



ZIMOWY  
PÓLMARATON  
GÓR STOŁOWYCH

**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

Fundacja MARATONY GÓRSKIE  
2018-01-20  
Karłów  
21 km

# ZIMOWY PÓLMARATON GÓR STOŁOWYCH 2018

B4SPORT  
INTELEGENNE ZAWODY SPORTOWE

**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>PRZEDWOJEWSKI Bartłomiej</b>	<b>8</b>	SALOMON SUUNTO TEAM POLAND	M-20	1	NIE	00:38:49	01:17:22	<b>01:57:36.05</b>	<b>01:57:39.30</b>		5:36	10.7 (100%)
2	<b>BRÝDL Pavel</b>	<b>10</b>	ENERVIT YOKO XC LIFE TEAM	M-30	1	NIE	00:39:35	01:18:29	<b>01:59:37.95</b>	<b>01:59:40.30</b>	+00:02:01 (1.7%)	5:41	10.5 (98.1%)
3	<b>DYBEK Paweł</b>	<b>9</b>	SALOMON SUUNTO TEAM POLAND	M-40	1	NIE	00:43:01	01:27:50	<b>02:11:33.50</b>	<b>02:11:35.65</b>	+00:13:56 (10.6%)	6:15	9.6 (89.7%)
4	<b>PODOLSKI Przemysław</b>	<b>527</b>		M-20	2	NO	00:45:18	01:29:34	<b>02:14:46.55</b>	<b>02:15:04.25</b>	+00:17:24 (12.9%)	6:25	9.3 (86.9%)
5	<b>BONIEC Radosław</b>	<b>440</b>		M-20	3	NIE	00:45:04	01:29:46	<b>02:15:14.95</b>	<b>02:15:17.95</b>	+00:17:38 (13.0%)	6:26	9.3 (86.9%)
6	<b>PODGÓRSKI Bogusz</b>	<b>541</b>	EMITT RACE TEAM	M-30	2	NIE	00:46:45	01:31:04	<b>02:15:21.10</b>	<b>02:15:24.95</b>	+00:17:45 (13.1%)	6:26	9.3 (86.9%)
7	<b>SWOBODA Marek</b>	<b>378</b>	CRANBERRY TEAM	M-30	3	NIE	00:45:50	01:29:54	<b>02:15:32.70</b>	<b>02:15:49.25</b>	+00:18:09 (13.4%)	6:27	9.3 (86.9%)
8	<b>NASKRĘT Sławomir</b>	<b>555</b>	SKLEPBIEGACZA.PL	M-40	2	NIE	00:43:42	01:29:23	<b>02:16:31.25</b>	<b>02:16:33.65</b>	+00:18:54 (13.8%)	6:30	9.2 (86.0%)
9	<b>KAMMER Krzysztof</b>	<b>153</b>	PRO366	M-30	4	NIE	00:47:17	01:31:12	<b>02:16:41.85</b>	<b>02:16:45.40</b>	+00:19:06 (14.0%)	6:30	9.2 (86.0%)
10	<b>BADOWSKI Aleksander</b>	<b>406</b>	MARCIN ŚWIERC TEAM	M-30	5	NIE	00:45:20	01:31:22	<b>02:17:37.10</b>	<b>02:17:40.65</b>	+00:20:01 (14.5%)	6:33	9.2 (86.0%)
11	<b>BECZKOWSKI Łukasz</b>	<b>560</b>	UKS LUDWIKOWICE	M-30	6	NIE	00:45:12	01:30:58	<b>02:17:40.95</b>	<b>02:17:48.45</b>	+00:20:09 (14.6%)	6:33	9.2 (86.0%)
12	<b>URBAŃCZYK Grzegorz</b>	<b>465</b>	FOR RUN TEAM & ADRUNALINA	M-30	7	NIE	00:46:04	01:30:58	<b>02:18:04.00</b>	<b>02:18:04.00</b>	+00:20:24 (14.8%)	6:34	9.1 (85.0%)
13	<b>ŁĄCZAK Mgdalena</b>	<b>2</b>	SALOMON SUUNTO TEAM POLAND	K-40	1	NIE	00:45:49	01:31:38	<b>02:18:17.15</b>	<b>02:18:20.35</b>	+00:20:41 (15.0%)	6:35	9.1 (85.0%)
14	<b>BUCZEK Bartłomiej</b>	<b>503</b>		M-30	8	NIE	00:46:47	01:31:40	<b>02:18:27.55</b>	<b>02:18:31.40</b>	+00:20:52 (15.1%)	6:35	9.1 (85.0%)
15	<b>KAPROŃ Sebastian</b>	<b>488</b>		M-40	3	NIE	00:45:18	01:31:19	<b>02:18:37.00</b>	<b>02:18:40.55</b>	+00:21:01 (15.2%)	6:36	9.1 (85.0%)
16	<b>MYSZCZYSZYN Łukasz</b>	<b>310</b>	ANTRACYT	M-30	9	NIE	00:46:48	01:32:10	<b>02:19:00.30</b>	<b>02:19:06.55</b>	+00:21:27 (15.4%)	6:37	9.1 (85.0%)
17	<b>KITA Michał</b>	<b>252</b>	PĘDZĄCY W MIEJSCU	M-40	4	TAK	00:45:27	01:31:24	<b>02:19:09.30</b>	<b>02:19:13.40</b>	+00:21:34 (15.5%)	6:37	9.1 (85.0%)
18	<b>DURKOWSKI Marcin</b>	<b>41</b>	OBORYGENI	M-30	10	NIE	00:46:53	01:32:29	<b>02:19:25.65</b>	<b>02:19:29.60</b>	+00:21:50 (15.7%)	6:38	9 (84.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
19	<b>PAZDAN Piotr</b>	<b>127</b>	KOWARY BIEGAJA	M-30	11	NIE	00:47:00	01:32:31	<b>02:19:56.05</b>	<b>02:19:56.05</b>	+00:22:16 (15.9%)	6:39	9 (84.1%)
20	<b>TOMASIAK Natalia</b>	<b>3</b>	KW ZAKOPANE // SALOMON SUUNTO TEAM	K-30	1	TAK	00:46:28	01:32:26	<b>02:20:16.75</b>	<b>02:20:21.00</b>	+00:22:41 (16.2%)	6:40	9 (84.1%)
21	<b>SZOPA Marek</b>	<b>176</b>	TEAM KOPEĆ	M-40	5	NIE	00:49:38	01:35:05	<b>02:22:02.55</b>	<b>02:22:08.30</b>	+00:24:29 (17.2%)	6:45	8.9 (83.2%)
22	<b>WILK Maciej</b>	<b>154</b>	RAMBO 3	M-30	12	NIE	00:45:07	01:30:30	<b>02:21:56.40</b>	<b>02:22:11.95</b>	+00:24:32 (17.3%)	6:45	8.9 (83.2%)
23	<b>PIASECKI Mariusz</b>	<b>237</b>		M-40	6	NIE	00:46:52	01:32:59	<b>02:22:59.35</b>	<b>02:23:03.05</b>	+00:25:23 (17.8%)	6:48	8.8 (82.2%)
24	<b>GUSTAW Łukasz</b>	<b>267</b>	XRUNNERS	M-20	4	NIE	00:47:44	01:34:37	<b>02:23:07.60</b>	<b>02:23:14.15</b>	+00:25:34 (17.9%)	6:48	8.8 (82.2%)
25	<b>RUTKOWSKI Dawid</b>	<b>502</b>	GRIZZLYTEAM	M-30	13	NIE	00:46:13	01:33:37	<b>02:23:46.00</b>	<b>02:23:49.20</b>	+00:26:09 (18.2%)	6:50	8.8 (82.2%)
26	<b>SKUDLARSKI Jakub</b>	<b>80</b>	PRO-RUN WROCŁAW	M-20	5	NIE	00:50:58	01:36:59	<b>02:23:44.90</b>	<b>02:23:56.10</b>	+00:26:16 (18.3%)	6:50	8.8 (82.2%)
27	<b>MAZURKIEWICZ Jerzy</b>	<b>49</b>	NIGHT RUNNERS WROCŁAW	M-30	14	NIE	00:50:52	01:37:44	<b>02:24:29.85</b>	<b>02:24:37.40</b>	+00:26:58 (18.6%)	6:52	8.7 (81.3%)
28	<b>GRYCZKA Mateusz</b>	<b>122</b>	NBR TEAM	M-30	15	NIE	00:47:39	01:35:45	<b>02:24:58.20</b>	<b>02:25:07.80</b>	+00:27:28 (18.9%)	6:54	8.7 (81.3%)
29	<b>SZCZERBAKOWICZ Kamil</b>	<b>479</b>		M-20	6	NIE	00:49:41	01:36:15	<b>02:25:20.25</b>	<b>02:25:25.60</b>	+00:27:46 (19.1%)	6:55	8.7 (81.3%)
30	<b>PELIKAN Artur</b>	<b>327</b>	NGB KŁOBUCK	M-20	7	NIE	00:52:02	01:37:39	<b>02:25:42.45</b>	<b>02:25:52.80</b>	+00:28:13 (19.3%)	6:56	8.6 (80.4%)
31	<b>NICPOŃ Sebastian</b>	<b>568</b>	FALSTART RUDNIKI	M-20	8		00:51:34	01:37:36	<b>02:25:38.70</b>	<b>02:25:52.90</b>	+00:28:13 (19.3%)	6:56	8.7 (81.3%)
32	<b>OLKIS Rafał</b>	<b>294</b>	PRZEBIEGA.PL	M-30	16	NIE	00:51:13	01:36:49	<b>02:25:53.00</b>	<b>02:26:11.45</b>	+00:28:32 (19.5%)	6:56	8.6 (80.4%)
33	<b>WOLBACH Tomasz</b>	<b>179</b>	WOLNE ŚLIMAKI	M-30	17	NIE	00:51:26	01:38:11	<b>02:26:15.40</b>	<b>02:26:24.40</b>	+00:28:45 (19.6%)	6:57	8.6 (80.4%)
34	<b>GONCZARENKO Jarek</b>	<b>537</b>		M-30	18	NIE	00:48:05	01:36:09	<b>02:26:38.50</b>	<b>02:26:42.00</b>	+00:29:02 (19.8%)	6:59	8.6 (80.4%)
35	<b>MAZIK Wojciech</b>	<b>552</b>		M-20	9	TAK	00:49:51	01:37:00	<b>02:27:04.15</b>	<b>02:27:12.60</b>	+00:29:33 (20.1%)	7:00	8.6 (80.4%)
36	<b>KRUPA Marcin</b>	<b>333</b>	AKTYWNA NOWA RUDA	M-40	7	NIE	00:48:27	01:37:37	<b>02:28:13.75</b>	<b>02:28:20.90</b>	+00:30:41 (20.7%)	7:03	8.5 (79.4%)
37	<b>BORZYSTOWSKI Patryk</b>	<b>384</b>	WIDZIALNI.PL	M-30	19	TAK	00:49:14	01:36:18	<b>02:28:22.90</b>	<b>02:28:40.05</b>	+00:31:00 (20.9%)	7:03	8.5 (79.4%)
38	<b>IGNACZAK Marcin</b>	<b>78</b>	FILLCO - IFB BROKER	M-40	8	NIE	00:51:42	01:38:46	<b>02:28:48.90</b>	<b>02:28:52.30</b>	+00:31:13 (21.0%)	7:05	8.5 (79.4%)
39	<b>PRYSTASZ Krzysztof</b>	<b>551</b>	OŁAWSKA GRUPA BIEGOWA	M-40	9	NIE	00:49:49	01:37:44	<b>02:29:00.80</b>	<b>02:29:05.50</b>	+00:31:26 (21.1%)	7:05	8.5 (79.4%)
40	<b>CYBULSKI Marcin</b>	<b>413</b>		M-20	10	TAK	00:47:46	01:35:52	<b>02:29:21.90</b>	<b>02:29:28.50</b>	+00:31:49 (21.3%)	7:06	8.4 (78.5%)
41	<b>WYSOCKI Łukasz</b>	<b>486</b>		M-30	20	NIE	00:49:43	01:36:30	<b>02:29:31.15</b>	<b>02:29:37.75</b>	+00:31:58 (21.4%)	7:07	8.4 (78.5%)
42	<b>GEZELA Robert</b>	<b>312</b>	EUFORIABIEGACZA.PL	M-40	10	NIE	00:48:43	01:38:00	<b>02:29:39.90</b>	<b>02:29:42.85</b>	+00:32:03 (21.4%)	7:07	8.4 (78.5%)
43	<b>GRABIŃSKI Wojciech</b>	<b>272</b>	GRUNWALD TEAM POZNAŃ	M-20	11	NIE	00:51:56	01:39:30	<b>02:29:22.05</b>	<b>02:29:46.10</b>	+00:32:06 (21.4%)	7:06	8.4 (78.5%)
44	<b>NOWAK Mariusz</b>	<b>224</b>		M-30	21	NIE	00:52:02	01:39:37	<b>02:29:46.80</b>	<b>02:29:54.60</b>	+00:32:15 (21.5%)	7:07	8.4 (78.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
45	<b>KOSTASZ Mariusz</b>	<b>138</b>	KB FAURECIA STOOR	M-30	22	NIE	00:50:36	01:39:03	<b>02:30:10.85</b>	<b>02:30:13.40</b>	+00:32:34 (21.7%)	7:09	8.4 (78.5%)
46	<b>NIEZGÓDKA Tomasz</b>	<b>398</b>		M-40	11	NIE	00:50:36	01:38:53	<b>02:30:09.90</b>	<b>02:30:16.15</b>	+00:32:36 (21.7%)	7:09	8.4 (78.5%)
47	<b>KOZŁOWSKI Gabriel</b>	<b>292</b>	BÓBR TŁUSZCZ	M-40	12	NIE	00:55:30	01:43:15	<b>02:30:10.90</b>	<b>02:30:21.55</b>	+00:32:42 (21.8%)	7:09	8.4 (78.5%)
48	<b>SOCHA Seweryn</b>	<b>63</b>	DZIKIE BOBRY	M-30	23	NO	00:49:51	01:39:18	<b>02:31:57.90</b>	<b>02:32:06.10</b>	+00:34:26 (22.6%)	7:14	8.3 (77.6%)
49	<b>GRUND Marek</b>	<b>296</b>	MAFIA TEAM LUBLINIEC	M-20	12	NIE	00:51:47	01:39:43	<b>02:32:07.25</b>	<b>02:32:07.25</b>	+00:34:27 (22.7%)	7:14	8.3 (77.6%)
50	<b>STASZELIS Krzysztof</b>	<b>566</b>	POCOLOCO AT	M-30	24	NIE	00:52:56	01:41:32	<b>02:31:50.25</b>	<b>02:32:10.10</b>	+00:34:30 (22.7%)	7:13	8.3 (77.6%)
51	<b>PIĄTKOWSKI Przemysław</b>	<b>212</b>	TEAM KOPEĆ	M-40	13	NIE	00:51:24	01:41:24	<b>02:32:26.10</b>	<b>02:32:30.20</b>	+00:34:50 (22.9%)	7:15	8.3 (77.6%)
52	<b>MIŚ Zbigniew</b>	<b>441</b>	PŁOMIEŃ ZAGORZYCE	M-30	25	NIE	00:46:25	01:36:51	<b>02:32:32.80</b>	<b>02:32:40.90</b>	+00:35:01 (22.9%)	7:15	8.3 (77.6%)
53	<b>LUBAŃSKI Robert</b>	<b>474</b>		M-50	1	NIE	00:51:03	01:39:19	<b>02:33:01.70</b>	<b>02:33:07.10</b>	+00:35:27 (23.2%)	7:17	8.2 (76.6%)
54	<b>URBAŃSKI Leszek</b>	<b>264</b>	POCOLOCO ADVENTURE TEAM	M-20	13	NIE	00:51:57	01:40:43	<b>02:33:11.85</b>	<b>02:33:31.15</b>	+00:35:51 (23.4%)	7:17	8.2 (76.6%)
55	<b>LASEK Jakub</b>	<b>300</b>	KW OPOLE	M-20	14	TAK	00:51:21	01:40:49	<b>02:33:18.75</b>	<b>02:33:31.25</b>	+00:35:51 (23.4%)	7:18	8.2 (76.6%)
56	<b>JARMOLIŃSKI Piotr</b>	<b>468</b>	WIECZORNE BIEGANIE W SZCZECINIE	M-40	14	NIE	00:51:48	01:41:40	<b>02:33:33.15</b>	<b>02:33:38.85</b>	+00:35:59 (23.4%)	7:18	8.2 (76.6%)
57	<b>ZAWOJAK Aleksader</b>	<b>425</b>	RONAK POLSKA RUN	M-20	15	NIE	00:52:42	01:41:36	<b>02:33:46.45</b>	<b>02:33:57.45</b>	+00:36:18 (23.6%)	7:19	8.2 (76.6%)
58	<b>WAHL Daniel</b>	<b>330</b>	T.S. AKS CHORZÓW	M-40	15	TAK	00:53:43	01:43:12	<b>02:34:21.25</b>	<b>02:34:25.80</b>	+00:36:46 (23.8%)	7:21	8.2 (76.6%)
59	<b>BUCHLA Marcin</b>	<b>494</b>	GT RAT	M-40	16	NIE	00:55:02	01:43:56	<b>02:34:26.10</b>	<b>02:34:33.15</b>	+00:36:53 (23.9%)	7:21	8.2 (76.6%)
60	<b>OMIELJANIUK Konrad</b>	<b>325</b>		M-20	16	NIE	00:49:43	01:38:08	<b>02:34:35.70</b>	<b>02:34:41.35</b>	+00:37:02 (23.9%)	7:21	8.2 (76.6%)
