



# ZIMNA POŁÓWKA OD DR.BACTY | TWT 21KM

B4SPORT

**Wydarzenie:** Turbacz Winter Trail  
**Organizator:** Fundacja Rozwoju Sportu i Promocji Obronności "MURAWA"  
**Data:** 2024-02-10  
**Miejsce:** Nowy Targ  
**Dystans:** 21.1 km

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pies	Turbacz 14km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
1	<b>MATUSZCZAK Rafał</b>	<b>233</b>	SALOMON	Senior Mężczyzn	1		01:14:35	<b>01:40:58.15</b>	<b>01:40:59.90</b>		4:47	12.5 (100%)
2	<b>RZESZÓTKO Marcin</b>	<b>282</b>	MOUNTAIN RUNNING GUIDES	Senior Mężczyzn	2			<b>01:44:50.95</b>	<b>01:44:52.75</b>	+00:03:52 (3.7%)	4:58	12.1 (96.8%)
3	<b>GALIK Paweł</b>	<b>90</b>	BRAMA W GORCE	Masters Mężczyzn	1		01:23:32	<b>01:52:14.10</b>	<b>01:52:16.15</b>	+00:11:16 (10.0%)	5:19	11.3 (90.4%)
4	<b>DULSKI Daniel</b>	<b>134</b>	STAŃCZAK TEAM	Senior Mężczyzn	3		01:25:11	<b>01:54:37.40</b>	<b>01:54:39.30</b>	+00:13:39 (11.9%)	5:25	11 (88.0%)
5	<b>JACHYMIAK Robert</b>	<b>163</b>	SPECJALISTYCZNY GABINET REHABILITACJI DZIECI	Masters Mężczyzn	2		01:23:50	<b>01:55:14.05</b>	<b>01:55:15.85</b>	+00:14:15 (12.4%)	5:27	11 (88.0%)
6	<b>PAWLIKOWSKI Michał</b>	<b>254</b>		Senior Mężczyzn	4		01:30:36	<b>02:01:49.30</b>	<b>02:01:52.75</b>	+00:20:52 (17.1%)	5:46	10.4 (83.2%)
7	<b>JARZĄBEK Robert</b>	<b>174</b>	ALPIN SPORT TEAM / GO APTIV	Senior Mężczyzn	5		01:29:46	<b>02:05:32.40</b>	<b>02:05:34.85</b>	+00:24:34 (19.6%)	5:56	10.1 (80.8%)
8	<b>ZARĘBA Dariusz</b>	<b>348</b>	GORĄCY POTOK TEAM	Senior Mężczyzn	6		01:34:11	<b>02:07:12.95</b>	<b>02:07:16.50</b>	+00:26:16 (20.6%)	6:01	10 (80.0%)
9	<b>HAŁAJKO Mateusz</b>	<b>156</b>	CWKS RESOVIA	Masters Mężczyzn	3		01:34:44	<b>02:07:32.60</b>	<b>02:07:35.25</b>	+00:26:35 (20.8%)	6:02	9.9 (79.2%)
10	<b>KAPUSTA-SZYDŁAK Sylwia</b>	<b>183</b>	DYNAFITSQUAD	Masters Kobiety	1		01:34:09	<b>02:08:32.85</b>	<b>02:08:35.80</b>	+00:27:35 (21.5%)	6:05	9.8 (78.4%)
11	<b>SOMMER Tomasz</b>	<b>359</b>	SULECHOWSKA GRUPA BIEGOWA	Masters Mężczyzn	4		01:35:45	<b>02:10:05.90</b>	<b>02:10:09.75</b>	+00:29:09 (22.4%)	6:09	9.7 (77.6%)
12	<b>CHOWANIEC Luca</b>	<b>126</b>		Senior Mężczyzn	7		01:38:33	<b>02:12:11.10</b>	<b>02:12:15.45</b>	+00:31:15 (23.6%)	6:15	9.6 (76.8%)
13	<b>FABIAN Bogusław</b>	<b>376</b>	EVANLITE.COM	Weteran Mężczyzn	1		01:37:50	<b>02:12:31.25</b>	<b>02:12:34.50</b>	+00:31:34 (23.8%)	6:16	9.6 (76.8%)
14	<b>KRZYSTYNIAK Robert</b>	<b>361</b>	GORĄCY POTOK TEAM	Weteran Mężczyzn	2		01:38:32	<b>02:12:52.85</b>	<b>02:12:56.55</b>	+00:31:56 (24.0%)	6:17	9.5 (76.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pies	Turbacz 14km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
15	<b>BOCHENEK Magdalena</b>	<b>113</b>	G.O.A.T. TEAM MICHAŁOWICE	Senior Kobiet	1		01:39:14	<b>02:13:15.55</b>	<b>02:13:18.80</b>	+00:32:18 (24.2%)	6:18	9.5 (76.0%)
16	<b>PILCH Piotr</b>	<b>259</b>	BARANIA GÓRA	Masters Mężczyzn	5		01:38:04	<b>02:14:18.85</b>	<b>02:14:21.50</b>	+00:33:21 (24.8%)	6:21	9.4 (75.2%)
17	<b>ZAKRZYŃSKI Paweł</b>	<b>347</b>	CSC ADVENTURE ACADEMY	Masters Mężczyzn	6		01:40:45	<b>02:14:33.65</b>	<b>02:14:38.90</b>	+00:33:39 (25.0%)	6:22	9.4 (75.2%)
18	<b>FRAŃKIEWICZ Mateusz</b>	<b>146</b>		Senior Mężczyzn	8		01:39:28	<b>02:15:06.05</b>	<b>02:15:09.00</b>	+00:34:09 (25.3%)	6:24	9.4 (75.2%)
19	<b>SOKOŁOWSKI Marek</b>	<b>294</b>	ALPIN SPORT TEAM	Weteran Mężczyzn	3		01:40:38	<b>02:15:37.35</b>	<b>02:15:40.00</b>	+00:34:40 (25.6%)	6:25	9.3 (74.4%)
20	<b>FRAŃCZYSTA Katarzyna</b>	<b>364</b>		Masters Kobiet	2		01:40:07	<b>02:15:53.50</b>	<b>02:15:57.05</b>	+00:34:57 (25.7%)	6:26	9.3 (74.4%)
21	<b>SZCZERBA Krzysztof</b>	<b>309</b>	TRAIL MANIACS	Senior Mężczyzn	9		01:38:23	<b>02:17:36.80</b>	<b>02:17:39.25</b>	+00:36:39 (26.6%)	6:31	9.2 (73.6%)
22	<b>FETISOVA Ekaterina</b>	<b>140</b>	ADIDAS RUNNERS WARSAW	Masters Kobiet	3		01:43:14	<b>02:17:57.80</b>	<b>02:18:03.20</b>	+00:37:03 (26.8%)	6:32	9.2 (73.6%)
23	<b>FRAŃCZYSTA Weronika</b>	<b>363</b>		Senior Kobiet	2		01:42:38	<b>02:18:00.15</b>	<b>02:18:04.30</b>	+00:37:04 (26.9%)	6:32	9.2 (73.6%)
23	<b>GÓRALIK Sylwia</b>	<b>152</b>	KS AZS AWF KRAKÓW	Masters Kobiet	4		01:44:02	<b>02:18:01.35</b>	<b>02:18:04.30</b>	+00:37:04 (26.9%)	6:32	9.2 (73.6%)
25	<b>SKURATOVICH Anton</b>	<b>292</b>	MIKKELLER RUNNING CLUB MINSK	Masters Mężczyzn	7		01:45:07	<b>02:18:14.05</b>	<b>02:18:25.70</b>	+00:37:25 (27.0%)	6:33	9.2 (73.6%)
26	<b>PĘKSA Bogdan</b>	<b>256</b>	BP	Senior Mężczyzn	10		01:43:51	<b>02:19:52.05</b>	<b>02:19:56.05</b>	+00:38:56 (27.8%)	6:37	9.1 (72.8%)
27	<b>BOHUN Dawid</b>	<b>114</b>	PEPITKA TEAM	Masters Mężczyzn	8		01:44:08	<b>02:19:53.00</b>	<b>02:19:58.30</b>	+00:38:58 (27.8%)	6:37	9.1 (72.8%)
