

Wydarzenie: UltraKotlina
Organizator: Fundacja Przejście Kotliny
Data: 2022-10-08
Miejsce: Szklarska Poręba
Dystans: 54 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polana				Czas netto 56km	Czas brutto 56km	Różn	Tempo min/km	Tempo km/h
						Goduszyn 17km	Czarownic 28km	Górzyniec 31km	Kopalnia 42km					
1	WITEK Andrzej	1002	DYNAFIT / 140MINUT.PL	M30	1	01:13:51	02:00:59	02:14:39	03:10:12	04:09:16.55	04:09:18.80		4:27	13.5 (100%)
2	SZCZEŚNIEWSKI Miłosz	1040	HOKA GARMIN TEAM	M30	2	01:17:41	02:13:41	02:26:21	03:30:35	04:36:42.00	04:36:43.95	+00:27:25 (9.9%)	4:56	12.1 (89.6%)
3	JAGIELSKI Łukasz	1027	LESZ NO LIMITS RUNNERS	M30	3	01:21:33	02:20:13	02:33:30	03:50:10	05:13:33.60	05:13:38.80	+01:04:20 (20.5%)	5:35	10.7 (79.3%)
4	JAKIMIUK Daniel	1054	NATURAL EPO	M20	1	01:23:25	02:27:11	02:41:50	03:59:59	05:25:51.55	05:25:53.60	+01:16:34 (23.5%)	5:49	10.3 (76.3%)
5	MIGDAL Michał	1039	MARKOWI BIEGACZE	M30	4	01:29:40	02:36:25	02:50:39	04:09:51	05:27:42.50	05:27:45.25	+01:18:26 (23.9%)	5:51	10.3 (76.3%)
6	ADLER Łukasz	1017	LESZ NO LIMITS RUNNERS	M30	5	01:34:50	02:41:05	02:56:20	04:13:00	05:31:29.30	05:31:36.35	+01:22:17 (24.8%)	5:55	10.1 (74.8%)
7	MIKEŠOVÁ Jana	829	SALMING CZ	K30	1	01:30:50	02:37:01	02:51:58	04:13:01	05:35:49.75	05:35:52.20	+01:26:33 (25.8%)	5:59	10 (74.1%)
8	WŁODARCZYK Jarosław	864	KARKONOSZ RUNNING TEAM	M40	1	01:25:55	02:31:33	02:47:25	04:14:36	05:41:36.75	05:41:39.90	+01:32:21 (27.0%)	6:06	9.8 (72.6%)
9	FISZER Sebastian	908	LESZ NO LIMITS RUNNERS	M40	2	01:27:15	02:34:31	02:49:14	04:22:41	05:47:37.90	05:47:44.45	+01:38:25 (28.3%)	6:12	9.7 (71.9%)
10	ŻAK Adam	1059	KB LUPUS OLEŚNICA	M40	3	01:36:42	02:46:00	03:01:02	04:20:57	05:50:45.00	05:50:45.00	+01:41:26 (28.9%)	6:15	9.6 (71.1%)
11	KANIA Tomasz	1005	#SOBASTEAM	M40	4	01:29:03	02:39:08	02:55:15	04:31:57	05:58:53.00	05:58:53.00	+01:49:34 (30.5%)	6:24	9.4 (69.6%)
12	ORACZ Mateusz	1022	BEZ LITOŚCI	M30	6	01:35:56	02:48:37	03:04:35	04:34:04	06:00:23.65	06:00:25.90	+01:51:07 (30.8%)	6:26	9.3 (68.9%)
13	ŁUKACKI Daniel	973	#SOBAS TEAM	M40	5	01:37:14	02:48:49	03:04:40	04:35:25	06:06:21.45	06:06:24.65	+01:57:05 (32.0%)	6:32	9.2 (68.1%)
14	MAŃCZAK Filip	898	AKTYWNI RAZEM	M40	6	01:28:55	02:36:48	02:50:19	04:36:54	06:12:17.10	06:12:20.45	+02:03:01 (33.0%)	6:38	9 (66.7%)
15	ŁUKASIEWICZ Ewa	982		K50	1	01:44:28	02:57:49	03:16:51	04:45:36	06:13:49.20	06:13:57.20	+02:04:38 (33.3%)	6:40	9 (66.7%)
16	KAMIŃSKI Piotr	971	RUN YOUR TRAIL	M30	7	01:35:26	02:47:51	03:04:44	04:42:20	06:14:15.40	06:14:19.35	+02:05:00 (33.4%)	6:40	9 (66.7%)

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						Goduszyn 17km	Czarownic 28km	Górzyniec 31km	Kopalnia 42km					
17	GMEREK Michał	889		M30	8	01:35:25	02:49:07	03:05:54	04:42:05	06:15:31.00	06:15:34.55	+02:06:15 (33.6%)	6:42	8.9 (65.9%)
18	PIWOWOŃSKI Paweł	1006		M40	7	01:38:37	02:54:13	03:11:02	04:44:54	06:18:45.65	06:18:57.90	+02:09:39 (34.2%)	6:45	8.9 (65.9%)
19	ROZNIERSKA Dagmara	946	KB SOBÓTKA	K30	2	01:40:18	02:54:34	03:11:19	04:45:00	06:18:54.10	06:18:58.05	+02:09:39 (34.2%)	6:45	8.9 (65.9%)
20	ŚLEDZIEWSKI Piotr	926	#BIEGAJLESZNO	M50	1	01:38:41	02:49:04	03:04:26	04:33:28	06:27:23.90	06:27:37.65	+02:18:18 (35.7%)	6:55	8.7 (64.4%)
21	POPKO Łukasz	1041		M30	9	01:39:44	02:58:21	03:14:58	04:53:51	06:27:38.15	06:27:48.90	+02:18:30 (35.7%)	6:55	8.7 (64.4%)
22	JASZKUL Wojciech	1028		M30	10	01:38:45	02:49:20	03:05:36	04:44:48	06:27:45.55	06:27:53.40	+02:18:34 (35.7%)	6:55	8.7 (64.4%)
23	ŚMICHURSKI Krzysztof	818	FIZJOTERAPIA BIEGACZA/WLKP MOUNTAINS ULTRA	M30	11	01:36:03	02:49:30	03:06:35	04:46:48	06:30:40.15	06:30:45.05	+02:21:26 (36.2%)	6:58	8.6 (63.7%)
24	GODYŃ Jan	961	DELOITTE ADVENTURE TEAM	M30	12	01:40:40	02:53:58	03:10:23	04:45:33	06:30:29.00	06:30:46.80	+02:21:28 (36.2%)	6:58	8.6 (63.7%)
25	FEUERSTAKE Aleksandra	895		K30	3	01:46:41	03:06:08	03:23:33	05:00:01	06:30:43.35	06:30:56.10	+02:21:37 (36.2%)	6:58	8.6 (63.7%)
26	LAMEK Andrzej	1051	AKTYWNY OSTRZESZÓW	M50	2	01:36:53	02:52:04	03:10:30	04:54:02	06:37:47.75	06:37:54.50	+02:28:35 (37.3%)	7:06	8.4 (62.2%)
