



ZIMOWY PÓLMARATON GÓR STOŁOWYCH 2017

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

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

B4SPORT
INTELEGENTNE 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	PELO Artur	515	1 LĘBORSKI BATALION ZMECHANIZOWANY	M-30	1	NIE	00:49:06	01:38:23	02:26:26.80	02:26:28.80		6:58	8.6 (100%)
2	KRATOCHVÍL Miloš	287	INOV-8 OCR TEAM	M-40	1	NO	00:51:10	01:43:17	02:35:54.00	02:35:55.45	+00:09:26 (6.1%)	7:25	8.1 (94.2%)
3	RUTKOWSKI Dawid	31	GRIZZLYTEAM	M-30	2	NIE	00:52:49	01:47:50	02:43:20.85	02:43:22.70	+00:16:53 (10.3%)	7:46	7.7 (89.5%)
4	SKORUPA Marek	540	WKS WAWEL	M-20	1	NIE	00:51:46	01:47:06	02:46:00.85	02:46:02.40	+00:19:33 (11.8%)	7:54	7.6 (88.4%)
5	NASKRĘT Sławomir	422	SKLEPBIEGACZA.PL	M-40	2	NIE	00:54:07	01:51:09	02:48:22.30	02:48:23.70	+00:21:54 (13.0%)	8:01	7.5 (87.2%)
6	KOŚCIUCZYK-MENDYK Michał	347	SPELEOCLUB WROCŁAW	M-30	3	TAK	01:05:52	01:59:09	02:49:27.30	02:49:48.15	+00:23:19 (13.7%)	8:04	7.4 (86.0%)
7	DURKOWSKI Marcin	207		M-30	4	NIE	00:56:14	01:52:02	02:50:14.65	02:50:16.95	+00:23:48 (14.0%)	8:06	7.4 (86.0%)
8	HRYNIÓW Łukasz	448	BIEG OPOLSKI RAJSPOORT ACTIVE	M-30	5	NIE	01:04:45	01:57:47	02:51:19.90	02:51:21.95	+00:24:53 (14.5%)	8:09	7.4 (86.0%)
9	KAMMER Krzysztof	140	FILLCO	M-30	6	NIE	01:02:12	01:57:47	02:53:02.15	02:53:05.80	+00:26:37 (15.4%)	8:14	7.3 (84.9%)
10	RAZIM Mateusz	239	WSOWL	M-20	2	NIE	01:00:33	01:57:57	02:52:59.15	02:53:23.35	+00:26:54 (15.5%)	8:14	7.3 (84.9%)
11	LAJN Daria	354	UKS AZYMUT PABIANICE/ SOPOCKI KLUB TATERNICTWAJASKINIOWEGO	K-20	1	TAK	01:01:15	01:59:50	02:55:56.70	02:56:00.25	+00:29:31 (16.8%)	8:22	7.2 (83.7%)
12	SKUDLARSKI Jakub	269	PRO-RUN WROCŁAW	M-20	3	NIE	01:01:22	01:57:11	02:58:28.85	02:58:33.50	+00:32:04 (18.0%)	8:29	7.1 (82.6%)
13	WOLBACH Tomasz	56		M-30	7	NIE	01:06:17	02:02:42	02:59:10.45	02:59:20.30	+00:32:51 (18.3%)	8:31	7 (81.4%)
14	KOWALSKI-BARYSZNIKOW Mikołaj	421	KINGRUNNER.COM	M-30	8	NIE	01:05:53	02:01:09	03:02:44.00	03:02:50.40	+00:36:21 (19.9%)	8:42	6.9 (80.2%)
15	SAWICZ Robert	277	PEYOTL	M-40	3	TAK	01:06:14	02:03:37	03:02:45.65	03:03:06.90	+00:36:38 (20.0%)	8:42	6.9 (80.2%)
16	DEREZIŃSKA-OSIECKA Magdalena	5	TATRA RUNNING TEAM	K-30	1	TAK	01:03:30	02:03:10	03:03:28.70	03:03:31.00	+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	BŁASZYK Mateusz	404	BETONOWY WOJTEK	M-30	9	NIE	01:00:09	02:08:02	03:03:48.15	03:03:54.75	+00:37:25 (20.4%)	8:45	6.9 (80.2%)
18	FRĄCZEK-BOGACKA Justyna	578	AR TEAM	K-30	2		01:00:37	01:59:34	03:03:54.95	03:03:54.95	+00:37:26 (20.4%)	8:45	6.9 (80.2%)
19	KLIMOWICZ Marek	145	ZABIEGANI	M-30	10	TAK	00:57:16	02:08:08	03:03:52.15	03:03:55.20	+00:37:26 (20.4%)	8:45	6.9 (80.2%)
20	SZCZESZEK Robert	464		M-20	4	NIE	01:03:34	02:03:13	03:04:24.40	03:04:27.35	+00:37:58 (20.6%)	8:46	6.8 (79.1%)
21	KIK Iwona	474	KW KRAKÓW	K-30	3	TAK	01:04:47	02:05:18	03:04:27.55	03:04:31.20	+00:38:02 (20.6%)	8:47	6.8 (79.1%)
22	GRYCZKA Mateusz	81	MARATON LESZNO	M-30	11	NIE	01:06:09	02:05:21	03:04:52.40	03:04:57.85	+00:38:29 (20.8%)	8:48	6.8 (79.1%)
23	SODOWSKI Tomasz	365		M-40	4	NIE	01:08:40	02:06:15	03:05:39.15	03:05:48.15	+00:39:19 (21.2%)	8:50	6.8 (79.1%)
24	WAJEROWSKI Krzysztof	329	KB LUPUS OLEŚNICA	M-30	12	NIE	01:06:37	02:05:15	03:06:53.20	03:06:56.25	+00:40:27 (21.6%)	8:53	6.7 (77.9%)
25	GEZELA Mariusz	284	TJ EUFORIABIEGACZA.PL	M-30	13	NIE	01:08:21	02:07:08	03:07:19.60	03:07:24.45	+00:40:55 (21.8%)	8:55	6.7 (77.9%)
26	JUDA Witold	512		M-40	5	NIE	01:08:43	02:09:16	03:08:39.10	03:08:44.45	+00:42:15 (22.4%)	8:59	6.7 (77.9%)
27	IGNACZAK Marcin	150	IFB BROKER	M-40	6	NIE	01:07:49	02:07:40	03:08:50.95	03:08:55.50	+00:42:26 (22.5%)	8:59	6.7 (77.9%)
28	SOCHA Seweryn	380	CONCORDIA RUNNERS TEAM	M-30	14	NIE	01:08:58	02:09:13	03:09:46.60	03:09:49.60	+00:43:20 (22.8%)	9:02	6.6 (76.7%)
29	MOCEK Tomáš	291	AC PARDUBICE	M-30	15	NO	01:02:53	02:04:02	03:10:32.45	03:10:35.40	+00:44:06 (23.1%)	9:04	6.6 (76.7%)
30	WINIARSKA Katarzyna	19	PRZEMYSKI KLUB BIEGACZA	K-30	4	NIE	01:03:51	02:06:04	03:12:57.80	03:13:00.40	+00:46:31 (24.1%)	9:11	6.5 (75.6%)
31	ORACZ Mateusz	138	BEZ LITOSCI	M-20	5	NIE	01:05:03	02:09:43	03:12:52.10	03:13:01.45	+00:46:32 (24.1%)	9:11	6.5 (75.6%)
32	MYSZCZYSZYN Łukasz	427	ANTRACYT	M-30	16	NIE	01:06:28	02:05:46	03:13:19.05	03:13:27.85	+00:46:59 (24.3%)	9:12	6.5 (75.6%)
33	MILEWICZ Daniel	320	KLUB BIEGACZA BOLESŁAWIEC	M-30	17	NIE	01:06:53	02:08:08	03:13:28.00	03:13:40.85	+00:47:12 (24.4%)	9:12	6.5 (75.6%)
34	KRAJEWSKI Wojtek	82		M-40	7	NIE	01:07:47	02:08:46	03:14:14.35	03:14:14.35	+00:47:45 (24.6%)	9:14	6.5 (75.6%)
35	TEKIELI Kacper	7	POLSKI HIMALAIZM ZIMOWY IM.ARTURA HAJZERA	M-30	18	TAK	01:03:33	02:05:18	03:14:42.95	03:14:44.45	+00:48:15 (24.8%)	9:16	6.5 (75.6%)
36	DEMBSKI Paweł	424	SKLEPBIEGACZA.PL	M-30	19	NIE	00:57:41	02:10:45	03:16:19.05	03:16:21.80	+00:49:53 (25.4%)	9:20	6.4 (74.4%)
37	KITA Michał	129	PĘDZĄCY W MIEJSCU	M-40	8	TAK	00:57:37	02:11:56	03:16:35.45	03:16:39.40	+00:50:10 (25.5%)	9:21	6.4 (74.4%)
38	RUSIN Jakub	413	AT TEAM	M-20	6	NIE	01:06:15	02:10:03	03:16:57.25	03:17:01.10	+00:50:32 (25.7%)	9:22	6.4 (74.4%)
39	NAWROT Wojciech	420		M-30	20	NO	01:06:16	02:09:22	03:17:29.55	03:17:32.65	+00:51:03 (25.8%)	9:24	6.4 (74.4%)
40	WAHL Daniel	86	T.S. AKS CHORZÓW	M-40	9	TAK	01:13:57	02:12:55	03:17:31.15	03:17:37.45	+00:51:08 (25.9%)	9:24	6.4 (74.4%)

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

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65	MAKOWSKI Maciej	311	KORONA PABIANICE	M-30	30	NIE	01:06:51	02:10:31	03:25:31.05	03:25:37.10	+00:59:08 (28.8%)	9:47	6.1 (70.9%)
66	SMOLIS Ivo	324		M-20	14	NIE	01:08:48	02:13:04	03:26:04.35	03:26:08.55	+00:59:39 (28.9%)	9:48	6.1 (70.9%)
67	WRÓBEL Przemysław	579	SKLEPBIEGACZA.PL	M-30	31		01:08:41	02:12:39	03:26:53.50	03:26:56.70	+01:00:27 (29.2%)	9:51	6.1 (70.9%)
68	MIŁUCH Tomasz	119	SOWIE TEAM	M-40	16	NIE	01:07:13	02:14:49	03:26:56.20	03:27:00.95	+01:00:32 (29.2%)	9:51	6.1 (70.9%)
69	SZOPA Łukasz	341	KB LUPUS OLEŚNICA	M-30	32	NIE	01:10:27	02:14:16	03:26:58.90	03:27:03.05	+01:00:34 (29.3%)	9:51	6.1 (70.9%)
70	ZWOLINSKI Kuba	228	SNOWDOG	M-30	33	NO	01:09:08	02:13:31	03:27:21.00	03:27:24.10	+01:00:55 (29.4%)	9:52	6.1 (70.9%)
71	KANTOR Martyna	17	SALCO SPORT TEAM	K-20	2	NIE	01:00:19	02:14:00	03:28:24.25	03:28:26.90	+01:01:58 (29.7%)	9:55	6 (69.8%)
72	SZCZYGIEŁ Łukasz	67		M-20	15	NIE	00:57:55	02:13:03	03:28:21.10	03:28:28.60	+01:01:59 (29.7%)	9:55	6 (69.8%)
73	PELIKAN Artur	147	NGB KŁOBUCK	M-20	16	NIE	01:13:23	02:18:00	03:28:22.70	03:28:29.65	+01:02:00 (29.7%)	9:55	6 (69.8%)
74	TARANOWSKI Wojciech	502	KLUB WYSOKOGÓRSKI WTORUNIU	M-20	17	TAK	01:06:02	02:10:29	03:28:50.35	03:28:54.00	+01:02:25 (29.9%)	9:56	6 (69.8%)
75	RODRIGO PEREIRA Oswald	493	WILD FOR THE RUN	M-30	34	NIE	01:11:52	02:14:37	03:28:59.45	03:29:07.85	+01:02:39 (30.0%)	9:57	6 (69.8%)
76	STEPAK Włodzimierz	230	KB AKTYWNI KONIN	M-40	17	NO	01:16:03	02:18:48	03:29:16.65	03:29:23.30	+01:02:54 (30.0%)	9:57	6 (69.8%)
77	GRUND Marek	128	MAFIA TEAM LUBLINIEC	M-20	18	NIE	00:57:20	02:18:05	03:29:45.90	03:29:49.50	+01:03:20 (30.2%)	9:59	6 (69.8%)
78	ŁACNY Paweł	344	KB LUPUS OLEŚNICA	M-20	19	NIE	01:14:59	02:18:17	03:29:57.40	03:30:07.85	+01:03:39 (30.3%)	9:59	6 (69.8%)
79	RECZEK Sebastian	175	ZIELONO CZARNI	M-30	35	NIE	00:56:58	02:14:08	03:30:05.15	03:30:09.60	+01:03:40 (30.3%)	10:00	6 (69.8%)
80	SZCZEPAŃSKI Dawid	429	PRYZMAT	M-20	20	NIE	01:14:46	02:22:28	03:29:55.55	03:30:31.50	+01:04:02 (30.4%)	9:59	6 (69.8%)
81	NIEWIEJSKI Przemysław	401	RUNNING TEAM MILICZ	M-30	36	NIE	01:13:54	02:16:58	03:30:16.80	03:30:42.70	+01:04:13 (30.5%)	10:00	6 (69.8%)
