



# ZIMOWY PÓLMARATON GÓR STOŁOWYCH 2017

B4SPORT  
INTELEGENNE ZAWODY SPORTOWE

**Organizator:** Stowarzyszenie TKKF Kompas  
**Data:** 2017-01-21  
**Miejsce:** Pasterka  
**Dystans:** 21 km

**B4SPORT**  
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	<b>PELO Artur</b>	<b>515</b>	1 LĘBORSKI BATALION ZMECHANIZOWANY	M-30	1	NIE	00:49:06	01:38:23	<b>02:26:26.80</b>	<b>02:26:28.80</b>		6:58	8.6 (100%)
2	<b>KRATOCHVÍL Miloš</b>	<b>287</b>	INOV-8 OCR TEAM	M-40	1	NO	00:51:10	01:43:17	<b>02:35:54.00</b>	<b>02:35:55.45</b>	+00:09:26 (6.1%)	7:25	8.1 (94.2%)
3	<b>RUTKOWSKI Dawid</b>	<b>31</b>	GRIZZLYTEAM	M-30	2	NIE	00:52:49	01:47:50	<b>02:43:20.85</b>	<b>02:43:22.70</b>	+00:16:53 (10.3%)	7:46	7.7 (89.5%)
4	<b>SKORUPA Marek</b>	<b>540</b>	WKS WAWEL	M-20	1	NIE	00:51:46	01:47:06	<b>02:46:00.85</b>	<b>02:46:02.40</b>	+00:19:33 (11.8%)	7:54	7.6 (88.4%)
5	<b>NASKRĘT Sławomir</b>	<b>422</b>	SKLEPBIEGACZA.PL	M-40	2	NIE	00:54:07	01:51:09	<b>02:48:22.30</b>	<b>02:48:23.70</b>	+00:21:54 (13.0%)	8:01	7.5 (87.2%)
6	<b>KOŚCIUCZYK-MENDYK Michał</b>	<b>347</b>	SPELEOCLUB WROCŁAW	M-30	3	TAK	01:05:52	01:59:09	<b>02:49:27.30</b>	<b>02:49:48.15</b>	+00:23:19 (13.7%)	8:04	7.4 (86.0%)
7	<b>DURKOWSKI Marcin</b>	<b>207</b>		M-30	4	NIE	00:56:14	01:52:02	<b>02:50:14.65</b>	<b>02:50:16.95</b>	+00:23:48 (14.0%)	8:06	7.4 (86.0%)
8	<b>HRYNIÓW Łukasz</b>	<b>448</b>	BIEG OPOLSKI RAJSPOORT ACTIVE	M-30	5	NIE	01:04:45	01:57:47	<b>02:51:19.90</b>	<b>02:51:21.95</b>	+00:24:53 (14.5%)	8:09	7.4 (86.0%)
9	<b>KAMMER Krzysztof</b>	<b>140</b>	FILLCO	M-30	6	NIE	01:02:12	01:57:47	<b>02:53:02.15</b>	<b>02:53:05.80</b>	+00:26:37 (15.4%)	8:14	7.3 (84.9%)
10	<b>RAZIM Mateusz</b>	<b>239</b>	WSOWL	M-20	2	NIE	01:00:33	01:57:57	<b>02:52:59.15</b>	<b>02:53:23.35</b>	+00:26:54 (15.5%)	8:14	7.3 (84.9%)
11	<b>LAJN Daria</b>	<b>354</b>	UKS AZYMUT PABIANICE/ SOPOCKI KLUB TATERNICTWAJASKINIOWEGO	K-20	1	TAK	01:01:15	01:59:50	<b>02:55:56.70</b>	<b>02:56:00.25</b>	+00:29:31 (16.8%)	8:22	7.2 (83.7%)
12	<b>SKUDLARSKI Jakub</b>	<b>269</b>	PRO-RUN WROCŁAW	M-20	3	NIE	01:01:22	01:57:11	<b>02:58:28.85</b>	<b>02:58:33.50</b>	+00:32:04 (18.0%)	8:29	7.1 (82.6%)
13	<b>WOLBACH Tomasz</b>	<b>56</b>		M-30	7	NIE	01:06:17	02:02:42	<b>02:59:10.45</b>	<b>02:59:20.30</b>	+00:32:51 (18.3%)	8:31	7 (81.4%)
14	<b>KOWALSKI-BARYSZNIKOW Mikołaj</b>	<b>421</b>	KINGRUNNER.COM	M-30	8	NIE	01:05:53	02:01:09	<b>03:02:44.00</b>	<b>03:02:50.40</b>	+00:36:21 (19.9%)	8:42	6.9 (80.2%)
15	<b>SAWICZ Robert</b>	<b>277</b>	PEYOTL	M-40	3	TAK	01:06:14	02:03:37	<b>03:02:45.65</b>	<b>03:03:06.90</b>	+00:36:38 (20.0%)	8:42	6.9 (80.2%)
16	<b>DEREZIŃSKA-OSIECKA Magdalena</b>	<b>5</b>	TATRA RUNNING TEAM	K-30	1	TAK	01:03:30	02:03:10	<b>03:03:28.70</b>	<b>03:03:31.00</b>	+00:37:02 (20.2%)	8:44	6.9 (80.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
17	<b>BŁASZYK Mateusz</b>	<b>404</b>	BETONOWY WOJTEK	M-30	9	NIE	01:00:09	02:08:02	<b>03:03:48.15</b>	<b>03:03:54.75</b>	+00:37:25 (20.4%)	8:45	6.9 (80.2%)
18	<b>FRĄCZEK-BOGACKA Justyna</b>	<b>578</b>	AR TEAM	K-30	2		01:00:37	01:59:34	<b>03:03:54.95</b>	<b>03:03:54.95</b>	+00:37:26 (20.4%)	8:45	6.9 (80.2%)
19	<b>KLIMOWICZ Marek</b>	<b>145</b>	ZABIEGANI	M-30	10	TAK	00:57:16	02:08:08	<b>03:03:52.15</b>	<b>03:03:55.20</b>	+00:37:26 (20.4%)	8:45	6.9 (80.2%)
20	<b>SZCZESZEK Robert</b>	<b>464</b>		M-20	4	NIE	01:03:34	02:03:13	<b>03:04:24.40</b>	<b>03:04:27.35</b>	+00:37:58 (20.6%)	8:46	6.8 (79.1%)
21	<b>KIK Iwona</b>	<b>474</b>	KW KRAKÓW	K-30	3	TAK	01:04:47	02:05:18	<b>03:04:27.55</b>	<b>03:04:31.20</b>	+00:38:02 (20.6%)	8:47	6.8 (79.1%)
22	<b>GRYCZKA Mateusz</b>	<b>81</b>	MARATON LESZNO	M-30	11	NIE	01:06:09	02:05:21	<b>03:04:52.40</b>	<b>03:04:57.85</b>	+00:38:29 (20.8%)	8:48	6.8 (79.1%)
23	<b>SODOWSKI Tomasz</b>	<b>365</b>		M-40	4	NIE	01:08:40	02:06:15	<b>03:05:39.15</b>	<b>03:05:48.15</b>	+00:39:19 (21.2%)	8:50	6.8 (79.1%)
24	<b>WAJEROWSKI Krzysztof</b>	<b>329</b>	KB LUPUS OLEŚNICA	M-30	12	NIE	01:06:37	02:05:15	<b>03:06:53.20</b>	<b>03:06:56.25</b>	+00:40:27 (21.6%)	8:53	6.7 (77.9%)
25	<b>GEZELA Mariusz</b>	<b>284</b>	TJ EUFORIABIEGACZA.PL	M-30	13	NIE	01:08:21	02:07:08	<b>03:07:19.60</b>	<b>03:07:24.45</b>	+00:40:55 (21.8%)	8:55	6.7 (77.9%)
26	<b>JUDA Witold</b>	<b>512</b>		M-40	5	NIE	01:08:43	02:09:16	<b>03:08:39.10</b>	<b>03:08:44.45</b>	+00:42:15 (22.4%)	8:59	6.7 (77.9%)
27	<b>IGNACZAK Marcin</b>	<b>150</b>	IFB BROKER	M-40	6	NIE	01:07:49	02:07:40	<b>03:08:50.95</b>	<b>03:08:55.50</b>	+00:42:26 (22.5%)	8:59	6.7 (77.9%)
28	<b>SOCHA Seweryn</b>	<b>380</b>	CONCORDIA RUNNERS TEAM	M-30	14	NIE	01:08:58	02:09:13	<b>03:09:46.60</b>	<b>03:09:49.60</b>	+00:43:20 (22.8%)	9:02	6.6 (76.7%)
29	<b>MOCEK Tomáš</b>	<b>291</b>	AC PARDUBICE	M-30	15	NO	01:02:53	02:04:02	<b>03:10:32.45</b>	<b>03:10:35.40</b>	+00:44:06 (23.1%)	9:04	6.6 (76.7%)
30	<b>WINIARSKA Katarzyna</b>	<b>19</b>	PRZEMYSKI KLUB BIEGACZA	K-30	4	NIE	01:03:51	02:06:04	<b>03:12:57.80</b>	<b>03:13:00.40</b>	+00:46:31 (24.1%)	9:11	6.5 (75.6%)
31	<b>ORACZ Mateusz</b>	<b>138</b>	BEZ LITOSCI	M-20	5	NIE	01:05:03	02:09:43	<b>03:12:52.10</b>	<b>03:13:01.45</b>	+00:46:32 (24.1%)	9:11	6.5 (75.6%)
32	<b>MYSZCZYSZYN Łukasz</b>	<b>427</b>	ANTRACYT	M-30	16	NIE	01:06:28	02:05:46	<b>03:13:19.05</b>	<b>03:13:27.85</b>	+00:46:59 (24.3%)	9:12	6.5 (75.6%)
33	<b>MILEWICZ Daniel</b>	<b>320</b>	KLUB BIEGACZA BOLESŁAWIEC	M-30	17	NIE	01:06:53	02:08:08	<b>03:13:28.00</b>	<b>03:13:40.85</b>	+00:47:12 (24.4%)	9:12	6.5 (75.6%)
34	<b>KRAJEWSKI Wojtek</b>	<b>82</b>		M-40	7	NIE	01:07:47	02:08:46	<b>03:14:14.35</b>	<b>03:14:14.35</b>	+00:47:45 (24.6%)	9:14	6.5 (75.6%)
35	<b>TEKIELI Kacper</b>	<b>7</b>	POLSKI HIMALAIZM ZIMOWY IM.ARTURA HAJZERA	M-30	18	TAK	01:03:33	02:05:18	<b>03:14:42.95</b>	<b>03:14:44.45</b>	+00:48:15 (24.8%)	9:16	6.5 (75.6%)
36	<b>DEMBSKI Paweł</b>	<b>424</b>	SKLEPBIEGACZA.PL	M-30	19	NIE	00:57:41	02:10:45	<b>03:16:19.05</b>	<b>03:16:21.80</b>	+00:49:53 (25.4%)	9:20	6.4 (74.4%)
37	<b>KITA Michał</b>	<b>129</b>	PĘDZĄCY W MIEJSCU	M-40	8	TAK	00:57:37	02:11:56	<b>03:16:35.45</b>	<b>03:16:39.40</b>	+00:50:10 (25.5%)	9:21	6.4 (74.4%)
38	<b>RUSIN Jakub</b>	<b>413</b>	AT TEAM	M-20	6	NIE	01:06:15	02:10:03	<b>03:16:57.25</b>	<b>03:17:01.10</b>	+00:50:32 (25.7%)	9:22	6.4 (74.4%)
39	<b>NAWROT Wojciech</b>	<b>420</b>		M-30	20	NO	01:06:16	02:09:22	<b>03:17:29.55</b>	<b>03:17:32.65</b>	+00:51:03 (25.8%)	9:24	6.4 (74.4%)
40	<b>WAHL Daniel</b>	<b>86</b>	T.S. AKS CHORZÓW	M-40	9	TAK	01:13:57	02:12:55	<b>03:17:31.15</b>	<b>03:17:37.45</b>	+00:51:08 (25.9%)	9:24	6.4 (74.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
41	<b>KRAWCZYK Artur</b>	<b>467</b>		M-20	7	NIE	01:10:33	02:12:41	<b>03:17:26.30</b>	<b>03:17:41.50</b>	+00:51:12 (25.9%)	9:24	6.4 (74.4%)
42	<b>KIK Marcin</b>	<b>475</b>	KW KRAKÓW	M-30	21	TAK	01:06:29	02:08:12	<b>03:17:54.40</b>	<b>03:17:58.55</b>	+00:51:29 (26.0%)	9:25	6.4 (74.4%)
43	<b>STASZELIS Krzysztof</b>	<b>412</b>		M-20	8	NIE	01:09:19	02:12:24	<b>03:17:41.90</b>	<b>03:17:59.35</b>	+00:51:30 (26.0%)	9:24	6.4 (74.4%)
44	<b>SZCZERBAKOWICZ Kamil</b>	<b>460</b>		M-20	9	NIE	01:03:19	02:06:57	<b>03:18:38.05</b>	<b>03:18:51.35</b>	+00:52:22 (26.3%)	9:27	6.3 (73.3%)
45	<b>JANIK Rafał</b>	<b>394</b>	GMINA STRZELCE OPOLSKIE	M-30	22	NIE	01:06:24	02:11:50	<b>03:20:24.50</b>	<b>03:20:28.05</b>	+00:53:59 (26.9%)	9:32	6.3 (73.3%)
46	<b>MAZIK Wojciech</b>	<b>517</b>	KW KRAKOW	M-20	10	TAK	01:09:31	02:11:41	<b>03:20:44.30</b>	<b>03:20:58.50</b>	+00:54:29 (27.1%)	9:33	6.3 (73.3%)
47	<b>KURCZYK Tomasz</b>	<b>126</b>		M-30	23	NIE	01:06:22	02:11:51	<b>03:21:44.55</b>	<b>03:21:49.05</b>	+00:55:20 (27.4%)	9:36	6.2 (72.1%)
48	<b>NIEZGÓDKA Tomasz</b>	<b>367</b>	FAKTORING EKSPERT	M-40	10	NIE	01:09:27	02:13:00	<b>03:22:00.15</b>	<b>03:22:06.80</b>	+00:55:38 (27.5%)	9:37	6.2 (72.1%)
49	<b>GUSTAW Łukasz</b>	<b>264</b>	XRUNNERS	M-20	11	NIE	01:05:21	02:09:52	<b>03:22:15.40</b>	<b>03:22:21.25</b>	+00:55:52 (27.6%)	9:37	6.2 (72.1%)
50	<b>KOLASA Filip</b>	<b>181</b>	I LO LESZNO/ MARATON LESZNO	M-30	24	NO	01:05:09	02:11:39	<b>03:22:39.70</b>	<b>03:22:51.20</b>	+00:56:22 (27.8%)	9:39	6.2 (72.1%)
51	<b>BUCHLA Marcin</b>	<b>242</b>	GT RAT	M-40	11	NIE	01:11:33	02:14:39	<b>03:22:50.45</b>	<b>03:22:54.60</b>	+00:56:25 (27.8%)	9:39	6.2 (72.1%)
52	<b>LUBAŃSKI Robert</b>	<b>252</b>		M-50	1	NIE	01:11:33	02:11:52	<b>03:22:58.10</b>	<b>03:23:03.45</b>	+00:56:34 (27.9%)	9:39	6.2 (72.1%)
53	<b>KOZAKOWSKI Wiktor</b>	<b>563</b>	NEON TEAM	M-30	25	NIE	01:09:25	02:12:33	<b>03:22:43.85</b>	<b>03:23:08.85</b>	+00:56:40 (27.9%)	9:39	6.2 (72.1%)
54	<b>WASZEK Sławomir</b>	<b>331</b>		M-30	26	NIE	01:05:49	02:11:35	<b>03:23:04.10</b>	<b>03:23:20.05</b>	+00:56:51 (28.0%)	9:40	6.2 (72.1%)
55	<b>MAZURKIEWICZ Jerzy</b>	<b>137</b>	NIGHT RUNNERS WROCŁAW	M-30	27	NIE	01:10:13	02:13:40	<b>03:23:09.05</b>	<b>03:23:32.20</b>	+00:57:03 (28.0%)	9:40	6.2 (72.1%)
56	<b>SKRABA Michał</b>	<b>494</b>	HERCOG RUNNING TEAM	M-40	12	NIE	01:10:22	02:13:05	<b>03:23:21.50</b>	<b>03:23:46.30</b>	+00:57:17 (28.1%)	9:41	6.2 (72.1%)
57	<b>BIELA Konrad</b>	<b>225</b>	KOWARY BIEGAJĄ & KARPACZ SPORT	M-20	12	NIE	01:06:47	02:13:20	<b>03:23:42.10</b>	<b>03:23:47.35</b>	+00:57:18 (28.1%)	9:42	6.2 (72.1%)
58	<b>ROWIŃSKI Michał</b>	<b>259</b>	LUBAWA KOCHA BIEGAĆ	M-30	28	NO	01:11:06	02:13:52	<b>03:23:39.35</b>	<b>03:23:54.85</b>	+00:57:26 (28.2%)	9:41	6.2 (72.1%)
59	<b>KORPAL Agnieszka</b>	<b>18</b>	POCO LOCO ADVENTURE	K-30	5	NIE	01:09:54	02:14:16	<b>03:23:58.80</b>	<b>03:24:02.00</b>	+00:57:33 (28.2%)	9:42	6.2 (72.1%)
60	<b>FOLAND Bogumił</b>	<b>89</b>	SPARTA	M-30	29	NO	01:07:38	02:13:13	<b>03:24:05.55</b>	<b>03:24:07.70</b>	+00:57:38 (28.2%)	9:43	6.2 (72.1%)
61	<b>DZIWOKI Marek</b>	<b>304</b>		M-40	13	NIE	01:14:06	02:17:37	<b>03:24:09.95</b>	<b>03:24:09.95</b>	+00:57:41 (28.3%)	9:43	6.2 (72.1%)
