

**Wydarzenie:** UltraKotlina  
**Organizator:** Fundacja Przejście Kotliny  
**Data:** 2021-10-09  
**Miejsce:** Szklarska Poręba  
**Dystans:** 54 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Goduszyn 17km	Górzyniec 31km	Kopalnia 42km	Czas netto 56km	Czas brutto 56km	Różn	Tempo min/km	Tempo km/h
1	<b>KARWACZYŃSKI Roger</b>	<b>1036</b>		M30	1	01:19:32	02:29:12	03:40:44	<b>04:58:50.10</b>	<b>04:58:51.45</b>		5:20	11.2 (100%)
2	<b>MOCZEK Tomasz</b>	<b>1028</b>		M40	1	01:23:45	02:36:39	03:50:33	<b>05:09:56.90</b>	<b>05:09:57.70</b>	+00:11:06 (3.6%)	5:32	10.8 (96.4%)
3	<b>PILARSKI Tomasz</b>	<b>985</b>	IZERY BOGATYNIA	M40	2	01:23:46	02:39:01	03:54:18	<b>05:10:32.15</b>	<b>05:10:32.90</b>	+00:11:41 (3.8%)	5:32	10.8 (96.4%)
4	<b>GRIMSTRUP Simon</b>	<b>1072</b>	SILKEBORG OK TRAIL	M40	3	01:25:12	02:40:53	03:54:48	<b>05:11:09.30</b>	<b>05:11:10.80</b>	+00:12:19 (4.0%)	5:33	10.8 (96.4%)
5	<b>SMOLIŃSKI Marcin</b>	<b>826</b>	BIEGIEM PO MARZENIA TEAM/RUNPROGRESSTEAM	M30	2	01:25:11	02:38:40	03:59:00	<b>05:21:02.80</b>	<b>05:21:05.60</b>	+00:22:14 (6.9%)	5:43	10.5 (93.8%)
6	<b>ŁUKASZEWSKI Szymon</b>	<b>948</b>		M30	3	01:23:49	02:41:17	04:02:31	<b>05:32:19.10</b>	<b>05:32:20.30</b>	+00:33:28 (10.1%)	5:56	10.1 (90.2%)
7	<b>KWAŚNIEWSKI Mariusz</b>	<b>1040</b>	SZWLA STARGARD	M30	4	01:30:37	02:52:40	04:13:01	<b>05:35:46.60</b>	<b>05:35:49.95</b>	+00:36:58 (11.0%)	5:59	10 (89.3%)
8	<b>MIELEWCZYK Tomasz</b>	<b>803</b>	VERGE RUNNING TEAM	M40	4	01:31:26	02:53:41	04:19:09	<b>05:40:55.55</b>	<b>05:41:02.00</b>	+00:42:10 (12.4%)	6:05	9.9 (88.4%)
9	<b>PILARSKI Michał</b>	<b>1044</b>	RUNDOMSKO	M30	5	01:23:36	02:45:23	04:20:12	<b>05:45:02.75</b>	<b>05:45:07.50</b>	+00:46:16 (13.4%)	6:09	9.7 (86.6%)
10	<b>KAMERDUŁA Łukasz</b>	<b>1063</b>	#TEAMCZTERY	M40	5	01:23:30	02:45:15	04:14:24	<b>05:45:15.35</b>	<b>05:45:16.85</b>	+00:46:25 (13.4%)	6:09	9.7 (86.6%)
11	<b>MOSKALSKI Dariusz</b>	<b>977</b>	EDI TEAM ZGORZELEC	M50	1	01:34:35	02:58:53	04:24:43	<b>05:54:09.00</b>	<b>05:54:09.80</b>	+00:55:18 (15.6%)	6:19	9.5 (84.8%)
12	<b>ŁOPATYŃSKI Irek</b>	<b>1088</b>	REMA SPORT TEAM	M40	6	01:31:25	02:57:58	04:22:58	<b>05:54:14.25</b>	<b>05:54:18.05</b>	+00:55:26 (15.6%)	6:19	9.5 (84.8%)
13	<b>WYSOKIŃSKI Konrad</b>	<b>1066</b>	MESMERIK RUNNERS	M40	7	01:27:39	02:52:59	04:24:27	<b>05:58:01.05</b>	<b>05:58:01.05</b>	+00:59:09 (16.5%)	6:23	9.4 (83.9%)
14	<b>BARANOWSKI Jacek</b>	<b>1075</b>	JACEKBIEGA RUNNING TEAM	M40	8	01:34:56	03:03:08	04:30:44	<b>06:02:24.80</b>	<b>06:02:28.90</b>	+01:03:37 (17.6%)	6:28	9.3 (83.0%)
15	<b>ZIĘBA Tomek</b>	<b>1076</b>	JACEKBIEGA RUNNING TEAM	M40	9	01:38:03	03:06:54	04:33:27	<b>06:03:18.60</b>	<b>06:03:18.95</b>	+01:04:27 (17.7%)	6:29	9.2 (82.1%)
16	<b>KONKEL Katarzyna</b>	<b>834</b>	MAJA TEAM / DECATHLON LUBLIN CZECHÓW	K20	1	01:31:18	02:54:17	04:24:31	<b>06:03:30.70</b>	<b>06:03:39.55</b>	+01:04:48 (17.8%)	6:29	9.2 (82.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Goduszyn			Czas		Różn	Tempo min/km	Tempo km/h
						17km	Górzyniec 31km	Kopalnia 42km	netto 56km	brutto 56km			
17	<b>NOWAKOWSKA Anna</b>	<b>812</b>	ALPIMADE TEAM	K30	1	01:31:18	02:54:22	04:31:24	<b>06:06:31.60</b>	<b>06:06:31.60</b>	+01:07:40 (18.5%)	6:32	9.2 (82.1%)
18	<b>FLOREK Katarzyna</b>	<b>824</b>		K30	2	01:33:24	03:03:25	04:38:01	<b>06:07:12.30</b>	<b>06:07:12.30</b>	+01:08:20 (18.6%)	6:33	9.2 (82.1%)
19	<b>MAJCHRZAK Maciej</b>	<b>855</b>	140MINUT.PL	M30	6	01:35:44		04:36:48	<b>06:11:57.90</b>	<b>06:12:05.75</b>	+01:13:14 (19.7%)	6:38	9 (80.4%)
20	<b>NOWICKI Marcin</b>	<b>838</b>		M40	10	01:36:42	03:10:04	04:45:21	<b>06:12:18.95</b>	<b>06:12:20.75</b>	+01:13:29 (19.7%)	6:38	9 (80.4%)
21	<b>LATAK Michał</b>	<b>988</b>		M40	11	01:37:14	03:05:14	04:37:30	<b>06:14:01.25</b>	<b>06:14:08.60</b>	+01:15:17 (20.1%)	6:40	9 (80.4%)
22	<b>RYSZ Robert</b>	<b>885</b>		M30	7	01:35:26	03:06:28	04:39:10	<b>06:14:40.25</b>	<b>06:14:48.90</b>	+01:15:57 (20.3%)	6:41	9 (80.4%)
23	<b>NOSEK Mateusz</b>	<b>1020</b>		M20	1	01:40:47	03:14:47	04:47:51	<b>06:14:53.50</b>	<b>06:15:01.45</b>	+01:16:10 (20.3%)	6:41	9 (80.4%)
24	<b>WOLAŃSKI Jan</b>	<b>968</b>		M40	12	01:36:31	03:02:59	04:31:07	<b>06:15:12.65</b>	<b>06:15:14.95</b>	+01:16:23 (20.4%)	6:42	9 (80.4%)
25	<b>RABSKI Tomek</b>	<b>891</b>		M30	8	01:34:38	03:06:03	04:43:58	<b>06:15:17.05</b>	<b>06:15:19.25</b>	+01:16:27 (20.4%)	6:42	9 (80.4%)
26	<b>PASZKOWSKI Piotr</b>	<b>965</b>	WKURW_TEAM	M40	13	01:34:57	03:03:11	04:45:32	<b>06:16:10.05</b>	<b>06:16:21.25</b>	+01:17:29 (20.6%)	6:43	8.9 (79.5%)
27	<b>CAPUTA Wojciech</b>	<b>1070</b>		M40	14	01:38:25	03:08:22	04:43:48	<b>06:18:03.35</b>	<b>06:18:06.40</b>	+01:19:14 (21.0%)	6:45	8.9 (79.5%)
28	<b>STAROŃ Norbert</b>	<b>889</b>	EDITEAM	M40	15		03:05:58	04:43:17	<b>06:22:18.55</b>	<b>06:22:19.75</b>	+01:23:28 (21.8%)	6:49	8.8 (78.6%)
29	<b>WITOSŁAWSKI Maciej</b>	<b>859</b>		M30	9	01:39:33	03:12:38	04:50:42	<b>06:23:08.80</b>	<b>06:23:10.90</b>	+01:24:19 (22.0%)	6:50	8.8 (78.6%)
30	<b>KARPOWICZ Rafal</b>	<b>835</b>		M40	16	01:37:23	03:07:52	04:44:43	<b>06:23:17.65</b>	<b>06:23:21.90</b>	+01:24:30 (22.0%)	6:50	8.8 (78.6%)
