



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

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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	PRZEDWOJEWSKI Bartłomiej	8	SALOMON SUUNTO TEAM POLAND	M-20	1	NIE	00:38:49	01:17:22	01:57:36.05	01:57:39.30		5:36	10.7 (100%)
2	BRÝDL Pavel	10	ENERVIT YOKO XC LIFE TEAM	M-30	1	NIE	00:39:35	01:18:29	01:59:37.95	01:59:40.30	+00:02:01 (1.7%)	5:41	10.5 (98.1%)
3	DYBEK Paweł	9	SALOMON SUUNTO TEAM POLAND	M-40	1	NIE	00:43:01	01:27:50	02:11:33.50	02:11:35.65	+00:13:56 (10.6%)	6:15	9.6 (89.7%)
4	PODOLSKI Przemysław	527		M-20	2	NO	00:45:18	01:29:34	02:14:46.55	02:15:04.25	+00:17:24 (12.9%)	6:25	9.3 (86.9%)
5	BONIEC Radosław	440		M-20	3	NIE	00:45:04	01:29:46	02:15:14.95	02:15:17.95	+00:17:38 (13.0%)	6:26	9.3 (86.9%)
6	PODGÓRSKI Bogusz	541	EMITT RACE TEAM	M-30	2	NIE	00:46:45	01:31:04	02:15:21.10	02:15:24.95	+00:17:45 (13.1%)	6:26	9.3 (86.9%)
7	SWOBODA Marek	378	CRANBERRY TEAM	M-30	3	NIE	00:45:50	01:29:54	02:15:32.70	02:15:49.25	+00:18:09 (13.4%)	6:27	9.3 (86.9%)
8	NASKRĘT Sławomir	555	SKLEPBIEGACZA.PL	M-40	2	NIE	00:43:42	01:29:23	02:16:31.25	02:16:33.65	+00:18:54 (13.8%)	6:30	9.2 (86.0%)
9	KAMMER Krzysztof	153	PRO366	M-30	4	NIE	00:47:17	01:31:12	02:16:41.85	02:16:45.40	+00:19:06 (14.0%)	6:30	9.2 (86.0%)
10	BADOWSKI Aleksander	406	MARCIN ŚWIERC TEAM	M-30	5	NIE	00:45:20	01:31:22	02:17:37.10	02:17:40.65	+00:20:01 (14.5%)	6:33	9.2 (86.0%)
11	BECZKOWSKI Łukasz	560	UKS LUDWIKOWICE	M-30	6	NIE	00:45:12	01:30:58	02:17:40.95	02:17:48.45	+00:20:09 (14.6%)	6:33	9.2 (86.0%)
12	URBAŃCZYK Grzegorz	465	FOR RUN TEAM & ADRUNALINA	M-30	7	NIE	00:46:04	01:30:58	02:18:04.00	02:18:04.00	+00:20:24 (14.8%)	6:34	9.1 (85.0%)
13	ŁĄCZAK Mgdalena	2	SALOMON SUUNTO TEAM POLAND	K-40	1	NIE	00:45:49	01:31:38	02:18:17.15	02:18:20.35	+00:20:41 (15.0%)	6:35	9.1 (85.0%)
14	BUCZEK Bartłomiej	503		M-30	8	NIE	00:46:47	01:31:40	02:18:27.55	02:18:31.40	+00:20:52 (15.1%)	6:35	9.1 (85.0%)
15	KAPROŃ Sebastian	488		M-40	3	NIE	00:45:18	01:31:19	02:18:37.00	02:18:40.55	+00:21:01 (15.2%)	6:36	9.1 (85.0%)
16	MYSZCZYSZYN Łukasz	310	ANTRACYT	M-30	9	NIE	00:46:48	01:32:10	02:19:00.30	02:19:06.55	+00:21:27 (15.4%)	6:37	9.1 (85.0%)
17	KITA Michał	252	PĘDZĄCY W MIEJSCU	M-40	4	TAK	00:45:27	01:31:24	02:19:09.30	02:19:13.40	+00:21:34 (15.5%)	6:37	9.1 (85.0%)
18	DURKOWSKI Marcin	41	OBORYGENI	M-30	10	NIE	00:46:53	01:32:29	02:19:25.65	02:19:29.60	+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	PAZDAN Piotr	127	KOWARY BIEGAJA	M-30	11	NIE	00:47:00	01:32:31	02:19:56.05	02:19:56.05	+00:22:16 (15.9%)	6:39	9 (84.1%)
20	TOMASIAK Natalia	3	KW ZAKOPANE // SALOMON SUUNTO TEAM	K-30	1	TAK	00:46:28	01:32:26	02:20:16.75	02:20:21.00	+00:22:41 (16.2%)	6:40	9 (84.1%)
21	SZOPA Marek	176	TEAM KOPEĆ	M-40	5	NIE	00:49:38	01:35:05	02:22:02.55	02:22:08.30	+00:24:29 (17.2%)	6:45	8.9 (83.2%)
22	WILK Maciej	154	RAMBO 3	M-30	12	NIE	00:45:07	01:30:30	02:21:56.40	02:22:11.95	+00:24:32 (17.3%)	6:45	8.9 (83.2%)
23	PIASECKI Mariusz	237		M-40	6	NIE	00:46:52	01:32:59	02:22:59.35	02:23:03.05	+00:25:23 (17.8%)	6:48	8.8 (82.2%)
24	GUSTAW Łukasz	267	XRUNNERS	M-20	4	NIE	00:47:44	01:34:37	02:23:07.60	02:23:14.15	+00:25:34 (17.9%)	6:48	8.8 (82.2%)
25	RUTKOWSKI Dawid	502	GRIZZLYTEAM	M-30	13	NIE	00:46:13	01:33:37	02:23:46.00	02:23:49.20	+00:26:09 (18.2%)	6:50	8.8 (82.2%)
26	SKUDLARSKI Jakub	80	PRO-RUN WROCŁAW	M-20	5	NIE	00:50:58	01:36:59	02:23:44.90	02:23:56.10	+00:26:16 (18.3%)	6:50	8.8 (82.2%)
27	MAZURKIEWICZ Jerzy	49	NIGHT RUNNERS WROCŁAW	M-30	14	NIE	00:50:52	01:37:44	02:24:29.85	02:24:37.40	+00:26:58 (18.6%)	6:52	8.7 (81.3%)
28	GRYCZKA Mateusz	122	NBR TEAM	M-30	15	NIE	00:47:39	01:35:45	02:24:58.20	02:25:07.80	+00:27:28 (18.9%)	6:54	8.7 (81.3%)
29	SZCZERBAKOWICZ Kamil	479		M-20	6	NIE	00:49:41	01:36:15	02:25:20.25	02:25:25.60	+00:27:46 (19.1%)	6:55	8.7 (81.3%)
30	PELIKAN Artur	327	NGB KŁOBUCK	M-20	7	NIE	00:52:02	01:37:39	02:25:42.45	02:25:52.80	+00:28:13 (19.3%)	6:56	8.6 (80.4%)
31	NICPOŃ Sebastian	568	FALSTART RUDNIKI	M-20	8		00:51:34	01:37:36	02:25:38.70	02:25:52.90	+00:28:13 (19.3%)	6:56	8.7 (81.3%)
32	OLKIS Rafał	294	PRZEBIEGA.PL	M-30	16	NIE	00:51:13	01:36:49	02:25:53.00	02:26:11.45	+00:28:32 (19.5%)	6:56	8.6 (80.4%)
33	WOLBACH Tomasz	179	WOLNE ŚLIMAKI	M-30	17	NIE	00:51:26	01:38:11	02:26:15.40	02:26:24.40	+00:28:45 (19.6%)	6:57	8.6 (80.4%)
34	GONCZARENKO Jarek	537		M-30	18	NIE	00:48:05	01:36:09	02:26:38.50	02:26:42.00	+00:29:02 (19.8%)	6:59	8.6 (80.4%)
35	MAZIK Wojciech	552		M-20	9	TAK	00:49:51	01:37:00	02:27:04.15	02:27:12.60	+00:29:33 (20.1%)	7:00	8.6 (80.4%)
36	KRUPA Marcin	333	AKTYWNA NOWA RUDA	M-40	7	NIE	00:48:27	01:37:37	02:28:13.75	02:28:20.90	+00:30:41 (20.7%)	7:03	8.5 (79.4%)
37	BORZYSTOWSKI Patryk	384	WIDZIALNI.PL	M-30	19	TAK	00:49:14	01:36:18	02:28:22.90	02:28:40.05	+00:31:00 (20.9%)	7:03	8.5 (79.4%)
38	IGNACZAK Marcin	78	FILLCO - IFB BROKER	M-40	8	NIE	00:51:42	01:38:46	02:28:48.90	02:28:52.30	+00:31:13 (21.0%)	7:05	8.5 (79.4%)
39	PRYSTASZ Krzysztof	551	OŁAWSKA GRUPA BIEGOWA	M-40	9	NIE	00:49:49	01:37:44	02:29:00.80	02:29:05.50	+00:31:26 (21.1%)	7:05	8.5 (79.4%)
40	CYBULSKI Marcin	413		M-20	10	TAK	00:47:46	01:35:52	02:29:21.90	02:29:28.50	+00:31:49 (21.3%)	7:06	8.4 (78.5%)
41	WYSOCKI Łukasz	486		M-30	20	NIE	00:49:43	01:36:30	02:29:31.15	02:29:37.75	+00:31:58 (21.4%)	7:07	8.4 (78.5%)
42	GEZELA Robert	312	EUFORIABIEGACZA.PL	M-40	10	NIE	00:48:43	01:38:00	02:29:39.90	02:29:42.85	+00:32:03 (21.4%)	7:07	8.4 (78.5%)
43	GRABIŃSKI Wojciech	272	GRUNWALD TEAM POZNAŃ	M-20	11	NIE	00:51:56	01:39:30	02:29:22.05	02:29:46.10	+00:32:06 (21.4%)	7:06	8.4 (78.5%)
44	NOWAK Mariusz	224		M-30	21	NIE	00:52:02	01:39:37	02:29:46.80	02:29:54.60	+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	KOSTASZ Mariusz	138	KB FAURECIA STOOR	M-30	22	NIE	00:50:36	01:39:03	02:30:10.85	02:30:13.40	+00:32:34 (21.7%)	7:09	8.4 (78.5%)
46	NIEZGÓDKA Tomasz	398		M-40	11	NIE	00:50:36	01:38:53	02:30:09.90	02:30:16.15	+00:32:36 (21.7%)	7:09	8.4 (78.5%)
47	KOZŁOWSKI Gabriel	292	BÓBR TŁUSZCZ	M-40	12	NIE	00:55:30	01:43:15	02:30:10.90	02:30:21.55	+00:32:42 (21.8%)	7:09	8.4 (78.5%)
48	SOCHA Seweryn	63	DZIKIE BOBRY	M-30	23	NO	00:49:51	01:39:18	02:31:57.90	02:32:06.10	+00:34:26 (22.6%)	7:14	8.3 (77.6%)
49	GRUND Marek	296	MAFIA TEAM LUBLINIEC	M-20	12	NIE	00:51:47	01:39:43	02:32:07.25	02:32:07.25	+00:34:27 (22.7%)	7:14	8.3 (77.6%)
50	STASZELIS Krzysztof	566	POCOLOCO AT	M-30	24	NIE	00:52:56	01:41:32	02:31:50.25	02:32:10.10	+00:34:30 (22.7%)	7:13	8.3 (77.6%)
51	PIĄTKOWSKI Przemysław	212	TEAM KOPEĆ	M-40	13	NIE	00:51:24	01:41:24	02:32:26.10	02:32:30.20	+00:34:50 (22.9%)	7:15	8.3 (77.6%)
52	MIŚ Zbigniew	441	PŁOMIEŃ ZAGORZYCE	M-30	25	NIE	00:46:25	01:36:51	02:32:32.80	02:32:40.90	+00:35:01 (22.9%)	7:15	8.3 (77.6%)