61	<b>SOBOL Tomasz</b>	<b>348</b>		M-40	17	NIE	00:52:10	01:42:07	<b>02:34:41.40</b>	<b>02:34:47.35</b>	+00:37:08 (24.0%)	7:22	8.1 (75.7%)
62	<b>HALADYN Łukasz</b>	<b>94</b>	AURATREE	M-40	18	TAK	00:51:50	01:40:50	<b>02:34:47.50</b>	<b>02:34:52.85</b>	+00:37:13 (24.0%)	7:22	8.1 (75.7%)
63	<b>TEKIELI Kacper</b>	<b>7</b>	PHZ	M-30	26	TAK	00:48:45	01:38:17	<b>02:35:07.10</b>	<b>02:35:09.65</b>	+00:37:30 (24.2%)	7:23	8.1 (75.7%)
64	<b>JAŁOCHA Tomek</b>	<b>256</b>		M-40	19	NIE	00:53:42	01:42:38	<b>02:35:01.75</b>	<b>02:35:14.55</b>	+00:37:35 (24.2%)	7:22	8.1 (75.7%)
65	<b>GODLEWSKI Krzysztof</b>	<b>534</b>	GVT	M-30	27	NIE	00:53:42	01:42:05	<b>02:34:46.05</b>	<b>02:35:17.50</b>	+00:37:38 (24.2%)	7:22	8.1 (75.7%)
66	<b>BIELA Konrad</b>	<b>233</b>	GOPR KARKONOSZE / KOWARY BIEGAJĄ & KARPACZ SPORT	M-20	17	NIE	00:51:18	01:41:44	<b>02:35:12.40</b>	<b>02:35:18.65</b>	+00:37:39 (24.2%)	7:23	8.1 (75.7%)
67	<b>ORACZ Mateusz</b>	<b>311</b>	BEZ LITOŚCI / KALENJI TEAM POLAND	M-30	28	NIE	00:53:41	01:44:44	<b>02:34:56.10</b>	<b>02:35:19.05</b>	+00:37:39 (24.2%)	7:22	8.1 (75.7%)
68	<b>LEWANDOWSKI Piotr</b>	<b>339</b>		M-20	18	NIE	00:52:04	01:41:10	<b>02:36:04.40</b>	<b>02:36:10.95</b>	+00:38:31 (24.7%)	7:25	8.1 (75.7%)
69	<b>STAWIARSKI Tomasz</b>	<b>317</b>	KOWARY BIEGAJĄ	M-40	20	NIE	00:52:48	01:43:18	<b>02:36:17.60</b>	<b>02:36:24.30</b>	+00:38:45 (24.8%)	7:26	8.1 (75.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
70	LIPNICKA Marta	554	FUNDACJA PRZEJŚCIE KOTLINY	K-30	2	NIE	00:52:02	01:42:36	<b>02:36:32.75</b>	<b>02:36:39.15</b>	+00:38:59 (24.9%)	7:27	8 (74.8%)
71	MICHALSKI Jakub	550		M-30	29	NIE	00:55:54	01:45:00	<b>02:36:30.95</b>	<b>02:36:46.80</b>	+00:39:07 (25.0%)	7:27	8.1 (75.7%)
72	SKALSKI Radosław	79	KB AKTYWNI KONIN	M-40	21	NIE	00:54:12	01:43:28	<b>02:36:47.05</b>	<b>02:36:47.05</b>	+00:39:07 (25.0%)	7:27	8 (74.8%)
73	EWERT Adam	508	JUDO TEAM SZCZECIN	M-20	19	NIE	00:55:14	01:42:27	<b>02:36:30.20</b>	<b>02:36:58.05</b>	+00:39:18 (25.0%)	7:27	8.1 (75.7%)
74	LINKOWSKI Michał	427	KB ILOVEZIEMEK	M-40	22	NIE	00:53:53	01:44:59	<b>02:37:10.20</b>	<b>02:37:14.70</b>	+00:39:35 (25.2%)	7:29	8 (74.8%)
75	MADOŃ Rafał	21		M-20	20	NIE	00:56:15	01:44:42	<b>02:37:03.10</b>	<b>02:37:30.60</b>	+00:39:51 (25.3%)	7:28	8 (74.8%)
76	THIER Dominik	422	KS KANDAHAR	M-40	23	TAK	00:51:28	01:42:22	<b>02:37:34.65</b>	<b>02:37:39.35</b>	+00:40:00 (25.4%)	7:30	8 (74.8%)
77	GOŁĄB Mateusz	328		M-30	30	NIE	00:55:46	01:44:54	<b>02:37:27.60</b>	<b>02:37:42.40</b>	+00:40:03 (25.4%)	7:29	8 (74.8%)
78	ŁAŻNIEWSKI Dawid	133	KUDOWSCY MIŁOŚNICY BIEGANIA	M-30	31	NIE	00:54:22	01:44:33	<b>02:38:14.30</b>	<b>02:38:26.80</b>	+00:40:47 (25.7%)	7:32	8 (74.8%)
79	UGOREK Jarosław	42	TEAM KOPEĆ	M-40	24	NIE	00:53:02	01:43:27	<b>02:38:43.55</b>	<b>02:38:43.55</b>	+00:41:04 (25.9%)	7:33	7.9 (73.8%)
80	URBANIAK Hubert	126	ROZBIEGANYPRAWICZ	M-30	32	NIE	00:52:05	01:42:16	<b>02:38:26.60</b>	<b>02:38:44.00</b>	+00:41:04 (25.9%)	7:32	8 (74.8%)
81	PURCZYŃSKI Grzegorz	429	DRZONKOWIANKA	M-30	33	NIE	00:51:50	01:43:34	<b>02:39:14.35</b>	<b>02:39:19.40</b>	+00:41:40 (26.2%)	7:34	7.9 (73.8%)
82	KOWALIK Mariusz	111	NGB KŁOBUCK	M-30	34	TAK	00:54:40	01:46:08	<b>02:39:24.60</b>	<b>02:39:38.40</b>	+00:41:59 (26.3%)	7:35	7.9 (73.8%)
83	JABŁOŃSKI Paweł	379	KUDOWSCY MIŁOŚNICY BIEGANIA	M-40	25	NIE	00:55:46	01:45:49	<b>02:39:25.75</b>	<b>02:39:39.40</b>	+00:42:00 (26.3%)	7:35	7.9 (73.8%)
84	MIKA Andrzej	67		M-30	35	NIE	00:59:27	01:47:47	<b>02:39:00.90</b>	<b>02:39:40.20</b>	+00:42:00 (26.3%)	7:34	7.9 (73.8%)
85	WALASIK Damian	531		M-20	21	NIE	01:00:25	01:49:34	<b>02:39:14.40</b>	<b>02:39:45.75</b>	+00:42:06 (26.4%)	7:34	7.9 (73.8%)
86	WALENDA Arkadiusz	409	VEGE ULTRA RUNNERS	M-40	26	NIE	00:53:24	01:44:03	<b>02:40:15.65</b>	<b>02:40:23.60</b>	+00:42:44 (26.6%)	7:37	7.9 (73.8%)
87	KARASIAK Piotr	266		M-30	36	NO	00:55:59	01:44:37	<b>02:40:02.90</b>	<b>02:40:26.70</b>	+00:42:47 (26.7%)	7:37	7.9 (73.8%)
88	STACHURSKI Piotr	172	IM-POSSIBLE TEAM	M-30	37	NIE	00:48:05	01:37:43	<b>02:40:36.25</b>	<b>02:40:36.25</b>	+00:42:56 (26.7%)	7:38	7.8 (72.9%)
89	SZOTA Robert	556		M-30	38	NIE	00:56:05	01:47:19	<b>02:40:16.15</b>	<b>02:40:36.80</b>	+00:42:57 (26.7%)	7:37	7.9 (73.8%)
90	MALISZEWSKI Adam	146	PRO366 / RUNNERSCLUB.PL POZNAŃ / KB UE POZNAŃ	M-20	22	NIE	01:01:45	01:51:17	<b>02:40:32.35</b>	<b>02:40:38.90</b>	+00:42:59 (26.8%)	7:38	7.8 (72.9%)
91	DUBIEL Piotr	359	WILD DOGS TEAM / SUDECKI KLUB WYSOKOGÓRSKI	M-30	39	TAK	00:56:11	01:46:26	<b>02:40:30.90</b>	<b>02:40:39.80</b>	+00:43:00 (26.8%)	7:38	7.8 (72.9%)
92	WÓJCIK Robert	248	NOA	M-30	40	NIE	00:52:48	01:43:19	<b>02:40:35.45</b>	<b>02:40:39.85</b>	+00:43:00 (26.8%)	7:38	7.8 (72.9%)
93	FRANKIEWICZ Artur	392		M-30	41	TAK	00:56:48	01:47:00	<b>02:40:22.15</b>	<b>02:40:40.05</b>	+00:43:00 (26.8%)	7:38	7.9 (73.8%)
94	PIECUCH Marcin	149	LACHO TEAM	M-30	42	NIE	00:56:29	01:47:23	<b>02:40:32.75</b>	<b>02:40:43.30</b>	+00:43:04 (26.8%)	7:38	7.8 (72.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
95	<b>NIEPALA Jacek</b>	<b>161</b>	OBORYGENI	M-30	43	NO	00:54:27	01:44:39	<b>02:40:45.10</b>	<b>02:40:53.50</b>	+00:43:14 (26.9%)	7:39	7.8 (72.9%)
96	<b>FRĄCKOWIAK Michał</b>	<b>558</b>	CZERWONAK BIEGA	M-40	27	NIE	00:54:27	01:46:44	<b>02:40:53.80</b>	<b>02:41:00.65</b>	+00:43:21 (26.9%)	7:39	7.8 (72.9%)
97	<b>STANKIEWICZ Paweł</b>	<b>557</b>	CZERWONAK BIEGA	M-40	28	NIE	00:54:23	01:46:45	<b>02:40:53.50</b>	<b>02:41:00.95</b>	+00:43:21 (26.9%)	7:39	7.8 (72.9%)
98	<b>KOZIEŁ Tomasz</b>	<b>274</b>	KUDOWSCY MIŁOŚNICZY BIEGANIA	M-30	44	NIE	00:55:00	01:45:47	<b>02:41:01.60</b>	<b>02:41:15.25</b>	+00:43:35 (27.0%)	7:40	7.8 (72.9%)
99	<b>SZUKAŁA Piotr</b>	<b>559</b>		M-30	45	TAK	00:57:55	01:47:19	<b>02:41:00.70</b>	<b>02:41:16.75</b>	+00:43:37 (27.0%)	7:40	7.8 (72.9%)
100	<b>ANTOSIAK Tomasz</b>	<b>74</b>	TRIATHLON MIETKÓW TEAM	M-30	46	NIE	00:56:15	01:47:57	<b>02:41:40.95</b>	<b>02:41:45.65</b>	+00:44:06 (27.3%)	7:41	7.8 (72.9%)
101	<b>ŁUCZAK Paweł</b>	<b>220</b>		M-40	29	TAK	00:58:15	01:48:58	<b>02:41:23.55</b>	<b>02:41:51.95</b>	+00:44:12 (27.3%)	7:41	7.8 (72.9%)
102	<b>DZIUBA Piotr</b>	<b>175</b>		M-40	30	NIE	00:54:44	01:45:51	<b>02:42:06.80</b>	<b>02:42:14.70</b>	+00:44:35 (27.5%)	7:43	7.8 (72.9%)
103	<b>DĄBROWICZ Jakub</b>	<b>107</b>		M-30	47	NIE	00:56:17	01:45:51	<b>02:42:03.55</b>	<b>02:42:16.00</b>	+00:44:36 (27.5%)	7:43	7.8 (72.9%)
104	<b>ZIMNY Tomasz</b>	<b>53</b>		M-60	1	NIE	00:57:00	01:48:26	<b>02:42:20.40</b>	<b>02:42:25.80</b>	+00:44:46 (27.6%)	7:43	7.8 (72.9%)
105	<b>SADOWSKI Tomasz</b>	<b>309</b>	KOSSMATE ŻUKI	M-40	31	NIE	00:59:14	01:49:17	<b>02:42:10.05</b>	<b>02:42:28.35</b>	+00:44:49 (27.6%)	7:43	7.8 (72.9%)
106	<b>WIŚNIEWSKI Paweł</b>	<b>553</b>	RUN@BALANCE	M-30	48	NIE	00:50:55	01:42:01	<b>02:42:22.45</b>	<b>02:42:29.80</b>	+00:44:50 (27.6%)	7:43	7.8 (72.9%)
107	<b>SANKOWSKI Paweł</b>	<b>467</b>	PLACKI TEAM	M-30	49	NIE	00:56:13	01:46:58	<b>02:42:27.55</b>	<b>02:42:45.25</b>	+00:45:05 (27.7%)	7:44	7.8 (72.9%)
108	<b>DĄBROWSKI Jacek</b>	<b>302</b>	DĄBROWSKI BROTHERS	M-30	50	NIE	00:56:11	01:47:06	<b>02:42:54.15</b>	<b>02:43:01.90</b>	+00:45:22 (27.8%)	7:45	7.7 (72.0%)
109	<b>KOWALCZYK Paweł</b>	<b>125</b>	KĘCKIE HARPAGANY	M-40	32	NIE	00:53:22	01:45:31	<b>02:43:05.80</b>	<b>02:43:08.70</b>	+00:45:29 (27.9%)	7:46	7.7 (72.0%)
110	<b>KRÓL Marcin</b>	<b>446</b>	OŚ RACING TEAM	M-30	51	NIE	00:56:18	01:47:47	<b>02:43:02.40</b>	<b>02:43:12.10</b>	+00:45:32 (27.9%)	7:45	7.7 (72.0%)
111	<b>PRZYPOLSKI Paweł</b>	<b>40</b>	IM-POSSIBLE TEAM	M-40	33	NIE	00:52:45	01:45:04	<b>02:43:07.80</b>	<b>02:43:15.25</b>	+00:45:35 (27.9%)	7:46	7.7 (72.0%)
112	<b>DARMOCHWAŁ Leszek</b>	<b>20</b>	DZIKIE BOBRY	M-40	34	NO	00:57:07	01:48:15	<b>02:43:45.85</b>	<b>02:43:45.85</b>	+00:46:06 (28.2%)	7:47	7.7 (72.0%)
113	<b>ZARODA Zbyszek</b>	<b>145</b>		M-40	35	NIE	00:56:11	01:48:06	<b>02:43:59.20</b>	<b>02:44:02.50</b>	+00:46:23 (28.3%)	7:48	7.7 (72.0%)
114	<b>BAŁYS Katarzyna</b>	<b>375</b>	HERCOG RUNNING TEAM	K-30	3	NIE	00:56:21	01:47:44	<b>02:43:56.60</b>	<b>02:44:05.20</b>	+00:46:25 (28.3%)	7:48	7.7 (72.0%)
115	<b>ŚWIDA Adam</b>	<b>225</b>	GET RUN	M-30	52	NIE	00:58:16	01:50:48	<b>02:43:48.90</b>	<b>02:44:10.90</b>	+00:46:31 (28.3%)	7:48	7.7 (72.0%)
116	<b>DUC-SYPOSZ Aureliusz</b>	<b>462</b>		M-40	36	NIE	00:59:17	01:49:31	<b>02:44:20.15</b>	<b>02:44:37.10</b>	+00:46:57 (28.5%)	7:49	7.7 (72.0%)
117	<b>KOCIK Marcin</b>	<b>532</b>	FATBOY SPRINT	M-40	37	NIE	00:59:18	01:49:29	<b>02:44:20.35</b>	<b>02:44:55.65</b>	+00:47:16 (28.7%)	7:49	7.7 (72.0%)
118	<b>ŁUCZAK Marcin</b>	<b>533</b>	RUN4ENERGY	M-30	53	NIE	00:56:08	01:48:22	<b>02:45:15.15</b>	<b>02:45:19.70</b>	+00:47:40 (28.8%)	7:52	7.6 (71.0%)
119	<b>STEC Piotr</b>	<b>361</b>		M-40	38	NIE	00:58:10	01:47:50	<b>02:44:49.95</b>	<b>02:45:25.35</b>	+00:47:46 (28.9%)	7:50	7.6 (71.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
120	<b>SIERZPUTOWSKI Robert</b>	<b>260</b>	NASIELSK BASZTA TEAM	M-40	39	NIE	01:02:46	01:52:38	<b>02:44:29.15</b>	<b>02:45:25.75</b>	+00:47:46 (28.9%)	7:49	7.7 (72.0%)
121	<b>FILIPOWSKI Krzysztof</b>	<b>251</b>	BBL ZIELONA GÓRA	M-30	54	NIE	00:57:33	01:49:07	<b>02:45:09.95</b>	<b>02:45:26.00</b>	+00:47:46 (28.9%)	7:51	7.6 (71.0%)
122	<b>STELMASZCZYK Bartłomiej</b>	<b>270</b>	SCOUT TAEM	M-40	40	NIE	00:58:04	01:50:53	<b>02:45:48.35</b>	<b>02:46:01.70</b>	+00:48:22 (29.1%)	7:53	7.6 (71.0%)
123	<b>VERHEYDEN Sam</b>	<b>201</b>	TMT	M-30	55	NIE	00:56:25	01:48:36	<b>02:45:51.45</b>	<b>02:46:09.65</b>	+00:48:30 (29.2%)	7:53	7.6 (71.0%)
124	<b>NOWAK Adam</b>	<b>525</b>	TAB2	M-40	41	TAK	00:56:27	01:48:59	<b>02:45:56.05</b>	<b>02:46:14.25</b>	+00:48:34 (29.2%)	7:54	7.6 (71.0%)
