (54.4%)
130	ONISZCZUK Karol	1290		M20	14	01:28:53	02:59:16	04:12:36.65	04:12:54.65	+01:55:51 (45.8%)	7:25	8.1 (54.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zakręt Śmierci 12km	PK B Jakuszyce 24km	Czas netto 34km	Czas brutto 34km	Różn	Tempo min/km	Tempo km/h
131	BIELAWSKI Paweł	1368		M30	54	01:24:16	02:59:33	04:14:20.45	04:14:25.15	+01:57:21 (46.1%)	7:28	8 (53.7%)
132	PIETRZAK Marek	1238		M40	32	01:30:19	03:01:49	04:14:54.35	04:15:11.85	+01:58:08 (46.3%)	7:29	8 (53.7%)
133	BAKSALARY Lidia	1326	#BIEGAJLESZNO	K40	5	01:21:13	02:56:17	04:15:21.90	04:15:25.65	+01:58:22 (46.3%)	7:30	8 (53.7%)
134	HEJNE Agnieszka	1324		K40	6	01:28:39	03:03:57	04:16:12.55	04:16:31.90	+01:59:28 (46.6%)	7:32	8 (53.7%)
135	BOROWIAK Łukasz	1284	#BIEGAJLESZNO	M40	33	01:21:01	02:56:15	04:16:34.35	04:16:38.10	+01:59:34 (46.6%)	7:32	8 (53.7%)
136	NALEPA Szymon	1360		M30	55	01:30:46	03:05:20	04:16:35.60	04:16:48.50	+01:59:45 (46.6%)	7:32	8 (53.7%)
137	WOJTASIK Izabela	1365		K40	7	01:30:44	03:05:23	04:16:35.65	04:16:48.85	+01:59:45 (46.6%)	7:32	8 (53.7%)
138	KAMINSKI Jerzy	1381		M60	4	01:28:52		04:16:49.70	04:17:11.95	+02:00:08 (46.7%)	7:33	7.9 (53.0%)
139	GIBALSKA Marzena	1470	ABORYGENI	K40	8	01:34:41	03:08:14	04:17:35.40	04:17:46.40	+02:00:43 (46.8%)	7:34	7.9 (53.0%)
140	FRAŃSKI Łukasz	1219	NKB CHYŻY	M40	34	01:31:06	03:02:13	04:18:13.10	04:18:28.40	+02:01:25 (47.0%)	7:35	7.9 (53.0%)
141	PAWLAK Robert	1388		M30	56	01:28:53	03:05:29	04:18:40.20	04:18:49.50	+02:01:46 (47.0%)	7:36	7.9 (53.0%)
142	NIEWIADOMSKI Marek	1406	CROSS KRAPKOWICE	M30	57	01:28:32	03:02:53	04:19:37.80	04:19:58.85	+02:02:55 (47.3%)	7:38	7.9 (53.0%)
143	SZUMIŃSKI Artur	1446		M40	35	01:26:12	03:04:37	04:20:13.60	04:20:19.85	+02:03:16 (47.4%)	7:39	7.8 (52.3%)
144	OZIMINA Hubert	1250	OBORYGENI	M40	36	01:31:24	03:09:02	04:21:18.45	04:21:28.80	+02:04:25 (47.6%)	7:41	7.8 (52.3%)
145	CZELUŚNIAK Filip	1218		M30	58	01:37:22	03:14:34	04:21:19.10	04:21:38.00	+02:04:34 (47.6%)	7:41	7.8 (52.3%)
146	STĘPIEŃ Kamil	1459		M30	59	01:26:27	02:59:34	04:21:33.85	04:21:51.45	+02:04:48 (47.7%)	7:41	7.8 (52.3%)
147	MATYŚKIEWICZ Mateusz	1355	MASTER SERVICE	M30	60	01:30:58	03:06:00	04:21:51.25	04:22:06.55	+02:05:03 (47.7%)	7:42	7.8 (52.3%)
148	OLEJNIK Egidiusz	1473		M30	61	01:36:29	03:09:28	04:22:15.10	04:22:35.60	+02:05:32 (47.8%)	7:42	7.8 (52.3%)
149	SKORA Wojciech	1471		M40	37	01:35:52	03:09:49	04:22:31.25	04:22:45.60	+02:05:42 (47.8%)	7:43	7.8 (52.3%)