82	TOŚ Sebastian	87		M-40	18	NIE	01:16:34	02:19:11	03:31:52.40	03:32:06.95	+01:05:38 (30.9%)	10:05	5.9 (68.6%)
83	KOCHANIAK Rafał	451	AKG ŁÓDŹ	M-30	37	TAK	01:11:18	02:17:27	03:32:41.95	03:32:51.80	+01:06:23 (31.2%)	10:07	5.9 (68.6%)
84	DERENCZ Michał	337	TESAR BIEGA	M-30	38	NIE	01:08:20	02:14:17	03:34:36.40	03:34:42.70	+01:08:13 (31.8%)	10:13	5.9 (68.6%)
85	NIEDBAŁA Mateusz	483	VOLKSWAGEN SAMOCHODY UŻYTKOWE MTB TEAM	M-40	19	NIE	00:56:52	02:14:18	03:35:31.85	03:35:33.30	+01:09:04 (32.0%)	10:15	5.8 (67.4%)
86	KUCZAJ Marcin	74	IM-POSSIBLE TEAM	M-30	39	NIE	01:15:51	02:19:55	03:35:33.15	03:35:53.60	+01:09:24 (32.2%)	10:15	5.8 (67.4%)
87	KOŁACZKOWSKA-SZCZEŚNIAK Katarzyna	423	SKLEPBIEGACZA.PL	K-40	1	NIE	01:15:04	02:20:09	03:36:05.30	03:36:07.50	+01:09:38 (32.2%)	10:17	5.8 (67.4%)
88	NOWAK Mariusz	547	MATNER RUNNING TEAM	M-30	40	NIE	01:19:13	02:23:53	03:36:17.85	03:36:40.05	+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	KRUCZEK Monika	108	KW KRAKÓW/LACHO TEAM	K-30	6	TAK	01:18:10	02:24:08	03:37:09.00	03:37:19.05	+01:10:50 (32.6%)	10:20	5.8 (67.4%)
90	HALADYN Łukasz	257	AURATREEAKTYWNY OSTRZESZÓW	M-40	20	TAK	01:08:29	02:17:30	03:37:19.40	03:37:23.60	+01:10:54 (32.6%)	10:20	5.8 (67.4%)
91	WALENDA Arkadiusz	528	VEGE ULTRA RUNNERS	M-40	21	NIE	01:05:58	02:18:49	03:37:36.10	03:37:40.15	+01:11:11 (32.7%)	10:21	5.8 (67.4%)
92	JAROSZ Anna	32		K-20	3	NIE	01:15:03	02:23:18	03:37:25.80	03:37:44.20	+01:11:15 (32.7%)	10:21	5.8 (67.4%)
93	PAWŁOWSKI Janusz	495	----	M-40	22	TAK	01:12:27	02:18:46	03:37:49.80	03:37:49.80	+01:11:21 (32.8%)	10:22	5.8 (67.4%)
94	SZWARCZYŃSKI Łukasz	551		M-40	23	TAK	01:08:37	02:17:40	03:37:35.35	03:37:50.55	+01:11:21 (32.8%)	10:21	5.8 (67.4%)
95	RADECKI Wojciech	534	NIEPOŁOMICE BIEGAJĄ	M-40	24	NIE	01:09:21	02:15:58	03:38:21.60	03:38:24.50	+01:11:55 (32.9%)	10:23	5.8 (67.4%)
96	MICHALSKI Jakub	489		M-30	41	NIE	01:14:20	02:22:34	03:38:47.85	03:39:10.65	+01:12:41 (33.2%)	10:25	5.8 (67.4%)
97	SOSINSKI Grzegorz	392		M-40	25	TAK	01:18:34	02:24:31	03:39:34.40	03:39:44.95	+01:13:16 (33.3%)	10:27	5.7 (66.3%)
98	HOJCZYK Karol	101		M-30	42	TAK	01:18:09	02:23:52	03:40:03.55	03:40:25.10	+01:13:56 (33.5%)	10:28	5.7 (66.3%)
99	SPUREK Mariusz	263	TEMMPO WAŁBRZYCH / DOBRA WODA Z KRANU WAŁBRZYCH	M-30	43	TAK	01:09:50	02:23:20	03:40:27.85	03:40:31.80	+01:14:03 (33.6%)	10:29	5.7 (66.3%)
100	SUJAK Mirosław	209	MKB DREPTAK	M-50	2	NIE	01:16:11	02:23:45	03:41:03.10	03:41:10.35	+01:14:41 (33.8%)	10:31	5.7 (66.3%)
101	KRAUSE Kuba	61	BIEGANIE.PL	M-30	44	NIE	01:15:39	02:23:09	03:42:13.25	03:42:18.30	+01:15:49 (34.1%)	10:34	5.7 (66.3%)
102	KURZAWIŃSKI Marcin	241	KB MARATON TUREK	M-30	45	NIE	01:16:05	02:23:55	03:42:19.10	03:42:26.65	+01:15:57 (34.1%)	10:35	5.7 (66.3%)
103	SANKOWSKI Paweł	280	PLACKI TEAM	M-30	46	NIE	01:14:00	02:22:01	03:42:20.65	03:42:27.05	+01:15:58 (34.2%)	10:35	5.7 (66.3%)
104	STACHURA Damian	99	ZAGŁĘBIE LUBIN	M-30	47	NIE	01:06:47	02:17:12	03:42:20.30	03:42:28.30	+01:15:59 (34.2%)	10:35	5.7 (66.3%)
105	KUCZYŃSKI Rafał	121	LUBIŃSKIE CHARAKTERY	M-30	48	NIE	01:07:01	02:17:12	03:42:19.75	03:42:28.90	+01:16:00 (34.2%)	10:35	5.7 (66.3%)
106	ŁAŻNIOWSKI Dawid	195	KKZK	M-30	49	NIE	01:11:35	02:20:00	03:42:25.65	03:42:51.85	+01:16:23 (34.3%)	10:35	5.7 (66.3%)
107	CHECHELSKI Przemysław	190		M-30	50	NIE	01:14:12	02:22:02	03:42:52.55	03:42:52.55	+01:16:23 (34.3%)	10:36	5.7 (66.3%)
108	PAPIERSKI Kamil	332	KB SZERSZEŃ OLEŚNICA	M-30	51	NIE	01:19:17	02:25:58	03:42:39.10	03:42:59.65	+01:16:30 (34.3%)	10:36	5.7 (66.3%)
109	BORZYSTOWSKI Patryk	265	WIDZIALNI.PL	M-30	52	NIE	01:06:02		03:44:00.45	03:44:03.05	+01:17:34 (34.6%)	10:40	5.6 (65.1%)
110	DARMOCHWAŁ Leszek	154	DZIKIE BOBRY ŚNIEGU SIĘ NIE BOJĄ	M-40	26	TAK	01:05:55	02:20:11	03:44:05.10	03:44:08.45	+01:17:39 (34.6%)	10:40	5.6 (65.1%)
111	LACHOWSKI Robert	110		M-30	53	NIE	01:16:19	02:25:30	03:44:00.75	03:44:12.25	+01:17:43 (34.7%)	10:40	5.6 (65.1%)
112	LAZAROWICZ Krzysztof	314	WKW, GRUPA KARKONOSKA GOPR	M-30	54	TAK	01:21:16	02:26:43	03:43:24.95	03:44:12.65	+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	KOKOSZKA Michał	473	WOLBROM TEAM	M-30	55	TAK	01:15:50	02:24:06	03:44:01.10	03:44:12.95	+01:17:44 (34.7%)	10:40	5.6 (65.1%)
114	KAMIENNIK Sebastian	118		M-30	56	NIE	01:16:04	02:27:02	03:44:07.35	03:44:13.40	+01:17:44 (34.7%)	10:40	5.6 (65.1%)
115	TARABURA Szymon	360		M-30	57	NO	01:15:17	02:25:34	03:44:02.20	03:44:15.10	+01:17:46 (34.7%)	10:40	5.6 (65.1%)
116	CHERNOBRIVENKO Sergey	376	GT RAT	M-30	58	NO	01:21:29	02:25:46	03:43:53.45	03:44:17.75	+01:17:48 (34.7%)	10:39	5.6 (65.1%)
117	ŁUCZAK Paweł	227		M-40	27	NIE	01:18:34	02:25:52	03:44:16.80	03:44:22.25	+01:17:53 (34.7%)	10:40	5.6 (65.1%)
118	NOWAK Leszek	478	RZECZYPROSTE	M-40	28	NIE	01:15:00	02:22:21	03:44:05.00	03:45:09.05	+01:18:40 (34.9%)	10:40	5.6 (65.1%)
119	STANUCHIEWICZ Oskar	387	HERCOG RUNNING TEAM	M-40	29	NIE	01:08:25	02:24:05	03:44:50.75	03:45:14.50	+01:18:45 (35.0%)	10:42	5.6 (65.1%)
120	PIOTROWSKI Michał	405	KLUB BIEGACZA JURUND SZCZYTNO	M-30	59	NIE	01:06:17	02:19:40	03:45:30.85	03:45:37.80	+01:19:09 (35.1%)	10:44	5.6 (65.1%)
121	DWORNIKOW Dmitrij	452		M-30	60	NIE	01:21:56	02:28:11	03:45:06.75	03:46:05.60	+01:19:36 (35.2%)	10:43	5.6 (65.1%)
122	ANTOSIAK Tomasz	186	TRIATHLON MIETKÓW TEAM	M-30	61	NIE	01:18:28	02:25:59	03:46:30.65	03:46:40.00	+01:20:11 (35.4%)	10:47	5.6 (65.1%)
123	ANTECKI Jacek	203		M-30	62	NIE	01:16:38	02:29:41	03:47:00.75	03:47:07.95	+01:20:39 (35.5%)	10:48	5.6 (65.1%)
124	CISZYŃSKI Marek	247	START KATOWICE	M-50	3	NIE	01:24:13	02:30:06	03:46:53.95	03:47:18.85	+01:20:50 (35.6%)	10:48	5.6 (65.1%)
125	WOŹNIAK Tomasz	199		M-20	21	NIE	01:09:46	02:19:32	03:47:31.55	03:47:40.30	+01:21:11 (35.7%)	10:50	5.5 (64.0%)
126	SZCZYGIEŁ Mateusz	216		M-20	22	NIE	01:10:34	02:23:34	03:48:27.95	03:48:35.15	+01:22:06 (35.9%)	10:52	5.5 (64.0%)
127	RZADKOWSKI Lesław	491	TERMY JAKUBA - OŁAWSKI PARK WODNY	M-30	63	NIE	01:16:38	02:28:23	03:47:50.50	03:48:39.15	+01:22:10 (35.9%)	10:51	5.5 (64.0%)
128	SZYMCZAK Wojciech	59	PARAGRAF	M-20	23	NIE	01:12:56	02:25:48	03:48:40.75	03:48:43.20	+01:22:14 (36.0%)	10:53	5.5 (64.0%)
129	MAZUREK Michał	456		M-40	30	NIE	01:15:45	02:25:33	03:49:09.30	03:49:16.30	+01:22:47 (36.1%)	10:54	5.5 (64.0%)
130	KLICH Piotr	554		M-20	24	NIE	01:24:17	02:30:40	03:48:53.55	03:49:18.80	+01:22:50 (36.1%)	10:53	5.5 (64.0%)
131	WAJDA Robert	261		M-40	31	TAK	01:16:34	02:26:41	03:49:21.35	03:49:31.40	+01:23:02 (36.2%)	10:55	5.5 (64.0%)
132	BLONSKI Lukasz	251		M-30	64	NIE	01:18:45	02:25:00	03:49:08.40	03:49:39.75	+01:23:10 (36.2%)	10:54	5.5 (64.0%)
133	MAŚLAK Radomił	553	STARE BABICE BIEGAJĄ	M-40	32	NIE	01:17:57	02:26:52	03:49:26.85	03:49:49.95	+01:23:21 (36.3%)	10:55	5.5 (64.0%)
134	NOWAK Adam	465		M-40	33	TAK	01:26:22		03:49:34.40	03:49:51.55	+01:23:22 (36.3%)	10:55	5.5 (64.0%)
135	KNAPP Janusz	39	NETBOX BIEGA - LESZNO LIMITS RUNNERS	M-30	65	TAK	01:21:54	02:31:08	03:49:41.80	03:49:53.95	+01:23:25 (36.3%)	10:56	5.5 (64.0%)
136	ZARODA Zbyszek	136	KB AKTYWNI KONIN	M-40	34	NIE	01:14:08	02:18:08	03:50:12.85	03:50:19.20	+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	KWOLIK Daniel	283		M-30	66	TAK	01:21:12	02:30:17	03:50:09.80	03:50:21.90	+01:23:53 (36.4%)	10:57	5.5 (64.0%)
138	LUBOMSKI Dariusz	355	SOPOCKI KLUB TATERNICTWA JASKINIOWEGO	M-30	67	TAK	01:22:24	02:30:11	03:49:45.50	03:50:22.65	+01:23:53 (36.4%)	10:56	5.5 (64.0%)
139	STEC Piotr	27		M-40	35	NIE	01:15:05	02:29:46	03:50:15.95	03:50:24.70	+01:23:55 (36.4%)	10:57	5.5 (64.0%)