31	<b>ŚLIWIŃSKI Rafał</b>	<b>896</b>		M30	10	01:36:26	03:05:12	04:41:25	<b>06:25:43.55</b>	<b>06:25:45.85</b>	+01:26:54 (22.5%)	6:53	8.7 (77.7%)
32	<b>HETMAN Łukasz</b>	<b>1052</b>		M40	17	01:38:53	03:08:37	04:45:24	<b>06:26:18.15</b>	<b>06:26:27.60</b>	+01:27:36 (22.7%)	6:53	8.7 (77.7%)
33	<b>WOJCIECHOWSKA Maria</b>	<b>1077</b>	JACEKBIEGA RUNNING TEAM	K30	3	01:38:45	03:12:41	04:49:55	<b>06:26:38.90</b>	<b>06:26:47.45</b>	+01:27:56 (22.7%)	6:54	8.7 (77.7%)
34	<b>WEINERT Artur</b>	<b>961</b>	RUNNER'S POWER	M30	11	01:37:34	03:09:38	04:49:49	<b>06:26:50.70</b>	<b>06:26:50.70</b>	+01:27:59 (22.7%)	6:54	8.7 (77.7%)
35	<b>KISILEWICZ Marek</b>	<b>1013</b>	NOA	M40	18	01:40:35	03:12:43	04:50:56	<b>06:26:53.40</b>	<b>06:26:56.20</b>	+01:28:04 (22.8%)	6:54	8.7 (77.7%)
36	<b>CICHY Krzysztof</b>	<b>1067</b>	OPONY SERAFINOWSKI	M40	19	01:37:22	03:12:24	04:56:22	<b>06:26:54.10</b>	<b>06:26:57.95</b>	+01:28:06 (22.8%)	6:54	8.7 (77.7%)
37	<b>MERDA Katarzyna</b>	<b>1014</b>	MTS HAMER	K30	4	01:43:06	03:20:55	04:59:00	<b>06:26:59.55</b>	<b>06:26:59.55</b>	+01:28:08 (22.8%)	6:54	8.7 (77.7%)
38	<b>MATUSZEWSKI Marek</b>	<b>1031</b>	RUNNER'S POWER ŚREM	M40	20	01:39:52	03:14:52	04:51:16	<b>06:28:32.70</b>	<b>06:28:32.70</b>	+01:29:41 (23.1%)	6:56	8.6 (76.8%)
39	<b>BŁĄDEK Sławomir</b>	<b>1069</b>		M30	12	01:38:44	03:13:31	04:54:07	<b>06:28:48.80</b>	<b>06:28:54.60</b>	+01:30:03 (23.2%)	6:56	8.6 (76.8%)
40	<b>MIELEŃKI Maciej</b>	<b>1035</b>	AZS UWM OLSZTYN	M50	2	01:46:10	03:20:09	04:51:42	<b>06:30:34.85</b>	<b>06:30:38.20</b>	+01:31:46 (23.5%)	6:58	8.6 (76.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Goduszyn			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						17km	Górzyniec 31km	Kopalnia 42km	56km	56km			
41	<b>SIKORSKI Szymon</b>	<b>1053</b>	NOA	M30	13	01:42:52	03:21:57	04:57:42	<b>06:30:40.00</b>	<b>06:30:42.50</b>	+01:31:51 (23.5%)	6:58	8.6 (76.8%)
42	<b>LULEK Paweł</b>	<b>1090</b>	GOPR KARKONOSZE	M40	21	01:39:24	03:14:58	04:52:17	<b>06:30:58.75</b>	<b>06:31:06.70</b>	+01:32:15 (23.6%)	6:58	8.6 (76.8%)
43	<b>PORCZYK Zbigniew</b>	<b>1027</b>	POWER TRAINING	M30	14	01:39:20	03:11:45	04:53:29	<b>06:31:12.45</b>	<b>06:31:17.50</b>	+01:32:26 (23.6%)	6:59	8.6 (76.8%)
44	<b>GRZĄBA Szymon</b>	<b>1019</b>	HIT THE TRAIL	M40	22	01:41:15	03:17:20	04:57:19	<b>06:34:38.70</b>	<b>06:34:43.45</b>	+01:35:52 (24.3%)	7:02	8.5 (75.9%)
45	<b>KUCIAK Bartosz</b>	<b>994</b>	#LESNYDZIOD	M30	15	01:41:31	03:18:22	04:56:34	<b>06:34:38.15</b>	<b>06:34:45.20</b>	+01:35:53 (24.3%)	7:02	8.5 (75.9%)
46	<b>SKOKOWSKI Maciej</b>	<b>811</b>		M40	23	01:42:10	03:17:50	04:56:28	<b>06:35:39.20</b>	<b>06:36:02.60</b>	+01:37:11 (24.5%)	7:03	8.5 (75.9%)
47	<b>LORENC Joanna</b>	<b>1085</b>	SPORTOWE ENDORFINY WAŚOSZ	K30	5	01:45:11	03:22:47	05:00:48	<b>06:37:19.60</b>	<b>06:37:19.60</b>	+01:38:28 (24.8%)	7:05	8.5 (75.9%)
48	<b>BORDYCH Andrzej</b>	<b>1037</b>	BOREL MARATHON TEAM	M40	24	01:43:34	03:17:07	04:57:05	<b>06:37:26.45</b>	<b>06:37:36.05</b>	+01:38:44 (24.8%)	7:05	8.5 (75.9%)
49	<b>DZIĘCZKOWSKA-NIKLEWICZ Joanna</b>	<b>1059</b>	ROKIETNICA BIEGA	K40	1	01:42:48	03:20:43	04:58:49	<b>06:37:35.75</b>	<b>06:37:36.15</b>	+01:38:44 (24.8%)	7:05	8.5 (75.9%)
50	<b>BORDYCH Jacek</b>	<b>1025</b>	BOREL MARATHON TEAM	M50	3	01:45:57	03:21:44	04:57:37	<b>06:37:46.25</b>	<b>06:37:56.65</b>	+01:39:05 (24.9%)	7:06	8.4 (75.0%)
51	<b>DOBROWOLSKI Krzysztof</b>	<b>897</b>		M30	16	01:34:31	03:05:34	04:51:21	<b>06:38:02.15</b>	<b>06:38:05.80</b>	+01:39:14 (24.9%)	7:06	8.4 (75.0%)
52	<b>KOWALSKI Grzegorz</b>	<b>1024</b>	PMCG PIASECZNO	M50	4	01:40:08	03:14:50	04:57:45	<b>06:39:29.95</b>	<b>06:39:40.70</b>	+01:40:49 (25.2%)	7:08	8.4 (75.0%)
53	<b>OLEJNICZAK Piotr</b>	<b>1007</b>		M40	25	01:39:15	03:14:41	04:59:01	<b>06:40:28.50</b>	<b>06:40:34.05</b>	+01:41:42 (25.4%)	7:09	8.4 (75.0%)
54	<b>JANERKA Marzka</b>	<b>1071</b>	DZIABNIĘCI	K40	2	01:41:31	03:20:35	05:01:39	<b>06:43:38.95</b>	<b>06:43:38.95</b>	+01:44:47 (26.0%)	7:12	8.3 (74.1%)
55	<b>PĘKALA Marcin</b>	<b>858</b>	ONEMANRUNTEAM	M40	26	01:40:26	03:17:09	04:59:12	<b>06:45:04.90</b>	<b>06:45:09.90</b>	+01:46:18 (26.2%)	7:14	8.3 (74.1%)
56	<b>ADAMCZYK Iweta</b>	<b>1017</b>	MOŻE I WOLNO ALE ZA TO BYLE JAK	K30	6	01:46:18	03:21:16	04:57:37	<b>06:46:11.00</b>	<b>06:46:11.00</b>	+01:47:19 (26.4%)	7:15	8.3 (74.1%)
57	<b>MAZUREK Łukasz</b>	<b>893</b>	EDITEAM ZGORZELEC	M40	27	01:41:45	03:15:07	04:59:34	<b>06:48:06.30</b>	<b>06:48:07.80</b>	+01:49:16 (26.8%)	7:17	8.2 (73.2%)
58	<b>GANDZIAROWSKI Marek</b>	<b>925</b>	#WATAHA_SOBÓTKA	M30	17	01:42:36	03:22:41	05:11:06	<b>06:49:02.85</b>	<b>06:49:11.40</b>	+01:50:19 (27.0%)	7:18	8.2 (73.2%)
59	<b>SZELA Łukasz</b>	<b>1080</b>	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	M30	18	01:38:51	03:14:54	05:00:56	<b>06:52:16.80</b>	<b>06:52:21.70</b>	+01:53:30 (27.5%)	7:21	8.2 (73.2%)
60	<b>JAKOWSKI Mateusz</b>	<b>932</b>		M20	2	01:33:53	03:08:06	04:53:39	<b>06:53:57.15</b>	<b>06:54:02.40</b>	+01:55:10 (27.8%)	7:23	8.1 (72.3%)
