

Wydarzenie: UltraKotlina
Organizator: Fundacja Przejście Kotliny
Data: 2023-10-07
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	MALINA Dawid	643	DYNAFITSQUAD	M30	1	01:10:12	01:58:36	02:10:05	03:05:08	04:01:19.50	04:01:20.40		4:18	13.9 (100%)
2	GORZELAŃCZYK Jakub	627	MKS SIECHNICE	M30	2	01:12:51	02:05:01	02:17:00	03:24:15	04:29:43.40	04:29:44.35	+00:28:23 (10.5%)	4:48	12.5 (89.9%)
3	CZERNIAK Paweł	645	BLACK HAT PRO	M30	3	01:12:53	02:07:39	02:20:45	03:30:50	04:42:56.35	04:42:57.35	+00:41:36 (14.7%)	5:03	11.9 (85.6%)
4	KOREK Michał	591	MARCIN ŚWIERC TEAM	M40	1	01:23:37	02:26:14	02:40:35	03:57:17	05:11:38.40	05:11:38.40	+01:10:18 (22.6%)	5:33	10.8 (77.7%)
5	STAWIŃSKI Michał	425	NIGHT RUNNERS TARNOWO PODGÓRNE BIEGA	M30	4	01:21:32	02:24:08	02:38:38	03:58:25	05:12:00.25	05:12:01.50	+01:10:41 (22.7%)	5:34	10.8 (77.7%)
6	MIKEŠOVÁ Jana	414	SALMING CZ	K30	1	01:29:00	02:34:04	02:48:59	04:07:40	05:26:08.25	05:26:08.25	+01:24:47 (26.0%)	5:49	10.3 (74.1%)
7	JUDA Witold	672		M40	2	01:28:09	02:34:57	02:49:51	04:08:57	05:32:29.00	05:32:29.00	+01:31:08 (27.4%)	5:56	10.1 (72.7%)
8	ŚMICHURSKI Krzysztof	406	WLKP MOUNTAINS ULTRA / FIZJOTERAPIA BIEGACZA	M30	5	01:24:25	02:29:38	02:46:04	04:12:04	05:38:00.85	05:38:02.15	+01:36:41 (28.6%)	6:02	9.9 (71.2%)
9	ZAWADZKI Andrzej	561	AW SZYBCIEJ TEAM	M40	3	01:32:28	02:39:36	02:54:43	04:15:27	05:38:30.10	05:38:32.25	+01:37:11 (28.7%)	6:02	9.9 (71.2%)
10	CZERCHAWSKI Janusz	464		M50	1	01:31:09	02:40:15	02:55:34	04:22:57	05:49:09.40	05:49:11.55	+01:47:51 (30.9%)	6:14	9.6 (69.1%)
11	GRZEGORZEWSKI Wojciech	607		M30	6	01:29:43	02:37:04	02:54:32	04:20:36	05:55:10.00	05:55:11.95	+01:53:51 (32.1%)	6:20	9.5 (68.3%)
12	RYSZAWY Mikołaj	451		M20	1	01:27:32	02:31:10	02:48:53	04:19:24	05:57:59.70	05:58:01.65	+01:56:41 (32.6%)	6:23	9.4 (67.6%)
13	ŻURAWSKI Sławomir	490	BARUNOWCE/PGBSPORTOWAPACZKA	M40	4	01:35:12	02:47:31	03:04:30	04:35:26	05:59:27.55	05:59:30.00	+01:58:09 (32.9%)	6:25	9.3 (66.9%)
14	LANDYSZKOWSKI Piotr	635		M30	7	01:28:18	02:38:08	02:57:09	04:31:15	06:01:29.70	06:01:34.60	+02:00:14 (33.3%)	6:27	9.3 (66.9%)
15	TOMASIAK Adam	666	KB HARCOWNIK JELCZ-LASKOWICE	M20	2	01:31:29	02:46:32	03:05:09	04:36:47	06:01:32.90	06:01:34.75	+02:00:14 (33.3%)	6:27	9.3 (66.9%)
16	KRÓLIK Maciej	524	ODOLANOWSKA DRUŻYNA BIEGOWA	M40	5	01:35:45	02:45:03	03:02:24	04:32:31	06:01:38.90	06:01:38.90	+02:00:18 (33.3%)	6:27	9.3 (66.9%)
17	MINOROWSKI Maciej	583	K.N.N.R.	M30	8	01:33:24	02:45:41	03:01:55	04:33:15	06:01:38.55	06:01:45.00	+02:00:24 (33.3%)	6:27	9.3 (66.9%)

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					
18	WANAT Mateusz	640	PRZEDWOJEWSKI TEAM	M30	9	01:37:06	02:53:44	03:10:31	04:38:47	06:02:06.75	06:02:12.60	+02:00:52 (33.4%)	6:27	9.3 (66.9%)
19	ŁUKASIEWICZ Ewa	511	AW-SZYBCIEJ-TEAM	K50	1	01:41:18	02:55:41	03:12:36	04:40:18	06:07:47.65	06:07:47.65	+02:06:27 (34.4%)	6:34	9.1 (65.5%)
20	MASTERNAK Marta	506	KOTLAREKRUNNERS	K30	2	01:36:33	02:51:33	03:09:19	04:42:57	06:11:34.55	06:11:38.85	+02:10:18 (35.1%)	6:38	9 (64.7%)
21	KALECIŃSKI Piotr	649	PELORUNNERTEAM	M30	10	01:37:43	02:53:56	03:12:51	04:42:01	06:14:02.10	06:14:04.05	+02:12:43 (35.5%)	6:40	9 (64.7%)
22	JUSIŃSKI Robert	618	RUNPASSION.PL	M50	2	01:40:18	02:56:31	03:14:13	04:44:58	06:14:28.80	06:14:34.05	+02:13:13 (35.6%)	6:41	9 (64.7%)
23	SAJDOK Kamil	463		M30	11	01:33:03	02:49:51	03:07:55	04:45:47	06:15:56.80	06:16:09.95	+02:14:49 (35.8%)	6:42	8.9 (64.0%)
24	FLORCZAK Adam	668		M40	6	01:36:37	02:49:03	03:07:53	04:41:42	06:16:08.35	06:16:15.40	+02:14:55 (35.9%)	6:43	8.9 (64.0%)
25	KOZAK Tomasz	592		M20	3	01:33:58	02:50:11	03:06:46	04:41:56	06:16:32.40	06:16:47.70	+02:15:27 (35.9%)	6:43	8.9 (64.0%)
26	KANIA Tomasz	594	#SOBASTEAM	M40	7	01:33:08	02:49:44	03:07:53	04:47:58	06:17:54.85	06:17:54.85	+02:16:34 (36.1%)	6:44	8.9 (64.0%)
27	DZIUBAŁKA Adrian	580	EASY RUNNERS	M30	12	01:43:55	02:57:41	03:13:58	04:46:54	06:21:12.45	06:21:33.70	+02:20:13 (36.7%)	6:48	8.8 (63.3%)
28	AUGUSTYNIAK Grzegorz	629		M40	8	01:45:30	03:00:58	03:18:34	04:53:27	06:21:35.70	06:21:48.35	+02:20:27 (36.8%)	6:48	8.8 (63.3%)
29	PIWOWOŃSKI Paweł	535		M40	9	01:36:34	02:54:53	03:13:57	04:50:11	06:22:51.25	06:22:59.10	+02:21:38 (37.0%)	6:50	8.8 (63.3%)
30	MALEŃCZAK Piotr	527		M30	13	01:45:11	03:02:18	03:19:25	04:56:38	06:24:16.60	06:24:19.45	+02:22:59 (37.2%)	6:51	8.7 (62.6%)