140	LICHOTA Tomasz	109		M-20	25	NIE	01:21:15	02:31:11	03:50:12.40	03:50:26.35	+01:23:57 (36.4%)	10:57	5.5 (64.0%)
141	CIESIELSKI Michał	562	CSWP AUDIT & ADVISORY	M-30	68	NIE	01:14:13	02:24:27	03:50:27.20	03:50:46.10	+01:24:17 (36.5%)	10:58	5.5 (64.0%)
142	GRZEŚ Piotr	294		M-20	26	NIE	01:13:39	02:26:54	03:50:40.10	03:50:50.35	+01:24:21 (36.5%)	10:59	5.5 (64.0%)
143	KREZMANSKI Robert	363	RAMY DADE	M-40	36	NIE	01:18:20	02:30:04	03:51:12.85	03:51:18.80	+01:24:50 (36.7%)	11:00	5.4 (62.8%)
144	PIETRASZEWSKI Witold	40	NETBOX BIEGA / LESZ NO LIMITS	M-30	69	NIE	01:21:35	02:31:07	03:51:07.00	03:51:19.45	+01:24:50 (36.7%)	11:00	5.5 (64.0%)
145	PRZYPOLSKI Paweł	63	IM-POSSIBLE TEAM	M-40	37	NIE	01:18:07	02:29:45	03:51:26.85	03:51:47.60	+01:25:18 (36.8%)	11:01	5.4 (62.8%)
146	KOWALSKI Bogusław	12	KLUB WYSOKOGÓRSKI W TORUNIU	M-40	38	TAK	01:19:21	02:27:48	03:51:39.95	03:51:48.15	+01:25:19 (36.8%)	11:01	5.4 (62.8%)
147	CZYŻ Grzegorz	525	CROSS KRAPKOWICE	M-40	39	NIE	01:18:50	02:28:11	03:52:12.35	03:52:23.50	+01:25:54 (37.0%)	11:03	5.4 (62.8%)
148	SZPINEK Marcin	34	TUTU TEAM	M-30	70	NIE	01:22:57	02:32:31	03:52:39.85	03:53:01.10	+01:26:32 (37.1%)	11:04	5.4 (62.8%)
149	SAM Verheyden	211	SAM BIEGA SAM	M-30	71	NIE	01:17:52	02:33:26	03:53:07.80	03:53:21.70	+01:26:52 (37.2%)	11:06	5.4 (62.8%)
150	OŻÓG Tomasz	471	LITWIN TRIATHLON TEAM	M-30	72	NIE	01:17:56	02:28:37	03:53:09.20	03:53:30.85	+01:27:02 (37.3%)	11:06	5.4 (62.8%)
151	STACHURSKI Daniel	359		M-40	40	NIE	01:17:49		03:53:51.30	03:53:56.95	+01:27:28 (37.4%)	11:08	5.4 (62.8%)
152	KRANICZ Krzysztof	584	PHZ	M-30	73		01:28:48	02:35:33	03:53:35.30	03:54:09.55	+01:27:40 (37.4%)	11:07	5.4 (62.8%)
153	BANAŚ Zuzanna	310	WKW	K-20	4	TAK	01:21:56	02:31:57	03:54:15.10	03:54:30.45	+01:28:01 (37.5%)	11:09	5.4 (62.8%)
154	HAREŻLAK Krzysztof	245	4 ŁAPY PSA ŁÓDŹ	M-40	41	NIE	01:15:40	02:33:15	03:54:04.95	03:54:31.70	+01:28:02 (37.5%)	11:08	5.4 (62.8%)
155	WOJCZUK Paweł Pantak	370		M-30	74	NIE	01:08:32	02:21:15	03:54:51.45	03:55:04.45	+01:28:35 (37.7%)	11:11	5.4 (62.8%)
156	ŁUKASIEWICZ Marcin	70	TRI4FIT STRONIE ŚLĄSKIE	M-30	75	NO	01:15:30	02:29:19	03:54:16.05	03:55:09.30	+01:28:40 (37.7%)	11:09	5.4 (62.8%)
157	FILIPOWSKI Krzysztof	104	PRZED SIEBIE	M-30	76	NIE	01:17:04	02:27:08	03:55:52.95	03:56:07.20	+01:29:38 (38.0%)	11:13	5.3 (61.6%)
158	STACHOWIAK Łukasz	122	STR POZNAŃ	M-30	77	NIE	01:20:01	02:33:38	03:56:07.40	03:56:12.45	+01:29:43 (38.0%)	11:14	5.3 (61.6%)
159	MRÓZ Marcin	85	STR POZNAŃ	M-30	78	NIE	01:20:05	02:33:42	03:56:08.65	03:56:12.70	+01:29:43 (38.0%)	11:14	5.3 (61.6%)
160	ŻMIJEWSKI Tomasz	144		M-20	27	NIE	01:15:53	02:33:27	03:56:13.85	03:56:13.85	+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	FLORCZAK Marek	161	LZS TARCHALANKA	M-40	42	NIE	01:19:28	02:32:31	03:56:37.65	03:56:44.25	+01:30:15 (38.1%)	11:16	5.3 (61.6%)
162	OPANASENKO Volodymyr	520	HUTINPUJ	M-30	79	NO	01:19:42	02:35:59	03:56:20.95	03:56:44.35	+01:30:15 (38.1%)	11:15	5.3 (61.6%)
163	CZARNIECKI Daniel	38	TIE-RUN	M-30	80	NIE	01:15:34	02:29:40	03:56:39.40	03:56:59.75	+01:30:30 (38.2%)	11:16	5.3 (61.6%)
164	RYBARSKA Marta	409	RAJSPOORT ACTIVE	K-20	5	NIE	01:24:53	02:37:22	03:56:53.90	03:57:05.15	+01:30:36 (38.2%)	11:16	5.3 (61.6%)
165	LORKOWSKI Matthias	498		M-20	28	NIE	01:30:04	02:42:55	03:57:54.05	03:58:31.80	+01:32:03 (38.6%)	11:19	5.3 (61.6%)
166	ZAWOJAK Aleksander	364	RONAL POLSKA RUN	M-20	29	NIE	01:13:39	02:29:18	03:57:57.35	03:58:42.15	+01:32:13 (38.6%)	11:19	5.3 (61.6%)
167	ZIMNY Tomasz	200		M-60	1	NIE	01:18:29	02:34:23	03:58:37.85	03:58:43.65	+01:32:14 (38.6%)	11:21	5.3 (61.6%)
168	STEC Wojciech	64		M-40	43	NO	01:14:20	02:29:43	03:58:42.05	03:58:51.20	+01:32:22 (38.7%)	11:22	5.3 (61.6%)
169	WISZ Piotr	436		M-20	30	NIE	01:25:27	02:37:49	03:58:45.20	03:59:02.90	+01:32:34 (38.7%)	11:22	5.3 (61.6%)
170	NIEPALA Jacek	204		M-30	81	NIE	01:16:47	02:36:58	03:59:03.55	03:59:03.55	+01:32:34 (38.7%)	11:23	5.3 (61.6%)
171	SZARAPANOWSKI Damian	171	ULTRA DIABŁY TEAM LUBRZA	M-30	82	NIE	01:21:29	02:31:06	03:58:42.85	03:59:03.80	+01:32:35 (38.7%)	11:22	5.3 (61.6%)
172	GWIZDAŁA Anna	339		K-30	7	NIE	01:27:14	02:34:17	03:58:57.00	03:59:27.40	+01:32:58 (38.8%)	11:22	5.3 (61.6%)
173	BOCIAN Ryszard	338	KLUB WYSOKOGÓRSKI W TORUNIU	M-40	44	TAK	01:27:14	02:34:21	03:58:57.85	03:59:27.65	+01:32:58 (38.8%)	11:22	5.3 (61.6%)
174	SIEJA Marcin	430	SPELEOKLUB BOBRY ŻAGAŃ	M-50	4	TAK	01:22:01	02:30:59	03:59:06.90	03:59:31.85	+01:33:03 (38.8%)	11:23	5.3 (61.6%)
175	OGŁAZA Magdalena	286	KOWARY BIEGAJĄ	K-30	8	NIE	01:17:22	02:31:16	04:00:17.60	04:00:23.35	+01:33:54 (39.1%)	11:26	5.2 (60.5%)
176	LUTYŃSKI Zbigniew	184		M-30	83	NIE	01:19:23	02:31:43	04:00:24.00	04:00:24.00	+01:33:55 (39.1%)	11:26	5.2 (60.5%)
177	PORC Damian	205		M-20	31	NIE	01:26:36	02:39:29	04:00:02.60	04:00:24.95	+01:33:56 (39.1%)	11:25	5.2 (60.5%)
178	KRÓL Marcin	281	OŚ RACING TEAM	M-30	84	NIE	01:21:41	02:37:17	04:00:26.50	04:00:44.45	+01:34:15 (39.2%)	11:27	5.2 (60.5%)
179	BASZCZYSZYN Artur	508	KUDOWSCY MIŁOŚNICY BIEGANIA	M-30	85	NIE	01:16:01	02:33:29	04:01:01.45	04:01:06.70	+01:34:37 (39.2%)	11:28	5.2 (60.5%)
180	BAŁYS Katarzyna	22		K-30	9	NIE	01:25:29	02:37:49	04:01:56.85	04:02:12.10	+01:35:43 (39.5%)	11:31	5.2 (60.5%)
181	JURA Dorota	485		K-30	10	NIE	01:28:51	02:38:19	04:01:18.85	04:02:14.25	+01:35:45 (39.5%)	11:29	5.2 (60.5%)
182	PALACZ Marcin	41	OPTIMA CARDIO	M-40	45	NIE	01:22:26	02:37:51	04:02:48.25	04:02:54.55	+01:36:25 (39.7%)	11:33	5.2 (60.5%)
183	GERUS Wiesław	439	PRO-RUN WROCŁAW	M-50	5	NIE	01:29:01	02:39:43	04:03:07.10	04:03:26.55	+01:36:57 (39.8%)	11:34	5.2 (60.5%)
184	SADZIK Robert	268		M-30	86	NIE	01:03:51	02:23:02	04:03:36.60	04:03:38.45	+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	KULCZYCKI Marek	334		M-30	87	NIE	01:22:32	02:36:57	04:03:31.55	04:03:47.60	+01:37:18 (39.9%)	11:35	5.2 (60.5%)
186	WILK Paweł	476	POLSKABIEGA.SPORT.PL	M-20	32	NIE	01:21:50	02:37:45	04:03:29.00	04:03:49.25	+01:37:20 (39.9%)	11:35	5.2 (60.5%)
187	RYCHCIK-ZYGADŁO Edyta	529		K-40	2	TAK	01:24:40	02:37:54	04:03:49.95	04:03:58.20	+01:37:29 (40.0%)	11:36	5.2 (60.5%)
188	SKUDLARSKI Kamil	278	PRO-RUN WROCŁAW, WKW	M-50	6	TAK	01:31:37	02:42:38	04:03:28.20	04:03:59.85	+01:37:31 (40.0%)	11:35	5.2 (60.5%)
189	SZCZESZEK Łukasz	238		M-30	88	TAK	01:29:42	02:39:42	04:03:48.35	04:04:01.50	+01:37:32 (40.0%)	11:36	5.2 (60.5%)
190	BONIKOWSKI Tomasz	368		M-40	46	NIE	01:33:25	02:42:19	04:03:44.35	04:04:31.50	+01:38:02 (40.1%)	11:36	5.2 (60.5%)
191	JANUSZ Tomasz	399		M-40	47	NIE	01:22:01	02:37:39	04:04:18.25	04:04:31.95	+01:38:03 (40.1%)	11:38	5.2 (60.5%)
192	KACZKAN Marcin	15	PHZ IM ARTURA HAJZERA	M-40	48	TAK	01:28:48	02:38:41	04:04:08.35	04:04:42.75	+01:38:13 (40.1%)	11:37	5.2 (60.5%)
193	GAJLUSZ Dawid	305	KB SZERSZEŃ OLEŚNICA	M-30	89	NIE	01:26:08	02:42:23	04:04:28.60	04:04:46.40	+01:38:17 (40.2%)	11:38	5.2 (60.5%)
194	ŁUKOMSKI Maciej	198		M-40	49	NIE	01:22:00	02:38:51	04:04:51.75	04:05:03.35	+01:38:34 (40.2%)	11:39	5.1 (59.3%)
195	POŁCZYŃSKI Paweł	37	STALOWA ŁYDA	M-30	90	NIE	01:24:47	02:40:33	04:04:37.70	04:05:31.50	+01:39:02 (40.3%)	11:38	5.2 (60.5%)
196	MŁODOŻENIEC Mirosław	513	REMBERTÓW TEAM	M-30	91	NIE	01:27:29	02:38:50	04:05:25.90	04:05:33.70	+01:39:04 (40.3%)	11:41	5.1 (59.3%)
197	MŁODOŻENIEC Jacek	549	REMBERTÓW TEAM	M-40	50	NIE	01:27:56	02:39:16	04:05:17.95	04:05:34.00	+01:39:05 (40.4%)	11:40	5.1 (59.3%)
198	KOŁODZIEJ Mariusz	156	TRIATHLON MIETKÓW TEAM	M-40	51	NIE	01:22:12	02:39:51	04:05:33.80	04:05:42.95	+01:39:14 (40.4%)	11:41	5.1 (59.3%)
199	GÓRSKI Bartosz	505		M-20	33	NIE	01:28:14	02:39:01	04:05:05.25	04:05:44.00	+01:39:15 (40.4%)	11:40	5.1 (59.3%)