28	<b>SZLÓSARCZYK Krzysztof</b>	<b>313</b>		Senior Mężczyzn	11		01:43:48	<b>02:20:34.35</b>	<b>02:20:39.60</b>	+00:39:39 (28.2%)	6:39	9 (72.0%)
29	<b>TLEBALDIEV Renat</b>	<b>322</b>	RUN_WAWA_RUN	Masters Mężczyzn	9		01:45:33	<b>02:21:07.20</b>	<b>02:21:12.75</b>	+00:40:12 (28.5%)	6:41	9 (72.0%)
30	<b>CZACHURSKI Mateusz</b>	<b>1010</b>	EX TEAM	Masters Mężczyzn	10		01:47:09	<b>02:22:35.55</b>	<b>02:22:35.55</b>	+00:41:35 (29.2%)	6:45	8.9 (71.2%)
31	<b>STACHOŃ Radosław</b>	<b>297</b>	RUN 4 FUN	Masters Mężczyzn	11		01:46:35	<b>02:23:07.25</b>	<b>02:23:13.10</b>	+00:42:13 (29.5%)	6:46	8.8 (70.4%)
32	<b>KONKEL Katarzyna</b>	<b>194</b>		Senior Kobiet	3		01:44:55	<b>02:23:26.75</b>	<b>02:23:30.20</b>	+00:42:30 (29.6%)	6:47	8.8 (70.4%)
33	<b>LEMISIEWICZ Tomasz</b>	<b>216</b>		Masters Mężczyzn	12		01:45:55	<b>02:24:07.35</b>	<b>02:24:12.75</b>	+00:43:12 (30.0%)	6:49	8.8 (70.4%)
34	<b>URBANEK Patryk</b>	<b>328</b>		Senior Mężczyzn	12		01:48:09	<b>02:24:50.95</b>	<b>02:24:55.25</b>	+00:43:55 (30.3%)	6:51	8.7 (69.6%)
35	<b>KRUPA Roman</b>	<b>203</b>		Masters Mężczyzn	13		01:46:59	<b>02:25:29.75</b>	<b>02:25:37.10</b>	+00:44:37 (30.6%)	6:53	8.7 (69.6%)
36	<b>KACZMAREK Łukasz</b>	<b>180</b>	#ADAMCZERWIŃSKITEAM	Masters Mężczyzn	14		01:49:50	<b>02:25:30.60</b>	<b>02:25:37.60</b>	+00:44:37 (30.6%)	6:53	8.7 (69.6%)
37	<b>SZOREK HEITZMAN Monika</b>	<b>315</b>		Masters Kobiet	5		01:46:33	<b>02:25:46.70</b>	<b>02:25:53.60</b>	+00:44:53 (30.8%)	6:54	8.7 (69.6%)

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38	<b>MAJEK Bartłomiej</b>	<b>360</b>		Senior Mężczyzn	13		01:46:00	<b>02:27:36.00</b>	<b>02:27:41.25</b>	+00:46:41 (31.6%)	6:59	8.6 (68.8%)
39	<b>PILETSKI Maksim</b>	<b>260</b>	BIEGACZE STU MOSTÓW	Senior Mężczyzn	14		01:49:27	<b>02:28:18.10</b>	<b>02:28:31.25</b>	+00:47:31 (32.0%)	7:01	8.5 (68.0%)
40	<b>DZIRBA Tomasz</b>	<b>138</b>		Masters Mężczyzn	15		01:51:10	<b>02:28:55.95</b>	<b>02:29:04.85</b>	+00:48:04 (32.3%)	7:03	8.5 (68.0%)
41	<b>KANAFA Piotr</b>	<b>181</b>	MARKOWI BIEGACZE	Masters Mężczyzn	16		01:46:26	<b>02:29:43.15</b>	<b>02:29:49.15</b>	+00:48:49 (32.6%)	7:05	8.5 (68.0%)
42	<b>BIEL Andrzej</b>	<b>111</b>		Masters Mężczyzn	17		01:49:34	<b>02:30:25.45</b>	<b>02:30:35.30</b>	+00:49:35 (32.9%)	7:07	8.4 (67.2%)
43	<b>STANKO Tymon</b>	<b>299</b>	FRANEK&LAWINKA	Senior Mężczyzn	15		01:51:55	<b>02:30:39.10</b>	<b>02:31:11.85</b>	+00:50:11 (33.2%)	7:08	8.4 (67.2%)
44	<b>KUPIEC Marcin</b>	<b>210</b>	RUN 4 FUN	Masters Mężczyzn	18		01:51:23	<b>02:31:31.55</b>	<b>02:31:36.70</b>	+00:50:36 (33.4%)	7:10	8.4 (67.2%)
45	<b>STAŃKO Michał</b>	<b>1025</b>		Masters Mężczyzn	19		01:54:01	<b>02:31:41.70</b>	<b>02:32:14.50</b>	+00:51:14 (33.7%)	7:11	8.3 (66.4%)
46	<b>WÓJCIK Piotr</b>	<b>344</b>	POLPLAST BIEGA	Masters Mężczyzn	20		01:52:37	<b>02:32:30.80</b>	<b>02:32:33.65</b>	+00:51:33 (33.8%)	7:13	8.3 (66.4%)
47	<b>PALUCZAK Tadeusz</b>	<b>248</b>		Masters Mężczyzn	21		01:52:53	<b>02:32:40.45</b>	<b>02:32:52.05</b>	+00:51:52 (33.9%)	7:14	8.3 (66.4%)
48	<b>SZYMAŃSKA Brygida</b>	<b>319</b>	EERLE SPORTSWEAR RUNNING TEAM	Senior Kobiet	4		01:52:32	<b>02:33:21.65</b>	<b>02:33:25.65</b>	+00:52:25 (34.2%)	7:16	8.3 (66.4%)
49	<b>KABAJ Przemysław</b>	<b>179</b>	BEFIT24TEAM	Senior Mężczyzn	16		01:53:46	<b>02:34:10.75</b>	<b>02:34:15.05</b>	+00:53:15 (34.5%)	7:18	8.2 (65.6%)
50	<b>KOPEĆ Paweł</b>	<b>195</b>	CZARNECKI RUN TEAM	Masters Mężczyzn	22		01:53:58	<b>02:34:36.50</b>	<b>02:34:41.10</b>	+00:53:41 (34.7%)	7:19	8.2 (65.6%)
51	<b>WINDAK Agnieszka</b>	<b>339</b>	JEM KLOPSA TEAM	Senior Kobiet	5		01:54:12	<b>02:34:33.70</b>	<b>02:34:47.15</b>	+00:53:47 (34.7%)	7:19	8.2 (65.6%)
52	<b>JARMUŻEK Marcin</b>	<b>173</b>		Masters Mężczyzn	23		01:54:30	<b>02:34:46.90</b>	<b>02:34:57.55</b>	+00:53:57 (34.8%)	7:20	8.2 (65.6%)
53	<b>MUSZYŃSKI Maciej</b>	<b>239</b>	MM POWER/KOLIBER TEAM	Weteran Mężczyzn	4		01:55:26	<b>02:36:39.65</b>	<b>02:36:44.55</b>	+00:55:44 (35.6%)	7:25	8.1 (64.8%)
54	<b>JANCZY Grzesiek</b>	<b>169</b>	GNUŚNIAKI	Senior Mężczyzn	17		01:52:47	<b>02:36:58.80</b>	<b>02:37:07.55</b>	+00:56:07 (35.7%)	7:26	8.1 (64.8%)
55	<b>SZCZUREK Jakub</b>	<b>310</b>	RUN AWAY TEAM	Masters Mężczyzn	24		01:57:38	<b>02:37:45.60</b>	<b>02:38:08.40</b>	+00:57:08 (36.1%)	7:28	8 (64.0%)
56	<b>KNAP Tomasz</b>	<b>191</b>		Masters Mężczyzn	25		01:58:05	<b>02:39:18.10</b>	<b>02:39:27.35</b>	+00:58:27 (36.7%)	7:32	7.9 (63.2%)
57	<b>MARCOL Damian</b>	<b>230</b>		Senior Mężczyzn	18		01:56:41	<b>02:39:20.40</b>	<b>02:39:28.05</b>	+00:58:28 (36.7%)	7:33	7.9 (63.2%)
58	<b>PAZDYKA Agata</b>	<b>255</b>	RUN 4 FUN	Masters Kobiet	6		01:58:26	<b>02:39:30.65</b>	<b>02:39:37.00</b>	+00:58:37 (36.7%)	7:33	7.9 (63.2%)
59	<b>ŁOPATA Karol</b>	<b>222</b>	BOOM	Senior Mężczyzn	19		02:00:40	<b>02:39:16.05</b>	<b>02:39:49.75</b>	+00:58:49 (36.8%)	7:32	7.9 (63.2%)
