



# ZIMOWY PÓLMARATON GÓR STOŁOWYCH 2018

B4SPORT  
INTELEKTUALNE ZAWODY SPORTOWE

**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2018-01-20  
**Miejsce:** Karłów  
**Dystans:** 21 km

**B4SPORT**  
INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: OPEN

| Msc | Zawodnik                            | Numer      | Klub                               | Kategoria | Mkat | Alpinista | Parking<br>7km | Skaly<br>14km | Czas<br>netto<br>21km | Czas<br>brutto<br>21km | Różn      | Tempo<br>min/km | Tempo<br>km/h |
|-----|-------------------------------------|------------|------------------------------------|-----------|------|-----------|----------------|---------------|-----------------------|------------------------|-----------|-----------------|---------------|
| 1   | <b>PRZEDWOJEWSKI<br/>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          |
| 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 | 5:41            | 10.5          |
| 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 | 6:15            | 9.6           |
| 4   | <b>PODOLSKI<br/>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 | 6:25            | 9.3           |
| 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 | 6:26            | 9.3           |
| 6   | <b>PODGÓRSKI<br/>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 | 6:26            | 9.3           |
| 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 | 6:27            | 9.3           |
| 8   | <b>NASKRĘT<br/>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 | 6:30            | 9.2           |
| 9   | <b>KAMMER<br/>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 | 6:30            | 9.2           |
| 10  | <b>BADOWSKI<br/>Aleksander</b>      | <b>406</b> | MARCIN ŚWERC 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 | 6:33            | 9.2           |
| 11  | <b>BECZKOWSKI<br/>Łukasz</b>        | <b>560</b> | UKS LUDWKOWICE                     | 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 | 6:33            | 9.2           |
| 12  | <b>URBAŃCZYK<br/>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 | 6:34            | 9.1           |
| 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 | 6:35            | 9.1           |
| 14  | <b>BUCZEK<br/>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 | 6:35            | 9.1           |
| 15  | <b>KAPROŃ<br/>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 | 6:36            | 9.1           |
| 16  | <b>MYSZCZYSZYN<br/>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 | 6:37            | 9.1           |
| 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 | 6:37            | 9.1           |
| 18  | <b>DURKOWSKI<br/>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 | 6:38            | 9             |
| 19  | <b>PAZDAN Piotr</b>                 | <b>127</b> | KOWARY BIEGAJĄ                     | 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 | 6:39            | 9             |
| 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 | 6:40            | 9             |
| 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 | 6:45            | 8.9           |
| 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 | 6:45            | 8.9           |
| 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 | 6:48            | 8.8           |

| Msc | Zawodnik                     | Numer      | Klub                            | Kategoria | Mkat | Alpinista | Parking 7km | Skaly 14km | Czas netto 21km    | Czas brutto 21km   | Różn      | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|---------------------------------|-----------|------|-----------|-------------|------------|--------------------|--------------------|-----------|--------------|------------|
| 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 | 6:48         | 8.8        |
| 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 | 6:50         | 8.8        |
| 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 | 6:50         | 8.8        |
| 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 | 6:52         | 8.7        |
| 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 | 6:54         | 8.7        |
| 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 | 6:55         | 8.7        |
| 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 | 6:56         | 8.6        |
| 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 | 6:56         | 8.7        |
| 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 | 6:56         | 8.6        |
| 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 | 6:57         | 8.6        |
| 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 | 6:59         | 8.6        |
| 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 | 7:00         | 8.6        |
| 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 | 7:03         | 8.5        |
| 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 | 7:03         | 8.5        |
| 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 | 7:05         | 8.5        |
| 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 | 7:05         | 8.5        |
| 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 | 7:06         | 8.4        |
| 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 | 7:07         | 8.4        |
| 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 | 7:07         | 8.4        |
| 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 | 7:06         | 8.4        |
| 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 | 7:07         | 8.4        |
| 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 | 7:09         | 8.4        |
| 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 | 7:09         | 8.4        |
| 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 | 7:09         | 8.4        |
| 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 | 7:14         | 8.3        |
| 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 | 7:14         | 8.3        |
| 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 | 7:13         | 8.3        |
| 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 | 7:15         | 8.3        |
| 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 | 7:15         | 8.3        |
| 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 | 7:17         | 8.2        |
| 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 | 7:17         | 8.2        |
| 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 | 7:18         | 8.2        |
| 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 | 7:18         | 8.2        |
| 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 | 7:19         | 8.2        |
| 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 | 7:21         | 8.2        |
| 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 | 7:21         | 8.2        |