200	KOWALEWSKI Grzegorz	518		M-40	52	NIE	01:27:09	02:38:34	04:05:26.65	04:05:45.00	+01:39:16 (40.4%)	11:41	5.1 (59.3%)
201	WOJDYŁO Jakub	352	GT RUN	M-30	92	NIE	01:21:21	02:38:02	04:05:41.55	04:05:46.75	+01:39:17 (40.4%)	11:41	5.1 (59.3%)
202	GORNIAK-ANTKOWIAK Agnieszka	139		K-30	11	NIE	01:21:27	02:37:38	04:06:01.45	04:06:05.90	+01:39:37 (40.5%)	11:42	5.1 (59.3%)
202	CIESZKO Marek	60	KW WARSZAWA	M-30	93	TAK	01:27:04	02:41:57	04:05:38.50	04:06:05.90	+01:39:37 (40.5%)	11:41	5.1 (59.3%)
204	WŁODARCZYK Maciek	357		M-30	94	NIE	01:29:43	02:39:43	04:05:57.55	04:06:10.85	+01:39:42 (40.5%)	11:42	5.1 (59.3%)
205	KOPACKI Grzegorz	254	FOLLOWME - ZMIENIAMYFINANSE.PL	M-30	95	NIE	01:31:50	02:43:24	04:05:48.05	04:06:18.70	+01:39:49 (40.5%)	11:42	5.1 (59.3%)
206	MICHALSKI Roman	271	KB CARASCO	M-40	53	NIE	01:21:47	02:37:54	04:06:32.50	04:06:46.60	+01:40:17 (40.6%)	11:44	5.1 (59.3%)
207	KRUZEL Rafał	217	BIEGOWE MISIE	M-40	54	NIE	01:27:02	02:42:15	04:06:32.00	04:06:47.35	+01:40:18 (40.6%)	11:44	5.1 (59.3%)
208	NIESPODZIANY Maciej	469	EXTREMEOUTDOOR.PL	M-30	96	NO	01:16:56	02:29:54	04:06:30.20	04:06:49.95	+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	MANEL Mariusz	127	NETBOX BIEGA - LESZNO LIMITS	M-40	55	NIE	01:26:56	02:40:29	04:06:36.35	04:06:50.85	+01:40:22 (40.7%)	11:44	5.1 (59.3%)
210	KORDOWSKI Paweł	454		M-30	97	NIE	01:23:42	02:40:50	04:05:56.40	04:06:56.20	+01:40:27 (40.7%)	11:42	5.1 (59.3%)
211	FORNAL Paweł	120	22KBPG	M-30	98	NIE	01:19:40	02:36:11	04:06:51.00	04:06:56.35	+01:40:27 (40.7%)	11:45	5.1 (59.3%)
212	BŁACHOWICZ Tomasz	379	WIERUNSZÓW	M-30	99	NIE	01:20:19	02:38:22	04:06:44.80	04:07:16.95	+01:40:48 (40.8%)	11:44	5.1 (59.3%)
213	RAJNER Krzysztof	319		M-30	100	NIE	01:29:56	02:39:58	04:07:07.40	04:07:37.95	+01:41:09 (40.8%)	11:46	5.1 (59.3%)
214	ROMAŃCZUK Monika	511		K-30	12	NIE	01:27:00	02:42:52	04:07:29.90	04:07:50.55	+01:41:21 (40.9%)	11:47	5.1 (59.3%)
215	BALCERZAK Robert	321		M-40	56	NIE	01:23:55	02:39:50	04:07:07.00	04:07:51.50	+01:41:22 (40.9%)	11:46	5.1 (59.3%)
216	MACIEJASZ Aleksandra	115		K-30	13	NIE	01:24:03	02:41:21	04:08:27.90	04:08:35.70	+01:42:06 (41.1%)	11:49	5.1 (59.3%)
217	ROJEWSKI Paweł	141		M-30	101	NIE	01:19:02	02:34:31	04:08:23.90	04:08:36.35	+01:42:07 (41.1%)	11:49	5.1 (59.3%)
218	SMOTER Damian	123		M-30	102	NIE	01:22:33	02:39:38	04:08:31.05	04:08:41.00	+01:42:12 (41.1%)	11:50	5.1 (59.3%)
219	BŁASZKIEWICZ Bogusz	400		M-30	103	NIE	01:30:51	02:43:33	04:08:47.20	04:08:47.20	+01:42:18 (41.1%)	11:50	5.1 (59.3%)
220	MROZEK Grzegorz	336		M-40	57	TAK	01:25:29	02:40:43	04:08:56.60	04:09:16.95	+01:42:48 (41.2%)	11:51	5.1 (59.3%)
221	KOLONKO Bartłomiej	446		M-20	34	NIE	01:21:53	02:37:30	04:09:47.55	04:10:09.90	+01:43:41 (41.4%)	11:53	5 (58.1%)
222	WOJCIECHOWSKI Krzysztof	306		M-30	104	NIE	01:25:27	02:38:24	04:09:58.30	04:10:16.55	+01:43:47 (41.5%)	11:54	5 (58.1%)
223	KANDEFER Robert	340		M-40	58	NIE	01:23:57	02:37:46	04:10:14.50	04:10:17.80	+01:43:49 (41.5%)	11:54	5 (58.1%)
224	KASIŃSKI Wojciech	349		M-50	7	NIE	01:34:43	02:47:11	04:10:03.35	04:10:20.00	+01:43:51 (41.5%)	11:54	5 (58.1%)
225	MŁYNARCZYK Krzysztof	24		M-40	59	NIE	01:29:32	02:42:55	04:10:14.60	04:10:30.45	+01:44:01 (41.5%)	11:55	5 (58.1%)
226	MALISZEWSKI Adam	346	KB UEP / RUNNERSCLUB.PL POZNAŃ / CZERWONAK BIEGA	M-20	35	NIE	01:30:57	02:46:32	04:10:22.00	04:10:33.50	+01:44:04 (41.5%)	11:55	5 (58.1%)
227	KAMIŃSKI Paweł	570		M-40	60	NIE	01:22:53	02:39:28	04:10:04.30	04:10:44.50	+01:44:15 (41.6%)	11:54	5 (58.1%)
228	IWAN Robert	487	IRON BALLS RUNNERS CLUB	M-40	61	NIE	01:29:25	02:43:37	04:10:12.25	04:10:48.05	+01:44:19 (41.6%)	11:54	5 (58.1%)
229	FLORCZAK Maciej	215	MTB4FUN	M-40	62	NIE	01:29:23	02:43:40	04:10:14.25	04:10:48.50	+01:44:19 (41.6%)	11:54	5 (58.1%)
230	KNYCHAŁA Hubert	566		M-30	105	NIE	01:33:42	02:45:52	04:10:18.00	04:10:49.40	+01:44:20 (41.6%)	11:55	5 (58.1%)
231	MUTRYNOWSKI Piotr	500		M-40	63	NIE	01:40:26	02:52:25	04:10:24.25	04:11:14.55	+01:44:45 (41.7%)	11:55	5 (58.1%)
232	ZAREMBA Jarek	537	BIEGAJĄC KASTA MIEDZIOWEGO MIASTA	M-30	106	NIE	01:32:38	02:45:49	04:10:56.75	04:11:38.70	+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	OKULSKI Kamil	509		M-30	107	NIE	01:25:33	02:43:41	04:11:35.65	04:12:03.70	+01:45:34 (41.9%)	11:58	5 (58.1%)
234	DROZDEK Dawid	330		M-30	108	NIE	01:32:07	02:43:19	04:11:42.10	04:12:30.25	+01:46:01 (42.0%)	11:59	5 (58.1%)
235	PILARSKI Jacek	506	AKTYWNI KONIN	M-40	64	NIE	01:24:48	02:42:41	04:12:43.95	04:12:51.75	+01:46:22 (42.1%)	12:02	5 (58.1%)
236	ZAŁUSKI Darek	3	POLSKI HIMALAIZM ZIMOWY IM. ARTURA HAJZERA	M-50	8	TAK	01:36:36	02:46:44	04:13:17.65	04:13:17.65	+01:46:48 (42.2%)	12:03	5 (58.1%)
237	PILARSKA Magdalena	246	STR POZNAŃ/ WKTJ	K-30	14	TAK	01:30:11	02:43:17	04:13:34.30	04:13:49.05	+01:47:20 (42.3%)	12:04	5 (58.1%)
238	DREAS Jakub	73	WĘDZIKOWSKITEAM	M-30	109	NIE	01:25:48	02:44:17	04:13:44.35	04:13:49.10	+01:47:20 (42.3%)	12:05	5 (58.1%)
239	STACHECKA Marta	490		K-20	6	NIE	01:30:10	02:47:46	04:13:54.00	04:14:16.35	+01:47:47 (42.4%)	12:05	5 (58.1%)
240	PAWLIŃSKI Adam	301	PRO-RUN WROCŁAW	M-30	110	NIE	01:36:07	02:51:04	04:13:55.45	04:14:20.50	+01:47:51 (42.4%)	12:05	5 (58.1%)
241	WÓJCIK Marcin	516	FLOWERPOWERUN	M-40	65	TAK	01:35:02	02:48:43	04:14:02.95	04:14:41.35	+01:48:12 (42.5%)	12:05	5 (58.1%)
242	NADOLNA Ewa	50	RZYĆ CHYŻA GŻEGŻÓŁKI I CZYŻA	K-30	15	NIE	01:39:50	02:53:28	04:13:57.20	04:14:58.70	+01:48:29 (42.6%)	12:05	5 (58.1%)
243	WOLSKI Piotr	461	AKG ŁÓDŹ	M-50	9	TAK	01:32:06	02:44:58	04:14:48.90	04:14:58.90	+01:48:30 (42.6%)	12:08	4.9 (57.0%)
244	KLAGA Michał	389		M-30	111	NIE	01:29:26	02:45:57	04:14:23.70	04:15:01.60	+01:48:32 (42.6%)	12:06	5 (58.1%)
245	CZERNAK Wioleta	396	TEAM PODGÓRZYN-PODGÓRZYN GMINA PRZYJAZNA Z NATURY	K-30	16	NIE	01:32:30	02:46:18	04:15:05.65	04:15:23.85	+01:48:55 (42.6%)	12:08	4.9 (57.0%)
246	PIGUŁA Sebastian	214	BIEGAMDLAZDROWIA.PL	M-20	36	NIE	01:35:44	02:49:02	04:14:44.80	04:15:27.75	+01:48:58 (42.7%)	12:07	4.9 (57.0%)
247	GAŁECKA-PIGUŁA Anna	213	BIEGAMDLAZDROWIA.PL	K-20	7	NIE	01:35:41	02:49:00	04:14:44.85	04:15:27.90	+01:48:59 (42.7%)	12:07	4.9 (57.0%)
248	ZIELIŃSKI Rafał	105	KUŹNIA TRIATHLONU	M-40	66	NIE	01:36:05	02:54:23	04:14:59.60	04:15:28.70	+01:48:59 (42.7%)	12:08	4.9 (57.0%)
249	MUCHA Piotr	535	FIZJOBIEGACZE SZCZECIN	M-30	112	NIE	01:34:34	02:49:58	04:15:17.60	04:15:54.35	+01:49:25 (42.8%)	12:09	4.9 (57.0%)
250	MNICH Tomasz	219		M-40	67	NIE	01:28:17	02:43:49	04:15:33.65	04:16:15.50	+01:49:46 (42.8%)	12:10	4.9 (57.0%)
251	ROSZAK Mateusz Kamil	149		M-20	37	NIE	01:27:05	02:44:44	04:16:02.90	04:16:25.85	+01:49:57 (42.9%)	12:11	4.9 (57.0%)
252	GRABIŃSKI Waldemar	440	ROGOZIŃSKI KLUB BIEGACZA	M-40	68	NIE	01:36:01	02:54:28	04:16:18.55	04:16:44.80	+01:50:16 (42.9%)	12:12	4.9 (57.0%)
253	BŁAŻEWICZ Paweł	463		M-20	38	NIE	01:29:57	02:47:39	04:16:38.95	04:16:53.20	+01:50:24 (43.0%)	12:13	4.9 (57.0%)
254	CHOJNACKI Grzegorz	497		M-20	39	NIE	01:30:03	02:46:56	04:16:14.60	04:16:53.45	+01:50:24 (43.0%)	12:12	4.9 (57.0%)
255	POLIMIRSKI Łukasz	586		M-40	69		01:30:14	02:44:06	04:16:41.60	04:16:56.75	+01:50:27 (43.0%)	12:13	4.9 (57.0%)
256	FOGIEL-PAWŁOWSKA Agnieszka	165	LOS BIEGANEROS	K-30	17	NIE	01:32:46	02:49:59	04:16:36.25	04:17:00.10	+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	MICHALCZYK Artur	342		M-50	10	NIE	01:33:07	02:50:18	04:16:41.90	04:17:00.10	+01:50:31 (43.0%)	12:13	4.9 (57.0%)
258	SZYMAŃSKI Wojciech	373	LINCOLN ELECTRIC BESTER TEAM	M-30	113	NIE	01:23:36	02:41:48	04:16:55.45	04:17:02.55	+01:50:33 (43.0%)	12:14	4.9 (57.0%)