62	<b>CIURASZKIEWICZ Andrzej</b>	<b>57</b>		M-40	14	NIE	01:14:06	02:14:23	<b>03:24:10.25</b>	<b>03:24:22.70</b>	+00:57:53 (28.3%)	9:43	6.2 (72.1%)
63	<b>LINKOWSKI Michał</b>	<b>71</b>	UA TRAIL TEAM	M-40	15	NIE	01:12:58	02:14:07	<b>03:24:50.20</b>	<b>03:25:07.35</b>	+00:58:38 (28.6%)	9:45	6.2 (72.1%)
64	<b>CIEŚLAWSKI Kacper</b>	<b>232</b>	STR POZNAŃ / WKTJ	M-20	13	TAK	01:01:05	02:08:36	<b>03:25:18.60</b>	<b>03:25:20.65</b>	+00:58:51 (28.7%)	9:46	6.1 (70.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
65	<b>MAKOWSKI Maciej</b>	<b>311</b>	KORONA PABIANICE	M-30	30	NIE	01:06:51	02:10:31	<b>03:25:31.05</b>	<b>03:25:37.10</b>	+00:59:08 (28.8%)	9:47	6.1 (70.9%)
66	<b>SMOLIS Ivo</b>	<b>324</b>		M-20	14	NIE	01:08:48	02:13:04	<b>03:26:04.35</b>	<b>03:26:08.55</b>	+00:59:39 (28.9%)	9:48	6.1 (70.9%)
67	<b>WRÓBEL Przemysław</b>	<b>579</b>	SKLEPBIEGACZA.PL	M-30	31		01:08:41	02:12:39	<b>03:26:53.50</b>	<b>03:26:56.70</b>	+01:00:27 (29.2%)	9:51	6.1 (70.9%)
68	<b>MIŁUCH Tomasz</b>	<b>119</b>	SOWIE TEAM	M-40	16	NIE	01:07:13	02:14:49	<b>03:26:56.20</b>	<b>03:27:00.95</b>	+01:00:32 (29.2%)	9:51	6.1 (70.9%)
69	<b>SZOPA Łukasz</b>	<b>341</b>	KB LUPUS OLEŚNICA	M-30	32	NIE	01:10:27	02:14:16	<b>03:26:58.90</b>	<b>03:27:03.05</b>	+01:00:34 (29.3%)	9:51	6.1 (70.9%)
70	<b>ZWOLINSKI Kuba</b>	<b>228</b>	SNOWDOG	M-30	33	NO	01:09:08	02:13:31	<b>03:27:21.00</b>	<b>03:27:24.10</b>	+01:00:55 (29.4%)	9:52	6.1 (70.9%)
71	<b>KANTOR Martyna</b>	<b>17</b>	SALCO SPORT TEAM	K-20	2	NIE	01:00:19	02:14:00	<b>03:28:24.25</b>	<b>03:28:26.90</b>	+01:01:58 (29.7%)	9:55	6 (69.8%)
72	<b>SZCZYGIEŁ Łukasz</b>	<b>67</b>		M-20	15	NIE	00:57:55	02:13:03	<b>03:28:21.10</b>	<b>03:28:28.60</b>	+01:01:59 (29.7%)	9:55	6 (69.8%)
73	<b>PELIKAN Artur</b>	<b>147</b>	NGB KŁOBUCK	M-20	16	NIE	01:13:23	02:18:00	<b>03:28:22.70</b>	<b>03:28:29.65</b>	+01:02:00 (29.7%)	9:55	6 (69.8%)
74	<b>TARANOWSKI Wojciech</b>	<b>502</b>	KLUB WYSOKOGÓRSKI WTORUNIU	M-20	17	TAK	01:06:02	02:10:29	<b>03:28:50.35</b>	<b>03:28:54.00</b>	+01:02:25 (29.9%)	9:56	6 (69.8%)
75	<b>RODRIGO PEREIRA Oswald</b>	<b>493</b>	WILD FOR THE RUN	M-30	34	NIE	01:11:52	02:14:37	<b>03:28:59.45</b>	<b>03:29:07.85</b>	+01:02:39 (30.0%)	9:57	6 (69.8%)
76	<b>STEPAK Włodzimierz</b>	<b>230</b>	KB AKTYWNI KONIN	M-40	17	NO	01:16:03	02:18:48	<b>03:29:16.65</b>	<b>03:29:23.30</b>	+01:02:54 (30.0%)	9:57	6 (69.8%)
77	<b>GRUND Marek</b>	<b>128</b>	MAFIA TEAM LUBLINIEC	M-20	18	NIE	00:57:20	02:18:05	<b>03:29:45.90</b>	<b>03:29:49.50</b>	+01:03:20 (30.2%)	9:59	6 (69.8%)
78	<b>ŁACNY Paweł</b>	<b>344</b>	KB LUPUS OLEŚNICA	M-20	19	NIE	01:14:59	02:18:17	<b>03:29:57.40</b>	<b>03:30:07.85</b>	+01:03:39 (30.3%)	9:59	6 (69.8%)
79	<b>RECZEK Sebastian</b>	<b>175</b>	ZIELONO CZARNI	M-30	35	NIE	00:56:58	02:14:08	<b>03:30:05.15</b>	<b>03:30:09.60</b>	+01:03:40 (30.3%)	10:00	6 (69.8%)
80	<b>SZCZEPAŃSKI Dawid</b>	<b>429</b>	PRYZMAT	M-20	20	NIE	01:14:46	02:22:28	<b>03:29:55.55</b>	<b>03:30:31.50</b>	+01:04:02 (30.4%)	9:59	6 (69.8%)
81	<b>NIEWIEJSKI Przemysław</b>	<b>401</b>	RUNNING TEAM MILICZ	M-30	36	NIE	01:13:54	02:16:58	<b>03:30:16.80</b>	<b>03:30:42.70</b>	+01:04:13 (30.5%)	10:00	6 (69.8%)
82	<b>TOŚ Sebastian</b>	<b>87</b>		M-40	18	NIE	01:16:34	02:19:11	<b>03:31:52.40</b>	<b>03:32:06.95</b>	+01:05:38 (30.9%)	10:05	5.9 (68.6%)
83	<b>KOCHANIAK Rafał</b>	<b>451</b>	AKG ŁÓDŹ	M-30	37	TAK	01:11:18	02:17:27	<b>03:32:41.95</b>	<b>03:32:51.80</b>	+01:06:23 (31.2%)	10:07	5.9 (68.6%)
84	<b>DERENCZ Michał</b>	<b>337</b>	TESAR BIEGA	M-30	38	NIE	01:08:20	02:14:17	<b>03:34:36.40</b>	<b>03:34:42.70</b>	+01:08:13 (31.8%)	10:13	5.9 (68.6%)
85	<b>NIEDBAŁA Mateusz</b>	<b>483</b>	VOLKSWAGEN SAMOCHODY UŻYTKOWE MTB TEAM	M-40	19	NIE	00:56:52	02:14:18	<b>03:35:31.85</b>	<b>03:35:33.30</b>	+01:09:04 (32.0%)	10:15	5.8 (67.4%)
86	<b>KUCZAJ Marcin</b>	<b>74</b>	IM-POSSIBLE TEAM	M-30	39	NIE	01:15:51	02:19:55	<b>03:35:33.15</b>	<b>03:35:53.60</b>	+01:09:24 (32.2%)	10:15	5.8 (67.4%)
87	<b>KOŁACZKOWSKA-SZCZEŚNIAK Katarzyna</b>	<b>423</b>	SKLEPBIEGACZA.PL	K-40	1	NIE	01:15:04	02:20:09	<b>03:36:05.30</b>	<b>03:36:07.50</b>	+01:09:38 (32.2%)	10:17	5.8 (67.4%)
88	<b>NOWAK Mariusz</b>	<b>547</b>	MATNER RUNNING TEAM	M-30	40	NIE	01:19:13	02:23:53	<b>03:36:17.85</b>	<b>03:36:40.05</b>	+01:10:11 (32.4%)	10:18	5.8 (67.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
89	<b>KRUCZEK Monika</b>	<b>108</b>	KW KRAKÓW/LACHO TEAM	K-30	6	TAK	01:18:10	02:24:08	<b>03:37:09.00</b>	<b>03:37:19.05</b>	+01:10:50 (32.6%)	10:20	5.8 (67.4%)
90	<b>HALADYN Łukasz</b>	<b>257</b>	AURATREEAKTYWNY OSTRZESZÓW	M-40	20	TAK	01:08:29	02:17:30	<b>03:37:19.40</b>	<b>03:37:23.60</b>	+01:10:54 (32.6%)	10:20	5.8 (67.4%)
91	<b>WALENDA Arkadiusz</b>	<b>528</b>	VEGE ULTRA RUNNERS	M-40	21	NIE	01:05:58	02:18:49	<b>03:37:36.10</b>	<b>03:37:40.15</b>	+01:11:11 (32.7%)	10:21	5.8 (67.4%)
92	<b>JAROSZ Anna</b>	<b>32</b>		K-20	3	NIE	01:15:03	02:23:18	<b>03:37:25.80</b>	<b>03:37:44.20</b>	+01:11:15 (32.7%)	10:21	5.8 (67.4%)
93	<b>PAWŁOWSKI Janusz</b>	<b>495</b>	----	M-40	22	TAK	01:12:27	02:18:46	<b>03:37:49.80</b>	<b>03:37:49.80</b>	+01:11:21 (32.8%)	10:22	5.8 (67.4%)
94	<b>SZWARCZYŃSKI Łukasz</b>	<b>551</b>		M-40	23	TAK	01:08:37	02:17:40	<b>03:37:35.35</b>	<b>03:37:50.55</b>	+01:11:21 (32.8%)	10:21	5.8 (67.4%)
95	<b>RADECKI Wojciech</b>	<b>534</b>	NIEPOŁOMICE BIEGAJĄ	M-40	24	NIE	01:09:21	02:15:58	<b>03:38:21.60</b>	<b>03:38:24.50</b>	+01:11:55 (32.9%)	10:23	5.8 (67.4%)
96	<b>MICHALSKI Jakub</b>	<b>489</b>		M-30	41	NIE	01:14:20	02:22:34	<b>03:38:47.85</b>	<b>03:39:10.65</b>	+01:12:41 (33.2%)	10:25	5.8 (67.4%)
97	<b>SOSINSKI Grzegorz</b>	<b>392</b>		M-40	25	TAK	01:18:34	02:24:31	<b>03:39:34.40</b>	<b>03:39:44.95</b>	+01:13:16 (33.3%)	10:27	5.7 (66.3%)
98	<b>HOJCZYK Karol</b>	<b>101</b>		M-30	42	TAK	01:18:09	02:23:52	<b>03:40:03.55</b>	<b>03:40:25.10</b>	+01:13:56 (33.5%)	10:28	5.7 (66.3%)
99	<b>SPUREK Mariusz</b>	<b>263</b>	TEMMPO WAŁBRZYCH / DOBRA WODA Z KRANU WAŁBRZYCH	M-30	43	TAK	01:09:50	02:23:20	<b>03:40:27.85</b>	<b>03:40:31.80</b>	+01:14:03 (33.6%)	10:29	5.7 (66.3%)
100	<b>SUJAK Mirosław</b>	<b>209</b>	MKB DREPTAK	M-50	2	NIE	01:16:11	02:23:45	<b>03:41:03.10</b>	<b>03:41:10.35</b>	+01:14:41 (33.8%)	10:31	5.7 (66.3%)
101	<b>KRAUSE Kuba</b>	<b>61</b>	BIEGANIE.PL	M-30	44	NIE	01:15:39	02:23:09	<b>03:42:13.25</b>	<b>03:42:18.30</b>	+01:15:49 (34.1%)	10:34	5.7 (66.3%)
102	<b>KURZAWIŃSKI Marcin</b>	<b>241</b>	KB MARATON TUREK	M-30	45	NIE	01:16:05	02:23:55	<b>03:42:19.10</b>	<b>03:42:26.65</b>	+01:15:57 (34.1%)	10:35	5.7 (66.3%)
103	<b>SANKOWSKI Paweł</b>	<b>280</b>	PLACKI TEAM	M-30	46	NIE	01:14:00	02:22:01	<b>03:42:20.65</b>	<b>03:42:27.05</b>	+01:15:58 (34.2%)	10:35	5.7 (66.3%)
104	<b>STACHURA Damian</b>	<b>99</b>	ZAGŁĘBIE LUBIN	M-30	47	NIE	01:06:47	02:17:12	<b>03:42:20.30</b>	<b>03:42:28.30</b>	+01:15:59 (34.2%)	10:35	5.7 (66.3%)
105	<b>KUCZYŃSKI Rafał</b>	<b>121</b>	LUBIŃSKIE CHARAKTERY	M-30	48	NIE	01:07:01	02:17:12	<b>03:42:19.75</b>	<b>03:42:28.90</b>	+01:16:00 (34.2%)	10:35	5.7 (66.3%)
106	<b>ŁAŻNIOWSKI Dawid</b>	<b>195</b>	KKZK	M-30	49	NIE	01:11:35	02:20:00	<b>03:42:25.65</b>	<b>03:42:51.85</b>	+01:16:23 (34.3%)	10:35	5.7 (66.3%)
107	<b>CHECHELSKI Przemysław</b>	<b>190</b>		M-30	50	NIE	01:14:12	02:22:02	<b>03:42:52.55</b>	<b>03:42:52.55</b>	+01:16:23 (34.3%)	10:36	5.7 (66.3%)
108	<b>PAPIERSKI Kamil</b>	<b>332</b>	KB SZERSZEŃ OLEŚNICA	M-30	51	NIE	01:19:17	02:25:58	<b>03:42:39.10</b>	<b>03:42:59.65</b>	+01:16:30 (34.3%)	10:36	5.7 (66.3%)
109	<b>BORZYSTOWSKI Patryk</b>	<b>265</b>	WIDZIALNI.PL	M-30	52	NIE	01:06:02		<b>03:44:00.45</b>	<b>03:44:03.05</b>	+01:17:34 (34.6%)	10:40	5.6 (65.1%)
110	<b>DARMOCHWAŁ Leszek</b>	<b>154</b>	DZIKIE BOBRY ŚNIEGU SIĘ NIE BOJĄ	M-40	26	TAK	01:05:55	02:20:11	<b>03:44:05.10</b>	<b>03:44:08.45</b>	+01:17:39 (34.6%)	10:40	5.6 (65.1%)
111	<b>LACHOWSKI Robert</b>	<b>110</b>		M-30	53	NIE	01:16:19	02:25:30	<b>03:44:00.75</b>	<b>03:44:12.25</b>	+01:17:43 (34.7%)	10:40	5.6 (65.1%)
112	<b>LAZAROWICZ Krzysztof</b>	<b>314</b>	WKW, GRUPA KARKONOSKA GOPR	M-30	54	TAK	01:21:16	02:26:43	<b>03:43:24.95</b>	<b>03:44:12.65</b>	+01:17:43 (34.7%)	10:38	5.6 (65.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
113	<b>KOKOSZKA Michał</b>	<b>473</b>	WOLBROM TEAM	M-30	55	TAK	01:15:50	02:24:06	<b>03:44:01.10</b>	<b>03:44:12.95</b>	+01:17:44 (34.7%)	10:40	5.6 (65.1%)
114	<b>KAMIENNIK Sebastian</b>	<b>118</b>		M-30	56	NIE	01:16:04	02:27:02	<b>03:44:07.35</b>	<b>03:44:13.40</b>	+01:17:44 (34.7%)	10:40	5.6 (65.1%)
115	<b>TARABURA Szymon</b>	<b>360</b>		M-30	57	NO	01:15:17	02:25:34	<b>03:44:02.20</b>	<b>03:44:15.10</b>	+01:17:46 (34.7%)	10:40	5.6 (65.1%)
116	<b>CHERNOBRIVENKO Sergey</b>	<b>376</b>	GT RAT	M-30	58	NO	01:21:29	02:25:46	<b>03:43:53.45</b>	<b>03:44:17.75</b>	+01:17:48 (34.7%)	10:39	5.6 (65.1%)
117	<b>ŁUCZAK Paweł</b>	<b>227</b>		M-40	27	NIE	01:18:34	02:25:52	<b>03:44:16.80</b>	<b>03:44:22.25</b>	+01:17:53 (34.7%)	10:40	5.6 (65.1%)
118	<b>NOWAK Leszek</b>	<b>478</b>	RZECZYPROSTE	M-40	28	NIE	01:15:00	02:22:21	<b>03:44:05.00</b>	<b>03:45:09.05</b>	+01:18:40 (34.9%)	10:40	5.6 (65.1%)
119	<b>STANUCHIEWICZ Oskar</b>	<b>387</b>	HERCOG RUNNING TEAM	M-40	29	NIE	01:08:25	02:24:05	<b>03:44:50.75</b>	<b>03:45:14.50</b>	+01:18:45 (35.0%)	10:42	5.6 (65.1%)
120	<b>PIOTROWSKI Michał</b>	<b>405</b>	KLUB BIEGACZA JURUND SZCZYTNO	M-30	59	NIE	01:06:17	02:19:40	<b>03:45:30.85</b>	<b>03:45:37.80</b>	+01:19:09 (35.1%)	10:44	5.6 (65.1%)
121	<b>DWORNIKOW Dmitrij</b>	<b>452</b>		M-30	60	NIE	01:21:56	02:28:11	<b>03:45:06.75</b>	<b>03:46:05.60</b>	+01:19:36 (35.2%)	10:43	5.6 (65.1%)
122	<b>ANTOSIAK Tomasz</b>	<b>186</b>	TRIATHLON MIETKÓW TEAM	M-30	61	NIE	01:18:28	02:25:59	<b>03:46:30.65</b>	<b>03:46:40.00</b>	+01:20:11 (35.4%)	10:47	5.6 (65.1%)