125	<b>KRYM Katarzyna</b>	<b>29</b>	NIGHT RUNNERS WROCŁAW	K-40	2	NIE	01:01:26	01:53:02	<b>02:45:43.75</b>	<b>02:46:16.45</b>	+00:48:37 (29.2%)	7:53	7.6 (71.0%)
126	<b>LACHOWSKI Robert</b>	<b>258</b>		M-30	56	NIE	00:58:29	01:50:21	<b>02:46:04.50</b>	<b>02:46:16.85</b>	+00:48:37 (29.2%)	7:54	7.6 (71.0%)
127	<b>KSIĄŻKIEWICZ Bartłomiej</b>	<b>192</b>	ROCKY BALBOA RUNNING CLUB	M-30	57	NIE	00:55:13	01:46:04	<b>02:46:07.45</b>	<b>02:46:47.55</b>	+00:49:08 (29.5%)	7:54	7.6 (71.0%)
128	<b>FRĄCKOWIAK Dariusz</b>	<b>540</b>	EMITT RACE TEAM / SROKABIAŁOBOKA	M-30	58	NIE	00:57:54	01:49:26	<b>02:46:37.05</b>	<b>02:46:53.10</b>	+00:49:13 (29.5%)	7:56	7.6 (71.0%)
129	<b>PIECUCH Karolina</b>	<b>195</b>	LACHO TEAM/SKLEP BIEGACZA	K-30	4	NIE	00:58:45	01:51:06	<b>02:46:49.65</b>	<b>02:46:59.15</b>	+00:49:19 (29.5%)	7:56	7.6 (71.0%)
130	<b>PALACZ Marcin</b>	<b>37</b>	OPTIMA CARDIO	M-40	42	NIE	00:56:23	01:49:02	<b>02:46:43.40</b>	<b>02:47:09.85</b>	+00:49:30 (29.6%)	7:56	7.6 (71.0%)
131	<b>BEDNARZ Sebastian</b>	<b>83</b>		M-40	43	NIE	00:57:33	01:49:07	<b>02:47:14.90</b>	<b>02:47:30.65</b>	+00:49:51 (29.8%)	7:57	7.5 (70.1%)
132	<b>TOŚ Sebastian</b>	<b>332</b>		M-40	44	NIE	00:55:38	01:49:34	<b>02:47:31.90</b>	<b>02:47:38.00</b>	+00:49:58 (29.8%)	7:58	7.5 (70.1%)
133	<b>URBAŃSKI Michał</b>	<b>442</b>	FLUNKYBALL TEAM ŁĄDEK-ZDRÓJ	M-30	59	NIE	00:58:35	01:50:25	<b>02:47:39.80</b>	<b>02:47:53.15</b>	+00:50:13 (29.9%)	7:59	7.5 (70.1%)
134	<b>BŁASZKIEWICZ Bogusz</b>	<b>362</b>		M-30	60	NIE	00:55:37	01:49:36	<b>02:47:54.60</b>	<b>02:48:04.10</b>	+00:50:24 (30.0%)	7:59	7.5 (70.1%)
135	<b>KOPROWSKI Tomasz</b>	<b>64</b>	ZHP HUFIEC POZNAŃ NOWE	M-30	61	NIE	00:58:44	01:50:00	<b>02:47:25.00</b>	<b>02:48:12.10</b>	+00:50:32 (30.1%)	7:58	7.5 (70.1%)
136	<b>KLICHOWSKI Marek</b>	<b>51</b>	IFON.PL KOLARZ KLUB	M-30	62	NIE	00:59:22	01:52:03	<b>02:48:12.45</b>	<b>02:48:40.40</b>	+00:51:01 (30.2%)	8:00	7.5 (70.1%)
137	<b>OLSZEWSKI Tomasz</b>	<b>507</b>	KSRG ZG RUDNA	M-40	45	NIE	01:00:16	01:51:46	<b>02:48:13.70</b>	<b>02:48:59.60</b>	+00:51:20 (30.4%)	8:00	7.5 (70.1%)
138	<b>STANUCHIEWICZ Oskar</b>	<b>500</b>		M-40	46	NIE	01:00:11	01:50:22	<b>02:48:44.15</b>	<b>02:49:15.50</b>	+00:51:36 (30.5%)	8:02	7.5 (70.1%)
139	<b>BONIKOWSKI Tomasz</b>	<b>199</b>		M-40	47	NIE	00:56:52	01:50:03	<b>02:49:09.70</b>	<b>02:49:30.50</b>	+00:51:51 (30.6%)	8:03	7.4 (69.2%)
140	<b>ROSOCHACZ Krzysztof</b>	<b>394</b>		M-40	48	NIE	00:55:46	01:48:54	<b>02:48:59.15</b>	<b>02:49:36.30</b>	+00:51:57 (30.6%)	8:02	7.5 (70.1%)
141	<b>PLONKOWSKI Sebastian</b>	<b>103</b>		M-40	49	NIE	01:00:35	01:52:14	<b>02:49:20.95</b>	<b>02:49:36.50</b>	+00:51:57 (30.6%)	8:03	7.4 (69.2%)
142	<b>ŁĘCKA Agnieszka</b>	<b>431</b>	HERCOG RUNNING TEAM	K-20	1	NIE	00:59:32	01:52:47	<b>02:49:20.95</b>	<b>02:49:37.10</b>	+00:51:57 (30.6%)	8:03	7.4 (69.2%)
143	<b>KARWACKI Grzegorz</b>	<b>471</b>	GLOBUS	M-40	50	TAK	01:02:05	01:54:03	<b>02:49:16.20</b>	<b>02:49:38.05</b>	+00:51:58 (30.6%)	8:03	7.4 (69.2%)
144	<b>STRZYGOCKI Maciej</b>	<b>110</b>		M-40	51	NIE	01:00:16	01:50:11	<b>02:49:06.45</b>	<b>02:49:38.45</b>	+00:51:59 (30.6%)	8:03	7.5 (70.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
145	<b>GWIZDAŁA Anna</b>	<b>287</b>		K-40	3	NIE	00:57:26	01:50:57	<b>02:49:29.40</b>	<b>02:49:40.60</b>	+00:52:01 (30.7%)	8:04	7.4 (69.2%)
146	<b>WÓJCIK Marcin</b>	<b>282</b>	FLOWERPOWERUN KOWARYB	M-40	52	TAK	00:56:25	01:49:40	<b>02:49:26.30</b>	<b>02:49:42.50</b>	+00:52:03 (30.7%)	8:04	7.4 (69.2%)
147	<b>BOCIAN Ryszard</b>	<b>283</b>	KW TORUŃ	M-40	53	TAK	00:58:17	01:52:05	<b>02:49:45.50</b>	<b>02:49:56.80</b>	+00:52:17 (30.8%)	8:05	7.4 (69.2%)
148	<b>DĄBROWSKA Katarzyna</b>	<b>265</b>		K-30	5	NIE	01:05:42	01:57:19	<b>02:49:07.55</b>	<b>02:49:58.15</b>	+00:52:18 (30.8%)	8:03	7.4 (69.2%)
149	<b>URBAŃSKI Krzysztof</b>	<b>89</b>	KROK ZA GROSZ	M-40	54	NIE	00:59:37	01:52:52	<b>02:49:45.15</b>	<b>02:49:58.95</b>	+00:52:19 (30.8%)	8:05	7.4 (69.2%)
150	<b>BARAN Jacek</b>	<b>198</b>	KB WARTKO	M-50	2	NIE	01:03:52	01:56:31	<b>02:49:39.80</b>	<b>02:50:02.75</b>	+00:52:23 (30.8%)	8:04	7.4 (69.2%)
151	<b>KREZMANSKI Robert</b>	<b>116</b>		M-50	3	NIE	00:59:12	01:51:57	<b>02:49:35.35</b>	<b>02:50:04.85</b>	+00:52:25 (30.8%)	8:04	7.4 (69.2%)
152	<b>SPECHT Mikołaj</b>	<b>234</b>		M-40	55	NIE	01:00:24	01:52:39	<b>02:49:33.40</b>	<b>02:50:05.05</b>	+00:52:25 (30.8%)	8:04	7.4 (69.2%)
153	<b>KAMIENNIK Sebastian</b>	<b>491</b>		M-40	56	NIE	01:00:32	01:53:21	<b>02:49:31.25</b>	<b>02:50:05.40</b>	+00:52:26 (30.8%)	8:04	7.4 (69.2%)
154	<b>RODAK Zbigniew</b>	<b>223</b>	STRZEGOMSKA DWUNASTKA	M-30	63	NIE	01:01:51	01:53:33	<b>02:49:25.15</b>	<b>02:50:18.30</b>	+00:52:39 (30.9%)	8:04	7.4 (69.2%)
155	<b>OLSZYNA Jakub</b>	<b>539</b>	SZKOŁA ASPIRANTÓW PSP POZNAŃ	M-20	23	NIE	00:59:15	01:52:03	<b>02:49:49.40</b>	<b>02:50:19.50</b>	+00:52:40 (30.9%)	8:05	7.4 (69.2%)
156	<b>NOWAKOWSKI Sebastian</b>	<b>23</b>	RYSIE	M-30	64	TAK	01:00:59	01:52:58	<b>02:49:48.85</b>	<b>02:50:22.15</b>	+00:52:42 (30.9%)	8:05	7.4 (69.2%)
157	<b>CZARNIECKI Daniel</b>	<b>33</b>	THIS IS ENGLISH	M-30	65	NIE	00:58:47	01:52:00	<b>02:50:14.85</b>	<b>02:50:30.30</b>	+00:52:51 (31.0%)	8:06	7.4 (69.2%)
158	<b>SALACH Radosław</b>	<b>346</b>	MOCNI NA STARCIE	M-40	57	NIE	01:01:38	01:52:45	<b>02:50:15.35</b>	<b>02:50:47.60</b>	+00:53:08 (31.1%)	8:06	7.4 (69.2%)
159	<b>HANDZIAK Tomasz</b>	<b>402</b>		M-30	66	NIE	01:02:38	01:56:30	<b>02:50:40.50</b>	<b>02:51:00.10</b>	+00:53:20 (31.2%)	8:07	7.4 (69.2%)
160	<b>PORĘBSKI Łukasz</b>	<b>453</b>		M-30	67	NIE	01:01:49	01:54:48	<b>02:50:29.30</b>	<b>02:51:05.30</b>	+00:53:26 (31.2%)	8:07	7.4 (69.2%)
161	<b>JĘDRYCHOWSKI Bartłomiej</b>	<b>399</b>		M-30	68	NIE	00:57:32	01:49:48	<b>02:51:52.75</b>	<b>02:52:08.65</b>	+00:54:29 (31.7%)	8:11	7.3 (68.2%)
162	<b>KUPCZYK Rafał</b>	<b>301</b>	ROZBIEGANY RAWICZ	M-30	69	NIE	00:57:23	01:51:04	<b>02:51:56.30</b>	<b>02:52:10.55</b>	+00:54:31 (31.7%)	8:11	7.3 (68.2%)
163	<b>PAPROCKI Krzysztof</b>	<b>87</b>		M-40	58	NIE	01:01:51	01:55:19	<b>02:51:45.80</b>	<b>02:52:19.15</b>	+00:54:39 (31.7%)	8:10	7.3 (68.2%)
164	<b>JARUGA Marcin</b>	<b>424</b>	KB MARATON TUREK	M-40	59	NIE	01:01:49	01:55:37	<b>02:52:41.40</b>	<b>02:53:02.10</b>	+00:55:22 (32.0%)	8:13	7.3 (68.2%)
165	<b>KURZAWINSKI Marcin</b>	<b>73</b>	KB MARATON TUREK	M-40	60	NIE	01:01:49	01:55:43	<b>02:52:42.50</b>	<b>02:53:02.40</b>	+00:55:23 (32.0%)	8:13	7.3 (68.2%)
166	<b>ŁUCZAK Tomasz</b>	<b>121</b>	KB MARATON TUREK	M-30	70	NIE	00:59:40	01:52:54	<b>02:52:37.50</b>	<b>02:53:02.50</b>	+00:55:23 (32.0%)	8:13	7.3 (68.2%)
167	<b>KRAWCZYK Krzysztof</b>	<b>97</b>	KB MARATON TUREK	M-40	61	NIE	01:00:37	01:54:01	<b>02:52:39.80</b>	<b>02:53:02.70</b>	+00:55:23 (32.0%)	8:13	7.3 (68.2%)
168	<b>MNICH Tomasz</b>	<b>376</b>		M-40	62	NIE	01:01:20	01:55:24	<b>02:52:41.95</b>	<b>02:53:03.05</b>	+00:55:23 (32.0%)	8:13	7.3 (68.2%)
169	<b>OPOWICZ Rafał</b>	<b>289</b>		M-40	63	NIE	01:00:39	01:52:43	<b>02:52:41.70</b>	<b>02:53:14.60</b>	+00:55:35 (32.1%)	8:13	7.3 (68.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
170	<b>LEŚNIEWSKI Andrzej</b>	<b>483</b>	FOR RUN TEAM	M-30	71	NIE	00:58:35	01:51:00	<b>02:53:11.60</b>	<b>02:53:16.75</b>	+00:55:37 (32.1%)	8:14	7.3 (68.2%)
171	<b>STACHURSKI Daniel</b>	<b>353</b>	EMERYCI I RENCISCI	M-40	64	NIE	01:00:38	01:53:52	<b>02:52:48.70</b>	<b>02:53:17.55</b>	+00:55:38 (32.1%)	8:13	7.3 (68.2%)
172	<b>SZPINEK Marcin</b>	<b>437</b>	TUTU TEAM	M-30	72	NIE	00:58:53	01:52:49	<b>02:53:07.40</b>	<b>02:53:19.90</b>	+00:55:40 (32.1%)	8:14	7.3 (68.2%)
173	<b>TOL Kamil</b>	<b>434</b>	MAFIA TEAM LUBLINIEC	M-30	73	NIE	00:58:25	01:52:16	<b>02:53:08.05</b>	<b>02:53:20.75</b>	+00:55:41 (32.1%)	8:14	7.3 (68.2%)
174	<b>ZGARDA Jacek</b>	<b>26</b>	TMTEAM	M-40	65	NO	00:57:47	01:53:09	<b>02:53:26.60</b>	<b>02:53:31.95</b>	+00:55:52 (32.2%)	8:15	7.3 (68.2%)
175	<b>TRETIAK Mateusz</b>	<b>102</b>		M-30	74	NIE	01:00:48	01:54:38	<b>02:53:17.95</b>	<b>02:53:34.65</b>	+00:55:55 (32.2%)	8:15	7.3 (68.2%)
176	<b>MAŚLANKA Andrzej</b>	<b>501</b>		M-30	75	NIE	01:10:54	02:01:22	<b>02:52:36.15</b>	<b>02:53:39.70</b>	+00:56:00 (32.3%)	8:13	7.3 (68.2%)
177	<b>JASTRZĘBSKI Leszek</b>	<b>196</b>	PUSZCZYK BUKOWY	M-40	66	NIE	01:04:20	01:56:55	<b>02:53:15.40</b>	<b>02:53:55.60</b>	+00:56:16 (32.4%)	8:15	7.3 (68.2%)
178	<b>MRÓZ Marcin</b>	<b>147</b>	DZIKIE BOBRY	M-40	67	NIE	00:58:45	01:54:52	<b>02:54:17.05</b>	<b>02:54:27.40</b>	+00:56:48 (32.6%)	8:17	7.2 (67.3%)
179	<b>ROJEWSKI Paweł</b>	<b>338</b>		M-30	76	NIE	00:56:08	01:50:17	<b>02:54:27.90</b>	<b>02:54:41.20</b>	+00:57:01 (32.6%)	8:18	7.2 (67.3%)
180	<b>ORUBA Dawid</b>	<b>144</b>		M-20	24	NIE	01:00:06	01:55:01	<b>02:54:00.35</b>	<b>02:54:42.05</b>	+00:57:02 (32.7%)	8:17	7.2 (67.3%)
181	<b>WOLFF- STEFANIAK Maria</b>	<b>480</b>		K-30	6	NIE	00:59:14	01:56:34	<b>02:55:26.55</b>	<b>02:55:41.05</b>	+00:58:01 (33.0%)	8:21	7.2 (67.3%)
182	<b>LACKOWSKI Andrzej</b>	<b>56</b>	AIKIDO UMK TORUN	M-30	77	NIE	00:54:42	01:49:04	<b>02:55:31.65</b>	<b>02:55:41.25</b>	+00:58:01 (33.0%)	8:21	7.2 (67.3%)
183	<b>NOWAK Daniel</b>	<b>129</b>	MKKK	M-30	78	NIE	01:02:37	01:56:25	<b>02:55:14.80</b>	<b>02:55:42.05</b>	+00:58:02 (33.0%)	8:20	7.2 (67.3%)
184	<b>GRABIŃSKI Waldemar</b>	<b>354</b>	ROGOZIŃSKI KLUB BIEGACZA	M-40	68	NIE	01:01:58	01:55:41	<b>02:55:19.30</b>	<b>02:56:16.60</b>	+00:58:37 (33.3%)	8:20	7.2 (67.3%)
185	<b>KURZAWSKI Piotr</b>	<b>489</b>		M-30	79	NIE	01:06:36	01:59:24	<b>02:55:16.80</b>	<b>02:56:17.20</b>	+00:58:37 (33.3%)	8:20	7.2 (67.3%)
186	<b>KACZMAREK Karol</b>	<b>173</b>	ROZBIEGANYRAWICZ	M-40	69	NIE	01:00:40	01:53:52	<b>02:56:15.00</b>	<b>02:56:37.65</b>	+00:58:58 (33.4%)	8:23	7.1 (66.4%)