27	SZCZĘŚNIAK Piotr	949	MASARNIA POZNAŃ FIZJOTERAPIA I MASAŻ	M30	13	01:44:20	03:00:28	03:18:22	05:00:09	06:40:56.60	06:41:16.25	+02:31:57 (37.9%)	7:09	8.4 (62.2%)
28	MIKOŁAJCZAK Arkadiusz	900		M30	14	01:43:42	03:03:41	03:19:00	04:57:52	06:41:53.60	06:41:58.50	+02:32:39 (38.0%)	7:10	8.4 (62.2%)
29	RESPONDEK Anna	832		K30	4	01:44:07	03:02:18	03:20:12	04:57:05	06:44:15.00	06:44:26.15	+02:35:07 (38.4%)	7:13	8.3 (61.5%)
30	TABIŚ-HUBKA Rafał	1058	RESHAPERUNNERS	M40	8					06:47:14.25	06:47:18.35	+02:37:59 (38.8%)	7:16	8.3 (61.5%)
31	BLEDOWSKI Maciej	1003		M40	9	01:47:50	03:02:28	03:19:19	05:00:40	06:49:07.40	06:49:25.85	+02:40:07 (39.1%)	7:18	8.2 (60.7%)
32	PATROŃSKI Adam	1025	ŻARŁOKI	M20	2	01:46:49	03:06:19	03:24:13	05:06:07	06:49:25.70	06:49:39.45	+02:40:20 (39.1%)	7:18	8.2 (60.7%)
33	KĘDZIA Dominik	930		M50	3	01:46:20	03:05:31	03:23:26	05:05:01	06:49:51.20	06:49:54.75	+02:40:35 (39.2%)	7:19	8.2 (60.7%)
34	LEŚNIEWSKI Daniel	1037	DRUŻYNA L	M40	10	01:42:19	03:01:30	03:19:06	05:06:11	06:50:06.45	06:50:09.10	+02:40:50 (39.2%)	7:19	8.2 (60.7%)
35	MASTERNAK Marta	936		K30	5	01:46:19	03:06:58	03:25:01	05:11:45	06:50:41.75	06:50:46.45	+02:41:27 (39.3%)	7:20	8.2 (60.7%)
36	BATURO Artur	914	LEŻACZE ŁĄKOWI	M40	11	01:47:04	03:11:40	03:30:06	05:18:49	06:51:32.40	06:51:39.30	+02:42:20 (39.4%)	7:20	8.2 (60.7%)
37	PIETRZAK Jan	911	#WAWRZYTEAM	M30	15	01:49:51	03:11:03	03:28:34	05:10:52	06:52:30.90	06:52:47.15	+02:43:28 (39.6%)	7:21	8.1 (60.0%)
38	SZARADOWSKI Piotr	976	140 MINUT	M50	4	01:52:45	03:15:18	03:33:53	05:16:02	06:52:58.45	06:53:09.05	+02:43:50 (39.7%)	7:22	8.1 (60.0%)
39	ŁANGOWICZ Borys	1020		M20	3	01:45:37	03:05:39	03:25:54	05:09:27	06:53:13.05	06:53:34.85	+02:44:16 (39.7%)	7:22	8.1 (60.0%)
40	SKRZYPIŃSKA Olga	993	CHATA BIEGACZA K34	K30	6	01:51:22	03:15:12	03:32:50	05:15:01	06:54:40.05	06:54:50.65	+02:45:31 (39.9%)	7:24	8.1 (60.0%)

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						Goduszyn 17km	Czarownic 28km	Górzyniec 31km	Kopalnia 42km					
41	RATAJCZAK Dorota	810	RATAJCZAK RUN	K40	1	01:49:41	03:15:27	03:32:39	05:13:59	06:56:55.60	06:56:59.65	+02:47:40 (40.2%)	7:26	8.1 (60.0%)
42	DZITKOWSKI Witold	948		M30	16	01:41:11	02:53:13	03:10:26	05:02:17	06:56:54.45	06:57:00.90	+02:47:42 (40.2%)	7:26	8.1 (60.0%)
43	KARMOWSKI Jakub	865	MOCNA GRUPA CEZARA	M30	17	01:50:38	03:11:35	03:29:14	05:14:14	06:58:34.15	06:58:42.40	+02:49:23 (40.5%)	7:28	8 (59.3%)
44	MOREVA Daria	979	TRAIL RUNNING SCHOOL	K30	7	01:48:58	03:11:49	03:29:23	05:17:57	07:00:47.50	07:00:55.65	+02:51:36 (40.8%)	7:30	8 (59.3%)
45	KOZŁOWSKA Iwona	1021	LESZNO LIMITS RUNNERS	K40	2	01:53:22	03:21:33	03:39:34	05:24:16	07:01:01.85	07:01:07.35	+02:51:48 (40.8%)	7:31	8 (59.3%)
46	JODŁOWSKI Marek	828	BBL KROSNO ODRZANSKIE	M40	12	01:56:33	03:39:19	03:50:38	05:30:43	07:02:42.15	07:02:47.85	+02:53:29 (41.0%)	7:32	7.9 (58.5%)
47	CHMIELEWSKI Dariusz	1004	DLAMARTY	M50	5	01:47:54	03:14:17	03:34:44	05:24:09	07:03:50.10	07:04:08.15	+02:54:49 (41.2%)	7:34	7.9 (58.5%)
48	JAKŚ Grzegorz	838	ALPIMADE TEAM	M40	13	01:43:51	03:08:30	03:29:10	05:22:06	07:04:41.25	07:04:46.75	+02:55:27 (41.3%)	7:35	7.9 (58.5%)
49	LITKA Krzysztof	935	PZU SPORT TEAM	M40	14	01:40:36	02:58:51	03:18:15	05:03:37	07:05:06.20	07:05:18.55	+02:55:59 (41.4%)	7:35	7.9 (58.5%)
50	ŁATWIŃSKI Łukasz	1012	MOCNA GRUPA CEZARA	M30	18	01:50:23	03:12:25	03:30:31	05:14:23	07:05:33.00	07:05:39.45	+02:56:20 (41.4%)	7:35	7.9 (58.5%)
51	PIASKOWSKI Marcin	1036	PIASKITEAM	M40	15	01:51:05	03:17:50	03:34:23	05:18:55	07:05:46.75	07:05:53.30	+02:56:34 (41.5%)	7:36	7.9 (58.5%)
52	OPOWICZ Rafał	1001	PMA	M40	16	01:37:40	02:58:25	03:17:01	05:11:37	07:06:05.15	07:06:08.20	+02:56:49 (41.5%)	7:36	7.9 (58.5%)
53	CHWIAŁKOWSKI Bartosz	974	CHWIAŁKOWSKI TEAM	M40	17	01:51:01	03:14:08	03:31:22	05:18:19	07:05:45.45	07:06:10.20	+02:56:51 (41.5%)	7:36	7.9 (58.5%)
54	SZECHLECKI Krzysztof	980	BEUNSTOPPABLE.PL	M40	18	01:51:39	03:16:12	03:36:20	05:24:23	07:06:39.95	07:06:52.50	+02:57:33 (41.6%)	7:37	7.9 (58.5%)
55	GRABOWSKI Daniel	919		M40	19	01:49:04	03:11:51	03:29:44	05:19:14	07:06:55.70	07:07:04.40	+02:57:45 (41.6%)	7:37	7.9 (58.5%)
56	ZDEBSKA Magdalena	963		K30	8	01:51:41	03:21:05	03:40:09	05:25:12	07:07:34.00	07:08:00.00	+02:58:41 (41.7%)	7:38	7.9 (58.5%)
