



ULTRAMARATON KASZUBSKA PONIEWIERKA - 100KM

B4SPORT

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Wydarzenie: Kaszubska Poniewierka 2019
Organizator: Stowarzyszenie „Aktywni w Trójmieście”
Data: 2019-09-14
Miejsce: Wieżyca
Dystans: 100 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	28km	51km	Czas netto 100km	Czas brutto 100km	Różn	Tempo min/km	Tempo km/h
1	MAZUR Andrzej	191	KM PSP GDYNIA / ZANTYR SZTUM	Open M	1	02:55:50	05:28:20	10:35:01.15	10:35:05.00		6:21	9.4 (100%)
1	SPRENGER Mirosław	156	SKRA PATEREK	Open M	1	02:55:57	05:28:16	10:35:01.75	10:35:05.00	+00:00:00 (0.0%)	6:21	9.4 (100%)
3	MĘDYK Marcin	106		Open M	3	03:04:07	05:38:33	10:47:29.40	10:47:33.85	+00:12:28 (1.9%)	6:28	9.3 (98.9%)
4	FORMELA Łukasz	43		Open M	4	03:08:39	05:46:57	11:06:41.20	11:06:45.75	+00:31:40 (4.8%)	6:40	9 (95.7%)
5	PARDOUX Adam	121		Open M	5	02:58:00	05:46:56	11:08:17.45	11:08:21.00	+00:33:16 (5.0%)	6:40	9 (95.7%)
6	LIPOWSKI Karol	190	ZOELLER TECH	Open M	6	03:14:15	05:48:13	11:14:46.70	11:14:59.10	+00:39:54 (5.9%)	6:44	8.9 (94.7%)
7	PALLACH Piotr	120	NOCNY TURYSTA	Open M	7	03:00:39	05:36:04	11:24:45.80	11:24:50.60	+00:49:45 (7.3%)	6:50	8.8 (93.6%)
8	WALCZAK Maciej	171	QUAY POZNAŃ	Open M	8	03:08:33	05:46:51	11:26:31.15	11:26:35.15	+00:51:30 (7.5%)	6:51	8.7 (92.6%)
9	KUDRJAŠEVŠ Mihails	88	FIZMATI	Open M	9	03:20:37	05:57:50	11:27:04.20	11:27:04.20	+00:51:59 (7.6%)	6:52	8.7 (92.6%)
10	BERNATOWICZ Ziemowit	11	ULTRAKREW	Open M	10	03:06:49	05:57:18	11:38:24.05	11:38:27.60	+01:03:22 (9.1%)	6:59	8.6 (91.5%)
11	BARTYZEL Marek	9		Open M	11	02:57:20	05:47:14	11:39:39.40	11:39:43.10	+01:04:38 (9.2%)	6:59	8.6 (91.5%)
12	MAZUREK Michał	104		Open M	12	02:58:58	05:44:40	11:40:11.80	11:40:15.15	+01:05:10 (9.3%)	7:00	8.6 (91.5%)
13	GOLAS Grażyna	50	DUDYCZRUN	Open K	1	03:12:38	06:00:45	11:50:54.70	11:51:01.90	+01:15:56 (10.7%)	7:06	8.4 (89.4%)
14	DAMPS Sylwester	35		Open M	13	03:12:38	06:00:45	11:50:58.75	11:51:06.80	+01:16:01 (10.7%)	7:06	8.4 (89.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	28km	51km	Czas netto 100km	Czas brutto 100km	Różn	Tempo min/km	Tempo km/h
15	KRÓL Maciej	85	WIRAN TEAM	Open M	14	03:09:20	05:51:19	11:57:26.95	11:57:29.90	+01:22:24 (11.5%)	7:10	8.4 (89.4%)
16	STEFANIAK Marcin	158		Open M	15	03:15:29	05:59:44	12:03:28.50	12:03:33.10	+01:28:28 (12.2%)	7:14	8.3 (88.3%)