123	<b>ANTECKI Jacek</b>	<b>203</b>		M-30	62	NIE	01:16:38	02:29:41	<b>03:47:00.75</b>	<b>03:47:07.95</b>	+01:20:39 (35.5%)	10:48	5.6 (65.1%)
124	<b>CISZYŃSKI Marek</b>	<b>247</b>	START KATOWICE	M-50	3	NIE	01:24:13	02:30:06	<b>03:46:53.95</b>	<b>03:47:18.85</b>	+01:20:50 (35.6%)	10:48	5.6 (65.1%)
125	<b>WOŹNIAK Tomasz</b>	<b>199</b>		M-20	21	NIE	01:09:46	02:19:32	<b>03:47:31.55</b>	<b>03:47:40.30</b>	+01:21:11 (35.7%)	10:50	5.5 (64.0%)
126	<b>SZCZYGIEŁ Mateusz</b>	<b>216</b>		M-20	22	NIE	01:10:34	02:23:34	<b>03:48:27.95</b>	<b>03:48:35.15</b>	+01:22:06 (35.9%)	10:52	5.5 (64.0%)
127	<b>RZADKOWSKI Lesław</b>	<b>491</b>	TERMY JAKUBA - OŁAWSKI PARK WODNY	M-30	63	NIE	01:16:38	02:28:23	<b>03:47:50.50</b>	<b>03:48:39.15</b>	+01:22:10 (35.9%)	10:51	5.5 (64.0%)
128	<b>SZYMCZAK Wojciech</b>	<b>59</b>	PARAGRAF	M-20	23	NIE	01:12:56	02:25:48	<b>03:48:40.75</b>	<b>03:48:43.20</b>	+01:22:14 (36.0%)	10:53	5.5 (64.0%)
129	<b>MAZUREK Michał</b>	<b>456</b>		M-40	30	NIE	01:15:45	02:25:33	<b>03:49:09.30</b>	<b>03:49:16.30</b>	+01:22:47 (36.1%)	10:54	5.5 (64.0%)
130	<b>KLICH Piotr</b>	<b>554</b>		M-20	24	NIE	01:24:17	02:30:40	<b>03:48:53.55</b>	<b>03:49:18.80</b>	+01:22:50 (36.1%)	10:53	5.5 (64.0%)
131	<b>WAJDA Robert</b>	<b>261</b>		M-40	31	TAK	01:16:34	02:26:41	<b>03:49:21.35</b>	<b>03:49:31.40</b>	+01:23:02 (36.2%)	10:55	5.5 (64.0%)
132	<b>BLONSKI Lukasz</b>	<b>251</b>		M-30	64	NIE	01:18:45	02:25:00	<b>03:49:08.40</b>	<b>03:49:39.75</b>	+01:23:10 (36.2%)	10:54	5.5 (64.0%)
133	<b>MAŚLAK Radomił</b>	<b>553</b>	STARE BABICE BIEGAJĄ	M-40	32	NIE	01:17:57	02:26:52	<b>03:49:26.85</b>	<b>03:49:49.95</b>	+01:23:21 (36.3%)	10:55	5.5 (64.0%)
134	<b>NOWAK Adam</b>	<b>465</b>		M-40	33	TAK	01:26:22		<b>03:49:34.40</b>	<b>03:49:51.55</b>	+01:23:22 (36.3%)	10:55	5.5 (64.0%)
135	<b>KNAPP Janusz</b>	<b>39</b>	NETBOX BIEGA - LESZNO LIMITS RUNNERS	M-30	65	TAK	01:21:54	02:31:08	<b>03:49:41.80</b>	<b>03:49:53.95</b>	+01:23:25 (36.3%)	10:56	5.5 (64.0%)
136	<b>ZARODA Zbyszek</b>	<b>136</b>	KB AKTYWNI KONIN	M-40	34	NIE	01:14:08	02:18:08	<b>03:50:12.85</b>	<b>03:50:19.20</b>	+01:23:50 (36.4%)	10:57	5.5 (64.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
137	<b>KWOLIK Daniel</b>	<b>283</b>		M-30	66	TAK	01:21:12	02:30:17	<b>03:50:09.80</b>	<b>03:50:21.90</b>	+01:23:53 (36.4%)	10:57	5.5 (64.0%)
138	<b>LUBOMSKI Dariusz</b>	<b>355</b>	SOPOCKI KLUB TATERNICTWA JASKINIOWEGO	M-30	67	TAK	01:22:24	02:30:11	<b>03:49:45.50</b>	<b>03:50:22.65</b>	+01:23:53 (36.4%)	10:56	5.5 (64.0%)
139	<b>STEC Piotr</b>	<b>27</b>		M-40	35	NIE	01:15:05	02:29:46	<b>03:50:15.95</b>	<b>03:50:24.70</b>	+01:23:55 (36.4%)	10:57	5.5 (64.0%)
140	<b>LICHOTA Tomasz</b>	<b>109</b>		M-20	25	NIE	01:21:15	02:31:11	<b>03:50:12.40</b>	<b>03:50:26.35</b>	+01:23:57 (36.4%)	10:57	5.5 (64.0%)
141	<b>CIESIELSKI Michał</b>	<b>562</b>	CSWP AUDIT & ADVISORY	M-30	68	NIE	01:14:13	02:24:27	<b>03:50:27.20</b>	<b>03:50:46.10</b>	+01:24:17 (36.5%)	10:58	5.5 (64.0%)
142	<b>GRZEŚ Piotr</b>	<b>294</b>		M-20	26	NIE	01:13:39	02:26:54	<b>03:50:40.10</b>	<b>03:50:50.35</b>	+01:24:21 (36.5%)	10:59	5.5 (64.0%)
143	<b>KREZMANSKI Robert</b>	<b>363</b>	RAMY DADE	M-40	36	NIE	01:18:20	02:30:04	<b>03:51:12.85</b>	<b>03:51:18.80</b>	+01:24:50 (36.7%)	11:00	5.4 (62.8%)
144	<b>PIETRASZEWSKI Witold</b>	<b>40</b>	NETBOX BIEGA / LESZ NO LIMITS	M-30	69	NIE	01:21:35	02:31:07	<b>03:51:07.00</b>	<b>03:51:19.45</b>	+01:24:50 (36.7%)	11:00	5.5 (64.0%)
145	<b>PRZYPOLSKI Paweł</b>	<b>63</b>	IM-POSSIBLE TEAM	M-40	37	NIE	01:18:07	02:29:45	<b>03:51:26.85</b>	<b>03:51:47.60</b>	+01:25:18 (36.8%)	11:01	5.4 (62.8%)
146	<b>KOWALSKI Bogusław</b>	<b>12</b>	KLUB WYSOKOGÓRSKI W TORUNIU	M-40	38	TAK	01:19:21	02:27:48	<b>03:51:39.95</b>	<b>03:51:48.15</b>	+01:25:19 (36.8%)	11:01	5.4 (62.8%)
147	<b>CZYŻ Grzegorz</b>	<b>525</b>	CROSS KRAPKOWICE	M-40	39	NIE	01:18:50	02:28:11	<b>03:52:12.35</b>	<b>03:52:23.50</b>	+01:25:54 (37.0%)	11:03	5.4 (62.8%)
148	<b>SZPINEK Marcin</b>	<b>34</b>	TUTU TEAM	M-30	70	NIE	01:22:57	02:32:31	<b>03:52:39.85</b>	<b>03:53:01.10</b>	+01:26:32 (37.1%)	11:04	5.4 (62.8%)
149	<b>SAM Verheyden</b>	<b>211</b>	SAM BIEGA SAM	M-30	71	NIE	01:17:52	02:33:26	<b>03:53:07.80</b>	<b>03:53:21.70</b>	+01:26:52 (37.2%)	11:06	5.4 (62.8%)
150	<b>OŻÓG Tomasz</b>	<b>471</b>	LITWIN TRIATHLON TEAM	M-30	72	NIE	01:17:56	02:28:37	<b>03:53:09.20</b>	<b>03:53:30.85</b>	+01:27:02 (37.3%)	11:06	5.4 (62.8%)
151	<b>STACHURSKI Daniel</b>	<b>359</b>		M-40	40	NIE	01:17:49		<b>03:53:51.30</b>	<b>03:53:56.95</b>	+01:27:28 (37.4%)	11:08	5.4 (62.8%)
152	<b>KRANICZ Krzysztof</b>	<b>584</b>	PHZ	M-30	73		01:28:48	02:35:33	<b>03:53:35.30</b>	<b>03:54:09.55</b>	+01:27:40 (37.4%)	11:07	5.4 (62.8%)
153	<b>BANAŚ Zuzanna</b>	<b>310</b>	WKW	K-20	4	TAK	01:21:56	02:31:57	<b>03:54:15.10</b>	<b>03:54:30.45</b>	+01:28:01 (37.5%)	11:09	5.4 (62.8%)
154	<b>HAREŹLAK Krzysztof</b>	<b>245</b>	4 ŁAPY PSA ŁÓDŹ	M-40	41	NIE	01:15:40	02:33:15	<b>03:54:04.95</b>	<b>03:54:31.70</b>	+01:28:02 (37.5%)	11:08	5.4 (62.8%)
155	<b>WOJCZUK Paweł Pantak</b>	<b>370</b>		M-30	74	NIE	01:08:32	02:21:15	<b>03:54:51.45</b>	<b>03:55:04.45</b>	+01:28:35 (37.7%)	11:11	5.4 (62.8%)
156	<b>ŁUKASIEWICZ Marcin</b>	<b>70</b>	TRI4FIT STRONIE ŚLĄSKIE	M-30	75	NO	01:15:30	02:29:19	<b>03:54:16.05</b>	<b>03:55:09.30</b>	+01:28:40 (37.7%)	11:09	5.4 (62.8%)
157	<b>FILIPOWSKI Krzysztof</b>	<b>104</b>	PRZED SIEBIE	M-30	76	NIE	01:17:04	02:27:08	<b>03:55:52.95</b>	<b>03:56:07.20</b>	+01:29:38 (38.0%)	11:13	5.3 (61.6%)
158	<b>STACHOWIAK Łukasz</b>	<b>122</b>	STR POZNAŃ	M-30	77	NIE	01:20:01	02:33:38	<b>03:56:07.40</b>	<b>03:56:12.45</b>	+01:29:43 (38.0%)	11:14	5.3 (61.6%)
159	<b>MRÓZ Marcin</b>	<b>85</b>	STR POZNAŃ	M-30	78	NIE	01:20:05	02:33:42	<b>03:56:08.65</b>	<b>03:56:12.70</b>	+01:29:43 (38.0%)	11:14	5.3 (61.6%)
160	<b>ŻMIJEWSKI Tomasz</b>	<b>144</b>		M-20	27	NIE	01:15:53	02:33:27	<b>03:56:13.85</b>	<b>03:56:13.85</b>	+01:29:45 (38.0%)	11:14	5.3 (61.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
161	<b>FLORCZAK Marek</b>	<b>161</b>	LZS TARCHALANKA	M-40	42	NIE	01:19:28	02:32:31	<b>03:56:37.65</b>	<b>03:56:44.25</b>	+01:30:15 (38.1%)	11:16	5.3 (61.6%)
162	<b>OPANASENKO Volodymyr</b>	<b>520</b>	HUTINPUJ	M-30	79	NO	01:19:42	02:35:59	<b>03:56:20.95</b>	<b>03:56:44.35</b>	+01:30:15 (38.1%)	11:15	5.3 (61.6%)
163	<b>CZARNIECKI Daniel</b>	<b>38</b>	TIE-RUN	M-30	80	NIE	01:15:34	02:29:40	<b>03:56:39.40</b>	<b>03:56:59.75</b>	+01:30:30 (38.2%)	11:16	5.3 (61.6%)
164	<b>RYBARSKA Marta</b>	<b>409</b>	RAJSPOORT ACTIVE	K-20	5	NIE	01:24:53	02:37:22	<b>03:56:53.90</b>	<b>03:57:05.15</b>	+01:30:36 (38.2%)	11:16	5.3 (61.6%)
165	<b>LORKOWSKI Matthias</b>	<b>498</b>		M-20	28	NIE	01:30:04	02:42:55	<b>03:57:54.05</b>	<b>03:58:31.80</b>	+01:32:03 (38.6%)	11:19	5.3 (61.6%)
166	<b>ZAWOJAK Aleksander</b>	<b>364</b>	RONAL POLSKA RUN	M-20	29	NIE	01:13:39	02:29:18	<b>03:57:57.35</b>	<b>03:58:42.15</b>	+01:32:13 (38.6%)	11:19	5.3 (61.6%)
167	<b>ZIMNY Tomasz</b>	<b>200</b>		M-60	1	NIE	01:18:29	02:34:23	<b>03:58:37.85</b>	<b>03:58:43.65</b>	+01:32:14 (38.6%)	11:21	5.3 (61.6%)
168	<b>STEC Wojciech</b>	<b>64</b>		M-40	43	NO	01:14:20	02:29:43	<b>03:58:42.05</b>	<b>03:58:51.20</b>	+01:32:22 (38.7%)	11:22	5.3 (61.6%)
169	<b>WISZ Piotr</b>	<b>436</b>		M-20	30	NIE	01:25:27	02:37:49	<b>03:58:45.20</b>	<b>03:59:02.90</b>	+01:32:34 (38.7%)	11:22	5.3 (61.6%)
170	<b>NIEPALA Jacek</b>	<b>204</b>		M-30	81	NIE	01:16:47	02:36:58	<b>03:59:03.55</b>	<b>03:59:03.55</b>	+01:32:34 (38.7%)	11:23	5.3 (61.6%)
171	<b>SZARAPANOWSKI Damian</b>	<b>171</b>	ULTRA DIABŁY TEAM LUBRZA	M-30	82	NIE	01:21:29	02:31:06	<b>03:58:42.85</b>	<b>03:59:03.80</b>	+01:32:35 (38.7%)	11:22	5.3 (61.6%)
172	<b>GWIZDAŁA Anna</b>	<b>339</b>		K-30	7	NIE	01:27:14	02:34:17	<b>03:58:57.00</b>	<b>03:59:27.40</b>	+01:32:58 (38.8%)	11:22	5.3 (61.6%)
173	<b>BOCIAN Ryszard</b>	<b>338</b>	KLUB WYSOKOGÓRSKI W TORUNIU	M-40	44	TAK	01:27:14	02:34:21	<b>03:58:57.85</b>	<b>03:59:27.65</b>	+01:32:58 (38.8%)	11:22	5.3 (61.6%)
174	<b>SIEJA Marcin</b>	<b>430</b>	SPELEOKLUB BOBRY ŻAGAŃ	M-50	4	TAK	01:22:01	02:30:59	<b>03:59:06.90</b>	<b>03:59:31.85</b>	+01:33:03 (38.8%)	11:23	5.3 (61.6%)
175	<b>OGŁAZA Magdalena</b>	<b>286</b>	KOWARY BIEGAJĄ	K-30	8	NIE	01:17:22	02:31:16	<b>04:00:17.60</b>	<b>04:00:23.35</b>	+01:33:54 (39.1%)	11:26	5.2 (60.5%)
176	<b>LUTYŃSKI Zbigniew</b>	<b>184</b>		M-30	83	NIE	01:19:23	02:31:43	<b>04:00:24.00</b>	<b>04:00:24.00</b>	+01:33:55 (39.1%)	11:26	5.2 (60.5%)
177	<b>PORC Damian</b>	<b>205</b>		M-20	31	NIE	01:26:36	02:39:29	<b>04:00:02.60</b>	<b>04:00:24.95</b>	+01:33:56 (39.1%)	11:25	5.2 (60.5%)
178	<b>KRÓL Marcin</b>	<b>281</b>	OŚ RACING TEAM	M-30	84	NIE	01:21:41	02:37:17	<b>04:00:26.50</b>	<b>04:00:44.45</b>	+01:34:15 (39.2%)	11:27	5.2 (60.5%)
179	<b>BASZCZYSZYN Artur</b>	<b>508</b>	KUDOWSCY MIŁOŚNICY BIEGANIA	M-30	85	NIE	01:16:01	02:33:29	<b>04:01:01.45</b>	<b>04:01:06.70</b>	+01:34:37 (39.2%)	11:28	5.2 (60.5%)
180	<b>BAŁYS Katarzyna</b>	<b>22</b>		K-30	9	NIE	01:25:29	02:37:49	<b>04:01:56.85</b>	<b>04:02:12.10</b>	+01:35:43 (39.5%)	11:31	5.2 (60.5%)
181	<b>JURA Dorota</b>	<b>485</b>		K-30	10	NIE	01:28:51	02:38:19	<b>04:01:18.85</b>	<b>04:02:14.25</b>	+01:35:45 (39.5%)	11:29	5.2 (60.5%)
182	<b>PALACZ Marcin</b>	<b>41</b>	OPTIMA CARDIO	M-40	45	NIE	01:22:26	02:37:51	<b>04:02:48.25</b>	<b>04:02:54.55</b>	+01:36:25 (39.7%)	11:33	5.2 (60.5%)
183	<b>GERUS Wiesław</b>	<b>439</b>	PRO-RUN WROCŁAW	M-50	5	NIE	01:29:01	02:39:43	<b>04:03:07.10</b>	<b>04:03:26.55</b>	+01:36:57 (39.8%)	11:34	5.2 (60.5%)
184	<b>SADZIK Robert</b>	<b>268</b>		M-30	86	NIE	01:03:51	02:23:02	<b>04:03:36.60</b>	<b>04:03:38.45</b>	+01:37:09 (39.9%)	11:36	5.2 (60.5%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
185	<b>KULCZYCKI Marek</b>	<b>334</b>		M-30	87	NIE	01:22:32	02:36:57	<b>04:03:31.55</b>	<b>04:03:47.60</b>	+01:37:18 (39.9%)	11:35	5.2 (60.5%)