187	<b>MICHALSKI Piotr</b>	<b>341</b>		M-30	80	NIE	01:02:34	01:56:25	<b>02:56:11.95</b>	<b>02:56:37.95</b>	+00:58:58 (33.4%)	8:23	7.2 (67.3%)
188	<b>BISOWSKI Mariusz</b>	<b>323</b>	KOZY W UCHU	M-40	70	NIE	01:06:34	02:00:07	<b>02:55:55.25</b>	<b>02:56:38.95</b>	+00:58:59 (33.4%)	8:22	7.2 (67.3%)
189	<b>ŁYSIAK Sylwia</b>	<b>139</b>	ROZBIEGANY ROZBIEGANY	K-40	4	NIE	01:02:32	01:57:57	<b>02:56:18.40</b>	<b>02:56:39.35</b>	+00:59:00 (33.4%)	8:23	7.1 (66.4%)
190	<b>KICINSKA Dorota</b>	<b>43</b>	ROZBIEGANY RAWICZ	K-30	7	NIE	01:01:21	01:56:17	<b>02:56:21.85</b>	<b>02:56:40.75</b>	+00:59:01 (33.4%)	8:23	7.1 (66.4%)
191	<b>GRABOŚ Nina</b>	<b>521</b>		K-40	5	NIE	01:02:09	01:57:53	<b>02:56:24.55</b>	<b>02:56:41.05</b>	+00:59:01 (33.4%)	8:24	7.1 (66.4%)
192	<b>LEWANDOWSKI Wojciech</b>	<b>204</b>		M-40	71	NIE	00:58:20	01:51:51	<b>02:56:21.40</b>	<b>02:56:42.45</b>	+00:59:03 (33.4%)	8:23	7.1 (66.4%)
193	<b>GRAMZA Katarzyna</b>	<b>15</b>	EUFORIABIEGACZA	K-30	8	NIE	01:03:26	01:58:09	<b>02:56:22.85</b>	<b>02:56:43.30</b>	+00:59:04 (33.4%)	8:23	7.1 (66.4%)
194	<b>BALCERZAK Robert</b>	<b>31</b>	KLUB BIEGACZA WARTA	M-40	72	NIE	01:00:21	01:55:18	<b>02:56:36.55</b>	<b>02:56:57.90</b>	+00:59:18 (33.5%)	8:24	7.1 (66.4%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
195	<b>DIERING Tomasz</b>	<b>549</b>	ROWERY MAŁGOŚKA	M-30	81	NIE	01:02:17	01:56:27	<b>02:56:45.85</b>	<b>02:57:03.15</b>	+00:59:23 (33.5%)	8:25	7.1 (66.4%)
196	<b>HALADYN Małgorzata</b>	<b>156</b>		K-30	9	NIE	01:02:25	01:57:49	<b>02:56:51.25</b>	<b>02:57:18.00</b>	+00:59:38 (33.6%)	8:25	7.1 (66.4%)
197	<b>ZERZUT Jarosław</b>	<b>306</b>	PUSZCZYK BUKOWY	M-50	4	NIE	01:06:53	01:58:30	<b>02:56:41.15</b>	<b>02:57:21.05</b>	+00:59:41 (33.7%)	8:24	7.1 (66.4%)
198	<b>BACA Łukasz</b>	<b>191</b>	RAMBO 3	M-30	82	NIE	01:02:35	01:59:52	<b>02:57:41.85</b>	<b>02:57:41.85</b>	+01:00:02 (33.8%)	8:27	7.1 (66.4%)
199	<b>KURZAWIAK Grzegorz</b>	<b>365</b>	KARŁÓW	M-30	83	NIE	01:01:47	01:55:50	<b>02:56:53.20</b>	<b>02:57:42.90</b>	+01:00:03 (33.8%)	8:25	7.1 (66.4%)
200	<b>DĄBROWSKI Damian</b>	<b>367</b>	MOTOINTEGRATOR RUNNING TEAM	M-30	84	NIE	01:00:32	01:55:09	<b>02:57:51.80</b>	<b>02:57:58.65</b>	+01:00:19 (33.9%)	8:28	7.1 (66.4%)
201	<b>HETMAŃCZYK Jakub</b>	<b>119</b>		M-30	85	NIE	01:04:34	02:00:01	<b>02:57:18.75</b>	<b>02:58:00.65</b>	+01:00:21 (33.9%)	8:26	7.1 (66.4%)
202	<b>MŁYNARCZYK Krzysztof</b>	<b>418</b>		M-40	73	NIE	01:00:32	01:56:26	<b>02:57:41.25</b>	<b>02:58:01.15</b>	+01:00:21 (33.9%)	8:27	7.1 (66.4%)
203	<b>TYŚ Radek</b>	<b>517</b>		M-30	86	NIE	01:01:45	01:56:35	<b>02:58:36.75</b>	<b>02:59:05.15</b>	+01:01:25 (34.3%)	8:30	7.1 (66.4%)
204	<b>NIESPODZIANY Maciej</b>	<b>450</b>	EXTREM OUTDOOR	M-30	87	NO	01:08:06	02:01:45	<b>02:58:38.65</b>	<b>02:59:28.40</b>	+01:01:49 (34.4%)	8:30	7.1 (66.4%)
205	<b>BRZEZIŃSKI Marcin</b>	<b>269</b>		M-40	74	NIE	00:58:25	01:56:15	<b>02:59:22.90</b>	<b>02:59:34.35</b>	+01:01:55 (34.5%)	8:32	7 (65.4%)
206	<b>TULIK Przemysław</b>	<b>473</b>		M-50	5	NIE	01:04:15	02:00:02	<b>02:59:07.05</b>	<b>02:59:45.25</b>	+01:02:05 (34.5%)	8:31	7 (65.4%)
207	<b>ŁAMPIKA Kinga</b>	<b>96</b>	NIGHT RUNNERS WROCŁAW	K-30	10	NIE	01:06:11	01:59:35	<b>02:58:59.85</b>	<b>02:59:45.85</b>	+01:02:06 (34.6%)	8:31	7 (65.4%)
208	<b>BALWIERCZAK Piotr</b>	<b>71</b>	NIGHT RUNNERS WROCŁAW	M-20	25	NIE	01:06:10	01:59:35	<b>02:58:59.00</b>	<b>02:59:46.00</b>	+01:02:06 (34.6%)	8:31	7 (65.4%)
209	<b>SZYSZKOWSKI Rafał</b>	<b>167</b>		M-40	75	NIE	01:02:40	02:00:19	<b>02:59:35.90</b>	<b>02:59:55.75</b>	+01:02:16 (34.6%)	8:33	7 (65.4%)
210	<b>STECZKOWSKA Anna</b>	<b>420</b>	OŁAWSKA GRUPA BIEGOWA	K-30	11	NIE	01:07:33	02:01:49	<b>02:59:03.50</b>	<b>02:59:57.75</b>	+01:02:18 (34.6%)	8:31	7 (65.4%)
211	<b>KOWALSKI Bogusław</b>	<b>216</b>	KLUB WYSOKOGÓRSKI W TORUNIU	M-40	76	TAK	01:01:48	01:58:07	<b>02:59:59.20</b>	<b>02:59:59.20</b>	+01:02:19 (34.6%)	8:34	7 (65.4%)
212	<b>POSPIESZNY Rafał</b>	<b>185</b>		M-30	88	NIE	01:06:07	02:01:00	<b>02:59:29.30</b>	<b>03:00:09.20</b>	+01:02:29 (34.7%)	8:32	7 (65.4%)
213	<b>TRZEPIZUR Dominik</b>	<b>130</b>	NGB KŁOBUCK	M-30	89	NIE	01:04:43	02:01:59	<b>03:00:00.50</b>	<b>03:00:11.85</b>	+01:02:32 (34.7%)	8:34	7 (65.4%)
214	<b>PRZYBYŁ Tomasz</b>	<b>243</b>	NIGHT RUNNERS	M-40	77	NIE	01:02:22	01:58:42	<b>02:59:53.70</b>	<b>03:00:19.95</b>	+01:02:40 (34.8%)	8:33	7 (65.4%)
215	<b>KOWALEWSKI Grzegorz</b>	<b>505</b>		M-40	78	NIE	01:01:43	02:00:05	<b>03:00:12.00</b>	<b>03:00:22.05</b>	+01:02:42 (34.8%)	8:34	7 (65.4%)
216	<b>BINKOWSKI Marcin</b>	<b>469</b>		M-40	79	NIE	01:00:30	01:58:04	<b>03:00:22.90</b>	<b>03:00:32.50</b>	+01:02:53 (34.8%)	8:35	7 (65.4%)
217	<b>TYRALSKI Dominik</b>	<b>543</b>	POLSAT BIEGA	M-40	80	NIE	01:05:45	02:00:19	<b>03:00:05.10</b>	<b>03:00:34.05</b>	+01:02:54 (34.8%)	8:34	7 (65.4%)
218	<b>PYTKO Jarosław</b>	<b>286</b>		M-30	90	NIE	00:58:33	01:55:06	<b>03:00:17.85</b>	<b>03:00:35.00</b>	+01:02:55 (34.8%)	8:35	7 (65.4%)
219	<b>LESZKO Jacek</b>	<b>326</b>	LESZTEK SKALAK TEAM	M-40	81	NIE	01:09:36		<b>03:00:45.65</b>	<b>03:00:45.65</b>	+01:03:06 (34.9%)	8:36	7 (65.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
220	<b>KWOLIK Daniel</b>	<b>1</b>	WIELKA ORKIESTRA ŚWIĄTECZNEJ POMOCY	M-40	82	NIE	01:01:52	01:57:07	<b>02:59:52.45</b>	<b>03:00:51.15</b>	+01:03:11 (34.9%)	8:33	7 (65.4%)
221	<b>KRAWCZYK Jakub</b>	<b>277</b>		M-20	26	NIE	01:02:18	01:58:27	<b>03:00:33.10</b>	<b>03:01:02.40</b>	+01:03:23 (35.0%)	8:35	7 (65.4%)
222	<b>KOŁODZIEJ Mariusz</b>	<b>77</b>	TMT	M-40	83	NIE	01:00:49	01:58:21	<b>03:01:28.20</b>	<b>03:01:33.25</b>	+01:03:53 (35.2%)	8:38	6.9 (64.5%)
223	<b>PAZDAN Natalia</b>	<b>236</b>	KOWARY BIEGAJĄ	K-30	12	NIE	01:05:43	02:01:35	<b>03:01:01.15</b>	<b>03:01:34.20</b>	+01:03:54 (35.2%)	8:37	7 (65.4%)
224	<b>SZMANIA Jakub</b>	<b>561</b>	HKT AZYMUT	M-30	91	NIE	01:08:12	02:02:00	<b>03:01:04.00</b>	<b>03:01:35.00</b>	+01:03:55 (35.2%)	8:37	7 (65.4%)
225	<b>CHORZĘPA Adam</b>	<b>428</b>	SZCZYTNA BIEGA	M-50	6	NIE	01:04:01	02:01:44	<b>03:01:24.90</b>	<b>03:01:36.05</b>	+01:03:56 (35.2%)	8:38	6.9 (64.5%)
226	<b>STEFANOWSKI Marcin</b>	<b>84</b>		M-40	84	NIE	01:06:11	02:02:16	<b>03:01:04.25</b>	<b>03:01:37.00</b>	+01:03:57 (35.2%)	8:37	7 (65.4%)
227	<b>ŻMUDKA Bartek</b>	<b>68</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M-40	85	NIE	01:03:15	02:02:05	<b>03:01:51.85</b>	<b>03:02:01.75</b>	+01:04:22 (35.4%)	8:39	6.9 (64.5%)
228	<b>PODOLAK Tomek</b>	<b>123</b>		M-20	27	NIE	01:06:04	02:01:34	<b>03:01:10.40</b>	<b>03:02:05.85</b>	+01:04:26 (35.4%)	8:37	7 (65.4%)
229	<b>SURMACZ Rafał</b>	<b>519</b>	CARDIORUNNERS	M-40	86	NIE	01:04:02	02:00:06	<b>03:01:58.55</b>	<b>03:02:12.80</b>	+01:04:33 (35.4%)	8:39	6.9 (64.5%)
230	<b>WYSOCKI Tomasz</b>	<b>131</b>	OCHAJORUN & FRIENDS	M-40	87	NIE	01:05:04	02:02:05	<b>03:02:06.70</b>	<b>03:02:15.50</b>	+01:04:36 (35.4%)	8:40	6.9 (64.5%)
231	<b>KRUŻOŁEK Monika</b>	<b>242</b>	TURBOPTYSIE	K-30	13	NIE	01:06:33	02:03:11	<b>03:01:48.85</b>	<b>03:02:17.60</b>	+01:04:38 (35.5%)	8:39	6.9 (64.5%)
232	<b>WACHOWSKI Robert</b>	<b>45</b>		M-40	88	NIE	01:06:46	02:01:20	<b>03:01:35.95</b>	<b>03:02:19.40</b>	+01:04:40 (35.5%)	8:38	6.9 (64.5%)
233	<b>RANGL Jowita</b>	<b>360</b>		K-40	6	NIE	01:08:34	02:04:03	<b>03:01:52.40</b>	<b>03:02:25.70</b>	+01:04:46 (35.5%)	8:39	6.9 (64.5%)
234	<b>GÓRNY Aleksander</b>	<b>151</b>	KROK ZA GROSZ	M-40	89	NIE	01:03:44	02:00:34	<b>03:02:27.55</b>	<b>03:02:27.55</b>	+01:04:48 (35.5%)	8:41	6.9 (64.5%)
235	<b>ORZECHOWSKI Daniel</b>	<b>171</b>	I-SPORT	M-30	92	NIE	01:05:20	02:02:20	<b>03:02:23.75</b>	<b>03:02:47.75</b>	+01:05:08 (35.6%)	8:41	6.9 (64.5%)
236	<b>LACKORZYŃSKA Alicja</b>	<b>134</b>	FIZJOBIEGACZE SZCZECIN	K-20	2	NIE	01:02:05	01:59:58	<b>03:02:17.90</b>	<b>03:02:50.15</b>	+01:05:10 (35.6%)	8:40	6.9 (64.5%)
237	<b>MUCHA Piotr</b>	<b>115</b>	FIZJOBIEGACZE SZCZECIN	M-30	93	NO	01:02:20	01:59:49	<b>03:02:20.10</b>	<b>03:02:51.00</b>	+01:05:11 (35.7%)	8:41	6.9 (64.5%)
238	<b>RUTKOWSKI Krzysztof</b>	<b>100</b>	FIZJOBIEGACZE SZCZECIN	M-30	94	NIE	01:02:19	01:59:58	<b>03:02:18.30</b>	<b>03:02:52.45</b>	+01:05:13 (35.7%)	8:40	6.9 (64.5%)
239	<b>SZCZOTKA Łukasz</b>	<b>203</b>		M-30	95	TAK	01:10:56	02:07:06	<b>03:02:24.40</b>	<b>03:02:57.45</b>	+01:05:18 (35.7%)	8:41	6.9 (64.5%)
240	<b>KRASOWSKI Jakub</b>	<b>90</b>	ATAK KRETA	M-30	96	NIE	00:59:53	01:58:32	<b>03:02:46.80</b>	<b>03:03:01.00</b>	+01:05:21 (35.7%)	8:42	6.9 (64.5%)
241	<b>PILARSKA Magdalena</b>	<b>414</b>	STR POZNAŃ	K-30	14	TAK	01:08:20	02:02:47	<b>03:02:41.65</b>	<b>03:03:11.85</b>	+01:05:32 (35.8%)	8:41	6.9 (64.5%)
242	<b>FOGIEL-PAWŁOWSKA Agnieszka</b>	<b>99</b>	LOS BIEGANEROS	K-30	15	NIE	01:07:11	02:04:19	<b>03:03:02.70</b>	<b>03:03:19.35</b>	+01:05:40 (35.8%)	8:43	6.9 (64.5%)
243	<b>STANEK Bartosz</b>	<b>412</b>	ŚMIGIEL	M-30	97	NIE	00:58:43	01:56:17	<b>03:03:09.05</b>	<b>03:03:32.50</b>	+01:05:53 (35.9%)	8:43	6.9 (64.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
244	<b>LUBIK Adam</b>	<b>152</b>	KSE ON-SIGHT, SPUCHLAKI TEAM	M-30	98	NIE	01:11:07	02:07:20	<b>03:03:36.60</b>	<b>03:03:36.60</b>	+01:05:57 (35.9%)	8:44	6.9 (64.5%)
245	<b>WYBIERAŁA Andrzej</b>	<b>284</b>	ROZBIEGANY RAWICZ	M-50	7	NIE	01:03:21	01:59:52	<b>03:03:21.10</b>	<b>03:03:43.25</b>	+01:06:03 (36.0%)	8:43	6.9 (64.5%)
246	<b>FLIS Dariusz</b>	<b>447</b>	BORN TO RUN	M-40	90	NIE	01:07:47	02:01:27	<b>03:02:53.20</b>	<b>03:03:51.15</b>	+01:06:11 (36.0%)	8:42	6.9 (64.5%)
247	<b>MAZUR Andrzej</b>	<b>226</b>	MARTOMBIKE	M-30	99	NIE	01:11:34	02:06:36	<b>03:03:25.15</b>	<b>03:04:11.85</b>	+01:06:32 (36.1%)	8:44	6.9 (64.5%)