53	LUBAŃSKI Robert	474		M-50	1	NIE	00:51:03	01:39:19	02:33:01.70	02:33:07.10	+00:35:27 (23.2%)	7:17	8.2 (76.6%)
54	URBAŃSKI Leszek	264	POCOLOCO ADVENTURE TEAM	M-20	13	NIE	00:51:57	01:40:43	02:33:11.85	02:33:31.15	+00:35:51 (23.4%)	7:17	8.2 (76.6%)
55	LASEK Jakub	300	KW OPOLE	M-20	14	TAK	00:51:21	01:40:49	02:33:18.75	02:33:31.25	+00:35:51 (23.4%)	7:18	8.2 (76.6%)
56	JARMOLIŃSKI Piotr	468	WIECZORNE BIEGANIE W SZCZECINIE	M-40	14	NIE	00:51:48	01:41:40	02:33:33.15	02:33:38.85	+00:35:59 (23.4%)	7:18	8.2 (76.6%)
57	ZAWOJAK Aleksader	425	RONAK POLSKA RUN	M-20	15	NIE	00:52:42	01:41:36	02:33:46.45	02:33:57.45	+00:36:18 (23.6%)	7:19	8.2 (76.6%)
58	WAHL Daniel	330	T.S. AKS CHORZÓW	M-40	15	TAK	00:53:43	01:43:12	02:34:21.25	02:34:25.80	+00:36:46 (23.8%)	7:21	8.2 (76.6%)
59	BUCHLA Marcin	494	GT RAT	M-40	16	NIE	00:55:02	01:43:56	02:34:26.10	02:34:33.15	+00:36:53 (23.9%)	7:21	8.2 (76.6%)
60	OMIELJANIUK Konrad	325		M-20	16	NIE	00:49:43	01:38:08	02:34:35.70	02:34:41.35	+00:37:02 (23.9%)	7:21	8.2 (76.6%)
61	SOBOL Tomasz	348		M-40	17	NIE	00:52:10	01:42:07	02:34:41.40	02:34:47.35	+00:37:08 (24.0%)	7:22	8.1 (75.7%)
62	HALADYN Łukasz	94	AURATREE	M-40	18	TAK	00:51:50	01:40:50	02:34:47.50	02:34:52.85	+00:37:13 (24.0%)	7:22	8.1 (75.7%)
63	TEKIELI Kacper	7	PHZ	M-30	26	TAK	00:48:45	01:38:17	02:35:07.10	02:35:09.65	+00:37:30 (24.2%)	7:23	8.1 (75.7%)
64	JAŁOCHA Tomek	256		M-40	19	NIE	00:53:42	01:42:38	02:35:01.75	02:35:14.55	+00:37:35 (24.2%)	7:22	8.1 (75.7%)
65	GODLEWSKI Krzysztof	534	GVT	M-30	27	NIE	00:53:42	01:42:05	02:34:46.05	02:35:17.50	+00:37:38 (24.2%)	7:22	8.1 (75.7%)
66	BIELA Konrad	233	GOPR KARKONOSZE / KOWARY BIEGAJĄ & KARPACZ SPORT	M-20	17	NIE	00:51:18	01:41:44	02:35:12.40	02:35:18.65	+00:37:39 (24.2%)	7:23	8.1 (75.7%)
67	ORACZ Mateusz	311	BEZ LITOŚCI / KALENJI TEAM POLAND	M-30	28	NIE	00:53:41	01:44:44	02:34:56.10	02:35:19.05	+00:37:39 (24.2%)	7:22	8.1 (75.7%)
68	LEWANDOWSKI Piotr	339		M-20	18	NIE	00:52:04	01:41:10	02:36:04.40	02:36:10.95	+00:38:31 (24.7%)	7:25	8.1 (75.7%)
69	STAWIARSKI Tomasz	317	KOWARY BIEGAJĄ	M-40	20	NIE	00:52:48	01:43:18	02:36:17.60	02:36:24.30	+00:38:45 (24.8%)	7:26	8.1 (75.7%)

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70	LIPNICKA Marta	554	FUNDACJA PRZEJŚCIE KOTLINY	K-30	2	NIE	00:52:02	01:42:36	02:36:32.75	02:36:39.15	+00:38:59 (24.9%)	7:27	8 (74.8%)
71	MICHALSKI Jakub	550		M-30	29	NIE	00:55:54	01:45:00	02:36:30.95	02:36:46.80	+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	02:36:47.05	02:36:47.05	+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	02:36:30.20	02:36:58.05	+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	02:37:10.20	02:37:14.70	+00:39:35 (25.2%)	7:29	8 (74.8%)
75	MADOŃ Rafał	21		M-20	20	NIE	00:56:15	01:44:42	02:37:03.10	02:37:30.60	+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	02:37:34.65	02:37:39.35	+00:40:00 (25.4%)	7:30	8 (74.8%)
77	GOŁĄB Mateusz	328		M-30	30	NIE	00:55:46	01:44:54	02:37:27.60	02:37:42.40	+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	02:38:14.30	02:38:26.80	+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	02:38:43.55	02:38:43.55	+00:41:04 (25.9%)	7:33	7.9 (73.8%)
80	URBANIAK Hubert	126	ROZBIEGANYRAWICZ	M-30	32	NIE	00:52:05	01:42:16	02:38:26.60	02:38:44.00	+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	02:39:14.35	02:39:19.40	+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	02:39:24.60	02:39:38.40	+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	02:39:25.75	02:39:39.40	+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	02:39:00.90	02:39:40.20	+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	02:39:14.40	02:39:45.75	+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	02:40:15.65	02:40:23.60	+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	02:40:02.90	02:40:26.70	+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	02:40:36.25	02:40:36.25	+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	02:40:16.15	02:40:36.80	+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	02:40:32.35	02:40:38.90	+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	02:40:30.90	02:40:39.80	+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	02:40:35.45	02:40:39.85	+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	02:40:22.15	02:40:40.05	+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	02:40:32.75	02:40:43.30	+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	NIEPALA Jacek	161	OBORYGENI	M-30	43	NO	00:54:27	01:44:39	02:40:45.10	02:40:53.50	+00:43:14 (26.9%)	7:39	7.8 (72.9%)
96	FRĄCKOWIAK Michał	558	CZERWONAK BIEGA	M-40	27	NIE	00:54:27	01:46:44	02:40:53.80	02:41:00.65	+00:43:21 (26.9%)	7:39	7.8 (72.9%)
97	STANKIEWICZ Paweł	557	CZERWONAK BIEGA	M-40	28	NIE	00:54:23	01:46:45	02:40:53.50	02:41:00.95	+00:43:21 (26.9%)	7:39	7.8 (72.9%)
98	KOZIEŁ Tomasz	274	KUDOWSCY MIŁOŚNICZY BIEGANIA	M-30	44	NIE	00:55:00	01:45:47	02:41:01.60	02:41:15.25	+00:43:35 (27.0%)	7:40	7.8 (72.9%)
99	SZUKAŁA Piotr	559		M-30	45	TAK	00:57:55	01:47:19	02:41:00.70	02:41:16.75	+00:43:37 (27.0%)	7:40	7.8 (72.9%)
100	ANTOSIAK Tomasz	74	TRIATHLON MIETKÓW TEAM	M-30	46	NIE	00:56:15	01:47:57	02:41:40.95	02:41:45.65	+00:44:06 (27.3%)	7:41	7.8 (72.9%)
101	ŁUCZAK Paweł	220		M-40	29	TAK	00:58:15	01:48:58	02:41:23.55	02:41:51.95	+00:44:12 (27.3%)	7:41	7.8 (72.9%)
102	DZIUBA Piotr	175		M-40	30	NIE	00:54:44	01:45:51	02:42:06.80	02:42:14.70	+00:44:35 (27.5%)	7:43	7.8 (72.9%)
103	DĄBROWICZ Jakub	107		M-30	47	NIE	00:56:17	01:45:51	02:42:03.55	02:42:16.00	+00:44:36 (27.5%)	7:43	7.8 (72.9%)
104	ZIMNY Tomasz	53		M-60	1	NIE	00:57:00	01:48:26	02:42:20.40	02:42:25.80	+00:44:46 (27.6%)	7:43	7.8 (72.9%)
105	SADOWSKI Tomasz	309	KOSSMATE ŻUKI	M-40	31	NIE	00:59:14	01:49:17	02:42:10.05	02:42:28.35	+00:44:49 (27.6%)	7:43	7.8 (72.9%)
106	WIŚNIEWSKI Paweł	553	RUN@BALANCE	M-30	48	NIE	00:50:55	01:42:01	02:42:22.45	02:42:29.80	+00:44:50 (27.6%)	7:43	7.8 (72.9%)
107	SANKOWSKI Paweł	467	PLACKI TEAM	M-30	49	NIE	00:56:13	01:46:58	02:42:27.55	02:42:45.25	+00:45:05 (27.7%)	7:44	7.8 (72.9%)
108	DĄBROWSKI Jacek	302	DĄBROWSKI BROTHERS	M-30	50	NIE	00:56:11	01:47:06	02:42:54.15	02:43:01.90	+00:45:22 (27.8%)	7:45	7.7 (72.0%)
109	KOWALCZYK Paweł	125	KĘCKIE HARPAGANY	M-40	32	NIE	00:53:22	01:45:31	02:43:05.80	02:43:08.70	+00:45:29 (27.9%)	7:46	7.7 (72.0%)
110	KRÓL Marcin	446	OŚ RACING TEAM	M-30	51	NIE	00:56:18	01:47:47	02:43:02.40	02:43:12.10	+00:45:32 (27.9%)	7:45	7.7 (72.0%)
111	PRZYPOLSKI Paweł	40	IM-POSSIBLE TEAM	M-40	33	NIE	00:52:45	01:45:04	02:43:07.80	02:43:15.25	+00:45:35 (27.9%)	7:46	7.7 (72.0%)
112	DARMOCHWAŁ Leszek	20	DZIKIE BOBRY	M-40	34	NO	00:57:07	01:48:15	02:43:45.85	02:43:45.85	+00:46:06 (28.2%)	7:47	7.7 (72.0%)
113	ZARODA Zbyszek	145		M-40	35	NIE	00:56:11	01:48:06	02:43:59.20	02:44:02.50	+00:46:23 (28.3%)	7:48	7.7 (72.0%)