186	<b>WILK Paweł</b>	<b>476</b>	POLSKABIEGA.SPORT.PL	M-20	32	NIE	01:21:50	02:37:45	<b>04:03:29.00</b>	<b>04:03:49.25</b>	+01:37:20 (39.9%)	11:35	5.2 (60.5%)
187	<b>RYCHCIK- ZYGADŁO Edyta</b>	<b>529</b>		K-40	2	TAK	01:24:40	02:37:54	<b>04:03:49.95</b>	<b>04:03:58.20</b>	+01:37:29 (40.0%)	11:36	5.2 (60.5%)
188	<b>SKUDLARSKI Kamil</b>	<b>278</b>	PRO-RUN WROCŁAW, WKW	M-50	6	TAK	01:31:37	02:42:38	<b>04:03:28.20</b>	<b>04:03:59.85</b>	+01:37:31 (40.0%)	11:35	5.2 (60.5%)
189	<b>SZCZESZEK Łukasz</b>	<b>238</b>		M-30	88	TAK	01:29:42	02:39:42	<b>04:03:48.35</b>	<b>04:04:01.50</b>	+01:37:32 (40.0%)	11:36	5.2 (60.5%)
190	<b>BONIKOWSKI Tomasz</b>	<b>368</b>		M-40	46	NIE	01:33:25	02:42:19	<b>04:03:44.35</b>	<b>04:04:31.50</b>	+01:38:02 (40.1%)	11:36	5.2 (60.5%)
191	<b>JANUSZ Tomasz</b>	<b>399</b>		M-40	47	NIE	01:22:01	02:37:39	<b>04:04:18.25</b>	<b>04:04:31.95</b>	+01:38:03 (40.1%)	11:38	5.2 (60.5%)
192	<b>KACZKAN Marcin</b>	<b>15</b>	PHZ IM ARTURA HAJZERA	M-40	48	TAK	01:28:48	02:38:41	<b>04:04:08.35</b>	<b>04:04:42.75</b>	+01:38:13 (40.1%)	11:37	5.2 (60.5%)
193	<b>GAJLUSZ Dawid</b>	<b>305</b>	KB SZERSZEŃ OLEŚNICA	M-30	89	NIE	01:26:08	02:42:23	<b>04:04:28.60</b>	<b>04:04:46.40</b>	+01:38:17 (40.2%)	11:38	5.2 (60.5%)
194	<b>ŁUKOMSKI Maciej</b>	<b>198</b>		M-40	49	NIE	01:22:00	02:38:51	<b>04:04:51.75</b>	<b>04:05:03.35</b>	+01:38:34 (40.2%)	11:39	5.1 (59.3%)
195	<b>POŁCZYŃSKI Paweł</b>	<b>37</b>	STALOWA ŁYDA	M-30	90	NIE	01:24:47	02:40:33	<b>04:04:37.70</b>	<b>04:05:31.50</b>	+01:39:02 (40.3%)	11:38	5.2 (60.5%)
196	<b>MŁODOŻENIEC Mirosław</b>	<b>513</b>	REMBERTÓW TEAM	M-30	91	NIE	01:27:29	02:38:50	<b>04:05:25.90</b>	<b>04:05:33.70</b>	+01:39:04 (40.3%)	11:41	5.1 (59.3%)
197	<b>MŁODOŻENIEC Jacek</b>	<b>549</b>	REMBERTÓW TEAM	M-40	50	NIE	01:27:56	02:39:16	<b>04:05:17.95</b>	<b>04:05:34.00</b>	+01:39:05 (40.4%)	11:40	5.1 (59.3%)
198	<b>KOŁODZIEJ Mariusz</b>	<b>156</b>	TRIATHLON MIETKÓW TEAM	M-40	51	NIE	01:22:12	02:39:51	<b>04:05:33.80</b>	<b>04:05:42.95</b>	+01:39:14 (40.4%)	11:41	5.1 (59.3%)
199	<b>GÓRSKI Bartosz</b>	<b>505</b>		M-20	33	NIE	01:28:14	02:39:01	<b>04:05:05.25</b>	<b>04:05:44.00</b>	+01:39:15 (40.4%)	11:40	5.1 (59.3%)
200	<b>KOWALEWSKI Grzegorz</b>	<b>518</b>		M-40	52	NIE	01:27:09	02:38:34	<b>04:05:26.65</b>	<b>04:05:45.00</b>	+01:39:16 (40.4%)	11:41	5.1 (59.3%)
201	<b>WOJDYŁO Jakub</b>	<b>352</b>	GT RUN	M-30	92	NIE	01:21:21	02:38:02	<b>04:05:41.55</b>	<b>04:05:46.75</b>	+01:39:17 (40.4%)	11:41	5.1 (59.3%)
202	<b>GORNIAK- ANTKOWIAK Agnieszka</b>	<b>139</b>		K-30	11	NIE	01:21:27	02:37:38	<b>04:06:01.45</b>	<b>04:06:05.90</b>	+01:39:37 (40.5%)	11:42	5.1 (59.3%)
202	<b>CIESZKO Marek</b>	<b>60</b>	KW WARSZAWA	M-30	93	TAK	01:27:04	02:41:57	<b>04:05:38.50</b>	<b>04:06:05.90</b>	+01:39:37 (40.5%)	11:41	5.1 (59.3%)
204	<b>WŁODARCZYK Maciek</b>	<b>357</b>		M-30	94	NIE	01:29:43	02:39:43	<b>04:05:57.55</b>	<b>04:06:10.85</b>	+01:39:42 (40.5%)	11:42	5.1 (59.3%)
205	<b>KOPACKI Grzegorz</b>	<b>254</b>	FOLLOWME - ZMIENIAMYFINANSE.PL	M-30	95	NIE	01:31:50	02:43:24	<b>04:05:48.05</b>	<b>04:06:18.70</b>	+01:39:49 (40.5%)	11:42	5.1 (59.3%)
206	<b>MICHALSKI Roman</b>	<b>271</b>	KB CARASCO	M-40	53	NIE	01:21:47	02:37:54	<b>04:06:32.50</b>	<b>04:06:46.60</b>	+01:40:17 (40.6%)	11:44	5.1 (59.3%)
207	<b>KRUZEL Rafał</b>	<b>217</b>	BIEGOWE MISIE	M-40	54	NIE	01:27:02	02:42:15	<b>04:06:32.00</b>	<b>04:06:47.35</b>	+01:40:18 (40.6%)	11:44	5.1 (59.3%)
208	<b>NIESPODZIANY Maciej</b>	<b>469</b>	EXTREMEOUTDOOR.PL	M-30	96	NO	01:16:56	02:29:54	<b>04:06:30.20</b>	<b>04:06:49.95</b>	+01:40:21 (40.7%)	11:44	5.1 (59.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
209	<b>MANEL Mariusz</b>	<b>127</b>	NETBOX BIEGA - LESZNO LIMITS	M-40	55	NIE	01:26:56	02:40:29	<b>04:06:36.35</b>	<b>04:06:50.85</b>	+01:40:22 (40.7%)	11:44	5.1 (59.3%)
210	<b>KORDOWSKI Paweł</b>	<b>454</b>		M-30	97	NIE	01:23:42	02:40:50	<b>04:05:56.40</b>	<b>04:06:56.20</b>	+01:40:27 (40.7%)	11:42	5.1 (59.3%)
211	<b>FORNAL Paweł</b>	<b>120</b>	22KBPG	M-30	98	NIE	01:19:40	02:36:11	<b>04:06:51.00</b>	<b>04:06:56.35</b>	+01:40:27 (40.7%)	11:45	5.1 (59.3%)
212	<b>BŁACHOWICZ Tomasz</b>	<b>379</b>	WIERUNSZÓW	M-30	99	NIE	01:20:19	02:38:22	<b>04:06:44.80</b>	<b>04:07:16.95</b>	+01:40:48 (40.8%)	11:44	5.1 (59.3%)
213	<b>RAJNER Krzysztof</b>	<b>319</b>		M-30	100	NIE	01:29:56	02:39:58	<b>04:07:07.40</b>	<b>04:07:37.95</b>	+01:41:09 (40.8%)	11:46	5.1 (59.3%)
214	<b>ROMAŃCZUK Monika</b>	<b>511</b>		K-30	12	NIE	01:27:00	02:42:52	<b>04:07:29.90</b>	<b>04:07:50.55</b>	+01:41:21 (40.9%)	11:47	5.1 (59.3%)
215	<b>BALCERZAK Robert</b>	<b>321</b>		M-40	56	NIE	01:23:55	02:39:50	<b>04:07:07.00</b>	<b>04:07:51.50</b>	+01:41:22 (40.9%)	11:46	5.1 (59.3%)
216	<b>MACIEJASZ Aleksandra</b>	<b>115</b>		K-30	13	NIE	01:24:03	02:41:21	<b>04:08:27.90</b>	<b>04:08:35.70</b>	+01:42:06 (41.1%)	11:49	5.1 (59.3%)
217	<b>ROJEWSKI Paweł</b>	<b>141</b>		M-30	101	NIE	01:19:02	02:34:31	<b>04:08:23.90</b>	<b>04:08:36.35</b>	+01:42:07 (41.1%)	11:49	5.1 (59.3%)
218	<b>SMOTER Damian</b>	<b>123</b>		M-30	102	NIE	01:22:33	02:39:38	<b>04:08:31.05</b>	<b>04:08:41.00</b>	+01:42:12 (41.1%)	11:50	5.1 (59.3%)
219	<b>BŁASZKIEWICZ Bogusz</b>	<b>400</b>		M-30	103	NIE	01:30:51	02:43:33	<b>04:08:47.20</b>	<b>04:08:47.20</b>	+01:42:18 (41.1%)	11:50	5.1 (59.3%)
220	<b>MROZEK Grzegorz</b>	<b>336</b>		M-40	57	TAK	01:25:29	02:40:43	<b>04:08:56.60</b>	<b>04:09:16.95</b>	+01:42:48 (41.2%)	11:51	5.1 (59.3%)
221	<b>KOLONKO Bartłomiej</b>	<b>446</b>		M-20	34	NIE	01:21:53	02:37:30	<b>04:09:47.55</b>	<b>04:10:09.90</b>	+01:43:41 (41.4%)	11:53	5 (58.1%)
222	<b>WOJCIECHOWSKI Krzysztof</b>	<b>306</b>		M-30	104	NIE	01:25:27	02:38:24	<b>04:09:58.30</b>	<b>04:10:16.55</b>	+01:43:47 (41.5%)	11:54	5 (58.1%)
223	<b>KANDEFER Robert</b>	<b>340</b>		M-40	58	NIE	01:23:57	02:37:46	<b>04:10:14.50</b>	<b>04:10:17.80</b>	+01:43:49 (41.5%)	11:54	5 (58.1%)
224	<b>KASIŃSKI Wojciech</b>	<b>349</b>		M-50	7	NIE	01:34:43	02:47:11	<b>04:10:03.35</b>	<b>04:10:20.00</b>	+01:43:51 (41.5%)	11:54	5 (58.1%)
225	<b>MŁYNARCZYK Krzysztof</b>	<b>24</b>		M-40	59	NIE	01:29:32	02:42:55	<b>04:10:14.60</b>	<b>04:10:30.45</b>	+01:44:01 (41.5%)	11:55	5 (58.1%)
226	<b>MALISZEWSKI Adam</b>	<b>346</b>	KB UEP / RUNNERSCLUB.PL POZNAŃ / CZERWONAK BIEGA	M-20	35	NIE	01:30:57	02:46:32	<b>04:10:22.00</b>	<b>04:10:33.50</b>	+01:44:04 (41.5%)	11:55	5 (58.1%)
227	<b>KAMIŃSKI Paweł</b>	<b>570</b>		M-40	60	NIE	01:22:53	02:39:28	<b>04:10:04.30</b>	<b>04:10:44.50</b>	+01:44:15 (41.6%)	11:54	5 (58.1%)
228	<b>IWAN Robert</b>	<b>487</b>	IRON BALLS RUNNERS CLUB	M-40	61	NIE	01:29:25	02:43:37	<b>04:10:12.25</b>	<b>04:10:48.05</b>	+01:44:19 (41.6%)	11:54	5 (58.1%)
229	<b>FLORCZAK Maciej</b>	<b>215</b>	MTB4FUN	M-40	62	NIE	01:29:23	02:43:40	<b>04:10:14.25</b>	<b>04:10:48.50</b>	+01:44:19 (41.6%)	11:54	5 (58.1%)
230	<b>KNYCHAŁA Hubert</b>	<b>566</b>		M-30	105	NIE	01:33:42	02:45:52	<b>04:10:18.00</b>	<b>04:10:49.40</b>	+01:44:20 (41.6%)	11:55	5 (58.1%)
231	<b>MUTRYNOWSKI Piotr</b>	<b>500</b>		M-40	63	NIE	01:40:26	02:52:25	<b>04:10:24.25</b>	<b>04:11:14.55</b>	+01:44:45 (41.7%)	11:55	5 (58.1%)
232	<b>ZAREMBA Jarek</b>	<b>537</b>	BIEGAJĄC KASTA MIEDZIOWEGO MIASTA	M-30	106	NIE	01:32:38	02:45:49	<b>04:10:56.75</b>	<b>04:11:38.70</b>	+01:45:09 (41.8%)	11:57	5 (58.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
233	<b>OKULSKI Kamil</b>	<b>509</b>		M-30	107	NIE	01:25:33	02:43:41	<b>04:11:35.65</b>	<b>04:12:03.70</b>	+01:45:34 (41.9%)	11:58	5 (58.1%)
234	<b>DROZDEK Dawid</b>	<b>330</b>		M-30	108	NIE	01:32:07	02:43:19	<b>04:11:42.10</b>	<b>04:12:30.25</b>	+01:46:01 (42.0%)	11:59	5 (58.1%)
235	<b>PILARSKI Jacek</b>	<b>506</b>	AKTYWNI KONIN	M-40	64	NIE	01:24:48	02:42:41	<b>04:12:43.95</b>	<b>04:12:51.75</b>	+01:46:22 (42.1%)	12:02	5 (58.1%)
236	<b>ZAŁUSKI Darek</b>	<b>3</b>	POLSKI HIMALAIZM ZIMOWY IM. ARTURA HAJZERA	M-50	8	TAK	01:36:36	02:46:44	<b>04:13:17.65</b>	<b>04:13:17.65</b>	+01:46:48 (42.2%)	12:03	5 (58.1%)
237	<b>PILARSKA Magdalena</b>	<b>246</b>	STR POZNAŃ/ WKTJ	K-30	14	TAK	01:30:11	02:43:17	<b>04:13:34.30</b>	<b>04:13:49.05</b>	+01:47:20 (42.3%)	12:04	5 (58.1%)
238	<b>DREAS Jakub</b>	<b>73</b>	WĘDZIKOWSKITEAM	M-30	109	NIE	01:25:48	02:44:17	<b>04:13:44.35</b>	<b>04:13:49.10</b>	+01:47:20 (42.3%)	12:05	5 (58.1%)
239	<b>STACHECKA Marta</b>	<b>490</b>		K-20	6	NIE	01:30:10	02:47:46	<b>04:13:54.00</b>	<b>04:14:16.35</b>	+01:47:47 (42.4%)	12:05	5 (58.1%)
240	<b>PAWLIŃSKI Adam</b>	<b>301</b>	PRO-RUN WROCŁAW	M-30	110	NIE	01:36:07	02:51:04	<b>04:13:55.45</b>	<b>04:14:20.50</b>	+01:47:51 (42.4%)	12:05	5 (58.1%)
241	<b>WÓJCIK Marcin</b>	<b>516</b>	FLOWERPOWERUN	M-40	65	TAK	01:35:02	02:48:43	<b>04:14:02.95</b>	<b>04:14:41.35</b>	+01:48:12 (42.5%)	12:05	5 (58.1%)
242	<b>NADOLNA Ewa</b>	<b>50</b>	RZYĆ CHYŻA GŻEGŻÓŁKI I CZYŻA	K-30	15	NIE	01:39:50	02:53:28	<b>04:13:57.20</b>	<b>04:14:58.70</b>	+01:48:29 (42.6%)	12:05	5 (58.1%)
243	<b>WOLSKI Piotr</b>	<b>461</b>	AKG ŁÓDŹ	M-50	9	TAK	01:32:06	02:44:58	<b>04:14:48.90</b>	<b>04:14:58.90</b>	+01:48:30 (42.6%)	12:08	4.9 (57.0%)
244	<b>KLAGA Michał</b>	<b>389</b>		M-30	111	NIE	01:29:26	02:45:57	<b>04:14:23.70</b>	<b>04:15:01.60</b>	+01:48:32 (42.6%)	12:06	5 (58.1%)
245	<b>CZERNAK Wioleta</b>	<b>396</b>	TEAM PODGÓRZYN-PODGÓRZYN GMINA PRZYJAZNA Z NATURY	K-30	16	NIE	01:32:30	02:46:18	<b>04:15:05.65</b>	<b>04:15:23.85</b>	+01:48:55 (42.6%)	12:08	4.9 (57.0%)
246	<b>PIGUŁA Sebastian</b>	<b>214</b>	BIEGAMDLAZDROWIA.PL	M-20	36	NIE	01:35:44	02:49:02	<b>04:14:44.80</b>	<b>04:15:27.75</b>	+01:48:58 (42.7%)	12:07	4.9 (57.0%)
247	<b>GAŁECKA-PIGUŁA Anna</b>	<b>213</b>	BIEGAMDLAZDROWIA.PL	K-20	7	NIE	01:35:41	02:49:00	<b>04:14:44.85</b>	<b>04:15:27.90</b>	+01:48:59 (42.7%)	12:07	4.9 (57.0%)
248	<b>ZIELIŃSKI Rafał</b>	<b>105</b>	KUŹNIA TRIATHLONU	M-40	66	NIE	01:36:05	02:54:23	<b>04:14:59.60</b>	<b>04:15:28.70</b>	+01:48:59 (42.7%)	12:08	4.9 (57.0%)