17	SITAREK Michał	149	POLISH RUNNERS CLUB IRELAND	Open M	16	03:00:00	06:05:37	12:12:02.00	12:12:04.95	+01:36:59 (13.2%)	7:19	8.2 (87.2%)
18	TURSKA Agnieszka	167	ULTRA WAY	Open K	2	03:19:54	06:03:12	12:13:26.70	12:13:30.75	+01:38:25 (13.4%)	7:20	8.2 (87.2%)
19	OBERLAN-MAROŃ Joanna	116		Open K	3	03:19:40	06:08:59	12:22:33.55	12:22:39.25	+01:47:34 (14.5%)	7:25	8.1 (86.2%)
20	GRYNAGIEL Przemysław	56		Open M	17	03:21:16	06:10:53	12:27:59.85	12:28:05.70	+01:53:00 (15.1%)	7:28	8 (85.1%)
21	BUGIERA Jacek	25	PWC FCU RUN TEAM	Open M	18	03:34:11	06:25:57	12:27:47.30	12:28:13.55	+01:53:08 (15.1%)	7:28	8 (85.1%)
22	SALATA Seweryn	146		Open M	19	03:20:32	06:16:11	12:28:34.40	12:28:42.25	+01:53:37 (15.2%)	7:29	8 (85.1%)
23	WOJDASIEWICZ Tadeusz	180		Open M	20	03:16:26	05:54:59	12:33:36.65	12:33:42.05	+01:58:37 (15.7%)	7:32	8 (85.1%)
24	STEINKE Michael	159		Open M	21	03:19:20	06:04:15	12:36:09.10	12:36:33.95	+02:01:28 (16.1%)	7:33	7.9 (84.0%)
25	NUŻ Jacek	115	SUT STRASZYN ULTRA TEAM	Open M	22	03:26:15	06:18:45	12:39:10.65	12:39:23.15	+02:04:18 (16.4%)	7:35	7.9 (84.0%)
26	NESTOROWICZ Marek	111	KLUB BIEGACZA JURUND SZCZYTNO	Open M	23	03:13:37	06:31:58	12:42:57.90	12:43:03.95	+02:07:58 (16.8%)	7:37	7.9 (84.0%)
27	MATUSIAK Bartłomiej	102		Open M	24	03:12:17	06:03:52	12:44:24.95	12:44:27.65	+02:09:22 (16.9%)	7:38	7.8 (83.0%)
28	CHEŁMINIAK Marcin	27	ULTRAKREW	Open M	25	03:42:31	06:32:10	12:48:02.15	12:48:12.90	+02:13:07 (17.3%)	7:40	7.8 (83.0%)
29	SKOWRON Radosław	152	PŁONAĆE KONDONY BABUNI	Open M	26	03:37:05	06:29:18	12:47:54.55	12:48:13.00	+02:13:08 (17.3%)	7:40	7.8 (83.0%)
30	JAWOROWICZ Tomasz	65	KS PEGAZ	Open M	27	03:23:29	06:16:17	12:54:30.95	12:54:37.25	+02:19:32 (18.0%)	7:44	7.7 (81.9%)
31	MROZOWSKI Dariusz	108	PARKRUN RUMIA	Open M	28	03:48:14	06:38:03	12:54:42.40	12:54:53.95	+02:19:48 (18.0%)	7:44	7.7 (81.9%)
32	MUZOLF Dorota	109	SUT	Open K	4	03:41:09	06:32:59	12:55:01.20	12:55:14.00	+02:20:09 (18.1%)	7:45	7.7 (81.9%)
33	KARPOWICZ Bartosz	70	LEŚNE DUKTY GDYNIA / DOB	Open M	29	03:39:13	06:33:28	12:55:24.10	12:55:44.80	+02:20:39 (18.1%)	7:45	7.7 (81.9%)
34	GAŚ Piotr	49	KRT	Open M	30	03:28:42	06:17:44	12:57:47.50	12:57:50.15	+02:22:45 (18.4%)	7:46	7.7 (81.9%)
35	RAINKO Marcin	138	BZG	Open M	31	03:27:10	06:14:55	12:58:47.25	12:58:57.25	+02:23:52 (18.5%)	7:47	7.7 (81.9%)