150	PEREIRA Ruben	1408	ARMADA LUSITANA	M30	62	01:25:43	02:58:47	04:23:45.95	04:23:53.75	+02:06:50 (48.1%)	7:45	7.7 (51.7%)
151	PISCO Tiago	1404	ARMADA LUSITANA	M30	63	01:25:42	02:58:49	04:23:46.80	04:23:54.10	+02:06:50 (48.1%)	7:45	7.7 (51.7%)
152	TUNDAK Zuzanna	1313	WYBIEGANIZM	K30	11	01:31:14	03:04:57	04:23:53.35	04:24:19.50	+02:07:16 (48.1%)	7:45	7.7 (51.7%)
153	GRABOWSKI Mariusz	1319		M30	64	01:31:16	03:05:01	04:23:53.60	04:24:19.60	+02:07:16 (48.1%)	7:45	7.7 (51.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zakręt Śmierci 12km	PK B Jakuszyce 24km	Czas netto 34km	Czas brutto 34km	Różn	Tempo min/km	Tempo km/h
154	PORĘBSKI Tomasz	1217	#STANDARDASAPTEAM	M30	65	01:35:30	03:11:12	04:23:58.10	04:24:21.60	+02:07:18 (48.2%)	7:45	7.7 (51.7%)
155	KOTOWSKI Andrzej	1256		M50	9	01:35:14	03:07:21	04:24:26.00	04:24:42.85	+02:07:39 (48.2%)	7:46	7.7 (51.7%)
156	RABIEJ Kazimierz	1223	ROZBIEGANI CHOJNÓW	M60	5	01:30:47		04:24:36.20	04:24:49.30	+02:07:45 (48.2%)	7:46	7.7 (51.7%)
157	KUBICKI Piotr	1392	DZIKI ZGON KOŚCIAN	M30	66	01:32:56	03:08:23	04:24:46.30	04:25:08.65	+02:08:05 (48.3%)	7:47	7.7 (51.7%)
158	MIŁOSZEWSKA Katarzyna	1378	IZERY BOGATYNIA	K40	9	01:32:01	03:07:20	04:26:00.45	04:26:04.50	+02:09:01 (48.5%)	7:49	7.7 (51.7%)
159	GRZEGRZÓŁKA Anna	1358	ZABIEGANI Z LEŚNEJ	K40	10	01:32:04	03:07:25	04:26:00.90	04:26:04.80	+02:09:01 (48.5%)	7:49	7.7 (51.7%)
160	GNIADY Krzysztof	1383	FOXYFIT ICT POLAND	M40	38	01:32:24	03:13:51	04:26:52.10	04:27:05.65	+02:10:02 (48.7%)	7:50	7.6 (51.0%)
161	CICHOCKI Jerzy	1325		M40	39	01:36:33	03:10:27	04:27:50.90	04:28:10.20	+02:11:06 (48.9%)	7:52	7.6 (51.0%)
162	ZAŁOGA Agnieszka	1480	STARE BABICE BIEGAJĄ	K30	12	01:37:08	03:14:18	04:29:34.15	04:29:46.10	+02:12:42 (49.2%)	7:55	7.6 (51.0%)
163	KONDRAKIEWICZ Rafał	1479		M40	40	01:34:29	03:14:18	04:29:46.75	04:30:02.00	+02:12:58 (49.2%)	7:56	7.6 (51.0%)
164	GONCERZEWICZ Anna	1460		K30	13	01:37:02	03:14:12	04:29:46.70	04:30:02.10	+02:12:58 (49.2%)	7:56	7.6 (51.0%)
165	BARTON Anna	1269		K20	8	01:44:43	03:23:11	04:29:56.60	04:30:15.35	+02:13:11 (49.3%)	7:56	7.6 (51.0%)
166	OKONIEWSKA Agnieszka	1302		K40	11	01:36:00	03:17:06	04:30:20.10	04:30:40.90	+02:13:37 (49.4%)	7:57	7.5 (50.3%)
167	WALIGÓRA Judyta	1348		K30	14	01:36:00	03:15:46	04:30:20.55	04:30:41.15	+02:13:37 (49.4%)	7:57	7.5 (50.3%)
168	BEŻYK Bartosz	1268	GOPR SUDETY	M20	15	01:44:44	03:23:08	04:30:30.95	04:30:50.15	+02:13:46 (49.4%)	7:57	7.5 (50.3%)