249	<b>MUCHA Piotr</b>	<b>535</b>	FIZJOBIEGACZE SZCZECIN	M-30	112	NIE	01:34:34	02:49:58	<b>04:15:17.60</b>	<b>04:15:54.35</b>	+01:49:25 (42.8%)	12:09	4.9 (57.0%)
250	<b>MNICH Tomasz</b>	<b>219</b>		M-40	67	NIE	01:28:17	02:43:49	<b>04:15:33.65</b>	<b>04:16:15.50</b>	+01:49:46 (42.8%)	12:10	4.9 (57.0%)
251	<b>ROSZAK Mateusz Kamil</b>	<b>149</b>		M-20	37	NIE	01:27:05	02:44:44	<b>04:16:02.90</b>	<b>04:16:25.85</b>	+01:49:57 (42.9%)	12:11	4.9 (57.0%)
252	<b>GRABIŃSKI Waldemar</b>	<b>440</b>	ROGOZIŃSKI KLUB BIEGACZA	M-40	68	NIE	01:36:01	02:54:28	<b>04:16:18.55</b>	<b>04:16:44.80</b>	+01:50:16 (42.9%)	12:12	4.9 (57.0%)
253	<b>BŁAŻEWICZ Paweł</b>	<b>463</b>		M-20	38	NIE	01:29:57	02:47:39	<b>04:16:38.95</b>	<b>04:16:53.20</b>	+01:50:24 (43.0%)	12:13	4.9 (57.0%)
254	<b>CHOJNACKI Grzegorz</b>	<b>497</b>		M-20	39	NIE	01:30:03	02:46:56	<b>04:16:14.60</b>	<b>04:16:53.45</b>	+01:50:24 (43.0%)	12:12	4.9 (57.0%)
255	<b>POLIMIRSKI Łukasz</b>	<b>586</b>		M-40	69		01:30:14	02:44:06	<b>04:16:41.60</b>	<b>04:16:56.75</b>	+01:50:27 (43.0%)	12:13	4.9 (57.0%)
256	<b>FOGIEL-PAWŁOWSKA Agnieszka</b>	<b>165</b>	LOS BIEGANEROS	K-30	17	NIE	01:32:46	02:49:59	<b>04:16:36.25</b>	<b>04:17:00.10</b>	+01:50:31 (43.0%)	12:13	4.9 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
256	<b>MICHALCZYK Artur</b>	<b>342</b>		M-50	10	NIE	01:33:07	02:50:18	<b>04:16:41.90</b>	<b>04:17:00.10</b>	+01:50:31 (43.0%)	12:13	4.9 (57.0%)
258	<b>SZYMAŃSKI Wojciech</b>	<b>373</b>	LINCOLN ELECTRIC BESTER TEAM	M-30	113	NIE	01:23:36	02:41:48	<b>04:16:55.45</b>	<b>04:17:02.55</b>	+01:50:33 (43.0%)	12:14	4.9 (57.0%)
259	<b>PASTECKI Marcin</b>	<b>326</b>		M-30	114	NIE	01:23:04	02:45:54	<b>04:17:01.10</b>	<b>04:17:14.00</b>	+01:50:45 (43.1%)	12:14	4.9 (57.0%)
260	<b>SOCHA Marcin</b>	<b>83</b>	K&M	M-30	115	NIE	01:33:50	02:47:20	<b>04:17:01.40</b>	<b>04:17:18.50</b>	+01:50:49 (43.1%)	12:14	4.9 (57.0%)
261	<b>WILMAŃSKI Arkadiusz</b>	<b>66</b>		M-40	70	NIE	01:28:11	02:43:23	<b>04:17:34.90</b>	<b>04:17:41.80</b>	+01:51:13 (43.2%)	12:15	4.9 (57.0%)
262	<b>LUBIK Adam</b>	<b>220</b>	KSE ON-SIGHT	M-30	116	NIE	01:28:36	02:48:19	<b>04:17:27.20</b>	<b>04:17:44.50</b>	+01:51:15 (43.2%)	12:15	4.9 (57.0%)
263	<b>JĘDRYCHOWSKI Bartłomiej</b>	<b>107</b>		M-30	117	NIE	01:21:47	02:41:21	<b>04:17:33.10</b>	<b>04:17:47.50</b>	+01:51:18 (43.2%)	12:15	4.9 (57.0%)
264	<b>KŁOSKOWSKI Dariusz</b>	<b>546</b>	NIGHT RUNNERS SŁUPSK	M-40	71	TAK	01:31:48	02:49:09	<b>04:17:18.80</b>	<b>04:17:49.65</b>	+01:51:20 (43.2%)	12:15	4.9 (57.0%)
265	<b>AUGUSTYNOWICZ Andrzej</b>	<b>170</b>	MOVEONE	M-40	72	NIE	01:37:03	02:50:36	<b>04:16:43.70</b>	<b>04:17:59.55</b>	+01:51:30 (43.2%)	12:13	4.9 (57.0%)
266	<b>NATKAŃSKI Jerzy</b>	<b>4</b>	POLSKI HIMALAIZM ZIMOWY IM.ARTURA HAJZERA	M-60	2	TAK	01:29:15	02:50:08	<b>04:17:51.75</b>	<b>04:18:26.80</b>	+01:51:58 (43.3%)	12:16	4.9 (57.0%)
267	<b>POLIT Ernest</b>	<b>369</b>	R-TEAM ŁOWICZ	M-40	73	NIE	01:24:31	02:45:45	<b>04:18:17.20</b>	<b>04:18:32.45</b>	+01:52:03 (43.3%)	12:17	4.9 (57.0%)
268	<b>JABŁCZYŃSKI Paweł</b>	<b>345</b>		M-50	11	TAK	01:26:06	02:48:04	<b>04:18:38.80</b>	<b>04:18:48.45</b>	+01:52:19 (43.4%)	12:19	4.9 (57.0%)
269	<b>FURTAK Krzysztof</b>	<b>335</b>	KTOŚ MUSI BYĆ OSTATNI	M-50	12	NIE	01:34:29	02:49:48	<b>04:18:43.30</b>	<b>04:18:51.45</b>	+01:52:22 (43.4%)	12:19	4.9 (57.0%)
270	<b>LIPIŃSKI Marcin</b>	<b>176</b>	MOVEONTEAM	M-40	74	TAK	01:32:41	02:50:42	<b>04:17:37.40</b>	<b>04:18:52.05</b>	+01:52:23 (43.4%)	12:16	4.9 (57.0%)
271	<b>RZĘSA Łukasz</b>	<b>273</b>		M-30	118	NIE	01:28:18	02:43:42	<b>04:18:39.70</b>	<b>04:19:03.00</b>	+01:52:34 (43.5%)	12:19	4.9 (57.0%)
272	<b>KAMIŃSKI Wojciech</b>	<b>484</b>		M-40	75	NIE	01:32:26	02:48:36	<b>04:18:37.25</b>	<b>04:19:18.40</b>	+01:52:49 (43.5%)	12:18	4.9 (57.0%)
273	<b>SZACH Andrzej</b>	<b>445</b>		M-40	76	NIE	01:28:17	02:49:13	<b>04:18:56.45</b>	<b>04:19:19.70</b>	+01:52:50 (43.5%)	12:19	4.9 (57.0%)
274	<b>KOPEĆ Dariusz</b>	<b>151</b>		M-50	13	TAK	01:26:33	02:48:45	<b>04:18:57.40</b>	<b>04:19:23.35</b>	+01:52:54 (43.5%)	12:19	4.9 (57.0%)
275	<b>DRESZER Bartosz</b>	<b>507</b>		M-30	119	NIE	01:34:38	02:49:36	<b>04:18:57.25</b>	<b>04:19:24.45</b>	+01:52:55 (43.5%)	12:19	4.9 (57.0%)
276	<b>SOBOTA Paweł</b>	<b>88</b>	KAMIENNOGÓRSKA GRUPA BIEGOWA	M-40	77	NO	01:24:48	02:44:38	<b>04:19:07.60</b>	<b>04:19:25.70</b>	+01:52:56 (43.5%)	12:20	4.9 (57.0%)
277	<b>SHAROBAIKO Anton</b>	<b>250</b>		M-30	120	NO	01:36:41	02:56:31	<b>04:18:33.60</b>	<b>04:19:26.65</b>	+01:52:57 (43.5%)	12:18	4.9 (57.0%)
278	<b>CZERWONKA Zbigniew</b>	<b>187</b>	ESKADRA WROCLAW	M-30	121	NIE	01:27:13	02:48:05	<b>04:19:32.00</b>	<b>04:19:38.45</b>	+01:53:09 (43.6%)	12:21	4.9 (57.0%)
279	<b>GUCWA Mirosław</b>	<b>312</b>	TYMCZASEM.IN	M-40	78	NIE	01:30:34	02:49:33	<b>04:19:21.55</b>	<b>04:19:42.30</b>	+01:53:13 (43.6%)	12:21	4.9 (57.0%)
280	<b>GAJEWSKI Tomasz</b>	<b>160</b>	RZYĆ CHYŻA GZEGŻÓŁKI I CZYŻA	M-30	122	NO	01:39:55	02:53:33	<b>04:18:49.10</b>	<b>04:19:48.90</b>	+01:53:20 (43.6%)	12:19	4.9 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
281	<b>KOWALCZYK Joanna</b>	<b>177</b>	BIEGANIZM / DYNAFITPL	K-30	18	NIE	01:28:44	02:49:17	<b>04:19:50.15</b>	<b>04:19:52.80</b>	+01:53:24 (43.6%)	12:22	4.8 (55.8%)
282	<b>GRZĘDZIELSKI Jacek</b>	<b>573</b>		M-40	79	NIE	01:28:25	02:50:02	<b>04:19:50.45</b>	<b>04:19:53.75</b>	+01:53:24 (43.6%)	12:22	4.8 (55.8%)
283	<b>SKOŁOŻYŃSKI Paweł</b>	<b>519</b>		M-30	123	NIE	01:35:26	02:48:47	<b>04:19:20.80</b>	<b>04:19:57.10</b>	+01:53:28 (43.7%)	12:21	4.9 (57.0%)
284	<b>ROBINSON George</b>	<b>134</b>		M-20	40	NIE	01:33:02	02:47:37	<b>04:19:13.45</b>	<b>04:19:57.85</b>	+01:53:29 (43.7%)	12:20	4.9 (57.0%)
285	<b>MANDYCZ Magdalena</b>	<b>182</b>		K-30	19	NIE	01:29:03	02:47:35	<b>04:19:13.60</b>	<b>04:19:57.90</b>	+01:53:29 (43.7%)	12:20	4.9 (57.0%)
286	<b>KACZMAREK Karolina</b>	<b>410</b>	SBRT WARSZAWA POWIŚLE	K-30	20	NIE	01:38:43	02:54:23	<b>04:19:19.50</b>	<b>04:19:59.30</b>	+01:53:30 (43.7%)	12:20	4.9 (57.0%)
287	<b>RODAK Jarosław</b>	<b>560</b>		M-40	80	NIE	01:37:33	02:53:04	<b>04:19:12.50</b>	<b>04:19:59.75</b>	+01:53:30 (43.7%)	12:20	4.9 (57.0%)
288	<b>WCISŁO Ariel</b>	<b>192</b>	WROCLAWSKI KLUB WYSOKOGÓRSKI	M-20	41	TAK	01:35:14	02:54:54	<b>04:19:44.20</b>	<b>04:20:00.15</b>	+01:53:31 (43.7%)	12:22	4.9 (57.0%)
289	<b>JAŃSKI Tomasz</b>	<b>477</b>		M-40	81	NIE	01:39:24	02:56:35	<b>04:19:54.00</b>	<b>04:20:12.20</b>	+01:53:43 (43.7%)	12:22	4.8 (55.8%)
290	<b>STANKIEWICZ Pawel</b>	<b>438</b>		M-20	42	TAK	01:18:29	02:33:19	<b>04:20:40.80</b>	<b>04:20:50.15</b>	+01:54:21 (43.8%)	12:24	4.8 (55.8%)
291	<b>WOŹNIAK Sebastian</b>	<b>466</b>	ŁÓDŹ RUNNING TEAM	M-30	124	NIE	01:29:27	02:52:25	<b>04:20:57.20</b>	<b>04:21:25.55</b>	+01:54:56 (44.0%)	12:25	4.8 (55.8%)
292	<b>PANEK Krzysztof</b>	<b>54</b>	RZYĆ CHYŻA GZEGŻÓŁKI I CZYŻA	M-40	82	NIE	01:39:54	02:56:09	<b>04:20:36.40</b>	<b>04:21:37.70</b>	+01:55:08 (44.0%)	12:24	4.8 (55.8%)
293	<b>MICHAJLUK Bogdan</b>	<b>530</b>	SŁUŻBA CELNA	M-50	14	NIE	01:32:28	02:51:08	<b>04:21:15.20</b>	<b>04:21:55.10</b>	+01:55:26 (44.1%)	12:26	4.8 (55.8%)
294	<b>BEDNARCZYK Bogusław</b>	<b>444</b>	PRO-RUN WROCLAW	M-50	15	NIE	01:39:47	02:52:36	<b>04:21:41.80</b>	<b>04:22:24.60</b>	+01:55:55 (44.2%)	12:27	4.8 (55.8%)
295	<b>KOŁPACZYŃSKI Adam</b>	<b>572</b>		M-30	125	NIE	01:30:13	02:51:37	<b>04:22:06.15</b>	<b>04:22:27.20</b>	+01:55:58 (44.2%)	12:28	4.8 (55.8%)
296	<b>DOPIERAŁA Kinga</b>	<b>322</b>	#SOBASTEAM / SKALNIK.PL	K-20	8	NIE	01:29:47	02:51:01	<b>04:22:20.80</b>	<b>04:22:48.95</b>	+01:56:20 (44.3%)	12:29	4.8 (55.8%)
297	<b>HYCZKO Paweł</b>	<b>327</b>	HURAGAN RĘDZIN	M-20	43	NIE	01:32:45	02:50:58	<b>04:22:20.85</b>	<b>04:22:49.25</b>	+01:56:20 (44.3%)	12:29	4.8 (55.8%)
298	<b>KILKOWSKA Paulina</b>	<b>92</b>	KILKOWSKI POMPY CIEPŁA	K-30	21	NIE	01:37:42	02:52:35	<b>04:22:34.25</b>	<b>04:22:53.50</b>	+01:56:24 (44.3%)	12:30	4.8 (55.8%)
299	<b>WIELICZKO Anna</b>	<b>95</b>		K-30	22	NIE	01:36:42	02:56:02	<b>04:22:27.90</b>	<b>04:22:53.80</b>	+01:56:25 (44.3%)	12:29	4.8 (55.8%)
300	<b>KUBOWICZ Zbigniew</b>	<b>514</b>		M-50	16	NIE	01:36:02	02:51:13	<b>04:22:42.05</b>	<b>04:23:22.25</b>	+01:56:53 (44.4%)	12:30	4.8 (55.8%)
301	<b>BRODZIK Przemysław</b>	<b>91</b>	PRZED SIEBIE	M-50	17	NIE	01:31:04	02:51:02	<b>04:23:12.00</b>	<b>04:23:23.90</b>	+01:56:55 (44.4%)	12:32	4.8 (55.8%)
302	<b>MOSZUMAŃSKI Patrik</b>	<b>582</b>	TOR	M-40	83		01:29:54	02:49:24	<b>04:23:31.50</b>	<b>04:23:48.50</b>	+01:57:19 (44.5%)	12:32	4.8 (55.8%)
303	<b>POBŁOCKI Jan</b>	<b>191</b>	GRUPA TRÓJMIASTO/SPARTANIE DZIECIOM	M-60	3	NIE	01:40:41	02:54:51	<b>04:23:22.30</b>	<b>04:24:20.00</b>	+01:57:51 (44.6%)	12:32	4.8 (55.8%)
304	<b>TOMCZAK Mariusz</b>	<b>303</b>		M-40	84	NIE	01:33:13	02:52:46	<b>04:24:09.15</b>	<b>04:24:25.20</b>	+01:57:56 (44.6%)	12:34	4.8 (55.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
305	<b>BINKOWSKI Marcin</b>	<b>174</b>	PAJĄCZEK	M-40	85	NIE	01:38:13	02:53:24	<b>04:24:16.30</b>	<b>04:24:26.85</b>	+01:57:58 (44.6%)	12:35	4.8 (55.8%)
306	<b>BOGUCKI Wojciech</b>	<b>315</b>		M-40	86	NIE	01:34:36	02:52:46	<b>04:24:17.45</b>	<b>04:24:40.05</b>	+01:58:11 (44.7%)	12:35	4.8 (55.8%)
307	<b>GULCZYŃSKI Tomasz</b>	<b>223</b>	KSE ON-SIGHT	M-30	126	TAK	01:24:08	02:49:20	<b>04:24:24.60</b>	<b>04:24:42.65</b>	+01:58:13 (44.7%)	12:35	4.8 (55.8%)
308	<b>GALEWSKI Piotr</b>	<b>583</b>	WROCŁAW MARATHON TEAM	M-40	87		01:32:58	02:54:51	<b>04:24:49.15</b>	<b>04:25:05.35</b>	+01:58:36 (44.7%)	12:36	4.8 (55.8%)
309	<b>RUSIN Szymon</b>	<b>307</b>		M-30	127	TAK	01:29:32	02:54:51	<b>04:25:15.35</b>	<b>04:25:24.35</b>	+01:58:55 (44.8%)	12:37	4.8 (55.8%)
310	<b>ŻĘLOBOWSKI Przemysław</b>	<b>449</b>		M-30	128	NIE	01:29:35	02:54:02	<b>04:25:18.20</b>	<b>04:25:43.85</b>	+01:59:15 (44.9%)	12:38	4.7 (54.7%)