60	<b>MAŁCZYNSKI Andrzej</b>	<b>229</b>		Weteran Mężczyzn	5		01:56:58	<b>02:40:07.90</b>	<b>02:40:22.35</b>	+00:59:22 (37.0%)	7:35	7.9 (63.2%)

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61	<b>KLIMCHANKA Pavel</b>	<b>187</b>	SWORDS ATHLETICS	Masters Mężczyzn	26		01:58:27	<b>02:40:32.15</b>	<b>02:40:38.15</b>	+00:59:38 (37.1%)	7:36	7.9 (63.2%)
62	<b>SZCZEPAŃSKA Edyta</b>	<b>308</b>	MOUNTAIN RUNNING GUIDES	Senior Kobiet	6		01:57:54	<b>02:40:29.20</b>	<b>02:40:42.65</b>	+00:59:42 (37.2%)	7:36	7.9 (63.2%)
63	<b>MAŁACHOWSKI Mariusz</b>	<b>228</b>	RUN AWAY TEAM	Masters Mężczyzn	27		01:58:13	<b>02:40:12.00</b>	<b>02:40:48.45</b>	+00:59:48 (37.2%)	7:35	7.9 (63.2%)
64	<b>MAJOREK Krzysztof</b>	<b>225</b>		Masters Mężczyzn	28		01:56:25	<b>02:41:07.50</b>	<b>02:41:11.25</b>	+01:00:11 (37.3%)	7:38	7.9 (63.2%)
65	<b>KOLACHA Patryk</b>	<b>192</b>	STUDIO GTS KATOWICE	Senior Mężczyzn	20		01:57:09	<b>02:41:26.90</b>	<b>02:41:33.40</b>	+01:00:33 (37.5%)	7:39	7.8 (62.4%)
66	<b>MASALSKI Romuald</b>	<b>232</b>	ZABIEGANI CZERNIKOWO	Weteran Mężczyzn	6		02:01:12	<b>02:41:25.70</b>	<b>02:41:34.15</b>	+01:00:34 (37.5%)	7:39	7.8 (62.4%)
67	<b>PAŁYSA Robert</b>	<b>249</b>	STANWEX II	Senior Mężczyzn	21		02:00:09	<b>02:41:28.90</b>	<b>02:41:52.65</b>	+01:00:52 (37.6%)	7:39	7.8 (62.4%)
68	<b>WIECZOREK Agata</b>	<b>335</b>	BIEGOWE CZWARTKI	Masters Kobiet	7		01:59:45	<b>02:41:54.00</b>	<b>02:41:58.65</b>	+01:00:58 (37.6%)	7:40	7.8 (62.4%)
69	<b>KULAWIK Bartek</b>	<b>209</b>		Masters Mężczyzn	29		01:58:24	<b>02:41:58.20</b>	<b>02:42:06.40</b>	+01:01:06 (37.7%)	7:40	7.8 (62.4%)
70	<b>PORĘBA Mateusz</b>	<b>269</b>	BIKE-RS	Masters Mężczyzn	30		01:58:15	<b>02:43:32.50</b>	<b>02:43:41.25</b>	+01:02:41 (38.3%)	7:45	7.7 (61.6%)
71	<b>KRUPA Krzysztof</b>	<b>204</b>	PUCH TEAM	Senior Mężczyzn	22		01:59:25	<b>02:44:22.20</b>	<b>02:44:41.35</b>	+01:03:41 (38.7%)	7:47	7.7 (61.6%)
72	<b>ZIARKOWSKI Bartosz</b>	<b>351</b>	STJ KW KRAKÓW	Senior Mężczyzn	23		02:04:09	<b>02:46:32.25</b>	<b>02:46:41.50</b>	+01:05:41 (39.4%)	7:53	7.6 (60.8%)
73	<b>ŁUKOMSKI Marcin</b>	<b>223</b>		Masters Mężczyzn	31		01:58:41	<b>02:46:52.05</b>	<b>02:46:59.70</b>	+01:05:59 (39.5%)	7:54	7.6 (60.8%)
74	<b>SZTEJKA Damian</b>	<b>316</b>	KULAWA RODZINA	Masters Mężczyzn	32		01:58:43	<b>02:46:52.35</b>	<b>02:46:59.95</b>	+01:06:00 (39.5%)	7:54	7.6 (60.8%)
75	<b>DELEŻUCH Wojciech</b>	<b>1026</b>	NIEMCE TEAM	Masters Mężczyzn	33		01:59:40	<b>02:46:53.55</b>	<b>02:47:05.35</b>	+01:06:05 (39.6%)	7:54	7.6 (60.8%)
76	<b>PALUCH Karol</b>	<b>247</b>		Masters Mężczyzn	34		02:04:04	<b>02:47:37.40</b>	<b>02:47:43.85</b>	+01:06:43 (39.8%)	7:56	7.6 (60.8%)
77	<b>JADCZAK Tomasz</b>	<b>166</b>	NOKIA	Senior Mężczyzn	24		02:04:24	<b>02:47:44.05</b>	<b>02:47:53.30</b>	+01:06:53 (39.8%)	7:56	7.5 (60.0%)
78	<b>LEBIEST Radosław</b>	<b>215</b>		Masters Mężczyzn	35		02:04:53	<b>02:47:48.65</b>	<b>02:48:08.60</b>	+01:07:08 (39.9%)	7:57	7.5 (60.0%)
79	<b>JASKULSKI Robert</b>	<b>176</b>	BIEGOWA KUŹNIA	Masters Mężczyzn	36		02:01:20	<b>02:48:01.30</b>	<b>02:48:13.80</b>	+01:07:13 (40.0%)	7:57	7.5 (60.0%)
80	<b>WAJDZIK Adam</b>	<b>330</b>		Senior Mężczyzn	25		02:02:35	<b>02:48:11.25</b>	<b>02:48:21.40</b>	+01:07:21 (40.0%)	7:58	7.5 (60.0%)
81	<b>RADOSZEK- ZAKRZYŃSKA Barbara</b>	<b>277</b>		Masters Kobiet	8		02:05:32	<b>02:48:36.35</b>	<b>02:48:41.15</b>	+01:07:41 (40.1%)	7:59	7.5 (60.0%)
82	<b>LEWNIOWSKI Błażej</b>	<b>218</b>		Masters Mężczyzn	37		02:04:07	<b>02:48:48.75</b>	<b>02:48:56.95</b>	+01:07:57 (40.2%)	7:59	7.5 (60.0%)
83	<b>CZECH Aldona</b>	<b>128</b>	BIEGOWE CZWARTKI	Masters Kobiet	9		02:05:06	<b>02:49:48.95</b>	<b>02:49:53.45</b>	+01:08:53 (40.6%)	8:02	7.5 (60.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pies	Turbacz 14km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
84	<b>STRYCHARZ Sławomir</b>	<b>302</b>		Masters Mężczyzn	38		02:04:15	<b>02:49:20.10</b>	<b>02:50:10.75</b>	+01:09:10 (40.7%)	8:01	7.5 (60.0%)
85	<b>PUDZISZ Piotr</b>	<b>275</b>		Masters Mężczyzn	39		02:04:09	<b>02:50:43.25</b>	<b>02:50:50.15</b>	+01:09:50 (40.9%)	8:05	7.4 (59.2%)
86	<b>SALAVIEJ Uladzimir</b>	<b>568</b>		Senior Mężczyzn	26		02:04:58	<b>02:50:35.65</b>	<b>02:50:51.20</b>	+01:09:51 (40.9%)	8:05	7.4 (59.2%)
87	<b>PACHYKAUSKI Pavel</b>	<b>252</b>		Masters Mężczyzn	40		02:04:54	<b>02:50:46.55</b>	<b>02:50:59.50</b>	+01:09:59 (40.9%)	8:05	7.4 (59.2%)
88	<b>FOKT Rafał</b>	<b>142</b>	BIEGAMBOLUBIĘ	Masters Mężczyzn	41		02:02:21	<b>02:51:25.20</b>	<b>02:51:29.25</b>	+01:10:29 (41.1%)	8:07	7.4 (59.2%)
89	<b>BUGAJSKI Bartosz</b>	<b>122</b>	GORĄCY POTOK TEAM	Senior Mężczyzn	27		02:06:13	<b>02:51:18.15</b>	<b>02:51:36.30</b>	+01:10:36 (41.1%)	8:07	7.4 (59.2%)