114	BAŁYS Katarzyna	375	HERCOG RUNNING TEAM	K-30	3	NIE	00:56:21	01:47:44	02:43:56.60	02:44:05.20	+00:46:25 (28.3%)	7:48	7.7 (72.0%)
115	ŚWIDA Adam	225	GET RUN	M-30	52	NIE	00:58:16	01:50:48	02:43:48.90	02:44:10.90	+00:46:31 (28.3%)	7:48	7.7 (72.0%)
116	DUC-SYPOSZ Aureliusz	462		M-40	36	NIE	00:59:17	01:49:31	02:44:20.15	02:44:37.10	+00:46:57 (28.5%)	7:49	7.7 (72.0%)
117	KOCIK Marcin	532	FATBOY SPRINT	M-40	37	NIE	00:59:18	01:49:29	02:44:20.35	02:44:55.65	+00:47:16 (28.7%)	7:49	7.7 (72.0%)
118	ŁUCZAK Marcin	533	RUN4ENERGY	M-30	53	NIE	00:56:08	01:48:22	02:45:15.15	02:45:19.70	+00:47:40 (28.8%)	7:52	7.6 (71.0%)
119	STEC Piotr	361		M-40	38	NIE	00:58:10	01:47:50	02:44:49.95	02:45:25.35	+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	SIERZPUTOWSKI Robert	260	NASIELSK BASZTA TEAM	M-40	39	NIE	01:02:46	01:52:38	02:44:29.15	02:45:25.75	+00:47:46 (28.9%)	7:49	7.7 (72.0%)
121	FILIPOWSKI Krzysztof	251	BBL ZIELONA GÓRA	M-30	54	NIE	00:57:33	01:49:07	02:45:09.95	02:45:26.00	+00:47:46 (28.9%)	7:51	7.6 (71.0%)
122	STELMASZCZYK Bartłomiej	270	SCOUT TAEM	M-40	40	NIE	00:58:04	01:50:53	02:45:48.35	02:46:01.70	+00:48:22 (29.1%)	7:53	7.6 (71.0%)
123	VERHEYDEN Sam	201	TMT	M-30	55	NIE	00:56:25	01:48:36	02:45:51.45	02:46:09.65	+00:48:30 (29.2%)	7:53	7.6 (71.0%)
124	NOWAK Adam	525	TAB2	M-40	41	TAK	00:56:27	01:48:59	02:45:56.05	02:46:14.25	+00:48:34 (29.2%)	7:54	7.6 (71.0%)
125	KRYM Katarzyna	29	NIGHT RUNNERS WROCŁAW	K-40	2	NIE	01:01:26	01:53:02	02:45:43.75	02:46:16.45	+00:48:37 (29.2%)	7:53	7.6 (71.0%)
126	LACHOWSKI Robert	258		M-30	56	NIE	00:58:29	01:50:21	02:46:04.50	02:46:16.85	+00:48:37 (29.2%)	7:54	7.6 (71.0%)
127	KSIĄŻKIEWICZ Bartłomiej	192	ROCKY BALBOA RUNNING CLUB	M-30	57	NIE	00:55:13	01:46:04	02:46:07.45	02:46:47.55	+00:49:08 (29.5%)	7:54	7.6 (71.0%)
128	FRĄCKOWIAK Dariusz	540	EMITT RACE TEAM / SROKABIAŁOBOKA	M-30	58	NIE	00:57:54	01:49:26	02:46:37.05	02:46:53.10	+00:49:13 (29.5%)	7:56	7.6 (71.0%)
129	PIECUCH Karolina	195	LACHO TEAM/SKLEP BIEGACZA	K-30	4	NIE	00:58:45	01:51:06	02:46:49.65	02:46:59.15	+00:49:19 (29.5%)	7:56	7.6 (71.0%)
130	PALACZ Marcin	37	OPTIMA CARDIO	M-40	42	NIE	00:56:23	01:49:02	02:46:43.40	02:47:09.85	+00:49:30 (29.6%)	7:56	7.6 (71.0%)
131	BEDNARZ Sebastian	83		M-40	43	NIE	00:57:33	01:49:07	02:47:14.90	02:47:30.65	+00:49:51 (29.8%)	7:57	7.5 (70.1%)
132	TOŚ Sebastian	332		M-40	44	NIE	00:55:38	01:49:34	02:47:31.90	02:47:38.00	+00:49:58 (29.8%)	7:58	7.5 (70.1%)
133	URBAŃSKI Michał	442	FLUNKYBALL TEAM ŁĄDEK-ZDRÓJ	M-30	59	NIE	00:58:35	01:50:25	02:47:39.80	02:47:53.15	+00:50:13 (29.9%)	7:59	7.5 (70.1%)
134	BŁASZKIEWICZ Bogusz	362		M-30	60	NIE	00:55:37	01:49:36	02:47:54.60	02:48:04.10	+00:50:24 (30.0%)	7:59	7.5 (70.1%)
135	KOPROWSKI Tomasz	64	ZHP HUFIEC POZNAŃ NOWE	M-30	61	NIE	00:58:44	01:50:00	02:47:25.00	02:48:12.10	+00:50:32 (30.1%)	7:58	7.5 (70.1%)
136	KLICHOWSKI Marek	51	IFON.PL KOLARZ KLUB	M-30	62	NIE	00:59:22	01:52:03	02:48:12.45	02:48:40.40	+00:51:01 (30.2%)	8:00	7.5 (70.1%)
137	OLSZEWSKI Tomasz	507	KSRG ZG RUDNA	M-40	45	NIE	01:00:16	01:51:46	02:48:13.70	02:48:59.60	+00:51:20 (30.4%)	8:00	7.5 (70.1%)
138	STANUCHIEWICZ Oskar	500		M-40	46	NIE	01:00:11	01:50:22	02:48:44.15	02:49:15.50	+00:51:36 (30.5%)	8:02	7.5 (70.1%)
139	BONIKOWSKI Tomasz	199		M-40	47	NIE	00:56:52	01:50:03	02:49:09.70	02:49:30.50	+00:51:51 (30.6%)	8:03	7.4 (69.2%)
140	ROSOCHACZ Krzysztof	394		M-40	48	NIE	00:55:46	01:48:54	02:48:59.15	02:49:36.30	+00:51:57 (30.6%)	8:02	7.5 (70.1%)
141	PLONKOWSKI Sebastian	103		M-40	49	NIE	01:00:35	01:52:14	02:49:20.95	02:49:36.50	+00:51:57 (30.6%)	8:03	7.4 (69.2%)
142	ŁĘCKA Agnieszka	431	HERCOG RUNNING TEAM	K-20	1	NIE	00:59:32	01:52:47	02:49:20.95	02:49:37.10	+00:51:57 (30.6%)	8:03	7.4 (69.2%)
143	KARWACKI Grzegorz	471	GLOBUS	M-40	50	TAK	01:02:05	01:54:03	02:49:16.20	02:49:38.05	+00:51:58 (30.6%)	8:03	7.4 (69.2%)
144	STRZYGOCKI Maciej	110		M-40	51	NIE	01:00:16	01:50:11	02:49:06.45	02:49:38.45	+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	GWIZDAŁA Anna	287		K-40	3	NIE	00:57:26	01:50:57	02:49:29.40	02:49:40.60	+00:52:01 (30.7%)	8:04	7.4 (69.2%)
146	WÓJCIK Marcin	282	FLOWERPOWERUN KOWARYB	M-40	52	TAK	00:56:25	01:49:40	02:49:26.30	02:49:42.50	+00:52:03 (30.7%)	8:04	7.4 (69.2%)
147	BOCIAN Ryszard	283	KW TORUŃ	M-40	53	TAK	00:58:17	01:52:05	02:49:45.50	02:49:56.80	+00:52:17 (30.8%)	8:05	7.4 (69.2%)
148	DĄBROWSKA Katarzyna	265		K-30	5	NIE	01:05:42	01:57:19	02:49:07.55	02:49:58.15	+00:52:18 (30.8%)	8:03	7.4 (69.2%)
149	URBAŃSKI Krzysztof	89	KROK ZA GROSZ	M-40	54	NIE	00:59:37	01:52:52	02:49:45.15	02:49:58.95	+00:52:19 (30.8%)	8:05	7.4 (69.2%)
150	BARAN Jacek	198	KB WARTKO	M-50	2	NIE	01:03:52	01:56:31	02:49:39.80	02:50:02.75	+00:52:23 (30.8%)	8:04	7.4 (69.2%)
151	KREZMANSKI Robert	116		M-50	3	NIE	00:59:12	01:51:57	02:49:35.35	02:50:04.85	+00:52:25 (30.8%)	8:04	7.4 (69.2%)
152	SPECHT Mikołaj	234		M-40	55	NIE	01:00:24	01:52:39	02:49:33.40	02:50:05.05	+00:52:25 (30.8%)	8:04	7.4 (69.2%)
153	KAMIENNIK Sebastian	491		M-40	56	NIE	01:00:32	01:53:21	02:49:31.25	02:50:05.40	+00:52:26 (30.8%)	8:04	7.4 (69.2%)
154	RODAK Zbigniew	223	STRZEGOMSKA DWUNASTKA	M-30	63	NIE	01:01:51	01:53:33	02:49:25.15	02:50:18.30	+00:52:39 (30.9%)	8:04	7.4 (69.2%)
155	OLSZYNA Jakub	539	SZKOŁA ASPIRANTÓW PSP POZNAŃ	M-20	23	NIE	00:59:15	01:52:03	02:49:49.40	02:50:19.50	+00:52:40 (30.9%)	8:05	7.4 (69.2%)
156	NOWAKOWSKI Sebastian	23	RYSIE	M-30	64	TAK	01:00:59	01:52:58	02:49:48.85	02:50:22.15	+00:52:42 (30.9%)	8:05	7.4 (69.2%)
157	CZARNIECKI Daniel	33	THIS IS ENGLISH	M-30	65	NIE	00:58:47	01:52:00	02:50:14.85	02:50:30.30	+00:52:51 (31.0%)	8:06	7.4 (69.2%)
158	SALACH Radosław	346	MOCNI NA STARCIE	M-40	57	NIE	01:01:38	01:52:45	02:50:15.35	02:50:47.60	+00:53:08 (31.1%)	8:06	7.4 (69.2%)
159	HANDZIAK Tomasz	402		M-30	66	NIE	01:02:38	01:56:30	02:50:40.50	02:51:00.10	+00:53:20 (31.2%)	8:07	7.4 (69.2%)
160	PORĘBSKI Łukasz	453		M-30	67	NIE	01:01:49	01:54:48	02:50:29.30	02:51:05.30	+00:53:26 (31.2%)	8:07	7.4 (69.2%)
161	JĘDRYCHOWSKI Bartłomiej	399		M-30	68	NIE	00:57:32	01:49:48	02:51:52.75	02:52:08.65	+00:54:29 (31.7%)	8:11	7.3 (68.2%)
162	KUPCZYK Rafał	301	ROZBIEGANY RAWICZ	M-30	69	NIE	00:57:23	01:51:04	02:51:56.30	02:52:10.55	+00:54:31 (31.7%)	8:11	7.3 (68.2%)
163	PAPROCKI Krzysztof	87		M-40	58	NIE	01:01:51	01:55:19	02:51:45.80	02:52:19.15	+00:54:39 (31.7%)	8:10	7.3 (68.2%)
164	JARUGA Marcin	424	KB MARATON TUREK	M-40	59	NIE	01:01:49	01:55:37	02:52:41.40	02:53:02.10	+00:55:22 (32.0%)	8:13	7.3 (68.2%)
165	KURZAWINSKI Marcin	73	KB MARATON TUREK	M-40	60	NIE	01:01:49	01:55:43	02:52:42.50	02:53:02.40	+00:55:23 (32.0%)	8:13	7.3 (68.2%)
166	ŁUCZAK Tomasz	121	KB MARATON TUREK	M-30	70	NIE	00:59:40	01:52:54	02:52:37.50	02:53:02.50	+00:55:23 (32.0%)	8:13	7.3 (68.2%)