31	ROGÓRZ Piotr	688		M40	10	01:36:31	02:53:32	03:12:20	04:57:33	06:25:35.80	06:25:35.80	+02:24:15 (37.4%)	6:53	8.7 (62.6%)
32	WINIARSKI Jarosław	593	S.C.REP ARVATO	M40	11	01:40:52	02:59:13	03:15:40	04:50:41	06:26:40.65	06:26:56.55	+02:25:36 (37.6%)	6:54	8.7 (62.6%)
33	MALINOWSKI Dawid	651	RUDY I KULAWY	M30	14	01:36:34	02:57:32	03:15:21	04:53:36	06:28:10.55	06:28:10.55	+02:26:50 (37.8%)	6:55	8.7 (62.6%)
34	GAŁĘZYKA Rafał	655	EUROVENT ATHLETICS	M40	12	01:43:35	03:03:59		04:57:14	06:28:50.05	06:28:54.55	+02:27:34 (37.9%)	6:56	8.6 (61.9%)
35	BABIŃSKA-POPIŁKA Ewelina	469		K30	3	01:44:39	03:06:15	03:23:35	05:01:42	06:30:03.70	06:30:10.35	+02:28:49 (38.1%)	6:57	8.6 (61.9%)
36	JACEWICZ Kamil	433	FITNESS PIEKARY LEGNICA	M40	13	01:36:20	02:59:08	03:17:27	04:57:54	06:30:59.10	06:31:02.55	+02:29:42 (38.3%)	6:58	8.6 (61.9%)
37	KOZŁOWSKI Leszek	600	LESZ NO LIMITS RUNNERS	M50	3	01:40:12	03:00:47	03:19:19	04:58:32	06:31:43.25	06:31:46.45	+02:30:26 (38.4%)	6:59	8.6 (61.9%)
38	CZERNIAK Wioleta	684	CZERNIAK TEAM	K30	4	01:48:11	03:06:30	03:23:43	04:58:15	06:31:50.00	06:31:54.35	+02:30:33 (38.4%)	6:59	8.6 (61.9%)
39	SOBKIEWICZ Janusz	552	OBORYGENI	M40	14	01:32:09	02:53:00	03:14:54	05:02:08	06:32:31.05	06:32:36.00	+02:31:15 (38.5%)	7:00	8.6 (61.9%)
40	ŻOŁDAK Magdalena	480	#BIEGIEMWLAS/ADIDAS RUNNERS POZNAŃ	K40	1	01:48:28	03:08:36	03:26:32	05:03:21	06:32:34.20	06:32:40.95	+02:31:20 (38.5%)	7:00	8.6 (61.9%)
41	MATUSZEWSKI Marek	575	POWIAT ŚREMSKI - RUNNER'S POWER	M50	4	01:47:41	03:07:47	03:24:37	05:01:22	06:35:27.40	06:35:29.35	+02:34:08 (39.0%)	7:03	8.5 (61.2%)
42	KRUSZEWSKI Filip	416		M30	15	01:46:54	03:09:06	03:26:41	05:06:48	06:35:46.95	06:35:46.95	+02:34:26 (39.0%)	7:04	8.5 (61.2%)

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						Goduszyn 17km	Czarownic 28km	Górzyniec 31km	Kopalnia 42km					
43	MISZCZAK Piotr	642		M30	16	01:39:21	02:59:00	03:16:55	05:02:01	06:38:02.75	06:38:02.75	+02:36:42 (39.4%)	7:06	8.4 (60.4%)
44	LASEK Mikołaj	650	PAN WUEFISTA	M30	17	01:44:08	03:04:24	03:22:01	05:02:36	06:38:38.05	06:38:39.90	+02:37:19 (39.5%)	7:07	8.4 (60.4%)
45	PAWLIŃSKI Adam	468	PRO-RUN WROCŁAW	M40	15	01:40:17	02:58:17	03:14:58	05:01:29	06:41:14.50	06:41:27.85	+02:40:07 (39.9%)	7:09	8.4 (60.4%)
46	SKORUPA Adam	677		M30	18	01:39:48	03:02:06	03:19:09	05:05:04	06:43:13.85	06:43:13.85	+02:41:53 (40.1%)	7:12	8.3 (59.7%)
47	KORYTKOWSKI Jakub	584		M20	4	01:45:37	03:07:31	03:26:04	05:06:36	06:44:15.85	06:44:18.30	+02:42:57 (40.3%)	7:13	8.3 (59.7%)
48	FICYGOWSKI Mariusz	631		M40	16	01:44:08	03:02:14	03:21:26	05:07:29	06:45:29.10	06:45:32.50	+02:44:12 (40.5%)	7:14	8.3 (59.7%)
49	CEBULSKI Łukasz	574	CEBULA TEAM	M30	19	01:44:11	03:03:35	03:21:40	05:03:04	06:47:28.50	06:47:41.05	+02:46:20 (40.8%)	7:16	8.2 (59.0%)
50	SKORUPIŃSKA Renata	686	SOKÓŁ WŁOSZAKOWICE	K40	2	01:54:02	03:15:39	03:33:13	05:12:47	06:48:07.45	06:48:29.80	+02:47:09 (40.9%)	7:17	8.2 (59.0%)
51	KARPOWICZ Rafał	670		M40	17	01:42:44	03:02:14	03:20:32	05:03:00	06:48:21.65	06:48:32.05	+02:47:11 (40.9%)	7:17	8.2 (59.0%)
52	LISIAKIEWICZ Bartosz	687		M40	18	01:50:58	03:18:02	03:35:41	05:15:03	06:48:51.25	06:48:51.25	+02:47:30 (41.0%)	7:18	8.2 (59.0%)
53	MARCINIAK Daria	676	JEDZ I TRENUJ ŚWIEBODZIN	K30	5	01:48:02	03:17:25	03:35:50	05:18:11	06:48:56.65	06:49:02.65	+02:47:42 (41.0%)	7:18	8.2 (59.0%)
54	ZAMBRZYCKI Maciej	616	RESHAPE RUNNERS	M40	19	01:43:02	03:06:27	03:23:53	05:07:29	06:49:32.75	06:49:32.75	+02:48:12 (41.1%)	7:18	8.2 (59.0%)
55	ROTHER Marek	659		M50	5	01:48:30	03:09:42	03:29:11	05:14:13	06:51:10.90	06:51:10.90	+02:49:50 (41.3%)	7:20	8.2 (59.0%)
56	JAREMA Maciej	484	LOKOMOTIV MAJDAN	M40	20	01:43:29	03:03:17	03:21:33	05:05:01	06:52:31.40	06:52:38.15	+02:51:17 (41.5%)	7:21	8.1 (58.3%)
57	RESPONDEK Anna	401		K40	3	01:46:54	03:11:54	03:30:14	05:17:53	06:52:30.50	06:52:44.45	+02:51:24 (41.5%)	7:21	8.1 (58.3%)
58	OKIENCZUK Radek	682	FIZJOBIEGACZE SZCZECIN	M40	21	01:45:10	03:09:20	03:28:49	05:11:20	06:52:39.75	06:52:47.90	+02:51:27 (41.5%)	7:22	8.1 (58.3%)
59	WIKLIŃSKA Iga	571		K20	1	01:50:49	03:17:07		05:18:33	06:52:40.80	06:52:51.95	+02:51:31 (41.5%)	7:22	8.1 (58.3%)
60	CHRAPLEWSKA Karolina	620	WLKP MOUNTAINS ULTRA / PRO366	K40	4	01:48:38	03:12:47	03:30:07	05:16:30	06:53:38.90	06:53:41.95	+02:52:21 (41.7%)	7:23	8.1 (58.3%)
61	KACZMAREK Maciej	579	WLKP MOUNTAINS ULTRA	M30	20	01:48:40	03:12:56	03:30:09	05:16:26	06:53:42.10	06:53:45.60	+02:52:25 (41.7%)	7:23	8.1 (58.3%)