61	<b>OLEŚ Daniel</b>	<b>964</b>		M30	19	01:43:56	03:23:52	05:07:15	<b>06:54:35.20</b>	<b>06:54:39.30</b>	+01:55:47 (27.9%)	7:24	8.1 (72.3%)
62	<b>SZYMCZYK Michał</b>	<b>906</b>		M40	28	01:45:44	03:25:34	05:11:38	<b>06:55:52.90</b>	<b>06:56:00.90</b>	+01:57:09 (28.2%)	7:25	8.1 (72.3%)
63	<b>WILCZKOWIAK Jan</b>	<b>992</b>	LESZ NO LIMITS RUNNERS	M30	20	01:46:15	03:22:47	05:05:19	<b>06:56:41.65</b>	<b>06:56:47.90</b>	+01:57:56 (28.3%)	7:26	8.1 (72.3%)
64	<b>KARNICKA Iwona</b>	<b>892</b>	EDI TEAM ZGORZELEC	K40	3	01:47:31	03:31:12	05:12:36	<b>06:57:24.00</b>	<b>06:57:24.10</b>	+01:58:32 (28.4%)	7:27	8 (71.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Goduszyn			Czas		Różn	Tempo min/km	Tempo km/h
						17km	Górzyniec 31km	Kopalnia 42km	netto 56km	brutto 56km			
65	<b>WOJTAL Marcin</b>	<b>987</b>	#BIEGAJLESZNO	M40	29	01:41:24	03:21:22	05:12:31	<b>06:58:20.75</b>	<b>06:58:29.90</b>	+01:59:38 (28.6%)	7:28	8 (71.4%)
66	<b>KRZYSZTOŃ Maciej</b>	<b>999</b>	KB GEPARD MUROWANA GOŚLINA	M40	30	01:47:06	03:27:39	05:17:42	<b>06:58:12.30</b>	<b>06:58:30.30</b>	+01:59:38 (28.6%)	7:28	8 (71.4%)
67	<b>TOMASIK Andrzej</b>	<b>842</b>		M50	5	01:47:11	03:28:54	05:16:43	<b>07:00:04.40</b>	<b>07:00:24.55</b>	+02:01:33 (28.9%)	7:30	8 (71.4%)
68	<b>BAK Piotr</b>	<b>843</b>	KB LUPUS OLEŚNICA	M40	31	01:40:18	03:20:12	05:08:55	<b>07:03:15.50</b>	<b>07:03:21.05</b>	+02:04:29 (29.4%)	7:33	7.9 (70.5%)
69	<b>MERDA Piotr</b>	<b>1015</b>	MTS HAMER	M40	32	01:43:04	03:21:08	05:05:43	<b>07:03:17.70</b>	<b>07:03:21.25</b>	+02:04:29 (29.4%)	7:33	7.9 (70.5%)
70	<b>PIETRZAK Jacek</b>	<b>1078</b>		M40	33	01:46:01	03:23:00	05:08:47	<b>07:04:30.35</b>	<b>07:04:38.65</b>	+02:05:47 (29.6%)	7:34	7.9 (70.5%)
71	<b>JASEK Maciej</b>	<b>955</b>	DRUŻYNA GAZETY ZIELONA GÓRA	M40	34	01:45:15	03:28:44	05:17:27	<b>07:04:25.55</b>	<b>07:04:44.30</b>	+02:05:52 (29.6%)	7:34	7.9 (70.5%)
72	<b>ŚMICHURSKI Krzysztof</b>	<b>982</b>	WLKP MOUNTAINS ULTRA	M30	21	01:44:22	03:29:23	05:16:36	<b>07:05:13.25</b>	<b>07:05:14.95</b>	+02:06:23 (29.7%)	7:35	7.9 (70.5%)
73	<b>GRYS Paweł</b>	<b>818</b>	WAWRZYTEAM	M30	22	01:40:38	03:25:57	05:16:21	<b>07:07:08.50</b>	<b>07:07:18.75</b>	+02:08:27 (30.1%)	7:37	7.9 (70.5%)
74	<b>KRZYWDZIŃSKI Bartłomiej</b>	<b>861</b>		M40	35	01:49:46	03:35:00	05:22:34	<b>07:08:55.75</b>	<b>07:09:10.25</b>	+02:10:18 (30.4%)	7:39	7.8 (69.6%)
75	<b>CICHOŃ Magdalena</b>	<b>1049</b>	PROFIL OPOLE	K40	4	01:53:35	03:40:13	05:27:44	<b>07:10:53.25</b>	<b>07:10:53.25</b>	+02:12:01 (30.6%)	7:41	7.8 (69.6%)
76	<b>KULCZYK Ewa</b>	<b>916</b>	ULTRA WAY TEAM	K30	7	01:57:51	03:48:53	05:32:14	<b>07:12:22.35</b>	<b>07:12:22.35</b>	+02:13:30 (30.9%)	7:43	7.8 (69.6%)
77	<b>WOŹNIAK Paweł</b>	<b>833</b>	KLEP	M40	36	01:46:24	03:31:07	05:23:00	<b>07:12:31.25</b>	<b>07:12:45.30</b>	+02:13:53 (30.9%)	7:43	7.8 (69.6%)
78	<b>DUMIŃSKI Tomasz</b>	<b>960</b>	PLOTERTOM RUNNER	M40	37	01:41:33	03:26:55	05:20:34	<b>07:14:31.45</b>	<b>07:14:33.95</b>	+02:15:42 (31.2%)	7:45	7.7 (68.8%)
79	<b>KONDYCKI Adam</b>	<b>890</b>		M40	38	01:45:40	03:29:16	05:23:47	<b>07:15:03.25</b>	<b>07:15:06.90</b>	+02:16:15 (31.3%)	7:46	7.7 (68.8%)
80	<b>SOBOLEWSKI Dariusz</b>	<b>1038</b>	BOREL MARATHON TEAM	M30	23	01:46:06	03:31:07	05:19:59	<b>07:16:06.65</b>	<b>07:16:17.10</b>	+02:17:25 (31.5%)	7:47	7.7 (68.8%)
81	<b>ZAJĄC Daria</b>	<b>952</b>	DREAM RUN	K20	2	01:48:25	03:28:56	05:24:05	<b>07:16:30.55</b>	<b>07:16:30.55</b>	+02:17:39 (31.5%)	7:47	7.7 (68.8%)
82	<b>PROSOWIECKA SMAK Katarzyna</b>	<b>1056</b>		K40	5	01:53:42	03:40:22	05:28:05	<b>07:17:55.30</b>	<b>07:17:55.30</b>	+02:19:03 (31.8%)	7:49	7.7 (68.8%)
83	<b>GILEWICZ-RACHOWSKA Jagoda</b>	<b>1058</b>	DGR KANCELARIA RADCÓW PRAWNYCH	K30	8	01:55:35	03:43:46	05:29:41	<b>07:21:32.10</b>	<b>07:21:32.10</b>	+02:22:40 (32.3%)	7:53	7.6 (67.9%)
84	<b>NARECKI Jarosław</b>	<b>1082</b>		M50	6	01:58:02	03:45:15	05:35:00	<b>07:22:08.55</b>	<b>07:22:28.00</b>	+02:23:36 (32.5%)	7:53	7.6 (67.9%)
85	<b>TOMASZEWSKI Dominik</b>	<b>887</b>	WILLSOOR.PL	M40	39	01:48:58	03:35:41	05:26:09	<b>07:22:46.90</b>	<b>07:22:54.10</b>	+02:24:02 (32.5%)	7:54	7.6 (67.9%)
86	<b>SZYMAŃSKA Agata</b>	<b>980</b>		K30	9	01:51:05	03:36:11	05:26:20	<b>07:23:17.75</b>	<b>07:23:20.80</b>	+02:24:29 (32.6%)	7:54	7.6 (67.9%)
87	<b>JÓZWIAK Oskar Józwiak</b>	<b>950</b>		M20	3	02:06:28	04:03:11	05:45:05	<b>07:24:55.45</b>	<b>07:25:02.00</b>	+02:26:10 (32.8%)	7:56	7.6 (67.9%)
88	<b>LECH Michał</b>	<b>809</b>	ROGOZIŃSKI MISZCZ TEAM	M40	40	01:53:55	03:40:00	05:34:51	<b>07:25:05.95</b>	<b>07:25:22.35</b>	+02:26:30 (32.9%)	7:56	7.5 (67.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Goduszyn 17km	Górzyniec 31km	Kopalnia 42km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 56km	brutto 56km			
89	HACUŚ Jacek	870		M30	24	01:57:09	03:41:31	05:29:43	<b>07:27:15.40</b>	<b>07:27:16.80</b>	+02:28:25 (33.2%)	7:59	7.5 (67.0%)
90	NOWACKI Michał	1087		M40	41	01:51:43	03:38:52	05:30:43	<b>07:27:49.20</b>	<b>07:28:09.85</b>	+02:29:18 (33.3%)	7:59	7.5 (67.0%)
91	KAMIŃSKA Ewelina	921	BIEGAJĄCE KREJZOLE	K30	10	02:00:27	03:52:43	05:39:40	<b>07:28:52.60</b>	<b>07:29:16.45</b>	+02:30:25 (33.5%)	8:00	7.5 (67.0%)