57	SZADKOWSKI Denis	879		M20	4	01:52:56	03:17:18	03:35:52	05:30:41	07:10:58.10	07:11:01.55	+03:01:42 (42.2%)	7:41	7.8 (57.8%)
58	DREWNIAK Mariusz	923		M40	20	01:48:22	03:09:48	03:29:16	04:35:43	07:11:32.60	07:11:55.05	+03:02:36 (42.3%)	7:42	7.8 (57.8%)
59	JANDY Honorata	876	RUN&CROSS SZAMOTUŁY	K40	3	01:53:08	03:23:33	03:41:18	05:28:34	07:12:51.70	07:13:12.40	+03:03:53 (42.4%)	7:43	7.8 (57.8%)
60	DAWIDOWICZ Wojciech	937	ŚLĘZAKTEAM	M30	19	01:56:08	03:22:04	03:41:19	05:27:16	07:13:30.30	07:13:43.65	+03:04:24 (42.5%)	7:44	7.8 (57.8%)
61	KOPCZYŃSKI Łukasz	925	K-TEAM	M40	21	01:47:01	03:16:15	03:36:16	05:12:04	07:14:15.45	07:14:21.30	+03:05:02 (42.6%)	7:45	7.7 (57.0%)
62	URBAŃSKI Bartek	932	TEKIELI RUNNING TEAM	M30	20	01:45:45	03:07:32	03:26:30	05:20:29	07:15:01.70	07:15:22.00	+03:06:03 (42.7%)	7:46	7.7 (57.0%)
63	KOSZAREK Maciej	1057		M50	6	01:45:56	03:12:59	03:32:57	05:27:53	07:15:18.55	07:15:35.45	+03:06:16 (42.8%)	7:46	7.7 (57.0%)
64	BUCHAŁA Bartek	1045		M40	22	01:48:50	03:11:50	03:29:43	05:26:57	07:18:38.25	07:18:57.20	+03:09:38 (43.2%)	7:49	7.7 (57.0%)

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						Goduszyn 17km	Czarownic 28km	Górzyniec 31km	Kopalnia 42km					
65	LISIECKI Tomasz	844		M30	21	01:48:27	03:15:34	03:33:02	05:27:29	07:19:31.90	07:19:37.30	+03:10:18 (43.3%)	7:50	7.6 (56.3%)
66	CHRAPLEWSKA Karolina	984		K40	4	01:58:17	03:30:42	03:49:51	05:36:46	07:20:09.00	07:20:21.65	+03:11:02 (43.4%)	7:51	7.6 (56.3%)
67	KURASIEWICZ Mariusz	905		M40	23	02:01:24	03:26:02	03:45:50	05:32:23	07:19:59.45	07:20:21.75	+03:11:02 (43.4%)	7:51	7.6 (56.3%)
68	PIASECKI Rafał	891		M40	24	01:58:43	03:27:59	03:47:06	05:36:01	07:25:25.60	07:25:46.85	+03:16:28 (44.1%)	7:57	7.5 (55.6%)
69	JUNIK Łukasz	802	MOCNA GRUPA CEZARA	M30	22	01:49:47	03:10:30	03:29:04	05:20:50	07:26:08.20	07:26:16.20	+03:16:57 (44.1%)	7:58	7.5 (55.6%)
70	SPECJALSKI Przemysław	1031		M50	7	01:54:08	03:26:10	03:46:23	05:35:54	07:26:56.40	07:27:01.75	+03:17:42 (44.2%)	7:58	7.5 (55.6%)
71	WIZA Anna	918	BIEGAJĄCE KREJZOLE	K40	5	01:50:57	03:25:46	03:47:15	05:34:43	07:28:49.25	07:29:03.95	+03:19:45 (44.5%)	8:00	7.5 (55.6%)
72	WALKOWIAK Dawid	966	MASARNIA POZNAŃ FIZJOTERAPIA I MASAŻ	M40	25	01:52:18	03:19:53	03:38:43	05:31:04	07:29:54.05	07:30:14.05	+03:20:55 (44.6%)	8:02	7.5 (55.6%)
73	PIASKOWSKI Mateusz	849	KLUB MARATOŃCZYKA V LO W POZNANIU	M30	23	01:52:16	03:19:50	03:38:40	05:31:10	07:29:54.65	07:30:14.35	+03:20:55 (44.6%)	8:02	7.5 (55.6%)
74	MAZUR Anna	809		K40	6	01:57:36	03:41:10	03:53:38	05:47:59	07:31:15.20	07:31:24.05	+03:22:05 (44.8%)	8:03	7.4 (54.8%)
75	WOJTKOWIAK Renata	934	PIĄTKOWO NA BIEGOWO	K40	7	01:59:48	03:27:58	03:49:27	05:37:44	07:31:31.15	07:31:43.35	+03:22:24 (44.8%)	8:03	7.4 (54.8%)
76	WOJTKOWIAK Stefan	972	PNB	M40	26	01:59:50	03:28:02	03:49:26	05:37:49	07:31:31.80	07:31:43.60	+03:22:24 (44.8%)	8:03	7.4 (54.8%)
77	OWCZARZAK Tomasz	1015	OWCE NA WYPASIE	M30	24	02:01:58	03:41:47	03:55:56	05:48:30	07:31:42.00	07:31:49.40	+03:22:30 (44.8%)	8:03	7.4 (54.8%)
78	OWCZARZAK Katarzyna	1016	OWCE NA WYPASIE	K30	9	02:01:55	03:42:01	03:55:54	05:48:21	07:31:42.55	07:31:49.55	+03:22:30 (44.8%)	8:03	7.4 (54.8%)
79	KUS Gregor	1038	OSOBA PRYWATNA	M50	8	01:50:01	03:22:00	03:40:40	05:40:38	07:33:00.65	07:33:26.65	+03:24:07 (45.0%)	8:05	7.4 (54.8%)
80	REINERT Aleksandra	897		K40	8	02:00:11	03:33:43	03:52:39	05:45:26	07:33:49.95	07:34:01.25	+03:24:42 (45.1%)	8:06	7.4 (54.8%)
81	PAKULSKA-TOMZA Dorota	910		K40	9	02:05:42	03:45:11	04:00:33	05:51:29	07:33:56.95	07:34:14.40	+03:24:55 (45.1%)	8:06	7.4 (54.8%)
82	PĘCZAR Aneta	933	MAD RUNNERS	K20	1	01:51:18	03:22:04	03:41:55	05:34:58	07:34:39.85	07:34:44.30	+03:25:25 (45.2%)	8:07	7.4 (54.8%)
83	TYCZYŃSKI Krzysztof	1046	AKTYWNI RAZEM	M40	27	01:50:31	03:22:09	03:41:22	05:37:26	07:34:43.45	07:34:48.65	+03:25:29 (45.2%)	8:07	7.4 (54.8%)
84	KOWALSKA Justyna	1018	MORSY OŚNO LUBUSKIE	K40	10	01:57:32	03:30:15	03:50:12	05:47:44	07:35:00.15	07:35:06.15	+03:25:47 (45.2%)	8:07	7.4 (54.8%)
85	PANDER Marek	915		M40	28	01:46:03	03:10:02	03:30:09	05:27:23	07:36:14.50	07:36:14.50	+03:26:55 (45.4%)	8:08	7.4 (54.8%)