62	FRANCOIS Cyril	554		M30	21	01:49:52	03:15:27	03:35:02	05:13:59	06:54:30.45	06:54:35.10	+02:53:14 (41.8%)	7:24	8.1 (58.3%)
63	TREMPOLEC Natalia	556		K30	6	01:49:57	03:15:21	03:35:05	05:14:04	06:54:31.45	06:54:35.15	+02:53:14 (41.8%)	7:24	8.1 (58.3%)
64	KACZMARCZYK Piotr	663	SOLPARK KLESZCZÓW	M40	22	01:51:15	03:20:26	03:39:19	05:22:19	06:56:56.50	06:57:06.80	+02:55:46 (42.1%)	7:26	8.1 (58.3%)
65	SZADKOWSKI Denis	537		M30	22	01:41:22	03:03:31	03:23:25	05:14:57	06:57:27.55	06:57:30.20	+02:56:09 (42.2%)	7:27	8 (57.6%)
66	GREŃ Maria	550	MITSUBISHI MATERIALS MTB TEAM	K30	7	01:50:48	03:22:45	03:42:23	05:22:43	06:59:36.60	06:59:46.85	+02:58:26 (42.5%)	7:29	8 (57.6%)
67	POLIWKA Mariusz	441	FITNES PIEKARY LEGNICA	M50	6	01:49:24	03:15:28	03:35:16	05:18:50	06:59:48.50	06:59:48.50	+02:58:28 (42.5%)	7:29	8 (57.6%)

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						Goduszyn 17km	Czarownic 28km	Górzyniec 31km	Kopalnia 42km					
68	BACHURSKI Tomasz	528	AW SZYBCIEJ/KB HARCOWNIK	M40	23	01:46:13	03:14:54	03:34:36	05:25:35	07:01:20.00	07:01:47.75	+03:00:27 (42.8%)	7:31	8 (57.6%)
69	MENDELSKI Paweł	496		M30	23	01:50:10	03:21:21	03:41:39	05:26:57	07:02:12.40	07:02:12.40	+03:00:52 (42.8%)	7:32	8 (57.6%)
70	ŚNIEŻKO Marcin	664	TKKF KOSZALIN	M40	24	01:43:12	03:13:11	03:34:38	05:29:23	07:02:20.75	07:02:20.75	+03:01:00 (42.9%)	7:32	8 (57.6%)
71	SZPOR-SŁAWATECKA Agnieszka	481		K40	5	01:51:15	03:20:58	03:39:20	05:22:43	07:02:25.00	07:02:32.65	+03:01:12 (42.9%)	7:32	8 (57.6%)
72	KOCIMSKA Katarzyna	656		K40	6	01:56:53	03:27:41	03:46:46	05:25:32	07:02:32.65	07:02:36.70	+03:01:16 (42.9%)	7:32	8 (57.6%)
73	KRAKOWIAK Rafał	639	KRAKOWIAK ULTRA TEAM	M30	24	01:47:03	03:14:22	03:34:07	05:19:13	07:02:53.35	07:03:02.55	+03:01:42 (43.0%)	7:33	7.9 (56.8%)
74	GĄSZCZAK Mariusz	564	SPARTA ULTRA TEAM	M40	25	01:40:09	03:03:28	03:25:17	05:17:05	07:03:39.45	07:03:40.75	+03:02:20 (43.0%)	7:33	7.9 (56.8%)
75	CIEŚLIK Mateusz	630	OBORNICKI KLUB LEKKOATLETYCZNY	M20	5	01:40:16	03:04:57	03:26:23	05:18:43	07:03:48.00	07:03:58.90	+03:02:38 (43.1%)	7:34	7.9 (56.8%)
76	ZBOROWSKI Marcin	675	ULTRA DIABŁY TEAM LUBRZA	M30	25	01:47:34	03:17:28	03:35:39	05:19:37	07:04:34.55	07:04:34.55	+03:03:14 (43.2%)	7:34	7.9 (56.8%)
77	JĘDRZEJCZAK Wojciech	595		M50	7	01:47:28	03:11:51	03:30:36	05:18:52	07:07:12.55	07:07:21.75	+03:06:01 (43.5%)	7:37	7.9 (56.8%)
78	BONECKA Renata	436	FITNESS PIEKARY LEGNICA	K40	7	01:52:28	03:23:48	03:42:28	05:28:43	07:10:13.95	07:10:13.95	+03:08:53 (43.9%)	7:40	7.8 (56.1%)
79	JUNIK Łukasz	404	MOCNA GRUPA CEZARA	M30	26	01:41:59	03:05:18	03:24:45	05:16:42	07:10:23.35	07:10:29.80	+03:09:09 (43.9%)	7:41	7.8 (56.1%)
80	GEZELA Robert	671	EUFORIA BIEGACZA TEAM	M40	26	01:49:43	03:17:25		05:29:13	07:10:43.55	07:10:43.55	+03:09:23 (44.0%)	7:41	7.8 (56.1%)
81	KURINNYI Bohdan	654	SPARTANIE DZIECIOM	M30	27	01:52:42	03:24:18	03:42:19	05:30:06	07:10:45.65	07:11:11.05	+03:09:50 (44.0%)	7:41	7.8 (56.1%)
82	SKIBA Ania	541		K20	2	01:40:49	03:01:50	03:19:03	05:27:17	07:11:32.05	07:11:43.05	+03:10:22 (44.1%)	7:42	7.8 (56.1%)
83	ROLICZ Marcin	653		M40	27	01:40:35	03:02:10	03:20:31	05:14:56	07:11:49.15	07:11:49.15	+03:10:28 (44.1%)	7:42	7.8 (56.1%)
84	DURMAJ Bartek	479		M30	28	01:59:38	03:29:24	03:48:03	05:30:04	07:11:48.05	07:11:56.95	+03:10:36 (44.1%)	7:42	7.8 (56.1%)
84	SHUST Krystsina	478		K30	8	01:59:33	03:29:42	03:55:32	05:30:09	07:11:47.75	07:11:56.95	+03:10:36 (44.1%)	7:42	7.8 (56.1%)
86	UMÓW Piotr	431	FITNESS PIEKARY LEGNICA	M30	29	01:45:17	03:14:08	03:34:15	05:29:43	07:12:07.95	07:12:13.35	+03:10:52 (44.2%)	7:42	7.8 (56.1%)
87	KOZŁOWSKA Iwona	569	LESZ NO LIMITS RUNNERS	K50	2	01:53:52	03:27:38	03:46:56	05:34:44	07:12:45.50	07:12:48.25	+03:11:27 (44.2%)	7:43	7.8 (56.1%)
88	SYCHOWSKI Dawid	424		M30	30	01:48:39	03:16:12	03:35:57	05:28:25	07:13:14.30	07:13:24.55	+03:12:04 (44.3%)	7:44	7.8 (56.1%)
89	KOSSOWICZ Krzysztof	678		M50	8	01:49:09	03:24:42	03:43:05	05:29:57	07:13:35.60	07:13:42.40	+03:12:22 (44.4%)	7:44	7.7 (55.4%)
90	MILEWICZ Marek	544		M40	28	01:51:08	03:22:47	03:42:20	05:38:48	07:14:02.95	07:14:02.95	+03:12:42 (44.4%)	7:45	7.7 (55.4%)
91	WESOŁOWSKA Kinga	504	#55TEAM/ ASICSFRONTRUNNERPOLAND	K20	3	01:49:16	03:20:11	03:39:52	05:30:02	07:15:20.05	07:15:39.50	+03:14:19 (44.6%)	7:46	7.7 (55.4%)
92	KLAMA Maciej	581	KKM	M40	29	01:50:20	03:21:55	03:40:45	05:29:34	07:15:32.80	07:15:43.85	+03:14:23 (44.6%)	7:46	7.7 (55.4%)