92	NALEWAJKO Jacek	1004	BIEGAJLESZNO	M40	42	01:56:07	03:41:14	05:32:53	<b>07:29:59.70</b>	<b>07:30:09.55</b>	+02:31:18 (33.6%)	8:02	7.5 (67.0%)
93	MUCHA Adam	1010		M50	7	01:55:40	03:46:55	05:39:58	<b>07:29:44.45</b>	<b>07:30:09.60</b>	+02:31:18 (33.6%)	8:01	7.5 (67.0%)
94	WNUK Tomasz	918	NAPRZÓD MŁOCINY	M40	43	01:49:41	03:36:30	05:27:35	<b>07:30:25.00</b>	<b>07:30:29.95</b>	+02:31:38 (33.7%)	8:02	7.5 (67.0%)
95	BIEŃ Magdalena	862		K40	6	01:51:03	03:38:22	05:32:55	<b>07:30:58.10</b>	<b>07:30:58.10</b>	+02:32:06 (33.7%)	8:03	7.5 (67.0%)
96	PIOTROWSKI Krzysztof	1043		M40	44	01:51:57	03:42:55	05:37:29	<b>07:31:00.80</b>	<b>07:31:05.25</b>	+02:32:13 (33.7%)	8:03	7.5 (67.0%)
97	DEPTA Bartłomiej	1068	ONE MAN ARMY	M20	4	01:47:59	03:34:15	05:29:43	<b>07:31:24.85</b>	<b>07:31:33.85</b>	+02:32:42 (33.8%)	8:03	7.4 (66.1%)
98	ROZNER Artur	1079		M30	25	01:56:56	03:47:22	05:38:26	<b>07:31:52.75</b>	<b>07:32:04.10</b>	+02:33:12 (33.9%)	8:04	7.4 (66.1%)
99	RZYHA Hubert	1009	RUNNER'S POWER/NBR TEAM	M30	26	01:55:48	03:47:05	05:39:28	<b>07:31:45.60</b>	<b>07:32:07.20</b>	+02:33:15 (33.9%)	8:04	7.4 (66.1%)
100	PACZKOWSKA Katarzyna	943	BIEGAJĄCE KREJZOLE	K30	11	01:55:52	03:46:57	05:40:09	<b>07:32:08.85</b>	<b>07:32:29.65</b>	+02:33:38 (34.0%)	8:04	7.4 (66.1%)
101	ŁYSIAK Bartek	934		M30	27	01:47:06	03:29:14	05:32:44	<b>07:32:48.90</b>	<b>07:33:03.55</b>	+02:34:12 (34.0%)	8:05	7.4 (66.1%)
102	WASYLUK Cezary	933	CONTROLTEC	M30	28	02:04:39	03:55:14	05:42:34	<b>07:34:15.40</b>	<b>07:34:37.70</b>	+02:35:46 (34.3%)	8:06	7.4 (66.1%)
103	MATYSIAK Maciej	1057	OLDSCHOOL HOOLIGANS W BIEGU	M40	45	01:59:21	03:52:01	05:40:16	<b>07:36:14.85</b>	<b>07:36:16.95</b>	+02:37:25 (34.5%)	8:08	7.4 (66.1%)
104	CHYLIŃSKA Agnieszka	1083	CHODZIMISIE	K30	12	01:55:02	03:48:41	05:48:49	<b>07:36:27.90</b>	<b>07:36:59.15</b>	+02:38:07 (34.6%)	8:09	7.4 (66.1%)
105	BIAŁEK Adam	1062	GEPARDY Z ŁODZI	M50	8	01:54:59	03:48:43	05:48:59	<b>07:36:29.40</b>	<b>07:37:00.95</b>	+02:38:09 (34.6%)	8:09	7.4 (66.1%)
106	SOWIŃSKA-JANECZEK Joanna	816	KB MARATON TUREK	K30	13	01:54:12	03:40:10	05:35:24	<b>07:40:51.10</b>	<b>07:40:51.20</b>	+02:41:59 (35.2%)	8:13	7.3 (65.2%)
107	RABIEJ-OLSZEWSKA Hanna	800		K30	14	01:51:49	03:41:36	05:41:05	<b>07:40:54.25</b>	<b>07:40:54.25</b>	+02:42:02 (35.2%)	8:13	7.3 (65.2%)
108	NOWAK Marta	840		K40	7	02:00:46	03:54:59	05:47:20	<b>07:41:05.20</b>	<b>07:41:17.85</b>	+02:42:26 (35.2%)	8:14	7.3 (65.2%)
109	MENDYK Maciej	852	RUNRX	M30	29	02:03:37	03:58:05	05:49:24	<b>07:40:57.85</b>	<b>07:41:18.95</b>	+02:42:27 (35.2%)	8:13	7.3 (65.2%)
110	GRABOWY Mateusz	807	NADAKTYWNI NOWE MIASTECZKO	M20	5	01:57:03	03:51:19	05:48:40	<b>07:41:06.70</b>	<b>07:41:21.80</b>	+02:42:30 (35.2%)	8:14	7.3 (65.2%)
111	ŁABĘDZKI Mariusz	819	STARGARD JA SIĘ NIE ŚCIGAM	M40	46	01:57:55	03:50:53	05:48:05	<b>07:41:17.65</b>	<b>07:41:29.75</b>	+02:42:38 (35.2%)	8:14	7.3 (65.2%)
112	DUDZIAK Marek	911		M40	47	01:48:42	03:37:49	05:34:17	<b>07:42:13.65</b>	<b>07:42:15.90</b>	+02:43:24 (35.3%)	8:15	7.3 (65.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Goduszyn			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						17km	Górzyniec 31km	Kopalnia 42km	56km	56km			
113	<b>WOJTCZAK Krzysztof</b>	<b>941</b>	ROCK RUN FREEDOM	M40	48	01:56:05	03:51:23	05:49:31	<b>07:43:17.15</b>	<b>07:43:34.90</b>	+02:44:43 (35.5%)	8:16	7.3 (65.2%)
114	<b>SZYNDLAREWICZ Tomasz</b>	<b>908</b>	VOLVO POLSKA	M40	49	01:56:58	03:49:56	05:45:10	<b>07:44:34.30</b>	<b>07:44:51.45</b>	+02:46:00 (35.7%)	8:17	7.2 (64.3%)
115	<b>WYPYCH Bartosz</b>	<b>804</b>		M30	30	01:59:42	03:49:19	05:56:48	<b>07:45:20.35</b>	<b>07:45:42.65</b>	+02:46:51 (35.8%)	8:18	7.2 (64.3%)
116	<b>IGNASZEWSKI Michał</b>	<b>867</b>	DRUŻYNA SZPIKU	M30	31	01:57:49	03:50:13	05:48:52	<b>07:45:36.15</b>	<b>07:45:58.75</b>	+02:47:07 (35.9%)	8:18	7.2 (64.3%)
117	<b>MIKOŁAJEWSKA Justyna</b>	<b>847</b>		K30	15	01:59:08	03:54:44	05:51:53	<b>07:45:59.75</b>	<b>07:46:06.65</b>	+02:47:15 (35.9%)	8:19	7.2 (64.3%)
118	<b>CZARNIK-PECIAK Aleksandra</b>	<b>846</b>		K40	8	01:59:44	03:54:42	05:45:36	<b>07:47:23.35</b>	<b>07:47:23.35</b>	+02:48:31 (36.1%)	8:20	7.2 (64.3%)
119	<b>PELC Tomasz</b>	<b>831</b>	DTR BIEGA / MARIO TEAM	M30	32	01:56:48	03:50:04	05:46:31	<b>07:47:27.05</b>	<b>07:47:39.70</b>	+02:48:48 (36.1%)	8:20	7.2 (64.3%)
120	<b>CHLEWIŃSKI Łukasz</b>	<b>903</b>		M30	33	01:48:28	03:45:08	05:48:06	<b>07:49:07.50</b>	<b>07:49:15.15</b>	+02:50:23 (36.3%)	8:22	7.2 (64.3%)
121	<b>JANKIEWICZ Tomasz</b>	<b>1011</b>	MTS HAMER	M40	50	01:44:38	03:38:16	05:45:49	<b>07:52:11.95</b>	<b>07:52:15.35</b>	+02:53:23 (36.7%)	8:25	7.1 (63.4%)
122	<b>SIECZKOWSKI Artur</b>	<b>1060</b>	NATURAL BORN RUNNERS TEAM	M40	51	01:56:58	03:48:19	05:48:01	<b>07:51:57.75</b>	<b>07:52:24.80</b>	+02:53:33 (36.7%)	8:25	7.1 (63.4%)
123	<b>HAŁAS Katarzyna</b>	<b>1003</b>	KB GEPARD MUROWANA GOŚLINA	K40	9	02:05:21	04:05:31	05:59:13	<b>07:52:08.10</b>	<b>07:52:26.75</b>	+02:53:35 (36.7%)	8:25	7.1 (63.4%)
124	<b>KRAWIEC Dominik</b>	<b>895</b>		M30	34	01:58:48	03:47:40	05:48:38	<b>07:54:02.15</b>	<b>07:54:09.35</b>	+02:55:17 (37.0%)	8:27	7.1 (63.4%)