| Msc | Zawodnik                   | Numer      | Klub   | Kategoria | Mkat | Alpinista | Parking<br>7km | Skaly<br>14km | Czas<br>netto<br>21km | Czas<br>brutto<br>21km | Różn      | Tempo<br>min/km | Tempo<br>km/h |
|-----|----------------------------|------------|--|-----------|------|-----------|----------------|---------------|-----------------------|------------------------|-----------|-----------------|---------------|
| 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 | 7:21            | 8.2           |
| 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 | 7:22            | 8.1           |
| 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 | 7:22            | 8.1           |
| 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 | 7:23            | 8.1           |
| 64  | <b>JĄŁOCHA 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 | 7:22            | 8.1           |
| 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 | 7:22            | 8.1           |
| 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 | 7:23            | 8.1           |
| 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 | 7:22            | 8.1           |
| 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 | 7:25            | 8.1           |
| 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 | 7:26            | 8.1           |
| 70  | <b>LIPNICKA Marta</b>      | <b>554</b> | 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 | 7:27            | 8             |
| 71  | <b>MICHALSKI Jakub</b>     | <b>550</b> |  | 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 | 7:27            | 8.1           |
| 72  | <b>SKALSKI Radosław</b>    | <b>79</b>  | 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 | 7:27            | 8             |
| 73  | <b>EWERT Adam</b>          | <b>508</b> | 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 | 7:27            | 8.1           |
| 74  | <b>LINKOWSKI Michał</b>    | <b>427</b> | 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 | 7:29            | 8             |
| 75  | <b>MADOŃ Rafał</b>         | <b>21</b>  |  | 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 | 7:28            | 8             |
| 76  | <b>THIER Dominik</b>       | <b>422</b> | 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 | 7:30            | 8             |
| 77  | <b>GOŁĄB Mateusz</b>       | <b>328</b> |  | 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 | 7:29            | 8             |
| 78  | <b>ŁĄŻNIEWSKI Dawid</b>    | <b>133</b> | KUDOWSCY MIŁOŚNICZY 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 | 7:32            | 8             |
| 79  | <b>UGOREK Jarosław</b>     | <b>42</b>  | 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 | 7:33            | 7.9           |
| 80  | <b>URBANIAK Hubert</b>     | <b>126</b> | ROZBIEGANYRAWICZ                                 | 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 | 7:32            | 8             |
| 81  | <b>PURCZYŃSKI Grzegorz</b> | <b>429</b> | DRZONKOWANKA                                     | 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 | 7:34            | 7.9           |
| 82  | <b>KOWALIK Mariusz</b>     | <b>111</b> | 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 | 7:35            | 7.9           |
| 83  | <b>JĄŁOŃSKI Paweł</b>      | <b>379</b> | KUDOWSCY MIŁOŚNICZY 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 | 7:35            | 7.9           |
| 84  | <b>MIKA Andrzej</b>        | <b>67</b>  |  | 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 | 7:34            | 7.9           |
| 85  | <b>WALASIK Damian</b>      | <b>531</b> |  | 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 | 7:34            | 7.9           |
| 86  | <b>WALENDA Arkadiusz</b>   | <b>409</b> | 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 | 7:37            | 7.9           |
| 87  | <b>KARASIAK Piotr</b>      | <b>266</b> |  | 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 | 7:37            | 7.9           |
| 88  | <b>STACHURSKI Piotr</b>    | <b>172</b> | 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 | 7:38            | 7.8           |
| 89  | <b>SZOTA Robert</b>        | <b>556</b> |  | 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 | 7:37            | 7.9           |
| 90  | <b>MALISZEWSKI Adam</b>    | <b>146</b> | 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 | 7:38            | 7.8           |
| 91  | <b>DUBIEL Piotr</b>        | <b>359</b> | 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 | 7:38            | 7.8           |
| 92  | <b>WÓJCIK Robert</b>       | <b>248</b> | 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 | 7:38            | 7.8           |
| 93  | <b>FRANKIEWICZ Artur</b>   | <b>392</b> |  | 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 | 7:38            | 7.9           |
| 94  | <b>PIECUCH Marcin</b>      | <b>149</b> | 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 | 7:38            | 7.8           |
| 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 | 7:39            | 7.8           |
| 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 | 7:39            | 7.8           |
| 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 | 7:39            | 7.8           |

| Msc | Zawodnik                       | Numer      | Klub                             | Kategoria | Mkat | Alpinista | Parking<br>7km | Skaly<br>14km | Czas<br>netto<br>21km | Czas<br>brutto<br>21km | Różn      | Tempo<br>min/km | Tempo<br>km/h |
|-----|--------------------------------|------------|----------------------------------|-----------|------|-----------|----------------|---------------|-----------------------|------------------------|-----------|-----------------|---------------|
| 98  | <b>KOZIEŁ Tomasz</b>           | <b>274</b> | KUDOWSCY MIŁOŚNICY 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 | 7:40            | 7.8           |
| 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 | 7:40            | 7.8           |
| 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 | 7:41            | 7.8           |
| 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 | 7:41            | 7.8           |
| 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 | 7:43            | 7.8           |
| 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 | 7:43            | 7.8           |
| 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 | 7:43            | 7.8           |
| 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 | 7:43            | 7.8           |
| 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 | 7:43            | 7.8           |
| 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 | 7:44            | 7.8           |
| 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 | 7:45            | 7.7           |
| 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 | 7:46            | 7.7           |
| 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 | 7:45            | 7.7           |
| 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 | 7:46            | 7.7           |
| 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 | 7:47            | 7.7           |
| 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 | 7:48            | 7.7           |
| 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 | 7:48            | 7.7           |
| 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 | 7:48            | 7.7           |
| 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 | 7:49            | 7.7           |
| 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 | 7:49            | 7.7           |
| 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 | 7:52            | 7.6           |
| 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 | 7:50            | 7.6           |
| 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 | 7:49            | 7.7           |
| 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 | 7:51            | 7.6           |
| 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 | 7:53            | 7.6           |
| 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 | 7:53            | 7.6           |
| 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 | 7:54            | 7.6           |
| 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 | 7:53            | 7.6           |
| 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 | 7:54            | 7.6           |
| 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 | 7:54            | 7.6           |
| 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 | 7:56            | 7.6           |
| 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 | 7:56            | 7.6           |
| 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 | 7:56            | 7.6           |
| 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 | 7:57            | 7.5           |
| 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 | 7:58            | 7.5           |
| 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 | 7:59            | 7.5           |