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					
93	PALCZYŃSKI Krzysztof	508		M30	31	01:50:16	03:23:59	03:42:18	05:29:56	07:15:50.05	07:16:01.15	+03:14:40 (44.6%)	7:46	7.7 (55.4%)
94	WIŚNIEWSKI Adam	585		M30	32	01:48:41	03:16:58	03:37:25	05:36:42	07:17:37.55	07:17:52.10	+03:16:31 (44.9%)	7:48	7.7 (55.4%)
95	SZELIGA Jacek	470		M40	30	01:44:51	03:11:27	03:31:48	05:29:11	07:18:31.90	07:18:36.85	+03:17:16 (45.0%)	7:49	7.7 (55.4%)
96	SZYMCZYK Michał	660	DRUŻYNA CHROBREGO	M50	9	01:55:39	03:24:14	03:43:24	05:35:01	07:19:07.95	07:19:07.95	+03:17:47 (45.0%)	7:50	7.7 (55.4%)
97	SZARADOWSKI Piotr	494	AW-SZYBCIEJ-TEAM	M50	10	01:52:57	03:24:32	03:45:43	05:38:54	07:20:15.75	07:20:21.55	+03:19:01 (45.2%)	7:51	7.6 (54.7%)
98	KOWALSKA Justyna	611	MORSY OŚNO LUBUSKIE	K40	8	01:57:07	03:32:40	03:52:02	05:39:42	07:20:35.00	07:20:37.90	+03:19:17 (45.2%)	7:52	7.6 (54.7%)
99	DREWNIAK Mariusz	477		M40	31	01:51:59	03:19:46	03:39:56	05:32:23	07:20:55.75	07:21:10.65	+03:19:50 (45.3%)	7:52	7.6 (54.7%)
100	ŁUGOWSKI Marek	522	UTM..B	M40	32	01:52:45	03:27:20	03:47:44	05:38:39	07:21:36.30	07:21:49.75	+03:20:29 (45.4%)	7:53	7.6 (54.7%)
101	NALEPA Szymon	473	RUNNINGPERFORMANCE.PL	M30	33	01:47:05	03:14:58	03:34:54	05:29:24	07:22:17.85	07:22:37.60	+03:21:17 (45.5%)	7:53	7.6 (54.7%)
102	MADEJ Anna	531	VEGE RUNNERS	K40	9	01:58:10	03:31:14	03:47:36	05:38:25	07:23:36.00	07:23:54.80	+03:22:34 (45.6%)	7:55	7.6 (54.7%)
103	STĘPIEŃ Kamil	400	PIMPUŚ SADEŁKO	M30	34	01:59:20	03:33:22	03:51:16	05:36:18	07:24:18.15	07:24:26.25	+03:23:05 (45.7%)	7:56	7.6 (54.7%)
104	MICHALAK Lesław	513	N-BIKE	M40	33	01:59:28	03:32:06	03:49:25	05:39:31	07:24:17.70	07:24:37.65	+03:23:17 (45.7%)	7:56	7.6 (54.7%)
105	CHILIMONIUK Mariusz	439		M40	34	01:59:34	03:33:22	03:51:52	05:39:36	07:24:59.25	07:25:22.80	+03:24:02 (45.8%)	7:56	7.6 (54.7%)
106	PATROŃSKA Magdalena	471	ŻARŁOKI	K30	9	01:55:19	03:32:07	03:50:53	05:42:46	07:25:12.85	07:25:24.70	+03:24:04 (45.8%)	7:57	7.5 (54.0%)
107	SZACHEWICZ Sławomir	679	NOA	M40	35	01:47:14	03:15:09	03:37:18	05:29:23	07:25:28.45	07:25:34.05	+03:24:13 (45.8%)	7:57	7.5 (54.0%)
108	NEDZA Mikołaj	632	LESZNOLIMITSRUN	M40	36	01:47:07	03:16:51	03:38:00	05:29:35	07:25:34.40	07:25:38.15	+03:24:17 (45.8%)	7:57	7.5 (54.0%)
109	WATALA Krzysztof	626	SZYBCIEJ	M50	11	02:00:11	03:32:39	03:51:49	05:43:36	07:27:25.00	07:27:25.00	+03:26:04 (46.1%)	7:59	7.5 (54.0%)
110	KNASIAK Adam	543		M40	37	01:52:22	03:22:47	03:43:26	05:41:20	07:28:31.95	07:28:43.90	+03:27:23 (46.2%)	8:00	7.5 (54.0%)
111	JĘDRYCHOWSKI Bartłomiej	587	WEMECOTEAM	M40	38	01:50:46	03:33:47	03:54:07	05:44:19	07:29:32.90	07:29:50.05	+03:28:29 (46.3%)	8:01	7.5 (54.0%)
112	BORECKI Dariusz	601	KILOMETRY POMOCY	M30	35	01:48:48	03:21:01	03:41:51	05:39:27	07:29:54.40	07:30:06.65	+03:28:46 (46.4%)	8:02	7.5 (54.0%)
113	KORNOWICZ Majka	532	MISTRZOWSKI TRENING	K20	4	01:59:37	03:36:17	03:56:18	05:47:49	07:31:02.10	07:31:20.60	+03:30:00 (46.5%)	8:03	7.4 (53.2%)
114	SZPITER Tomasz	588	OLAWS ZŁOTORYJA	M50	12	01:46:56	03:19:05	03:39:24	05:38:08	07:31:37.15	07:31:37.15	+03:30:16 (46.6%)	8:03	7.4 (53.2%)
115	BOHAREWICZ Paweł	403	BOHAR PALETY TRANSPORT	M40	39	01:53:17	03:17:47	03:36:50	05:29:37	07:31:24.70	07:31:44.90	+03:30:24 (46.6%)	8:03	7.4 (53.2%)
116	WOŹNIAK Rafał	426	PCC ULTRA RUNNERS	M40	40	01:59:32	03:31:39	03:58:02	05:49:14	07:32:37.35	07:32:59.20	+03:31:38 (46.7%)	8:04	7.4 (53.2%)
117	CHRZUSZCZ Anna	623	GÓRAL Z MAZUR RUNNING TEAM	K30	10	01:57:48	03:34:29	03:55:44	05:48:25	07:33:14.45	07:33:32.80	+03:32:12 (46.8%)	8:05	7.4 (53.2%)

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					
118	WARACHOWSKI Stefan	622		M40	41	01:57:59	03:34:37	03:55:59	05:48:42	07:33:28.25	07:33:42.35	+03:32:21 (46.8%)	8:05	7.4 (53.2%)
119	PYSZ Daniel	615		M20	6	01:47:08	03:23:45	03:44:57	05:36:03	07:34:26.75	07:34:32.90	+03:33:12 (46.9%)	8:06	7.4 (53.2%)
120	KRYSZTOFOWICZ Dominika	553		K30	11	01:56:00	03:31:48	03:48:18	05:43:31	07:42:34.75	07:42:34.75	+03:41:14 (47.8%)	8:15	7.3 (52.5%)
121	KOPYŚCIAŃSKI Aleksander	430	FITNESS PIEKARY LEGNICA	M40	42	01:56:33	03:34:17	03:54:42	05:47:42	07:42:47.80	07:42:47.80	+03:41:27 (47.9%)	8:15	7.3 (52.5%)
122	FORNAL Krzysztof	669		M50	13	01:55:25	03:32:38	03:52:13	05:54:59	07:42:57.15	07:43:13.40	+03:41:53 (47.9%)	8:16	7.3 (52.5%)