125	<b>PIECZARA Krzysztof</b>	<b>1061</b>	FEBYS	M40	52	02:00:56	03:52:45	05:56:33	<b>07:55:20.05</b>	<b>07:55:43.40</b>	+02:56:51 (37.2%)	8:29	7.1 (63.4%)
126	<b>FURMANIAK Julita</b>	<b>996</b>	HANGAR	K30	16	02:01:29	03:59:30	05:56:59	<b>07:56:16.55</b>	<b>07:56:20.40</b>	+02:57:28 (37.3%)	8:30	7.1 (63.4%)
127	<b>LESNIEWSKI Szymon</b>	<b>1073</b>	HANGAR	M30	35	02:01:26	03:59:35	05:56:26	<b>07:56:17.65</b>	<b>07:56:20.50</b>	+02:57:29 (37.3%)	8:30	7.1 (63.4%)
128	<b>CORDO Eddie</b>	<b>963</b>	STG BYDGOSZCZ	M30	36	02:00:05	03:59:06	05:59:25	<b>07:56:11.95</b>	<b>07:56:28.95</b>	+02:57:37 (37.3%)	8:30	7.1 (63.4%)
129	<b>WOJTKOWSKI Łukasz</b>	<b>802</b>		M30	37	01:59:45	03:49:45	05:59:56	<b>07:57:36.35</b>	<b>07:57:58.65</b>	+02:59:07 (37.5%)	8:31	7 (62.5%)
130	<b>MIZERSKI Tomasz</b>	<b>899</b>		M40	53	02:02:13	03:50:51	05:49:30	<b>07:58:43.20</b>	<b>07:58:49.60</b>	+02:59:58 (37.6%)	8:32	7 (62.5%)
131	<b>URBANEK Sylwester</b>	<b>1016</b>		M40	54	02:04:47	04:05:53	06:06:38	<b>07:59:34.85</b>	<b>08:00:02.80</b>	+03:01:11 (37.7%)	8:33	7 (62.5%)
132	<b>REIMUS Maciej</b>	<b>923</b>	AKTYWNI KOCIEWIACY	M40	55	01:49:40	03:39:13	05:40:05	<b>08:01:00.90</b>	<b>08:01:05.45</b>	+03:02:14 (37.9%)	8:35	7 (62.5%)
133	<b>PŁAZA Radosław</b>	<b>997</b>	ULTRASEKUNDA	M30	38	02:00:54	03:54:34	05:57:16	<b>08:02:12.00</b>	<b>08:02:30.20</b>	+03:03:38 (38.1%)	8:36	7 (62.5%)
134	<b>JUNIK Łukasz</b>	<b>849</b>	MOCNA GRUPA CEZARA	M30	39	01:34:30	03:39:40	05:55:36	<b>08:02:26.15</b>	<b>08:02:33.35</b>	+03:03:41 (38.1%)	8:36	7 (62.5%)
135	<b>SYCHOWIEC Adrian</b>	<b>876</b>		M40	56	01:58:17	03:53:26	05:58:54	<b>08:02:26.80</b>	<b>08:02:37.05</b>	+03:03:45 (38.1%)	8:36	7 (62.5%)
136	<b>WOJDYLAK Katarzyna</b>	<b>953</b>	ULTRA WAY TEAM	K40	10	01:58:39	04:01:21	06:03:12	<b>08:02:41.15</b>	<b>08:02:41.15</b>	+03:03:49 (38.1%)	8:37	7 (62.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Goduszyn			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						17km	Górzyniec 31km	Kopalnia 42km	56km	56km			
137	<b>ROLIŃSKI Radosław</b>	<b>1033</b>		M40	57	01:58:37	03:57:35	05:59:14	<b>08:02:36.45</b>	<b>08:02:46.95</b>	+03:03:55 (38.1%)	8:37	7 (62.5%)
138	<b>MAZUR Katarzyna</b>	<b>993</b>	UMLAUT	K40	11	02:03:58	04:04:39	06:05:16	<b>08:02:55.10</b>	<b>08:02:56.60</b>	+03:04:05 (38.1%)	8:37	7 (62.5%)
139	<b>KAMIENIAK Jacek</b>	<b>1065</b>	KOLARSKO BIEGOWY KLUB SPORTOWY RADOMSKO	M40	58	02:00:52	04:06:33	06:07:08	<b>08:03:53.70</b>	<b>08:03:58.90</b>	+03:05:07 (38.3%)	8:38	6.9 (61.6%)
140	<b>ZYWERT Antonina</b>	<b>986</b>		K20	3	01:58:37	03:50:18	05:51:13	<b>08:04:29.00</b>	<b>08:04:52.70</b>	+03:06:01 (38.4%)	8:39	6.9 (61.6%)
141	<b>KUREK Damian</b>	<b>989</b>		M20	6	01:58:35	03:50:21	05:51:08	<b>08:04:28.35</b>	<b>08:04:52.90</b>	+03:06:01 (38.4%)	8:39	6.9 (61.6%)
142	<b>WALCZAK Robert Krzysztof</b>	<b>1089</b>		M40	59	02:10:40	04:08:21	06:14:11	<b>08:06:03.70</b>	<b>08:06:27.10</b>	+03:07:35 (38.6%)	8:40	6.9 (61.6%)
143	<b>STASIAK Lukasz</b>	<b>931</b>	LEŚNE DZIKI PRZYJACIELKSA GRUPA BIEGOWA	M40	60	02:01:46	04:01:21	06:00:38	<b>08:07:15.15</b>	<b>08:07:19.90</b>	+03:08:28 (38.7%)	8:42	6.9 (61.6%)
144	<b>MAGIERECKI Krzysztof</b>	<b>1023</b>		M60	1	01:59:15	03:55:35	06:04:28	<b>08:08:00.75</b>	<b>08:08:23.95</b>	+03:09:32 (38.8%)	8:42	6.9 (61.6%)
145	<b>GORĄCZNIK Maciej</b>	<b>832</b>	PENER Z JEŻYC	M40	61	02:07:34	04:09:46	06:13:16	<b>08:08:28.70</b>	<b>08:08:42.85</b>	+03:09:51 (38.8%)	8:43	6.9 (61.6%)
146	<b>SZMYT Piotr</b>	<b>938</b>	WLKP MOUNTAINS ULTRA/ BIEGAJĄCE KREJZOLE	M40	62	02:04:08	04:08:27	06:05:06	<b>08:08:48.60</b>	<b>08:09:10.45</b>	+03:10:19 (38.9%)	8:43	6.9 (61.6%)
147	<b>MAJCHROWSKI Dariusz</b>	<b>1022</b>		M50	9	01:58:52	03:55:08	06:01:13	<b>08:10:13.55</b>	<b>08:10:31.70</b>	+03:11:40 (39.1%)	8:45	6.9 (61.6%)
148	<b>MACHULAK Mirosław</b>	<b>1054</b>	SPELEOKLUB WARSZAWSKI	M50	10	01:51:12	04:00:10		<b>08:10:48.20</b>	<b>08:11:23.35</b>	+03:12:31 (39.2%)	8:45	6.8 (60.7%)
149	<b>GALASIŃSKI Andrzej</b>	<b>1000</b>	GRUPA SIGMEO	M50	11	02:01:01	04:04:24	06:00:37	<b>08:12:02.70</b>	<b>08:12:10.35</b>	+03:13:18 (39.3%)	8:47	6.8 (60.7%)
149	<b>WYRWAS-ZYGARŁOWSKA Izabela</b>	<b>1002</b>	KOBIETY BIEGAJĄ	K40	12	02:02:15	04:04:35	06:00:31	<b>08:12:08.40</b>	<b>08:12:10.35</b>	+03:13:18 (39.3%)	8:47	6.8 (60.7%)
151	<b>KWIATKOWSKI Wojciech</b>	<b>912</b>		M30	40	02:04:52	04:05:52	06:05:40	<b>08:12:27.05</b>	<b>08:12:48.55</b>	+03:13:57 (39.4%)	8:47	6.8 (60.7%)
152	<b>LEWICKI Darek</b>	<b>920</b>		M40	63	02:00:46	04:02:18	06:03:53	<b>08:12:45.90</b>	<b>08:13:08.40</b>	+03:14:16 (39.4%)	8:47	6.8 (60.7%)
153	<b>ZALEWSKI Daniel</b>	<b>944</b>		M20	7	01:58:53	03:50:58	05:51:44	<b>08:15:21.05</b>	<b>08:15:40.30</b>	+03:16:48 (39.7%)	8:50	6.8 (60.7%)
154	<b>WICIAK Ziemowit</b>	<b>978</b>	AKTYWNI KOCIEWIACY	M50	12	02:06:04	04:16:21	06:16:45	<b>08:18:34.45</b>	<b>08:18:41.00</b>	+03:19:49 (40.1%)	8:54	6.7 (59.8%)
155	<b>GORĄCZNIK Anna</b>	<b>830</b>	KOBIETY BIEGAJA	K30	17	02:06:43	04:09:39	06:12:55	<b>08:19:36.05</b>	<b>08:19:48.70</b>	+03:20:57 (40.2%)	8:55	6.7 (59.8%)