248	<b>BARANOWSKI Damian</b>	<b>188</b>	KSE ON-SIGHT	M-20	28	TAK	01:10:36	02:06:23	<b>03:03:23.80</b>	<b>03:04:21.10</b>	+01:06:41 (36.2%)	8:44	6.9 (64.5%)
249	<b>CZAJA Maciej</b>	<b>14</b>	MINICLASSIC.PL	M-40	91	NIE	01:06:09	02:01:08	<b>03:03:59.55</b>	<b>03:04:37.75</b>	+01:06:58 (36.3%)	8:45	6.8 (63.6%)
250	<b>CZAJA Małgorzata</b>	<b>22</b>	MINICLASSIC>PL	K-40	7	NIE	01:04:52	02:01:07	<b>03:03:59.05</b>	<b>03:04:38.00</b>	+01:06:58 (36.3%)	8:45	6.8 (63.6%)
251	<b>SZOŁTYSEK Wojciech</b>	<b>128</b>	CHAJORUN & FRIENDS	M-40	92	NIE	01:05:29	02:02:08	<b>03:04:30.65</b>	<b>03:04:38.85</b>	+01:06:59 (36.3%)	8:47	6.8 (63.6%)
252	<b>JAŻOWNIK Jacek</b>	<b>36</b>	WKURW_TEAM	M-40	93	NO	01:08:07	02:02:30	<b>03:04:13.70</b>	<b>03:04:58.15</b>	+01:07:18 (36.4%)	8:46	6.8 (63.6%)
253	<b>BAKA Marcin</b>	<b>263</b>	GTS TRADYCJA	M-50	8	NIE	01:03:21	02:02:08	<b>03:05:00.85</b>	<b>03:05:20.85</b>	+01:07:41 (36.5%)	8:48	6.8 (63.6%)
254	<b>STRASZKO Monika</b>	<b>66</b>		K-30	16	NIE	01:07:37	02:05:59	<b>03:05:35.50</b>	<b>03:06:06.05</b>	+01:08:26 (36.8%)	8:50	6.8 (63.6%)
255	<b>GUTOWSKI Dariusz</b>	<b>32</b>	NGB KŁOBUCK	M-50	9	NIE	01:04:53	02:03:43	<b>03:06:12.00</b>	<b>03:06:25.15</b>	+01:08:45 (36.9%)	8:52	6.8 (63.6%)
256	<b>PISZCZEK Krzysztof</b>	<b>148</b>	KOCHAMTOROBIC	M-30	100	NIE	01:06:36	02:04:55	<b>03:05:47.05</b>	<b>03:06:27.85</b>	+01:08:48 (36.9%)	8:50	6.8 (63.6%)
257	<b>OLEJNIK Piotr</b>	<b>563</b>		M-30	101	NIE	01:05:19	02:03:26	<b>03:06:34.10</b>	<b>03:06:48.00</b>	+01:09:08 (37.0%)	8:53	6.8 (63.6%)
258	<b>ZERZÁN Dominik</b>	<b>202</b>	NÁCHOD	M-40	94	NIE	00:58:56	01:58:27	<b>03:06:45.80</b>	<b>03:06:50.50</b>	+01:09:11 (37.0%)	8:53	6.7 (62.6%)
259	<b>MAJEWSKA Kinga</b>	<b>452</b>		K-40	8	NIE	01:06:12	02:06:08	<b>03:06:31.30</b>	<b>03:06:51.00</b>	+01:09:11 (37.0%)	8:52	6.8 (63.6%)
260	<b>KROPISZ Łukasz</b>	<b>92</b>	HRMAX ŻORY	M-30	102	NIE	01:04:37	02:01:11	<b>03:06:29.60</b>	<b>03:07:07.65</b>	+01:09:28 (37.1%)	8:52	6.8 (63.6%)
261	<b>KRZESIMOWSKI Damian</b>	<b>368</b>		M-30	103	NIE	01:08:20	02:06:07	<b>03:07:24.70</b>	<b>03:07:50.30</b>	+01:10:11 (37.4%)	8:55	6.7 (62.6%)
262	<b>KONOPNIAK Krzysztof</b>	<b>297</b>	ROZBIEGANY RAWICZ	M-40	95	NIE	01:01:36	01:59:50	<b>03:07:28.80</b>	<b>03:07:51.10</b>	+01:10:11 (37.4%)	8:55	6.7 (62.6%)
263	<b>SZCZEPARA Wojciech</b>	<b>404</b>		M-20	29	NIE	01:11:21	02:07:09	<b>03:07:07.25</b>	<b>03:07:51.90</b>	+01:10:12 (37.4%)	8:54	6.7 (62.6%)
264	<b>WRZESIŃSKI Piotr</b>	<b>481</b>	GAPPAG TEAM	M-40	96	NIE	01:03:26	02:01:53	<b>03:07:46.35</b>	<b>03:07:59.95</b>	+01:10:20 (37.4%)	8:56	6.7 (62.6%)
265	<b>ANTECKI Jacek</b>	<b>261</b>		M-30	104	NIE	01:00:39	01:59:40	<b>03:07:49.25</b>	<b>03:08:17.65</b>	+01:10:38 (37.5%)	8:56	6.7 (62.6%)
266	<b>HENECZKOWSKA Anna</b>	<b>443</b>	KALENJI TEAM POLAND, BORN TO RUN	K-20	3	NIE	01:11:02	02:02:49	<b>03:07:21.40</b>	<b>03:08:21.15</b>	+01:10:41 (37.5%)	8:55	6.7 (62.6%)
267	<b>CZEKALSKA Maria</b>	<b>25</b>		K-30	17	NIE	01:06:26	02:05:50	<b>03:07:47.80</b>	<b>03:08:23.00</b>	+01:10:43 (37.5%)	8:56	6.7 (62.6%)
268	<b>KAMIŃSKI Paweł</b>	<b>485</b>		M-40	97	NIE	01:00:34	01:58:11	<b>03:08:18.20</b>	<b>03:08:29.95</b>	+01:10:50 (37.6%)	8:58	6.7 (62.6%)
269	<b>SADOWY Rafal</b>	<b>482</b>		M-40	98	NIE	01:04:42	02:05:22	<b>03:08:18.30</b>	<b>03:08:43.80</b>	+01:11:04 (37.7%)	8:58	6.7 (62.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
270	RUSIN Jakub	470		M-20	30	NIE	01:09:29	02:07:08	03:08:16.70	03:08:48.70	+01:11:09 (37.7%)	8:57	6.7 (62.6%)
271	GAWROŃSKI Roman	104	WKURW_TEAM	M-30	105	NIE	01:09:10	02:06:07	03:08:14.85	03:09:00.00	+01:11:20 (37.7%)	8:57	6.7 (62.6%)
272	DUDEK Krzysztof	182	STRZEGOMSKA DWUNASTKA	M-40	99	NIE	01:06:38	02:03:13	03:08:20.05	03:09:12.25	+01:11:32 (37.8%)	8:58	6.7 (62.6%)
273	GULCZYŃSKI Tomasz	178	KSE ON-SIGHT	M-30	106	NIE	01:07:49	02:05:26	03:08:39.00	03:09:37.00	+01:11:57 (38.0%)	8:59	6.7 (62.6%)
274	MALESZKO Bartosz	405		M-20	31	NIE	01:10:34	02:07:27	03:08:51.30	03:09:37.60	+01:11:58 (38.0%)	8:59	6.7 (62.6%)
275	SOKOŁOWSKI Marcin	358	KW OPOLE	M-40	100	TAK	01:10:47	02:07:05	03:08:50.05	03:09:46.20	+01:12:06 (38.0%)	8:59	6.7 (62.6%)
276	PANZ Krzysztof	391		M-30	107	TAK	01:02:04	02:00:01	03:09:28.95	03:09:46.80	+01:12:07 (38.0%)	9:01	6.6 (61.7%)
277	SZYMAŃSKI Marcin	444	OŁAWSKA GRUPA BIEGOWA	M-40	101	NIE	01:09:05	02:05:39	03:08:54.90	03:09:49.95	+01:12:10 (38.0%)	8:59	6.7 (62.6%)
278	ŻARCZYŃSKA Agnieszka	496	OŁAWSKA GRUPA BIEGOWA	K-40	9	NIE	01:09:06	02:05:42	03:09:00.35	03:09:54.15	+01:12:14 (38.0%)	9:00	6.7 (62.6%)
279	PILZ-JĘDRZEJCZYK Dominika	221		K-30	18	NIE	01:12:33	02:08:41	03:09:01.40	03:09:57.85	+01:12:18 (38.1%)	9:00	6.7 (62.6%)
280	SKUDLARSKI Kamil	124	PRO-RUN WROCŁAW	M-50	10	TAK	01:08:22	02:06:34	03:09:21.90	03:09:59.05	+01:12:19 (38.1%)	9:01	6.7 (62.6%)
281	KADŁUBOWSKI Piotr	460	KOTWICA BRZEG / AUTOGAZEXPERT RUNNERS TEAM	M-40	102	NIE	01:04:49	02:02:19	03:10:10.35	03:10:32.05	+01:12:52 (38.2%)	9:03	6.6 (61.7%)
282	CYRULEWSKI Rafał	268		M-40	103	NIE			03:10:33.55	03:10:33.55	+01:12:54 (38.3%)	9:04	6.6 (61.7%)
283	ŁUKASZCZUK Grzegorz	12		M-30	108	NIE	01:10:52	02:07:26	03:09:42.65	03:10:43.30	+01:13:04 (38.3%)	9:02	6.6 (61.7%)
284	KRAWCZYŃSKA Anna	19	POMIOTY SZATANA	K-30	19	TAK	01:05:10	02:06:54	03:10:45.20	03:10:53.90	+01:13:14 (38.4%)	9:05	6.6 (61.7%)
285	ŁAPCZYŃSKA Magdalena	238	KARPACZ SPORT	K-40	10	NIE	01:10:27	02:07:57	03:10:24.40	03:10:55.55	+01:13:16 (38.4%)	9:04	6.6 (61.7%)
286	ICIEK Mariusz	477	AKTYWNI KAMIĘŃSK	M-40	104	NIE	01:14:25	02:10:19	03:10:02.50	03:10:56.65	+01:13:17 (38.4%)	9:02	6.6 (61.7%)
287	KAPLIŃSKI Kamil	370		M-30	109	NIE	01:02:37	02:06:03	03:10:57.45	03:11:03.85	+01:13:24 (38.4%)	9:05	6.6 (61.7%)
288	GRZESIAK Rafał	374		M-40	105	NIE	01:06:04	02:05:45	03:10:29.45	03:11:04.75	+01:13:25 (38.4%)	9:04	6.6 (61.7%)
289	GIEC Anna	132		K-40	11	NIE	01:10:31	02:10:22	03:10:55.35	03:11:35.00	+01:13:55 (38.6%)	9:05	6.6 (61.7%)
290	TRZCIONKA Mirosław	27	PROFI AUTO SPORT TEAM	M-30	110	NIE	01:06:38	02:05:22	03:11:04.35	03:11:45.75	+01:14:06 (38.6%)	9:05	6.6 (61.7%)
291	WIADERNA Nina	350	SKLEP BIEGACZA WARSZAWA POWIŚLE	K-30	20	TAK	01:07:40	02:08:37	03:11:37.40	03:12:03.00	+01:14:23 (38.7%)	9:07	6.6 (61.7%)
292	SKAŁECKI Przemysław	112		M-30	111	NIE	01:11:45	02:10:38	03:11:55.90	03:12:24.50	+01:14:45 (38.9%)	9:08	6.6 (61.7%)
293	SMOLIŃSKI Piotr	255		M-30	112	NIE	01:08:17	02:10:43	03:12:25.10	03:12:32.75	+01:14:53 (38.9%)	9:09	6.5 (60.7%)
294	SKRZYPCZAK Mirosław	513	BALANSTEAM KATOWICE	M-40	106	TAK	01:05:19	02:05:30	03:12:36.70	03:12:52.00	+01:15:12 (39.0%)	9:10	6.5 (60.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
295	<b>GEMZA Anna</b>	<b>512</b>	BALANSTEAM KATOWICE	K-30	21	TAK	01:05:24	02:05:28	<b>03:12:37.05</b>	<b>03:12:52.15</b>	+01:15:12 (39.0%)	9:10	6.5 (60.7%)
296	<b>TURLEJ Dariusz</b>	<b>222</b>	KONDYCJA	M-60	2	NIE	01:10:44	02:12:01	<b>03:12:18.55</b>	<b>03:12:53.15</b>	+01:15:13 (39.0%)	9:09	6.6 (61.7%)
297	<b>JASICKI Henryk</b>	<b>546</b>	OŁAWSKA GRUPA BIEGOWA	M-50	11	NIE	01:10:33	02:07:18	<b>03:11:59.60</b>	<b>03:12:54.30</b>	+01:15:15 (39.0%)	9:08	6.6 (61.7%)
298	<b>DURKIEWICZ Tomasz</b>	<b>177</b>	DOM KULTURY JOGI	M-40	107	NIE	01:10:25	02:10:15	<b>03:12:13.95</b>	<b>03:12:55.15</b>	+01:15:15 (39.0%)	9:09	6.6 (61.7%)
299	<b>MADEJ Jan</b>	<b>377</b>		M-40	108	NIE	01:06:00	02:05:49	<b>03:12:21.35</b>	<b>03:12:56.15</b>	+01:15:16 (39.0%)	9:09	6.5 (60.7%)
300	<b>MAY-ADAMEK Katarzyna</b>	<b>490</b>		K-40	12	NIE	01:11:19	02:10:40	<b>03:12:32.45</b>	<b>03:12:56.75</b>	+01:15:17 (39.0%)	9:10	6.5 (60.7%)
301	<b>BURANT Agnieszka</b>	<b>95</b>		K-30	22	NIE	01:05:01	02:07:04	<b>03:12:22.10</b>	<b>03:12:56.90</b>	+01:15:17 (39.0%)	9:09	6.5 (60.7%)
302	<b>ZEGARSKI Arkadiusz</b>	<b>478</b>		M-40	109	NIE	01:07:02	02:07:11	<b>03:12:34.45</b>	<b>03:12:57.55</b>	+01:15:18 (39.0%)	9:10	6.5 (60.7%)
303	<b>KULIBERDA Marcin</b>	<b>499</b>		M-30	113	NIE	01:17:38	02:10:43	<b>03:11:54.50</b>	<b>03:12:57.95</b>	+01:15:18 (39.0%)	9:08	6.6 (61.7%)
304	<b>BEDNARCZYK Bogdan</b>	<b>387</b>	PRO-RUN	M-50	12	NIE	01:15:06	02:10:48	<b>03:12:12.80</b>	<b>03:12:58.95</b>	+01:15:19 (39.0%)	9:09	6.6 (61.7%)
305	<b>KUCHARSKI Piotr</b>	<b>514</b>	DESZCZNO WARRIORS	M-40	110	NIE	01:14:47	02:10:54	<b>03:12:08.85</b>	<b>03:12:59.15</b>	+01:15:19 (39.0%)	9:09	6.6 (61.7%)
306	<b>ŚWISTUŃ Eugeniusz</b>	<b>352</b>	RAJSPOORT ACTIVE	M-20	32	NIE	01:12:50	02:10:19	<b>03:12:09.60</b>	<b>03:12:59.95</b>	+01:15:20 (39.0%)	9:09	6.6 (61.7%)
307	<b>RZADKOWSKI Lesław</b>	<b>416</b>		M-30	114	NIE	01:07:16	02:07:25	<b>03:13:03.35</b>	<b>03:13:15.25</b>	+01:15:35 (39.1%)	9:11	6.5 (60.7%)
308	<b>MACIEJASZ Aleksandra</b>	<b>304</b>		K-30	23	NIE	01:05:54	02:08:15	<b>03:13:13.40</b>	<b>03:13:24.40</b>	+01:15:45 (39.2%)	9:12	6.5 (60.7%)
309	<b>SKRZYPIEC Karol</b>	<b>515</b>	ŻARÓW BIEGA	M-30	115	NIE	01:06:27	02:05:27	<b>03:12:54.85</b>	<b>03:13:27.85</b>	+01:15:48 (39.2%)	9:11	6.5 (60.7%)
310	<b>JACKIEWICZ Łukasz</b>	<b>538</b>	SZKOŁA ASPIRANTÓW PSP W POZNANIU	M-20	33	NIE	01:05:11	02:02:42	<b>03:13:00.05</b>	<b>03:13:29.30</b>	+01:15:50 (39.2%)	9:11	6.5 (60.7%)
311	<b>JEDRUSZEK Damian</b>	<b>464</b>		M-30	116	NO	01:10:49	02:08:38	<b>03:13:09.15</b>	<b>03:13:31.65</b>	+01:15:52 (39.2%)	9:11	6.5 (60.7%)
312	<b>GLOS Łukasz</b>	<b>523</b>		M-30	117	NIE	01:05:56	02:07:45	<b>03:13:30.25</b>	<b>03:13:51.00</b>	+01:16:11 (39.3%)	9:12	6.5 (60.7%)
313	<b>KOŚCIŃSKI Mateusz</b>	<b>542</b>	SZKOŁA ASPIRANTÓW PSP W POZNANIU	M-20	34	NIE	01:02:15	02:02:46	<b>03:13:26.40</b>	<b>03:13:52.55</b>	+01:16:13 (39.3%)	9:12	6.5 (60.7%)
314	<b>POTOCZNY Łukasz</b>	<b>565</b>		M-30	118	NIE	01:11:16	02:10:46	<b>03:13:22.75</b>	<b>03:13:53.15</b>	+01:16:13 (39.3%)	9:12	6.5 (60.7%)