123	WINKEL Daniel	475		M30	36	02:00:47	03:31:44	03:47:58	05:45:34	07:43:17.50	07:43:38.65	+03:42:18 (47.9%)	8:16	7.3 (52.5%)
124	CITKO Maciej	548	BIEG OPOLSKI TEAM	M30	37	01:57:40	03:27:05	03:47:07	05:54:18	07:43:59.80	07:43:59.80	+03:42:39 (48.0%)	8:17	7.2 (51.8%)
125	SURDACKI Piotr	590		M40	43	02:01:06	03:41:35	04:01:50	05:58:27	07:44:01.85	07:44:14.85	+03:42:54 (48.0%)	8:17	7.2 (51.8%)
126	DUDEK Mariusz	603		M40	44	01:54:45	03:31:45	03:51:05		07:44:03.65	07:44:27.50	+03:43:07 (48.0%)	8:17	7.2 (51.8%)
127	HAŁDRZYŃSKI Rafał	438	FITNESS PIEKARY LEGNICA	M40	45	01:55:01	03:32:35	03:50:57	05:52:04	07:44:33.45	07:44:33.45	+03:43:13 (48.0%)	8:17	7.2 (51.8%)
128	PYZARA Paweł	534	#PROSPEO	M40	46	01:58:58	03:31:34	03:49:10	05:42:55	07:44:54.40	07:45:11.90	+03:43:51 (48.1%)	8:18	7.2 (51.8%)
129	VESELÝ Pavel	685	HSK HORNÍ ROKYTNICE	M50	14	01:41:25	03:04:33	03:25:29	05:20:56	07:45:27.55	07:45:30.95	+03:44:10 (48.2%)	8:18	7.2 (51.8%)
130	KLECZKOWSKI Jakub	529		M30	38	01:51:17	03:21:17	03:43:03	05:50:07	07:48:07.95	07:48:07.95	+03:46:47 (48.4%)	8:21	7.2 (51.8%)
131	TORZEWSKI Przemysław	619		M30	39	01:57:39	03:26:46	03:46:32	05:56:38	07:49:57.20	07:50:19.60	+03:48:59 (48.7%)	8:23	7.1 (51.1%)
132	RYCHLIK Tomasz	437	FITNESS PIEKARY LEGNICA	M30	40	01:55:00	03:32:41	03:52:42	05:52:00	07:51:33.70	07:51:39.50	+03:50:19 (48.8%)	8:25	7.1 (51.1%)
133	MILEWICZ Amadeusz	586		M20	7	01:48:52	03:21:50	03:47:10		07:53:13.80	07:53:28.65	+03:52:08 (49.0%)	8:27	7.1 (51.1%)
134	SCHWARZ Marek	636	PRO366	M30	41	01:57:25	03:46:34	04:07:29	06:02:53	07:53:36.30	07:53:36.30	+03:52:15 (49.0%)	8:27	7.1 (51.1%)
135	LEDNICKI Michał	634	ARVATO S.C. REP	M40	47	02:00:48	03:42:00	04:01:55	06:00:26	07:53:26.50	07:53:43.95	+03:52:23 (49.1%)	8:27	7.1 (51.1%)
136	MATUSIEWICZ Krystyna	435	FITNESS PIEKARY LEGNICA	K40	10	02:06:51	03:42:46	04:05:35	06:00:52	07:54:12.45	07:54:12.45	+03:52:52 (49.1%)	8:28	7.1 (51.1%)
137	LUBELCZYK Grzegorz	474	SPELEOCLUB WROCŁAW	M50	15	02:00:20	03:45:00	04:06:41	05:58:10	07:53:47.60	07:54:13.60	+03:52:53 (49.1%)	8:27	7.1 (51.1%)
138	DZIERŻANOWSKI Łukasz	456	RUNNINGLATE	M40	48	01:59:22	03:42:08	04:02:36	06:03:50	07:54:41.45	07:54:41.45	+03:53:21 (49.2%)	8:28	7.1 (51.1%)
139	DZIERŻANOWSKA Kasia	457	RUNNINGLATE	K40	11	01:58:24	03:42:13	04:02:38	06:03:46	07:54:41.70	07:54:41.70	+03:53:21 (49.2%)	8:28	7.1 (51.1%)
140	DEC Mirosław	667		M40	49	02:05:15	03:42:15	04:02:46	06:00:36	07:54:28.05	07:54:50.45	+03:53:30 (49.2%)	8:28	7.1 (51.1%)
141	SAMOLAK Maciek	428	NSK RUNS	M40	50	01:54:19	03:31:35	03:48:20	06:00:58	07:54:52.80	07:55:01.05	+03:53:40 (49.2%)	8:28	7.1 (51.1%)
142	KUROWSKI Aleksander	415		M40	51	01:54:55	03:32:52	03:52:40	06:01:11	07:55:01.15	07:55:01.15	+03:53:40 (49.2%)	8:28	7.1 (51.1%)

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					
143	FLEURY Julien	609		M20	8	01:42:16	03:09:14	03:33:53	05:40:50	07:55:59.10	07:55:59.10	+03:54:38 (49.3%)	8:29	7.1 (51.1%)
144	KOWALCZYK Krzysztof	559	BUNZLAU RUNNING TEAM	M30	42	01:47:23	03:21:24	03:42:04	05:41:31	07:56:35.30	07:56:40.35	+03:55:19 (49.4%)	8:30	7.1 (51.1%)
145	KUS Gregor	538		M50	16	01:48:24	03:24:41	03:48:33	05:56:41	07:57:12.45	07:57:12.45	+03:55:52 (49.4%)	8:31	7 (50.4%)
146	KOWAL Ireneusz	421		M40	52	02:05:11	03:53:00	04:13:02	06:08:19	07:57:04.80	07:57:25.65	+03:56:05 (49.4%)	8:31	7 (50.4%)
147	ZIELIŃSKI Karol	562		M40	53	01:56:53	03:36:35	03:56:17	05:56:55	07:57:39.95	07:57:49.45	+03:56:29 (49.5%)	8:31	7 (50.4%)
148	CIEŚLIK Damian	566	ETUTOR	M30	43	01:50:39	03:31:38	03:48:42	06:11:10	07:58:14.35	07:58:14.35	+03:56:53 (49.5%)	8:32	7 (50.4%)
149	BOBORYCKI Rafał	613	MOCNA GRUPA CEZARA	M40	54	02:01:19	03:38:33	03:57:52	05:59:55	07:58:54.35	07:59:11.40	+03:57:51 (49.6%)	8:33	7 (50.4%)
150	POPCZYK Ewelina	555	HEALTHY BODY ŻELAZNY&ŻELAZNY	K40	12	02:09:32	03:51:02	04:10:35	06:06:18	07:59:05.35	07:59:17.20	+03:57:56 (49.6%)	8:33	7 (50.4%)
151	HILDEBRAND Daniel	526		M40	55	01:56:59	03:36:33	03:56:25	05:57:00	07:59:20.55	07:59:29.15	+03:58:08 (49.7%)	8:33	7 (50.4%)
152	LISIK Wojciech	482	KS WINO	M40	56	01:52:31	03:34:39	03:58:40	06:04:50	08:01:01.30	08:01:06.95	+03:59:46 (49.8%)	8:35	7 (50.4%)
153	KUJAWA Sebastian	467	NOWAK RUN	M40	57	02:09:31	03:48:06	04:09:51	06:06:10	08:00:56.05	08:01:19.80	+03:59:59 (49.9%)	8:35	7 (50.4%)
154	CHUDY Tobiasz	605	RUN TEAM RYDZYNA	M30	44	02:00:27	03:39:53	04:00:20	06:01:12	08:02:43.80	08:02:54.25	+04:01:33 (50.0%)	8:37	7 (50.4%)