| Msc | Zawodnik                       | Numer      | Klub                         | Kategoria | Mkat | Alpinista | Parking<br>7km | Skaly<br>14km | Czas<br>netto<br>21km | Czas<br>brutto<br>21km | Różn      | Tempo<br>min/km | Tempo<br>km/h |
|-----|--------------------------------|------------|------------------------------|-----------|------|-----------|----------------|---------------|-----------------------|------------------------|-----------|-----------------|---------------|
| 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 | 7:59            | 7.5           |
| 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 | 7:58            | 7.5           |
| 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 | 8:00            | 7.5           |
| 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 | 8:00            | 7.5           |
| 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 | 8:02            | 7.5           |
| 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 | 8:03            | 7.4           |
| 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 | 8:02            | 7.5           |
| 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 | 8:03            | 7.4           |
| 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 | 8:03            | 7.4           |
| 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 | 8:03            | 7.4           |
| 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 | 8:03            | 7.5           |
| 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 | 8:04            | 7.4           |
| 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 | 8:04            | 7.4           |
| 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 | 8:05            | 7.4           |
| 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 | 8:03            | 7.4           |
| 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 | 8:05            | 7.4           |
| 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 | 8:04            | 7.4           |
| 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 | 8:04            | 7.4           |
| 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 | 8:04            | 7.4           |
| 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 | 8:04            | 7.4           |
| 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 | 8:04            | 7.4           |
| 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 | 8:05            | 7.4           |
| 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 | 8:05            | 7.4           |
| 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 | 8:06            | 7.4           |
| 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 | 8:06            | 7.4           |
| 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 | 8:07            | 7.4           |
| 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 | 8:07            | 7.4           |
| 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 | 8:11            | 7.3           |
| 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 | 8:11            | 7.3           |
| 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 | 8:10            | 7.3           |
| 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 | 8:13            | 7.3           |

| Msc | Zawodnik                     | Numer      | Klub                     | Kategoria | Mkat | Alpinista | Parking<br>7km | Skaly<br>14km | Czas<br>netto<br>21km | Czas<br>brutto<br>21km | Różn      | Tempo<br>min/km | Tempo<br>km/h |
|-----|------------------------------|------------|--------------------------|-----------|------|-----------|----------------|---------------|-----------------------|------------------------|-----------|-----------------|---------------|
| 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 | 8:13            | 7.3           |
| 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 | 8:13            | 7.3           |
| 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 | 8:13            | 7.3           |
| 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 | 8:13            | 7.3           |
| 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 | 8:13            | 7.3           |
| 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 | 8:14            | 7.3           |
| 171 | <b>STACHURSKI Daniel</b>     | <b>353</b> | EMERYCI I RENCIŚCI       | 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 | 8:13            | 7.3           |
| 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 | 8:14            | 7.3           |
| 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 | 8:14            | 7.3           |
| 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 | 8:15            | 7.3           |
| 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 | 8:15            | 7.3           |
| 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 | 8:13            | 7.3           |
| 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 | 8:15            | 7.3           |
| 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 | 8:17            | 7.2           |
| 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 | 8:18            | 7.2           |
| 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 | 8:17            | 7.2           |
| 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 | 8:21            | 7.2           |
| 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 | 8:21            | 7.2           |
| 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 | 8:20            | 7.2           |
| 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 | 8:20            | 7.2           |
| 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 | 8:20            | 7.2           |
| 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 | 8:23            | 7.1           |
| 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 | 8:23            | 7.2           |
| 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 | 8:22            | 7.2           |
| 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 | 8:23            | 7.1           |
| 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 | 8:23            | 7.1           |
| 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 | 8:24            | 7.1           |
| 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 | 8:23            | 7.1           |
| 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 | 8:23            | 7.1           |
| 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 | 8:24            | 7.1           |
| 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 | 8:25            | 7.1           |
| 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 | 8:25            | 7.1           |
| 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 | 8:24            | 7.1           |
| 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 | 8:27            | 7.1           |
| 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 | 8:25            | 7.1           |