315	<b>ZIMNIAK Łukasz</b>	<b>344</b>	KB SZERSZEŃ OLEŚNICA	M-30	119	NIE	01:09:57	02:08:58	<b>03:13:07.45</b>	<b>03:13:54.05</b>	+01:16:14 (39.3%)	9:11	6.5 (60.7%)
316	<b>SADOWSKA Marta</b>	<b>308</b>	KOSSMATE ŻUKI	K-30	24	NIE	01:15:13	02:12:35	<b>03:13:44.35</b>	<b>03:14:06.05</b>	+01:16:26 (39.4%)	9:13	6.5 (60.7%)
317	<b>SAFARYN Dariusz</b>	<b>520</b>		M-20	35	NIE	01:04:17	02:01:42	<b>03:14:16.55</b>	<b>03:14:22.80</b>	+01:16:43 (39.5%)	9:15	6.5 (60.7%)
318	<b>CHRAPLEWSKA Karolina</b>	<b>239</b>	PRO366	K-30	25	NIE	01:13:00	02:13:28	<b>03:13:48.05</b>	<b>03:14:32.25</b>	+01:16:52 (39.5%)	9:13	6.5 (60.7%)
319	<b>WELCHOWSKI Rafał</b>	<b>396</b>		M-30	120	NIE	01:16:19	02:14:34	<b>03:13:43.35</b>	<b>03:14:34.25</b>	+01:16:54 (39.5%)	9:13	6.5 (60.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
320	<b>TARCZYŃSKA Halina</b>	<b>305</b>		K-40	13	NIE	01:08:09	02:10:43	<b>03:14:17.70</b>	<b>03:14:34.55</b>	+01:16:55 (39.5%)	9:15	6.5 (60.7%)
321	<b>HENECZKOWSKI Łukasz</b>	<b>457</b>	BORN TO RUN	M-40	111	NIE	01:11:01	02:06:20	<b>03:13:40.45</b>	<b>03:14:39.65</b>	+01:17:00 (39.6%)	9:13	6.5 (60.7%)
322	<b>JAROSŁAWSKI Mariusz</b>	<b>72</b>	TERMY JAKUBA - OŁAWSKI PARK WODNY...WROCŁAWSKI KLUB WYSOKOGÓRSKI	M-40	112	TAK	01:07:54	02:08:33	<b>03:14:50.85</b>	<b>03:15:01.40</b>	+01:17:22 (39.7%)	9:16	6.5 (60.7%)
323	<b>BULARZ Paulina</b>	<b>299</b>	TERMY JAKUBA - OŁAWSKI PARK WODNY	K-20	4	NIE	01:07:55	02:08:32	<b>03:14:49.70</b>	<b>03:15:01.50</b>	+01:17:22 (39.7%)	9:16	6.5 (60.7%)
324	<b>ZAŁUSTOWICZ Maciej</b>	<b>209</b>		M-30	121	NIE	01:11:16	02:10:32	<b>03:14:22.85</b>	<b>03:15:07.95</b>	+01:17:28 (39.7%)	9:15	6.5 (60.7%)
325	<b>DOBROCHOWSKI Marek</b>	<b>44</b>	STRZEGOMSKA DWUNASTKA	M-30	122	NIE	01:09:31	02:08:17	<b>03:14:14.25</b>	<b>03:15:08.65</b>	+01:17:29 (39.7%)	9:14	6.5 (60.7%)
326	<b>TURNIAK Miłosz</b>	<b>85</b>		M-30	123	NIE	01:10:06	02:10:46	<b>03:14:27.55</b>	<b>03:15:08.95</b>	+01:17:29 (39.7%)	9:15	6.5 (60.7%)
327	<b>STACHECKA Marta</b>	<b>547</b>		K-20	5	NIE	01:14:29	02:14:24	<b>03:14:11.40</b>	<b>03:15:10.00</b>	+01:17:30 (39.7%)	9:14	6.5 (60.7%)
328	<b>KRYSIŃSKI Maciej</b>	<b>395</b>		M-30	124	NIE	01:10:21	02:06:48	<b>03:15:33.55</b>	<b>03:16:21.10</b>	+01:18:41 (40.1%)	9:18	6.4 (59.8%)
329	<b>MARCINEK Łukasz</b>	<b>93</b>	NIE TERAZ, POTEM	M-30	125	NIE	01:04:31	02:04:07	<b>03:15:54.75</b>	<b>03:16:21.30</b>	+01:18:42 (40.1%)	9:19	6.4 (59.8%)
330	<b>NEUMANN Jacek</b>	<b>69</b>		M-50	13	NIE	01:11:14	02:10:43	<b>03:15:40.70</b>	<b>03:16:23.65</b>	+01:18:44 (40.1%)	9:19	6.4 (59.8%)
331	<b>KRAKOWSKI Krzysztof</b>	<b>278</b>		M-30	126	NIE	01:00:24	02:04:19	<b>03:17:37.15</b>	<b>03:17:48.60</b>	+01:20:09 (40.5%)	9:24	6.4 (59.8%)
332	<b>DŁUGOSZ Marek</b>	<b>383</b>	KB GEOTERMIA UNIEJÓW	M-50	14	NIE	01:08:46	02:10:10	<b>03:17:49.90</b>	<b>03:17:49.90</b>	+01:20:10 (40.5%)	9:25	6.4 (59.8%)
333	<b>KOZIŃSKI Piotr</b>	<b>240</b>		M-40	113	NIE	01:09:18	02:10:19	<b>03:17:52.55</b>	<b>03:18:23.15</b>	+01:20:43 (40.7%)	9:25	6.4 (59.8%)
334	<b>BISKUP Rafał</b>	<b>472</b>	DZIAD NOT DEAD	M-50	15	NIE	01:08:17	02:10:47	<b>03:18:20.60</b>	<b>03:18:56.60</b>	+01:21:17 (40.9%)	9:26	6.4 (59.8%)
335	<b>KURZYŃSKI Michał</b>	<b>459</b>	EFEKT GOMBAO	M-30	127	NIE	01:12:56	02:10:38	<b>03:18:12.15</b>	<b>03:19:05.05</b>	+01:21:25 (40.9%)	9:26	6.4 (59.8%)
336	<b>JANAS Dariusz</b>	<b>456</b>		M-30	128	NO	01:12:55	02:10:36	<b>03:18:13.20</b>	<b>03:19:08.35</b>	+01:21:29 (40.9%)	9:26	6.4 (59.8%)
337	<b>CZARNECKI Krzysztof</b>	<b>50</b>		M-40	114	NIE	01:15:29	02:15:08	<b>03:18:20.20</b>	<b>03:19:09.15</b>	+01:21:29 (40.9%)	9:26	6.4 (59.8%)
338	<b>KOSOWSKI Damian</b>	<b>273</b>	DELTA RUN	M-30	129	TAK	01:08:51	02:08:11	<b>03:18:55.35</b>	<b>03:19:43.50</b>	+01:22:04 (41.1%)	9:28	6.3 (58.9%)
339	<b>WITKOWSKA Ania</b>	<b>75</b>	KLUB KRÓLIKA STEFANA	K-30	26	NIE	01:15:20	02:16:51	<b>03:18:47.15</b>	<b>03:19:45.75</b>	+01:22:06 (41.1%)	9:27	6.3 (58.9%)
340	<b>CZARNY Jan</b>	<b>30</b>		M-20	36	NIE	01:06:39	02:07:56	<b>03:19:18.30</b>	<b>03:19:59.25</b>	+01:22:19 (41.2%)	9:29	6.3 (58.9%)
341	<b>FRANKIEWICZ Jakub</b>	<b>322</b>		M-40	115	NIE	01:14:28	02:14:28	<b>03:19:06.60</b>	<b>03:20:00.30</b>	+01:22:21 (41.2%)	9:28	6.3 (58.9%)
342	<b>FILIPIAK Sebastian</b>	<b>13</b>		M-40	116	NIE	01:11:24	02:11:55	<b>03:19:07.85</b>	<b>03:20:02.55</b>	+01:22:23 (41.2%)	9:28	6.3 (58.9%)
343	<b>GINTER Grzegorz</b>	<b>432</b>	AZS COLLEGIUM MEDICUM UJ	M-30	130	NIE	01:15:26	02:16:00	<b>03:19:56.40</b>	<b>03:20:21.45</b>	+01:22:42 (41.3%)	9:31	6.3 (58.9%)
344	<b>ZARZYCKA Sylwia</b>	<b>347</b>	KLUB WYSOKOGÓRSKI WARSZAWA	K-30	27	TAK	01:11:22	02:14:00	<b>03:19:57.95</b>	<b>03:20:25.05</b>	+01:22:45 (41.3%)	9:31	6.3 (58.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
345	<b>GRACZYK Teresa</b>	<b>279</b>	PUSZCZYK BUKOWY	K-50	1	TAK	01:11:04	02:14:53	<b>03:20:06.70</b>	<b>03:20:28.10</b>	+01:22:48 (41.3%)	9:31	6.3 (58.9%)
346	<b>ROSTEK Mariusz</b>	<b>230</b>	KB MARATON TUREK	M-40	117	NIE	01:09:26	02:10:29	<b>03:20:20.60</b>	<b>03:20:47.40</b>	+01:23:08 (41.4%)	9:32	6.3 (58.9%)
347	<b>SULEJA Karol</b>	<b>38</b>	KB MARATON TUREK	M-30	131	NIE	01:09:26	02:10:28	<b>03:20:24.50</b>	<b>03:20:49.10</b>	+01:23:09 (41.4%)	9:32	6.3 (58.9%)
348	<b>KANECKA Mariola</b>	<b>136</b>	KOWARY BIEGAJĄ	K-40	14	NIE	01:15:06	02:15:32	<b>03:19:53.30</b>	<b>03:20:53.20</b>	+01:23:13 (41.4%)	9:31	6.3 (58.9%)
349	<b>KANECKI Mirosław</b>	<b>159</b>	KOWARY BIEGAJĄ	M-40	118	NIE	01:15:05	02:15:35	<b>03:19:52.25</b>	<b>03:20:53.25</b>	+01:23:13 (41.4%)	9:31	6.3 (58.9%)
350	<b>HAREMZA Kinga</b>	<b>46</b>	NIGHT RUNNERS	K-40	15	NIE	01:14:52	02:15:11	<b>03:20:24.25</b>	<b>03:21:08.75</b>	+01:23:29 (41.5%)	9:32	6.3 (58.9%)
351	<b>POCIĘGIEL Michał</b>	<b>449</b>	SKAWINA BIEGA	M-30	132	NIE	01:19:03	02:17:28	<b>03:20:14.20</b>	<b>03:21:15.20</b>	+01:23:35 (41.5%)	9:32	6.3 (58.9%)
352	<b>GAWRYSZEWSKI Grzegorz</b>	<b>241</b>	ESKALADA / UKA	M-30	133	TAK	01:08:13	02:13:49	<b>03:21:33.65</b>	<b>03:21:44.55</b>	+01:24:05 (41.7%)	9:35	6.3 (58.9%)
353	<b>ADAMCZYK Ania</b>	<b>17</b>		K-40	16	NIE	01:14:47	02:17:32	<b>03:21:34.75</b>	<b>03:21:54.45</b>	+01:24:15 (41.7%)	9:35	6.3 (58.9%)
354	<b>KRĘŻOŁEK Anna</b>	<b>58</b>		K-30	28	NIE	01:16:35	02:17:21	<b>03:21:04.50</b>	<b>03:21:55.00</b>	+01:24:15 (41.7%)	9:34	6.3 (58.9%)
355	<b>CZERWONKA Zbigniew</b>	<b>411</b>	ESKADRA WROCŁAW	M-30	134	NIE	01:08:16	02:14:23	<b>03:21:41.50</b>	<b>03:22:05.30</b>	+01:24:26 (41.8%)	9:36	6.2 (57.9%)
356	<b>PAŁUCKA Marta</b>	<b>345</b>	KALENJI POLSKA/FITNESS24SEVEN	K-20	6	NO	01:16:07	02:17:19	<b>03:21:12.20</b>	<b>03:22:09.05</b>	+01:24:29 (41.8%)	9:34	6.3 (58.9%)
357	<b>ADAMCZYK Marcin</b>	<b>52</b>		M-40	119	NIE	01:14:44	02:17:38	<b>03:21:50.65</b>	<b>03:22:09.35</b>	+01:24:30 (41.8%)	9:36	6.2 (57.9%)
358	<b>BŁACHNO Marcin</b>	<b>315</b>		M-40	120	NIE	01:13:03	02:15:20	<b>03:21:39.70</b>	<b>03:22:32.75</b>	+01:24:53 (41.9%)	9:36	6.2 (57.9%)
359	<b>PERUŻYŃSKA-ZYCH Ilona</b>	<b>421</b>		K-40	17	TAK	01:10:56	02:15:24	<b>03:22:12.10</b>	<b>03:22:33.15</b>	+01:24:53 (41.9%)	9:37	6.2 (57.9%)
360	<b>ZYCH Herbert</b>	<b>492</b>		M-40	121	NIE	01:10:59	02:14:01	<b>03:22:19.45</b>	<b>03:22:44.05</b>	+01:25:04 (42.0%)	9:38	6.2 (57.9%)
361	<b>KOSOWSKA Anna</b>	<b>562</b>		K-30	29	NIE	01:15:07	02:15:52	<b>03:22:19.55</b>	<b>03:22:56.50</b>	+01:25:17 (42.0%)	9:38	6.2 (57.9%)
362	<b>WAŁACH-BIŚTA Zuza</b>	<b>59</b>		K-30	30	NIE	01:16:29	02:17:27	<b>03:22:19.25</b>	<b>03:22:57.90</b>	+01:25:18 (42.0%)	9:38	6.2 (57.9%)
363	<b>BIŚTA Marcin</b>	<b>76</b>		M-30	135	NIE	01:16:27	02:17:27	<b>03:22:18.80</b>	<b>03:22:58.25</b>	+01:25:18 (42.0%)	9:38	6.2 (57.9%)
364	<b>STAWIARSKA Katarzyna</b>	<b>314</b>	KOWARY BIEGAJĄ	K-30	31	NIE	01:15:52	02:15:35	<b>03:21:59.85</b>	<b>03:23:00.65</b>	+01:25:21 (42.0%)	9:37	6.2 (57.9%)
365	<b>WAWRZYŃIAK Rafał</b>	<b>529</b>	RELAX KONIN	M-40	122	NIE	01:07:54	02:13:44	<b>03:22:59.75</b>	<b>03:23:27.00</b>	+01:25:47 (42.2%)	9:40	6.2 (57.9%)
366	<b>WĘGRZYŃOWSKA Ewa</b>	<b>166</b>		K-40	18	NIE	01:08:26	02:13:58	<b>03:23:14.60</b>	<b>03:23:27.25</b>	+01:25:47 (42.2%)	9:40	6.2 (57.9%)
367	<b>KRUZEL Rafał</b>	<b>200</b>	BIEGOWE MISIE	M-40	123	NIE	01:15:00	02:17:04	<b>03:22:49.55</b>	<b>03:23:32.50</b>	+01:25:53 (42.2%)	9:39	6.2 (57.9%)
368	<b>KASIŃSKI Wojciech</b>	<b>401</b>	ULTRAPLESS	M-50	16	NIE	01:14:48	02:17:03	<b>03:22:48.40</b>	<b>03:23:32.65</b>	+01:25:53 (42.2%)	9:39	6.2 (57.9%)
369	<b>STAWIŃSKI Michał</b>	<b>208</b>		M-30	136	NO	01:10:23	02:11:52	<b>03:22:55.30</b>	<b>03:23:34.05</b>	+01:25:54 (42.2%)	9:39	6.2 (57.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
370	<b>WYSOCKI Grzegorz</b>	<b>497</b>	MORSY TUREK	M-40	124	NIE	01:14:55	02:16:32	<b>03:23:02.55</b>	<b>03:23:36.00</b>	+01:25:56 (42.2%)	9:40	6.2 (57.9%)
371	<b>KOLAŚNIEWSKI Marek</b>	<b>340</b>		M-40	125	TAK	01:15:36	02:17:10	<b>03:23:30.60</b>	<b>03:23:54.50</b>	+01:26:15 (42.3%)	9:41	6.2 (57.9%)
372	<b>ZIÓŁKOWSKA Sylwia</b>	<b>342</b>	PUSZCZYK BUKOWY	K-40	19	NIE	01:13:33	02:17:10	<b>03:23:32.70</b>	<b>03:23:55.05</b>	+01:26:15 (42.3%)	9:41	6.2 (57.9%)
373	<b>NOWAK Katarzyna</b>	<b>157</b>	MKKK	K-30	32	NIE	01:10:51	02:14:50	<b>03:24:02.00</b>	<b>03:24:30.10</b>	+01:26:50 (42.5%)	9:42	6.2 (57.9%)
374	<b>GOKIERT-SKRENTNA Justyna</b>	<b>207</b>		K-40	20	NIE	01:15:44	02:17:31	<b>03:24:04.85</b>	<b>03:24:41.20</b>	+01:27:01 (42.5%)	9:43	6.2 (57.9%)
375	<b>KOSMALA Piotr</b>	<b>458</b>	GÓRSKA GRUPA BIEGOWA/ QUADYBIELSKO.PL	M-40	126	NIE	01:04:56	02:11:41	<b>03:24:29.10</b>	<b>03:24:46.40</b>	+01:27:07 (42.5%)	9:44	6.2 (57.9%)