311	<b>JAKUBOWSKI Damian</b>	<b>274</b>		M-20	44	NIE	01:29:25	02:51:17	<b>04:25:23.85</b>	<b>04:25:45.30</b>	+01:59:16 (44.9%)	12:38	4.7 (54.7%)
312	<b>KOŁODZIEJ Paweł</b>	<b>282</b>		M-40	88	NIE	01:41:25	02:55:09	<b>04:25:06.40</b>	<b>04:25:46.50</b>	+01:59:17 (44.9%)	12:37	4.8 (55.8%)
313	<b>JAROSŁAWSKI Mariusz</b>	<b>253</b>	TERMY JAKUBA - OŁAWSKI PARK WODNY	M-40	89	TAK	01:39:28	02:56:43	<b>04:24:48.60</b>	<b>04:25:50.25</b>	+01:59:21 (44.9%)	12:36	4.8 (55.8%)
314	<b>WITASZEWSKI Marek</b>	<b>542</b>		M-40	90	NIE	01:26:16	02:50:22	<b>04:26:04.15</b>	<b>04:26:16.85</b>	+01:59:48 (45.0%)	12:40	4.7 (54.7%)
315	<b>ŁUĆ Lukasz</b>	<b>299</b>		M-30	129	NIE	01:35:27	02:50:44	<b>04:25:24.70</b>	<b>04:26:17.60</b>	+01:59:48 (45.0%)	12:38	4.7 (54.7%)
316	<b>KURZAWA Iwona</b>	<b>527</b>		K-30	23	NIE	01:37:32	02:55:30	<b>04:25:21.45</b>	<b>04:26:18.35</b>	+01:59:49 (45.0%)	12:38	4.7 (54.7%)
317	<b>BORKOWSKA Aneta</b>	<b>117</b>	SRULTRA TEAM	K-20	9	NIE	01:40:11	02:56:46	<b>04:26:05.10</b>	<b>04:26:30.10</b>	+02:00:01 (45.0%)	12:40	4.7 (54.7%)
318	<b>MACZKA Bronisław</b>	<b>411</b>	OTK RZEŹNIK	M-60	4	NIE	01:26:43	02:48:12	<b>04:26:13.00</b>	<b>04:26:48.15</b>	+02:00:19 (45.1%)	12:40	4.7 (54.7%)
319	<b>KOŁODZIEJ Łukasz</b>	<b>426</b>		M-30	130	NIE	01:23:53	02:41:23	<b>04:26:03.70</b>	<b>04:26:55.20</b>	+02:00:26 (45.1%)	12:40	4.7 (54.7%)
320	<b>NEUMANN Jacek</b>	<b>169</b>		M-50	18	NIE	01:38:12	02:55:19	<b>04:26:13.40</b>	<b>04:26:59.25</b>	+02:00:30 (45.1%)	12:40	4.7 (54.7%)
321	<b>KOZIELEWSKI Antoni</b>	<b>52</b>	RZYĆ CHYŻA GŻEGŻÓŁKI I CZYŻA	M-40	91	NIE	01:40:02	02:56:11	<b>04:26:00.15</b>	<b>04:27:00.25</b>	+02:00:31 (45.1%)	12:40	4.7 (54.7%)
322	<b>KLEIST Tomek</b>	<b>443</b>		M-40	92	NIE	01:35:13	02:57:49	<b>04:26:06.35</b>	<b>04:27:01.85</b>	+02:00:33 (45.1%)	12:40	4.7 (54.7%)
323	<b>CHORZĘPA Adam</b>	<b>143</b>		M-50	19	TAK	01:25:26	02:50:54	<b>04:27:33.05</b>	<b>04:27:40.60</b>	+02:01:11 (45.3%)	12:44	4.7 (54.7%)
324	<b>WIECZOREK Katarzyna</b>	<b>433</b>	IRON TRIATHLON PLESZEW	K-20	10	NIE	01:34:25	02:52:44	<b>04:27:15.30</b>	<b>04:27:48.80</b>	+02:01:20 (45.3%)	12:43	4.7 (54.7%)
325	<b>JUSZCZAK Zbigniew</b>	<b>75</b>	NIEZRZESZONY	M-50	20	NIE	01:31:34	02:52:38	<b>04:28:45.95</b>	<b>04:29:03.40</b>	+02:02:34 (45.6%)	12:47	4.7 (54.7%)
326	<b>SZMIDT Karol</b>	<b>212</b>	SZMIDT I SYN	M-30	131	NIE	01:42:50	02:59:29	<b>04:28:34.15</b>	<b>04:29:04.80</b>	+02:02:36 (45.6%)	12:47	4.7 (54.7%)
327	<b>BERNAT Jolanta</b>	<b>167</b>	STOWARZYSZENIE TENIS CENTRUM AS	K-30	24	NIE	01:34:18	02:54:52	<b>04:28:52.75</b>	<b>04:29:04.90</b>	+02:02:36 (45.6%)	12:48	4.7 (54.7%)
328	<b>STANKIEWICZ Tomasz</b>	<b>179</b>		M-20	45	NIE	01:30:56	02:52:52	<b>04:29:16.90</b>	<b>04:29:25.60</b>	+02:02:56 (45.6%)	12:49	4.7 (54.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
329	<b>STRZELCZYK Marlena</b>	<b>295</b>		K-20	11	NIE	01:37:25	02:59:18	<b>04:29:14.10</b>	<b>04:29:41.00</b>	+02:03:12 (45.7%)	12:49	4.7 (54.7%)
330	<b>BIAŁY Michał</b>	<b>581</b>		M-20	46		01:34:22	03:02:11	<b>04:29:19.60</b>	<b>04:29:41.80</b>	+02:03:13 (45.7%)	12:49	4.7 (54.7%)
331	<b>WLADYKA Marcin</b>	<b>561</b>		M-40	93	NIE	01:36:22	02:56:06	<b>04:29:49.40</b>	<b>04:30:08.40</b>	+02:03:39 (45.8%)	12:50	4.7 (54.7%)
332	<b>KOLAŚNIEWSKI Marek</b>	<b>153</b>		M-40	94	NIE	01:36:41	02:56:03	<b>04:29:43.35</b>	<b>04:30:19.65</b>	+02:03:50 (45.8%)	12:50	4.7 (54.7%)
333	<b>WARZOCHA Ryszard</b>	<b>479</b>	IRON BALLS RUNNERS CLUB	M-50	21	NIE	01:29:38	02:54:37	<b>04:29:41.85</b>	<b>04:30:22.85</b>	+02:03:54 (45.8%)	12:50	4.7 (54.7%)
334	<b>MAZURCZAK Anna</b>	<b>94</b>	KW WARSZAWA	K-30	25	TAK	01:36:34	02:56:20	<b>04:29:58.25</b>	<b>04:30:24.90</b>	+02:03:56 (45.8%)	12:51	4.7 (54.7%)
335	<b>BORYCZKA Katarzyna</b>	<b>403</b>	KLUB BIEGACZA SZERSZEŃ OLEŚNICA	K-20	12	NIE	01:34:07	03:02:12	<b>04:30:42.65</b>	<b>04:31:04.50</b>	+02:04:35 (46.0%)	12:53	4.7 (54.7%)
336	<b>SZYDŁOWSKI Wiesław</b>	<b>270</b>		M-50	22	NIE	01:26:57	02:51:32	<b>04:30:54.55</b>	<b>04:31:27.75</b>	+02:04:58 (46.0%)	12:54	4.7 (54.7%)
337	<b>GŁOS Łukasz</b>	<b>279</b>		M-30	132	TAK	01:34:07	02:57:51	<b>04:30:52.90</b>	<b>04:31:38.75</b>	+02:05:09 (46.1%)	12:53	4.7 (54.7%)
338	<b>SOCHA Ewa</b>	<b>381</b>	CONCORDIA RUNNERS TEAM	K-30	26	NIE	01:35:15	02:56:46	<b>04:31:35.75</b>	<b>04:31:59.75</b>	+02:05:30 (46.1%)	12:55	4.6 (53.5%)
339	<b>KWIATKOWSKA Zuzanna</b>	<b>298</b>		K-40	3	NIE	01:34:46	02:56:17	<b>04:32:40.40</b>	<b>04:32:54.30</b>	+02:06:25 (46.3%)	12:59	4.6 (53.5%)
340	<b>ŻUREK Mariusz</b>	<b>377</b>		M-40	95	NIE	01:33:41	02:53:38	<b>04:33:03.05</b>	<b>04:33:22.60</b>	+02:06:53 (46.4%)	13:00	4.6 (53.5%)
341	<b>KOT Tomasz</b>	<b>97</b>		M-30	133	NIE	01:32:44	02:57:11	<b>04:33:38.45</b>	<b>04:33:48.30</b>	+02:07:19 (46.5%)	13:01	4.6 (53.5%)
342	<b>MRUGALSKA Liliana</b>	<b>45</b>	NETBOX BIEGA	K-20	13	NIE	01:39:10	02:57:21	<b>04:33:38.90</b>	<b>04:33:49.55</b>	+02:07:20 (46.5%)	13:01	4.6 (53.5%)
343	<b>POŁCZYŃSKI Maciej</b>	<b>328</b>	STALOWA ŁYDA	M-30	134	NIE	01:41:16	03:03:21	<b>04:32:54.50</b>	<b>04:33:51.05</b>	+02:07:22 (46.5%)	12:59	4.6 (53.5%)
344	<b>NIESPODZIANA Ania</b>	<b>441</b>	ROGOZIŃSKI KLUB BIEGACZA	K-30	27	NIE	01:36:02	02:56:57	<b>04:33:32.45</b>	<b>04:33:58.40</b>	+02:07:29 (46.5%)	13:01	4.6 (53.5%)
345	<b>SZCZEPANIAK Karol</b>	<b>550</b>	CROSS STRACENÓW TEAM	M-40	96	NIE	01:32:57	02:58:07	<b>04:33:58.20</b>	<b>04:34:22.55</b>	+02:07:53 (46.6%)	13:02	4.6 (53.5%)
346	<b>NADOLSKI Piotr</b>	<b>375</b>		M-40	97	NIE	02:00:08	03:10:07	<b>04:33:29.75</b>	<b>04:34:24.20</b>	+02:07:55 (46.6%)	13:01	4.6 (53.5%)
347	<b>JACHOWICZ Aleksandra</b>	<b>437</b>		K-20	14	NO	01:40:02	02:59:52	<b>04:33:32.95</b>	<b>04:34:25.00</b>	+02:07:56 (46.6%)	13:01	4.6 (53.5%)
348	<b>BURANT Agnieszka</b>	<b>256</b>		K-30	28	NIE	01:40:17	03:02:07	<b>04:33:56.85</b>	<b>04:34:47.30</b>	+02:08:18 (46.7%)	13:02	4.6 (53.5%)
349	<b>CZEKALSKA Maria</b>	<b>255</b>		K-30	29	NIE	01:40:16	03:02:07	<b>04:33:57.60</b>	<b>04:34:47.45</b>	+02:08:18 (46.7%)	13:02	4.6 (53.5%)
350	<b>BARANOWSKI Szymon</b>	<b>222</b>	KSE ON-SIGHT	M-20	47	NIE	01:35:12	03:01:56	<b>04:34:29.35</b>	<b>04:34:47.90</b>	+02:08:19 (46.7%)	13:04	4.6 (53.5%)
351	<b>JĘDRZEJOWSKA- DEC Anna</b>	<b>425</b>	PKO BANK POLSKI	K-40	4	NIE	01:34:54	02:57:06	<b>04:34:29.35</b>	<b>04:35:02.35</b>	+02:08:33 (46.7%)	13:04	4.6 (53.5%)
352	<b>MAJEWSKA Kinga</b>	<b>162</b>		K-30	30	NIE	01:37:48	03:00:17	<b>04:34:36.70</b>	<b>04:35:04.80</b>	+02:08:36 (46.8%)	13:04	4.6 (53.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
353	<b>ŁACH Marcin</b>	<b>435</b>	KUŹNIA TRIATHLONU	M-30	135	NIE	01:36:06	03:01:03	<b>04:34:35.90</b>	<b>04:35:05.40</b>	+02:08:36 (46.8%)	13:04	4.6 (53.5%)
354	<b>BARAŃSKA Celestyna</b>	<b>575</b>	ACCENTURE	K-30	31	NIE	01:41:35	03:03:54	<b>04:34:32.50</b>	<b>04:35:15.45</b>	+02:08:46 (46.8%)	13:04	4.6 (53.5%)
355	<b>MATYJEWICZ Luiza</b>	<b>450</b>		K-40	5	NIE	01:38:44	03:03:41	<b>04:35:11.55</b>	<b>04:35:23.65</b>	+02:08:54 (46.8%)	13:06	4.6 (53.5%)
356	<b>WALCZAK NOWAK Karolina</b>	<b>48</b>		K-30	32	NIE	01:34:49	02:57:45	<b>04:35:29.55</b>	<b>04:35:43.55</b>	+02:09:14 (46.9%)	13:07	4.6 (53.5%)
357	<b>KANECKA Mariola</b>	<b>236</b>	KOWARY BIEGAJĄ	K-40	6	NIE	01:38:43	03:03:53	<b>04:35:09.65</b>	<b>04:35:44.85</b>	+02:09:16 (46.9%)	13:06	4.6 (53.5%)
358	<b>KANECKI Mirek</b>	<b>237</b>	KOWARY BIEGAJĄ	M-40	98	NIE	01:38:51	03:03:55	<b>04:35:09.45</b>	<b>04:35:46.00</b>	+02:09:17 (46.9%)	13:06	4.6 (53.5%)
359	<b>GRZEŚ Małgorzata</b>	<b>293</b>		K-20	15	NIE	01:37:48	03:02:08	<b>04:35:22.15</b>	<b>04:35:49.35</b>	+02:09:20 (46.9%)	13:06	4.6 (53.5%)
360	<b>GRUDZIEN Mariusz</b>	<b>585</b>	PHZ	M-40	99		01:43:18	03:08:51	<b>04:35:17.00</b>	<b>04:35:50.05</b>	+02:09:21 (46.9%)	13:06	4.6 (53.5%)
361	<b>MAJOCH Anna</b>	<b>155</b>	GVT	K-40	7	NIE	01:47:25	03:06:36	<b>04:35:50.65</b>	<b>04:35:50.65</b>	+02:09:21 (46.9%)	13:08	4.6 (53.5%)
362	<b>STAWIARSKA Katarzyna</b>	<b>418</b>	KOWARY BIEGAJĄ	K-30	33	NIE	01:38:42	03:03:54	<b>04:36:18.95</b>	<b>04:36:54.15</b>	+02:10:25 (47.1%)	13:09	4.6 (53.5%)
363	<b>SMOLAN Marcin</b>	<b>276</b>	BRAK	M-30	136	NIE	01:39:04	03:00:45	<b>04:36:01.40</b>	<b>04:36:56.75</b>	+02:10:27 (47.1%)	13:08	4.6 (53.5%)
364	<b>KANIOWSKI Wojciech</b>	<b>382</b>		M-40	100	NIE	01:31:58	03:02:23	<b>04:36:33.55</b>	<b>04:36:59.70</b>	+02:10:30 (47.1%)	13:10	4.6 (53.5%)
365	<b>KASPRZYK Kamil</b>	<b>42</b>	BRAMBOR TEAM	M-30	137	NIE	01:35:16	03:00:26	<b>04:36:38.25</b>	<b>04:37:11.15</b>	+02:10:42 (47.2%)	13:10	4.6 (53.5%)
366	<b>KASPRZYK Emil</b>	<b>43</b>	BRAMBOR TEAM	M-30	138	NIE	01:35:15	03:00:24	<b>04:36:37.90</b>	<b>04:37:12.00</b>	+02:10:43 (47.2%)	13:10	4.6 (53.5%)
367	<b>KRZECZKOWSKI Roman</b>	<b>248</b>	TRENER BIEGANIA. PL	M-40	101	NIE	01:34:37	02:55:52	<b>04:36:43.40</b>	<b>04:37:15.35</b>	+02:10:46 (47.2%)	13:10	4.6 (53.5%)
368	<b>BULKOWSKI Waldemar</b>	<b>504</b>		M-50	23	NIE	01:41:16	03:03:21	<b>04:36:32.90</b>	<b>04:37:17.70</b>	+02:10:48 (47.2%)	13:10	4.6 (53.5%)
369	<b>WINCZURA Leszek</b>	<b>173</b>		M-40	102	NIE	01:44:12	03:07:43	<b>04:36:51.70</b>	<b>04:37:33.35</b>	+02:11:04 (47.2%)	13:11	4.6 (53.5%)
370	<b>NOWAK Justyna</b>	<b>53</b>	OBORYGENI	K-30	34	NIE	01:35:35	03:00:05	<b>04:37:32.90</b>	<b>04:37:58.65</b>	+02:11:29 (47.3%)	13:13	4.5 (52.3%)
371	<b>KRAUSE Ania</b>	<b>69</b>		K-30	35	NIE	01:39:09	03:03:09	<b>04:37:22.55</b>	<b>04:38:08.95</b>	+02:11:40 (47.3%)	13:12	4.5 (52.3%)
372	<b>BURDAJEWICZ Magdalena</b>	<b>172</b>	PAJĄCZEK	K-30	36	NIE	01:40:34	03:04:23	<b>04:38:17.00</b>	<b>04:38:36.95</b>	+02:12:08 (47.4%)	13:15	4.5 (52.3%)
373	<b>CYBUŁKA Mariusz</b>	<b>62</b>	STAŚ BIEGA	M-30	139	NIE	01:38:23	03:04:05	<b>04:38:23.90</b>	<b>04:39:02.75</b>	+02:12:33 (47.5%)	13:15	4.5 (52.3%)