| Msc | Zawodnik                    | Numer      | Klub                                 | Kategoria | Mkat | Alpinista | Parking<br>7km | Skaly<br>14km | Czas<br>netto<br>21km | Czas<br>brutto<br>21km | Różn      | Tempo<br>min/km | Tempo<br>km/h |
|-----|-----------------------------|------------|--------------------------------------|-----------|------|-----------|----------------|---------------|-----------------------|------------------------|-----------|-----------------|---------------|
| 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 | 8:28            | 7.1           |
| 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 | 8:26            | 7.1           |
| 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 | 8:27            | 7.1           |
| 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 | 8:30            | 7.1           |
| 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 | 8:30            | 7.1           |
| 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 | 8:32            | 7             |
| 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 | 8:31            | 7             |
| 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 | 8:31            | 7             |
| 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 | 8:31            | 7             |
| 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 | 8:33            | 7             |
| 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 | 8:31            | 7             |
| 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 | 8:34            | 7             |
| 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 | 8:32            | 7             |
| 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 | 8:34            | 7             |
| 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 | 8:33            | 7             |
| 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 | 8:34            | 7             |
| 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 | 8:35            | 7             |
| 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 | 8:34            | 7             |
| 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 | 8:35            | 7             |
| 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 | 8:36            | 7             |
| 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 | 8:33            | 7             |
| 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 | 8:35            | 7             |
| 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 | 8:38            | 6.9           |
| 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 | 8:37            | 7             |
| 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 | 8:37            | 7             |
| 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 | 8:38            | 6.9           |
| 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 | 8:37            | 7             |
| 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 | 8:39            | 6.9           |
| 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 | 8:37            | 7             |
| 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 | 8:39            | 6.9           |
| 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 | 8:40            | 6.9           |
| 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 | 8:39            | 6.9           |
| 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 | 8:38            | 6.9           |
| 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 | 8:39            | 6.9           |

| Msc | Zawodnik                                   | Numer      | Klub                             | Kategoria | Mkat | Alpinista | Parking<br>7km | Skaly<br>14km | Czas<br>netto<br>21km | Czas<br>brutto<br>21km | Różn      | Tempo<br>min/km | Tempo<br>km/h |
|-----|--|------------|----------------------------------|-----------|------|-----------|----------------|---------------|-----------------------|------------------------|-----------|-----------------|---------------|
| 234 | <b>GÓRNY<br/>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 | 8:41            | 6.9           |
| 235 | <b>ORZECHOWSKI<br/>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 | 8:41            | 6.9           |
| 236 | <b>LACKORZYŃSKA<br/>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 | 8:40            | 6.9           |
| 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 | 8:41            | 6.9           |
| 238 | <b>RUTKOWSKI<br/>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 | 8:40            | 6.9           |
| 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 | 8:41            | 6.9           |
| 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 | 8:42            | 6.9           |
| 241 | <b>PILARSKA<br/>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 | 8:41            | 6.9           |
| 242 | <b>FOGIEL-<br/>PAWŁOWSKA<br/>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 | 8:43            | 6.9           |
| 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 | 8:43            | 6.9           |
| 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 | 8:44            | 6.9           |
| 245 | <b>WYBIERAŁA<br/>Andrzej</b>               | <b>284</b> | ROZBIEGANY RAWCZ                 | 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 | 8:43            | 6.9           |
| 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 | 8:42            | 6.9           |
| 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 | 8:44            | 6.9           |
| 248 | <b>BARANOWSKI<br/>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 | 8:44            | 6.9           |
| 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 | 8:45            | 6.8           |
| 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 | 8:45            | 6.8           |
| 251 | <b>SZOŁTYSEK<br/>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 | 8:47            | 6.8           |
| 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 | 8:46            | 6.8           |
| 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 | 8:48            | 6.8           |
| 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 | 8:50            | 6.8           |
| 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 | 8:52            | 6.8           |
| 256 | <b>PISZCZEK<br/>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 | 8:50            | 6.8           |
| 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 | 8:53            | 6.8           |
| 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 | 8:53            | 6.7           |
| 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 | 8:52            | 6.8           |
| 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 | 8:52            | 6.8           |
| 261 | <b>KRZESIMOWSKI<br/>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 | 8:55            | 6.7           |
| 262 | <b>KONOPNIAK<br/>Krzysztof</b>             | <b>297</b> | ROZBIEGANY RAWCZ                 | 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 | 8:55            | 6.7           |
| 263 | <b>SZCZEPARA<br/>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 | 8:54            | 6.7           |
| 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 | 8:56            | 6.7           |
| 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 | 8:56            | 6.7           |
| 266 | <b>HENECZKOWSKA<br/>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 | 8:55            | 6.7           |
| 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 | 8:56            | 6.7           |