86	KULIKOWSKI Piotr	880		M40	29	01:45:55	03:09:48	03:30:01	05:28:44	07:36:10.00	07:36:15.10	+03:26:56 (45.4%)	8:08	7.4 (54.8%)
87	JERMAK Kamil	1034		M40	30	01:54:21	03:32:15	03:48:18	05:40:08	07:36:11.05	07:36:18.15	+03:26:59 (45.4%)	8:08	7.4 (54.8%)
88	IDZIKOWSKI Piotr	1026		M40	31	01:53:50	03:17:33	03:37:23	05:34:25	07:36:50.35	07:37:01.25	+03:27:42 (45.4%)	8:09	7.4 (54.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polana				Czas netto 56km	Czas brutto 56km	Różn	Tempo min/km	Tempo km/h
						Goduszyn 17km	Czarownic 28km	Górzyniec 31km	Kopalnia 42km					
89	KOŁODZIEJ Mariusz	994	FUNTRI	M40	32	02:01:07	03:30:11	03:50:48	05:39:04	07:37:03.85	07:37:11.40	+03:27:52 (45.5%)	8:09	7.4 (54.8%)
90	KRUPA Piotr	1019	LAF_CAMPERVAN	M30	25	01:48:22	03:23:02	03:41:43	05:40:39	07:37:29.90	07:37:32.65	+03:28:13 (45.5%)	8:10	7.3 (54.1%)
91	CITKO Maciej	1055	BIEG OPOLSKI	M30	26	02:05:30	03:43:55	03:56:44	05:47:37	07:39:12.60	07:39:15.65	+03:29:56 (45.7%)	8:12	7.3 (54.1%)
92	BOCIĄGA Paweł	1056		M40	33	01:53:01	03:27:24	03:46:54	05:45:46	07:39:03.35	07:39:24.75	+03:30:05 (45.7%)	8:11	7.3 (54.1%)
93	SKRĘTEK Monika	814	BIEGAMDLAZDROWIA.PL	K50	2	02:07:36	03:44:42	03:59:59	05:50:32	07:40:33.80	07:40:41.80	+03:31:23 (45.9%)	8:13	7.3 (54.1%)
94	STASZYŃSKA Karolina	834	BIEGAJĄCE KREJZOLE	K40	11	01:57:25	03:27:51	03:48:31	05:40:33	07:41:31.20	07:41:49.00	+03:32:30 (46.0%)	8:14	7.3 (54.1%)
95	RZYHA Hubert	861	BIEGAJĄCE KREJZOLE	M30	27	01:52:30	03:25:26	03:46:55	05:40:22	07:41:34.95	07:41:49.65	+03:32:30 (46.0%)	8:14	7.3 (54.1%)
96	BŁASZKOWIAK Błażej	989		M40	34	01:49:55	03:15:07	03:35:49	05:43:58	07:41:32.50	07:41:50.55	+03:32:31 (46.0%)	8:14	7.3 (54.1%)
97	KALICZAK-SZWAJA Monika	1035		K40	12	02:01:35	03:38:47	03:53:49	05:48:24	07:42:11.75	07:42:36.50	+03:33:17 (46.1%)	8:15	7.3 (54.1%)
98	SZYMCZYK Michał	1013	DRUŻYNA CHROBREGO	M50	9	02:01:31	03:38:53	03:54:02	05:48:32	07:42:12.00	07:42:36.75	+03:33:17 (46.1%)	8:15	7.3 (54.1%)
99	KOWCZYK Łukasz	1060		M40	35	02:01:27	03:38:38	03:53:52	05:48:29	07:42:13.80	07:42:37.25	+03:33:18 (46.1%)	8:15	7.3 (54.1%)
100	MROWCA Paweł	872		M30	28	01:40:54	03:03:21	03:20:18	05:28:03	07:43:37.25	07:43:49.25	+03:34:30 (46.2%)	8:16	7.2 (53.3%)
101	PENIOWICZ Justyna	943	ASICS FRONTRUNNER POLAND	K30	10	01:46:49	03:07:02	03:24:53	05:26:29	07:43:44.10	07:43:49.65	+03:34:30 (46.2%)	8:16	7.2 (53.3%)
102	MENDELSKI Paweł	922		M30	29	01:54:10	03:26:16	03:48:26	05:51:07	07:43:26.85	07:43:53.15	+03:34:34 (46.3%)	8:16	7.3 (54.1%)
103	ŁOWICKA Maja	804	AKTYWNI RAZEM	K20	2	01:52:53	03:32:54	03:52:12	05:48:18	07:44:50.00	07:44:54.35	+03:35:35 (46.4%)	8:18	7.2 (53.3%)
104	SZCZĘŚNIAK Michał	942	NOWAKTEAM	M40	36	01:56:23	03:27:23	03:47:26	05:47:54	07:45:23.55	07:45:29.75	+03:36:10 (46.4%)	8:18	7.2 (53.3%)
105	WALCZAK Agnieszka	883	PKO BP	K40	13	02:00:28	03:41:04	03:54:09	05:50:43	07:45:48.55	07:45:58.20	+03:36:39 (46.5%)	8:19	7.2 (53.3%)
106	GMYREK Jacek	870		M40	37	02:02:50	03:43:37	03:57:12	05:49:29	07:47:57.65	07:48:14.80	+03:38:56 (46.8%)	8:21	7.2 (53.3%)
107	WINNIK Ela	871		K30	11	02:02:52	03:43:35	03:57:08	05:49:27	07:47:58.25	07:48:14.95	+03:38:56 (46.8%)	8:21	7.2 (53.3%)
108	MACIEJEWSKI Adam	929		M30	30	01:49:41	03:27:32	03:49:26	05:49:40	07:48:06.90	07:48:23.75	+03:39:04 (46.8%)	8:21	7.2 (53.3%)
109	NAPIERAŁA Katarzyna	1053		K40	14	02:08:56	03:49:23	04:08:11	06:00:58	07:48:19.30	07:48:35.90	+03:39:17 (46.8%)	8:21	7.2 (53.3%)
110	BALICKA- KOCHEL Monika	1014		K40	15	02:00:32	03:41:36	03:56:40	05:51:13	07:48:49.15	07:49:03.65	+03:39:44 (46.8%)	8:22	7.2 (53.3%)
111	RATAJCZAK Paweł	850	RATAJCZAK RUN	M40	38	02:04:43	03:43:03	03:56:51	05:53:35	07:50:39.15	07:50:45.35	+03:41:26 (47.0%)	8:24	7.1 (52.6%)
112	KMIECIK Krzysztof	957		M20	5	01:53:03	03:20:41	03:40:13	05:44:17	07:50:48.80	07:51:04.40	+03:41:45 (47.1%)	8:24	7.1 (52.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polana				Czas netto 56km	Czas brutto 56km	Różn	Tempo min/km	Tempo km/h
						Goduszyn 17km	Czarownic 28km	Górzyniec 31km	Kopalnia 42km					