36	ADAMCZYK Maciej	1	SKRA PATEREK	Open M	32	03:15:58	06:04:56	13:02:02.50	13:02:05.95	+02:27:00 (18.8%)	7:49	7.7 (81.9%)
37	ZAKROCZYMSKI Michal	181		Open M	33	03:24:42	06:24:57	13:02:34.40	13:02:45.30	+02:27:40 (18.9%)	7:49	7.7 (81.9%)

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38	GURBOWICZ Jarosław	57	BIEGAJĄCY TCZEW	Open M	34	03:22:50	06:47:40	13:10:48.05	13:10:55.40	+02:35:50 (19.7%)	7:54	7.6 (80.9%)
39	POMIERSKI Zbigniew	132	KIZ	Open M	35	03:39:59	06:34:46	13:13:32.50	13:13:39.80	+02:38:34 (20.0%)	7:56	7.6 (80.9%)
40	BORYCKI Łukasz	19	BIEGAJĄCE WŁÓCZYKIJE	Open M	36	03:39:32	06:37:51	13:14:56.35	13:15:05.20	+02:40:00 (20.1%)	7:56	7.5 (79.8%)
41	SKRABURSKI Piotr	153		Open M	37	03:39:35	06:33:04	13:19:41.25	13:20:02.85	+02:44:57 (20.6%)	7:59	7.5 (79.8%)
42	JOSZCZAK Michał	67		Open M	38	03:39:35	06:31:49	13:19:41.20	13:20:03.00	+02:44:58 (20.6%)	7:59	7.5 (79.8%)
43	KLIMEK Mateusz	74		Open M	39	03:33:50	06:26:04	13:20:15.00	13:20:33.25	+02:45:28 (20.7%)	8:00	7.5 (79.8%)
44	KLARECKI Adrian	73	WIRAN TEAM	Open M	40	03:20:23	06:25:21	13:22:05.80	13:22:09.05	+02:47:04 (20.8%)	8:01	7.5 (79.8%)
45	KMEŤ Michal	193	MYJAVA	Open M	41	03:48:37	06:48:48	13:28:49.00	13:29:02.65	+02:53:57 (21.5%)	8:05	7.4 (78.7%)
46	CHOŁKA Michał	29		Open M	42	03:45:55	06:37:06	13:30:05.75	13:30:20.60	+02:55:15 (21.6%)	8:06	7.4 (78.7%)
47	HOŁDA Dominik	60		Open M	43	03:28:40	06:38:13	13:34:39.25	13:34:57.05	+02:59:52 (22.1%)	8:08	7.4 (78.7%)
48	FRANKIEWICZ Maciej	44	GRUPA MALBORK	Open M	44	03:47:53	07:01:36	13:35:31.30	13:35:41.60	+03:00:36 (22.1%)	8:09	7.4 (78.7%)
49	PASEK Edward	122		Open M	45	03:36:31	06:41:39	13:36:01.55	13:36:10.00	+03:01:05 (22.2%)	8:09	7.4 (78.7%)
50	KOWALEWSKI Jarosław	82		Open M	46	03:48:14	06:49:40	13:37:45.30	13:37:57.30	+03:02:52 (22.4%)	8:10	7.3 (77.7%)
51	BĄCZKIEWICZ Paweł	10		Open M	47	03:44:14	06:36:02	13:39:57.25	13:40:16.10	+03:05:11 (22.6%)	8:11	7.3 (77.7%)
52	SZAJDZIUK Piotr	160		Open M	48	03:54:50	07:12:19	13:40:35.20	13:40:44.40	+03:05:39 (22.6%)	8:12	7.3 (77.7%)
53	URMANOWSKI Daniel	170	DREAM RUN	Open M	49	03:26:41	06:15:02	13:42:02.95	13:42:08.35	+03:07:03 (22.8%)	8:13	7.3 (77.7%)
54	ZIEMIANIN Przemek	186		Open M	50	03:43:55	06:52:29	13:44:50.75	13:45:07.45	+03:10:02 (23.0%)	8:14	7.3 (77.7%)
55	DORSZ Beata	37		Open K	5	03:57:05	07:09:28	13:45:19.80	13:45:27.65	+03:10:22 (23.1%)	8:15	7.3 (77.7%)