| Msc | Zawodnik                  | Numer | Klub                                       | Kategoria | Mkat | Alpinista | Parking<br>7km | Skaly<br>14km | Czas<br>netto<br>21km | Czas<br>brutto<br>21km | Różn      | Tempo<br>min/km | Tempo<br>km/h |
|-----|---------------------------|-------|--|-----------|------|-----------|----------------|---------------|-----------------------|------------------------|-----------|-----------------|---------------|
| 268 | KAMIŃSKI Paweł            | 485   |  | 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 | 8:58            | 6.7           |
| 269 | SADOWY Rafal              | 482   |  | 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 | 8:58            | 6.7           |
| 270 | RUSIN Jakub               | 470   |  | M-20      | 30   | NIE       | 01:09:29       | 02:07:08      | <b>03:08:16.70</b>    | <b>03:08:48.70</b>     | +01:11:09 | 8:57            | 6.7           |
| 271 | GAWROŃSKI Roman           | 104   | WKURW_TEAM                                 | M-30      | 105  | NIE       | 01:09:10       | 02:06:07      | <b>03:08:14.85</b>    | <b>03:09:00.00</b>     | +01:11:20 | 8:57            | 6.7           |
| 272 | DUDEK Krzysztof           | 182   | STRZEGOMSKA DWUNASTKA                      | M-40      | 99   | NIE       | 01:06:38       | 02:03:13      | <b>03:08:20.05</b>    | <b>03:09:12.25</b>     | +01:11:32 | 8:58            | 6.7           |
| 273 | GULCZYŃSKI Tomasz         | 178   | KSE ON-SIGHT                               | M-30      | 106  | NIE       | 01:07:49       | 02:05:26      | <b>03:08:39.00</b>    | <b>03:09:37.00</b>     | +01:11:57 | 8:59            | 6.7           |
| 274 | MALESZKO Bartosz          | 405   |  | M-20      | 31   | NIE       | 01:10:34       | 02:07:27      | <b>03:08:51.30</b>    | <b>03:09:37.60</b>     | +01:11:58 | 8:59            | 6.7           |
| 275 | SOKOŁOWSKI Marcin         | 358   | KW OPOLE                                   | M-40      | 100  | TAK       | 01:10:47       | 02:07:05      | <b>03:08:50.05</b>    | <b>03:09:46.20</b>     | +01:12:06 | 8:59            | 6.7           |
| 276 | PANZ Krzysztof            | 391   |  | M-30      | 107  | TAK       | 01:02:04       | 02:00:01      | <b>03:09:28.95</b>    | <b>03:09:46.80</b>     | +01:12:07 | 9:01            | 6.6           |
| 277 | SZYMAŃSKI Marcin          | 444   | OŁAWSKA GRUPA BIEGOWA                      | M-40      | 101  | NIE       | 01:09:05       | 02:05:39      | <b>03:08:54.90</b>    | <b>03:09:49.95</b>     | +01:12:10 | 8:59            | 6.7           |
| 278 | ŻARCZYŃSKA Agnieszka      | 496   | OŁAWSKA GRUPA BIEGOWA                      | K-40      | 9    | NIE       | 01:09:06       | 02:05:42      | <b>03:09:00.35</b>    | <b>03:09:54.15</b>     | +01:12:14 | 9:00            | 6.7           |
| 279 | PILZ-JĘDRZEJCZYK Dominika | 221   |  | K-30      | 18   | NIE       | 01:12:33       | 02:08:41      | <b>03:09:01.40</b>    | <b>03:09:57.85</b>     | +01:12:18 | 9:00            | 6.7           |
| 280 | SKUDLARSKI Kamil          | 124   | PRO-RUN WROCŁAW                            | M-50      | 10   | TAK       | 01:08:22       | 02:06:34      | <b>03:09:21.90</b>    | <b>03:09:59.05</b>     | +01:12:19 | 9:01            | 6.7           |
| 281 | KADŁUBOWSKI Piotr         | 460   | KOTWICA BRZEG / AUTOGAZEXPERT RUNNERS TEAM | M-40      | 102  | NIE       | 01:04:49       | 02:02:19      | <b>03:10:10.35</b>    | <b>03:10:32.05</b>     | +01:12:52 | 9:03            | 6.6           |
| 282 | CYRULEWSKI Rafał          | 268   |  | M-40      | 103  | NIE       |                |               | <b>03:10:33.55</b>    | <b>03:10:33.55</b>     | +01:12:54 | 9:04            | 6.6           |
| 283 | ŁUKASZCZUK Grzegorz       | 12    |  | M-30      | 108  | NIE       | 01:10:52       | 02:07:26      | <b>03:09:42.65</b>    | <b>03:10:43.30</b>     | +01:13:04 | 9:02            | 6.6           |
| 284 | KRAWCZYŃSKA Anna          | 19    | POMIOTY SZATANA                            | K-30      | 19   | TAK       | 01:05:10       | 02:06:54      | <b>03:10:45.20</b>    | <b>03:10:53.90</b>     | +01:13:14 | 9:05            | 6.6           |
| 285 | ŁAPCZYŃSKA Magdalena      | 238   | KARPACZ SPORT                              | K-40      | 10   | NIE       | 01:10:27       | 02:07:57      | <b>03:10:24.40</b>    | <b>03:10:55.55</b>     | +01:13:16 | 9:04            | 6.6           |
| 286 | ICIEK Mariusz             | 477   | AKTYWNI KAMIENSK                           | M-40      | 104  | NIE       | 01:14:25       | 02:10:19      | <b>03:10:02.50</b>    | <b>03:10:56.65</b>     | +01:13:17 | 9:02            | 6.6           |
| 287 | KAPLIŃSKI Kamil           | 370   |  | M-30      | 109  | NIE       | 01:02:37       | 02:06:03      | <b>03:10:57.45</b>    | <b>03:11:03.85</b>     | +01:13:24 | 9:05            | 6.6           |
| 288 | GRZESIAK Rafał            | 374   |  | M-40      | 105  | NIE       | 01:06:04       | 02:05:45      | <b>03:10:29.45</b>    | <b>03:11:04.75</b>     | +01:13:25 | 9:04            | 6.6           |
| 289 | GIEC Anna                 | 132   |  | K-40      | 11   | NIE       | 01:10:31       | 02:10:22      | <b>03:10:55.35</b>    | <b>03:11:35.00</b>     | +01:13:55 | 9:05            | 6.6           |
| 290 | TRZCIONKA Mirosław        | 27    | PROFI AUTO SPORT TEAM                      | M-30      | 110  | NIE       | 01:06:38       | 02:05:22      | <b>03:11:04.35</b>    | <b>03:11:45.75</b>     | +01:14:06 | 9:05            | 6.6           |
| 291 | WIADERNA Nina             | 350   | SKLEP BIEGACZA WARSZAWA POWIŚLE            | K-30      | 20   | TAK       | 01:07:40       | 02:08:37      | <b>03:11:37.40</b>    | <b>03:12:03.00</b>     | +01:14:23 | 9:07            | 6.6           |
| 292 | SKAŁECKI Przemysław       | 112   |  | M-30      | 111  | NIE       | 01:11:45       | 02:10:38      | <b>03:11:55.90</b>    | <b>03:12:24.50</b>     | +01:14:45 | 9:08            | 6.6           |
| 293 | SMOLIŃSKI Piotr           | 255   |  | M-30      | 112  | NIE       | 01:08:17       | 02:10:43      | <b>03:12:25.10</b>    | <b>03:12:32.75</b>     | +01:14:53 | 9:09            | 6.5           |
| 294 | SKRZYPCZAK Mirosław       | 513   | BALANSTEAM KATOWICE                        | M-40      | 106  | TAK       | 01:05:19       | 02:05:30      | <b>03:12:36.70</b>    | <b>03:12:52.00</b>     | +01:15:12 | 9:10            | 6.5           |
| 295 | GEMZA Anna                | 512   | 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 | 9:10            | 6.5           |
| 296 | TURLEJ Dariusz            | 222   | 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 | 9:09            | 6.6           |
| 297 | JASICKI Henryk            | 546   | 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 | 9:08            | 6.6           |
| 298 | DURKIEWICZ Tomasz         | 177   | 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 | 9:09            | 6.6           |
| 299 | MADEJ Jan                 | 377   |  | 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 | 9:09            | 6.5           |
| 300 | MAY-ADAMEK Katarzyna      | 490   |  | 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 | 9:10            | 6.5           |