113	MUCHA Adam	860	BIEGAJĄCE KREJZOLE	M50	10	01:54:03	03:42:49	04:02:44	06:00:21	07:51:27.65	07:51:46.60	+03:42:27 (47.2%)	8:25	7.1 (52.6%)
114	JANIK Krzysztof	1011	TORQ	M60	1	02:10:16	03:46:13	04:04:23	06:00:24	07:51:35.80	07:51:46.80	+03:42:28 (47.2%)	8:25	7.1 (52.6%)
115	CIENIUCH Piotr	968		M40	39	02:02:59	03:39:27	03:54:14	05:48:50	07:51:27.20	07:51:50.45	+03:42:31 (47.2%)	8:25	7.1 (52.6%)
116	MATKOWSKA Martyna	903		K30	12	02:04:32	03:42:52	03:59:25	05:56:50	07:51:30.75	07:51:54.90	+03:42:36 (47.2%)	8:25	7.1 (52.6%)
117	ZALECH Zbigniew	851	PŁOCKIE MORSY	M40	40	02:08:45	03:46:13	04:07:15	06:04:29	07:52:08.55	07:52:26.35	+03:43:07 (47.2%)	8:25	7.1 (52.6%)
118	CZECHOLIŃSKI Piotr	887	LESZNO LIMITS RUNNERS	M50	11	01:57:13	03:27:55	03:47:09	06:06:49	07:52:19.05	07:52:27.60	+03:43:08 (47.2%)	8:26	7.1 (52.6%)
119	NOWAK Filip	847		M30	31	02:06:21	03:41:52	03:55:24	05:46:47	07:56:33.05	07:56:59.95	+03:47:41 (47.7%)	8:30	7.1 (52.6%)
120	MARZEC Dominik	962		M30	32	02:01:08	03:39:30	03:52:34	06:00:05	07:58:28.35	07:58:52.40	+03:49:33 (47.9%)	8:32	7 (51.9%)
121	CHOMICZ Andrzej	1000	NADAKTYWNI NOWE MIASTECZKO	M30	33	01:59:06	03:39:39	03:55:00	05:58:16	07:59:21.45	07:59:27.25	+03:50:08 (48.0%)	8:33	7 (51.9%)
121	ROSOŁOWSKI Grzegorz	999	NADAKTYWNI	M50	12	01:59:04	03:39:23	03:56:45	05:58:22	07:59:20.50	07:59:27.25	+03:50:08 (48.0%)	8:33	7 (51.9%)
123	BERGIER Paweł	947	BIEGAMBOMUSZĘ XFIT ULTRA	M40	41	02:10:10	03:51:22	04:12:14	06:12:52	07:59:25.15	07:59:36.95	+03:50:18 (48.0%)	8:33	7 (51.9%)
124	SYGIET Andrzej	924		M40	42	02:10:59	03:51:46	04:12:14	06:12:59	07:59:28.20	07:59:37.20	+03:50:18 (48.0%)	8:33	7 (51.9%)
125	CHABROS Jacek	978	EXTREMEWOLF	M50	13	01:59:56	03:43:28	03:58:56	06:09:58	08:01:26.35	08:01:47.00	+03:52:28 (48.3%)	8:35	7 (51.9%)
126	CYRAN Tadeusz	996		M40	43	02:06:54	03:45:23	04:03:58	06:04:51	08:02:04.10	08:02:14.00	+03:52:55 (48.3%)	8:36	7 (51.9%)
127	KŁOCZKO Marcin	882		M30	34	01:50:52	03:24:43	03:44:56	06:10:17	08:03:34.75	08:03:43.00	+03:54:24 (48.5%)	8:38	6.9 (51.1%)
128	RADZIWANOWSKI Leszek	940	ULTRA GRUBI	M40	44	01:54:08	03:33:12	03:54:20	06:00:33	08:03:40.10	08:04:02.00	+03:54:43 (48.5%)	8:38	6.9 (51.1%)
129	KOZIOŁ Krzysztof	941	ULTRA GRUBI	M40	45	01:54:11	03:29:04	03:49:45	05:45:54	08:03:48.90	08:04:11.00	+03:54:52 (48.5%)	8:38	6.9 (51.1%)
130	TERETYKA Dorota	944		K40	16	02:03:01	03:46:00	04:04:56	06:09:54	08:06:16.55	08:06:33.35	+03:57:14 (48.8%)	8:41	6.9 (51.1%)
131	KLABIK Maciej	878	EL RAPIDO	M50	14	01:57:18	03:28:08	03:47:11	06:10:19	08:08:42.70	08:08:51.95	+03:59:33 (49.0%)	8:43	6.9 (51.1%)
132	KNAP Jarosław	884	BIEG Z CHRYSYUSEM	M40	46	02:15:28	03:54:08	04:13:07	06:05:12	08:10:40.00	08:10:40.00	+04:01:21 (49.2%)	8:45	6.8 (50.4%)
133	ZDROJEWSKA Magdalena	975		K40	17	02:14:30	03:55:12	04:14:19	06:11:23	08:10:58.20	08:11:18.15	+04:01:59 (49.3%)	8:46	6.8 (50.4%)
134	JĘSIEK Aleksander	1033	CIESIÓŁKA TEAM/ MARATON LESZNO	M60	2	02:06:47	03:45:58	04:04:45	06:07:34	08:11:22.00	08:11:36.15	+04:02:17 (49.3%)	8:46	6.8 (50.4%)
135	OBLICKI Bartosz	817		M30	35	01:59:49	03:30:37	03:51:23	05:55:22	08:11:27.25	08:11:47.75	+04:02:28 (49.3%)	8:46	6.8 (50.4%)
136	ROZNERSKI Łukasz	965	KB SOBÓTKA	M30	36	02:03:20	03:51:18	04:10:00	06:14:36	08:14:17.05	08:14:24.70	+04:05:05 (49.6%)	8:49	6.8 (50.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polana				Czas netto 56km	Czas brutto 56km	Różn	Tempo min/km	Tempo km/h
						Goduszyn 17km	Czarownic 28km	Górzyniec 31km	Kopalnia 42km					
137	PACZKOWSKA Katarzyna	830	BIEGAJĄCE KREJZOLE	K30	13	01:55:34	03:20:54	03:42:46	05:51:41	08:15:56.50	08:16:14.85	+04:06:56 (49.8%)	8:51	6.8 (50.4%)
138	BAKOWSKI Tomasz	893	CAMPRUN TEAM	M40	47	02:09:25	03:49:14	04:08:20	06:08:10	08:17:11.45	08:17:24.35	+04:08:05 (49.9%)	8:52	6.8 (50.4%)
139	JANOWSKI Marek	833	BIEGAJĄCE KREJZOLE	M40	48	02:10:38	03:53:00	04:11:51	06:13:29	08:19:39.00	08:19:56.75	+04:10:37 (50.1%)	8:55	6.7 (49.6%)
140	SZEJKA Katarzyna	822		K40	18	02:05:48	03:45:37	04:03:27	06:08:42	08:20:20.60	08:20:44.25	+04:11:25 (50.2%)	8:56	6.7 (49.6%)
141	NAWROCKA Aleksandra	1050	TRIO FORTIS	K40	19	02:04:47	03:45:45	04:04:03	06:09:03	08:23:00.55	08:23:07.65	+04:13:48 (50.4%)	8:58	6.7 (49.6%)