155	CHUDY Ariel	606	RUN TEAM RYDZYNA	M40	58	02:00:31	03:39:43	04:00:21	06:01:15	08:02:43.90	08:02:54.45	+04:01:34 (50.0%)	8:37	7 (50.4%)
156	MAJKA Dariusz	542	BIEGACZE ŚWINOUJŚCIE	M40	59	01:55:41	03:33:06	03:54:29	06:00:35	08:03:34.75	08:03:39.05	+04:02:18 (50.1%)	8:38	6.9 (49.6%)
157	NIŻEWSKI Paweł	638	KRAKOWIAK ULTRA TEAM	M40	60	01:57:22	03:36:42	04:00:03	06:01:55	08:05:29.75	08:05:40.00	+04:04:19 (50.3%)	8:40	6.9 (49.6%)
158	POCZTA Jacek	442		M40	61	01:57:59	03:43:22	04:04:32	06:02:47	08:06:47.35	08:07:04.80	+04:05:44 (50.5%)	8:41	6.9 (49.6%)
159	PAWLIK Katarzyna	652		K40	13	02:00:57	03:43:00	04:03:54	06:05:37	08:06:58.75	08:07:16.80	+04:05:56 (50.5%)	8:41	6.9 (49.6%)
160	KNAP Tomasz	489		M40	62		03:31:49	03:50:39	05:55:37	08:07:55.95	08:08:03.10	+04:06:42 (50.6%)	8:42	6.9 (49.6%)
161	KURCZ Magdalena	485		K30	12	01:51:03	03:32:05	03:50:41	05:56:08	08:07:56.95	08:08:04.00	+04:06:43 (50.6%)	8:42	6.9 (49.6%)
162	WOŹNIAK Sebastian	445		M40	63	02:00:09	03:43:26	04:04:33	06:03:54	08:08:20.80	08:08:20.80	+04:07:00 (50.6%)	8:43	6.9 (49.6%)
163	DIERING Tomasz	525	ROWERY MAŁGOŚKA	M30	45	02:00:55	03:42:58	04:04:24	06:12:12	08:12:13.00	08:12:28.30	+04:11:07 (51.0%)	8:47	6.8 (48.9%)
164	SZCZYGIELSKI Radosław	604		M30	46	01:59:51	03:44:07	04:05:25	06:10:34	08:13:51.40	08:14:03.65	+04:12:43 (51.2%)	8:49	6.8 (48.9%)
165	GIERASIMOWICZ Szymon	680	FIZJOBIEGACZE SZCZECIN	M40	64	01:52:43	03:36:14	04:00:12	06:06:31	08:14:47.85	08:14:57.10	+04:13:36 (51.2%)	8:50	6.8 (48.9%)
166	RABIEJ Kazimierz	452	ROZBIEGANI CHOJNÓW	M60+	1	02:07:36	03:53:23	04:16:30	06:18:32	08:15:41.15	08:15:53.45	+04:14:33 (51.3%)	8:51	6.8 (48.9%)
167	SZYMAŃSKI Łukasz	546		M30	47	02:00:03	03:36:11	03:58:55	06:04:33	08:17:36.80	08:17:41.30	+04:16:20 (51.5%)	8:53	6.8 (48.9%)

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					
168	ŚLUSARCZYK Piotr	493	ŁUTUTUTU	M40	65	02:06:27	03:51:28	04:14:49	06:16:38	08:19:24.15	08:19:49.35	+04:18:28 (51.7%)	8:55	6.7 (48.2%)
169	FALKOWSKI Bartosz	637		M40	66	02:02:20	03:49:14	04:13:54	06:15:36	08:22:18.40	08:22:22.40	+04:21:02 (52.0%)	8:58	6.7 (48.2%)
170	GRZEGORCZYK Wojciech	576	KONDYCJA	M50	17	02:08:22	03:52:10	04:15:10	06:21:46	08:27:20.15	08:27:37.30	+04:26:16 (52.5%)	9:03	6.6 (47.5%)
171	ORNATOWSKI Adam	460	RUN_MAJSTER	M30	48	01:58:01	03:53:22	04:12:55	06:34:55	08:30:08.30	08:30:26.55	+04:29:06 (52.7%)	9:06	6.6 (47.5%)
172	GARUS Rafał	472		M30	49	02:00:07	03:45:29	04:08:58	06:24:28	08:30:30.60	08:30:55.85	+04:29:35 (52.8%)	9:06	6.6 (47.5%)
173	KUBICKI Robert	624		M50	18	02:05:24	03:52:55	04:16:25	06:24:52	08:30:41.55	08:31:12.45	+04:29:52 (52.8%)	9:07	6.6 (47.5%)
174	PYZIK Tomasz	648	DRUŻYNA MOJACUKRZYCA.PL	M40	67	02:07:29	03:48:57	04:12:31	06:21:35	08:33:40.45	08:33:53.30	+04:32:32 (53.0%)	9:10	6.5 (46.8%)
175	DOMAGAŁA Andrzej	465	TEAM BIEG PIASTÓW	M50	19	02:04:01	03:46:51	04:16:48	06:24:41	08:34:00.45	08:34:16.45	+04:32:56 (53.1%)	9:10	6.5 (46.8%)
176	PTAK Dorota	661		K50	3	02:11:40	03:59:49	04:23:05	06:32:10	08:35:10.30	08:35:19.80	+04:33:59 (53.2%)	9:11	6.5 (46.8%)
177	PTAK Adam	662	PIĄTKOWO NA BIEGOWO	M50	20	02:11:46	03:59:33	04:23:08	06:32:16	08:35:10.25	08:35:20.10	+04:33:59 (53.2%)	9:11	6.5 (46.8%)
178	BOHDZIEWICZ Izabela	512		K30	13	02:11:21	03:53:25	04:16:16	06:19:19	08:35:25.90	08:35:48.95	+04:34:28 (53.2%)	9:12	6.5 (46.8%)
179	SIKORA Malwina	563		K20	5	02:05:01	03:45:04	04:08:04	06:09:27	08:35:58.40	08:36:14.65	+04:34:54 (53.3%)	9:12	6.5 (46.8%)
180	FILIPOWICZ Dominik	434		M30	50	02:09:17	03:50:23	04:12:33	06:20:24	08:37:05.95	08:37:24.60	+04:36:04 (53.4%)	9:14	6.5 (46.8%)
181	KOSTYK Grzegorz	567		M40	68	02:09:48	03:50:19	04:13:18	06:20:28	08:37:05.80	08:37:24.95	+04:36:04 (53.4%)	9:14	6.5 (46.8%)
182	PAWELEC Krystyna	500	DOGOŃ GRODZISK MAZOWIECKI	K60+	1	02:14:56	03:53:55	04:17:50	06:24:27	08:37:34.15	08:37:57.00	+04:36:36 (53.4%)	9:14	6.5 (46.8%)
183	PRUSZCZYŃSKI Piotr	641		M40	69	02:09:12	03:51:47	04:16:00	06:32:35	08:39:22.25	08:39:37.15	+04:38:16 (53.6%)	9:16	6.5 (46.8%)
184	ANTKOWIAK Mirosław	573	BBC KROSNO ODRZAŃSKIE	M50	21	02:08:39	03:53:47	04:17:08	06:27:04	08:40:13.65	08:40:33.85	+04:39:13 (53.6%)	9:17	6.5 (46.8%)
185	MAKUCH Leszek	612	TERAZ SUDETY	M30	51	02:09:04	04:02:35	04:21:47	06:32:50	08:41:20.65	08:41:34.25	+04:40:13 (53.7%)	9:18	6.4 (46.0%)
186	RAJTAR Robert	515	BRYGADA RR	M40	70	02:13:32	03:55:45	04:17:52	06:25:52	08:41:31.20	08:41:57.20	+04:40:36 (53.8%)	9:18	6.4 (46.0%)