| Msc | Zawodnik                    | Numer      | Klub   | Kategoria | Mkat | Alpinista | Parking<br>7km | Skaly<br>14km | Czas<br>netto<br>21km | Czas<br>brutto<br>21km | Różn      | Tempo<br>min/km | Tempo<br>km/h |
|-----|-----------------------------|------------|--|-----------|------|-----------|----------------|---------------|-----------------------|------------------------|-----------|-----------------|---------------|
| 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 | 9:09            | 6.5           |
| 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 | 9:10            | 6.5           |
| 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 | 9:08            | 6.6           |
| 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 | 9:09            | 6.6           |
| 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 | 9:09            | 6.6           |
| 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 | 9:09            | 6.6           |
| 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 | 9:11            | 6.5           |
| 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 | 9:12            | 6.5           |
| 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 | 9:11            | 6.5           |
| 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 | 9:11            | 6.5           |
| 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 | 9:11            | 6.5           |
| 312 | <b>GŁOS 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 | 9:12            | 6.5           |
| 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 | 9:12            | 6.5           |
| 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 | 9:12            | 6.5           |
| 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 | 9:11            | 6.5           |
| 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 | 9:13            | 6.5           |
| 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 | 9:15            | 6.5           |
| 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 | 9:13            | 6.5           |
| 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 | 9:13            | 6.5           |
| 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 | 9:15            | 6.5           |
| 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 | 9:13            | 6.5           |
| 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 | 9:16            | 6.5           |
| 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 | 9:16            | 6.5           |
| 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 | 9:15            | 6.5           |
| 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 | 9:14            | 6.5           |
| 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 | 9:15            | 6.5           |
| 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 | 9:14            | 6.5           |
| 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 | 9:18            | 6.4           |
| 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 | 9:19            | 6.4           |
| 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 | 9:19            | 6.4           |
| 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 | 9:24            | 6.4           |
| 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 | 9:25            | 6.4           |
| 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 | 9:25            | 6.4           |