156	<b>SYGIET Andrzej</b>	<b>874</b>		M40	64	02:02:54	04:09:19	06:22:08	<b>08:20:16.80</b>	<b>08:20:35.65</b>	+03:21:44 (40.3%)	8:56	6.7 (59.8%)
157	<b>PTAK Jakub</b>	<b>1006</b>		M20	8	02:04:59	04:12:54	06:16:38	<b>08:20:16.05</b>	<b>08:20:41.50</b>	+03:21:50 (40.3%)	8:56	6.7 (59.8%)
158	<b>BIELECKI Tomasz</b>	<b>984</b>	GÓRSKI ŁAZIK POZNAŃ	M20	9	02:04:56	04:12:46	06:16:32	<b>08:20:16.20</b>	<b>08:20:41.75</b>	+03:21:50 (40.3%)	8:56	6.7 (59.8%)
159	<b>NEDZA Mikołaj</b>	<b>976</b>	LESZ NO LIMITS RUNNERS	M40	65	01:46:49	03:40:01	05:46:51	<b>08:20:53.55</b>	<b>08:20:59.65</b>	+03:22:08 (40.3%)	8:56	6.7 (59.8%)
160	<b>DĄBROWSKI Marcin</b>	<b>1005</b>		M40	66	01:57:35	04:02:23	06:03:20	<b>08:21:39.55</b>	<b>08:21:43.95</b>	+03:22:52 (40.4%)	8:57	6.7 (59.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Goduszyn			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						17km	Górzyniec 31km	Kopalnia 42km	56km	56km			
161	<b>WOJCIECHOSKI Michał</b>	<b>962</b>		M40	67	02:04:51	04:12:46	06:18:56	<b>08:21:53.35</b>	<b>08:22:03.55</b>	+03:23:12 (40.5%)	8:57	6.7 (59.8%)
162	<b>STRONIKOWSKI Kamil</b>	<b>810</b>	DRUŻYNA STASIA	M40	68	02:04:55	04:04:45	06:09:57	<b>08:22:24.15</b>	<b>08:22:40.20</b>	+03:23:48 (40.5%)	8:58	6.7 (59.8%)
163	<b>TOMASZEWSKI Tomasz</b>	<b>1021</b>		M20	10	02:11:36	04:21:02	06:16:34	<b>08:22:30.50</b>	<b>08:22:40.45</b>	+03:23:49 (40.5%)	8:58	6.7 (59.8%)
164	<b>KOTOWSKI Andrzej</b>	<b>881</b>		M50	13	02:02:57	04:09:15	06:22:14	<b>08:23:54.20</b>	<b>08:24:13.75</b>	+03:25:22 (40.7%)	8:59	6.7 (59.8%)
165	<b>MICHALCZAK Karolina</b>	<b>884</b>	ZIELONA GÓRO ZACZNIJ BIEGAĆ/BIEGAJĄCE MATKI WARIATKI	K40	13	02:02:10	03:59:28	06:10:20	<b>08:24:25.30</b>	<b>08:24:25.90</b>	+03:25:34 (40.8%)	9:00	6.7 (59.8%)
166	<b>ODWAŻNY Magdalena</b>	<b>829</b>		K40	14	02:07:53	04:17:23	06:24:21	<b>08:25:27.35</b>	<b>08:25:27.35</b>	+03:26:35 (40.9%)	9:01	6.6 (58.9%)
167	<b>SZCZERBAL Agnieszka</b>	<b>935</b>	TTKF MPK POZNAŃ	K40	15	02:10:43	04:18:30	06:24:10	<b>08:25:27.40</b>	<b>08:25:27.40</b>	+03:26:35 (40.9%)	9:01	6.6 (58.9%)
168	<b>ZGOŁA Przemysław</b>	<b>1034</b>	TARNOWO PODGÓRNE BIEGA	M50	14	02:10:42	04:18:24	06:24:15	<b>08:25:26.90</b>	<b>08:25:27.65</b>	+03:26:36 (40.9%)	9:01	6.6 (58.9%)
169	<b>OSTAPINSKA Magda</b>	<b>869</b>	OSTRESROKI	K40	16	02:13:20	04:20:49	06:23:52	<b>08:26:53.05</b>	<b>08:27:04.50</b>	+03:28:13 (41.1%)	9:03	6.6 (58.9%)
170	<b>WEWIOR Tomasz</b>	<b>864</b>		M40	69	01:56:48	04:01:29	06:07:34	<b>08:27:13.65</b>	<b>08:27:29.55</b>	+03:28:38 (41.1%)	9:03	6.6 (58.9%)
171	<b>CHYLIŃSKI Łukasz</b>	<b>924</b>	CLOCKWORK DRUID	M30	41	02:05:17	04:08:37	06:16:55	<b>08:28:02.15</b>	<b>08:28:17.25</b>	+03:29:25 (41.2%)	9:04	6.6 (58.9%)
172	<b>ABRAMIUK Michał</b>	<b>888</b>		M50	15	02:04:56	04:06:47	06:16:36	<b>08:28:10.05</b>	<b>08:28:21.20</b>	+03:29:29 (41.2%)	9:04	6.6 (58.9%)
173	<b>ZIMNY Piotr</b>	<b>966</b>		M40	70	02:04:54	04:12:43	06:18:59	<b>08:29:34.85</b>	<b>08:29:45.55</b>	+03:30:54 (41.4%)	9:05	6.6 (58.9%)
174	<b>KONARSKA Aleksandra</b>	<b>983</b>		K30	18	02:01:56	04:04:04	06:21:04	<b>08:30:00.85</b>	<b>08:30:00.85</b>	+03:31:09 (41.4%)	9:06	6.6 (58.9%)
175	<b>ŻABIEREK Tomasz</b>	<b>940</b>		M40	71	02:02:07	04:04:07	06:20:57	<b>08:29:58.50</b>	<b>08:30:01.45</b>	+03:31:10 (41.4%)	9:06	6.6 (58.9%)
176	<b>JASIEWICZ Tomasz</b>	<b>1041</b>		M40	72	02:07:07	04:19:54	06:30:14	<b>08:31:18.55</b>	<b>08:31:37.50</b>	+03:32:46 (41.6%)	9:07	6.6 (58.9%)
177	<b>MARCINIAK Anna</b>	<b>1064</b>	STRAŻNIK LASU ROTTWEILER TEAM	K40	17	02:10:23	04:18:00	06:24:00	<b>08:32:56.75</b>	<b>08:32:57.80</b>	+03:34:06 (41.7%)	9:09	6.6 (58.9%)
178	<b>SKRZYPCZYŃSKI Marcin</b>	<b>839</b>		M40	73	02:03:00	03:59:54	06:10:09	<b>08:34:08.40</b>	<b>08:34:16.45</b>	+03:35:25 (41.9%)	9:10	6.5 (58.0%)
179	<b>OBLICKI Bartosz</b>	<b>815</b>		M30	42	01:58:29	04:01:49	06:13:57	<b>08:34:04.90</b>	<b>08:34:26.80</b>	+03:35:35 (41.9%)	9:10	6.5 (58.0%)
180	<b>RYŚNIK Błażej</b>	<b>857</b>		M30	43	02:05:08	04:09:20	06:16:54	<b>08:35:27.00</b>	<b>08:35:47.50</b>	+03:36:56 (42.1%)	9:12	6.5 (58.0%)
181	<b>KONICKI Paweł</b>	<b>1084</b>	NO EXUSES TEAM	M40	74	01:59:31	04:06:47	06:18:45	<b>08:35:41.45</b>	<b>08:35:59.75</b>	+03:37:08 (42.1%)	9:12	6.5 (58.0%)
182	<b>ZASADA Iwona</b>	<b>821</b>		K40	18	02:16:03	04:30:10	06:32:01	<b>08:36:08.75</b>	<b>08:36:08.75</b>	+03:37:17 (42.1%)	9:13	6.5 (58.0%)
182	<b>MALICKA Małgorzata</b>	<b>930</b>		K40	18	02:16:01	04:30:06	06:31:58	<b>08:36:08.75</b>	<b>08:36:08.75</b>	+03:37:17 (42.1%)	9:13	6.5 (58.0%)
184	<b>JAKUBIAK Magdalena</b>	<b>822</b>		K40	20	02:16:01	04:30:12	06:32:02	<b>08:36:08.90</b>	<b>08:36:08.90</b>	+03:37:17 (42.1%)	9:13	6.5 (58.0%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Goduszyn			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						17km	Górzyniec 31km	Kopalnia 42km	56km	56km			
185	<b>SOBKOWIAK Przemysław</b>	<b>936</b>	BRAK	M40	75	02:01:24	04:01:43	06:19:04	<b>08:40:00.35</b>	<b>08:40:17.15</b>	+03:41:25 (42.6%)	9:17	6.5 (58.0%)