167	KRAWCZYK Krzysztof	97	KB MARATON TUREK	M-40	61	NIE	01:00:37	01:54:01	02:52:39.80	02:53:02.70	+00:55:23 (32.0%)	8:13	7.3 (68.2%)
168	MNICH Tomasz	376		M-40	62	NIE	01:01:20	01:55:24	02:52:41.95	02:53:03.05	+00:55:23 (32.0%)	8:13	7.3 (68.2%)
169	OPOWICZ Rafał	289		M-40	63	NIE	01:00:39	01:52:43	02:52:41.70	02:53:14.60	+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	LEŚNIEWSKI Andrzej	483	FOR RUN TEAM	M-30	71	NIE	00:58:35	01:51:00	02:53:11.60	02:53:16.75	+00:55:37 (32.1%)	8:14	7.3 (68.2%)
171	STACHURSKI Daniel	353	EMERYCI I RENCISCI	M-40	64	NIE	01:00:38	01:53:52	02:52:48.70	02:53:17.55	+00:55:38 (32.1%)	8:13	7.3 (68.2%)
172	SZPINEK Marcin	437	TUTU TEAM	M-30	72	NIE	00:58:53	01:52:49	02:53:07.40	02:53:19.90	+00:55:40 (32.1%)	8:14	7.3 (68.2%)
173	TOL Kamil	434	MAFIA TEAM LUBLINIEC	M-30	73	NIE	00:58:25	01:52:16	02:53:08.05	02:53:20.75	+00:55:41 (32.1%)	8:14	7.3 (68.2%)
174	ZGARDA Jacek	26	TMTEAM	M-40	65	NO	00:57:47	01:53:09	02:53:26.60	02:53:31.95	+00:55:52 (32.2%)	8:15	7.3 (68.2%)
175	TRETIAK Mateusz	102		M-30	74	NIE	01:00:48	01:54:38	02:53:17.95	02:53:34.65	+00:55:55 (32.2%)	8:15	7.3 (68.2%)
176	MAŚLANKA Andrzej	501		M-30	75	NIE	01:10:54	02:01:22	02:52:36.15	02:53:39.70	+00:56:00 (32.3%)	8:13	7.3 (68.2%)
177	JASTRZĘBSKI Leszek	196	PUSZCZYK BUKOWY	M-40	66	NIE	01:04:20	01:56:55	02:53:15.40	02:53:55.60	+00:56:16 (32.4%)	8:15	7.3 (68.2%)
178	MRÓZ Marcin	147	DZIKIE BOBRY	M-40	67	NIE	00:58:45	01:54:52	02:54:17.05	02:54:27.40	+00:56:48 (32.6%)	8:17	7.2 (67.3%)
179	ROJEWSKI Paweł	338		M-30	76	NIE	00:56:08	01:50:17	02:54:27.90	02:54:41.20	+00:57:01 (32.6%)	8:18	7.2 (67.3%)
180	ORUBA Dawid	144		M-20	24	NIE	01:00:06	01:55:01	02:54:00.35	02:54:42.05	+00:57:02 (32.7%)	8:17	7.2 (67.3%)
181	WOLFF- STEFANIAK Maria	480		K-30	6	NIE	00:59:14	01:56:34	02:55:26.55	02:55:41.05	+00:58:01 (33.0%)	8:21	7.2 (67.3%)
182	LACKOWSKI Andrzej	56	AIKIDO UMK TORUN	M-30	77	NIE	00:54:42	01:49:04	02:55:31.65	02:55:41.25	+00:58:01 (33.0%)	8:21	7.2 (67.3%)
183	NOWAK Daniel	129	MKKK	M-30	78	NIE	01:02:37	01:56:25	02:55:14.80	02:55:42.05	+00:58:02 (33.0%)	8:20	7.2 (67.3%)
184	GRABIŃSKI Waldemar	354	ROGOZIŃSKI KLUB BIEGACZA	M-40	68	NIE	01:01:58	01:55:41	02:55:19.30	02:56:16.60	+00:58:37 (33.3%)	8:20	7.2 (67.3%)
185	KURZAWSKI Piotr	489		M-30	79	NIE	01:06:36	01:59:24	02:55:16.80	02:56:17.20	+00:58:37 (33.3%)	8:20	7.2 (67.3%)
186	KACZMAREK Karol	173	ROZBIEGANYRAWICZ	M-40	69	NIE	01:00:40	01:53:52	02:56:15.00	02:56:37.65	+00:58:58 (33.4%)	8:23	7.1 (66.4%)
187	MICHALSKI Piotr	341		M-30	80	NIE	01:02:34	01:56:25	02:56:11.95	02:56:37.95	+00:58:58 (33.4%)	8:23	7.2 (67.3%)
188	BISOWSKI Mariusz	323	KOZY W UCHU	M-40	70	NIE	01:06:34	02:00:07	02:55:55.25	02:56:38.95	+00:58:59 (33.4%)	8:22	7.2 (67.3%)
189	ŁYSIAK Sylwia	139	ROZBIEGANY ROZBIEGANY	K-40	4	NIE	01:02:32	01:57:57	02:56:18.40	02:56:39.35	+00:59:00 (33.4%)	8:23	7.1 (66.4%)
190	KICINSKA Dorota	43	ROZBIEGANY RAWICZ	K-30	7	NIE	01:01:21	01:56:17	02:56:21.85	02:56:40.75	+00:59:01 (33.4%)	8:23	7.1 (66.4%)
191	GRABOŚ Nina	521		K-40	5	NIE	01:02:09	01:57:53	02:56:24.55	02:56:41.05	+00:59:01 (33.4%)	8:24	7.1 (66.4%)
192	LEWANDOWSKI Wojciech	204		M-40	71	NIE	00:58:20	01:51:51	02:56:21.40	02:56:42.45	+00:59:03 (33.4%)	8:23	7.1 (66.4%)
193	GRAMZA Katarzyna	15	EUFORIABIEGACZA	K-30	8	NIE	01:03:26	01:58:09	02:56:22.85	02:56:43.30	+00:59:04 (33.4%)	8:23	7.1 (66.4%)
194	BALCERZAK Robert	31	KLUB BIEGACZA WARTA	M-40	72	NIE	01:00:21	01:55:18	02:56:36.55	02:56:57.90	+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	DIERING Tomasz	549	ROWERY MAŁGOŚKA	M-30	81	NIE	01:02:17	01:56:27	02:56:45.85	02:57:03.15	+00:59:23 (33.5%)	8:25	7.1 (66.4%)
196	HALADYN Małgorzata	156		K-30	9	NIE	01:02:25	01:57:49	02:56:51.25	02:57:18.00	+00:59:38 (33.6%)	8:25	7.1 (66.4%)
197	ZERZUT Jarosław	306	PUSZCZYK BUKOWY	M-50	4	NIE	01:06:53	01:58:30	02:56:41.15	02:57:21.05	+00:59:41 (33.7%)	8:24	7.1 (66.4%)
198	BACA Łukasz	191	RAMBO 3	M-30	82	NIE	01:02:35	01:59:52	02:57:41.85	02:57:41.85	+01:00:02 (33.8%)	8:27	7.1 (66.4%)
199	KURZAWIAK Grzegorz	365	KARŁÓW	M-30	83	NIE	01:01:47	01:55:50	02:56:53.20	02:57:42.90	+01:00:03 (33.8%)	8:25	7.1 (66.4%)
200	DĄBROWSKI Damian	367	MOTOINTEGRATOR RUNNING TEAM	M-30	84	NIE	01:00:32	01:55:09	02:57:51.80	02:57:58.65	+01:00:19 (33.9%)	8:28	7.1 (66.4%)
201	HETMAŃCZYK Jakub	119		M-30	85	NIE	01:04:34	02:00:01	02:57:18.75	02:58:00.65	+01:00:21 (33.9%)	8:26	7.1 (66.4%)
202	MŁYNARCZYK Krzysztof	418		M-40	73	NIE	01:00:32	01:56:26	02:57:41.25	02:58:01.15	+01:00:21 (33.9%)	8:27	7.1 (66.4%)
203	TYŚ Radek	517		M-30	86	NIE	01:01:45	01:56:35	02:58:36.75	02:59:05.15	+01:01:25 (34.3%)	8:30	7.1 (66.4%)
204	NIESPODZIANY Maciej	450	EXTREM OUTDOOR	M-30	87	NO	01:08:06	02:01:45	02:58:38.65	02:59:28.40	+01:01:49 (34.4%)	8:30	7.1 (66.4%)
205	BRZEZIŃSKI Marcin	269		M-40	74	NIE	00:58:25	01:56:15	02:59:22.90	02:59:34.35	+01:01:55 (34.5%)	8:32	7 (65.4%)
206	TULIK Przemysław	473		M-50	5	NIE	01:04:15	02:00:02	02:59:07.05	02:59:45.25	+01:02:05 (34.5%)	8:31	7 (65.4%)
207	ŁAMPIKA Kinga	96	NIGHT RUNNERS WROCŁAW	K-30	10	NIE	01:06:11	01:59:35	02:58:59.85	02:59:45.85	+01:02:06 (34.6%)	8:31	7 (65.4%)
208	BALWIERCZAK Piotr	71	NIGHT RUNNERS WROCŁAW	M-20	25	NIE	01:06:10	01:59:35	02:58:59.00	02:59:46.00	+01:02:06 (34.6%)	8:31	7 (65.4%)
209	SZYSZKOWSKI Rafał	167		M-40	75	NIE	01:02:40	02:00:19	02:59:35.90	02:59:55.75	+01:02:16 (34.6%)	8:33	7 (65.4%)
210	STECZKOWSKA Anna	420	OŁAWSKA GRUPA BIEGOWA	K-30	11	NIE	01:07:33	02:01:49	02:59:03.50	02:59:57.75	+01:02:18 (34.6%)	8:31	7 (65.4%)
211	KOWALSKI Bogusław	216	KLUB WYSOKOGÓRSKI W TORUNIU	M-40	76	TAK	01:01:48	01:58:07	02:59:59.20	02:59:59.20	+01:02:19 (34.6%)	8:34	7 (65.4%)
212	POSPIESZNY Rafał	185		M-30	88	NIE	01:06:07	02:01:00	02:59:29.30	03:00:09.20	+01:02:29 (34.7%)	8:32	7 (65.4%)
213	TRZEPIZUR Dominik	130	NGB KŁOBUCK	M-30	89	NIE	01:04:43	02:01:59	03:00:00.50	03:00:11.85	+01:02:32 (34.7%)	8:34	7 (65.4%)
214	PRZYBYŁ Tomasz	243	NIGHT RUNNERS	M-40	77	NIE	01:02:22	01:58:42	02:59:53.70	03:00:19.95	+01:02:40 (34.8%)	8:33	7 (65.4%)
215	KOWALEWSKI Grzegorz	505		M-40	78	NIE	01:01:43	02:00:05	03:00:12.00	03:00:22.05	+01:02:42 (34.8%)	8:34	7 (65.4%)
216	BINKOWSKI Marcin	469		M-40	79	NIE	01:00:30	01:58:04	03:00:22.90	03:00:32.50	+01:02:53 (34.8%)	8:35	7 (65.4%)
217	TYRALSKI Dominik	543	POLSAT BIEGA	M-40	80	NIE	01:05:45	02:00:19	03:00:05.10	03:00:34.05	+01:02:54 (34.8%)	8:34	7 (65.4%)
218	PYTKO Jarosław	286		M-30	90	NIE	00:58:33	01:55:06	03:00:17.85	03:00:35.00	+01:02:55 (34.8%)	8:35	7 (65.4%)
219	LESZKO Jacek	326	LESZTEK SKALAK TEAM	M-40	81	NIE	01:09:36		03:00:45.65	03:00:45.65	+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	KWOLIK Daniel	1	WIELKA ORKIESTRA ŚWIĄTECZNEJ POMOCY	M-40	82	NIE	01:01:52	01:57:07	02:59:52.45	03:00:51.15	+01:03:11 (34.9%)	8:33	7 (65.4%)
221	KRAWCZYK Jakub	277		M-20	26	NIE	01:02:18	01:58:27	03:00:33.10	03:01:02.40	+01:03:23 (35.0%)	8:35	7 (65.4%)