56	FURMAŃCZYK Michał	46		Open M	51	03:49:23	06:58:06	13:46:10.85	13:46:30.00	+03:11:25 (23.2%)	8:15	7.3 (77.7%)
57	OLSZEWSKI Rafał	118		Open M	52	03:49:43	06:55:28	13:46:41.70	13:46:52.65	+03:11:47 (23.2%)	8:16	7.3 (77.7%)
58	BOLEK Daniel	15	STRASZYN ULTRA TEAM	Open M	53	03:46:28	07:00:25	13:50:31.50	13:50:45.45	+03:15:40 (23.6%)	8:18	7.2 (76.6%)
59	BUCHOLC Mateusz	22	#TEAMBUKSPAN	Open M	54	03:21:20	06:25:34	13:50:43.40	13:50:50.50	+03:15:45 (23.6%)	8:18	7.2 (76.6%)
60	PODCZARSKI Tomasz	127	KOLBUDY TEAM	Open M	55	03:48:51	06:55:40	13:50:48.65	13:51:04.45	+03:15:59 (23.6%)	8:18	7.2 (76.6%)

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61	RACZYŃSKA Ewa	137	BIEGAMYRAZEM.PL	Open K	6	03:47:35	07:02:12	13:51:33.45	13:51:58.80	+03:16:53 (23.7%)	8:18	7.2 (76.6%)
62	ZIELIŃSKI Jacek	185	BIEGAMYRAZEM.PL	Open M	56	03:47:38	07:02:16	13:51:34.05	13:51:59.00	+03:16:54 (23.7%)	8:18	7.2 (76.6%)
63	MANIAS Michał	98	SUT/STRASZYN ULTRA TEAM	Open M	57	03:36:22	06:33:06	13:54:43.25	13:54:56.70	+03:19:51 (23.9%)	8:20	7.2 (76.6%)
64	CHRZĄSZCZ Bartłomiej	31	PRUSZCZ BIEGA	Open M	58	03:36:00	06:33:04	13:54:46.85	13:55:00.50	+03:19:55 (23.9%)	8:20	7.2 (76.6%)
65	ZDYBEL Jacek	184		Open M	59	03:36:26	06:35:13	13:54:55.75	13:55:00.85	+03:19:55 (23.9%)	8:20	7.2 (76.6%)
66	ORZESZKO Grzegorz	119	LOTOS RUNNING TEAM	Open M	60	03:39:13	06:49:13	13:55:40.05	13:55:45.15	+03:20:40 (24.0%)	8:21	7.2 (76.6%)
67	LECKI Mateusz	90	TEAM BIEGOWY SZCZECINEK	Open M	61	03:56:42	07:02:50	13:55:35.60	13:55:56.95	+03:20:51 (24.0%)	8:21	7.2 (76.6%)
68	MAKSELON Anna	97		Open K	7	03:56:41	07:02:50	13:55:35.35	13:55:57.10	+03:20:52 (24.0%)	8:21	7.2 (76.6%)
69	KOŹYCZKOWSKI Marcin	84	STOWARZYSZENIE KLUB 42,2 LĘBORK	Open M	62	03:41:56	06:38:29	13:55:58.90	13:56:04.75	+03:20:59 (24.0%)	8:21	7.2 (76.6%)
70	URBAŃSKI Dariusz	169		Open M	63	03:31:52	06:46:48	13:57:15.30	13:57:19.45	+03:22:14 (24.2%)	8:22	7.2 (76.6%)
71	MYSZK Łukasz	110	KUMPLE SEBANA	Open M	64	03:52:34	06:54:42	13:58:37.90	13:58:46.35	+03:23:41 (24.3%)	8:23	7.2 (76.6%)
72	ELLESGAARD Michael	40		Open M	65	03:52:22	06:52:49	14:03:57.95	14:04:10.15	+03:29:05 (24.8%)	8:26	7.1 (75.5%)
73	JAN Jarosław	64	PRUSZCZ BIEGA SUT	Open M	66	03:48:33	07:00:27	14:05:01.50	14:05:14.85	+03:30:09 (24.9%)	8:27	7.1 (75.5%)
74	MILEWICZ Marek	107		Open M	67	03:43:09	06:43:40	14:08:46.45	14:09:07.15	+03:34:02 (25.2%)	8:29	7.1 (75.5%)