| Msc | Zawodnik                     | Numer      | Klub                          | Kategoria | Mkat | Alpinista | Parking<br>7km | Skaly<br>14km | Czas<br>netto<br>21km | Czas<br>brutto<br>21km | Różn      | Tempo<br>min/km | Tempo<br>km/h |
|-----|------------------------------|------------|-------------------------------|-----------|------|-----------|----------------|---------------|-----------------------|------------------------|-----------|-----------------|---------------|
| 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 | 9:26            | 6.4           |
| 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 | 9:26            | 6.4           |
| 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 | 9:26            | 6.4           |
| 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 | 9:26            | 6.4           |
| 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 | 9:28            | 6.3           |
| 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 | 9:27            | 6.3           |
| 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 | 9:29            | 6.3           |
| 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 | 9:28            | 6.3           |
| 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 | 9:28            | 6.3           |
| 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 | 9:31            | 6.3           |
| 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 | 9:31            | 6.3           |
| 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 | 9:31            | 6.3           |
| 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 | 9:32            | 6.3           |
| 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 | 9:32            | 6.3           |
| 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 | 9:31            | 6.3           |
| 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 | 9:31            | 6.3           |
| 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 | 9:32            | 6.3           |
| 351 | <b>POCIĘGIEL Michał</b>      | <b>449</b> | SKAWNA 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 | 9:32            | 6.3           |
| 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 | 9:35            | 6.3           |
| 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 | 9:35            | 6.3           |
| 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 | 9:34            | 6.3           |
| 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 | 9:36            | 6.2           |
| 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 | 9:34            | 6.3           |
| 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 | 9:36            | 6.2           |
| 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 | 9:36            | 6.2           |
| 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 | 9:37            | 6.2           |
| 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 | 9:38            | 6.2           |
| 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 | 9:38            | 6.2           |
| 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 | 9:38            | 6.2           |
| 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 | 9:38            | 6.2           |
| 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 | 9:37            | 6.2           |
| 365 | <b>WAWRZYNIAK 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 | 9:40            | 6.2           |
| 366 | <b>WĘGRZYNOWSKA 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 | 9:40            | 6.2           |
| 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 | 9:39            | 6.2           |
| 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 | 9:39            | 6.2           |
| 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 | 9:39            | 6.2           |
| 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 | 9:40            | 6.2           |

| Msc | Zawodnik                        | Numer      | Klub                                  | Kategoria | Mkat | Alpinista | Parking<br>7km | Skaly<br>14km | Czas<br>netto<br>21km | Czas<br>brutto<br>21km | Różn      | Tempo<br>min/km | Tempo<br>km/h |
|-----|---------------------------------|------------|---------------------------------------|-----------|------|-----------|----------------|---------------|-----------------------|------------------------|-----------|-----------------|---------------|
| 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 | 9:41            | 6.2           |
| 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 | 9:41            | 6.2           |
| 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 | 9:42            | 6.2           |
| 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 | 9:43            | 6.2           |
| 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 | 9:44            | 6.2           |
| 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 | 9:44            | 6.2           |
| 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 | 9:44            | 6.2           |
| 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 | 9:48            | 6.1           |
| 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 | 9:48            | 6.1           |
| 380 | <b>SZCZYGIĘŁ 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 | 9:48            | 6.1           |
| 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 | 9:50            | 6.1           |
| 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 | 9:49            | 6.1           |
| 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 | 9:50            | 6.1           |
| 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 | 9:49            | 6.1           |
| 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 | 9:50            | 6.1           |
| 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 | 9:53            | 6.1           |
| 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 | 9:54            | 6.1           |
| 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 | 9:54            | 6.1           |
| 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 | 9:54            | 6.1           |
| 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 | 9:56            | 6             |
| 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 | 9:53            | 6.1           |
| 392 | <b>RZEŹNIK Mariusz</b>          | <b>229</b> | ROZBIEGANY RAWCZ                      | 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 | 9:55            | 6             |
| 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 | 9:57            | 6             |
| 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 | 9:56            | 6             |
| 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 | 9:59            | 6             |
| 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 | 9:59            | 6             |
| 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 | 9:58            | 6             |
| 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 | 9:59            | 6             |
| 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 | 10:00           | 6             |
| 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 | 10:00           | 6             |
| 401 | <b>KUCHARCZYK Monika</b>        | <b>285</b> | TRI TEAM WÓJTOWCZ                     | 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 | 10:00           | 6             |
| 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 | 10:01           | 6             |