222	KOŁODZIEJ Mariusz	77	TMT	M-40	83	NIE	01:00:49	01:58:21	03:01:28.20	03:01:33.25	+01:03:53 (35.2%)	8:38	6.9 (64.5%)
223	PAZDAN Natalia	236	KOWARY BIEGAJĄ	K-30	12	NIE	01:05:43	02:01:35	03:01:01.15	03:01:34.20	+01:03:54 (35.2%)	8:37	7 (65.4%)
224	SZMANIA Jakub	561	HKT AZYMUT	M-30	91	NIE	01:08:12	02:02:00	03:01:04.00	03:01:35.00	+01:03:55 (35.2%)	8:37	7 (65.4%)
225	CHORZĘPA Adam	428	SZCZYTNA BIEGA	M-50	6	NIE	01:04:01	02:01:44	03:01:24.90	03:01:36.05	+01:03:56 (35.2%)	8:38	6.9 (64.5%)
226	STEFANOWSKI Marcin	84		M-40	84	NIE	01:06:11	02:02:16	03:01:04.25	03:01:37.00	+01:03:57 (35.2%)	8:37	7 (65.4%)
227	ŻMUDKA Bartek	68	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M-40	85	NIE	01:03:15	02:02:05	03:01:51.85	03:02:01.75	+01:04:22 (35.4%)	8:39	6.9 (64.5%)
228	PODOLAK Tomek	123		M-20	27	NIE	01:06:04	02:01:34	03:01:10.40	03:02:05.85	+01:04:26 (35.4%)	8:37	7 (65.4%)
229	SURMACZ Rafał	519	CARDIORUNNERS	M-40	86	NIE	01:04:02	02:00:06	03:01:58.55	03:02:12.80	+01:04:33 (35.4%)	8:39	6.9 (64.5%)
230	WYSOCKI Tomasz	131	OCHAJORUN & FRIENDS	M-40	87	NIE	01:05:04	02:02:05	03:02:06.70	03:02:15.50	+01:04:36 (35.4%)	8:40	6.9 (64.5%)
231	KRUŻOŁEK Monika	242	TURBOPTYSIE	K-30	13	NIE	01:06:33	02:03:11	03:01:48.85	03:02:17.60	+01:04:38 (35.5%)	8:39	6.9 (64.5%)
232	WACHOWSKI Robert	45		M-40	88	NIE	01:06:46	02:01:20	03:01:35.95	03:02:19.40	+01:04:40 (35.5%)	8:38	6.9 (64.5%)
233	RANGL Jowita	360		K-40	6	NIE	01:08:34	02:04:03	03:01:52.40	03:02:25.70	+01:04:46 (35.5%)	8:39	6.9 (64.5%)
234	GÓRNY Aleksander	151	KROK ZA GROSZ	M-40	89	NIE	01:03:44	02:00:34	03:02:27.55	03:02:27.55	+01:04:48 (35.5%)	8:41	6.9 (64.5%)
235	ORZECHOWSKI Daniel	171	I-SPORT	M-30	92	NIE	01:05:20	02:02:20	03:02:23.75	03:02:47.75	+01:05:08 (35.6%)	8:41	6.9 (64.5%)
236	LACKORZYŃSKA Alicja	134	FIZJOBIEGACZE SZCZECIN	K-20	2	NIE	01:02:05	01:59:58	03:02:17.90	03:02:50.15	+01:05:10 (35.6%)	8:40	6.9 (64.5%)
237	MUCHA Piotr	115	FIZJOBIEGACZE SZCZECIN	M-30	93	NO	01:02:20	01:59:49	03:02:20.10	03:02:51.00	+01:05:11 (35.7%)	8:41	6.9 (64.5%)
238	RUTKOWSKI Krzysztof	100	FIZJOBIEGACZE SZCZECIN	M-30	94	NIE	01:02:19	01:59:58	03:02:18.30	03:02:52.45	+01:05:13 (35.7%)	8:40	6.9 (64.5%)
239	SZCZOTKA Łukasz	203		M-30	95	TAK	01:10:56	02:07:06	03:02:24.40	03:02:57.45	+01:05:18 (35.7%)	8:41	6.9 (64.5%)
240	KRASOWSKI Jakub	90	ATAK KRETA	M-30	96	NIE	00:59:53	01:58:32	03:02:46.80	03:03:01.00	+01:05:21 (35.7%)	8:42	6.9 (64.5%)
241	PILARSKA Magdalena	414	STR POZNAŃ	K-30	14	TAK	01:08:20	02:02:47	03:02:41.65	03:03:11.85	+01:05:32 (35.8%)	8:41	6.9 (64.5%)
242	FOGIEL-PAWŁOWSKA Agnieszka	99	LOS BIEGANEROS	K-30	15	NIE	01:07:11	02:04:19	03:03:02.70	03:03:19.35	+01:05:40 (35.8%)	8:43	6.9 (64.5%)
243	STANEK Bartosz	412	ŚMIGIEL	M-30	97	NIE	00:58:43	01:56:17	03:03:09.05	03:03:32.50	+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	LUBIK Adam	152	KSE ON-SIGHT, SPUCHLAKI TEAM	M-30	98	NIE	01:11:07	02:07:20	03:03:36.60	03:03:36.60	+01:05:57 (35.9%)	8:44	6.9 (64.5%)
245	WYBIERAŁA Andrzej	284	ROZBIEGANY RAWICZ	M-50	7	NIE	01:03:21	01:59:52	03:03:21.10	03:03:43.25	+01:06:03 (36.0%)	8:43	6.9 (64.5%)
246	FLIS Dariusz	447	BORN TO RUN	M-40	90	NIE	01:07:47	02:01:27	03:02:53.20	03:03:51.15	+01:06:11 (36.0%)	8:42	6.9 (64.5%)
247	MAZUR Andrzej	226	MARTOMBIKE	M-30	99	NIE	01:11:34	02:06:36	03:03:25.15	03:04:11.85	+01:06:32 (36.1%)	8:44	6.9 (64.5%)
248	BARANOWSKI Damian	188	KSE ON-SIGHT	M-20	28	TAK	01:10:36	02:06:23	03:03:23.80	03:04:21.10	+01:06:41 (36.2%)	8:44	6.9 (64.5%)
249	CZAJA Maciej	14	MINICLASSIC.PL	M-40	91	NIE	01:06:09	02:01:08	03:03:59.55	03:04:37.75	+01:06:58 (36.3%)	8:45	6.8 (63.6%)
250	CZAJA Małgorzata	22	MINICLASSIC>PL	K-40	7	NIE	01:04:52	02:01:07	03:03:59.05	03:04:38.00	+01:06:58 (36.3%)	8:45	6.8 (63.6%)
251	SZOŁTYSEK Wojciech	128	CHAJORUN & FRIENDS	M-40	92	NIE	01:05:29	02:02:08	03:04:30.65	03:04:38.85	+01:06:59 (36.3%)	8:47	6.8 (63.6%)
252	JAŻOWNIK Jacek	36	WKURW_TEAM	M-40	93	NO	01:08:07	02:02:30	03:04:13.70	03:04:58.15	+01:07:18 (36.4%)	8:46	6.8 (63.6%)
253	BAKA Marcin	263	GTS TRADYCJA	M-50	8	NIE	01:03:21	02:02:08	03:05:00.85	03:05:20.85	+01:07:41 (36.5%)	8:48	6.8 (63.6%)
254	STRASZKO Monika	66		K-30	16	NIE	01:07:37	02:05:59	03:05:35.50	03:06:06.05	+01:08:26 (36.8%)	8:50	6.8 (63.6%)
255	GUTOWSKI Dariusz	32	NGB KŁOBUCK	M-50	9	NIE	01:04:53	02:03:43	03:06:12.00	03:06:25.15	+01:08:45 (36.9%)	8:52	6.8 (63.6%)
256	PISZCZEK Krzysztof	148	KOCHAMTOROBIC	M-30	100	NIE	01:06:36	02:04:55	03:05:47.05	03:06:27.85	+01:08:48 (36.9%)	8:50	6.8 (63.6%)
257	OLEJNIK Piotr	563		M-30	101	NIE	01:05:19	02:03:26	03:06:34.10	03:06:48.00	+01:09:08 (37.0%)	8:53	6.8 (63.6%)
258	ZERZÁN Dominik	202	NÁCHOD	M-40	94	NIE	00:58:56	01:58:27	03:06:45.80	03:06:50.50	+01:09:11 (37.0%)	8:53	6.7 (62.6%)
259	MAJEWSKA Kinga	452		K-40	8	NIE	01:06:12	02:06:08	03:06:31.30	03:06:51.00	+01:09:11 (37.0%)	8:52	6.8 (63.6%)
260	KROPISZ Łukasz	92	HRMAX ŻORY	M-30	102	NIE	01:04:37	02:01:11	03:06:29.60	03:07:07.65	+01:09:28 (37.1%)	8:52	6.8 (63.6%)
261	KRZESIMOWSKI Damian	368		M-30	103	NIE	01:08:20	02:06:07	03:07:24.70	03:07:50.30	+01:10:11 (37.4%)	8:55	6.7 (62.6%)
262	KONOPNIAK Krzysztof	297	ROZBIEGANY RAWICZ	M-40	95	NIE	01:01:36	01:59:50	03:07:28.80	03:07:51.10	+01:10:11 (37.4%)	8:55	6.7 (62.6%)
263	SZCZEPARA Wojciech	404		M-20	29	NIE	01:11:21	02:07:09	03:07:07.25	03:07:51.90	+01:10:12 (37.4%)	8:54	6.7 (62.6%)
264	WRZESIŃSKI Piotr	481	GAPPAG TEAM	M-40	96	NIE	01:03:26	02:01:53	03:07:46.35	03:07:59.95	+01:10:20 (37.4%)	8:56	6.7 (62.6%)
265	ANTECKI Jacek	261		M-30	104	NIE	01:00:39	01:59:40	03:07:49.25	03:08:17.65	+01:10:38 (37.5%)	8:56	6.7 (62.6%)
266	HENECZKOWSKA Anna	443	KALENJI TEAM POLAND, BORN TO RUN	K-20	3	NIE	01:11:02	02:02:49	03:07:21.40	03:08:21.15	+01:10:41 (37.5%)	8:55	6.7 (62.6%)
267	CZEKALSKA Maria	25		K-30	17	NIE	01:06:26	02:05:50	03:07:47.80	03:08:23.00	+01:10:43 (37.5%)	8:56	6.7 (62.6%)
268	KAMIŃSKI Paweł	485		M-40	97	NIE	01:00:34	01:58:11	03:08:18.20	03:08:29.95	+01:10:50 (37.6%)	8:58	6.7 (62.6%)
269	SADOWY Rafal	482		M-40	98	NIE	01:04:42	02:05:22	03:08:18.30	03:08:43.80	+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 KAMIENSK	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	GEMZA Anna	512	BALANSTEAM KATOWICE	K-30	21	TAK	01:05:24	02:05:28	03:12:37.05	03:12:52.15	+01:15:12 (39.0%)	9:10	6.5 (60.7%)
296	TURLEJ Dariusz	222	KONDYCJA	M-60	2	NIE	01:10:44	02:12:01	03:12:18.55	03:12:53.15	+01:15:13 (39.0%)	9:09	6.6 (61.7%)
297	JASICKI Henryk	546	OŁAWSKA GRUPA BIEGOWA	M-50	11	NIE	01:10:33	02:07:18	03:11:59.60	03:12:54.30	+01:15:15 (39.0%)	9:08	6.6 (61.7%)
298	DURKIEWICZ Tomasz	177	DOM KULTURY JOGI	M-40	107	NIE	01:10:25	02:10:15	03:12:13.95	03:12:55.15	+01:15:15 (39.0%)	9:09	6.6 (61.7%)
299	MADEJ Jan	377		M-40	108	NIE	01:06:00	02:05:49	03:12:21.35	03:12:56.15	+01:15:16 (39.0%)	9:09	6.5 (60.7%)