75	KNAP Damian	77	PGB SPORTOWA PACZKA	Open M	68	03:52:32	07:07:20	14:15:25.15	14:15:37.60	+03:40:32 (25.8%)	8:33	7 (74.5%)
76	PAWELEC Michał	123		Open M	69	03:46:47	06:44:03	14:15:47.65	14:15:54.45	+03:40:49 (25.8%)	8:33	7 (74.5%)
77	ŁUC Grzegorz	93		Open M	70	03:49:48	07:05:03	14:15:58.50	14:16:04.20	+03:40:59 (25.8%)	8:33	7 (74.5%)
78	PISKUNOWICZ Aleksandra	194		Open K	8	03:58:48	07:14:33	14:19:23.00	14:19:28.40	+03:44:23 (26.1%)	8:35	7 (74.5%)
79	TRZECIAK Bartłomiej	166	SZTAFETA NADZIEI	Open M	71	03:46:35	06:50:21	14:19:59.30	14:20:07.75	+03:45:02 (26.2%)	8:35	7 (74.5%)
80	TOMCZYK Piotr	165	WATAHA ŁĄCZY NAS BIEGANIE / BIEGAJĄCY TCZEW	Open M	72	03:29:19	07:00:28	14:22:37.30	14:22:45.45	+03:47:40 (26.4%)	8:37	7 (74.5%)
81	CELER Emil	26		Open M	73	03:37:10	06:48:47	14:22:50.30	14:23:07.70	+03:48:02 (26.4%)	8:37	7 (74.5%)
82	LUS Tomasz	197		Open M	74	03:34:34	06:38:08	14:23:33.05	14:23:40.40	+03:48:35 (26.5%)	8:38	6.9 (73.4%)
83	AUGUSTYNIAK Mirosława	4	MAMY TO - BIEGA I POMAGA	Open K	9	04:10:06	07:21:30	14:25:34.35	14:25:56.95	+03:50:51 (26.7%)	8:39	6.9 (73.4%)

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84	ROŻYK Magdalena	144	BIEGAMYRAZEM/OKNOBUR	Open K	10	04:11:25	07:21:29	14:25:33.60	14:25:57.10	+03:50:52 (26.7%)	8:39	6.9 (73.4%)
85	KOŁDEJ Bartek	79		Open M	75	03:40:34	07:03:10	14:26:56.50	14:27:08.40	+03:52:03 (26.8%)	8:40	6.9 (73.4%)
86	BUDNICKI Andrzej	23		Open M	76	04:03:30	07:10:12	14:33:14.85	14:33:26.50	+03:58:21 (27.3%)	8:43	6.9 (73.4%)
87	ŚLIWIŃSKA Katarzyna	163	KS ISKRA PRZY AKADEMII MARYNARKI WOJENNEJ	Open K	11	04:15:07	07:31:04	14:36:59.75	14:37:08.95	+04:02:03 (27.6%)	8:46	6.8 (72.3%)
88	MACHALICA Agnieszka	95		Open K	12	03:54:50	07:09:13	14:38:19.00	14:38:28.65	+04:03:23 (27.7%)	8:46	6.8 (72.3%)
89	PODCZARSKA Izabela	126		Open K	13	04:01:57	07:13:58	14:38:13.40	14:38:28.75	+04:03:23 (27.7%)	8:46	6.8 (72.3%)
90	CRYER Ben	32		Open M	77	03:24:28	06:18:52	14:39:14.75	14:39:18.75	+04:04:13 (27.8%)	8:47	6.8 (72.3%)
91	MAZURCZAK Robert	103	IMPULS	Open M	78	03:46:48	06:44:06	14:39:39.50	14:39:45.65	+04:04:40 (27.8%)	8:47	6.8 (72.3%)
92	KOSIERADZKI Tomasz	81	A&RT	Open M	79	03:56:12	07:14:53	14:44:26.10	14:44:46.25	+04:09:41 (28.2%)	8:50	6.8 (72.3%)
92	PIEKARZ Radosław	125		Open M	79	03:56:13	07:14:58	14:44:26.80	14:44:46.25	+04:09:41 (28.2%)	8:50	6.8 (72.3%)