376	<b>MACIASZCZYK Magdalena</b>	<b>510</b>		K-40	21	NIE	01:11:49	02:16:43	<b>03:24:28.35</b>	<b>03:24:49.90</b>	+01:27:10 (42.6%)	9:44	6.2 (57.9%)
377	<b>WALCZAK NOWAK Karolina</b>	<b>91</b>		K-30	33	NIE	01:10:26	02:15:59	<b>03:24:39.50</b>	<b>03:24:54.50</b>	+01:27:15 (42.6%)	9:44	6.2 (57.9%)
378	<b>WOŹNIAK Sebastian</b>	<b>194</b>	MOTOINTEGRATOR RUNNING TEAM	M-30	137	NO	01:09:03	02:14:15	<b>03:25:51.05</b>	<b>03:26:19.00</b>	+01:28:39 (43.0%)	9:48	6.1 (57.0%)
379	<b>MARCINKIEWICZ Marta</b>	<b>135</b>	MATNER RUNNING TEAM	K-40	22	NIE	01:18:51	02:21:51	<b>03:25:50.15</b>	<b>03:26:38.45</b>	+01:28:59 (43.1%)	9:48	6.1 (57.0%)
380	<b>SZCZYGIEŁ Damian</b>	<b>213</b>	KOCHAMTOROBIĆ	M-30	138	NIE	01:11:30	02:14:15	<b>03:26:01.00</b>	<b>03:26:43.05</b>	+01:29:03 (43.1%)	9:48	6.1 (57.0%)
381	<b>LUBAŃSKA Alicja</b>	<b>466</b>	ZS BUKOWICE	K-50	2	NIE	01:09:26	02:14:05	<b>03:26:38.15</b>	<b>03:26:57.85</b>	+01:29:18 (43.2%)	9:50	6.1 (57.0%)
382	<b>HOFFMANN Grzegorz</b>	<b>232</b>		M-40	127	NIE	01:16:43	02:18:10	<b>03:26:09.70</b>	<b>03:27:03.35</b>	+01:29:24 (43.2%)	9:49	6.1 (57.0%)
383	<b>JACH-BALICKA Aleksandra</b>	<b>54</b>		K-30	34	NIE	01:19:12	02:22:23	<b>03:26:42.45</b>	<b>03:27:07.35</b>	+01:29:28 (43.2%)	9:50	6.1 (57.0%)
384	<b>RYZIŃSKI Ryszard</b>	<b>455</b>		M-40	128	NIE	01:18:30	02:20:13	<b>03:26:25.00</b>	<b>03:27:08.70</b>	+01:29:29 (43.2%)	9:49	6.1 (57.0%)
385	<b>BALICKI Marcin</b>	<b>60</b>		M-30	139	NIE	01:18:58	02:22:23	<b>03:26:46.15</b>	<b>03:27:11.15</b>	+01:29:31 (43.2%)	9:50	6.1 (57.0%)
386	<b>NATKAŃSKI Jurek</b>	<b>6</b>	POLSKI HIMALAIZM ZIMOWY	M-60	3	TAK	01:11:10	02:17:57	<b>03:27:34.95</b>	<b>03:27:56.65</b>	+01:30:17 (43.4%)	9:53	6.1 (57.0%)
387	<b>RADOŁA Błażej</b>	<b>321</b>		M-30	140	NIE		02:18:55	<b>03:28:06.45</b>	<b>03:28:06.45</b>	+01:30:27 (43.5%)	9:54	6.1 (57.0%)
388	<b>BYKS Tomasz</b>	<b>57</b>		M-30	141	NO	01:07:59	02:14:39	<b>03:27:58.15</b>	<b>03:28:07.35</b>	+01:30:28 (43.5%)	9:54	6.1 (57.0%)
389	<b>GOLEMBKA Karol</b>	<b>324</b>		M-40	129	NIE		02:20:00	<b>03:28:09.70</b>	<b>03:28:09.70</b>	+01:30:30 (43.5%)	9:54	6.1 (57.0%)
390	<b>GRODZKI Piotr</b>	<b>448</b>		M-40	130	NIE		02:10:45	<b>03:28:47.90</b>	<b>03:28:47.90</b>	+01:31:08 (43.7%)	9:56	6 (56.1%)
391	<b>JUSZCZAK Zbigniew</b>	<b>205</b>		M-50	17	NIE	01:16:44	02:21:12	<b>03:27:49.70</b>	<b>03:28:48.30</b>	+01:31:09 (43.7%)	9:53	6.1 (57.0%)
392	<b>RZEŹNIK Mariusz</b>	<b>229</b>	ROZBIEGANY RAWICZ	M-40	131	NIE	01:09:20	02:15:08	<b>03:28:23.85</b>	<b>03:28:49.85</b>	+01:31:10 (43.7%)	9:55	6 (56.1%)
393	<b>KOWALSKA Małgorzata</b>	<b>249</b>		K-30	35	NIE	01:08:06	02:15:01	<b>03:29:16.65</b>	<b>03:29:28.45</b>	+01:31:49 (43.8%)	9:57	6 (56.1%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
394	<b>MAĆKOWIAK Damian</b>	<b>509</b>		M-30	142	NO	01:16:18	02:17:28	<b>03:28:39.75</b>	<b>03:29:39.35</b>	+01:32:00 (43.9%)	9:56	6 (56.1%)
395	<b>WOJCIECHOWSKI Aleksander</b>	<b>548</b>	ROWERY MAŁGOŚKA	M-30	143	NIE	01:10:18	02:18:09	<b>03:29:52.25</b>	<b>03:30:09.40</b>	+01:32:30 (44.0%)	9:59	6 (56.1%)
396	<b>NOWAK Cyprian</b>	<b>163</b>		M-40	132	NIE	01:19:31	02:23:42	<b>03:29:56.85</b>	<b>03:30:12.70</b>	+01:32:33 (44.0%)	9:59	6 (56.1%)
397	<b>KRZYSZTOFIAK Aleksandra</b>	<b>271</b>	KOWARY BIEGAJĄ	K-30	36	NIE	01:15:07	02:16:53	<b>03:29:19.50</b>	<b>03:30:21.20</b>	+01:32:41 (44.1%)	9:58	6 (56.1%)
398	<b>RUSIN Szymon</b>	<b>463</b>		M-30	144	TAK	01:10:33	02:14:51	<b>03:29:58.40</b>	<b>03:30:27.95</b>	+01:32:48 (44.1%)	9:59	6 (56.1%)
399	<b>ZAJĄC Zbigniew</b>	<b>475</b>	KB MARATON TUREK	M-50	18	NIE	01:18:37	02:24:32	<b>03:30:04.95</b>	<b>03:30:30.25</b>	+01:32:50 (44.1%)	10:00	6 (56.1%)
400	<b>RUPNIK Janusz</b>	<b>114</b>	KB MARATON TUREK	M-40	133	NIE	01:18:46	02:24:38	<b>03:30:08.60</b>	<b>03:30:30.35</b>	+01:32:51 (44.1%)	10:00	6 (56.1%)
401	<b>KUCHARCZYK Monika</b>	<b>285</b>	TRI TEAM WÓJTOWICZ	K-40	23	NIE	01:16:49	02:22:21	<b>03:30:05.05</b>	<b>03:30:47.80</b>	+01:33:08 (44.2%)	10:00	6 (56.1%)
402	<b>PIASKOWSKI Krzysztof</b>	<b>386</b>		M-40	134	NIE	01:04:41	02:13:38	<b>03:30:38.75</b>	<b>03:30:49.30</b>	+01:33:10 (44.2%)	10:01	6 (56.1%)
403	<b>NIESPODZIANA Anna</b>	<b>351</b>	ROGOZIŃSKI KLUB BIEGACZA	K-30	37	NIE	01:12:47	02:19:20	<b>03:30:05.25</b>	<b>03:30:51.45</b>	+01:33:12 (44.2%)	10:00	6 (56.1%)
404	<b>BARANOWSKI Filip</b>	<b>105</b>		M-40	135	NIE	01:10:42	02:13:40	<b>03:30:02.00</b>	<b>03:30:58.85</b>	+01:33:19 (44.2%)	10:00	6 (56.1%)
405	<b>AUGUSTOWSKA Izabela</b>	<b>385</b>	KB GEOTERMIA UNIEJÓW	K-40	24	NIE	01:14:49	02:19:26	<b>03:30:59.05</b>	<b>03:31:24.75</b>	+01:33:45 (44.3%)	10:02	6 (56.1%)
406	<b>PACANOWSKI Łukasz</b>	<b>187</b>	PARA-NIE-DO-PARY	M-30	145	NIE			<b>03:31:57.60</b>	<b>03:31:57.60</b>	+01:34:18 (44.5%)	10:05	5.9 (55.1%)
407	<b>SROKA Jacek</b>	<b>369</b>		M-40	136	NIE	01:18:22	02:23:35	<b>03:31:43.50</b>	<b>03:32:30.20</b>	+01:34:50 (44.6%)	10:04	6 (56.1%)
408	<b>GLINA-KRAWCZYK Małgorzata</b>	<b>419</b>	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	K-40	25	NIE	01:18:16	02:21:08	<b>03:31:47.90</b>	<b>03:32:47.05</b>	+01:35:07 (44.7%)	10:05	5.9 (55.1%)
409	<b>NAGÓRSKI Robert</b>	<b>530</b>		M-30	146	NIE	01:10:19	02:14:38	<b>03:32:40.20</b>	<b>03:32:57.45</b>	+01:35:18 (44.8%)	10:07	5.9 (55.1%)
410	<b>GORZAŁKA Mateusz</b>	<b>197</b>	KRUK SA/ŻYCIE CZESTOCHOWY TEAM	M-30	147	NIE	01:16:46	02:20:46	<b>03:32:46.40</b>	<b>03:33:01.50</b>	+01:35:22 (44.8%)	10:07	5.9 (55.1%)
411	<b>NARECKI Jarosław</b>	<b>82</b>		M-40	137	NIE	01:12:52	02:20:19	<b>03:32:57.85</b>	<b>03:33:29.85</b>	+01:35:50 (44.9%)	10:08	5.9 (55.1%)
412	<b>FILIPIAK Paweł</b>	<b>55</b>		M-40	138	NIE	01:15:57	02:19:52	<b>03:33:13.00</b>	<b>03:33:55.95</b>	+01:36:16 (45.0%)	10:09	5.9 (55.1%)
413	<b>WOLSZCZAK Konrad</b>	<b>536</b>	KLUB RUGBY MIEDZIOWI LUBIN	M-30	148	NIE	01:16:50	02:21:55	<b>03:33:23.35</b>	<b>03:33:57.30</b>	+01:36:18 (45.0%)	10:09	5.9 (55.1%)
414	<b>MYDLARZ Szymon</b>	<b>108</b>		M-20	37	NO	01:13:29	02:19:22	<b>03:33:48.95</b>	<b>03:33:59.50</b>	+01:36:20 (45.0%)	10:10	5.9 (55.1%)
415	<b>STEC Adam</b>	<b>439</b>		M-30	149	NIE	01:12:55	02:17:10	<b>03:33:48.60</b>	<b>03:34:30.30</b>	+01:36:51 (45.2%)	10:10	5.9 (55.1%)
416	<b>BRACH Jakub</b>	<b>39</b>		M-30	150	NIE	01:20:59	02:24:43	<b>03:33:46.80</b>	<b>03:34:34.10</b>	+01:36:54 (45.2%)	10:10	5.9 (55.1%)
417	<b>SEDLAK Robert</b>	<b>355</b>		M-40	139	NIE	01:09:56	02:20:01	<b>03:34:45.65</b>	<b>03:34:57.55</b>	+01:37:18 (45.3%)	10:13	5.9 (55.1%)
418	<b>CHOLEWA Agnieszka</b>	<b>28</b>		K-30	38	NIE	01:21:13	02:29:09	<b>03:34:56.95</b>	<b>03:35:24.90</b>	+01:37:45 (45.4%)	10:14	5.9 (55.1%)
419	<b>SPYCHALSKA-WASZEK Hanna</b>	<b>290</b>	SAMBOR TEAM	K-30	39	NO	01:19:31	02:27:10	<b>03:34:57.70</b>	<b>03:35:25.05</b>	+01:37:45 (45.4%)	10:14	5.9 (55.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
419	WASZEK Sławomir	65	KARKONOSZ RUNNING TEAM	M-30	151	NIE	01:18:47	02:28:25	03:34:57.95	03:35:25.05	+01:37:45 (45.4%)	10:14	5.9 (55.1%)
421	LEWANDOWSKI Waldemar	535		M-30	152	NIE	01:15:06	02:20:10	03:34:53.05	03:35:42.90	+01:38:03 (45.5%)	10:13	5.9 (55.1%)
422	FIGUŁA Sławomir	423		M-30	153	NIE	01:20:43	02:24:24	03:35:01.05	03:36:01.40	+01:38:22 (45.5%)	10:14	5.9 (55.1%)
423	KACZOREK Robert	495		M-40	140	NIE	01:15:36	02:23:01	03:35:15.55	03:36:03.45	+01:38:24 (45.5%)	10:15	5.9 (55.1%)
424	POŁCZYŃSKI Maciej	298	STALOWA ŁYDA	M-30	154	NIE	01:21:04	02:31:25	03:35:10.20	03:36:12.10	+01:38:32 (45.6%)	10:14	5.9 (55.1%)
425	KASPRZYK Emil	81		M-30	155	NIE	01:16:38	02:23:29	03:36:30.35	03:37:21.95	+01:39:42 (45.9%)	10:18	5.8 (54.2%)
426	ONAK Izabela	11	OCHAJORUN & FRIENDS	K-40	26	NIE	01:22:45	02:30:12	03:37:02.10	03:37:40.15	+01:40:00 (45.9%)	10:20	5.8 (54.2%)
427	BERNAT Jolanta	331	SZCZYTNA BIEGA	K-30	40	NIE	01:15:05	02:25:08	03:37:41.95	03:37:54.05	+01:40:14 (46.0%)	10:22	5.8 (54.2%)
428	MILER Tomasz	403	BIEGAM BO KRZYCZY	M-40	141	NIE	01:14:42	02:24:00	03:37:41.95	03:38:00.85	+01:40:21 (46.0%)	10:22	5.8 (54.2%)
429	KORZENIOWSKI Krzysztof	343	MARATON LESZNO	M-40	142	NIE	01:16:53	02:23:29	03:37:17.45	03:38:02.85	+01:40:23 (46.0%)	10:20	5.8 (54.2%)
430	KASPRZYK Kamil	47		M-30	156	NIE	01:16:43	02:23:28	03:37:33.50	03:38:24.80	+01:40:45 (46.1%)	10:21	5.8 (54.2%)
431	ROPEL Mirosław	291	KIS TRANSPORT	M-50	19	NIE	01:15:41	02:21:51	03:37:53.80	03:38:29.70	+01:40:50 (46.2%)	10:22	5.8 (54.2%)
432	CHRZUSZCZ Anna	511		K-30	41	NIE	01:18:53	02:25:56	03:37:40.95	03:38:30.75	+01:40:51 (46.2%)	10:21	5.8 (54.2%)
433	BIECHOŃSKI Jarosław	61	FUNDACJA LAF	M-40	143	NIE	01:10:10	02:16:30	03:39:12.30	03:39:40.15	+01:42:00 (46.4%)	10:26	5.7 (53.3%)
434	BIELIŃSKA Monika	275	PRO-RUN	K-30	42	NIE	01:22:09	02:25:53	03:39:33.85	03:40:20.25	+01:42:40 (46.6%)	10:27	5.7 (53.3%)
435	ZIELINSKI Damian	158		M-30	157	TAK	01:12:56	02:21:30	03:40:02.95	03:40:38.25	+01:42:58 (46.7%)	10:28	5.7 (53.3%)
436	BARANOWSKI Szymon	190	ON-SIGHT, SPUCHLAKI TEAM	M-20	38	NIE	01:21:07	02:35:21	03:39:40.05	03:40:38.90	+01:42:59 (46.7%)	10:27	5.7 (53.3%)
437	ORDZIEJEWSKI Dominik	214		M-30	158	TAK	01:12:55	02:21:30	03:40:10.75	03:40:45.45	+01:43:06 (46.7%)	10:29	5.7 (53.3%)
438	SIP Mirosław	329		M-50	20	NIE	01:12:21	02:22:10	03:41:28.70	03:41:53.00	+01:44:13 (47.0%)	10:32	5.7 (53.3%)
439	MORAWSKA Anna	373		K-60	1	NIE	01:18:45	02:26:48	03:42:12.30	03:42:45.95	+01:45:06 (47.2%)	10:34	5.7 (53.3%)
440	DĄBROWICZ Katarzyna	160		K-30	43	NIE	01:17:09	02:25:52	03:42:58.10	03:43:10.85	+01:45:31 (47.3%)	10:37	5.7 (53.3%)
441	WISZNIOWSKA Agata	307	NIGHT RUNNERS WROCŁAW	K-30	44	NIE	01:24:33	02:30:47	03:42:44.95	03:43:30.25	+01:45:50 (47.4%)	10:36	5.7 (53.3%)
442	KITA Ewa	280	BIEGAMDLAZDROWIA.PL	K-50	3	NIE	01:20:59	02:32:04	03:44:14.75	03:44:44.95	+01:47:05 (47.7%)	10:40	5.6 (52.3%)