169	MAJDER Paweł	1387		M40	41	01:32:09	03:11:16	04:31:43.00	04:31:51.00	+02:14:47 (49.6%)	7:59	7.5 (50.3%)
170	SIUDAK Anna`	1281		K40	12	01:35:48	03:17:11	04:31:58.85	04:32:11.00	+02:15:07 (49.6%)	7:59	7.5 (50.3%)
171	ROSIECKI Grzegorz	1232		M30	67	01:27:59	03:09:04	04:32:16.65	04:32:39.60	+02:15:36 (49.7%)	8:00	7.5 (50.3%)
172	GRACZYK Mariusz	1425	ZGZB	M40	42	01:45:07	03:22:19	04:33:36.40	04:33:49.95	+02:16:46 (49.9%)	8:02	7.5 (50.3%)
173	KOPACZUK Monika	1467		K30	15	01:41:46	03:25:31	04:33:32.65	04:33:54.15	+02:16:50 (50.0%)	8:02	7.5 (50.3%)
174	FANAJŁO Wojciech	1424	ZGZB	M30	68	01:40:28	03:22:21	04:33:48.50	04:34:02.05	+02:16:58 (50.0%)	8:03	7.5 (50.3%)
175	MAŚLANKA Łukasz	1222	ALOHA TRIATHLON TEAM	M30	69	01:32:21	03:11:08	04:34:24.45	04:34:44.30	+02:17:40 (50.1%)	8:04	7.4 (49.7%)
176	WIŚNIEWSKA Joann	1279		K40	13	01:36:08	03:17:21	04:36:44.95	04:36:52.00	+02:19:48 (50.5%)	8:08	7.4 (49.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zakręt Śmierci 12km	PK B Jakuszyce 24km	Czas netto 34km	Czas brutto 34km	Różn	Tempo min/km	Tempo km/h
177	KANIECKI Paweł	1399		M40	43	01:36:03	03:17:36	04:36:44.95	04:36:52.25	+02:19:48 (50.5%)	8:08	7.4 (49.7%)
178	SZAMBELAŃCZYK Maciej	1441		M40	44	01:26:18	03:19:29	04:36:54.90	04:36:58.80	+02:19:55 (50.5%)	8:08	7.4 (49.7%)
179	OCZKOWICZ Beata	1463	MOCNA GRUPA CEZARA	K30	16	01:39:43	03:22:15	04:36:49.65	04:36:59.40	+02:19:56 (50.5%)	8:08	7.4 (49.7%)
180	BRONIKOWSKA Agata	1461		K40	14	01:30:58	03:11:03	04:36:59.60	04:37:09.70	+02:20:06 (50.5%)	8:08	7.4 (49.7%)
181	PIETRZAKOWSKI Robert	1342		M40	45	01:27:34	03:08:39	04:36:47.40	04:37:11.60	+02:20:08 (50.6%)	8:08	7.4 (49.7%)
182	KRAWCZYK Marta	1330		K40	15	01:37:14	03:17:18	04:37:16.40	04:37:31.40	+02:20:28 (50.6%)	8:09	7.4 (49.7%)
183	LESZCZYŃSKI Paweł	1224		M60	6	01:27:49	03:10:54	04:37:41.50	04:37:47.10	+02:20:43 (50.7%)	8:10	7.3 (49.0%)
184	ZIMNY Ireneusz	1340	EKO-OKNA RUNNERS	M40	46	01:38:48	03:24:05	04:38:38.70	04:38:43.55	+02:21:40 (50.8%)	8:11	7.3 (49.0%)
185	TWARDY Dariusz	1419	LESZNO	M50	10	01:40:03	03:18:28	04:38:37.50	04:38:55.90	+02:21:52 (50.9%)	8:11	7.3 (49.0%)
186	KOSTRZEWSKI Maciej	1204		M30	70	01:36:43	03:20:25	04:39:09.70	04:39:28.90	+02:22:25 (51.0%)	8:12	7.3 (49.0%)
187	STASIŃSKA-KOSTOWSKA Wiktoria	1367		K20	9	01:33:44	03:12:28	04:39:33.55	04:39:54.80	+02:22:51 (51.0%)	8:13	7.3 (49.0%)
188	MARKIEWICZ Joanna Zuza	1412	TJ! / FORMA NA SZCZYT	K40	16	01:40:33	03:19:19	04:39:56.15	04:40:07.75	+02:23:04 (51.1%)	8:14	7.3 (49.0%)