90	<b>KURCZ Magdalena</b>	<b>212</b>		Senior Kobiet	7		02:05:31	<b>02:52:02.00</b>	<b>02:52:11.40</b>	+01:11:11 (41.3%)	8:09	7.4 (59.2%)
91	<b>JANIK Jacek</b>	<b>171</b>		Masters Mężczyzn	42		02:01:25	<b>02:52:05.50</b>	<b>02:52:13.85</b>	+01:11:13 (41.4%)	8:09	7.4 (59.2%)
92	<b>FRYŻLEWICZ Bartłomiej</b>	<b>147</b>		Senior Mężczyzn	28		02:03:59	<b>02:52:06.50</b>	<b>02:52:24.10</b>	+01:11:24 (41.4%)	8:09	7.4 (59.2%)
93	<b>MICHALSKA Magdalena</b>	<b>236</b>		Masters Kobiet	10		02:05:14	<b>02:52:05.00</b>	<b>02:52:37.05</b>	+01:11:37 (41.5%)	8:09	7.4 (59.2%)
94	<b>KORCZAK Aleksander</b>	<b>196</b>		Senior Mężczyzn	29		02:07:40	<b>02:52:45.60</b>	<b>02:53:12.70</b>	+01:12:12 (41.7%)	8:11	7.3 (58.4%)
95	<b>KLOBUCH Damian</b>	<b>189</b>	TEAM PAPRY	Masters Mężczyzn	43		01:59:54	<b>02:53:11.10</b>	<b>02:53:15.75</b>	+01:12:15 (41.7%)	8:12	7.3 (58.4%)
96	<b>ŚLUSAREK Katarzyna</b>	<b>320</b>	SIEMIESZ-TEAM	Senior Kobiet	8		02:08:16	<b>02:53:05.95</b>	<b>02:53:21.15</b>	+01:12:21 (41.7%)	8:12	7.3 (58.4%)
97	<b>KOSTKA Adrian</b>	<b>198</b>	JADYMY ŚNIMI	Senior Mężczyzn	30		02:07:20	<b>02:53:03.90</b>	<b>02:53:53.50</b>	+01:12:53 (41.9%)	8:12	7.3 (58.4%)
98	<b>SUCHANEK Radosław</b>	<b>303</b>		Weteran Mężczyzn	7		02:07:41	<b>02:54:09.85</b>	<b>02:54:20.35</b>	+01:13:20 (42.1%)	8:15	7.3 (58.4%)
99	<b>WIŚNIEWSKI Bartosz</b>	<b>341</b>		Masters Mężczyzn	44		02:08:08	<b>02:55:01.30</b>	<b>02:55:07.30</b>	+01:14:07 (42.3%)	8:17	7.2 (57.6%)
100	<b>KOSMAN Magdalena</b>	<b>197</b>	SKL SUCHA BESKIDZKA	Senior Kobiet	9			<b>02:55:08.00</b>	<b>02:55:08.00</b>	+01:14:08 (42.3%)	8:18	7.2 (57.6%)
101	<b>MICHAŁKIEWICZ Mateusz</b>	<b>237</b>	BOOM	Senior Mężczyzn	31		02:07:54	<b>02:55:48.85</b>	<b>02:56:24.50</b>	+01:15:24 (42.7%)	8:19	7.2 (57.6%)
102	<b>NICIEJA Anna</b>	<b>240</b>		Masters Kobiet	11		02:08:36	<b>02:56:16.00</b>	<b>02:56:44.95</b>	+01:15:45 (42.9%)	8:21	7.2 (57.6%)
103	<b>AUGUSTYNIAK Marek</b>	<b>102</b>		Weteran Mężczyzn	8		02:02:56	<b>02:56:38.50</b>	<b>02:56:54.15</b>	+01:15:54 (42.9%)	8:22	7.2 (57.6%)
104	<b>KUKOBNIKAVA Vitaliya</b>	<b>207</b>	BIEGACZE STU MOSTÓW	Senior Kobiet	10		02:10:46	<b>02:56:48.60</b>	<b>02:57:04.70</b>	+01:16:04 (43.0%)	8:22	7.2 (57.6%)
105	<b>KRZESIMOWSKI Damian</b>	<b>206</b>		Masters Mężczyzn	45		02:13:05	<b>02:57:00.95</b>	<b>02:57:16.20</b>	+01:16:16 (43.0%)	8:23	7.2 (57.6%)
106	<b>JABŁOŃSKI Bartosz</b>	<b>162</b>		Masters Mężczyzn	46		02:12:31	<b>02:56:58.60</b>	<b>02:57:34.25</b>	+01:16:34 (43.1%)	8:23	7.2 (57.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pies	Turbacz 14km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
107	<b>BREMER Adam</b>	<b>117</b>	RUN AWAY TEAM	Masters Mężczyzn	47		02:10:28	<b>02:57:35.40</b>	<b>02:57:59.25</b>	+01:16:59 (43.3%)	8:24	7.1 (56.8%)
108	<b>VANKOVICH Anastasiya</b>	<b>329</b>	SWORDS ATHLETICS	Masters Kobiet	12		02:10:22	<b>02:58:31.00</b>	<b>02:58:44.05</b>	+01:17:44 (43.5%)	8:27	7.1 (56.8%)
109	<b>SIWOŃ Ewa</b>	<b>71</b>		Weteran Kobiet	1		02:11:36	<b>02:59:44.75</b>	<b>02:59:59.00</b>	+01:18:59 (43.9%)	8:31	7 (56.0%)
110	<b>MARZIANO Dorota</b>	<b>231</b>		Masters Kobiet	13		02:12:50	<b>02:59:42.80</b>	<b>02:59:59.60</b>	+01:18:59 (43.9%)	8:30	7 (56.0%)
111	<b>STALKA Krzysztof</b>	<b>298</b>	STANWEX II	Senior Mężczyzn	32		02:12:41	<b>03:00:02.30</b>	<b>03:00:27.65</b>	+01:19:27 (44.0%)	8:31	7 (56.0%)
112	<b>TARADAJ Paulina</b>	<b>321</b>	LACHO TEAM	Masters Kobiet	14		02:12:20	<b>03:00:36.80</b>	<b>03:01:07.55</b>	+01:20:07 (44.2%)	8:33	7 (56.0%)
113	<b>GÓRA Anna</b>	<b>362</b>		Senior Kobiet	11		02:10:48	<b>03:02:36.15</b>	<b>03:02:46.95</b>	+01:21:47 (44.7%)	8:39	6.9 (55.2%)
114	<b>OKÓLSKI Paweł</b>	<b>242</b>	KAY-MAX	Masters Mężczyzn	48		02:13:03	<b>03:02:41.40</b>	<b>03:02:57.20</b>	+01:21:57 (44.8%)	8:39	6.9 (55.2%)
115	<b>WOLSKI Łukasz</b>	<b>343</b>		Masters Mężczyzn	49		02:16:08	<b>03:02:43.60</b>	<b>03:03:10.70</b>	+01:22:10 (44.9%)	8:39	6.9 (55.2%)
116	<b>AUGUŚCIK Mariusz</b>	<b>1024</b>		Weteran Mężczyzn	9		02:09:48	<b>03:02:52.80</b>	<b>03:03:28.05</b>	+01:22:28 (45.0%)	8:40	6.9 (55.2%)
117	<b>PAVLOVSKY Anton</b>	<b>253</b>		Masters Mężczyzn	50		02:13:47	<b>03:03:38.60</b>	<b>03:03:48.35</b>	+01:22:48 (45.1%)	8:42	6.9 (55.2%)
118	<b>OTWINOWSKI Maciej</b>	<b>245</b>	GORACY POTOK	Masters Mężczyzn	51		02:14:48	<b>03:03:45.95</b>	<b>03:04:04.20</b>	+01:23:04 (45.1%)	8:42	6.9 (55.2%)
119	<b>DUDA Dariusz</b>	<b>132</b>	RUN AWAY TEAM	Masters Mężczyzn	52		02:16:23	<b>03:04:01.70</b>	<b>03:04:41.35</b>	+01:23:41 (45.3%)	8:43	6.9 (55.2%)
120	<b>SZLACHTA Łukasz</b>	<b>312</b>		Masters Mężczyzn	53		02:16:30	<b>03:06:09.15</b>	<b>03:06:25.95</b>	+01:25:26 (45.8%)	8:49	6.8 (54.4%)