187	CHMIELEWSKA Karolina	596	PTTK TERAZ SUDETY	K40	14	02:09:15	04:02:30	04:23:05	06:32:42	08:41:45.85	08:42:01.00	+04:40:40 (53.8%)	9:19	6.4 (46.0%)
188	OLECHNOWICZ Magda	577		K40	15	02:15:25	04:01:16	04:23:22	06:32:37	08:42:09.00	08:42:25.85	+04:41:05 (53.8%)	9:19	6.4 (46.0%)
189	WOJCIECHOWSKI Aleksander	523	ROWERY MAŁGOŚKA	M30	52	02:01:14	03:43:52	04:06:42	06:23:59	08:44:17.25	08:44:17.25	+04:42:56 (54.0%)	9:21	6.4 (46.0%)
190	KRZYSZTOFOWICZ Andrzej	658	ULTRASY	M40	71	02:07:28	03:53:39	04:17:00	06:25:41	08:44:23.20	08:44:39.55	+04:43:19 (54.0%)	9:21	6.4 (46.0%)
191	PATERA Przemysław	422	OBUDOWA GRUPA POŚCIGOWA	M40	72	01:44:02	03:21:19	03:43:50	06:21:13	08:45:26.75	08:45:43.15	+04:44:22 (54.1%)	9:22	6.4 (46.0%)
192	SAWICKI Krzysztof	570		M30	53	02:09:08	03:55:53	04:18:49	06:27:17	08:46:04.50	08:46:29.15	+04:45:08 (54.2%)	9:23	6.4 (46.0%)

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					
193	MOSTOWSKA Joanna	608		K40	16	02:15:39	04:08:26	04:30:41	06:32:39	08:46:43.15	08:47:04.35	+04:45:43 (54.2%)	9:24	6.4 (46.0%)
194	KUPŚĆ Daniel	545		M30	54	01:59:17	03:52:50	04:16:03	06:36:15	08:47:01.80	08:47:24.65	+04:46:04 (54.2%)	9:24	6.4 (46.0%)
195	FURMANIAK LEŚNIEWSKA Julita	589	HANGAR	K40	17	02:13:54	04:11:18	04:36:54	06:41:55	08:49:03.85	08:49:03.85	+04:47:43 (54.4%)	9:26	6.4 (46.0%)
196	DROŃ Jakub	683	AMA PROFIL ULTRA TEAM	M30	55	02:10:06	04:01:55	04:24:09	06:33:42	08:51:56.45	08:51:56.45	+04:50:36 (54.6%)	9:29	6.3 (45.3%)
197	LACH Agnieszka	449	MOCNA GRUPA CEZARA	K40	18	02:09:31	03:53:24	04:16:26	06:36:49	08:52:03.95	08:52:10.70	+04:50:50 (54.7%)	9:30	6.3 (45.3%)
198	DOŁŻAŃSKA Sandra	448	UKL ÓSEMKA POLICE	K30	14	02:06:47	03:51:39	04:16:50	06:26:12	08:52:18.65	08:52:18.65	+04:50:58 (54.7%)	9:30	6.3 (45.3%)
199	FRĄCKOWIAK Hanna	450	UKL „ÓSEMKA” POLICE	K40	19	02:06:29	03:51:19	04:16:33	06:25:54	08:52:04.95	08:52:18.75	+04:50:58 (54.7%)	9:30	6.3 (45.3%)
200	DUBOWIK Anna	602		K40	20	02:08:50	03:56:11	04:21:47	06:36:57	08:54:14.70	08:54:37.85	+04:53:17 (54.9%)	9:32	6.3 (45.3%)
201	ZYCHOWICZ Zbigniew	505	MOCNA GRUPA CEZARA	M40	73	02:04:20	03:53:01	04:17:17	06:35:20	08:54:56.55	08:55:12.75	+04:53:52 (54.9%)	9:33	6.3 (45.3%)
202	BILSKI Michał	507		M40	74	02:09:56	03:53:41	04:19:41	06:32:47	08:58:49.60	08:59:09.80	+04:57:49 (55.2%)	9:37	6.2 (44.6%)
203	GRACZYK Magdalena	558		K50	4	02:19:05	04:15:29	04:39:51	06:56:30	09:00:35.85	09:01:00.10	+04:59:39 (55.4%)	9:39	6.2 (44.6%)
204	GRACZYK Marcin	557		M50	22	02:19:00	04:15:24	04:39:54	06:56:23	09:00:35.90	09:01:00.70	+04:59:40 (55.4%)	9:39	6.2 (44.6%)
205	KRAKOWIAK Krzysztof	597		M40	75	01:50:28	03:25:26	03:47:05	06:06:30	09:00:45.35	09:01:09.35	+04:59:48 (55.4%)	9:39	6.2 (44.6%)
206	KOWALEWSKA Anna	409		K40	21	02:17:18	04:08:57	04:32:48	06:45:47	09:03:17.80	09:03:32.65	+05:02:12 (55.6%)	9:42	6.2 (44.6%)
207	BERNHARD Paweł	647		M50	23	02:13:05	04:05:31	04:29:38	06:45:46	09:06:42.70	09:06:48.25	+05:05:27 (55.9%)	9:45	6.1 (43.9%)
208	PABIJAŃCZYK Damian	681		M30	56	02:17:44	04:15:25	04:37:50	06:53:17	09:07:46.05	09:07:51.65	+05:06:31 (55.9%)	9:46	6.1 (43.9%)
209	BOKSZCZANIN Aneta	502	LION NIERUCHOMOŚCI	K40	22	02:22:17	04:19:00	04:41:27	06:57:56	09:12:28.25	09:12:41.10	+05:11:20 (56.3%)	9:51	6.1 (43.9%)
210	ŁASEK Jarosław	491		M50	24	02:16:57	04:11:35	04:41:48	06:53:51	09:14:35.45	09:14:35.45	+05:13:15 (56.5%)	9:54	6.1 (43.9%)
211	SKOWROŃSKI Bartosz	572		M30	57	02:20:44	04:18:00	04:43:10	07:06:45	09:18:24.35	09:18:30.55	+05:17:10 (56.8%)	9:58	6 (43.2%)
212	KRZYSZTOFOWICZ Karolina	657	ULTRASZY	K40	23	02:22:45	04:14:58	04:37:37	06:52:19	09:18:42.15	09:18:59.00	+05:17:38 (56.8%)	9:58	6 (43.2%)
213	WILCZYŃSKI Piotr	533		M30	58	02:20:15	04:23:00	04:46:07	07:02:12	09:19:12.20	09:19:16.50	+05:17:56 (56.8%)	9:59	6 (43.2%)
214	WILCZYŃSKA Joanna	517		K30	15	02:20:21	04:23:09	04:46:04		09:19:12.55	09:19:16.55	+05:17:56 (56.8%)	9:59	6 (43.2%)
215	PLUCIŃSKI Wojciech	411		M30	59	02:20:32	04:15:03	04:39:59	06:53:42	09:19:45.45	09:20:07.20	+05:18:46 (56.9%)	9:59	6 (43.2%)
216	ZIENIEWICZ Marlena	549		K40	24	02:24:04	04:20:34	04:45:41	07:06:33	09:21:13.35	09:21:17.05	+05:19:56 (57.0%)	10:01	6 (43.2%)
216	WALIGÓRA Judyta	540	SOKÓŁ WŁOSZAKOWICE	K30	16	02:23:19	04:20:44	04:44:46	07:05:54	09:21:17.05	09:21:17.05	+05:19:56 (57.0%)	10:01	6 (43.2%)