142	PAWEŁOSZEK Tomasz	1029	BIEGAM Z RADOŚCI	M40	49	02:05:04	03:49:25	04:11:55	06:16:43	08:23:21.20	08:23:32.55	+04:14:13 (50.5%)	8:59	6.7 (49.6%)
143	LEWANDOWSKI Robert	1030	BIEGAM Z RADOŚCI	M50	15	02:04:58	03:49:19	04:11:51	06:16:51	08:23:21.85	08:23:33.35	+04:14:14 (50.5%)	8:59	6.7 (49.6%)
144	GREBOWSKA Dagmara	896		K30	14	02:10:47	03:54:04	04:14:56	06:17:54	08:23:36.30	08:23:46.70	+04:14:27 (50.5%)	8:59	6.7 (49.6%)
145	HILDEBRAND Daniel	939	A MOGŁEM JEŹDZIĆ NA ROWERZE	M40	50	02:07:32	03:53:12	04:12:24	06:14:48	08:25:54.55	08:26:13.65	+04:16:54 (50.8%)	9:02	6.6 (48.9%)
146	ZIELIŃSKI Karol	894		M40	51	02:07:30	03:53:08	04:12:21	06:15:16	08:25:54.55	08:26:14.15	+04:16:55 (50.8%)	9:02	6.6 (48.9%)
147	SAMEK Aleksander	873		M40	52	02:10:23	03:53:03	04:13:27	06:21:51	08:28:24.10	08:28:32.35	+04:19:13 (51.0%)	9:04	6.6 (48.9%)
148	SYDOR Piotr	890		M40	53	02:10:08	03:51:49	04:13:29	06:21:47	08:28:23.30	08:28:32.45	+04:19:13 (51.0%)	9:04	6.6 (48.9%)
149	KRAMPICHOWSKI Paweł	836		M40	54	02:01:55	03:44:34	04:01:42	06:11:14	08:30:56.45	08:31:18.15	+04:21:59 (51.2%)	9:07	6.6 (48.9%)
150	TUŃSKI Adam	835		M40	55	02:01:52	03:44:24	04:01:44	06:11:04	08:30:55.40	08:31:18.25	+04:21:59 (51.2%)	9:07	6.6 (48.9%)
151	KMIT Marcin	813		M40	56	02:09:39	03:55:57	04:19:13	06:26:02	08:32:41.50	08:32:57.85	+04:23:39 (51.4%)	9:09	6.6 (48.9%)
152	ZDULSKI Bartosz	1044	W4 G TEAM	M50	16	02:15:58	04:06:49	04:19:47	06:27:15	08:33:15.50	08:33:35.85	+04:24:17 (51.5%)	9:09	6.5 (48.1%)
153	REK Krzysztof	959	RADLINIOKI W BIEGU	M40	57	02:13:13	04:06:44	04:21:01	06:29:11	08:33:59.75	08:34:15.50	+04:24:56 (51.5%)	9:10	6.5 (48.1%)
154	MAZEPA Tomasz	1043	TOMEK.M.SKÓRA	M40	58	02:10:23	03:55:05	04:14:39	06:23:08	08:34:37.85	08:34:53.75	+04:25:34 (51.6%)	9:11	6.5 (48.1%)
155	WÓJCIK Marek	892	WÓJCIK BIEGA TEAM	M40	59	02:10:36	03:55:09	04:14:45	06:23:12	08:34:37.85	08:34:53.80	+04:25:35 (51.6%)	9:11	6.5 (48.1%)
156	KULAS Katarzyna	960		K30	15	02:13:29	03:57:22	04:19:05	06:33:42	08:35:56.85	08:36:03.85	+04:26:45 (51.7%)	9:12	6.5 (48.1%)
157	BURLIDIS Elefterios	955		M40	60	02:11:29	03:56:02	04:17:31	06:29:59	08:36:33.55	08:36:48.10	+04:27:29 (51.8%)	9:13	6.5 (48.1%)
158	PAWLAK Sławomir	820	#PAWLAKTEAM	M40	61	02:18:08	04:08:34	04:26:54	06:32:20	08:37:55.40	08:38:04.90	+04:28:46 (51.9%)	9:14	6.5 (48.1%)
159	GRACZYK Mariusz	853	ZGZB	M40	62	02:13:44	03:56:27	04:24:46	06:30:50	08:38:56.80	08:38:56.80	+04:29:38 (52.0%)	9:16	6.5 (48.1%)
160	FANAJŁO Kasia	852	ZGZB	K30	16	02:13:43	03:56:24	04:23:15	06:30:49	08:38:51.35	08:38:57.20	+04:29:38 (52.0%)	9:15	6.5 (48.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polana				Czas netto 56km	Czas brutto 56km	Różn	Tempo min/km	Tempo km/h
						Goduszyn 17km	Czarownic 28km	Górzyniec 31km	Kopalnia 42km					
161	KUNECKI Norbert	899	KB HARCOWNIK JELCZ LASKOWICE	M40	63	02:00:24	03:44:20	04:04:04	06:13:56	08:38:36.90	08:38:59.35	+04:29:40 (52.0%)	9:15	6.5 (48.1%)
162	MORAŃSKA Małgorzata	808		K30	17	02:12:56	03:58:31	04:19:08	06:32:42	08:38:53.95	08:39:03.75	+04:29:44 (52.0%)	9:15	6.5 (48.1%)
163	MORAŃSKI Paweł	807		M30	37	02:12:58	03:58:28	04:19:05	06:32:39	08:38:54.00	08:39:04.15	+04:29:45 (52.0%)	9:15	6.5 (48.1%)
164	SKIBA Anna	1023	KB HARCOWNIK	K40	20	02:14:23	03:56:15	04:18:26	06:19:08	08:39:26.95	08:39:46.55	+04:30:27 (52.0%)	9:16	6.5 (48.1%)
165	GOŁĄB Marcin	952	SPARTA TEAM	M40	64	02:11:32	04:07:29	04:26:20	06:40:21	08:41:12.75	08:41:26.30	+04:32:07 (52.2%)	9:18	6.4 (47.4%)
166	PAŁUCKA Marta	1024	PROJEKT ULTRA	K30	18	02:13:45	04:07:00	04:22:53	06:29:39	08:41:39.30	08:41:54.95	+04:32:36 (52.2%)	9:18	6.4 (47.4%)
167	GIDASZEWSKA Jolanta	805		K40	21	02:19:16	04:08:47	04:29:32	06:39:34	08:42:44.90	08:42:59.75	+04:33:40 (52.3%)	9:20	6.4 (47.4%)
168	BAJER Karol	888		M40	65	02:11:44	04:07:58	04:28:00	06:34:18	08:43:35.85	08:43:45.75	+04:34:26 (52.4%)	9:20	6.4 (47.4%)
169	PIWKO Anna	901	ULTRASKI , -)	K40	22	02:15:12	04:06:53	04:21:28	06:29:06	08:43:44.95	08:43:54.00	+04:34:35 (52.4%)	9:21	6.4 (47.4%)
170	WARSZYCKI Artur	912		M30	38	02:15:50	03:57:44	04:20:51	06:28:58	08:44:32.30	08:44:55.00	+04:35:36 (52.5%)	9:22	6.4 (47.4%)