121	<b>RACUŁT Paweł Racułt</b>	<b>276</b>		Masters Mężczyzn	54		02:16:15	<b>03:06:03.00</b>	<b>03:06:53.40</b>	+01:25:53 (46.0%)	8:49	6.8 (54.4%)
122	<b>JANUS Krzysztof</b>	<b>172</b>	RUN AWAY TEAM	Weteran Mężczyzn	10		02:16:18	<b>03:06:11.30</b>	<b>03:06:56.45</b>	+01:25:56 (46.0%)	8:49	6.8 (54.4%)
123	<b>ZIÓŁKOWSKI Łukasz</b>	<b>354</b>		Masters Mężczyzn	55		02:09:55	<b>03:06:47.40</b>	<b>03:07:12.75</b>	+01:26:12 (46.1%)	8:51	6.8 (54.4%)
124	<b>KULAK-OKÓLSKA Nina</b>	<b>208</b>	KAY-MAX	Masters Kobiet	15		02:16:45	<b>03:07:03.50</b>	<b>03:07:19.75</b>	+01:26:19 (46.1%)	8:51	6.8 (54.4%)
125	<b>FRANCZAK Katarzyna</b>	<b>144</b>		Masters Kobiet	16		02:18:11	<b>03:08:32.25</b>	<b>03:08:40.20</b>	+01:27:40 (46.5%)	8:56	6.7 (53.6%)
126	<b>DYŻEWSKI Michał</b>	<b>136</b>	REMBERTÓW TEAM	Weteran Mężczyzn	11		02:13:23	<b>03:08:23.40</b>	<b>03:08:51.45</b>	+01:27:51 (46.5%)	8:55	6.7 (53.6%)
127	<b>PAŁKA Ewa</b>	<b>358</b>	KB PARANTELA	Masters Kobiet	17		02:19:06	<b>03:09:43.55</b>	<b>03:09:49.85</b>	+01:28:49 (46.8%)	8:59	6.7 (53.6%)
128	<b>BAK Jacek</b>	<b>108</b>		Weteran Mężczyzn	12			<b>03:10:47.00</b>	<b>03:10:47.00</b>	+01:29:47 (47.1%)	9:02	6.6 (52.8%)
129	<b>BOROWIECKI Kamil</b>	<b>115</b>	GORĄCY POTOK TEAM	Senior Mężczyzn	33		02:12:45	<b>03:10:48.60</b>	<b>03:11:07.45</b>	+01:30:07 (47.2%)	9:02	6.6 (52.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pies	Turbacz 14km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
130	<b>STACH Jakub</b>	<b>296</b>		Senior Mężczyzn	34		02:14:27	<b>03:10:46.80</b>	<b>03:11:10.75</b>	+01:30:10 (47.2%)	9:02	6.6 (52.8%)
131	<b>HAWRYLUK Łukasz</b>	<b>158</b>		Masters Mężczyzn	56		02:12:43	<b>03:12:18.40</b>	<b>03:12:40.60</b>	+01:31:40 (47.6%)	9:06	6.6 (52.8%)
132	<b>SALIŃSKI Bartosz</b>	<b>285</b>	AUGUSTEAM	Masters Mężczyzn	57		02:16:46	<b>03:13:19.90</b>	<b>03:13:30.20</b>	+01:32:30 (47.8%)	9:09	6.5 (52.0%)
133	<b>KWIATKOWSKA Martyna</b>	<b>214</b>	RUN AWAY TEAM	Masters Kobiet	18		02:19:42	<b>03:13:10.85</b>	<b>03:13:45.00</b>	+01:32:45 (47.9%)	9:09	6.6 (52.8%)
134	<b>GŁADYSZ Jadwiga</b>	<b>150</b>	ADARHO	Weteran Kobiet	2		02:19:12	<b>03:13:53.45</b>	<b>03:14:02.85</b>	+01:33:02 (48.0%)	9:11	6.5 (52.0%)
135	<b>SIEMIESZ Paweł</b>	<b>288</b>	SIEMIESZ-TEAM	Senior Mężczyzn	35		02:25:27	<b>03:16:11.15</b>	<b>03:16:36.00</b>	+01:35:36 (48.6%)	9:17	6.5 (52.0%)
136	<b>DUDEK Łukasz</b>	<b>133</b>		Masters Mężczyzn	58		02:23:17	<b>03:16:28.45</b>	<b>03:16:53.25</b>	+01:35:53 (48.7%)	9:18	6.4 (51.2%)
137	<b>ANDRAU Anatoli</b>	<b>100</b>		Masters Mężczyzn	59		02:20:00	<b>03:16:39.90</b>	<b>03:16:55.85</b>	+01:35:55 (48.7%)	9:19	6.4 (51.2%)
138	<b>CZERWIEC Jolanta</b>	<b>129</b>		Masters Kobiet	19		02:21:57	<b>03:17:18.80</b>	<b>03:17:22.45</b>	+01:36:22 (48.8%)	9:21	6.4 (51.2%)
139	<b>PUCHAŁA Łukasz</b>	<b>274</b>		Masters Mężczyzn	60		02:19:47	<b>03:16:57.35</b>	<b>03:17:24.30</b>	+01:36:24 (48.8%)	9:20	6.4 (51.2%)
140	<b>STEBEL Bartosz</b>	<b>301</b>		Masters Mężczyzn	61		02:19:13	<b>03:16:57.95</b>	<b>03:17:28.70</b>	+01:36:28 (48.9%)	9:20	6.4 (51.2%)
141	<b>PRYMAKOU Maksim</b>	<b>272</b>	RUN_WAWA_RUN	Senior Mężczyzn	36		02:22:14	<b>03:17:18.05</b>	<b>03:17:32.75</b>	+01:36:32 (48.9%)	9:21	6.4 (51.2%)
142	<b>LUKYANCHYK Andrei</b>	<b>219</b>	RUN_WAWA_RUN	Senior Mężczyzn	37		02:22:12	<b>03:17:17.70</b>	<b>03:17:33.05</b>	+01:36:33 (48.9%)	9:20	6.4 (51.2%)
143	<b>HAMERNIK Paweł</b>	<b>157</b>		Senior Mężczyzn	38		02:19:08	<b>03:16:47.30</b>	<b>03:17:35.80</b>	+01:36:35 (48.9%)	9:19	6.4 (51.2%)
144	<b>PIERZCHANOWSKI Rafał</b>	<b>257</b>	SZAKALE BAŁUT ŁÓDŹ	Masters Mężczyzn	62		02:19:09	<b>03:18:15.15</b>	<b>03:18:32.35</b>	+01:37:32 (49.1%)	9:23	6.4 (51.2%)
145	<b>WOJCIK Magdalena</b>	<b>342</b>		Senior Kobiet	12		02:15:33	<b>03:18:02.95</b>	<b>03:18:53.30</b>	+01:37:53 (49.2%)	9:23	6.4 (51.2%)
146	<b>TYLUTKI Agnieszka</b>	<b>326</b>		Weteran Kobiet	3		02:25:24	<b>03:18:59.60</b>	<b>03:19:04.55</b>	+01:38:04 (49.3%)	9:25	6.4 (51.2%)
147	<b>JACKOWSKI Zbigniew</b>	<b>164</b>	ŚWIĘTOKRZYSKI WŁÓCZYKIJ	Weteran Mężczyzn	13		02:21:50	<b>03:18:43.25</b>	<b>03:19:05.15</b>	+01:38:05 (49.3%)	9:25	6.4 (51.2%)
148	<b>SŁOWIK Mariusz</b>	<b>293</b>	ROM TEAM	Weteran Mężczyzn	14		02:23:16	<b>03:19:29.30</b>	<b>03:20:00.05</b>	+01:39:00 (49.5%)	9:27	6.3 (50.4%)
149	<b>BARTASHEVICH Kanstantsin</b>	<b>106</b>	RUN_WAWA_RUN	Masters Mężczyzn	63		02:22:13	<b>03:20:12.15</b>	<b>03:20:27.65</b>	+01:39:27 (49.6%)	9:29	6.3 (50.4%)
150	<b>GRZEGORZEWSKA Marlena</b>	<b>154</b>	DAISYPLESS	Weteran Kobiet	4		02:22:16	<b>03:20:20.15</b>	<b>03:20:31.10</b>	+01:39:31 (49.6%)	9:29	6.3 (50.4%)