186	<b>SOBKOWIAK Radosław</b>	<b>1039</b>	NTT DATA	M30	44	02:01:25	04:01:40	06:19:10	<b>08:39:59.80</b>	<b>08:40:17.25</b>	+03:41:25 (42.6%)	9:17	6.5 (58.0%)
187	<b>WACHOWIAK Sebastian</b>	<b>959</b>		M30	45	02:00:54	04:08:32		<b>08:39:57.70</b>	<b>08:40:22.25</b>	+03:41:30 (42.6%)	9:17	6.5 (58.0%)
188	<b>SYDOR Piotr</b>	<b>1026</b>		M40	76	02:05:15	04:14:44	06:22:10	<b>08:40:56.00</b>	<b>08:41:16.25</b>	+03:42:24 (42.7%)	9:18	6.4 (57.1%)
189	<b>NAKLICKI Marcin</b>	<b>850</b>	DRUŻYNA STASIA	M30	46	02:15:52	04:23:50	06:34:31	<b>08:41:07.45</b>	<b>08:41:24.55</b>	+03:42:33 (42.7%)	9:18	6.4 (57.1%)
190	<b>KOLASSA Ryszard</b>	<b>974</b>	AKTYWNI KOCIEWIACY	M60	2	02:05:48	04:16:22	06:27:38	<b>08:41:33.20</b>	<b>08:41:39.75</b>	+03:42:48 (42.7%)	9:18	6.4 (57.1%)
191	<b>WALECZEK Sławomir</b>	<b>875</b>		M40	77	02:05:41	04:16:40	06:25:47	<b>08:41:31.10</b>	<b>08:41:51.90</b>	+03:43:00 (42.7%)	9:18	6.4 (57.1%)
192	<b>KACZYŃSKI Janusz</b>	<b>975</b>	AKTYWNI KOCIEWIACY	M50	16	02:01:00	04:06:44	06:21:17	<b>08:42:36.45</b>	<b>08:42:44.45</b>	+03:43:53 (42.8%)	9:19	6.4 (57.1%)
193	<b>ŁUKASZCZYKIEWICZ Paweł</b>	<b>879</b>		M40	78	02:06:20	04:17:26	06:30:03	<b>08:43:16.30</b>	<b>08:43:34.05</b>	+03:44:42 (42.9%)	9:20	6.4 (57.1%)
194	<b>LIS Sebastian</b>	<b>939</b>	DRUŻYNA SZPIKU	M30	47	02:04:01	04:09:24	06:25:59	<b>08:43:24.35</b>	<b>08:43:46.80</b>	+03:44:55 (42.9%)	9:20	6.4 (57.1%)
195	<b>DEIGSLER Przemysław</b>	<b>956</b>		M40	79	02:04:02	04:09:19	06:26:01	<b>08:43:25.40</b>	<b>08:43:49.35</b>	+03:44:57 (42.9%)	9:20	6.4 (57.1%)
196	<b>WILK Piotr</b>	<b>998</b>		M40	80	02:06:48	04:17:57	06:30:34	<b>08:44:07.00</b>	<b>08:44:07.00</b>	+03:45:15 (43.0%)	9:21	6.4 (57.1%)
197	<b>KAGANEK Jakub</b>	<b>841</b>		M30	48	02:10:16	04:14:07	06:25:21	<b>08:43:45.30</b>	<b>08:44:14.10</b>	+03:45:22 (43.0%)	9:21	6.4 (57.1%)
198	<b>ROSZKIEWICZ Mariusz</b>	<b>883</b>	ZIELONA GÓRO ZACZNIJ BIEGAĆ	M40	81	02:06:36	04:20:13	06:33:51	<b>08:44:26.40</b>	<b>08:44:27.65</b>	+03:45:36 (43.0%)	9:21	6.4 (57.1%)
199	<b>MRÓZ Anna</b>	<b>922</b>		K30	19	02:10:47	04:17:22	06:29:54	<b>08:44:20.55</b>	<b>08:44:44.80</b>	+03:45:53 (43.0%)	9:21	6.4 (57.1%)
200	<b>WĘGIER Agnieszka</b>	<b>882</b>	ZIELONA GÓRO ZACZNIJ BIEGAĆ/BIEGAJĄCE MATKI WARIATKI	K40	21	02:11:53	04:22:02	06:33:23	<b>08:46:41.90</b>	<b>08:46:42.50</b>	+03:47:51 (43.3%)	9:24	6.4 (57.1%)
201	<b>PILONIS Eleonora</b>	<b>901</b>	BIEGOSTACJA ULTRA TEAM	K40	22	02:11:43	04:22:01	06:33:22	<b>08:46:42.80</b>	<b>08:46:42.80</b>	+03:47:51 (43.3%)	9:24	6.4 (57.1%)
202	<b>GOSPODAREK Łukasz</b>	<b>823</b>	DRUŻYNA STASIA	M40	82	02:15:54	04:23:52	06:34:51	<b>08:49:20.45</b>	<b>08:49:37.55</b>	+03:50:46 (43.6%)	9:27	6.3 (56.3%)
203	<b>MACIAS Waldemar</b>	<b>836</b>		M60	3	02:25:05	04:43:12		<b>08:52:29.25</b>	<b>08:52:49.40</b>	+03:53:57 (43.9%)	9:30	6.3 (56.3%)
204	<b>BOGDAN Ola</b>	<b>1042</b>		K30	20	02:05:12	04:19:39	06:23:42	<b>08:56:19.70</b>	<b>08:56:19.70</b>	+03:57:28 (44.3%)	9:34	6.3 (56.3%)
205	<b>NOWAK Marek</b>	<b>845</b>		M40	83	02:00:38	04:04:02	06:31:02	<b>08:56:07.10</b>	<b>08:56:19.80</b>	+03:57:28 (44.3%)	9:34	6.3 (56.3%)
206	<b>KWASIUK Wojciech</b>	<b>856</b>		M30	49	02:05:08	04:09:59	06:21:44	<b>08:59:57.65</b>	<b>09:00:18.20</b>	+04:01:26 (44.7%)	9:38	6.2 (55.4%)
207	<b>KUŚWIK Beata</b>	<b>1018</b>	CAŁE ŻYCIE NA REDUKCJI	K30	21	02:06:45	04:20:46	06:35:05	<b>09:00:11.05</b>	<b>09:00:30.70</b>	+04:01:39 (44.7%)	9:38	6.2 (55.4%)
208	<b>SZCZYGIEŁ Paweł</b>	<b>907</b>		M30	50	02:07:06	04:25:03	06:31:58	<b>09:00:52.25</b>	<b>09:00:58.65</b>	+04:02:07 (44.8%)	9:39	6.2 (55.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Goduszyn			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						17km	Górzyniec 31km	Kopalnia 42km	56km	56km			
209	<b>ŁUPKOWSKI Paweł</b>	<b>872</b>	VEGE RUNNERS	M40	84	02:11:39	04:29:21	06:43:35	<b>09:00:58.40</b>	<b>09:01:10.15</b>	+04:02:18 (44.8%)	9:39	6.2 (55.4%)
210	<b>GAJDA Andrzej</b>	<b>873</b>		M30	51	02:11:43	04:29:26	06:43:38	<b>09:00:58.80</b>	<b>09:01:10.45</b>	+04:02:19 (44.8%)	9:39	6.2 (55.4%)
211	<b>POPŁAWSKI Arkadiusz</b>	<b>979</b>		M40	85	02:09:14	04:24:08	06:32:43	<b>09:04:00.60</b>	<b>09:04:15.90</b>	+04:05:24 (45.1%)	9:42	6.2 (55.4%)
212	<b>POPŁAWSKA Katarzyna</b>	<b>971</b>	CZARNE OWCE HIPOLITÓW	K40	23	02:09:20	04:24:13	06:32:47	<b>09:04:01.05</b>	<b>09:04:16.00</b>	+04:05:24 (45.1%)	9:42	6.2 (55.4%)
213	<b>GARBACZ Marek</b>	<b>991</b>	LEŚNE ULTRA DZIADY	M40	86	02:09:32	04:25:52	06:49:23	<b>09:04:17.00</b>	<b>09:04:30.50</b>	+04:05:39 (45.1%)	9:43	6.2 (55.4%)
214	<b>STRZELECKI Krzysztof</b>	<b>1001</b>	LEŚNE ULTRA DZIADY	M40	87	02:09:39	04:27:04	06:49:33	<b>09:04:18.65</b>	<b>09:04:32.20</b>	+04:05:40 (45.1%)	9:43	6.2 (55.4%)
215	<b>KALISZEWICZ Ewa</b>	<b>905</b>		K40	24	02:17:47	04:29:22	06:40:24	<b>09:04:20.20</b>	<b>09:04:45.65</b>	+04:05:54 (45.1%)	9:43	6.2 (55.4%)
216	<b>KALISZEWICZ Piotr</b>	<b>904</b>		M30	52	02:17:45	04:29:24	06:40:19	<b>09:04:19.70</b>	<b>09:04:45.70</b>	+04:05:54 (45.1%)	9:43	6.2 (55.4%)