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					
218	GOŹDZICKA Iwona	578		K40	25	02:16:22	04:16:08	04:41:11	07:10:02	09:27:23.15	09:27:37.85	+05:26:17 (57.5%)	10:07	5.9 (42.4%)
219	SUWAJ Roman	417	ZOMBIE	M60+	2	02:16:16	04:16:15	04:41:14	07:10:07	09:27:24.55	09:27:38.45	+05:26:18 (57.5%)	10:07	5.9 (42.4%)
220	GORCZYCA Jerzy	483	KLUB WYSOKOGÓRSKI WROCŁAW	M50	25	02:17:44	04:17:26	04:46:48		09:31:32.60	09:31:32.60	+05:30:12 (57.8%)	10:12	5.9 (42.4%)
221	WOJSZNIS Diana	487		K40	26	02:34:47	04:33:21	04:57:01	07:12:35	09:36:03.90	09:36:03.90	+05:34:43 (58.1%)	10:17	5.8 (41.7%)
222	MALINOWSKI Marcin	419		M40	76	02:20:53	04:16:35	04:42:28	07:16:15	09:46:05.65	09:46:20.55	+05:45:00 (58.8%)	10:27	5.7 (41.0%)
223	RZECZYŃSKA Anna	610	BBL GORZÓW WLKP.	K40	27	02:22:16	04:15:03	04:39:49		09:46:04.60	09:46:22.10	+05:45:01 (58.8%)	10:27	5.7 (41.0%)
224	KORNACKI Piotr	582	AKTYWNI KRZYŻ WIELKOPOLSKI	M40	77	02:21:06	04:18:17	04:42:34	07:11:12	09:46:31.40	09:46:52.05	+05:45:31 (58.9%)	10:28	5.7 (41.0%)
225	KORNACKA Monika	599	AKTYWNI KRZYŻ WLKP	K40	28	02:21:47	04:18:44	04:44:33	07:17:22	09:46:32.60	09:46:52.35	+05:45:31 (58.9%)	10:28	5.7 (41.0%)
226	PASZEK Krystyna	499	WOLNI BIEGACZE SLOW JOGGING GRODZISK MAZOWIECKI	K60+	2	02:27:08	04:19:22	04:45:11	07:12:50	09:47:47.85	09:48:09.85	+05:46:49 (59.0%)	10:29	5.7 (41.0%)
227	BOKSZCZANIN Jarek	501	LION NIERUCHOMOŚCI	M40	78	02:23:26	04:24:10	04:47:23	07:13:35	09:52:42.90	09:52:56.05	+05:51:35 (59.3%)	10:35	5.7 (41.0%)
228	WOJCIECHOWSKA Helena	402	NIGHT RUNNERS	K40	29	02:31:58	04:36:19	04:59:39	07:38:32	09:55:04.05	09:55:11.55	+05:53:51 (59.5%)	10:37	5.6 (40.3%)
229	DOBOSZ Leszek	614		M40	79	02:14:40	04:12:10	04:41:28	07:32:17	09:56:33.80	09:56:41.45	+05:55:21 (59.6%)	10:39	5.6 (40.3%)
230	OBLICKI Bartosz	408		M30	60	02:18:30	04:28:41	04:52:57	07:30:53	09:59:28.65	09:59:47.10	+05:58:26 (59.8%)	10:42	5.6 (40.3%)
Przekroczony limit czasu: 10:00:00														
231	MERUNOWICZ Iwona	466	TOYOTA DOBRYGOWSKI TEAM	K40	30	02:32:19	04:32:10	05:01:35	07:43:28	10:33:40.30	10:34:02.95	+06:32:42 (61.9%)	11:18	5.3 (38.1%)
232	KOCIEMBA Adrianna	459	NIE MAM	K40	31	02:26:28	04:35:39	04:58:11	07:41:27	10:37:57.70	10:38:09.35	+06:36:48 (62.2%)	11:23	5.3 (38.1%)
233	HYŻOWIECKI Maciej	497	ZATOKA MORSÓW	M30	61	02:10:47	04:20:15	04:47:19	07:44:13	11:21:59.00	11:21:59.00	+07:20:38 (64.6%)	12:10	4.9 (35.3%)
	KACZMAREK Michał	410	TATTOOŚ	M40		02:31:14 DNF	04:37:53 DNF	05:04:42 DNF	07:01:58 DNF	DNF	DNF	-	-	- (0.0%)
	KOTLAREK Dawid	444	SOBAS TEAM / BIEGOSTACJA	M40		01:21:30 DNF	02:25:40 DNF	02:41:23 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	BIAŁEK Paweł	560	PHO3NIX GVT TEAM	M30		01:23:16 DNF	02:29:30 DNF	02:46:45 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	STANKIEWICZ Tomasz	617		M30		01:33:09 DNF	02:44:02 DNF	03:00:34 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	SOBCZAK-PAŁASZEWSKA Karolina	509		K30		01:40:41 DNF	02:59:06 DNF	03:20:47 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	KWIATKOWSKI Przemysław	644		M30		01:44:11 DNF	03:08:21 DNF	03:28:58 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	TOMASIK Andrzej	621		M50		01:59:05 DNF	03:39:49 DNF	04:02:37 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	JANCZY Grzegorz	486	GNUŚNIAKI	M30		01:51:02 DNF	03:40:26 DNF	04:13:57 DNF	DNF	DNF	DNF	-	-	- (0.0%)

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					
	PURCZYŃSKI Grzegorz	516		M40		02:08:43 DNF	03:53:46 DNF	04:17:53 DNF	DNF	DNF	DNF	-	- (0.0%)	
	POLIWKA Marta	440	FITNESS PIEKARY LEGNICA	K40		02:03:58 DNF	03:53:09 DNF	04:22:31 DNF	DNF	DNF	DNF	-	- (0.0%)	
	SPYCHAŁA Marek	514		M50		02:13:46 DNF	04:09:40 DNF	04:37:05 DNF	DNF	DNF	DNF	-	- (0.0%)	
	OKONIEWSKA Agnieszka	539		K40		02:23:40 DNF	04:29:40 DNF	05:01:16 DNF	DNF	DNF	DNF	-	- (0.0%)	
	MACIAS Waldemar	628	DRUŻYNA GAZETY	M60+		02:35:38 DNF	04:40:46 DNF	05:05:59 DNF	DNF	DNF	DNF	-	- (0.0%)	
	JURZA Marcelina	510	MISIA TOSIA TEAM	K30		01:40:55 DNF	DNF	DNF	DNF	DNF	DNF	-	- (0.0%)	
	KOMAN Michał	674	FIZJOBIEGACZE SZCZECIN	M30		01:52:46 DNF	DNF	DNF	DNF	DNF	DNF	-	- (0.0%)	
	DUDZIK Tomek	547	FIZJOBIEGACZE SZCZECIN	M30		01:55:44 DNF	DNF	DNF	DNF	DNF	DNF	-	- (0.0%)	
	SOBCZAK Mikołaj	407	WLKP MOUNTAINS ULTRA	M40		02:12:05 DNF	DNF	DNF	DNF	DNF	DNF	-	- (0.0%)	
	JARZEMBOWSKI Tomasz	405	WLKP MOUNTAINS ULTRA	M40		02:12:09 DNF	DNF	DNF	DNF	DNF	DNF	-	- (0.0%)	

Znaleziono 251 wynik(ów)