300	MAY-ADAMEK Katarzyna	490		K-40	12	NIE	01:11:19	02:10:40	03:12:32.45	03:12:56.75	+01:15:17 (39.0%)	9:10	6.5 (60.7%)
301	BURANT Agnieszka	95		K-30	22	NIE	01:05:01	02:07:04	03:12:22.10	03:12:56.90	+01:15:17 (39.0%)	9:09	6.5 (60.7%)
302	ZEGARSKI Arkadiusz	478		M-40	109	NIE	01:07:02	02:07:11	03:12:34.45	03:12:57.55	+01:15:18 (39.0%)	9:10	6.5 (60.7%)
303	KULIBERDA Marcin	499		M-30	113	NIE	01:17:38	02:10:43	03:11:54.50	03:12:57.95	+01:15:18 (39.0%)	9:08	6.6 (61.7%)
304	BEDNARCZYK Bogdan	387	PRO-RUN	M-50	12	NIE	01:15:06	02:10:48	03:12:12.80	03:12:58.95	+01:15:19 (39.0%)	9:09	6.6 (61.7%)
305	KUCHARSKI Piotr	514	DESZCZNO WARRIORS	M-40	110	NIE	01:14:47	02:10:54	03:12:08.85	03:12:59.15	+01:15:19 (39.0%)	9:09	6.6 (61.7%)
306	ŚWISTUŃ Eugeniusz	352	RAJSPOORT ACTIVE	M-20	32	NIE	01:12:50	02:10:19	03:12:09.60	03:12:59.95	+01:15:20 (39.0%)	9:09	6.6 (61.7%)
307	RZADKOWSKI Lesław	416		M-30	114	NIE	01:07:16	02:07:25	03:13:03.35	03:13:15.25	+01:15:35 (39.1%)	9:11	6.5 (60.7%)
308	MACIEJASZ Aleksandra	304		K-30	23	NIE	01:05:54	02:08:15	03:13:13.40	03:13:24.40	+01:15:45 (39.2%)	9:12	6.5 (60.7%)
309	SKRZYPIEC Karol	515	ŻARÓW BIEGA	M-30	115	NIE	01:06:27	02:05:27	03:12:54.85	03:13:27.85	+01:15:48 (39.2%)	9:11	6.5 (60.7%)
310	JACKIEWICZ Łukasz	538	SZKOŁA ASPIRANTÓW PSP W POZNANIU	M-20	33	NIE	01:05:11	02:02:42	03:13:00.05	03:13:29.30	+01:15:50 (39.2%)	9:11	6.5 (60.7%)
311	JEDRUSZEK Damian	464		M-30	116	NO	01:10:49	02:08:38	03:13:09.15	03:13:31.65	+01:15:52 (39.2%)	9:11	6.5 (60.7%)
312	GLOS Łukasz	523		M-30	117	NIE	01:05:56	02:07:45	03:13:30.25	03:13:51.00	+01:16:11 (39.3%)	9:12	6.5 (60.7%)
313	KOŚCIŃSKI Mateusz	542	SZKOŁA ASPIRANTÓW PSP W POZNANIU	M-20	34	NIE	01:02:15	02:02:46	03:13:26.40	03:13:52.55	+01:16:13 (39.3%)	9:12	6.5 (60.7%)
314	POTOCZNY Łukasz	565		M-30	118	NIE	01:11:16	02:10:46	03:13:22.75	03:13:53.15	+01:16:13 (39.3%)	9:12	6.5 (60.7%)
315	ZIMNIAK Łukasz	344	KB SZERSZEŃ OLEŚNICA	M-30	119	NIE	01:09:57	02:08:58	03:13:07.45	03:13:54.05	+01:16:14 (39.3%)	9:11	6.5 (60.7%)
316	SADOWSKA Marta	308	KOSSMATE ŻUKI	K-30	24	NIE	01:15:13	02:12:35	03:13:44.35	03:14:06.05	+01:16:26 (39.4%)	9:13	6.5 (60.7%)
317	SAFARYN Dariusz	520		M-20	35	NIE	01:04:17	02:01:42	03:14:16.55	03:14:22.80	+01:16:43 (39.5%)	9:15	6.5 (60.7%)
318	CHRAPLEWSKA Karolina	239	PRO366	K-30	25	NIE	01:13:00	02:13:28	03:13:48.05	03:14:32.25	+01:16:52 (39.5%)	9:13	6.5 (60.7%)
319	WELCHOWSKI Rafał	396		M-30	120	NIE	01:16:19	02:14:34	03:13:43.35	03:14:34.25	+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	TARCZYŃSKA Halina	305		K-40	13	NIE	01:08:09	02:10:43	03:14:17.70	03:14:34.55	+01:16:55 (39.5%)	9:15	6.5 (60.7%)
321	HENECZKOWSKI Łukasz	457	BORN TO RUN	M-40	111	NIE	01:11:01	02:06:20	03:13:40.45	03:14:39.65	+01:17:00 (39.6%)	9:13	6.5 (60.7%)
322	JAROSŁAWSKI Mariusz	72	TERMY JAKUBA - OŁAWSKI PARK WODNY...WROCŁAWSKI KLUB WYSOKOGÓRSKI	M-40	112	TAK	01:07:54	02:08:33	03:14:50.85	03:15:01.40	+01:17:22 (39.7%)	9:16	6.5 (60.7%)
323	BULARZ Paulina	299	TERMY JAKUBA - OŁAWSKI PARK WODNY	K-20	4	NIE	01:07:55	02:08:32	03:14:49.70	03:15:01.50	+01:17:22 (39.7%)	9:16	6.5 (60.7%)
324	ZAŁUSTOWICZ Maciej	209		M-30	121	NIE	01:11:16	02:10:32	03:14:22.85	03:15:07.95	+01:17:28 (39.7%)	9:15	6.5 (60.7%)
325	DOBROCHOWSKI Marek	44	STRZEGOMSKA DWUNASTKA	M-30	122	NIE	01:09:31	02:08:17	03:14:14.25	03:15:08.65	+01:17:29 (39.7%)	9:14	6.5 (60.7%)
326	TURNIAK Miłosz	85		M-30	123	NIE	01:10:06	02:10:46	03:14:27.55	03:15:08.95	+01:17:29 (39.7%)	9:15	6.5 (60.7%)
327	STACHECKA Marta	547		K-20	5	NIE	01:14:29	02:14:24	03:14:11.40	03:15:10.00	+01:17:30 (39.7%)	9:14	6.5 (60.7%)
328	KRYSIŃSKI Maciej	395		M-30	124	NIE	01:10:21	02:06:48	03:15:33.55	03:16:21.10	+01:18:41 (40.1%)	9:18	6.4 (59.8%)
329	MARCINEK Łukasz	93	NIE TERAZ, POTEM	M-30	125	NIE	01:04:31	02:04:07	03:15:54.75	03:16:21.30	+01:18:42 (40.1%)	9:19	6.4 (59.8%)
330	NEUMANN Jacek	69		M-50	13	NIE	01:11:14	02:10:43	03:15:40.70	03:16:23.65	+01:18:44 (40.1%)	9:19	6.4 (59.8%)
331	KRAKOWSKI Krzysztof	278		M-30	126	NIE	01:00:24	02:04:19	03:17:37.15	03:17:48.60	+01:20:09 (40.5%)	9:24	6.4 (59.8%)
332	DŁUGOSZ Marek	383	KB GEOTERMIA UNIEJÓW	M-50	14	NIE	01:08:46	02:10:10	03:17:49.90	03:17:49.90	+01:20:10 (40.5%)	9:25	6.4 (59.8%)
333	KOZIŃSKI Piotr	240		M-40	113	NIE	01:09:18	02:10:19	03:17:52.55	03:18:23.15	+01:20:43 (40.7%)	9:25	6.4 (59.8%)
334	BISKUP Rafał	472	DZIAD NOT DEAD	M-50	15	NIE	01:08:17	02:10:47	03:18:20.60	03:18:56.60	+01:21:17 (40.9%)	9:26	6.4 (59.8%)
335	KURZYŃSKI Michał	459	EFEKT GOMBAO	M-30	127	NIE	01:12:56	02:10:38	03:18:12.15	03:19:05.05	+01:21:25 (40.9%)	9:26	6.4 (59.8%)
336	JANAS Dariusz	456		M-30	128	NO	01:12:55	02:10:36	03:18:13.20	03:19:08.35	+01:21:29 (40.9%)	9:26	6.4 (59.8%)
337	CZARNECKI Krzysztof	50		M-40	114	NIE	01:15:29	02:15:08	03:18:20.20	03:19:09.15	+01:21:29 (40.9%)	9:26	6.4 (59.8%)
338	KOSOWSKI Damian	273	DELTA RUN	M-30	129	TAK	01:08:51	02:08:11	03:18:55.35	03:19:43.50	+01:22:04 (41.1%)	9:28	6.3 (58.9%)
339	WITKOWSKA Ania	75	KLUB KRÓLIKA STEFANA	K-30	26	NIE	01:15:20	02:16:51	03:18:47.15	03:19:45.75	+01:22:06 (41.1%)	9:27	6.3 (58.9%)
340	CZARNY Jan	30		M-20	36	NIE	01:06:39	02:07:56	03:19:18.30	03:19:59.25	+01:22:19 (41.2%)	9:29	6.3 (58.9%)
341	FRANKIEWICZ Jakub	322		M-40	115	NIE	01:14:28	02:14:28	03:19:06.60	03:20:00.30	+01:22:21 (41.2%)	9:28	6.3 (58.9%)
342	FILIPIAK Sebastian	13		M-40	116	NIE	01:11:24	02:11:55	03:19:07.85	03:20:02.55	+01:22:23 (41.2%)	9:28	6.3 (58.9%)
343	GINTER Grzegorz	432	AZS COLLEGIUM MEDICUM UJ	M-30	130	NIE	01:15:26	02:16:00	03:19:56.40	03:20:21.45	+01:22:42 (41.3%)	9:31	6.3 (58.9%)
344	ZARZYCKA Sylwia	347	KLUB WYSOKOGÓRSKI WARSZAWA	K-30	27	TAK	01:11:22	02:14:00	03:19:57.95	03:20:25.05	+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	GRACZYK Teresa	279	PUSZCZYK BUKOWY	K-50	1	TAK	01:11:04	02:14:53	03:20:06.70	03:20:28.10	+01:22:48 (41.3%)	9:31	6.3 (58.9%)
346	ROSTEK Mariusz	230	KB MARATON TUREK	M-40	117	NIE	01:09:26	02:10:29	03:20:20.60	03:20:47.40	+01:23:08 (41.4%)	9:32	6.3 (58.9%)
347	SULEJA Karol	38	KB MARATON TUREK	M-30	131	NIE	01:09:26	02:10:28	03:20:24.50	03:20:49.10	+01:23:09 (41.4%)	9:32	6.3 (58.9%)
348	KANECKA Mariola	136	KOWARY BIEGAJĄ	K-40	14	NIE	01:15:06	02:15:32	03:19:53.30	03:20:53.20	+01:23:13 (41.4%)	9:31	6.3 (58.9%)
349	KANECKI Mirosław	159	KOWARY BIEGAJĄ	M-40	118	NIE	01:15:05	02:15:35	03:19:52.25	03:20:53.25	+01:23:13 (41.4%)	9:31	6.3 (58.9%)
350	HAREMZA Kinga	46	NIGHT RUNNERS	K-40	15	NIE	01:14:52	02:15:11	03:20:24.25	03:21:08.75	+01:23:29 (41.5%)	9:32	6.3 (58.9%)
351	POCIĘGIEL Michał	449	SKAWINA BIEGA	M-30	132	NIE	01:19:03	02:17:28	03:20:14.20	03:21:15.20	+01:23:35 (41.5%)	9:32	6.3 (58.9%)
352	GAWRYSZEWSKI Grzegorz	241	ESKALADA / UKA	M-30	133	TAK	01:08:13	02:13:49	03:21:33.65	03:21:44.55	+01:24:05 (41.7%)	9:35	6.3 (58.9%)