94	HACZYK Natalia	59	MUAY RUNNING TEAM, GOGGLE PAE TEAM	Open K	14	04:02:56	07:25:24	14:44:59.85	14:45:04.65	+04:09:59 (28.2%)	8:51	6.8 (72.3%)
95	PODWYSOCKI Wojciech	129	PODWYSKI RUN	Open M	81	03:50:33	07:15:53	14:45:41.35	14:45:57.25	+04:10:52 (28.3%)	8:51	6.8 (72.3%)
96	DARGIEWICZ Robert	36		Open M	82	03:47:16	07:04:29	14:48:16.55	14:48:31.25	+04:13:26 (28.5%)	8:52	6.8 (72.3%)
97	KIJEWSKI Zbigniew	72		Open M	83	03:29:22	06:49:27	14:48:55.50	14:49:00.35	+04:13:55 (28.6%)	8:53	6.7 (71.3%)
98	RUSAK Lukasz	145	CZEMUNIE GDYNIA	Open M	84	03:56:46	07:09:52	14:52:55.65	14:53:21.55	+04:18:16 (28.9%)	8:55	6.7 (71.3%)
99	RUSAK Michal	192	JA TRENUJE ON THE WOK CZEMU NIE TEAM	Open M	85	03:56:47	07:09:55	14:52:55.00	14:53:21.70	+04:18:16 (28.9%)	8:55	6.7 (71.3%)
100	ROGOCZ Maciej	142	ROGAŚ Z DOLINY ROZTOKI	Open M	86	04:01:11	07:25:16	14:54:34.15	14:54:43.95	+04:19:38 (29.0%)	8:56	6.7 (71.3%)
101	AZAREWICZ Grzegorz	5		Open M	87	03:43:59	06:46:24	14:55:09.10	14:55:30.10	+04:20:25 (29.1%)	8:57	6.7 (71.3%)
102	GOSTKOWSKA-DRZEWICKA Magdalena	53		Open K	15	04:11:51	07:38:23	15:00:01.65	15:00:08.25	+04:25:03 (29.4%)	9:00	6.7 (71.3%)
103	SŁONIEWSKI Rafał	154	RMF4RT OCR	Open M	88	03:48:32	06:54:32	15:05:34.80	15:05:54.35	+04:30:49 (29.9%)	9:03	6.6 (70.2%)
104	TYC Mirosław	168	MOW JAWORZE/RYSM	Open M	89	04:21:20	07:47:38	15:06:00.55	15:06:24.05	+04:31:19 (29.9%)	9:03	6.6 (70.2%)
105	JALOWSKI Andrzej	63	INTEC	Open M	90	04:21:21	07:47:38	15:06:00.70	15:06:24.15	+04:31:19 (29.9%)	9:03	6.6 (70.2%)
106	WAŻ Mariusz	173		Open M	91	04:17:47	07:50:17	15:06:24.70	15:06:33.95	+04:31:28 (29.9%)	9:03	6.6 (70.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	28km	51km	Czas netto 100km	Czas brutto 100km	Różn	Tempo min/km	Tempo km/h
107	JĘCEK Krzysztof	66	MARKOS RUNNING TEAM	Open M	92	04:05:06	07:22:05	15:16:02.45	15:16:19.65	+04:41:14 (30.7%)	9:09	6.5 (69.1%)
108	DYŚ Jarosław	38		Open M	93	04:05:06	07:22:06	15:16:02.95	15:16:19.95	+04:41:14 (30.7%)	9:09	6.5 (69.1%)
109	REGINIA Piotr	139	RUM RUNNARS	Open M	94	03:36:26	06:46:34	15:22:22.25	15:22:38.70	+04:47:33 (31.2%)	9:13	6.5 (69.1%)
110	SZYMELFENIG Gabriela	162	AKADEMIABIEGACZA.PL S.L SALOS-WODNA ŁÓDŹ	Open K	16	04:10:44	07:38:22	15:25:21.30	15:25:27.35	+04:50:22 (31.4%)	9:15	6.5 (69.1%)