189	DZIADEK Bartosz	1225		M40	47	01:34:38	03:15:05	04:39:57.30	04:40:15.50	+02:23:12 (51.1%)	8:14	7.3 (49.0%)
190	KRÓLICKI Zbigniew	1364		M40	48	01:40:49	03:23:40	04:40:15.50	04:40:32.65	+02:23:29 (51.1%)	8:14	7.3 (49.0%)
191	MAJER Maja	1397	BIEGAMDLAZDROWIA.PL	K40	17	01:43:42	03:23:35	04:40:48.60	04:40:59.25	+02:23:55 (51.2%)	8:15	7.3 (49.0%)
192	NOWAK Kornel	1417	LESZNO	M50	11	01:39:58	03:18:27	04:42:24.45	04:42:42.45	+02:25:39 (51.5%)	8:18	7.2 (48.3%)
193	PLUCIŃSKI Wojciech	1202		M30	71	01:32:25	03:16:06	04:43:28.65	04:43:49.85	+02:26:46 (51.7%)	8:20	7.2 (48.3%)
194	GAŚIOREK Daniel	1430		M40	49	01:27:22	03:19:11	04:46:48.80	04:47:01.50	+02:29:58 (52.2%)	8:26	7.1 (47.7%)
195	KROWICKI Tomasz	1403	ZEFKA RUNNERS	M30	72	01:41:23	03:28:16	04:47:04.30	04:47:12.00	+02:30:08 (52.3%)	8:26	7.1 (47.7%)
196	KALINOWSKI Daniel	1337		M40	50	01:41:44	03:27:31	04:47:02.95	04:47:24.40	+02:30:21 (52.3%)	8:26	7.1 (47.7%)
197	WIŚNIEWSKA Joanna	1278	KOWARY BIEGAJĄ	K40	18	01:38:49	03:24:44	04:48:16.75	04:48:25.85	+02:31:22 (52.5%)	8:28	7.1 (47.7%)
198	CHMIELEWSKI Mariusz	1361	STAJNIAK TEAM	M30	73	01:37:09	03:23:22	04:49:29.25	04:49:45.85	+02:32:42 (52.7%)	8:30	7 (47.0%)
199	SOCHA Damian	1215		M40	51	01:33:33	03:19:56	04:49:38.50	04:49:49.65	+02:32:46 (52.7%)	8:31	7 (47.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zakręt Śmierci 12km	PK B Jakuszyce 24km	Czas netto 34km	Czas brutto 34km	Różn	Tempo min/km	Tempo km/h
200	ŁOPOKA Przemek	1472		M20	16	01:38:15	03:17:24	04:50:15.35	04:50:31.80	+02:33:28 (52.8%)	8:32	7 (47.0%)
201	GRYGIEL Leszek	1339	ATLAS RUNNING TEAM	M50	12	01:31:34	03:21:26	04:50:49.00	04:51:04.90	+02:34:01 (52.9%)	8:33	7 (47.0%)
202	ŁASEK Jarosław	1277		M50	13	01:38:05	03:21:42	04:51:56.10	04:52:07.70	+02:35:04 (53.1%)	8:35	7 (47.0%)
203	PASZKOWSKI Karol	1263		M30	74	01:38:04		04:52:38.70	04:52:58.55	+02:35:55 (53.2%)	8:36	7 (47.0%)
204	SYNOWIEC-JUDA Agata	1306		K40	19	01:44:26	03:32:27	04:54:18.95	04:54:39.55	+02:37:36 (53.5%)	8:39	6.9 (46.3%)
205	ANDRUSZKÓW Piotr	1259		M40	52	01:36:33	03:27:40	04:57:49.30	04:58:06.35	+02:41:02 (54.0%)	8:45	6.8 (45.6%)
206	SZMEL Ewa	1481	BIEGAMDŁAZDROWIA	K60	1	01:46:09	03:39:11	04:58:54.35	04:59:17.30	+02:42:13 (54.2%)	8:47	6.8 (45.6%)
207	PŁOCIŃSKI Norbert	1336	BIAŁA	M20	17	01:43:31	03:33:13	04:59:57.95	05:00:07.45	+02:43:04 (54.3%)	8:49	6.8 (45.6%)
208	MICHALIK Kamila	1338		K20	10	01:43:27	03:33:15	04:59:57.30	05:00:07.55	+02:43:04 (54.3%)	8:49	6.8 (45.6%)