171	OKULICZ Anita	821	MUD FOXES	K30	19	02:13:06	04:07:39	04:22:51	06:33:47	08:45:15.30	08:45:26.20	+04:36:07 (52.6%)	9:22	6.4 (47.4%)
172	NAGORZYSKA Sylwia	921	MUD FOXES	K40	23	02:13:12	04:07:36	04:22:54	06:33:41	08:45:24.50	08:45:36.40	+04:36:17 (52.6%)	9:22	6.4 (47.4%)
173	KOZAK Lukasz	953		M30	39	02:04:01	03:51:46	04:11:59	06:31:18	08:46:51.85	08:47:08.25	+04:37:49 (52.7%)	9:24	6.4 (47.4%)
174	BIAŁCZAK Tomasz	954		M40	66	02:04:21	03:51:50	04:12:03	06:31:15	08:46:53.60	08:47:08.70	+04:37:49 (52.7%)	9:24	6.4 (47.4%)
175	KROCZYŃSKA Kinga	881		K40	24	02:17:23	04:07:52	04:26:13	06:40:55	08:49:49.15	08:50:02.50	+04:40:43 (53.0%)	9:27	6.3 (46.7%)
176	OCZKOŚ Wojciech	824	RAKIETA POZNAŃ	M40	67	02:10:53	03:55:14	04:21:54	06:43:53	08:50:09.45	08:50:23.90	+04:41:05 (53.0%)	9:28	6.3 (46.7%)
177	SZPYTMA Remigiusz	1052	ABY DO PRZODU	M30	40	02:11:38	04:06:58	04:23:18	06:39:13	08:51:52.05	08:52:13.45	+04:42:54 (53.2%)	9:29	6.3 (46.7%)
178	WRÓBEL Maciej	931	VEGERUNNERS	M30	41	02:13:39	04:07:50	04:28:27	06:40:27	08:52:03.55	08:52:15.85	+04:42:57 (53.2%)	9:30	6.3 (46.7%)
179	KAMIŃSKA Ewelina	866	BIEGAJĄCE KREJZOLE	K40	25	02:11:16	04:07:38	04:24:07	06:38:36	08:52:05.00	08:52:23.55	+04:43:04 (53.2%)	9:30	6.3 (46.7%)
180	PTAK Dawid	983	BIEGAJĄCE KREJZOLE	M40	68	02:11:10	04:07:34	04:24:10	06:38:28	08:52:04.45	08:52:24.05	+04:43:05 (53.2%)	9:30	6.3 (46.7%)
181	MIKOŁAJEWSKA Zofia	916	ORT	K30	20	02:13:44	04:06:54	04:23:24	06:35:28	08:52:14.30	08:52:25.65	+04:43:06 (53.2%)	9:30	6.3 (46.7%)
182	GIL Maciej	938	VEGE RUNNERS	M30	42	02:13:43	04:06:44	04:23:20	06:35:22	08:52:13.20	08:52:25.75	+04:43:06 (53.2%)	9:30	6.3 (46.7%)
183	PASIEKA Grzegorz	967	WYBIEGANIZM	M30	43	02:13:23	03:57:40	04:19:26	06:35:37	08:56:38.85	08:56:46.50	+04:47:27 (53.6%)	9:34	6.3 (46.7%)
184	RADOMSKI Bartosz	839		M30	44	02:13:06	04:07:52	04:29:32	06:39:25	08:58:11.85	08:58:30.80	+04:49:12 (53.7%)	9:36	6.2 (45.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polana				Czas netto 56km	Czas brutto 56km	Różn	Tempo min/km	Tempo km/h
						Goduszyn 17km	Czarownic 28km	Górzyniec 31km	Kopalnia 42km					
185	WDOWIAK Zbigniew	958	SPARTA TEAM	M40	69	02:21:28	04:14:24	04:37:59	06:48:40	09:04:03.30	09:04:18.30	+04:54:59 (54.2%)	9:42	6.2 (45.9%)
186	KOZŁOWSKI Grzegorz	840		M30	45	02:13:00	04:07:10	04:23:46	06:42:58	09:04:22.60	09:04:36.35	+04:55:17 (54.2%)	9:43	6.2 (45.9%)
187	KRAUSE Sylwia	837	RADLINIOKI W BIEGU	K40	26	02:20:04	04:10:57	04:34:34	06:47:41	09:06:10.75	09:06:26.65	+04:57:07 (54.4%)	9:45	6.2 (45.9%)
188	PRZYBYLAK Michał	1009	BIEGAJĄCE KREJZOLE	M40	70	02:10:26	04:07:06	04:21:28	06:45:37	09:08:20.00	09:08:40.85	+04:59:22 (54.6%)	9:47	6.1 (45.2%)
189	CZAJ Artur	920	VEGE RUNNERS	M30	46	02:13:54	04:09:56	04:33:10	06:48:05	09:08:53.80	09:09:18.75	+04:59:59 (54.6%)	9:48	6.1 (45.2%)
190	MAZUR Katarzyna	885	UMLAUT	K40	27	01:56:35	04:14:29	04:39:10	06:49:33	09:11:57.60	09:12:02.00	+05:02:43 (54.8%)	9:51	6.1 (45.2%)
191	ROGOWSKI Tomasz	886	UMLAUT	M30	47	02:01:37	04:14:31	04:39:18	06:49:41	09:12:02.80	09:12:02.80	+05:02:44 (54.8%)	9:51	6.1 (45.2%)
192	ANTKOWIAK Mirosław	945	BBL KROSNO ODRZAŃSKIE	M50	17	02:12:18	04:07:29	04:23:22	06:44:53	09:11:56.15	09:12:03.20	+05:02:44 (54.8%)	9:51	6.1 (45.2%)
193	SIKORSKI Cezary	913	BBL GUBIN	M50	18	02:08:17	03:56:18	04:19:20	06:44:53	09:11:58.65	09:12:03.40	+05:02:44 (54.8%)	9:51	6.1 (45.2%)
194	STOŁOWSKI Robert	928	AMICA	M40	71	02:20:10	04:17:04	04:40:45	06:59:44	09:14:05.55	09:14:30.65	+05:05:11 (55.0%)	9:53	6.1 (45.2%)
195	NOWAKOWSKI Mirosław	927		M50	19	02:17:17	04:17:01	04:40:43	06:59:39	09:14:05.45	09:14:31.00	+05:05:12 (55.0%)	9:53	6.1 (45.2%)
196	NOWAKOWSKI Rafał	1049	#BIEGIEMWLAS/BIEGAJĄCE KREJZOLE	M40	72	02:07:31	03:45:14	04:11:12	06:18:54	09:17:08.10	09:17:32.65	+05:08:13 (55.3%)	9:56	6 (44.4%)
197	ROSA Aleksander	969		M40	73	02:13:35	04:08:38	04:29:37	06:56:36	09:18:07.65	09:18:24.20	+05:09:05 (55.4%)	9:57	6 (44.4%)
198	WAKOR Pawel	985		M40	74	02:13:34	04:08:37	04:28:47	06:56:42	09:18:10.05	09:18:24.75	+05:09:05 (55.4%)	9:58	6 (44.4%)
199	GORCZYCA Jerzy	856	NIEZRZESZONY	M50	20	02:10:03	04:10:06	04:35:20	06:58:17	09:20:02.55	09:20:14.50	+05:10:55 (55.5%)	10:00	6 (44.4%)