217	<b>PISAREK Radek</b>	<b>926</b>		M20	11	02:05:08	04:22:37	06:36:46	<b>09:04:41.85</b>	<b>09:04:55.60</b>	+04:06:04 (45.2%)	9:43	6.2 (55.4%)
218	<b>PIETRZAK Anna</b>	<b>915</b>		K40	25	02:07:41	04:22:00	06:40:35	<b>09:05:19.70</b>	<b>09:05:26.00</b>	+04:06:34 (45.2%)	9:44	6.2 (55.4%)
219	<b>KRUPA Daniel</b>	<b>1029</b>		M40	88	02:14:30	04:27:19	06:45:05	<b>09:07:31.70</b>	<b>09:07:44.25</b>	+04:08:52 (45.4%)	9:46	6.1 (54.5%)
219	<b>RUBINOWSKI Jarek</b>	<b>1032</b>		M40	88	02:14:19	04:27:10	06:45:06	<b>09:07:30.80</b>	<b>09:07:44.25</b>	+04:08:52 (45.4%)	9:46	6.1 (54.5%)
221	<b>RADOŹYCKI Radek</b>	<b>1030</b>		M40	90	02:14:27	04:27:13	06:45:09	<b>09:07:30.25</b>	<b>09:07:44.30</b>	+04:08:52 (45.4%)	9:46	6.1 (54.5%)
222	<b>WEIN Tomasz</b>	<b>886</b>		M30	53	02:12:30	04:36:57	06:49:58	<b>09:07:52.15</b>	<b>09:08:01.60</b>	+04:09:10 (45.5%)	9:47	6.1 (54.5%)
223	<b>DOLNY Marcin</b>	<b>947</b>		M40	91	02:03:54	04:15:57	06:33:40	<b>09:07:47.35</b>	<b>09:08:11.90</b>	+04:09:20 (45.5%)	9:46	6.1 (54.5%)
224	<b>ADAMUS Adam</b>	<b>1046</b>		M40	92	02:05:35	04:18:45	06:30:59	<b>09:11:27.05</b>	<b>09:11:27.35</b>	+04:12:35 (45.8%)	9:50	6.1 (54.5%)
225	<b>PIECHOL Sebastian</b>	<b>949</b>	RAZEM TRENUJEMY SPORT	M30	54	02:10:09	04:28:50	06:40:24	<b>09:11:47.30</b>	<b>09:12:01.25</b>	+04:13:09 (45.9%)	9:51	6.1 (54.5%)
226	<b>OSTACH Daria</b>	<b>1055</b>		K40	26	02:17:21	04:42:13	06:50:51	<b>09:16:26.60</b>	<b>09:16:26.60</b>	+04:17:35 (46.3%)	9:56	6 (53.6%)
227	<b>PRUSIEWICZ Beata</b>	<b>1047</b>		K50	1	02:17:14	04:41:30	06:50:48	<b>09:16:26.65</b>	<b>09:16:26.65</b>	+04:17:35 (46.3%)	9:56	6 (53.6%)
228	<b>STERKOWICZ Olga</b>	<b>928</b>		K30	22	02:14:02	04:33:53	06:51:06	<b>09:22:55.55</b>	<b>09:22:55.55</b>	+04:24:04 (46.9%)	10:03	6 (53.6%)
229	<b>SZYGENDA Waldemar</b>	<b>1081</b>		M50	17	02:13:54	04:28:42	06:55:23	<b>09:27:04.50</b>	<b>09:27:17.65</b>	+04:28:26 (47.3%)	10:07	5.9 (52.7%)
230	<b>BIERNACKI Krzysztof</b>	<b>914</b>	COTU	M40	93	02:12:20	04:46:48	07:08:50	<b>09:40:49.95</b>	<b>09:41:16.30</b>	+04:42:24 (48.6%)	10:22	5.8 (51.8%)
231	<b>DONAJ Adam</b>	<b>808</b>		M40	94	02:13:35	04:39:36	07:03:00	<b>09:45:00.70</b>	<b>09:45:27.60</b>	+04:46:36 (49.0%)	10:26	5.7 (50.9%)
232	<b>PAWEŁKÓW Michał</b>	<b>910</b>		M30	55	02:10:39	04:44:12	07:15:34	<b>09:49:47.80</b>	<b>09:50:16.05</b>	+04:51:24 (49.4%)	10:31	5.7 (50.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Goduszyn 17km	Górzyniec 31km	Kopalnia 42km	Czas netto 56km	Czas brutto 56km	Różn	Tempo min/km	Tempo km/h
233	<b>BUHL Łukasz</b>	<b>913</b>		M30	56	02:10:44	04:43:57	07:15:19	<b>09:49:48.15</b>	<b>09:50:16.45</b>	+04:51:25 (49.4%)	10:31	5.7 (50.9%)
234	<b>JANKIEWICZ Helena</b>	<b>1012</b>	MTS HAMER	K40	27	02:24:23	04:49:32	07:19:36	<b>09:57:30.70</b>	<b>09:57:30.70</b>	+04:58:39 (50.0%)	10:40	5.6 (50.0%)
234	<b>PAWELCZYK Anita</b>	<b>878</b>	OSTRESROKI	K30	23	02:24:24	04:49:14	07:19:12	<b>09:57:18.20</b>	<b>09:57:30.70</b>	+04:58:39 (50.0%)	10:39	5.6 (50.0%)
236	<b>PALUS Malgorzata</b>	<b>957</b>	ISANDS ENKLAWA SPORTU	K40	28	02:21:29	04:49:35	07:19:31	<b>09:57:30.85</b>	<b>09:57:30.85</b>	+04:58:39 (50.0%)	10:40	5.6 (50.0%)
<b>Przekroczony limit czasu: 10:00:00</b>													
237	<b>SZURKOWSKI Michał</b>	<b>969</b>	GRUNWALD TEAM POZNAŃ	M30	57	02:31:41	04:53:16	07:34:57	<b>10:04:05.20</b>	<b>10:04:20.05</b>	+05:05:28 (50.5%)	10:47	5.6 (50.0%)
238	<b>DOBOSZ Leszek</b>	<b>970</b>		M40	95	02:31:36	04:53:17	07:34:59	<b>10:04:04.25</b>	<b>10:04:20.15</b>	+05:05:28 (50.5%)	10:47	5.6 (50.0%)
239	<b>KUNERT Krzysztof</b>	<b>865</b>		M30	58	02:24:41	05:07:54	07:43:03	<b>10:35:40.85</b>	<b>10:35:57.55</b>	+05:37:06 (53.0%)	11:21	5.3 (47.3%)
	<b>SUDOMIR Paweł</b>	<b>967</b>		M30		01:55:56 DNF	DNF	02:17:43 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>BRZAŃKALSKI Krzysiek</b>	<b>825</b>	PRZEDWOJEWSKI_TEAM	M30		01:23:36 DNF	02:45:49 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>KISŁO Łukasz</b>	<b>946</b>	WILLSOOR	M30		01:43:25 DNF	03:35:53 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>KLINICKI Adam</b>	<b>942</b>		M40		01:45:40 DNF	03:40:02 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>MALINOWSKI Ernest</b>	<b>1008</b>	AMBER	M40		01:55:09 DNF	03:58:43 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>PRZYBYŚLAWSKI Kamil</b>	<b>868</b>	140MINUT.PL	M30		01:52:52 DNF	04:11:20 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>GRZELCZAK Barbara</b>	<b>1086</b>		K40		02:32:26 DNF	05:47:27 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>GÓRAK Przemysław</b>	<b>909</b>	KB SOBÓTKA	M40		01:25:42 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>MAJKOWSKI Tomasz</b>	<b>919</b>	AKTYWNI KOCIEWIACY	M30		01:52:16 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>KOZAKIEWICZ Tomek</b>	<b>972</b>	CAŁE ŻYCIE NA REDUKCJI	M30		02:06:48 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>KOŁTOWSKI Michał</b>	<b>954</b>		M30		02:35:53 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>SZALKOWSKA-KUPCZYK Dominika</b>	<b>1074</b>		K30		02:45:21 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Znaleziono 251 wynik(ów)