209	CZABAN Katarzyna	1295	KULAM SIĘ JAK GUMIKLYJZY	K30	17	01:43:34	03:39:14	05:00:21.75	05:00:35.75	+02:43:32 (54.4%)	8:50	6.8 (45.6%)
210	HAŁASZYN Joanna	1327		K30	18	01:40:41	03:28:58	05:00:37.55	05:01:00.75	+02:43:57 (54.5%)	8:50	6.8 (45.6%)
211	PALTIAN Piotr	1298	SĄ WOLNIEJSI / VEGE RUNNERS	M50	14	01:34:09	03:21:12	05:01:09.15	05:01:25.35	+02:44:21 (54.5%)	8:51	6.8 (45.6%)
212	KANIECKA-CZAJ Justyna	1275	VEGE RUNNERS	K30	19	01:45:11	03:36:05	05:01:24.30	05:01:45.05	+02:44:41 (54.6%)	8:51	6.8 (45.6%)
213	SIARKIEWICZ Jola	1323	BIEGAMDŁAZDROWIA.PL	K60	2	01:47:47	03:40:17	05:02:12.70	05:02:23.05	+02:45:19 (54.7%)	8:53	6.8 (45.6%)
214	WIECZOREK Sławomir	1235		M40	53	01:41:01	03:34:00	05:03:31.50	05:03:52.00	+02:46:48 (54.9%)	8:55	6.7 (45.0%)
215	JUSKOWIAK Mikołaj	1240		M30	75	01:43:38	03:31:05	05:05:52.95	05:05:59.45	+02:48:56 (55.2%)	8:59	6.7 (45.0%)
216	SAMOLEWSKI Andrzej	1454	LESZNO	M50	15	01:36:59	03:19:59	05:06:09.55	05:06:26.80	+02:49:23 (55.3%)	9:00	6.7 (45.0%)
217	HERCKA Robert	1237		M40	54	01:45:11	03:39:30	05:06:32.65	05:06:49.55	+02:49:46 (55.3%)	9:00	6.7 (45.0%)
218	PURA Paweł	1243		M40	55	01:46:17	03:36:35	05:07:30.50	05:07:55.85	+02:50:52 (55.5%)	9:02	6.6 (44.3%)
219	URANTÓWKA Bartosz	1376		M20	18	01:42:26	03:39:58	05:10:15.20	05:10:25.85	+02:53:22 (55.8%)	9:07	6.6 (44.3%)
220	JÓŻWIK Artur	1234	BIEGAM, BO BIEGAM ☐	M40	56	01:46:23	03:40:27	05:10:13.05	05:10:37.30	+02:53:33 (55.9%)	9:07	6.6 (44.3%)
221	NASKRĘT Dariusz	1207	AKTYWNI RAZEM	K40	20	01:41:13	03:34:04	05:11:36.20	05:11:48.75	+02:54:45 (56.0%)	9:09	6.5 (43.6%)
222	DELEKTA Konrad	1478		M20	19	01:35:07	03:33:06	05:11:29.00	05:11:50.95	+02:54:47 (56.1%)	9:09	6.5 (43.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zakręt Śmierci 12km	PK B Jakuszyce 24km	Czas netto 34km	Czas brutto 34km	Różn	Tempo min/km	Tempo km/h
222	SŁABICKI Konrad	1401		M20	19	01:35:02	03:33:09	05:11:29.70	05:11:50.95	+02:54:47 (56.1%)	9:09	6.5 (43.6%)
224	BARTOSZEWSKA Katarzyna	1261	TEAM RÓŻOWEJ PELERYNKI	K40	21	01:40:37	03:36:14	05:12:38.70	05:12:58.70	+02:55:55 (56.2%)	9:11	6.5 (43.6%)
225	HARAJ Honorata	1241		K40	22	01:46:41	03:40:01	05:14:11.75	05:14:22.85	+02:57:19 (56.4%)	9:14	6.5 (43.6%)
226	TEREBELSKA Karina	1255	AKTYWNI RAZEM	K40	23	01:47:48	03:39:12	05:14:13.15	05:14:23.20	+02:57:19 (56.4%)	9:14	6.5 (43.6%)
227	HARAJ Robert	1242		M20	21	01:46:40	03:40:03	05:14:11.55	05:14:23.25	+02:57:19 (56.4%)	9:14	6.5 (43.6%)