111	WĄDER Wojtek	172	WONDER TEAM	Open M	95	03:55:27	07:16:13	15:25:30.90	15:25:39.65	+04:50:34 (31.4%)	9:15	6.5 (69.1%)
112	SIEDLECKI Marcin	148		Open M	96	04:08:41	07:47:58	15:28:38.30	15:29:04.35	+04:53:59 (31.6%)	9:17	6.5 (69.1%)
113	ŚPICA Leszek	164	PGB SPORTOWA POCZKA	Open M	97	03:48:41	07:16:13	15:30:52.10	15:30:59.15	+04:55:54 (31.8%)	9:18	6.4 (68.1%)
114	BORZYSZKOWSKI Jacek	21	UKS SIÓDEMKA RUMIA	Open M	98	03:31:29	06:55:13	15:34:00.90	15:34:14.25	+04:59:09 (32.0%)	9:20	6.4 (68.1%)
115	MAKOWSKA Patrycja	96		Open K	17	04:26:15	07:44:31	15:35:21.70	15:35:21.70	+05:00:16 (32.1%)	9:21	6.4 (68.1%)
116	WITKOWSKA Beata	178	#KASZANIENAMOKA	Open K	18	04:01:44	07:23:52	15:37:56.40	15:38:11.05	+05:03:06 (32.3%)	9:22	6.4 (68.1%)
117	GARGAS-MARUT Małgorzata	48	PZU SOPRT TEAM	Open K	19	04:15:22	07:35:05	15:38:42.25	15:40:46.30	+05:05:41 (32.5%)	9:23	6.4 (68.1%)
118	GARGAS Marek	47		Open M	99	04:15:20	07:35:06	15:39:29.25	15:41:34.00	+05:06:29 (32.6%)	9:23	6.4 (68.1%)
119	KOŁTOWSKI Piotr	80		Open M	100	03:18:09	06:30:39	15:41:51.25	15:42:01.85	+05:06:56 (32.6%)	9:25	6.4 (68.1%)
120	JABŁOŃSKI Robert	62	TUMBOTEAM FUNDACJA HOSPICYJNA	Open M	101	03:56:18	07:30:13	15:42:39.15	15:43:00.65	+05:07:55 (32.7%)	9:25	6.4 (68.1%)
121	BORYSEWICZ Wiktor	20		Open M	102	04:25:52	07:45:43	15:42:48.40	15:43:01.45	+05:07:56 (32.7%)	9:25	6.4 (68.1%)
122	SOBOCIŃSKI Karol	155	PIĘKNI I BESTIE	Open M	103	04:01:06	07:34:52	15:42:42.30	15:43:01.75	+05:07:56 (32.7%)	9:25	6.4 (68.1%)
123	CZARNECKI Piotr	33	TARCHOŚFIRY	Open M	104	03:51:46	07:34:53	15:42:41.95	15:43:02.15	+05:07:57 (32.7%)	9:25	6.4 (68.1%)
124	WEIS Michał	174		Open M	105	04:25:51	07:45:38	15:42:48.30	15:43:03.15	+05:07:58 (32.7%)	9:25	6.4 (68.1%)
125	HRYNIEWICKA Monika	61		Open K	20	04:28:59	07:53:50	15:43:53.20	15:44:01.05	+05:08:56 (32.7%)	9:26	6.4 (68.1%)
126	REMLAJN Adam	140	GRUPA MALBORK	Open M	106	03:57:51	07:16:00	15:46:55.00	15:47:04.75	+05:11:59 (32.9%)	9:28	6.3 (67.0%)
127	POLIWKI-KISIEL Małgorzata	130	TEAM BIEGOWY SZCZECINEK	Open K	21	04:28:51	07:55:46	15:47:33.00	15:47:54.90	+05:12:49 (33.0%)	9:28	6.3 (67.0%)
128	MARZEC Marcin	101		Open M	107	04:25:35	07:53:36	15:47:37.15	15:47:55.10	+05:12:50 (33.0%)	9:28	6.3 (67.0%)
129	ROST Zbyszek	143		Open M	108	04:08:42	07:49:41	15:47:55.75	15:48:22.75	+05:13:17 (33.0%)	9:28	6.3 (67.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	28km	51km	Czas netto 100km	Czas brutto 100km	Różn	Tempo min/km	Tempo km/h