151	<b>KASIŃSKI Wojciech</b>	<b>184</b>	ULTRAPLESS	Weteran Mężczyzn	15		02:22:12	<b>03:20:22.15</b>	<b>03:20:31.95</b>	+01:39:32 (49.6%)	9:29	6.3 (50.4%)
152	<b>PIWOŃSKA Ada</b>	<b>264</b>	ŁAPACZE ZACHODÓW SŁOŃCA/PIRACI Z SZARLOTY	Masters Kobiet	20		02:25:28	<b>03:20:34.45</b>	<b>03:20:51.90</b>	+01:39:52 (49.7%)	9:30	6.3 (50.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pies	Turbacz 14km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
153	<b>POCHCIAŁ Maciej</b>	<b>266</b>		Senior Mężczyzn	39		02:19:53	<b>03:21:55.30</b>	<b>03:22:14.65</b>	+01:41:14 (50.1%)	9:34	6.3 (50.4%)
154	<b>JĘDRZEJCZYK Agnieszka</b>	<b>178</b>		Weteran Kobiet	5		02:30:08	<b>03:22:15.15</b>	<b>03:22:50.60</b>	+01:41:50 (50.2%)	9:35	6.3 (50.4%)
155	<b>GRĘBOWSKA Dagmara</b>	<b>357</b>		Masters Kobiet	21		02:27:15	<b>03:22:56.55</b>	<b>03:23:05.45</b>	+01:42:05 (50.3%)	9:37	6.2 (49.6%)
156	<b>JAGIELSKA Magdalena</b>	<b>167</b>	POŁAWIACZKI PEREŁ, KS STASZEWSKY	Weteran Kobiet	6		02:28:56	<b>03:22:36.25</b>	<b>03:23:18.65</b>	+01:42:18 (50.3%)	9:36	6.2 (49.6%)
157	<b>GÓRECKA Agnieszka</b>	<b>153</b>	STAJNIAK TEAM	Senior Kobiet	13		02:32:56	<b>03:23:26.30</b>	<b>03:23:46.25</b>	+01:42:46 (50.4%)	9:38	6.2 (49.6%)
158	<b>KOTAŃSKI Jakub</b>	<b>200</b>	STANWEX	Senior Mężczyzn	40		02:25:36	<b>03:23:43.20</b>	<b>03:24:09.40</b>	+01:43:09 (50.5%)	9:39	6.2 (49.6%)
159	<b>BAYOK Ilya</b>	<b>107</b>		Senior Mężczyzn	41		02:19:59	<b>03:24:40.00</b>	<b>03:24:55.20</b>	+01:43:55 (50.7%)	9:41	6.2 (49.6%)
160	<b>DĄBROWSKI Piotr</b>	<b>365</b>		Masters Mężczyzn	64		02:25:57	<b>03:24:58.45</b>	<b>03:25:40.10</b>	+01:44:40 (50.9%)	9:42	6.2 (49.6%)
161	<b>JAGIELSKI Paweł</b>	<b>168</b>		Weteran Mężczyzn	16		02:28:57	<b>03:25:23.75</b>	<b>03:26:06.75</b>	+01:45:06 (51.0%)	9:44	6.2 (49.6%)
162	<b>FRANEK Agata</b>	<b>145</b>		Masters Kobiet	22		02:27:38	<b>03:25:51.35</b>	<b>03:26:08.05</b>	+01:45:08 (51.0%)	9:45	6.2 (49.6%)
163	<b>GAIDA Jan</b>	<b>148</b>	BIEGAM BO CHCĘ	Weteran Mężczyzn	17		02:23:15	<b>03:25:43.10</b>	<b>03:26:12.95</b>	+01:45:13 (51.0%)	9:44	6.2 (49.6%)
164	<b>DENYSENKO Lech</b>	<b>130</b>	BDB TEAM	Weteran Mężczyzn	18			<b>03:28:17.00</b>	<b>03:28:17.00</b>	+01:47:17 (51.5%)	9:52	6.1 (48.8%)
165	<b>HUBNER Ilona</b>	<b>160</b>	TLENOWA RADOŚĆ TEAM	Masters Kobiet	23		02:34:52	<b>03:28:17.90</b>	<b>03:28:58.60</b>	+01:47:58 (51.7%)	9:52	6.1 (48.8%)
166	<b>KISIAŁA Filip</b>	<b>186</b>	TATA WOJTUSIA	Masters Mężczyzn	65		02:24:55	<b>03:28:27.85</b>	<b>03:28:59.30</b>	+01:47:59 (51.7%)	9:52	6.1 (48.8%)
167	<b>MAJOREK Zofia</b>	<b>226</b>		Masters Kobiet	24		02:30:30	<b>03:29:31.15</b>	<b>03:29:43.55</b>	+01:48:43 (51.8%)	9:55	6 (48.0%)
168	<b>ŻUREK Marcin</b>	<b>356</b>		Masters Mężczyzn	66		02:33:52	<b>03:30:24.95</b>	<b>03:30:43.55</b>	+01:49:43 (52.1%)	9:58	6 (48.0%)
169	<b>PORĘBA-GAJDA Beata</b>	<b>270</b>	RUN AWAY TEAM	Senior Kobiet	14		02:34:44	<b>03:30:36.85</b>	<b>03:31:01.30</b>	+01:50:01 (52.1%)	9:58	6 (48.0%)
170	<b>PATURA Anna</b>	<b>251</b>	WYCIECZKA BIEGOWA	Weteran Kobiet	7		02:29:52	<b>03:32:00.35</b>	<b>03:32:41.20</b>	+01:51:41 (52.5%)	10:02	6 (48.0%)
171	<b>PIOTROWSKA Edyta</b>	<b>261</b>	BRACTWO BIEGOWE BGK	Masters Kobiet	25		02:31:35	<b>03:32:10.95</b>	<b>03:32:44.60</b>	+01:51:44 (52.5%)	10:03	6 (48.0%)
172	<b>PŁUCIŚ Małgorzata</b>	<b>265</b>	BIEGAMBOLUBIĘ	Senior Kobiet	15			<b>03:33:02.00</b>	<b>03:33:02.00</b>	+01:52:02 (52.6%)	10:05	5.9 (47.2%)
173	<b>SKORUPA Adam</b>	<b>291</b>	RUN AWAY TEAM	Masters Mężczyzn	67		02:33:27	<b>03:32:20.50</b>	<b>03:33:05.45</b>	+01:52:05 (52.6%)	10:03	6 (48.0%)
174	<b>GLAZER Anna</b>	<b>24</b>	3:33 TEAM	Weteran Kobiet	8		02:33:29	<b>03:33:46.90</b>	<b>03:34:15.85</b>	+01:53:15 (52.9%)	10:07	5.9 (47.2%)
175	<b>MAJDYŚ Wojciech</b>	<b>366</b>		Weteran Mężczyzn	19		02:34:27	<b>03:34:11.05</b>	<b>03:34:42.45</b>	+01:53:42 (53.0%)	10:09	5.9 (47.2%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pies	Turbacz 14km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
176	<b>WRÓBLEWSKA Katarzyna</b>	<b>345</b>		Masters Kobiet	26		02:34:33	<b>03:33:56.25</b>	<b>03:34:45.35</b>	+01:53:45 (53.0%)	10:08	5.9 (47.2%)
177	<b>KANASHEVICH Aliona</b>	<b>182</b>	RUN_WAWA_RUN	Masters Kobiet	27			<b>03:35:17.70</b>	<b>03:35:31.35</b>	+01:54:31 (53.1%)	10:12	5.9 (47.2%)
178	<b>BEREZNIATSKA Yana</b>	<b>109</b>	RUN_WAWA_RUN	Masters Kobiet	28		02:33:02	<b>03:35:17.75</b>	<b>03:35:32.75</b>	+01:54:32 (53.1%)	10:12	5.9 (47.2%)
179	<b>KOWALSKI Jarosław</b>	<b>201</b>	3:33 TEAM	Weteran Mężczyzn	20		02:33:29	<b>03:35:05.50</b>	<b>03:35:35.35</b>	+01:54:35 (53.2%)	10:11	5.9 (47.2%)
180	<b>PSZCZÓŁKOWSKI Łukasz</b>	<b>273</b>		Masters Mężczyzn	68		02:32:16	<b>03:35:35.30</b>	<b>03:36:07.30</b>	+01:55:07 (53.3%)	10:13	5.9 (47.2%)