259	PASTECKI Marcin	326		M-30	114	NIE	01:23:04	02:45:54	04:17:01.10	04:17:14.00	+01:50:45 (43.1%)	12:14	4.9 (57.0%)
260	SOCHA Marcin	83	K&M	M-30	115	NIE	01:33:50	02:47:20	04:17:01.40	04:17:18.50	+01:50:49 (43.1%)	12:14	4.9 (57.0%)
261	WILMAŃSKI Arkadiusz	66		M-40	70	NIE	01:28:11	02:43:23	04:17:34.90	04:17:41.80	+01:51:13 (43.2%)	12:15	4.9 (57.0%)
262	LUBIK Adam	220	KSE ON-SIGHT	M-30	116	NIE	01:28:36	02:48:19	04:17:27.20	04:17:44.50	+01:51:15 (43.2%)	12:15	4.9 (57.0%)
263	JĘDRYCHOWSKI Bartłomiej	107		M-30	117	NIE	01:21:47	02:41:21	04:17:33.10	04:17:47.50	+01:51:18 (43.2%)	12:15	4.9 (57.0%)
264	KŁOSKOWSKI Dariusz	546	NIGHT RUNNERS SŁUPSK	M-40	71	TAK	01:31:48	02:49:09	04:17:18.80	04:17:49.65	+01:51:20 (43.2%)	12:15	4.9 (57.0%)
265	AUGUSTYNOWICZ Andrzej	170	MOVEONE	M-40	72	NIE	01:37:03	02:50:36	04:16:43.70	04:17:59.55	+01:51:30 (43.2%)	12:13	4.9 (57.0%)
266	NATKAŃSKI Jerzy	4	POLSKI HIMALAIZM ZIMOWY IM.ARTURA HAJZERA	M-60	2	TAK	01:29:15	02:50:08	04:17:51.75	04:18:26.80	+01:51:58 (43.3%)	12:16	4.9 (57.0%)
267	POLIT Ernest	369	R-TEAM ŁOWICZ	M-40	73	NIE	01:24:31	02:45:45	04:18:17.20	04:18:32.45	+01:52:03 (43.3%)	12:17	4.9 (57.0%)
268	JABŁCZYŃSKI Paweł	345		M-50	11	TAK	01:26:06	02:48:04	04:18:38.80	04:18:48.45	+01:52:19 (43.4%)	12:19	4.9 (57.0%)
269	FURTAK Krzysztof	335	KTOŚ MUSI BYĆ OSTATNI	M-50	12	NIE	01:34:29	02:49:48	04:18:43.30	04:18:51.45	+01:52:22 (43.4%)	12:19	4.9 (57.0%)
270	LIPIŃSKI Marcin	176	MOVEONTEAM	M-40	74	TAK	01:32:41	02:50:42	04:17:37.40	04:18:52.05	+01:52:23 (43.4%)	12:16	4.9 (57.0%)
271	RZĘSA Łukasz	273		M-30	118	NIE	01:28:18	02:43:42	04:18:39.70	04:19:03.00	+01:52:34 (43.5%)	12:19	4.9 (57.0%)
272	KAMIŃSKI Wojciech	484		M-40	75	NIE	01:32:26	02:48:36	04:18:37.25	04:19:18.40	+01:52:49 (43.5%)	12:18	4.9 (57.0%)
273	SZACH Andrzej	445		M-40	76	NIE	01:28:17	02:49:13	04:18:56.45	04:19:19.70	+01:52:50 (43.5%)	12:19	4.9 (57.0%)
274	KOPEĆ Dariusz	151		M-50	13	TAK	01:26:33	02:48:45	04:18:57.40	04:19:23.35	+01:52:54 (43.5%)	12:19	4.9 (57.0%)
275	DRESZER Bartosz	507		M-30	119	NIE	01:34:38	02:49:36	04:18:57.25	04:19:24.45	+01:52:55 (43.5%)	12:19	4.9 (57.0%)
276	SOBOTA Paweł	88	KAMIENNOGÓRSKA GRUPA BIEGOWA	M-40	77	NO	01:24:48	02:44:38	04:19:07.60	04:19:25.70	+01:52:56 (43.5%)	12:20	4.9 (57.0%)
277	SHAROBAIKO Anton	250		M-30	120	NO	01:36:41	02:56:31	04:18:33.60	04:19:26.65	+01:52:57 (43.5%)	12:18	4.9 (57.0%)
278	CZERWONKA Zbigniew	187	ESKADRA WROCLAW	M-30	121	NIE	01:27:13	02:48:05	04:19:32.00	04:19:38.45	+01:53:09 (43.6%)	12:21	4.9 (57.0%)
279	GUCWA Mirosław	312	TYMCZASEM.IN	M-40	78	NIE	01:30:34	02:49:33	04:19:21.55	04:19:42.30	+01:53:13 (43.6%)	12:21	4.9 (57.0%)
280	GAJEWSKI Tomasz	160	RZYĆ CHYŻA GZEGŻÓŁKI I CZYŻA	M-30	122	NO	01:39:55	02:53:33	04:18:49.10	04:19:48.90	+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	KOWALCZYK Joanna	177	BIEGANIZM / DYNAFITPL	K-30	18	NIE	01:28:44	02:49:17	04:19:50.15	04:19:52.80	+01:53:24 (43.6%)	12:22	4.8 (55.8%)
282	GRZĘDZIELSKI Jacek	573		M-40	79	NIE	01:28:25	02:50:02	04:19:50.45	04:19:53.75	+01:53:24 (43.6%)	12:22	4.8 (55.8%)
283	SKOŁOŻYŃSKI Paweł	519		M-30	123	NIE	01:35:26	02:48:47	04:19:20.80	04:19:57.10	+01:53:28 (43.7%)	12:21	4.9 (57.0%)
284	ROBINSON George	134		M-20	40	NIE	01:33:02	02:47:37	04:19:13.45	04:19:57.85	+01:53:29 (43.7%)	12:20	4.9 (57.0%)
285	MANDYCZ Magdalena	182		K-30	19	NIE	01:29:03	02:47:35	04:19:13.60	04:19:57.90	+01:53:29 (43.7%)	12:20	4.9 (57.0%)
286	KACZMAREK Karolina	410	SBRT WARSZAWA POWIŚLE	K-30	20	NIE	01:38:43	02:54:23	04:19:19.50	04:19:59.30	+01:53:30 (43.7%)	12:20	4.9 (57.0%)
287	RODAK Jarosław	560		M-40	80	NIE	01:37:33	02:53:04	04:19:12.50	04:19:59.75	+01:53:30 (43.7%)	12:20	4.9 (57.0%)
288	WCISŁO Ariel	192	WROCLAWSKI KLUB WYSOKOGÓRSKI	M-20	41	TAK	01:35:14	02:54:54	04:19:44.20	04:20:00.15	+01:53:31 (43.7%)	12:22	4.9 (57.0%)
289	JAŃSKI Tomasz	477		M-40	81	NIE	01:39:24	02:56:35	04:19:54.00	04:20:12.20	+01:53:43 (43.7%)	12:22	4.8 (55.8%)
290	STANKIEWICZ Pawel	438		M-20	42	TAK	01:18:29	02:33:19	04:20:40.80	04:20:50.15	+01:54:21 (43.8%)	12:24	4.8 (55.8%)
291	WOŹNIAK Sebastian	466	ŁÓDŹ RUNNING TEAM	M-30	124	NIE	01:29:27	02:52:25	04:20:57.20	04:21:25.55	+01:54:56 (44.0%)	12:25	4.8 (55.8%)
292	PANEK Krzysztof	54	RZYĆ CHYŻA GZEGŻÓŁKI I CZYŻA	M-40	82	NIE	01:39:54	02:56:09	04:20:36.40	04:21:37.70	+01:55:08 (44.0%)	12:24	4.8 (55.8%)
293	MICHAJLUK Bogdan	530	SŁUŻBA CELNA	M-50	14	NIE	01:32:28	02:51:08	04:21:15.20	04:21:55.10	+01:55:26 (44.1%)	12:26	4.8 (55.8%)
294	BEDNARCZYK Bogusław	444	PRO-RUN WROCLAW	M-50	15	NIE	01:39:47	02:52:36	04:21:41.80	04:22:24.60	+01:55:55 (44.2%)	12:27	4.8 (55.8%)
295	KOŁPACZYŃSKI Adam	572		M-30	125	NIE	01:30:13	02:51:37	04:22:06.15	04:22:27.20	+01:55:58 (44.2%)	12:28	4.8 (55.8%)
296	DOPIERAŁA Kinga	322	#SOBASTEAM / SKALNIK.PL	K-20	8	NIE	01:29:47	02:51:01	04:22:20.80	04:22:48.95	+01:56:20 (44.3%)	12:29	4.8 (55.8%)
297	HYCZKO Paweł	327	HURAGAN RĘDZIN	M-20	43	NIE	01:32:45	02:50:58	04:22:20.85	04:22:49.25	+01:56:20 (44.3%)	12:29	4.8 (55.8%)
298	KILKOWSKA Paulina	92	KILKOWSKI POMPY CIEPŁA	K-30	21	NIE	01:37:42	02:52:35	04:22:34.25	04:22:53.50	+01:56:24 (44.3%)	12:30	4.8 (55.8%)
299	WIELICZKO Anna	95		K-30	22	NIE	01:36:42	02:56:02	04:22:27.90	04:22:53.80	+01:56:25 (44.3%)	12:29	4.8 (55.8%)
300	KUBOWICZ Zbigniew	514		M-50	16	NIE	01:36:02	02:51:13	04:22:42.05	04:23:22.25	+01:56:53 (44.4%)	12:30	4.8 (55.8%)
301	BRODZIK Przemysław	91	PRZED SIEBIE	M-50	17	NIE	01:31:04	02:51:02	04:23:12.00	04:23:23.90	+01:56:55 (44.4%)	12:32	4.8 (55.8%)
302	MOSZUMAŃSKI Patryk	582	TOR	M-40	83		01:29:54	02:49:24	04:23:31.50	04:23:48.50	+01:57:19 (44.5%)	12:32	4.8 (55.8%)
303	POBŁOCKI Jan	191	GRUPA TRÓJMIASTO/SPARTANIE DZIECIOM	M-60	3	NIE	01:40:41	02:54:51	04:23:22.30	04:24:20.00	+01:57:51 (44.6%)	12:32	4.8 (55.8%)
304	TOMCZAK Mariusz	303		M-40	84	NIE	01:33:13	02:52:46	04:24:09.15	04:24:25.20	+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	BINKOWSKI Marcin	174	PAJĄCZEK	M-40	85	NIE	01:38:13	02:53:24	04:24:16.30	04:24:26.85	+01:57:58 (44.6%)	12:35	4.8 (55.8%)
306	BOGUCKI Wojciech	315		M-40	86	NIE	01:34:36	02:52:46	04:24:17.45	04:24:40.05	+01:58:11 (44.7%)	12:35	4.8 (55.8%)
307	GULCZYŃSKI Tomasz	223	KSE ON-SIGHT	M-30	126	TAK	01:24:08	02:49:20	04:24:24.60	04:24:42.65	+01:58:13 (44.7%)	12:35	4.8 (55.8%)
308	GALEWSKI Piotr	583	WROCŁAW MARATHON TEAM	M-40	87		01:32:58	02:54:51	04:24:49.15	04:25:05.35	+01:58:36 (44.7%)	12:36	4.8 (55.8%)
309	RUSIN Szymon	307		M-30	127	TAK	01:29:32	02:54:51	04:25:15.35	04:25:24.35	+01:58:55 (44.8%)	12:37	4.8 (55.8%)
310	ŻĘLOBOWSKI Przemysław	449		M-30	128	NIE	01:29:35	02:54:02	04:25:18.20	04:25:43.85	+01:59:15 (44.9%)	12:38	4.7 (54.7%)
311	JAKUBOWSKI Damian	274		M-20	44	NIE	01:29:25	02:51:17	04:25:23.85	04:25:45.30	+01:59:16 (44.9%)	12:38	4.7 (54.7%)
312	KOŁODZIEJ Paweł	282		M-40	88	NIE	01:41:25	02:55:09	04:25:06.40	04:25:46.50	+01:59:17 (44.9%)	12:37	4.8 (55.8%)
313	JAROSŁAWSKI Mariusz	253	TERMY JAKUBA - OŁAWSKI PARK WODNY	M-40	89	TAK	01:39:28	02:56:43	04:24:48.60	04:25:50.25	+01:59:21 (44.9%)	12:36	4.8 (55.8%)
314	WITASZEWSKI Marek	542		M-40	90	NIE	01:26:16	02:50:22	04:26:04.15	04:26:16.85	+01:59:48 (45.0%)	12:40	4.7 (54.7%)
315	ŁUĆ Lukasz	299		M-30	129	NIE	01:35:27	02:50:44	04:25:24.70	04:26:17.60	+01:59:48 (45.0%)	12:38	4.7 (54.7%)
316	KURZAWA Iwona	527		K-30	23	NIE	01:37:32	02:55:30	04:25:21.45	04:26:18.35	+01:59:49 (45.0%)	12:38	4.7 (54.7%)
317	BORKOWSKA Aneta	117	SRULTRA TEAM	K-20	9	NIE	01:40:11	02:56:46	04:26:05.10	04:26:30.10	+02:00:01 (45.0%)	12:40	4.7 (54.7%)
318	MACZKA Bronisław	411	OTK RZEŹNIK	M-60	4	NIE	01:26:43	02:48:12	04:26:13.00	04:26:48.15	+02:00:19 (45.1%)	12:40	4.7 (54.7%)