200	KOPCZYŃSKA Marta	862	BIEGAJĄCE KREJZOLE	K30	21	02:24:33	04:20:58	04:44:56	07:04:45	09:24:12.65	09:24:35.05	+05:15:16 (55.8%)	10:04	6 (44.4%)
201	KACPRZYCKI Tomasz	907		M30	48	02:24:59	04:20:53	04:45:26	07:06:15	09:24:27.90	09:24:51.85	+05:15:33 (55.9%)	10:04	6 (44.4%)
202	WITLICKI Kacper	823	KROŚNIEŃSKIE WYDARZENIA	M20	6	02:18:00	04:08:37	04:26:43	07:01:21	09:25:51.35	09:26:01.15	+05:16:42 (56.0%)	10:06	5.9 (43.7%)
203	HAGEL Julita	831		K40	28	02:13:53	04:08:57	04:36:23	06:54:48	09:25:51.55	09:26:10.35	+05:16:51 (56.0%)	10:06	5.9 (43.7%)
204	HAŁUBEK Adam	986		M30	49	02:18:46	04:11:58	04:39:49	07:05:16	09:26:38.70	09:27:05.45	+05:17:46 (56.0%)	10:07	5.9 (43.7%)
205	BUJAK Łukasz	859	#BIEGAMBOMAMZONE	M30	50	02:18:46	04:12:02	04:40:01	07:05:26	09:27:02.35	09:27:28.80	+05:18:10 (56.1%)	10:07	5.9 (43.7%)
206	PTAK Dorota	1047		K50	3	02:27:09	04:27:27	04:51:38	07:18:06	09:28:01.00	09:28:15.70	+05:18:56 (56.1%)	10:08	5.9 (43.7%)
207	PTAK Adam	1048	PIĄTKOWO NA BIEGOWO	M50	21	02:27:12	04:27:14	04:51:18	07:18:02	09:28:01.00	09:28:16.00	+05:18:57 (56.1%)	10:08	5.9 (43.7%)
208	HUBNER Ilona	997	BLACK HAT ULTRA	K40	29	02:24:56	04:27:43	04:49:35	07:12:38	09:30:59.00	09:31:19.25	+05:22:00 (56.4%)	10:11	5.9 (43.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polana				Czas netto 56km	Czas brutto 56km	Różn	Tempo min/km	Tempo km/h
						Goduszyn 17km	Czarownic 28km	Górzyniec 31km	Kopalnia 42km					
209	SUWAJ Roman	855	ZOMBIE	M60	3	02:29:09	04:27:12	04:50:56	07:14:24	09:33:39.85	09:33:48.70	+05:24:29 (56.6%)	10:14	5.9 (43.7%)
210	NERKA Krystian	992	SPARTA ŚWIDNICA	M20	7	02:21:27	04:14:20	04:37:17	07:01:19	09:34:45.15	09:35:00.75	+05:25:41 (56.6%)	10:15	5.8 (43.0%)
211	WACHOWIAK Sebastian	827	BIEGAJĄCE KREJZOLE	M30	51	02:05:04	03:53:52	04:19:03	07:03:03	09:35:07.65	09:35:26.45	+05:26:07 (56.7%)	10:16	5.8 (43.0%)
212	MACIAS Waldemar	801		M60	4	02:30:50	04:27:12	04:51:54	07:16:28	09:38:47.75	09:39:00.50	+05:29:41 (56.9%)	10:20	5.8 (43.0%)
213	PIOTROWSKA Kamila	867		K30	22	02:21:06	04:19:54	04:43:31	07:06:40	09:39:04.95	09:39:19.00	+05:30:00 (57.0%)	10:20	5.8 (43.0%)
214	SPYCHAŁA Marek	987		M40	75	02:20:33	04:19:01	04:45:56	07:13:44	09:42:22.25	09:42:40.00	+05:33:21 (57.2%)	10:23	5.8 (43.0%)
215	PIETRZAK Agnieszka	875	BIEGAJĄCE KREJZOLE	K40	30	02:28:03	04:27:52	04:51:44	07:12:47	09:43:28.10	09:43:48.00	+05:34:29 (57.3%)	10:25	5.8 (43.0%)
216	WOJCIECHOWSKA Helena	964	NIGHT RUNNERS POZNAŃ	K40	31	02:28:42	04:27:57	04:51:50	07:13:03	09:44:18.90	09:44:30.40	+05:35:11 (57.3%)	10:26	5.8 (43.0%)
217	SMORAĞIEWICZ Marcin	803		M40	76	02:31:14	04:28:49	04:55:13	07:15:43	09:44:21.95	09:44:45.80	+05:35:27 (57.4%)	10:26	5.7 (42.2%)
Przekroczony limit czasu: 10:00:00														
218	SOWIŃSKA Anetta	977		K40	32	02:37:19	04:36:50	04:59:45	07:28:19	10:00:26.90	10:00:36.45	+05:51:17 (58.5%)	10:43	5.6 (41.5%)
219	DUDCZAK Adam	819	KOLEDZY NORBERTA	M30	52	02:38:58	04:40:25	05:06:41	07:31:45	10:12:01.90	10:12:27.60	+06:03:08 (59.3%)	10:55	5.5 (40.7%)
220	GAWLAK Barbara	877		K60	1	02:35:49	04:42:38	05:15:08	07:43:22	10:23:43.55	10:23:56.80	+06:14:38 (60.0%)	11:08	5.4 (40.0%)
221	TABIŚ-HUBKA Rafał	1058	RESHAPERUNNERS	M40	77	01:42:45	03:08:10	03:26:20	05:07:39			+01:57:24	7:19	8.2 (60.7%)
LIM	CZERNIACHOWSKA Aneta	811		K40		02:55:30	05:10:20	05:37:18	08:12:36	10:54:34.20	10:54:44.50		0:00	5.1 (37.8%)
LIM	WALKOWIAK Jacek	826	SPORT2002.PL	M50		02:55:24	05:10:17	05:37:23	08:12:22	10:54:36.35	10:54:46.15		0:00	5.1 (37.8%)
LIM	KALBARCZYK Jakub	917		M30		02:14:28								(0.0%)
	KRUPIŃSKA Andżelika	815	BIEGAJĄCE KREJZOLE	K30		01:50:08 DNF	03:18:21 DNF	03:36:53 DNF	05:35:07 DNF	DNF	DNF		-	- (0.0%)
	MATYSIAK Maciej	998	LPH	M40		01:51:32 DNF	03:20:12 DNF	03:41:06 DNF	DNF	DNF	DNF		-	- (0.0%)
	KUC Patryk	1042		M30		02:02:06 DNF	03:45:34 DNF	04:07:04 DNF	DNF	DNF	DNF		-	- (0.0%)
	CZERNIACHOWSKI Artur	812	ULTRA TEAM ZIELONA GÓRA	M40		01:54:25 DNF	03:32:43 DNF	04:12:30 DNF	DNF	DNF	DNF		-	- (0.0%)
	MALENDKA Maciej	951		M30		01:45:10 DNF	03:10:22 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 229 wynik(ów)