181	<b>GAJEWSKI Maciej</b>	<b>149</b>	URZĄD MIASTA WŁOCŁAWEK	Masters Mężczyzn	69		02:32:14	<b>03:35:37.85</b>	<b>03:36:10.00</b>	+01:55:10 (53.3%)	10:13	5.9 (47.2%)
182	<b>BUGAJSKA-JUCHA Renata</b>	<b>121</b>	DZIKI KRÓLIK	Weteran Kobiet	9		02:37:09	<b>03:36:35.60</b>	<b>03:36:46.65</b>	+01:55:46 (53.4%)	10:15	5.8 (46.4%)
183	<b>PIOTROWSKI Andrzej</b>	<b>262</b>		Masters Mężczyzn	70		02:34:14	<b>03:36:22.05</b>	<b>03:37:04.25</b>	+01:56:04 (53.5%)	10:15	5.9 (47.2%)
184	<b>KIEŁBUS Mirek</b>	<b>185</b>		Weteran Mężczyzn	21		02:33:55	<b>03:36:46.75</b>	<b>03:37:28.60</b>	+01:56:28 (53.6%)	10:16	5.8 (46.4%)
185	<b>FORMAS Adrian</b>	<b>143</b>	HATI-TEAM	Senior Mężczyzn	42		02:32:41	<b>03:37:21.05</b>	<b>03:37:54.60</b>	+01:56:54 (53.7%)	10:18	5.8 (46.4%)
186	<b>BRYZEK Igor</b>	<b>119</b>		Senior Mężczyzn	43		02:32:53	<b>03:37:28.05</b>	<b>03:38:02.25</b>	+01:57:02 (53.7%)	10:18	5.8 (46.4%)
187	<b>DURAK Wojciech</b>	<b>135</b>	RUN AWAY TEAM	Masters Mężczyzn	71		02:33:28	<b>03:38:09.60</b>	<b>03:38:54.45</b>	+01:57:54 (53.9%)	10:20	5.8 (46.4%)
188	<b>ROSA Magdalena</b>	<b>280</b>	BIEGAJĄCY ŚWIDNIK	Masters Kobiet	29		02:33:48	<b>03:40:34.00</b>	<b>03:40:55.80</b>	+01:59:55 (54.3%)	10:27	5.7 (45.6%)
189	<b>KLOZIK Agnieszka</b>	<b>190</b>		Masters Kobiet	30		02:39:03	<b>03:41:05.35</b>	<b>03:41:37.80</b>	+02:00:37 (54.4%)	10:28	5.7 (45.6%)
190	<b>ZIÓŁKOWSKA Monika</b>	<b>352</b>		Masters Kobiet	31		02:39:06	<b>03:41:17.40</b>	<b>03:41:47.55</b>	+02:00:47 (54.5%)	10:29	5.7 (45.6%)
191	<b>WILCZEK Łukasz</b>	<b>336</b>		Masters Mężczyzn	72		02:22:18	<b>03:42:23.35</b>	<b>03:42:35.45</b>	+02:01:35 (54.6%)	10:32	5.7 (45.6%)
192	<b>ZIÓŁKOWSKA-BESZCZYŃSKA Aleksandra</b>	<b>353</b>		Senior Kobiet	16		02:34:14	<b>03:42:51.60</b>	<b>03:43:30.45</b>	+02:02:30 (54.8%)	10:33	5.7 (45.6%)
193	<b>BESZCZYŃSKI Michał</b>	<b>110</b>		Senior Mężczyzn	44		02:34:16	<b>03:42:54.10</b>	<b>03:43:31.95</b>	+02:02:32 (54.8%)	10:33	5.7 (45.6%)
194	<b>PIOTROWSKI Łukasz</b>	<b>263</b>		Masters Mężczyzn	73		02:37:50	<b>03:44:38.25</b>	<b>03:45:33.00</b>	+02:04:33 (55.2%)	10:38	5.6 (44.8%)
195	<b>SAMBORSKA Beata</b>	<b>286</b>	BŁĘKITNA XVII	Masters Kobiet	32		02:36:55	<b>03:45:21.60</b>	<b>03:45:42.30</b>	+02:04:42 (55.3%)	10:40	5.6 (44.8%)
196	<b>SAMBORSKI Damian</b>	<b>287</b>		Masters Mężczyzn	74		02:36:54	<b>03:45:22.55</b>	<b>03:45:43.30</b>	+02:04:43 (55.3%)	10:40	5.6 (44.8%)
197	<b>RZEŹNIK Kinga</b>	<b>284</b>	BŁĘKITNA XVII	Masters Kobiet	33		02:36:55	<b>03:45:49.30</b>	<b>03:46:11.05</b>	+02:05:11 (55.3%)	10:42	5.6 (44.8%)
198	<b>RZEŹNIK Tomasz</b>	<b>283</b>	BŁĘKITNA XVII	Masters Mężczyzn	75		02:36:56	<b>03:45:50.60</b>	<b>03:46:13.10</b>	+02:05:13 (55.4%)	10:42	5.6 (44.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pies	Turbacz 14km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
199	<b>BUDNY Joanna</b>	<b>120</b>		Masters Kobiet	34		02:43:44	<b>03:45:52.90</b>	<b>03:46:39.85</b>	+02:05:39 (55.4%)	10:42	5.6 (44.8%)
200	<b>LENARTOWICZ Barbara</b>	<b>217</b>		Weteran Kobiet	10		02:39:12	<b>03:48:27.45</b>	<b>03:49:04.40</b>	+02:08:04 (55.9%)	10:49	5.5 (44.0%)
201	<b>BOŻEK Aleksandra</b>	<b>116</b>	TEAM ZABIEGANEDNI	Masters Kobiet	35		02:40:25	<b>03:49:14.15</b>	<b>03:49:38.25</b>	+02:08:38 (56.0%)	10:51	5.5 (44.0%)
202	<b>SURZYN Aleksandra</b>	<b>306</b>		Senior Kobiet	17		02:44:07	<b>03:50:18.85</b>	<b>03:50:55.50</b>	+02:09:55 (56.3%)	10:54	5.5 (44.0%)
203	<b>BALCERZAK Krysia</b>	<b>103</b>	DROGA DO ULTRA / SZAKALE BAŁUT ŁÓDŹ	Masters Kobiet	36		02:49:30	<b>03:51:39.60</b>	<b>03:52:20.35</b>	+02:11:20 (56.5%)	10:58	5.5 (44.0%)
204	<b>MADEJEWSKA Ewa</b>	<b>224</b>		Senior Kobiet	18		02:37:41	<b>03:52:07.00</b>	<b>03:52:31.45</b>	+02:11:31 (56.6%)	11:00	5.5 (44.0%)
205	<b>KURAS Tomasz</b>	<b>211</b>		Senior Mężczyzn	45		02:37:32	<b>03:52:11.95</b>	<b>03:52:37.55</b>	+02:11:37 (56.6%)	11:00	5.5 (44.0%)
206	<b>SZCZYRBA Izabela</b>	<b>311</b>	RUN AWAY TEAM	Masters Kobiet	37		02:47:54	<b>03:53:57.45</b>	<b>03:54:44.40</b>	+02:13:44 (57.0%)	11:05	5.4 (43.2%)
207	<b>BARAŃSKA Adrianna</b>	<b>105</b>		Senior Kobiet	19		02:53:27	<b>03:56:36.10</b>	<b>03:56:39.20</b>	+02:15:39 (57.3%)	11:12	5.4 (43.2%)
208	<b>WALECKI Filip</b>	<b>332</b>	FILIP NA 21-SZYM BIEGU/START BIELSKO	Senior Mężczyzn	46		02:51:48	<b>03:56:53.40</b>	<b>03:57:28.45</b>	+02:16:28 (57.5%)	11:13	5.3 (42.4%)
209	<b>CAŁKA Grzegorz</b>	<b>124</b>		Masters Mężczyzn	76		02:38:46	<b>03:57:07.20</b>	<b>03:57:52.85</b>	+02:16:52 (57.5%)	11:14	5.3 (42.4%)
210	<b>CAŁKA Agnieszka</b>	<b>123</b>		Masters Kobiet	38		02:38:39	<b>03:57:07.15</b>	<b>03:57:53.00</b>	+02:16:53 (57.5%)	11:14	5.3 (42.4%)
211	<b>ŁAPA Aleksandra</b>	<b>220</b>	4A	Masters Kobiet	39		02:54:29	<b>03:58:59.40</b>	<b>03:59:32.65</b>	+02:18:32 (57.8%)	11:19	5.3 (42.4%)