319	KOŁODZIEJ Łukasz	426		M-30	130	NIE	01:23:53	02:41:23	04:26:03.70	04:26:55.20	+02:00:26 (45.1%)	12:40	4.7 (54.7%)
320	NEUMANN Jacek	169		M-50	18	NIE	01:38:12	02:55:19	04:26:13.40	04:26:59.25	+02:00:30 (45.1%)	12:40	4.7 (54.7%)
321	KOZIELEWSKI Antoni	52	RZYĆ CHYŻA GŻEGŻÓŁKI I CZYŻA	M-40	91	NIE	01:40:02	02:56:11	04:26:00.15	04:27:00.25	+02:00:31 (45.1%)	12:40	4.7 (54.7%)
322	KLEIST Tomek	443		M-40	92	NIE	01:35:13	02:57:49	04:26:06.35	04:27:01.85	+02:00:33 (45.1%)	12:40	4.7 (54.7%)
323	CHORZĘPA Adam	143		M-50	19	TAK	01:25:26	02:50:54	04:27:33.05	04:27:40.60	+02:01:11 (45.3%)	12:44	4.7 (54.7%)
324	WIECZOREK Katarzyna	433	IRON TRIATHLON PLESZEW	K-20	10	NIE	01:34:25	02:52:44	04:27:15.30	04:27:48.80	+02:01:20 (45.3%)	12:43	4.7 (54.7%)
325	JUSZCZAK Zbigniew	75	NIEZRZESZONY	M-50	20	NIE	01:31:34	02:52:38	04:28:45.95	04:29:03.40	+02:02:34 (45.6%)	12:47	4.7 (54.7%)
326	SZMIDT Karol	212	SZMIDT I SYN	M-30	131	NIE	01:42:50	02:59:29	04:28:34.15	04:29:04.80	+02:02:36 (45.6%)	12:47	4.7 (54.7%)
327	BERNAT Jolanta	167	STOWARZYSZENIE TENIS CENTRUM AS	K-30	24	NIE	01:34:18	02:54:52	04:28:52.75	04:29:04.90	+02:02:36 (45.6%)	12:48	4.7 (54.7%)
328	STANKIEWICZ Tomasz	179		M-20	45	NIE	01:30:56	02:52:52	04:29:16.90	04:29:25.60	+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	STRZELCZYK Marlena	295		K-20	11	NIE	01:37:25	02:59:18	04:29:14.10	04:29:41.00	+02:03:12 (45.7%)	12:49	4.7 (54.7%)
330	BIAŁY Michał	581		M-20	46		01:34:22	03:02:11	04:29:19.60	04:29:41.80	+02:03:13 (45.7%)	12:49	4.7 (54.7%)
331	WLADYKA Marcin	561		M-40	93	NIE	01:36:22	02:56:06	04:29:49.40	04:30:08.40	+02:03:39 (45.8%)	12:50	4.7 (54.7%)
332	KOLAŚNIEWSKI Marek	153		M-40	94	NIE	01:36:41	02:56:03	04:29:43.35	04:30:19.65	+02:03:50 (45.8%)	12:50	4.7 (54.7%)
333	WARZOCHA Ryszard	479	IRON BALLS RUNNERS CLUB	M-50	21	NIE	01:29:38	02:54:37	04:29:41.85	04:30:22.85	+02:03:54 (45.8%)	12:50	4.7 (54.7%)
334	MAZURCZAK Anna	94	KW WARSZAWA	K-30	25	TAK	01:36:34	02:56:20	04:29:58.25	04:30:24.90	+02:03:56 (45.8%)	12:51	4.7 (54.7%)
335	BORYCZKA Katarzyna	403	KLUB BIEGACZA SZERSZEŃ OLEŚNICA	K-20	12	NIE	01:34:07	03:02:12	04:30:42.65	04:31:04.50	+02:04:35 (46.0%)	12:53	4.7 (54.7%)
336	SZYDŁOWSKI Wiesław	270		M-50	22	NIE	01:26:57	02:51:32	04:30:54.55	04:31:27.75	+02:04:58 (46.0%)	12:54	4.7 (54.7%)
337	GŁOS Łukasz	279		M-30	132	TAK	01:34:07	02:57:51	04:30:52.90	04:31:38.75	+02:05:09 (46.1%)	12:53	4.7 (54.7%)
338	SOCHA Ewa	381	CONCORDIA RUNNERS TEAM	K-30	26	NIE	01:35:15	02:56:46	04:31:35.75	04:31:59.75	+02:05:30 (46.1%)	12:55	4.6 (53.5%)
339	KWIATKOWSKA Zuzanna	298		K-40	3	NIE	01:34:46	02:56:17	04:32:40.40	04:32:54.30	+02:06:25 (46.3%)	12:59	4.6 (53.5%)
340	ŻUREK Mariusz	377		M-40	95	NIE	01:33:41	02:53:38	04:33:03.05	04:33:22.60	+02:06:53 (46.4%)	13:00	4.6 (53.5%)
341	KOT Tomasz	97		M-30	133	NIE	01:32:44	02:57:11	04:33:38.45	04:33:48.30	+02:07:19 (46.5%)	13:01	4.6 (53.5%)
342	MRUGALSKA Liliana	45	NETBOX BIEGA	K-20	13	NIE	01:39:10	02:57:21	04:33:38.90	04:33:49.55	+02:07:20 (46.5%)	13:01	4.6 (53.5%)
343	POŁCZYŃSKI Maciej	328	STALOWA ŁYDA	M-30	134	NIE	01:41:16	03:03:21	04:32:54.50	04:33:51.05	+02:07:22 (46.5%)	12:59	4.6 (53.5%)
344	NIESPODZIANA Ania	441	ROGOZIŃSKI KLUB BIEGACZA	K-30	27	NIE	01:36:02	02:56:57	04:33:32.45	04:33:58.40	+02:07:29 (46.5%)	13:01	4.6 (53.5%)
345	SZCZEPANIAK Karol	550	CROSS STRACENÓW TEAM	M-40	96	NIE	01:32:57	02:58:07	04:33:58.20	04:34:22.55	+02:07:53 (46.6%)	13:02	4.6 (53.5%)
346	NADOLSKI Piotr	375		M-40	97	NIE	02:00:08	03:10:07	04:33:29.75	04:34:24.20	+02:07:55 (46.6%)	13:01	4.6 (53.5%)
347	JACHOWICZ Aleksandra	437		K-20	14	NO	01:40:02	02:59:52	04:33:32.95	04:34:25.00	+02:07:56 (46.6%)	13:01	4.6 (53.5%)
348	BURANT Agnieszka	256		K-30	28	NIE	01:40:17	03:02:07	04:33:56.85	04:34:47.30	+02:08:18 (46.7%)	13:02	4.6 (53.5%)
349	CZEKALSKA Maria	255		K-30	29	NIE	01:40:16	03:02:07	04:33:57.60	04:34:47.45	+02:08:18 (46.7%)	13:02	4.6 (53.5%)
350	BARANOWSKI Szymon	222	KSE ON-SIGHT	M-20	47	NIE	01:35:12	03:01:56	04:34:29.35	04:34:47.90	+02:08:19 (46.7%)	13:04	4.6 (53.5%)
351	JĘDRZEJOWSKA- DEC Anna	425	PKO BANK POLSKI	K-40	4	NIE	01:34:54	02:57:06	04:34:29.35	04:35:02.35	+02:08:33 (46.7%)	13:04	4.6 (53.5%)
352	MAJEWSKA Kinga	162		K-30	30	NIE	01:37:48	03:00:17	04:34:36.70	04:35:04.80	+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	ŁACH Marcin	435	KUŹNIA TRIATHLONU	M-30	135	NIE	01:36:06	03:01:03	04:34:35.90	04:35:05.40	+02:08:36 (46.8%)	13:04	4.6 (53.5%)
354	BARAŃSKA Celestyna	575	ACCENTURE	K-30	31	NIE	01:41:35	03:03:54	04:34:32.50	04:35:15.45	+02:08:46 (46.8%)	13:04	4.6 (53.5%)
355	MATYJEWICZ Luiza	450		K-40	5	NIE	01:38:44	03:03:41	04:35:11.55	04:35:23.65	+02:08:54 (46.8%)	13:06	4.6 (53.5%)
356	WALCZAK NOWAK Karolina	48		K-30	32	NIE	01:34:49	02:57:45	04:35:29.55	04:35:43.55	+02:09:14 (46.9%)	13:07	4.6 (53.5%)
357	KANECKA Mariola	236	KOWARY BIEGAJĄ	K-40	6	NIE	01:38:43	03:03:53	04:35:09.65	04:35:44.85	+02:09:16 (46.9%)	13:06	4.6 (53.5%)
358	KANECKI Mirek	237	KOWARY BIEGAJĄ	M-40	98	NIE	01:38:51	03:03:55	04:35:09.45	04:35:46.00	+02:09:17 (46.9%)	13:06	4.6 (53.5%)
359	GRZEŚ Małgorzata	293		K-20	15	NIE	01:37:48	03:02:08	04:35:22.15	04:35:49.35	+02:09:20 (46.9%)	13:06	4.6 (53.5%)
360	GRUDZIEN Mariusz	585	PHZ	M-40	99		01:43:18	03:08:51	04:35:17.00	04:35:50.05	+02:09:21 (46.9%)	13:06	4.6 (53.5%)
361	MAJOCH Anna	155	GVT	K-40	7	NIE	01:47:25	03:06:36	04:35:50.65	04:35:50.65	+02:09:21 (46.9%)	13:08	4.6 (53.5%)
362	STAWIARSKA Katarzyna	418	KOWARY BIEGAJĄ	K-30	33	NIE	01:38:42	03:03:54	04:36:18.95	04:36:54.15	+02:10:25 (47.1%)	13:09	4.6 (53.5%)
363	SMOLAN Marcin	276	BRAK	M-30	136	NIE	01:39:04	03:00:45	04:36:01.40	04:36:56.75	+02:10:27 (47.1%)	13:08	4.6 (53.5%)
364	KANIOWSKI Wojciech	382		M-40	100	NIE	01:31:58	03:02:23	04:36:33.55	04:36:59.70	+02:10:30 (47.1%)	13:10	4.6 (53.5%)
365	KASPRZYK Kamil	42	BRAMBOR TEAM	M-30	137	NIE	01:35:16	03:00:26	04:36:38.25	04:37:11.15	+02:10:42 (47.2%)	13:10	4.6 (53.5%)
366	KASPRZYK Emil	43	BRAMBOR TEAM	M-30	138	NIE	01:35:15	03:00:24	04:36:37.90	04:37:12.00	+02:10:43 (47.2%)	13:10	4.6 (53.5%)
367	KRZECZKOWSKI Roman	248	TRENER BIEGANIA. PL	M-40	101	NIE	01:34:37	02:55:52	04:36:43.40	04:37:15.35	+02:10:46 (47.2%)	13:10	4.6 (53.5%)
368	BULKOWSKI Waldemar	504		M-50	23	NIE	01:41:16	03:03:21	04:36:32.90	04:37:17.70	+02:10:48 (47.2%)	13:10	4.6 (53.5%)
369	WINCZURA Leszek	173		M-40	102	NIE	01:44:12	03:07:43	04:36:51.70	04:37:33.35	+02:11:04 (47.2%)	13:11	4.6 (53.5%)
370	NOWAK Justyna	53	OBORYGENI	K-30	34	NIE	01:35:35	03:00:05	04:37:32.90	04:37:58.65	+02:11:29 (47.3%)	13:13	4.5 (52.3%)
371	KRAUSE Ania	69		K-30	35	NIE	01:39:09	03:03:09	04:37:22.55	04:38:08.95	+02:11:40 (47.3%)	13:12	4.5 (52.3%)
372	BURDAJEWICZ Magdalena	172	PAJĄCZEK	K-30	36	NIE	01:40:34	03:04:23	04:38:17.00	04:38:36.95	+02:12:08 (47.4%)	13:15	4.5 (52.3%)
373	CYBUŁKA Mariusz	62	STAŚ BIEGA	M-30	139	NIE	01:38:23	03:04:05	04:38:23.90	04:39:02.75	+02:12:33 (47.5%)	13:15	4.5 (52.3%)
374	ZIMNIAK Łukasz	308	KB SZERSZEŃ OLEŚNICA	M-30	140	NIE	01:34:01	03:01:05	04:39:13.35	04:39:33.40	+02:13:04 (47.6%)	13:17	4.5 (52.3%)
375	MUSUR Adam	372	KB LUPUS OLEŚNICA	M-60	5	NIE	01:33:28	03:02:23	04:39:17.35	04:39:34.45	+02:13:05 (47.6%)	13:17	4.5 (52.3%)
376	ŁAPCZYŃSKA Magdalena	229	KARPACZ SPORT	K-40	8	NIE	01:32:37	02:58:08	04:39:27.30	04:39:35.60	+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	PAJĄCZEK Dominika	28		K-30	37	NIE	01:44:47	03:08:39	04:39:40.20	04:40:00.60	+02:13:31 (47.7%)	13:19	4.5 (52.3%)
378	GÓRSKI Mariusz	29	-	M-30	141	NIE	01:44:46	03:08:39	04:39:40.25	04:40:01.35	+02:13:32 (47.7%)	13:19	4.5 (52.3%)