353	ADAMCZYK Ania	17		K-40	16	NIE	01:14:47	02:17:32	03:21:34.75	03:21:54.45	+01:24:15 (41.7%)	9:35	6.3 (58.9%)
354	KRĘŻOŁEK Anna	58		K-30	28	NIE	01:16:35	02:17:21	03:21:04.50	03:21:55.00	+01:24:15 (41.7%)	9:34	6.3 (58.9%)
355	CZERWONKA Zbigniew	411	ESKADRA WROCŁAW	M-30	134	NIE	01:08:16	02:14:23	03:21:41.50	03:22:05.30	+01:24:26 (41.8%)	9:36	6.2 (57.9%)
356	PAŁUCKA Marta	345	KALENJI POLSKA/FITNESS24SEVEN	K-20	6	NO	01:16:07	02:17:19	03:21:12.20	03:22:09.05	+01:24:29 (41.8%)	9:34	6.3 (58.9%)
357	ADAMCZYK Marcin	52		M-40	119	NIE	01:14:44	02:17:38	03:21:50.65	03:22:09.35	+01:24:30 (41.8%)	9:36	6.2 (57.9%)
358	BŁACHNO Marcin	315		M-40	120	NIE	01:13:03	02:15:20	03:21:39.70	03:22:32.75	+01:24:53 (41.9%)	9:36	6.2 (57.9%)
359	PERUŻYŃSKA-ZYCH Ilona	421		K-40	17	TAK	01:10:56	02:15:24	03:22:12.10	03:22:33.15	+01:24:53 (41.9%)	9:37	6.2 (57.9%)
360	ZYCH Herbert	492		M-40	121	NIE	01:10:59	02:14:01	03:22:19.45	03:22:44.05	+01:25:04 (42.0%)	9:38	6.2 (57.9%)
361	KOSOWSKA Anna	562		K-30	29	NIE	01:15:07	02:15:52	03:22:19.55	03:22:56.50	+01:25:17 (42.0%)	9:38	6.2 (57.9%)
362	WAŁACH-BIŚTA Zuza	59		K-30	30	NIE	01:16:29	02:17:27	03:22:19.25	03:22:57.90	+01:25:18 (42.0%)	9:38	6.2 (57.9%)
363	BIŚTA Marcin	76		M-30	135	NIE	01:16:27	02:17:27	03:22:18.80	03:22:58.25	+01:25:18 (42.0%)	9:38	6.2 (57.9%)
364	STAWIARSKA Katarzyna	314	KOWARY BIEGAJĄ	K-30	31	NIE	01:15:52	02:15:35	03:21:59.85	03:23:00.65	+01:25:21 (42.0%)	9:37	6.2 (57.9%)
365	WAWRZYŃIAK Rafał	529	RELAX KONIN	M-40	122	NIE	01:07:54	02:13:44	03:22:59.75	03:23:27.00	+01:25:47 (42.2%)	9:40	6.2 (57.9%)
366	WĘGRZYŃOWSKA Ewa	166		K-40	18	NIE	01:08:26	02:13:58	03:23:14.60	03:23:27.25	+01:25:47 (42.2%)	9:40	6.2 (57.9%)
367	KRUZEL Rafał	200	BIEGOWE MISIE	M-40	123	NIE	01:15:00	02:17:04	03:22:49.55	03:23:32.50	+01:25:53 (42.2%)	9:39	6.2 (57.9%)
368	KASIŃSKI Wojciech	401	ULTRAPLESS	M-50	16	NIE	01:14:48	02:17:03	03:22:48.40	03:23:32.65	+01:25:53 (42.2%)	9:39	6.2 (57.9%)
369	STAWIŃSKI Michał	208		M-30	136	NO	01:10:23	02:11:52	03:22:55.30	03:23:34.05	+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	WYSOCKI Grzegorz	497	MORSY TUREK	M-40	124	NIE	01:14:55	02:16:32	03:23:02.55	03:23:36.00	+01:25:56 (42.2%)	9:40	6.2 (57.9%)
371	KOLAŚNIEWSKI Marek	340		M-40	125	TAK	01:15:36	02:17:10	03:23:30.60	03:23:54.50	+01:26:15 (42.3%)	9:41	6.2 (57.9%)
372	ZIÓŁKOWSKA Sylwia	342	PUSZCZYK BUKOWY	K-40	19	NIE	01:13:33	02:17:10	03:23:32.70	03:23:55.05	+01:26:15 (42.3%)	9:41	6.2 (57.9%)
373	NOWAK Katarzyna	157	MKKK	K-30	32	NIE	01:10:51	02:14:50	03:24:02.00	03:24:30.10	+01:26:50 (42.5%)	9:42	6.2 (57.9%)
374	GOKIERT-SKRENTNA Justyna	207		K-40	20	NIE	01:15:44	02:17:31	03:24:04.85	03:24:41.20	+01:27:01 (42.5%)	9:43	6.2 (57.9%)
375	KOSMALA Piotr	458	GÓRSKA GRUPA BIEGOWA/ QUADYBIELSKO.PL	M-40	126	NIE	01:04:56	02:11:41	03:24:29.10	03:24:46.40	+01:27:07 (42.5%)	9:44	6.2 (57.9%)
376	MACIASZCZYK Magdalena	510		K-40	21	NIE	01:11:49	02:16:43	03:24:28.35	03:24:49.90	+01:27:10 (42.6%)	9:44	6.2 (57.9%)
377	WALCZAK NOWAK Karolina	91		K-30	33	NIE	01:10:26	02:15:59	03:24:39.50	03:24:54.50	+01:27:15 (42.6%)	9:44	6.2 (57.9%)
378	WOŹNIAK Sebastian	194	MOTOINTEGRATOR RUNNING TEAM	M-30	137	NO	01:09:03	02:14:15	03:25:51.05	03:26:19.00	+01:28:39 (43.0%)	9:48	6.1 (57.0%)
379	MARCINKIEWICZ Marta	135	MATNER RUNNING TEAM	K-40	22	NIE	01:18:51	02:21:51	03:25:50.15	03:26:38.45	+01:28:59 (43.1%)	9:48	6.1 (57.0%)
380	SZCZYGIEŁ Damian	213	KOCHAMTOROBIĆ	M-30	138	NIE	01:11:30	02:14:15	03:26:01.00	03:26:43.05	+01:29:03 (43.1%)	9:48	6.1 (57.0%)
381	LUBAŃSKA Alicja	466	ZS BUKOWICE	K-50	2	NIE	01:09:26	02:14:05	03:26:38.15	03:26:57.85	+01:29:18 (43.2%)	9:50	6.1 (57.0%)
382	HOFFMANN Grzegorz	232		M-40	127	NIE	01:16:43	02:18:10	03:26:09.70	03:27:03.35	+01:29:24 (43.2%)	9:49	6.1 (57.0%)
383	JACH-BALICKA Aleksandra	54		K-30	34	NIE	01:19:12	02:22:23	03:26:42.45	03:27:07.35	+01:29:28 (43.2%)	9:50	6.1 (57.0%)
384	RYZIŃSKI Ryszard	455		M-40	128	NIE	01:18:30	02:20:13	03:26:25.00	03:27:08.70	+01:29:29 (43.2%)	9:49	6.1 (57.0%)
385	BALICKI Marcin	60		M-30	139	NIE	01:18:58	02:22:23	03:26:46.15	03:27:11.15	+01:29:31 (43.2%)	9:50	6.1 (57.0%)
386	NATKAŃSKI Jurek	6	POLSKI HIMALAIZM ZIMOWY	M-60	3	TAK	01:11:10	02:17:57	03:27:34.95	03:27:56.65	+01:30:17 (43.4%)	9:53	6.1 (57.0%)
387	RADOŁA Błażej	321		M-30	140	NIE		02:18:55	03:28:06.45	03:28:06.45	+01:30:27 (43.5%)	9:54	6.1 (57.0%)
388	BYKS Tomasz	57		M-30	141	NO	01:07:59	02:14:39	03:27:58.15	03:28:07.35	+01:30:28 (43.5%)	9:54	6.1 (57.0%)
389	GOLEMBKA Karol	324		M-40	129	NIE		02:20:00	03:28:09.70	03:28:09.70	+01:30:30 (43.5%)	9:54	6.1 (57.0%)
390	GRODZKI Piotr	448		M-40	130	NIE		02:10:45	03:28:47.90	03:28:47.90	+01:31:08 (43.7%)	9:56	6 (56.1%)
391	JUSZCZAK Zbigniew	205		M-50	17	NIE	01:16:44	02:21:12	03:27:49.70	03:28:48.30	+01:31:09 (43.7%)	9:53	6.1 (57.0%)
392	RZEŹNIK Mariusz	229	ROZBIEGANY RAWICZ	M-40	131	NIE	01:09:20	02:15:08	03:28:23.85	03:28:49.85	+01:31:10 (43.7%)	9:55	6 (56.1%)
393	KOWALSKA Małgorzata	249		K-30	35	NIE	01:08:06	02:15:01	03:29:16.65	03:29:28.45	+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	MAĆKOWIAK Damian	509		M-30	142	NO	01:16:18	02:17:28	03:28:39.75	03:29:39.35	+01:32:00 (43.9%)	9:56	6 (56.1%)
395	WOJCIECHOWSKI Aleksander	548	ROWERY MAŁGOŚKA	M-30	143	NIE	01:10:18	02:18:09	03:29:52.25	03:30:09.40	+01:32:30 (44.0%)	9:59	6 (56.1%)
396	NOWAK Cyprian	163		M-40	132	NIE	01:19:31	02:23:42	03:29:56.85	03:30:12.70	+01:32:33 (44.0%)	9:59	6 (56.1%)
397	KRZYSZTOFIAK Aleksandra	271	KOWARY BIEGAJĄ	K-30	36	NIE	01:15:07	02:16:53	03:29:19.50	03:30:21.20	+01:32:41 (44.1%)	9:58	6 (56.1%)
398	RUSIN Szymon	463		M-30	144	TAK	01:10:33	02:14:51	03:29:58.40	03:30:27.95	+01:32:48 (44.1%)	9:59	6 (56.1%)
399	ZAJĄC Zbigniew	475	KB MARATON TUREK	M-50	18	NIE	01:18:37	02:24:32	03:30:04.95	03:30:30.25	+01:32:50 (44.1%)	10:00	6 (56.1%)
400	RUPNIK Janusz	114	KB MARATON TUREK	M-40	133	NIE	01:18:46	02:24:38	03:30:08.60	03:30:30.35	+01:32:51 (44.1%)	10:00	6 (56.1%)
401	KUCHARCZYK Monika	285	TRI TEAM WÓJTOWICZ	K-40	23	NIE	01:16:49	02:22:21	03:30:05.05	03:30:47.80	+01:33:08 (44.2%)	10:00	6 (56.1%)
402	PIASKOWSKI Krzysztof	386		M-40	134	NIE	01:04:41	02:13:38	03:30:38.75	03:30:49.30	+01:33:10 (44.2%)	10:01	6 (56.1%)
403	NIESPODZIANA Anna	351	ROGOZIŃSKI KLUB BIEGACZA	K-30	37	NIE	01:12:47	02:19:20	03:30:05.25	03:30:51.45	+01:33:12 (44.2%)	10:00	6 (56.1%)
404	BARANOWSKI Filip	105		M-40	135	NIE	01:10:42	02:13:40	03:30:02.00	03:30:58.85	+01:33:19 (44.2%)	10:00	6 (56.1%)
405	AUGUSTOWSKA Izabela	385	KB GEOTERMIA UNIEJÓW	K-40	24	NIE	01:14:49	02:19:26	03:30:59.05	03:31:24.75	+01:33:45 (44.3%)	10:02	6 (56.1%)
406	PACANOWSKI Łukasz	187	PARA-NIE-DO-PARY	M-30	145	NIE			03:31:57.60	03:31:57.60	+01:34:18 (44.5%)	10:05	5.9 (55.1%)