212	<b>ŁAPA Julia</b>	<b>221</b>		Senior Kobiet	20		02:54:29	<b>03:59:00.15</b>	<b>03:59:33.45</b>	+02:18:33 (57.8%)	11:19	5.3 (42.4%)
213	<b>WALCZYŃSKA Katarzyna</b>	<b>331</b>		Masters Kobiet	40		02:49:17	<b>03:59:18.60</b>	<b>04:00:03.20</b>	+02:19:03 (57.9%)	11:20	5.3 (42.4%)
214	<b>SZTEJKA Jolanta</b>	<b>317</b>	KULAWA RODZINA	Masters Kobiet	41		02:49:40	<b>04:00:02.95</b>	<b>04:00:23.80</b>	+02:19:23 (58.0%)	11:22	5.3 (42.4%)
215	<b>PODSIADŁY Maciej</b>	<b>268</b>	TRAIL IS OUR WAY	Senior Mężczyzn	47		02:59:46	<b>04:00:42.85</b>	<b>04:01:24.65</b>	+02:20:24 (58.2%)	11:24	5.3 (42.4%)
216	<b>KOŁTUN Piotr</b>	<b>193</b>		Senior Mężczyzn	48		02:52:30	<b>04:01:34.35</b>	<b>04:02:00.40</b>	+02:21:00 (58.3%)	11:26	5.2 (41.6%)
217	<b>JANIK Anna</b>	<b>170</b>		Masters Kobiet	42		03:01:14	<b>04:02:27.95</b>	<b>04:02:38.25</b>	+02:21:38 (58.4%)	11:29	5.2 (41.6%)
218	<b>WALECKI Michał</b>	<b>333</b>	FILIP NA 21-SZYM BIEGU/START BIELSKO	Weteran Mężczyzn	22		02:52:16	<b>04:02:37.50</b>	<b>04:03:11.65</b>	+02:22:11 (58.5%)	11:29	5.2 (41.6%)
219	<b>PAJSZCZYK Blanka</b>	<b>246</b>		Masters Kobiet	43		02:53:12	<b>04:03:07.80</b>	<b>04:03:52.05</b>	+02:22:52 (58.6%)	11:31	5.2 (41.6%)
220	<b>SIERADZKA Maria</b>	<b>289</b>		Senior Kobiet	21		02:53:07	<b>04:03:09.10</b>	<b>04:03:52.55</b>	+02:22:52 (58.6%)	11:31	5.2 (41.6%)
221	<b>RATKA Sylwia</b>	<b>279</b>		Masters Kobiet	44		02:59:55	<b>04:05:42.40</b>	<b>04:06:09.05</b>	+02:25:09 (59.0%)	11:38	5.2 (41.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pies	Turbacz 14km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
222	<b>RATKA Artur</b>	<b>278</b>		Weteran Mężczyzn	23		02:59:53	<b>04:05:41.90</b>	<b>04:06:09.35</b>	+02:25:09 (59.0%)	11:38	5.2 (41.6%)
223	<b>JADASZ Mirosław</b>	<b>165</b>	RUN AWAY TEAM	Masters Mężczyzn	77		03:04:42	<b>04:05:23.85</b>	<b>04:06:11.20</b>	+02:25:11 (59.0%)	11:37	5.2 (41.6%)
224	<b>SULIGA Wioletta</b>	<b>305</b>	ING BANK ŚLĄSKI	Masters Kobiet	45		02:53:01	<b>04:06:26.05</b>	<b>04:07:03.55</b>	+02:26:03 (59.1%)	11:40	5.1 (40.8%)
225	<b>STANOWSKA Katarzyna</b>	<b>300</b>		Weteran Kobiet	11		03:00:15	<b>04:12:48.85</b>	<b>04:13:28.05</b>	+02:32:28 (60.2%)	11:58	5 (40.0%)
226	<b>CZAPIEWSKI Jacek</b>	<b>127</b>	MKS HART	Weteran Mężczyzn	24		02:54:53	<b>04:13:24.85</b>	<b>04:13:31.85</b>	+02:32:31 (60.2%)	12:00	5 (40.0%)
227	<b>BAŁA Agata</b>	<b>104</b>		Senior Kobiet	22		02:58:28	<b>04:13:53.15</b>	<b>04:14:27.80</b>	+02:33:27 (60.3%)	12:01	5 (40.0%)
228	<b>KOWALSKA Agnieszka</b>	<b>1030</b>	KOMANDOSI	Senior Kobiet	23		02:53:44	<b>04:16:59.10</b>	<b>04:17:10.50</b>	+02:36:10 (60.7%)	12:10	4.9 (39.2%)
229	<b>SZUMILAS Barbara</b>	<b>318</b>	RUN AWAY TEAM	Masters Kobiet	46		03:02:12	<b>04:18:35.60</b>	<b>04:19:14.30</b>	+02:38:14 (61.0%)	12:15	4.9 (39.2%)
230	<b>PRUDŁO Grzegorz</b>	<b>271</b>	RUN AWAY TEAM	Senior Mężczyzn	49		03:02:13	<b>04:18:37.30</b>	<b>04:19:15.40</b>	+02:38:15 (61.0%)	12:15	4.9 (39.2%)
231	<b>KOZŁOWSKI Piotr</b>	<b>202</b>	KS HUSARIA SZCZECINEK	Masters Mężczyzn	78		03:07:50	<b>04:23:48.30</b>	<b>04:24:17.00</b>	+02:43:17 (61.8%)	12:30	4.8 (38.4%)
232	<b>KOTAŃSKA Magdalena</b>	<b>199</b>	STANWEX	Senior Kobiet	24		03:16:18	<b>04:33:51.30</b>	<b>04:34:16.75</b>	+02:53:16 (63.2%)	12:58	4.6 (36.8%)
233	<b>TRZECIECKA Magdalena</b>	<b>325</b>		Weteran Kobiet	12		03:08:40	<b>04:36:46.95</b>	<b>04:37:10.10</b>	+02:56:10 (63.6%)	13:07	4.6 (36.8%)
234	<b>ZGODA Tomasz</b>	<b>350</b>	3:33 TEAM	Weteran Mężczyzn	25		03:11:58	<b>04:42:28.15</b>	<b>04:42:56.85</b>	+03:01:56 (64.3%)	13:23	4.5 (36.0%)
235	<b>DZIURZYŃSKA Ulka</b>	<b>139</b>	VEGE RUNNERS	Masters Kobiet	47		03:07:00	<b>04:45:42.50</b>	<b>04:46:30.60</b>	+03:05:30 (64.7%)	13:32	4.4 (35.2%)
236	<b>SOWA Grzegorz</b>	<b>295</b>	#KUBAPIECHTEAM	Weteran Mężczyzn	26		03:06:45	<b>04:45:43.45</b>	<b>04:46:31.85</b>	+03:05:31 (64.8%)	13:32	4.4 (35.2%)
237	<b>WILMAŃSKI Dariusz</b>	<b>338</b>		Weteran Mężczyzn	27		03:39:20	<b>05:04:08.20</b>	<b>05:04:31.55</b>	+03:23:31 (66.8%)	14:24	4.2 (33.6%)
238	<b>KLIMEK Marlena</b>	<b>188</b>	RUN AWAY TEAM	Masters Kobiet	48		03:36:49	<b>05:09:23.75</b>	<b>05:10:11.15</b>	+03:29:11 (67.4%)	14:39	4.1 (32.8%)
239	<b>SZMATŁOCH Iwona</b>	<b>314</b>	RUN AWAY TEAM	Masters Kobiet	49			<b>05:09:25.30</b>	<b>05:10:11.35</b>	+03:29:11 (67.4%)	14:39	4.1 (32.8%)
240	<b>CEBO Agnieszka</b>	<b>125</b>	RUN AWAY TEAM	Masters Kobiet	50		03:36:27	<b>05:09:32.00</b>	<b>05:10:17.15</b>	+03:29:17 (67.4%)	14:40	4.1 (32.8%)
	<b>MICHALAK Magdalena</b>	<b>235</b>	ULTRA WAY TEAM	Masters Kobiet			03:07:02 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 241 wynik(ów)