228	TEREBELSKI Sebastian	1265		M40	57	01:47:47	03:39:17	05:14:13.50	05:14:23.40	+02:57:20 (56.4%)	9:14	6.5 (43.6%)
229	CIRKO Joanna	1246		K40	24	01:42:21	03:39:23	05:14:48.05	05:14:56.55	+02:57:53 (56.5%)	9:15	6.5 (43.6%)
230	CIRKO Grzegorz	1244	JELENIA PLAST SPORT TEAM	M40	58	01:33:25	03:20:32	05:14:48.70	05:14:56.90	+02:57:53 (56.5%)	9:15	6.5 (43.6%)
231	KOBIAK Krzysztof	1352		M40	59	01:39:00	03:33:25	05:15:32.60	05:15:40.80	+02:58:37 (56.6%)	9:16	6.5 (43.6%)
232	MUDLAFF Katarzyna	1206	AKTYWNI RAZEM/BIEGAJĄCE KREJZOLE	K30	20	01:43:51		05:16:37.45	05:16:48.25	+02:59:44 (56.7%)	9:18	6.4 (43.0%)
233	PACYNA Marek	1254		M50	16	01:38:56	03:37:39	05:18:06.85	05:18:29.25	+03:01:25 (57.0%)	9:21	6.4 (43.0%)
234	KAŁUSKI Jan	1220	AKTYWNI RAZEM	M30	76	01:41:01	03:37:57	05:21:47.05	05:21:59.25	+03:04:55 (57.4%)	9:27	6.3 (42.3%)
235	KACZMAREK Michał	1413	BEERHIKER	M40	60	01:44:53	03:43:10	05:23:30.80	05:23:55.40	+03:06:52 (57.7%)	9:30	6.3 (42.3%)
236	WOLNY Sandra	1455		K30	21	01:46:02	03:47:20	05:29:13.75	05:29:30.55	+03:12:27 (58.4%)	9:40	6.2 (41.6%)
237	RUSZKIEWICZ Anna	1341	SPARTA	K30	22	01:42:29	03:54:57	05:35:02.55	05:35:06.90	+03:18:03 (59.1%)	9:51	6.1 (40.9%)
238	BŁACHOWIAK Malgorzata	1205	AKTYWNI RAZEM	K50	1	01:50:42	03:54:58	05:40:54.20	05:41:06.50	+03:24:03 (59.8%)	10:01	6 (40.3%)
239	RUŚNIAK Konstanty	193	BERSERKERS TEAM WIELKOPOLSKA	M20	22			05:45:35.70	05:45:42.65	+03:28:39 (60.4%)	10:09	5.9 (39.6%)
240	DOMAŃSKA Anna	1440	AKTYWNI RAZEM	K30	23	01:54:59	04:05:47	05:49:35.85	05:49:44.80	+03:32:41 (60.8%)	10:16	5.8 (38.9%)
241	TYCZYŃSKA Joanna	1439	AKTYWNI RAZEM	K40	25	01:55:02	04:05:52	05:49:35.95	05:49:45.05	+03:32:41 (60.8%)	10:16	5.8 (38.9%)
242	LESZCZYŃSKA Dominika	1212		K60	3	01:58:07	04:10:31	05:52:43.35	05:52:48.85	+03:35:45 (61.2%)	10:22	5.8 (38.9%)
243	KOŚCIELNIAK Dagmara	1214	AKTYWNI RAZEM	K40	26	02:01:20	04:20:10	05:54:02.30	05:54:12.95	+03:37:09 (61.3%)	10:24	5.8 (38.9%)
Przekroczony limit czasu: 06:00:00												
244	MODRZEJEWSKA Anna	1200		K40	27	02:03:49	04:31:23	06:28:22.55	06:28:44.50	+04:11:41 (64.7%)	11:25	5.3 (35.6%)
245	MODRZEJEWSKA Katarzyna	1201		K40	28	02:03:53	04:31:28	06:28:24.10	06:28:45.30	+04:11:41 (64.7%)	11:25	5.3 (35.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zakręt Śmierci 12km	PK B Jakuszyce 24km	Czas netto 34km	Czas brutto 34km	Różn	Tempo min/km	Tempo km/h
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Znaleziono 245 wynik(ów)