407	SROKA Jacek	369		M-40	136	NIE	01:18:22	02:23:35	03:31:43.50	03:32:30.20	+01:34:50 (44.6%)	10:04	6 (56.1%)
408	GLINA-KRAWCZYK Małgorzata	419	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	K-40	25	NIE	01:18:16	02:21:08	03:31:47.90	03:32:47.05	+01:35:07 (44.7%)	10:05	5.9 (55.1%)
409	NAGÓRSKI Robert	530		M-30	146	NIE	01:10:19	02:14:38	03:32:40.20	03:32:57.45	+01:35:18 (44.8%)	10:07	5.9 (55.1%)
410	GORZAŁKA Mateusz	197	KRUK SA/ŻYCIE CZESTOCHOWY TEAM	M-30	147	NIE	01:16:46	02:20:46	03:32:46.40	03:33:01.50	+01:35:22 (44.8%)	10:07	5.9 (55.1%)
411	NARECKI Jarosław	82		M-40	137	NIE	01:12:52	02:20:19	03:32:57.85	03:33:29.85	+01:35:50 (44.9%)	10:08	5.9 (55.1%)
412	FILIPIAK Paweł	55		M-40	138	NIE	01:15:57	02:19:52	03:33:13.00	03:33:55.95	+01:36:16 (45.0%)	10:09	5.9 (55.1%)
413	WOLSZCZAK Konrad	536	KLUB RUGBY MIEDZIOWI LUBIN	M-30	148	NIE	01:16:50	02:21:55	03:33:23.35	03:33:57.30	+01:36:18 (45.0%)	10:09	5.9 (55.1%)
414	MYDLARZ Szymon	108		M-20	37	NO	01:13:29	02:19:22	03:33:48.95	03:33:59.50	+01:36:20 (45.0%)	10:10	5.9 (55.1%)
415	STEC Adam	439		M-30	149	NIE	01:12:55	02:17:10	03:33:48.60	03:34:30.30	+01:36:51 (45.2%)	10:10	5.9 (55.1%)
416	BRACH Jakub	39		M-30	150	NIE	01:20:59	02:24:43	03:33:46.80	03:34:34.10	+01:36:54 (45.2%)	10:10	5.9 (55.1%)
417	SEDLAK Robert	355		M-40	139	NIE	01:09:56	02:20:01	03:34:45.65	03:34:57.55	+01:37:18 (45.3%)	10:13	5.9 (55.1%)
418	CHOLEWA Agnieszka	28		K-30	38	NIE	01:21:13	02:29:09	03:34:56.95	03:35:24.90	+01:37:45 (45.4%)	10:14	5.9 (55.1%)
419	SPYCHALSKA-WASZEK Hanna	290	SAMBOR TEAM	K-30	39	NO	01:19:31	02:27:10	03:34:57.70	03:35:25.05	+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 WROCLAW	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	NASTAWSKA Monika	451		K-40	29	NIE	01:20:53	02:33:44	03:53:50.55	03:54:47.55	+01:57:08 (49.9%)	11:08	5.4 (50.5%)
471	NOWAK Justyna	86	OBORYGENI	K-30	53	NIE	01:16:07	02:28:26	03:54:11.75	03:54:51.65	+01:57:12 (49.9%)	11:09	5.4 (50.5%)
472	SŁOTA Małgorzata	210		K-30	54	NIE	01:24:45	02:37:37	03:54:11.35	03:54:55.10	+01:57:15 (49.9%)	11:09	5.4 (50.5%)
473	BRYSIAK Ziemowit	218		M-40	147	NIE	01:25:21	02:37:08	03:54:12.75	03:54:57.55	+01:57:18 (49.9%)	11:09	5.4 (50.5%)
474	KRÓL-PIDANTY Marzena	336	STRZEGOMSKA DWUNASTKA	K-40	30	NIE	01:25:20	02:38:02	03:54:21.40	03:55:15.35	+01:57:36 (50.0%)	11:09	5.4 (50.5%)
475	KASPRZAK Bartłomiej	244	BEARD TEAM WROCŁAW	M-30	166	NIE	01:20:36	02:29:42	03:55:14.40	03:56:09.70	+01:58:30 (50.2%)	11:12	5.4 (50.5%)
476	WOJDAŁOWICZ Ewa	169	BIEGACZKI PIJACZKI	K-30	55	NIE	01:24:56	02:37:28	03:55:22.35	03:56:21.05	+01:58:41 (50.2%)	11:12	5.4 (50.5%)
477	WAJTRYT Krzysztof	235	CORACLUB.EU	M-40	148	NIE	01:23:26	02:36:18	03:55:20.25	03:56:24.00	+01:58:44 (50.2%)	11:12	5.4 (50.5%)
478	POPIOŁEK Grzegorz	246	DELTA RUN	M-40	149	NIE	01:16:06	02:28:43	03:56:41.55	03:57:29.70	+01:59:50 (50.5%)	11:16	5.3 (49.5%)
479	MUSUR Adam	518	KB SZERSZEN OLESNICA	M-60	5	NIE		02:35:43	03:57:52.00	03:57:52.00	+02:00:12 (50.5%)	11:19	5.3 (49.5%)
480	ZAJĄC Krzysztof	101	ZP SZPIKI\WKURW_TEAM\BEZULTRADZIKI	M-40	150	NIE	01:24:35	02:36:22	03:56:58.10	03:58:01.05	+02:00:21 (50.6%)	11:17	5.3 (49.5%)
481	SKRZYPCZAK Patryk	400	SPARTACUS	M-30	167	NIE	01:21:04	02:35:58	03:57:31.90	03:58:25.25	+02:00:45 (50.7%)	11:18	5.3 (49.5%)
482	SPYCHAŁA Michał	397	SPARTACUS	M-30	168	NIE	01:21:03	02:36:04	03:57:35.65	03:58:27.95	+02:00:48 (50.7%)	11:18	5.3 (49.5%)
483	PUSTELNIK Piotr	5	SOUTH POLE EXPEDITION	M-60	6	TAK	01:24:37	02:40:50	03:57:26.90	03:58:29.70	+02:00:50 (50.7%)	11:18	5.3 (49.5%)
484	NOWACZYK Zuzanna	493		K-20	9	NIE	01:25:38	02:39:44	03:59:43.50	04:00:19.85	+02:02:40 (51.0%)	11:24	5.3 (49.5%)
485	KAWECKA Magdalena	16	BIEGAM BO LUBIĘ ZĄBKI TEAM	K-30	56	NIE	01:29:37	02:42:31	03:59:50.55	04:00:26.75	+02:02:47 (51.1%)	11:25	5.3 (49.5%)
486	GRZELCZYK Piotr	415	BIEGAM BO LUBIĘ ZĄBKI TEAM	M-40	151	NIE	01:29:38	02:42:35	03:59:50.60	04:00:27.15	+02:02:47 (51.1%)	11:25	5.3 (49.5%)
487	MALINOWSKI Przemysław	363		M-40	152	NIE	01:25:32	02:40:59	04:02:38.30	04:03:34.45	+02:05:55 (51.7%)	11:33	5.2 (48.6%)
488	CHROMIŃSKI Maciej	366		M-40	153	NIE	01:24:11	02:43:03	04:02:57.70	04:03:49.95	+02:06:10 (51.7%)	11:34	5.2 (48.6%)
489	KUPKA Bazyl	254	SZYBKA KUPKA	M-20	41	NIE	01:24:16	02:43:22	04:03:38.35	04:03:56.40	+02:06:17 (51.8%)	11:36	5.2 (48.6%)
490	KUPKA Martyna	113	SWAT TEAM	K-30	57	NIE	01:25:34	02:43:22	04:03:37.40	04:03:56.50	+02:06:17 (51.8%)	11:36	5.2 (48.6%)
491	BŁACHOWIAK Jakub	388	STREFASPORTU.PL MW INVEST	M-20	42	NIE	01:25:32	02:43:25	04:03:37.60	04:03:57.00	+02:06:17 (51.8%)	11:36	5.2 (48.6%)
492	PODSIADŁY Robert	189	CHATA BIEGACZA K34 ZAKOPANE	M-50	22	NIE	01:24:39	02:39:53	04:06:06.40	04:07:11.65	+02:09:32 (52.4%)	11:43	5.1 (47.7%)
493	DZIEWIATOWSKA Agnieszka	117		K-40	31	NIE	01:26:25	02:42:42	04:06:43.75	04:07:21.50	+02:09:42 (52.4%)	11:44	5.1 (47.7%)
494	SZOŁTYSEK Beata	24	OCHAJORUN & FRIENDS	K-40	32	NIE	01:23:32	02:42:49	04:07:06.50	04:07:45.25	+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	MAJKOWSKI Tomasz	393		M-40	154	NIE	01:27:13	02:44:34	04:09:00.20	04:09:49.00	+02:12:09 (52.9%)	11:51	5.1 (47.7%)
496	TROJANOWSKA Kinga	357		K-50	5	NIE	01:26:23	02:42:41	04:09:26.25	04:10:03.85	+02:12:24 (53.0%)	11:52	5.1 (47.7%)
497	PUDŁO Kamila	245	OBORYGENI	K-30	58	NIE	01:26:29	02:43:11	04:10:50.30	04:11:30.90	+02:13:51 (53.2%)	11:56	5 (46.7%)
498	LUDKA Dagmara	143	PSEUDOBIEGACZKI	K-40	33	NIE	01:29:20	02:46:27	04:13:45.85	04:13:45.85	+02:16:06 (53.6%)	12:05	5 (46.7%)
499	SZMYT Izabela	276	PSEUDOBIEGACZKI	K-30	59	NIE	01:28:49	02:45:36	04:13:07.00	04:13:46.25	+02:16:06 (53.6%)	12:03	5 (46.7%)
500	WARA-WĄSOWSKI Maciej	372		M-40	155	NIE	01:23:24	02:42:43	04:14:50.70	04:15:40.65	+02:18:01 (54.0%)	12:08	4.9 (45.8%)
501	KOTLIŃSKI Jarosław	382		M-50	23	NIE	01:29:55	02:53:55	04:23:31.95	04:24:27.95	+02:26:48 (55.5%)	12:32	4.8 (44.9%)
502	SZELER Joanna	564		K-40	34	NIE	01:40:24	02:59:03	04:25:20.10	04:25:20.10	+02:27:40 (55.7%)	12:38	4.7 (43.9%)
503	FURMAN Agnieszka	18	OCHAJORUN&FRIENDS	K-30	60	NIE	01:37:26	03:00:12	04:34:48.95	04:35:29.95	+02:37:50 (57.3%)	13:05	4.6 (43.0%)
504	FURMAN Michał	34	OCHAJO RUN&FRIENDS	M-30	169	NIE	01:37:25	03:00:10	04:34:52.25	04:35:34.15	+02:37:54 (57.3%)	13:05	4.6 (43.0%)
505	SZALKOWSKA Dominika	183	ROZBIEGANY	K-30	61	NIE	01:39:29	03:04:14	04:37:44.85	04:38:44.65	+02:41:05 (57.8%)	13:13	4.5 (42.1%)
506	ZEMŁA Krzysztof	380		M-50	24	NIE	01:35:24	03:03:54	04:41:59.55	04:42:22.75	+02:44:43 (58.3%)	13:25	4.5 (42.1%)
507	MOLSKA Małgorzata	445	BBL GORZÓW	K-50	6	NIE	01:44:25	03:18:57	04:53:47.75	04:54:39.15	+02:56:59 (60.1%)	13:59	4.3 (40.2%)
508	JAKUBOWSKI Wojciech	407	KB GEOTERMIA UNIEJÓW	M-40	156	NIE		02:22:40			+01:05:15	10:11	5.9 (55.1%)
509	HEROD Maciej	259	XRUNNERS	M-20	43	NIE							(0.0%)

Znaleziono 509 wynik(ów)