374	<b>ZIMNIAK Łukasz</b>	<b>308</b>	KB SZERSZEŃ OLEŚNICA	M-30	140	NIE	01:34:01	03:01:05	<b>04:39:13.35</b>	<b>04:39:33.40</b>	+02:13:04 (47.6%)	13:17	4.5 (52.3%)
375	<b>MUSUR Adam</b>	<b>372</b>	KB LUPUS OLEŚNICA	M-60	5	NIE	01:33:28	03:02:23	<b>04:39:17.35</b>	<b>04:39:34.45</b>	+02:13:05 (47.6%)	13:17	4.5 (52.3%)
376	<b>ŁAPCZYŃSKA Magdalena</b>	<b>229</b>	KARPACZ SPORT	K-40	8	NIE	01:32:37	02:58:08	<b>04:39:27.30</b>	<b>04:39:35.60</b>	+02:13:06 (47.6%)	13:18	4.5 (52.3%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
377	<b>PAJĄCZEK Dominika</b>	<b>28</b>		K-30	37	NIE	01:44:47	03:08:39	<b>04:39:40.20</b>	<b>04:40:00.60</b>	+02:13:31 (47.7%)	13:19	4.5 (52.3%)
378	<b>GÓRSKI Mariusz</b>	<b>29</b>	-	M-30	141	NIE	01:44:46	03:08:39	<b>04:39:40.25</b>	<b>04:40:01.35</b>	+02:13:32 (47.7%)	13:19	4.5 (52.3%)
379	<b>CZUBIEL Konrad</b>	<b>292</b>		M-40	103	NIE	01:33:12	03:00:49	<b>04:39:13.15</b>	<b>04:40:03.45</b>	+02:13:34 (47.7%)	13:17	4.5 (52.3%)
380	<b>MŁYNARCZYK Krzysztof</b>	<b>533</b>	FIZJOBIEGACZE SZCZECIN	M-40	104	NIE	01:34:47	03:02:13	<b>04:39:40.05</b>	<b>04:40:18.45</b>	+02:13:49 (47.7%)	13:19	4.5 (52.3%)
381	<b>KLICHOWSKI Marek</b>	<b>470</b>		M-30	142	NIE	01:36:16	03:04:47	<b>04:39:51.75</b>	<b>04:40:21.55</b>	+02:13:52 (47.8%)	13:19	4.5 (52.3%)
382	<b>KULA Rafał</b>	<b>343</b>		M-40	105	NIE	01:41:23	03:03:52	<b>04:39:53.25</b>	<b>04:40:35.30</b>	+02:14:06 (47.8%)	13:19	4.5 (52.3%)
383	<b>BUDNICKA Anna</b>	<b>148</b>	ULTRASRULTRA	K-30	38	NIE	01:40:13	03:04:33	<b>04:40:28.25</b>	<b>04:40:51.70</b>	+02:14:22 (47.8%)	13:21	4.5 (52.3%)
384	<b>STEFANOWSKI Marcin</b>	<b>416</b>		M-40	106	NIE	01:37:51	03:00:23	<b>04:40:24.85</b>	<b>04:40:55.35</b>	+02:14:26 (47.9%)	13:21	4.5 (52.3%)
385	<b>KRZESIMOWSKI Damian</b>	<b>78</b>		M-30	143	NIE	01:33:40	02:58:34	<b>04:41:09.80</b>	<b>04:41:45.20</b>	+02:15:16 (48.0%)	13:23	4.5 (52.3%)
386	<b>WICHERKIEWICZ Ilona</b>	<b>480</b>	RZECZYPROSTE	K-30	39	NIE	01:37:48	03:04:36	<b>04:41:43.45</b>	<b>04:42:22.50</b>	+02:15:53 (48.1%)	13:24	4.5 (52.3%)
387	<b>REJEK Kuba</b>	<b>565</b>	VEGG TEAM	M-40	107	NIE	01:33:49	03:06:14	<b>04:41:51.45</b>	<b>04:42:25.05</b>	+02:15:56 (48.1%)	13:25	4.5 (52.3%)
388	<b>GLANOWSKI Marek</b>	<b>384</b>	RUN FOR FUN	M-30	144	TAK	01:29:39	02:54:37	<b>04:42:41.20</b>	<b>04:43:04.50</b>	+02:16:35 (48.3%)	13:27	4.5 (52.3%)
389	<b>DRYGALSKI Artur</b>	<b>548</b>	MEEP MEEP	M-30	145	NIE	01:41:07	03:07:04	<b>04:42:09.65</b>	<b>04:43:07.40</b>	+02:16:38 (48.3%)	13:26	4.5 (52.3%)
390	<b>FRANKIEWICZ Jakub</b>	<b>79</b>		M-40	108	NIE	01:44:20	03:07:18	<b>04:42:29.10</b>	<b>04:43:08.10</b>	+02:16:39 (48.3%)	13:27	4.5 (52.3%)
391	<b>ZAJĄC Krzysztof</b>	<b>221</b>	ZP SZPIKI DRUŻYNA SZPIKU/WKURW_TEAM	M-40	109	NIE	01:43:02	03:13:22	<b>04:43:58.50</b>	<b>04:44:46.05</b>	+02:18:17 (48.6%)	13:31	4.4 (51.2%)
392	<b>SIEJA Katarzyna</b>	<b>258</b>	KRAKOWSKI KLUB TATERNICTWA JASKINIOWEGO	K-20	16	TAK	01:36:12	03:09:20	<b>04:45:39.85</b>	<b>04:46:05.40</b>	+02:19:36 (48.8%)	13:36	4.4 (51.2%)
393	<b>KAPLINSKI Kamil</b>	<b>457</b>		M-30	146	NIE	01:35:54	03:04:30	<b>04:46:05.30</b>	<b>04:46:08.85</b>	+02:19:40 (48.8%)	13:37	4.4 (51.2%)
394	<b>MARCINKIEWICZ Marta</b>	<b>51</b>	MATNER RUNNING TEAM	K-40	9	NIE	01:50:06	03:13:50	<b>04:45:47.85</b>	<b>04:46:36.50</b>	+02:20:07 (48.9%)	13:36	4.4 (51.2%)
395	<b>BAKA Mateusz</b>	<b>185</b>	GTS TRADYCJA	M-20	48	NIE	01:44:08	03:08:05	<b>04:45:50.70</b>	<b>04:46:38.35</b>	+02:20:09 (48.9%)	13:36	4.4 (51.2%)
396	<b>BAKA Marcin</b>	<b>180</b>	GTS TRADYCJA	M-50	24	NIE	01:44:07	03:08:05	<b>04:45:54.95</b>	<b>04:46:41.10</b>	+02:20:12 (48.9%)	13:36	4.4 (51.2%)
397	<b>DUSZA Michał</b>	<b>267</b>		M-30	147	NIE	01:42:01	03:08:02	<b>04:46:04.60</b>	<b>04:46:59.80</b>	+02:20:31 (49.0%)	13:37	4.4 (51.2%)
398	<b>SEDLAK Robert</b>	<b>158</b>		M-40	110	NIE	01:34:09	03:05:27	<b>04:47:04.95</b>	<b>04:47:15.10</b>	+02:20:46 (49.0%)	13:40	4.4 (51.2%)
399	<b>RABSZTYN Andrzej</b>	<b>350</b>	TRIATLON MIETKOW TEAM	M-30	148	NIE	01:46:49	03:08:59	<b>04:46:51.15</b>	<b>04:47:35.35</b>	+02:21:06 (49.1%)	13:39	4.4 (51.2%)
400	<b>BOGUCKA Zuzanna</b>	<b>202</b>		K-20	17	NIE	01:44:48	03:09:26	<b>04:47:03.25</b>	<b>04:47:37.20</b>	+02:21:08 (49.1%)	13:40	4.4 (51.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
401	<b>KOWNACKI Krzysztof</b>	<b>197</b>		M-20	49	NIE	01:45:16	03:09:28	<b>04:47:03.35</b>	<b>04:47:37.65</b>	+02:21:08 (49.1%)	13:40	4.4 (51.2%)
402	<b>WÓJTOWICZ Zbigniew</b>	<b>80</b>		M-40	111	NIE	01:37:40	03:08:10	<b>04:47:06.25</b>	<b>04:47:50.30</b>	+02:21:21 (49.1%)	13:40	4.4 (51.2%)
403	<b>WIADERNA Nina</b>	<b>482</b>	SBRT POWIŚLE	K-30	40	NIE	01:40:00	03:10:38	<b>04:47:42.40</b>	<b>04:48:04.60</b>	+02:21:35 (49.2%)	13:42	4.4 (51.2%)
404	<b>KITA Ewa</b>	<b>142</b>	BIEGAMDŁAZDROWIA.PL	K-50	1	NIE	01:43:07	03:10:45	<b>04:47:40.55</b>	<b>04:48:07.30</b>	+02:21:38 (49.2%)	13:41	4.4 (51.2%)
405	<b>ZABŁOCKA Magdalena</b>	<b>100</b>	660847252	K-30	41	NIE	01:42:56	03:12:09	<b>04:47:20.50</b>	<b>04:48:07.75</b>	+02:21:38 (49.2%)	13:40	4.4 (51.2%)
406	<b>KURCZYNA Przemysław</b>	<b>84</b>	TURY TEAM / POZYTYWNIIE ZAKRĘCENI	M-30	149	NIE	01:42:16	03:16:15	<b>04:47:40.50</b>	<b>04:48:09.10</b>	+02:21:40 (49.2%)	13:41	4.4 (51.2%)
407	<b>KUCNER Monika</b>	<b>536</b>	ALBERTS SP Z O.O.	K-40	10	TAK	01:43:04	03:09:17	<b>04:48:55.30</b>	<b>04:49:08.30</b>	+02:22:39 (49.3%)	13:45	4.4 (51.2%)
408	<b>GALEWSKA Julia</b>	<b>395</b>		K-20	18	NIE	01:38:23	03:09:53	<b>04:48:30.15</b>	<b>04:49:15.15</b>	+02:22:46 (49.4%)	13:44	4.4 (51.2%)
409	<b>STEFANIAK Jakub</b>	<b>210</b>		M-20	50	NIE	01:44:30	03:11:58	<b>04:49:12.40</b>	<b>04:49:24.50</b>	+02:22:55 (49.4%)	13:46	4.4 (51.2%)
410	<b>WOLFF-STEFANIAK Maria</b>	<b>208</b>		K-20	19	NIE	01:35:43	03:11:59	<b>04:49:13.45</b>	<b>04:49:24.95</b>	+02:22:56 (49.4%)	13:46	4.4 (51.2%)
411	<b>WODECKI Krzysztof</b>	<b>260</b>		M-50	25	NIE	01:39:58	03:10:31	<b>04:48:53.20</b>	<b>04:49:40.65</b>	+02:23:11 (49.4%)	13:45	4.4 (51.2%)
412	<b>PAGIEŁA Agnieszka</b>	<b>124</b>		K-20	20	NIE	01:45:18	03:18:38	<b>04:48:57.90</b>	<b>04:49:41.15</b>	+02:23:12 (49.4%)	13:45	4.4 (51.2%)
413	<b>PANEK Aleksandra</b>	<b>266</b>		K-40	11	NO	01:48:57	03:16:09	<b>04:49:22.70</b>	<b>04:50:02.50</b>	+02:23:33 (49.5%)	13:46	4.4 (51.2%)
414	<b>NASTAWSKA Monika</b>	<b>189</b>		K-40	12	NIE	01:44:33	03:13:45	<b>04:49:55.20</b>	<b>04:50:14.35</b>	+02:23:45 (49.5%)	13:48	4.3 (50.0%)
415	<b>HARĘŻLAK Dorota</b>	<b>244</b>	4 ŁAPY PSA ŁÓDŹ	K-30	42	NIE	01:49:01	03:16:08	<b>04:51:10.35</b>	<b>04:51:38.05</b>	+02:25:09 (49.8%)	13:51	4.3 (50.0%)
416	<b>BŁOŃSKI Zbigniew</b>	<b>521</b>	POLSKIE STOWARYSZENIE SPORTU PO TRANSPLANTACJI	M-50	26	NIE	01:40:56	03:16:09	<b>04:51:18.55</b>	<b>04:51:50.65</b>	+02:25:21 (49.8%)	13:52	4.3 (50.0%)
417	<b>POCIĘGIEL Michał</b>	<b>35</b>		M-30	150	NIE	01:39:16	03:15:48	<b>04:51:09.05</b>	<b>04:51:59.65</b>	+02:25:30 (49.8%)	13:51	4.3 (50.0%)
418	<b>PIWNICKI Piotr</b>	<b>558</b>		M-20	51	NIE	01:38:57	03:03:31	<b>04:51:55.85</b>	<b>04:52:48.05</b>	+02:26:19 (50.0%)	13:54	4.3 (50.0%)
419	<b>NOWAK Cyprian</b>	<b>46</b>		M-30	151	NIE	01:38:46	03:08:50	<b>04:52:37.75</b>	<b>04:52:50.15</b>	+02:26:21 (50.0%)	13:56	4.3 (50.0%)
420	<b>SYPNIEWSKA Hanna</b>	<b>193</b>	SPARTANIE DZIECIOM/ GOLDEN TEAM	K-60	1	NIE	01:51:30	03:18:35	<b>04:53:17.50</b>	<b>04:53:54.40</b>	+02:27:25 (50.2%)	13:58	4.3 (50.0%)
421	<b>BŁACHNO Marcin</b>	<b>23</b>		M-30	152	NIE	01:41:23	03:10:09	<b>04:54:15.80</b>	<b>04:54:50.85</b>	+02:28:22 (50.3%)	14:00	4.3 (50.0%)
422	<b>ORDZIEJEWSKI Dominik</b>	<b>231</b>		M-30	153	NIE	01:35:58	03:10:42	<b>04:54:21.10</b>	<b>04:54:51.25</b>	+02:28:22 (50.3%)	14:01	4.3 (50.0%)
423	<b>FIGUŁA Sławomir</b>	<b>36</b>		M-30	154	NIE	01:45:14	03:14:54	<b>04:54:05.35</b>	<b>04:54:54.50</b>	+02:28:25 (50.3%)	14:00	4.3 (50.0%)
424	<b>CZERWONKA Katarzyna</b>	<b>131</b>		K-30	43	NIE	01:45:10	03:14:56	<b>04:54:07.10</b>	<b>04:54:57.55</b>	+02:28:28 (50.3%)	14:00	4.3 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
425	<b>BARCIK Przemek</b>	<b>26</b>		M-30	155	NO	01:37:32	03:13:05	<b>04:54:39.65</b>	<b>04:55:20.80</b>	+02:28:52 (50.4%)	14:01	4.3 (50.0%)
426	<b>ADAMEK Marcin</b>	<b>432</b>	IRON TRIATHLON PLESZEW	M-30	156	NIE	01:28:47	03:11:40	<b>04:54:46.50</b>	<b>04:55:22.95</b>	+02:28:54 (50.4%)	14:02	4.3 (50.0%)
427	<b>KACZMARCZYK Urszula</b>	<b>318</b>	PRO - RUN WROCLAW	K-30	44	NIE	01:50:20	03:20:18	<b>04:54:47.90</b>	<b>04:55:28.75</b>	+02:28:59 (50.4%)	14:02	4.3 (50.0%)
428	<b>KACZMARCZYK Anna</b>	<b>106</b>		K-20	21	NIE	01:45:19	03:18:40	<b>04:55:34.60</b>	<b>04:56:17.55</b>	+02:29:48 (50.6%)	14:04	4.3 (50.0%)
429	<b>BORKOWSKI Łukasz</b>	<b>453</b>		M-30	157	NIE	01:42:13	03:16:15	<b>04:57:12.20</b>	<b>04:57:41.75</b>	+02:31:12 (50.8%)	14:09	4.2 (48.8%)
430	<b>LUBAŃSKA Alicja</b>	<b>492</b>		K-40	13	NIE	01:43:40	03:12:08	<b>04:57:09.45</b>	<b>04:57:46.00</b>	+02:31:17 (50.8%)	14:09	4.2 (48.8%)
431	<b>KUPKA Martyna</b>	<b>130</b>	SWAT TEAM	K-30	45	NIE	02:02:11	03:32:29	<b>04:57:49.45</b>	<b>04:57:49.45</b>	+02:31:20 (50.8%)	14:10	4.2 (48.8%)
432	<b>OLEJNIK Piotr</b>	<b>388</b>	FUNK YOU!	M-20	52	NO	02:02:14	03:32:46	<b>04:57:49.80</b>	<b>04:57:49.80</b>	+02:31:21 (50.8%)	14:10	4.2 (48.8%)
433	<b>SUJAK Małgorzata</b>	<b>333</b>	MKB DREPTAK	K-50	2	NIE	01:47:24	03:18:01	<b>04:57:22.50</b>	<b>04:57:50.90</b>	+02:31:22 (50.8%)	14:09	4.2 (48.8%)
434	<b>KUPIEC Dariusz</b>	<b>135</b>	MKB DREPTAK	M-40	112	NIE	01:46:40	03:17:56	<b>04:57:23.75</b>	<b>04:57:51.55</b>	+02:31:22 (50.8%)	14:09	4.2 (48.8%)
435	<b>SZYMAŃSKI Mariusz</b>	<b>77</b>	MKB DREPTAK	M-40	113	NIE	01:46:42	03:17:54	<b>04:57:23.90</b>	<b>04:57:51.65</b>	+02:31:22 (50.8%)	14:09	4.2 (48.8%)