130	POTOCZEK Andrzej	133	PRESS GLASS BIEGAMY I WSPIERAMY/NOWY STAW BIEGA	Open M	109	03:44:45	07:26:35	15:48:26.00	15:48:29.45	+05:13:24 (33.0%)	9:29	6.3 (67.0%)
131	LESISZ Michał	91		Open M	110	04:19:40	07:43:27	15:50:40.75	15:50:57.20	+05:15:52 (33.2%)	9:30	6.3 (67.0%)
132	NOWAK Dariusz	113	BRW	Open M	111	04:13:35	07:43:01	15:56:10.85	15:56:15.30	+05:21:10 (33.6%)	9:33	6.3 (67.0%)
133	KAMIŃSKI Bartosz	69	@ULTRAVEGE	Open M	112	04:11:10	07:47:16	15:56:10.80	15:56:37.50	+05:21:32 (33.6%)	9:33	6.3 (67.0%)
134	GRABOWSKA-LESISZ Aneta	55	MODLITWA BIEGANIA	Open K	22	04:13:01	07:45:00	15:57:06.05	15:57:20.60	+05:22:15 (33.7%)	9:34	6.3 (67.0%)
135	ŻUKOWSKI Cezary	188	MIGAWKOWE.PL FOR-REST-RUN	Open M	113	04:09:42	07:43:06	16:05:52.55	16:06:41.85	+05:31:36 (34.3%)	9:39	6.2 (66.0%)
	ANDRZEJEWSKA-PŁUCIENNIK Edyta	3	SZAKALE BAŁUT ŁÓDŹ	Open K		DNF	05:43:33 DNF	DNF	DNF	-	-	- (0.0%)
	RODRÍGUEZ SANTANA Xerach	141	C.D. VEREDAS ATAURO	Open M		03:14:04 DNF	06:02:37 DNF	DNF	DNF	-	-	- (0.0%)
	BIELAWA Rafal	7	INOV8-TEAM	Open M		02:57:28 DNF	06:11:39 DNF	DNF	DNF	-	-	- (0.0%)
	TRYBALSKI Krzysztof	196		Open M		03:20:06 DNF	06:11:44 DNF	DNF	DNF	-	-	- (0.0%)
	GABROVIC John Luke	195		Open M		04:03:22 DNF	07:45:00 DNF	DNF	DNF	-	-	- (0.0%)
	SIDDONS Jonathan	147	LEMIESZ TEAM	Open M		04:03:21 DNF	07:45:03 DNF	DNF	DNF	-	-	- (0.0%)
	DZIKIEWICZ Krzysztof	39	ULTRA3	Open M		04:04:35 DNF	07:53:06 DNF	DNF	DNF	-	-	- (0.0%)
	NOWAK Mariusz	112		Open M		04:21:22 DNF	07:56:19 DNF	DNF	DNF	-	-	- (0.0%)
	KŁECZEK Jacek	75	KLUB BIEGACZY 'PRAWO DO ŻYCIA'	Open M		04:29:04 DNF	07:59:57 DNF	DNF	DNF	-	-	- (0.0%)
	GUTKOWSKI Wojciech	58		Open M		04:28:58 DNF	08:07:57 DNF	DNF	DNF	-	-	- (0.0%)
	BARAŃSKI Leszek	8		Open M		04:18:57 DNF	08:16:38 DNF	DNF	DNF	-	-	- (0.0%)
	WĘSIORA Jakub	175		Open M		03:38:30 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	KULGAJUK Michał	89	SUT	Open M		03:54:27 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	WIĘCŁAWSKI Robert	176		Open M		03:57:38 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	FANSLAU Marek	41		Open M		04:15:26 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	PODJASKI Andrzej	128		Open M		DNF	DNF	DNF	DNF	-	-	- (0.0%)
	PRAŃNICKI Mariusz	134		Open M		DNF	DNF	DNF	DNF	-	-	- (0.0%)

Znaleziono 152 wynik(ów)