379	CZUBIEL Konrad	292		M-40	103	NIE	01:33:12	03:00:49	04:39:13.15	04:40:03.45	+02:13:34 (47.7%)	13:17	4.5 (52.3%)
380	MŁYNARCZYK Krzysztof	533	FIZJOBIEGACZE SZCZECIN	M-40	104	NIE	01:34:47	03:02:13	04:39:40.05	04:40:18.45	+02:13:49 (47.7%)	13:19	4.5 (52.3%)
381	KLICHOWSKI Marek	470		M-30	142	NIE	01:36:16	03:04:47	04:39:51.75	04:40:21.55	+02:13:52 (47.8%)	13:19	4.5 (52.3%)
382	KULA Rafał	343		M-40	105	NIE	01:41:23	03:03:52	04:39:53.25	04:40:35.30	+02:14:06 (47.8%)	13:19	4.5 (52.3%)
383	BUDNICKA Anna	148	ULTRASRULTRA	K-30	38	NIE	01:40:13	03:04:33	04:40:28.25	04:40:51.70	+02:14:22 (47.8%)	13:21	4.5 (52.3%)
384	STEFANOWSKI Marcin	416		M-40	106	NIE	01:37:51	03:00:23	04:40:24.85	04:40:55.35	+02:14:26 (47.9%)	13:21	4.5 (52.3%)
385	KRZESIMOWSKI Damian	78		M-30	143	NIE	01:33:40	02:58:34	04:41:09.80	04:41:45.20	+02:15:16 (48.0%)	13:23	4.5 (52.3%)
386	WICHERKIEWICZ Ilona	480	RZECZYPROSTE	K-30	39	NIE	01:37:48	03:04:36	04:41:43.45	04:42:22.50	+02:15:53 (48.1%)	13:24	4.5 (52.3%)
387	REJEK Kuba	565	VEGG TEAM	M-40	107	NIE	01:33:49	03:06:14	04:41:51.45	04:42:25.05	+02:15:56 (48.1%)	13:25	4.5 (52.3%)
388	GLANOWSKI Marek	384	RUN FOR FUN	M-30	144	TAK	01:29:39	02:54:37	04:42:41.20	04:43:04.50	+02:16:35 (48.3%)	13:27	4.5 (52.3%)
389	DRYGALSKI Artur	548	MEEP MEEP	M-30	145	NIE	01:41:07	03:07:04	04:42:09.65	04:43:07.40	+02:16:38 (48.3%)	13:26	4.5 (52.3%)
390	FRANKIEWICZ Jakub	79		M-40	108	NIE	01:44:20	03:07:18	04:42:29.10	04:43:08.10	+02:16:39 (48.3%)	13:27	4.5 (52.3%)
391	ZAJĄC Krzysztof	221	ZP SZPIKI DRUŻYNA SZPIKU/WKURW_TEAM	M-40	109	NIE	01:43:02	03:13:22	04:43:58.50	04:44:46.05	+02:18:17 (48.6%)	13:31	4.4 (51.2%)
392	SIEJA Katarzyna	258	KRAKOWSKI KLUB TATERNICTWA JASKINIOWEGO	K-20	16	TAK	01:36:12	03:09:20	04:45:39.85	04:46:05.40	+02:19:36 (48.8%)	13:36	4.4 (51.2%)
393	KAPLINSKI Kamil	457		M-30	146	NIE	01:35:54	03:04:30	04:46:05.30	04:46:08.85	+02:19:40 (48.8%)	13:37	4.4 (51.2%)
394	MARCINKIEWICZ Marta	51	MATNER RUNNING TEAM	K-40	9	NIE	01:50:06	03:13:50	04:45:47.85	04:46:36.50	+02:20:07 (48.9%)	13:36	4.4 (51.2%)
395	BAKA Mateusz	185	GTS TRADYCJA	M-20	48	NIE	01:44:08	03:08:05	04:45:50.70	04:46:38.35	+02:20:09 (48.9%)	13:36	4.4 (51.2%)
396	BAKA Marcin	180	GTS TRADYCJA	M-50	24	NIE	01:44:07	03:08:05	04:45:54.95	04:46:41.10	+02:20:12 (48.9%)	13:36	4.4 (51.2%)
397	DUSZA Michał	267		M-30	147	NIE	01:42:01	03:08:02	04:46:04.60	04:46:59.80	+02:20:31 (49.0%)	13:37	4.4 (51.2%)
398	SEDLAK Robert	158		M-40	110	NIE	01:34:09	03:05:27	04:47:04.95	04:47:15.10	+02:20:46 (49.0%)	13:40	4.4 (51.2%)
399	RABSZTYN Andrzej	350	TRIATLON MIETKOW TEAM	M-30	148	NIE	01:46:49	03:08:59	04:46:51.15	04:47:35.35	+02:21:06 (49.1%)	13:39	4.4 (51.2%)
400	BOGUCKA Zuzanna	202		K-20	17	NIE	01:44:48	03:09:26	04:47:03.25	04:47:37.20	+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	KOWNACKI Krzysztof	197		M-20	49	NIE	01:45:16	03:09:28	04:47:03.35	04:47:37.65	+02:21:08 (49.1%)	13:40	4.4 (51.2%)
402	WÓJTOWICZ Zbigniew	80		M-40	111	NIE	01:37:40	03:08:10	04:47:06.25	04:47:50.30	+02:21:21 (49.1%)	13:40	4.4 (51.2%)
403	WIADERNA Nina	482	SBRT POWIŚLE	K-30	40	NIE	01:40:00	03:10:38	04:47:42.40	04:48:04.60	+02:21:35 (49.2%)	13:42	4.4 (51.2%)
404	KITA Ewa	142	BIEGAMDŁAZDROWIA.PL	K-50	1	NIE	01:43:07	03:10:45	04:47:40.55	04:48:07.30	+02:21:38 (49.2%)	13:41	4.4 (51.2%)
405	ZABŁOCKA Magdalena	100	660847252	K-30	41	NIE	01:42:56	03:12:09	04:47:20.50	04:48:07.75	+02:21:38 (49.2%)	13:40	4.4 (51.2%)
406	KURCZYNA Przemysław	84	TURY TEAM / POZYTYWNIIE ZAKRĘCENI	M-30	149	NIE	01:42:16	03:16:15	04:47:40.50	04:48:09.10	+02:21:40 (49.2%)	13:41	4.4 (51.2%)
407	KUCNER Monika	536	ALBERTS SP Z O.O.	K-40	10	TAK	01:43:04	03:09:17	04:48:55.30	04:49:08.30	+02:22:39 (49.3%)	13:45	4.4 (51.2%)
408	GALEWSKA Julia	395		K-20	18	NIE	01:38:23	03:09:53	04:48:30.15	04:49:15.15	+02:22:46 (49.4%)	13:44	4.4 (51.2%)
409	STEFANIAK Jakub	210		M-20	50	NIE	01:44:30	03:11:58	04:49:12.40	04:49:24.50	+02:22:55 (49.4%)	13:46	4.4 (51.2%)
410	WOLFF-STEFANIAK Maria	208		K-20	19	NIE	01:35:43	03:11:59	04:49:13.45	04:49:24.95	+02:22:56 (49.4%)	13:46	4.4 (51.2%)
411	WODECKI Krzysztof	260		M-50	25	NIE	01:39:58	03:10:31	04:48:53.20	04:49:40.65	+02:23:11 (49.4%)	13:45	4.4 (51.2%)
412	PAGIEŁA Agnieszka	124		K-20	20	NIE	01:45:18	03:18:38	04:48:57.90	04:49:41.15	+02:23:12 (49.4%)	13:45	4.4 (51.2%)
413	PANEK Aleksandra	266		K-40	11	NO	01:48:57	03:16:09	04:49:22.70	04:50:02.50	+02:23:33 (49.5%)	13:46	4.4 (51.2%)
414	NASTAWSKA Monika	189		K-40	12	NIE	01:44:33	03:13:45	04:49:55.20	04:50:14.35	+02:23:45 (49.5%)	13:48	4.3 (50.0%)
415	HARĘŻLAK Dorota	244	4 ŁAPY PSA ŁÓDŹ	K-30	42	NIE	01:49:01	03:16:08	04:51:10.35	04:51:38.05	+02:25:09 (49.8%)	13:51	4.3 (50.0%)
416	BŁOŃSKI Zbigniew	521	POLSKIE STOWARYSZENIE SPORTU PO TRANSPLANTACJI	M-50	26	NIE	01:40:56	03:16:09	04:51:18.55	04:51:50.65	+02:25:21 (49.8%)	13:52	4.3 (50.0%)
417	POCIEGIEL Michał	35		M-30	150	NIE	01:39:16	03:15:48	04:51:09.05	04:51:59.65	+02:25:30 (49.8%)	13:51	4.3 (50.0%)
418	PIWNICKI Piotr	558		M-20	51	NIE	01:38:57	03:03:31	04:51:55.85	04:52:48.05	+02:26:19 (50.0%)	13:54	4.3 (50.0%)
419	NOWAK Cyprian	46		M-30	151	NIE	01:38:46	03:08:50	04:52:37.75	04:52:50.15	+02:26:21 (50.0%)	13:56	4.3 (50.0%)
420	SYPNIEWSKA Hanna	193	SPARTANIE DZIECIOM/ GOLDEN TEAM	K-60	1	NIE	01:51:30	03:18:35	04:53:17.50	04:53:54.40	+02:27:25 (50.2%)	13:58	4.3 (50.0%)
421	BŁACHNO Marcin	23		M-30	152	NIE	01:41:23	03:10:09	04:54:15.80	04:54:50.85	+02:28:22 (50.3%)	14:00	4.3 (50.0%)
422	ORDZIEJEWSKI Dominik	231		M-30	153	NIE	01:35:58	03:10:42	04:54:21.10	04:54:51.25	+02:28:22 (50.3%)	14:01	4.3 (50.0%)
423	FIGUŁA Sławomir	36		M-30	154	NIE	01:45:14	03:14:54	04:54:05.35	04:54:54.50	+02:28:25 (50.3%)	14:00	4.3 (50.0%)
424	CZERWONKA Katarzyna	131		K-30	43	NIE	01:45:10	03:14:56	04:54:07.10	04:54:57.55	+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	BARCIK Przemek	26		M-30	155	NO	01:37:32	03:13:05	04:54:39.65	04:55:20.80	+02:28:52 (50.4%)	14:01	4.3 (50.0%)
426	ADAMEK Marcin	432	IRON TRIATHLON PLESZEW	M-30	156	NIE	01:28:47	03:11:40	04:54:46.50	04:55:22.95	+02:28:54 (50.4%)	14:02	4.3 (50.0%)
427	KACZMARCZYK Urszula	318	PRO - RUN WROCLAW	K-30	44	NIE	01:50:20	03:20:18	04:54:47.90	04:55:28.75	+02:28:59 (50.4%)	14:02	4.3 (50.0%)
428	KACZMARCZYK Anna	106		K-20	21	NIE	01:45:19	03:18:40	04:55:34.60	04:56:17.55	+02:29:48 (50.6%)	14:04	4.3 (50.0%)
429	BORKOWSKI Łukasz	453		M-30	157	NIE	01:42:13	03:16:15	04:57:12.20	04:57:41.75	+02:31:12 (50.8%)	14:09	4.2 (48.8%)
430	LUBAŃSKA Alicja	492		K-40	13	NIE	01:43:40	03:12:08	04:57:09.45	04:57:46.00	+02:31:17 (50.8%)	14:09	4.2 (48.8%)
431	KUPKA Martyna	130	SWAT TEAM	K-30	45	NIE	02:02:11	03:32:29	04:57:49.45	04:57:49.45	+02:31:20 (50.8%)	14:10	4.2 (48.8%)
432	OLEJNIK Piotr	388	FUNK YOU!	M-20	52	NO	02:02:14	03:32:46	04:57:49.80	04:57:49.80	+02:31:21 (50.8%)	14:10	4.2 (48.8%)
433	SUJAK Małgorzata	333	MKB DREPTAK	K-50	2	NIE	01:47:24	03:18:01	04:57:22.50	04:57:50.90	+02:31:22 (50.8%)	14:09	4.2 (48.8%)
434	KUPIEC Dariusz	135	MKB DREPTAK	M-40	112	NIE	01:46:40	03:17:56	04:57:23.75	04:57:51.55	+02:31:22 (50.8%)	14:09	4.2 (48.8%)
435	SZYMAŃSKI Mariusz	77	MKB DREPTAK	M-40	113	NIE	01:46:42	03:17:54	04:57:23.90	04:57:51.65	+02:31:22 (50.8%)	14:09	4.2 (48.8%)
436	DOBROSIELSKI Marcin	442	TKD SZAKAL JEŻYCE RUNNERS	M-40	114	NIE	01:42:03	03:19:01	04:56:48.10	04:57:52.00	+02:31:23 (50.8%)	14:08	4.2 (48.8%)
437	TACIAK Sebastian	178	ANTONINEK POZNAŃ	M-40	115	NIE	01:38:08	03:08:52	04:57:07.20	04:57:53.35	+02:31:24 (50.8%)	14:08	4.2 (48.8%)