436	<b>DOBROSIELSKI Marcin</b>	<b>442</b>	TKD SZAKAL JEŻYCE RUNNERS	M-40	114	NIE	01:42:03	03:19:01	<b>04:56:48.10</b>	<b>04:57:52.00</b>	+02:31:23 (50.8%)	14:08	4.2 (48.8%)
437	<b>TACIAK Sebastian</b>	<b>178</b>	ANTONINEK POZNAŃ	M-40	115	NIE	01:38:08	03:08:52	<b>04:57:07.20</b>	<b>04:57:53.35</b>	+02:31:24 (50.8%)	14:08	4.2 (48.8%)
438	<b>BARTKOWIAK Alina</b>	<b>159</b>	DZIKIE BOBRY ŚNIEGU SIĘ NIE BOJĄ	K-30	46	NO	01:43:51	03:18:39	<b>04:57:38.80</b>	<b>04:57:53.65</b>	+02:31:24 (50.8%)	14:10	4.2 (48.8%)
439	<b>BIERNACIK Jacek</b>	<b>510</b>		M-50	27	NIE	01:51:25	03:20:33	<b>04:56:55.45</b>	<b>04:57:54.40</b>	+02:31:25 (50.8%)	14:08	4.2 (48.8%)
440	<b>KUPKA Bazyl</b>	<b>58</b>	SZYBKA KUPKA	M-20	53	NIE	01:56:05	03:20:14	<b>04:57:54.90</b>	<b>04:57:54.90</b>	+02:31:26 (50.8%)	14:11	4.2 (48.8%)
441	<b>GRABARCZYK Magdalena</b>	<b>496</b>		K-20	22	TAK	01:48:38	03:31:53	<b>04:57:06.70</b>	<b>04:57:55.50</b>	+02:31:26 (50.8%)	14:08	4.2 (48.8%)
442	<b>KOZAK Piotr</b>	<b>576</b>		M-40	116	NIE	01:40:52	03:14:20	<b>04:58:00.90</b>	<b>04:58:33.55</b>	+02:32:04 (50.9%)	14:11	4.2 (48.8%)
443	<b>MIROŚLAW Ropel</b>	<b>567</b>	KIS TRANSPORT	M-50	28	NIE	01:47:28	03:19:13	<b>04:57:52.50</b>	<b>04:58:40.15</b>	+02:32:11 (51.0%)	14:11	4.2 (48.8%)
444	<b>GRUŻLEWSKI Radosław</b>	<b>132</b>		M-20	54	NIE	01:45:58	03:17:56	<b>04:58:40.60</b>	<b>04:59:18.85</b>	+02:32:50 (51.1%)	14:13	4.2 (48.8%)
445	<b>PODSIADŁY Robert</b>	<b>112</b>	CHATA BIEGACZA K34	M-50	29	NIE	01:46:04	03:19:34	<b>04:58:49.00</b>	<b>04:59:43.10</b>	+02:33:14 (51.1%)	14:13	4.2 (48.8%)
446	<b>GOKIERT-SKRENTNA Justyna</b>	<b>206</b>		K-40	14	NIE	01:44:19	03:19:53	<b>04:59:21.30</b>	<b>04:59:52.05</b>	+02:33:23 (51.2%)	14:15	4.2 (48.8%)
447	<b>TOL Kamil</b>	<b>386</b>	MAFIA TEAM LUBLINIEC	M-30	158	NIE	01:27:25	03:07:42	<b>05:00:04.65</b>	<b>05:00:04.65</b>	+02:33:35 (51.2%)	14:17	4.2 (48.8%)
448	<b>PASTERNOK Marian</b>	<b>538</b>	NIGHT RUNNERS ZABRZE	M-30	159	NIE	01:32:24	03:07:14	<b>04:59:35.25</b>	<b>05:00:05.90</b>	+02:33:37 (51.2%)	14:15	4.2 (48.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
449	<b>SMYK Robert</b>	<b>577</b>	OTK RZEŹNIK	M-40	117		01:34:48	03:07:11	<b>04:59:32.65</b>	<b>05:00:06.95</b>	+02:33:38 (51.2%)	14:15	4.2 (48.8%)
450	<b>GONTARZ Mateusz</b>	<b>393</b>		M-20	55	NIE	01:43:29	03:18:43	<b>05:01:27.25</b>	<b>05:02:03.70</b>	+02:35:34 (51.5%)	14:21	4.2 (48.8%)
451	<b>SZKUDLARSKA Joanna</b>	<b>164</b>	PRZED SIEBIE	K-40	15	NIE	01:47:11	03:17:30	<b>05:04:18.45</b>	<b>05:04:32.75</b>	+02:38:03 (51.9%)	14:29	4.1 (47.7%)
452	<b>ZAUCHA Marta</b>	<b>391</b>	KŁODZKO PRZYTWIERDZA BIEGANIE	K-30	47	NIE	01:47:29	03:21:17	<b>05:04:48.75</b>	<b>05:05:00.30</b>	+02:38:31 (52.0%)	14:30	4.1 (47.7%)
453	<b>DZIEWIATOWSKA Agnieszka</b>	<b>362</b>		K-40	16	NIE	01:44:20	03:19:54	<b>05:04:29.55</b>	<b>05:05:01.10</b>	+02:38:32 (52.0%)	14:30	4.1 (47.7%)
454	<b>BOROŃ Ryszard</b>	<b>44</b>		M-50	30	NIE	01:49:47	03:19:28	<b>05:04:23.05</b>	<b>05:05:15.55</b>	+02:38:46 (52.0%)	14:29	4.1 (47.7%)
455	<b>SZCZĘSNY Marek</b>	<b>103</b>	PRZED SIEBIE	M-50	31	NIE	01:47:25	03:19:20	<b>05:06:10.00</b>	<b>05:06:25.90</b>	+02:39:57 (52.2%)	14:34	4.1 (47.7%)
456	<b>BORUTA-KOŁODZIEJ Emilia</b>	<b>317</b>	PRO-RUN WROCŁAW	K-30	48	NIE	01:50:20	03:21:35	<b>05:05:46.70</b>	<b>05:06:27.65</b>	+02:39:58 (52.2%)	14:33	4.1 (47.7%)
457	<b>MAJKOWSKI Tomasz</b>	<b>555</b>		M-40	118	NIE	01:51:13	03:24:50	<b>05:05:56.35</b>	<b>05:06:47.00</b>	+02:40:18 (52.3%)	14:34	4.1 (47.7%)
458	<b>FURS Daniel</b>	<b>531</b>	HANYSY	M-40	119	NIE	01:43:08	03:16:47	<b>05:06:42.80</b>	<b>05:07:12.15</b>	+02:40:43 (52.3%)	14:36	4.1 (47.7%)
459	<b>VOOK Rafał</b>	<b>532</b>	HANYSY	M-40	120	NIE	01:43:04	03:15:59	<b>05:06:42.65</b>	<b>05:07:13.20</b>	+02:40:44 (52.3%)	14:36	4.1 (47.7%)
460	<b>PRZYBYSZ Artur</b>	<b>166</b>	AWF RUNNING TEAM	M-20	56	NIE	01:43:03	03:22:16	<b>05:06:41.50</b>	<b>05:07:14.05</b>	+02:40:45 (52.3%)	14:36	4.1 (47.7%)
461	<b>BRYSIAK Ziemowit</b>	<b>25</b>	MZ RUNNING TEAM	M-40	121	NIE	01:52:19	03:26:28	<b>05:06:39.05</b>	<b>05:07:21.20</b>	+02:40:52 (52.3%)	14:36	4.1 (47.7%)
462	<b>SŁOTA Małgorzata</b>	<b>30</b>	MZ RUNNING TEAM	K-30	49	NIE	01:52:20	03:26:27	<b>05:06:40.10</b>	<b>05:07:21.55</b>	+02:40:52 (52.3%)	14:36	4.1 (47.7%)
463	<b>KUGLARZ Szymon</b>	<b>323</b>	MOTOINTEGRATOR RUNNING TEAM	M-40	122	NIE	01:46:24	03:24:20	<b>05:07:39.80</b>	<b>05:08:09.40</b>	+02:41:40 (52.5%)	14:39	4.1 (47.7%)
464	<b>MAJEWSKI Tomasz</b>	<b>168</b>		M-40	123	NIE	01:46:41	03:26:14	<b>05:07:52.05</b>	<b>05:08:20.95</b>	+02:41:52 (52.5%)	14:39	4.1 (47.7%)
465	<b>MICHALAK Piotr</b>	<b>72</b>		M-40	124	NIE	01:49:56	03:23:20	<b>05:08:31.30</b>	<b>05:09:22.70</b>	+02:42:53 (52.7%)	14:41	4.1 (47.7%)
466	<b>MICHALAK Joanna</b>	<b>371</b>		K-40	17	NIE	01:49:58	03:23:14	<b>05:08:31.35</b>	<b>05:09:22.85</b>	+02:42:54 (52.7%)	14:41	4.1 (47.7%)
467	<b>PEPŁOWSKA Sylwia</b>	<b>98</b>		K-30	50	NIE	01:47:17	03:23:44	<b>05:10:38.25</b>	<b>05:10:57.75</b>	+02:44:28 (52.9%)	14:47	4.1 (47.7%)
468	<b>BOROŃ Izabela</b>	<b>47</b>		K-40	18	NIE	01:49:59	03:22:59	<b>05:10:08.55</b>	<b>05:10:58.45</b>	+02:44:29 (52.9%)	14:46	4.1 (47.7%)
469	<b>ZIEMKOWSKA Monika</b>	<b>415</b>		K-40	19	NIE	01:56:45	03:29:25	<b>05:11:59.70</b>	<b>05:12:26.75</b>	+02:45:57 (53.1%)	14:51	4 (46.5%)
470	<b>KACZMARCZYK Wojciech</b>	<b>113</b>		M-50	32	NIE	01:32:58	03:07:33	<b>05:13:20.60</b>	<b>05:14:03.25</b>	+02:47:34 (53.4%)	14:55	4 (46.5%)
471	<b>OLEJNIK Anna</b>	<b>285</b>		K-20	23	NIE	02:02:26	03:32:32	<b>05:14:04.35</b>	<b>05:14:04.35</b>	+02:47:35 (53.4%)	14:57	4 (46.5%)
472	<b>BŁACHOWIAK Jakub</b>	<b>288</b>	STREFASPORTU.PL	M-20	57	NIE	02:02:15	03:32:47	<b>05:14:04.95</b>	<b>05:14:04.95</b>	+02:47:36 (53.4%)	14:57	4 (46.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
473	<b>KOTLIŃSKI Jarosław</b>	<b>523</b>		M-50	33	NIE	01:45:28	03:24:02	<b>05:14:26.50</b>	<b>05:15:02.95</b>	+02:48:34 (53.5%)	14:58	4 (46.5%)
474	<b>KACEJKO Małgorzata</b>	<b>313</b>		K-20	24	NIE	01:54:19	03:31:19	<b>05:15:38.65</b>	<b>05:16:17.05</b>	+02:49:48 (53.7%)	15:01	4 (46.5%)
475	<b>BYKS Tomasz</b>	<b>90</b>	RZYĆ CHYŻA GŻEGŻÓŁKI I CZYŻA	M-30	160	TAK	01:50:02	03:33:07	<b>05:19:22.10</b>	<b>05:20:21.30</b>	+02:53:52 (54.3%)	15:12	3.9 (45.3%)
476	<b>CISŁAK Anna</b>	<b>116</b>		K-30	51	NIE	01:54:15	03:35:55	<b>05:19:33.00</b>	<b>05:20:24.85</b>	+02:53:56 (54.3%)	15:13	3.9 (45.3%)
477	<b>JABŁOŃSKI Kazimierz</b>	<b>557</b>		M-60	6	NIE	01:47:33	03:23:00	<b>05:20:21.85</b>	<b>05:21:29.65</b>	+02:55:00 (54.4%)	15:15	3.9 (45.3%)
478	<b>ŚWIEŻEWSKA Klementyna</b>	<b>297</b>		K-30	52	NIE	01:54:17	03:30:52	<b>05:21:28.45</b>	<b>05:22:19.70</b>	+02:55:50 (54.6%)	15:18	3.9 (45.3%)
479	<b>LITWIN Anna</b>	<b>539</b>		K-30	53	NIE	01:48:38	03:31:57	<b>05:21:50.75</b>	<b>05:22:39.40</b>	+02:56:10 (54.6%)	15:19	3.9 (45.3%)
480	<b>FRACZEK Marcin</b>	<b>351</b>	TRIATHLON MIETKÓW TEAM	M-30	161	NIE	01:53:16	03:28:51	<b>05:24:36.80</b>	<b>05:25:20.40</b>	+02:58:51 (55.0%)	15:27	3.9 (45.3%)
481	<b>BIADAŁA Paulina</b>	<b>406</b>		K-30	54	NIE	01:56:49	03:42:25	<b>05:24:26.80</b>	<b>05:25:21.45</b>	+02:58:52 (55.0%)	15:27	3.9 (45.3%)
482	<b>PUSTELNIK Piotr</b>	<b>1</b>	POLSKI ALPINIZM	M-60	7	TAK	01:54:01	03:35:55	<b>05:28:22.35</b>	<b>05:29:08.45</b>	+03:02:39 (55.5%)	15:38	3.8 (44.2%)
483	<b>WŁODARCZYK Kasia</b>	<b>157</b>	SMASHING PĄPKINS	K-30	55	NIE	02:02:01	03:42:20	<b>05:30:47.40</b>	<b>05:31:33.15</b>	+03:05:04 (55.8%)	15:45	3.8 (44.2%)
484	<b>SKOREK-BILCZYŃSKA Patrycja</b>	<b>472</b>		K-30	56	NIE	02:00:41	03:46:39	<b>05:31:11.10</b>	<b>05:32:15.25</b>	+03:05:46 (55.9%)	15:46	3.8 (44.2%)
485	<b>KAMIŃSKI Tomasz</b>	<b>407</b>		M-40	125	NIE	01:50:20	03:42:23	<b>05:31:27.35</b>	<b>05:32:22.85</b>	+03:05:54 (55.9%)	15:47	3.8 (44.2%)
486	<b>WICIAK Katarzyna</b>	<b>408</b>		K-20	25	NIE	02:02:05	03:46:57	<b>05:39:39.55</b>	<b>05:40:24.65</b>	+03:13:55 (57.0%)	16:10	3.7 (43.0%)
487	<b>SKALSKI Radosław</b>	<b>296</b>	KB AKTYWNI KONIN	M-40	126	NIE	01:14:02	02:17:50			+00:39:31	9:50	6.1 (70.9%)
488	<b>BAŃDO Olaf</b>	<b>366</b>	SPELEOCLUB WROCŁAW	M-20	58	TAK	01:11:50	02:29:20			+00:51:17	10:40	5.6 (65.1%)
489	<b>KOŚCIŃSKI Albert</b>	<b>300</b>		M-20	59	TAK	02:27:31	04:28:35			+02:50:36	19:11	3.1 (36.0%)
490	<b>ZYGAŁA Bartłomiej</b>	<b>243</b>		M-20	60	NIE	01:14:57				+00:26:02	10:42	5.6 (65.1%)
DQ	<b>BARAN Jan</b>	<b>559</b>	WKS WAWEL	M-20		NIE	00:49:43 DQ	DQ	<b>01:56:30.30</b> DQ	<b>DQ</b>	-	-	- (0.0%)
DQ	<b>GARBACIK Michał</b>	<b>545</b>	WKS WAWEL	M-20		NIE	00:50:37 DQ	DQ	<b>01:56:32.90</b> DQ	<b>DQ</b>	-	-	- (0.0%)
DQ	<b>CZERNIAK Paweł</b>	<b>397</b>	TEAM PODGÓRZYN-PODGÓRZYN GMINA PRZYJAZNA Z NATURY	M-30		NIE	00:50:40 DQ	DQ	<b>01:56:42.30</b> DQ	<b>DQ</b>	-	-	- (0.0%)
DQ	<b>KOSTERKIEWICZ Marcin</b>	<b>196</b>	RYBAK PERSONAL TRAINER - PTC PRZEMYSŁ	M-40		NIE	00:56:15 DQ	DQ	<b>02:03:26.60</b> DQ	<b>DQ</b>	-	-	- (0.0%)
	<b>TUCHOŁKA Marta</b>	<b>361</b>	POCO LOCO AT	K-30		NO	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>NADOLSKA Ania</b>	<b>374</b>		K-40		NIE	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
	<b>MAĆKOWIAK Magda</b>	<b>65</b>		K-20		TAK	01:44:56 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>SZALIŃSKI Marcin</b>	<b>224</b>		M-30		NIE	01:51:03 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>KORDAŚ Katarzyna</b>	<b>458</b>		K-30		NO	01:54:19 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>SLEZAK Aneta</b>	<b>574</b>		K-30		NIE	02:09:04 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>WRÓBLEWSKI Robert</b>	<b>580</b>		M-40			02:09:19 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>SIUDEK Robert</b>	<b>499</b>		M-30		NIE	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>PAWŁOWSKA Danuta</b>	<b>275</b>		K-40		NIE	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)

Znaleziono 503 wynik(ów)