443	PEŻYŃSKA Anna	180		K-30	45	NIE	01:18:26	02:29:41	03:45:22.50	03:46:01.50	+01:48:22 (47.9%)	10:43	5.6 (52.3%)
444	PEŻYŃSKI Piotr	142		M-30	159	NIE	01:18:27	02:29:40	03:45:25.70	03:46:03.50	+01:48:24 (48.0%)	10:44	5.6 (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
445	PASŁAWSKA Olga	319	PRZEBIEGA.PL	K-30	46	NIE	01:22:07	02:30:10	03:45:49.35	03:46:08.95	+01:48:29 (48.0%)	10:45	5.6 (52.3%)
446	BIAŁY Sebastian	526	POLICZMYSIE.PL	M-40	144	NO	01:09:55	02:25:21	03:46:08.10	03:46:23.35	+01:48:44 (48.0%)	10:46	5.6 (52.3%)
447	JAROSZ Artur	461		M-30	160	NIE	01:17:20	02:28:56	03:46:57.65	03:47:35.10	+01:49:55 (48.3%)	10:48	5.6 (52.3%)
448	PIWOWSKA Magda	140		K-30	47	NO	01:18:53	02:29:14	03:46:41.85	03:47:36.75	+01:49:57 (48.3%)	10:47	5.6 (52.3%)
449	GMAJ Karolina	335		K-30	48	NIE	01:18:56	02:29:08	03:46:41.85	03:47:37.20	+01:49:57 (48.3%)	10:47	5.6 (52.3%)
450	JERMAK Kamil	227		M-30	161	NO	01:18:52	02:29:13	03:46:41.95	03:47:37.95	+01:49:58 (48.3%)	10:47	5.6 (52.3%)
451	JĘDRZEJCZYK Łukasz	174		M-30	162	NIE	01:19:09	02:29:14	03:46:42.35	03:47:38.55	+01:49:59 (48.3%)	10:47	5.6 (52.3%)
452	MAĆKOWIAK Paulina	484	DECATHLON	K-30	49	NIE	01:18:14	02:28:38	03:46:44.00	03:47:41.80	+01:50:02 (48.3%)	10:47	5.6 (52.3%)
453	JUSKOWIAK Alina	120	GRUNWALD TEAM POZNAŃ	K-30	50	NIE	01:24:44	02:32:20	03:46:53.40	03:47:44.70	+01:50:05 (48.3%)	10:48	5.6 (52.3%)
454	CZERWONKA Katarzyna	498		K-30	51	NIE	01:24:45	02:32:08	03:47:46.25	03:48:46.50	+01:51:07 (48.6%)	10:50	5.5 (51.4%)
455	KRĘCISZ Zbigniew	381	RACIBORSKA GRUPA OUTDOOROWA	M-60	4	NIE	01:25:18	02:32:23	03:47:56.75	03:48:49.05	+01:51:09 (48.6%)	10:51	5.5 (51.4%)
456	MARZEC Dominik	193		M-30	163	NIE	01:21:09	02:29:33	03:48:00.35	03:48:49.45	+01:51:10 (48.6%)	10:51	5.5 (51.4%)
457	DĄBROWSKI Ireneusz	88	RAJSPORTACTIVE	M-40	145	NIE	01:19:20	02:30:07	03:48:15.55	03:49:07.20	+01:51:27 (48.6%)	10:52	5.5 (51.4%)
458	PASZKE Agnieszka	390		K-20	7	NIE	01:24:44	02:35:23	03:48:07.95	03:49:09.60	+01:51:30 (48.7%)	10:51	5.5 (51.4%)
459	ROZMUS Tomasz	528		M-30	164	NIE	01:19:24	02:29:38	03:49:15.35	03:49:54.15	+01:52:14 (48.8%)	10:55	5.5 (51.4%)
460	HAUTON Monika	98	NIE TERAZ, POTEM	K-30	52	NIE	01:23:32	02:34:30	03:49:28.70	03:49:54.65	+01:52:15 (48.8%)	10:55	5.5 (51.4%)
461	CZEKALSKA Elżbieta	109		K-50	4	NIE	01:20:54	02:32:38	03:49:21.50	03:49:56.00	+01:52:16 (48.8%)	10:55	5.5 (51.4%)
462	BOREK Mateusz	253		M-20	39	NIE	01:22:10	02:29:35	03:50:27.55	03:51:16.60	+01:53:37 (49.1%)	10:58	5.5 (51.4%)
463	KOT Tomasz	288		M-30	165	NIE	01:19:32	02:32:22	03:52:03.70	03:52:45.75	+01:55:06 (49.5%)	11:03	5.4 (50.5%)
464	KACIUPA Agnieszka	48	BIEGACZKI PIJACZKI	K-40	27	NIE	01:23:02	02:34:03	03:52:00.90	03:52:58.95	+01:55:19 (49.5%)	11:02	5.4 (50.5%)
465	ANTKOWIAK Klaudia	150		K-20	8	NIE	01:23:27	02:36:44	03:52:01.05	03:53:00.50	+01:55:21 (49.5%)	11:02	5.4 (50.5%)
466	ZIEMKOWSKA Monika	137	ŻARÓW BIEGA	K-40	28	NIE	01:21:48	02:36:27	03:52:32.80	03:53:04.55	+01:55:25 (49.5%)	11:04	5.4 (50.5%)
467	WLAZŁOWSKI Michał	141		M-20	40	NIE	01:24:47	02:35:25	03:53:34.85	03:54:36.45	+01:56:57 (49.9%)	11:07	5.4 (50.5%)
468	KUDEŁKA Janusz	436		M-50	21	NIE	01:17:58	02:32:08	03:54:26.15	03:54:40.95	+01:57:01 (49.9%)	11:09	5.4 (50.5%)
469	ANDRZEJCZAK Paweł	504		M-40	146	NIE	01:20:50	02:33:53	03:53:49.75	03:54:47.40	+01:57:08 (49.9%)	11:08	5.4 (50.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
470	<b>NASTAWSKA Monika</b>	<b>451</b>		K-40	29	NIE	01:20:53	02:33:44	<b>03:53:50.55</b>	<b>03:54:47.55</b>	+01:57:08 (49.9%)	11:08	5.4 (50.5%)
471	<b>NOWAK Justyna</b>	<b>86</b>	OBORYGENI	K-30	53	NIE	01:16:07	02:28:26	<b>03:54:11.75</b>	<b>03:54:51.65</b>	+01:57:12 (49.9%)	11:09	5.4 (50.5%)
472	<b>SŁOTA Małgorzata</b>	<b>210</b>		K-30	54	NIE	01:24:45	02:37:37	<b>03:54:11.35</b>	<b>03:54:55.10</b>	+01:57:15 (49.9%)	11:09	5.4 (50.5%)
473	<b>BRYSIAK Ziemowit</b>	<b>218</b>		M-40	147	NIE	01:25:21	02:37:08	<b>03:54:12.75</b>	<b>03:54:57.55</b>	+01:57:18 (49.9%)	11:09	5.4 (50.5%)
474	<b>KRÓL-PIDANTY Marzena</b>	<b>336</b>	STRZEGOMSKA DWUNASTKA	K-40	30	NIE	01:25:20	02:38:02	<b>03:54:21.40</b>	<b>03:55:15.35</b>	+01:57:36 (50.0%)	11:09	5.4 (50.5%)
475	<b>KASPRZAK Bartłomiej</b>	<b>244</b>	BEARD TEAM WROCŁAW	M-30	166	NIE	01:20:36	02:29:42	<b>03:55:14.40</b>	<b>03:56:09.70</b>	+01:58:30 (50.2%)	11:12	5.4 (50.5%)
476	<b>WOJDAŁOWICZ Ewa</b>	<b>169</b>	BIEGACZKI PIJACZKI	K-30	55	NIE	01:24:56	02:37:28	<b>03:55:22.35</b>	<b>03:56:21.05</b>	+01:58:41 (50.2%)	11:12	5.4 (50.5%)
477	<b>WAJTRYT Krzysztof</b>	<b>235</b>	CORACLUB.EU	M-40	148	NIE	01:23:26	02:36:18	<b>03:55:20.25</b>	<b>03:56:24.00</b>	+01:58:44 (50.2%)	11:12	5.4 (50.5%)
478	<b>POPIOŁEK Grzegorz</b>	<b>246</b>	DELTA RUN	M-40	149	NIE	01:16:06	02:28:43	<b>03:56:41.55</b>	<b>03:57:29.70</b>	+01:59:50 (50.5%)	11:16	5.3 (49.5%)
479	<b>MUSUR Adam</b>	<b>518</b>	KB SZERSZEN OLESNICA	M-60	5	NIE		02:35:43	<b>03:57:52.00</b>	<b>03:57:52.00</b>	+02:00:12 (50.5%)	11:19	5.3 (49.5%)
480	<b>ZAJĄC Krzysztof</b>	<b>101</b>	ZP SZPIKI\WKURW_TEAM\BEZULTRADZIKI	M-40	150	NIE	01:24:35	02:36:22	<b>03:56:58.10</b>	<b>03:58:01.05</b>	+02:00:21 (50.6%)	11:17	5.3 (49.5%)
481	<b>SKRZYPCZAK Patryk</b>	<b>400</b>	SPARTACUS	M-30	167	NIE	01:21:04	02:35:58	<b>03:57:31.90</b>	<b>03:58:25.25</b>	+02:00:45 (50.7%)	11:18	5.3 (49.5%)
482	<b>SPYCHAŁA Michał</b>	<b>397</b>	SPARTACUS	M-30	168	NIE	01:21:03	02:36:04	<b>03:57:35.65</b>	<b>03:58:27.95</b>	+02:00:48 (50.7%)	11:18	5.3 (49.5%)
483	<b>PUSTELNIK Piotr</b>	<b>5</b>	SOUTH POLE EXPEDITION	M-60	6	TAK	01:24:37	02:40:50	<b>03:57:26.90</b>	<b>03:58:29.70</b>	+02:00:50 (50.7%)	11:18	5.3 (49.5%)
484	<b>NOWACZYK Zuzanna</b>	<b>493</b>		K-20	9	NIE	01:25:38	02:39:44	<b>03:59:43.50</b>	<b>04:00:19.85</b>	+02:02:40 (51.0%)	11:24	5.3 (49.5%)
485	<b>KAWECKA Magdalena</b>	<b>16</b>	BIEGAM BO LUBIĘ ZĄBKI TEAM	K-30	56	NIE	01:29:37	02:42:31	<b>03:59:50.55</b>	<b>04:00:26.75</b>	+02:02:47 (51.1%)	11:25	5.3 (49.5%)
486	<b>GRZELCZYK Piotr</b>	<b>415</b>	BIEGAM BO LUBIĘ ZĄBKI TEAM	M-40	151	NIE	01:29:38	02:42:35	<b>03:59:50.60</b>	<b>04:00:27.15</b>	+02:02:47 (51.1%)	11:25	5.3 (49.5%)
487	<b>MALINOWSKI Przemysław</b>	<b>363</b>		M-40	152	NIE	01:25:32	02:40:59	<b>04:02:38.30</b>	<b>04:03:34.45</b>	+02:05:55 (51.7%)	11:33	5.2 (48.6%)
488	<b>CHROMIŃSKI Maciej</b>	<b>366</b>		M-40	153	NIE	01:24:11	02:43:03	<b>04:02:57.70</b>	<b>04:03:49.95</b>	+02:06:10 (51.7%)	11:34	5.2 (48.6%)
489	<b>KUPKA Bazyl</b>	<b>254</b>	SZYBKA KUPKA	M-20	41	NIE	01:24:16	02:43:22	<b>04:03:38.35</b>	<b>04:03:56.40</b>	+02:06:17 (51.8%)	11:36	5.2 (48.6%)
490	<b>KUPKA Martyna</b>	<b>113</b>	SWAT TEAM	K-30	57	NIE	01:25:34	02:43:22	<b>04:03:37.40</b>	<b>04:03:56.50</b>	+02:06:17 (51.8%)	11:36	5.2 (48.6%)
491	<b>BŁACHOWIAK Jakub</b>	<b>388</b>	STREFASPORTU.PL MW INVEST	M-20	42	NIE	01:25:32	02:43:25	<b>04:03:37.60</b>	<b>04:03:57.00</b>	+02:06:17 (51.8%)	11:36	5.2 (48.6%)
492	<b>PODSIADŁY Robert</b>	<b>189</b>	CHATA BIEGACZA K34 ZAKOPANE	M-50	22	NIE	01:24:39	02:39:53	<b>04:06:06.40</b>	<b>04:07:11.65</b>	+02:09:32 (52.4%)	11:43	5.1 (47.7%)
493	<b>DZIEWIATOWSKA Agnieszka</b>	<b>117</b>		K-40	31	NIE	01:26:25	02:42:42	<b>04:06:43.75</b>	<b>04:07:21.50</b>	+02:09:42 (52.4%)	11:44	5.1 (47.7%)
494	<b>SZOŁTYSEK Beata</b>	<b>24</b>	OCHAJORUN & FRIENDS	K-40	32	NIE	01:23:32	02:42:49	<b>04:07:06.50</b>	<b>04:07:45.25</b>	+02:10:05 (52.5%)	11:46	5.1 (47.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
495	<b>MAJKOWSKI Tomasz</b>	<b>393</b>		M-40	154	NIE	01:27:13	02:44:34	<b>04:09:00.20</b>	<b>04:09:49.00</b>	+02:12:09 (52.9%)	11:51	5.1 (47.7%)
496	<b>TROJANOWSKA Kinga</b>	<b>357</b>		K-50	5	NIE	01:26:23	02:42:41	<b>04:09:26.25</b>	<b>04:10:03.85</b>	+02:12:24 (53.0%)	11:52	5.1 (47.7%)
497	<b>PUDŁO Kamila</b>	<b>245</b>	OBORYGENI	K-30	58	NIE	01:26:29	02:43:11	<b>04:10:50.30</b>	<b>04:11:30.90</b>	+02:13:51 (53.2%)	11:56	5 (46.7%)
498	<b>LUDKA Dagmara</b>	<b>143</b>	PSEUDOBIEGACZKI	K-40	33	NIE	01:29:20	02:46:27	<b>04:13:45.85</b>	<b>04:13:45.85</b>	+02:16:06 (53.6%)	12:05	5 (46.7%)
499	<b>SZMYT Izabela</b>	<b>276</b>	PSEUDOBIEGACZKI	K-30	59	NIE	01:28:49	02:45:36	<b>04:13:07.00</b>	<b>04:13:46.25</b>	+02:16:06 (53.6%)	12:03	5 (46.7%)
500	<b>WARA-WĄSOWSKI Maciej</b>	<b>372</b>		M-40	155	NIE	01:23:24	02:42:43	<b>04:14:50.70</b>	<b>04:15:40.65</b>	+02:18:01 (54.0%)	12:08	4.9 (45.8%)
501	<b>KOTLIŃSKI Jarosław</b>	<b>382</b>		M-50	23	NIE	01:29:55	02:53:55	<b>04:23:31.95</b>	<b>04:24:27.95</b>	+02:26:48 (55.5%)	12:32	4.8 (44.9%)
502	<b>SZELER Joanna</b>	<b>564</b>		K-40	34	NIE	01:40:24	02:59:03	<b>04:25:20.10</b>	<b>04:25:20.10</b>	+02:27:40 (55.7%)	12:38	4.7 (43.9%)
503	<b>FURMAN Agnieszka</b>	<b>18</b>	OCHAJORUN&FRIENDS	K-30	60	NIE	01:37:26	03:00:12	<b>04:34:48.95</b>	<b>04:35:29.95</b>	+02:37:50 (57.3%)	13:05	4.6 (43.0%)
504	<b>FURMAN Michał</b>	<b>34</b>	OCHAJO RUN&FRIENDS	M-30	169	NIE	01:37:25	03:00:10	<b>04:34:52.25</b>	<b>04:35:34.15</b>	+02:37:54 (57.3%)	13:05	4.6 (43.0%)
505	<b>SZALKOWSKA Dominika</b>	<b>183</b>	ROZBIEGANY	K-30	61	NIE	01:39:29	03:04:14	<b>04:37:44.85</b>	<b>04:38:44.65</b>	+02:41:05 (57.8%)	13:13	4.5 (42.1%)
506	<b>ZEMŁA Krzysztof</b>	<b>380</b>		M-50	24	NIE	01:35:24	03:03:54	<b>04:41:59.55</b>	<b>04:42:22.75</b>	+02:44:43 (58.3%)	13:25	4.5 (42.1%)
507	<b>MOLSKA Małgorzata</b>	<b>445</b>	BBL GORZÓW	K-50	6	NIE	01:44:25	03:18:57	<b>04:53:47.75</b>	<b>04:54:39.15</b>	+02:56:59 (60.1%)	13:59	4.3 (40.2%)
508	<b>JAKUBOWSKI Wojciech</b>	<b>407</b>	KB GEOTERMIA UNIEJÓW	M-40	156	NIE		02:22:40			+01:05:15	10:11	5.9 (55.1%)
509	<b>HEROD Maciej</b>	<b>259</b>	XRUNNERS	M-20	43	NIE							(0.0%)

Znaleziono 509 wynik(ów)