438	BARTKOWIAK Alina	159	DZIKIE BOBRY ŚNIEGU SIĘ NIE BOJĄ	K-30	46	NO	01:43:51	03:18:39	04:57:38.80	04:57:53.65	+02:31:24 (50.8%)	14:10	4.2 (48.8%)
439	BIERNACIK Jacek	510		M-50	27	NIE	01:51:25	03:20:33	04:56:55.45	04:57:54.40	+02:31:25 (50.8%)	14:08	4.2 (48.8%)
440	KUPKA Bazyl	58	SZYBKA KUPKA	M-20	53	NIE	01:56:05	03:20:14	04:57:54.90	04:57:54.90	+02:31:26 (50.8%)	14:11	4.2 (48.8%)
441	GRABARCZYK Magdalena	496		K-20	22	TAK	01:48:38	03:31:53	04:57:06.70	04:57:55.50	+02:31:26 (50.8%)	14:08	4.2 (48.8%)
442	KOZAK Piotr	576		M-40	116	NIE	01:40:52	03:14:20	04:58:00.90	04:58:33.55	+02:32:04 (50.9%)	14:11	4.2 (48.8%)
443	MIROŚLAW Ropel	567	KIS TRANSPORT	M-50	28	NIE	01:47:28	03:19:13	04:57:52.50	04:58:40.15	+02:32:11 (51.0%)	14:11	4.2 (48.8%)
444	GRUŻLEWSKI Radosław	132		M-20	54	NIE	01:45:58	03:17:56	04:58:40.60	04:59:18.85	+02:32:50 (51.1%)	14:13	4.2 (48.8%)
445	PODSIADŁY Robert	112	CHATA BIEGACZA K34	M-50	29	NIE	01:46:04	03:19:34	04:58:49.00	04:59:43.10	+02:33:14 (51.1%)	14:13	4.2 (48.8%)
446	GOKIERT-SKRENTNA Justyna	206		K-40	14	NIE	01:44:19	03:19:53	04:59:21.30	04:59:52.05	+02:33:23 (51.2%)	14:15	4.2 (48.8%)
447	TOL Kamil	386	MAFIA TEAM LUBLINIEC	M-30	158	NIE	01:27:25	03:07:42	05:00:04.65	05:00:04.65	+02:33:35 (51.2%)	14:17	4.2 (48.8%)
448	PASTERNOK Marian	538	NIGHT RUNNERS ZABRZE	M-30	159	NIE	01:32:24	03:07:14	04:59:35.25	05:00:05.90	+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	SMYK Robert	577	OTK RZEŹNIK	M-40	117		01:34:48	03:07:11	04:59:32.65	05:00:06.95	+02:33:38 (51.2%)	14:15	4.2 (48.8%)
450	GONTARZ Mateusz	393		M-20	55	NIE	01:43:29	03:18:43	05:01:27.25	05:02:03.70	+02:35:34 (51.5%)	14:21	4.2 (48.8%)
451	SZKUDLARSKA Joanna	164	PRZED SIEBIE	K-40	15	NIE	01:47:11	03:17:30	05:04:18.45	05:04:32.75	+02:38:03 (51.9%)	14:29	4.1 (47.7%)
452	ZAUCHA Marta	391	KŁODZKO PRZYTWIERDZA BIEGANIE	K-30	47	NIE	01:47:29	03:21:17	05:04:48.75	05:05:00.30	+02:38:31 (52.0%)	14:30	4.1 (47.7%)
453	DZIEWIATOWSKA Agnieszka	362		K-40	16	NIE	01:44:20	03:19:54	05:04:29.55	05:05:01.10	+02:38:32 (52.0%)	14:30	4.1 (47.7%)
454	BOROŃ Ryszard	44		M-50	30	NIE	01:49:47	03:19:28	05:04:23.05	05:05:15.55	+02:38:46 (52.0%)	14:29	4.1 (47.7%)
455	SZCZĘSNY Marek	103	PRZED SIEBIE	M-50	31	NIE	01:47:25	03:19:20	05:06:10.00	05:06:25.90	+02:39:57 (52.2%)	14:34	4.1 (47.7%)
456	BORUTA-KOŁODZIEJ Emilia	317	PRO-RUN WROCŁAW	K-30	48	NIE	01:50:20	03:21:35	05:05:46.70	05:06:27.65	+02:39:58 (52.2%)	14:33	4.1 (47.7%)
457	MAJKOWSKI Tomasz	555		M-40	118	NIE	01:51:13	03:24:50	05:05:56.35	05:06:47.00	+02:40:18 (52.3%)	14:34	4.1 (47.7%)
458	FURS Daniel	531	HANYSY	M-40	119	NIE	01:43:08	03:16:47	05:06:42.80	05:07:12.15	+02:40:43 (52.3%)	14:36	4.1 (47.7%)
459	VOOK Rafał	532	HANYSY	M-40	120	NIE	01:43:04	03:15:59	05:06:42.65	05:07:13.20	+02:40:44 (52.3%)	14:36	4.1 (47.7%)
460	PRZYBYSZ Artur	166	AWF RUNNING TEAM	M-20	56	NIE	01:43:03	03:22:16	05:06:41.50	05:07:14.05	+02:40:45 (52.3%)	14:36	4.1 (47.7%)
461	BRYSIAK Ziemowit	25	MZ RUNNING TEAM	M-40	121	NIE	01:52:19	03:26:28	05:06:39.05	05:07:21.20	+02:40:52 (52.3%)	14:36	4.1 (47.7%)
462	SŁOTA Małgorzata	30	MZ RUNNING TEAM	K-30	49	NIE	01:52:20	03:26:27	05:06:40.10	05:07:21.55	+02:40:52 (52.3%)	14:36	4.1 (47.7%)
463	KUGLARZ Szymon	323	MOTOINTEGRATOR RUNNING TEAM	M-40	122	NIE	01:46:24	03:24:20	05:07:39.80	05:08:09.40	+02:41:40 (52.5%)	14:39	4.1 (47.7%)
464	MAJEWSKI Tomasz	168		M-40	123	NIE	01:46:41	03:26:14	05:07:52.05	05:08:20.95	+02:41:52 (52.5%)	14:39	4.1 (47.7%)
465	MICHALAK Piotr	72		M-40	124	NIE	01:49:56	03:23:20	05:08:31.30	05:09:22.70	+02:42:53 (52.7%)	14:41	4.1 (47.7%)
466	MICHALAK Joanna	371		K-40	17	NIE	01:49:58	03:23:14	05:08:31.35	05:09:22.85	+02:42:54 (52.7%)	14:41	4.1 (47.7%)
467	PEPŁOWSKA Sylwia	98		K-30	50	NIE	01:47:17	03:23:44	05:10:38.25	05:10:57.75	+02:44:28 (52.9%)	14:47	4.1 (47.7%)
468	BOROŃ Izabela	47		K-40	18	NIE	01:49:59	03:22:59	05:10:08.55	05:10:58.45	+02:44:29 (52.9%)	14:46	4.1 (47.7%)
469	ZIEMKOWSKA Monika	415		K-40	19	NIE	01:56:45	03:29:25	05:11:59.70	05:12:26.75	+02:45:57 (53.1%)	14:51	4 (46.5%)
470	KACZMARCZYK Wojciech	113		M-50	32	NIE	01:32:58	03:07:33	05:13:20.60	05:14:03.25	+02:47:34 (53.4%)	14:55	4 (46.5%)
471	OLEJNIK Anna	285		K-20	23	NIE	02:02:26	03:32:32	05:14:04.35	05:14:04.35	+02:47:35 (53.4%)	14:57	4 (46.5%)
472	BŁACHOWIAK Jakub	288	STREFASPORTU.PL	M-20	57	NIE	02:02:15	03:32:47	05:14:04.95	05:14:04.95	+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	KOTLIŃSKI Jarosław	523		M-50	33	NIE	01:45:28	03:24:02	05:14:26.50	05:15:02.95	+02:48:34 (53.5%)	14:58	4 (46.5%)
474	KACEJKO Małgorzata	313		K-20	24	NIE	01:54:19	03:31:19	05:15:38.65	05:16:17.05	+02:49:48 (53.7%)	15:01	4 (46.5%)
475	BYKS Tomasz	90	RZYĆ CHYŻA GŻEGŻÓŁKI I CZYŻA	M-30	160	TAK	01:50:02	03:33:07	05:19:22.10	05:20:21.30	+02:53:52 (54.3%)	15:12	3.9 (45.3%)
476	CISŁAK Anna	116		K-30	51	NIE	01:54:15	03:35:55	05:19:33.00	05:20:24.85	+02:53:56 (54.3%)	15:13	3.9 (45.3%)
477	JABŁOŃSKI Kazimierz	557		M-60	6	NIE	01:47:33	03:23:00	05:20:21.85	05:21:29.65	+02:55:00 (54.4%)	15:15	3.9 (45.3%)
478	ŚWIEŻEWSKA Klementyna	297		K-30	52	NIE	01:54:17	03:30:52	05:21:28.45	05:22:19.70	+02:55:50 (54.6%)	15:18	3.9 (45.3%)
479	LITWIN Anna	539		K-30	53	NIE	01:48:38	03:31:57	05:21:50.75	05:22:39.40	+02:56:10 (54.6%)	15:19	3.9 (45.3%)
480	FRACZEK Marcin	351	TRIATHLON MIETKÓW TEAM	M-30	161	NIE	01:53:16	03:28:51	05:24:36.80	05:25:20.40	+02:58:51 (55.0%)	15:27	3.9 (45.3%)
481	BIADAŁA Paulina	406		K-30	54	NIE	01:56:49	03:42:25	05:24:26.80	05:25:21.45	+02:58:52 (55.0%)	15:27	3.9 (45.3%)
482	PUSTELNIK Piotr	1	POLSKI ALPINIZM	M-60	7	TAK	01:54:01	03:35:55	05:28:22.35	05:29:08.45	+03:02:39 (55.5%)	15:38	3.8 (44.2%)
483	WŁODARCZYK Kasia	157	SMASHING PĄPKINS	K-30	55	NIE	02:02:01	03:42:20	05:30:47.40	05:31:33.15	+03:05:04 (55.8%)	15:45	3.8 (44.2%)
484	SKOREK-BILCZYŃSKA Patrycja	472		K-30	56	NIE	02:00:41	03:46:39	05:31:11.10	05:32:15.25	+03:05:46 (55.9%)	15:46	3.8 (44.2%)
485	KAMIŃSKI Tomasz	407		M-40	125	NIE	01:50:20	03:42:23	05:31:27.35	05:32:22.85	+03:05:54 (55.9%)	15:47	3.8 (44.2%)
486	WICIAK Katarzyna	408		K-20	25	NIE	02:02:05	03:46:57	05:39:39.55	05:40:24.65	+03:13:55 (57.0%)	16:10	3.7 (43.0%)
487	SKALSKI Radosław	296	KB AKTYWNI KONIN	M-40	126	NIE	01:14:02	02:17:50			+00:39:31	9:50	6.1 (70.9%)
488	BAŃDO Olaf	366	SPELEOCLUB WROCŁAW	M-20	58	TAK	01:11:50	02:29:20			+00:51:17	10:40	5.6 (65.1%)
489	KOŚCIŃSKI Albert	300		M-20	59	TAK	02:27:31	04:28:35			+02:50:36	19:11	3.1 (36.0%)
490	ZYGAŁA Bartłomiej	243		M-20	60	NIE	01:14:57				+00:26:02	10:42	5.6 (65.1%)
DQ	BARAN Jan	559	WKS WAWEL	M-20		NIE	00:49:43 DQ	DQ	01:56:30.30 DQ	DQ	-	-	- (0.0%)
DQ	GARBACIK Michał	545	WKS WAWEL	M-20		NIE	00:50:37 DQ	DQ	01:56:32.90 DQ	DQ	-	-	- (0.0%)
DQ	CZERNIAK Paweł	397	TEAM PODGÓRZYN-PODGÓRZYN GMINA PRZYJAZNA Z NATURY	M-30		NIE	00:50:40 DQ	DQ	01:56:42.30 DQ	DQ	-	-	- (0.0%)
DQ	KOSTERKIEWICZ Marcin	196	RYBAK PERSONAL TRAINER - PTC PRZEMYŚL	M-40		NIE	00:56:15 DQ	DQ	02:03:26.60 DQ	DQ	-	-	- (0.0%)
	TUCHOŁKA Marta	361	POCO LOCO AT	K-30		NO	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	NADOLSKA Ania	374		K-40		NIE	DNF	DNF	DNF	DNF	-	-	- (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
	MAĆKOWIAK Magda	65		K-20		TAK	01:44:56 DNF	DNF	DNF	DNF	-	-	(0.0%)
	SZALIŃSKI Marcin	224		M-30		NIE	01:51:03 DNF	DNF	DNF	DNF	-	-	(0.0%)
	KORDAŚ Katarzyna	458		K-30		NO	01:54:19 DNF	DNF	DNF	DNF	-	-	(0.0%)
	SLEZAK Aneta	574		K-30		NIE	02:09:04 DNF	DNF	DNF	DNF	-	-	(0.0%)
	WRÓBLEWSKI Robert	580		M-40			02:09:19 DNF	DNF	DNF	DNF	-	-	(0.0%)
	SIUDEK Robert	499		M-30		NIE	DNF	DNF	DNF	DNF	-	-	(0.0%)
	PAWŁOWSKA Danuta	275		K-40		NIE	DNF	DNF	DNF	DNF	-	-	(0.0%)

Znaleziono 503 wynik(ów)