| Msc | Zawodnik                         | Numer      | Klub                                  | Kategoria | Mkat | Alpinista | Parking<br>7km | Skaly<br>14km | Czas<br>netto<br>21km | Czas<br>brutto<br>21km | Różn      | Tempo<br>min/km | Tempo<br>km/h |
|-----|----------------------------------|------------|---------------------------------------|-----------|------|-----------|----------------|---------------|-----------------------|------------------------|-----------|-----------------|---------------|
| 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 | 10:00           | 6             |
| 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 | 10:00           | 6             |
| 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 | 10:02           | 6             |
| 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 | 10:05           | 5.9           |
| 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 | 10:04           | 6             |
| 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 | 10:05           | 5.9           |
| 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 | 10:07           | 5.9           |
| 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 | 10:07           | 5.9           |
| 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 | 10:08           | 5.9           |
| 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 | 10:09           | 5.9           |
| 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 | 10:09           | 5.9           |
| 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 | 10:10           | 5.9           |
| 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 | 10:10           | 5.9           |
| 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 | 10:10           | 5.9           |
| 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 | 10:13           | 5.9           |
| 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 | 10:14           | 5.9           |
| 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 | 10:14           | 5.9           |
| 419 | <b>WASZEK Sławomir</b>           | <b>65</b>  | KARKONOSZ RUNNING TEAM                | M-30      | 151  | NIE       | 01:18:47       | 02:28:25      | <b>03:34:57.95</b>    | <b>03:35:25.05</b>     | +01:37:45 | 10:14           | 5.9           |
| 421 | <b>LEWANDOWSKI Waldemar</b>      | <b>535</b> |                                       | M-30      | 152  | NIE       | 01:15:06       | 02:20:10      | <b>03:34:53.05</b>    | <b>03:35:42.90</b>     | +01:38:03 | 10:13           | 5.9           |
| 422 | <b>FIGUŁA Sławomir</b>           | <b>423</b> |                                       | M-30      | 153  | NIE       | 01:20:43       | 02:24:24      | <b>03:35:01.05</b>    | <b>03:36:01.40</b>     | +01:38:22 | 10:14           | 5.9           |
| 423 | <b>KACZOREK Robert</b>           | <b>495</b> |                                       | M-40      | 140  | NIE       | 01:15:36       | 02:23:01      | <b>03:35:15.55</b>    | <b>03:36:03.45</b>     | +01:38:24 | 10:15           | 5.9           |
| 424 | <b>POŁCZYŃSKI Maciej</b>         | <b>298</b> | STALOWA ŁYDA                          | M-30      | 154  | NIE       | 01:21:04       | 02:31:25      | <b>03:35:10.20</b>    | <b>03:36:12.10</b>     | +01:38:32 | 10:14           | 5.9           |
| 425 | <b>KASPRZYK Emil</b>             | <b>81</b>  |                                       | M-30      | 155  | NIE       | 01:16:38       | 02:23:29      | <b>03:36:30.35</b>    | <b>03:37:21.95</b>     | +01:39:42 | 10:18           | 5.8           |
| 426 | <b>ONAK Izabela</b>              | <b>11</b>  | OCHAJORUN & FRIENDS                   | K-40      | 26   | NIE       | 01:22:45       | 02:30:12      | <b>03:37:02.10</b>    | <b>03:37:40.15</b>     | +01:40:00 | 10:20           | 5.8           |
| 427 | <b>BERNAT Jolanta</b>            | <b>331</b> | SZCZYTNA BIEGA                        | K-30      | 40   | NIE       | 01:15:05       | 02:25:08      | <b>03:37:41.95</b>    | <b>03:37:54.05</b>     | +01:40:14 | 10:22           | 5.8           |
| 428 | <b>MILER Tomasz</b>              | <b>403</b> | BIEGAM BO KRZYCZY                     | M-40      | 141  | NIE       | 01:14:42       | 02:24:00      | <b>03:37:41.95</b>    | <b>03:38:00.85</b>     | +01:40:21 | 10:22           | 5.8           |
| 429 | <b>KORZENIOWSKI Krzysztof</b>    | <b>343</b> | MARATON LESZNO                        | M-40      | 142  | NIE       | 01:16:53       | 02:23:29      | <b>03:37:17.45</b>    | <b>03:38:02.85</b>     | +01:40:23 | 10:20           | 5.8           |
| 430 | <b>KASPRZYK Kamil</b>            | <b>47</b>  |                                       | M-30      | 156  | NIE       | 01:16:43       | 02:23:28      | <b>03:37:33.50</b>    | <b>03:38:24.80</b>     | +01:40:45 | 10:21           | 5.8           |
| 431 | <b>ROPEL Mirosław</b>            | <b>291</b> | KIS TRANSPORT                         | M-50      | 19   | NIE       | 01:15:41       | 02:21:51      | <b>03:37:53.80</b>    | <b>03:38:29.70</b>     | +01:40:50 | 10:22           | 5.8           |
| 432 | <b>CHRZUSZCZ Anna</b>            | <b>511</b> |                                       | K-30      | 41   | NIE       | 01:18:53       | 02:25:56      | <b>03:37:40.95</b>    | <b>03:38:30.75</b>     | +01:40:51 | 10:21           | 5.8           |
| 433 | <b>BIECHOŃSKI Jarosław</b>       | <b>61</b>  | FUNDACJA LAF                          | M-40      | 143  | NIE       | 01:10:10       | 02:16:30      | <b>03:39:12.30</b>    | <b>03:39:40.15</b>     | +01:42:00 | 10:26           | 5.7           |
| 434 | <b>BIELIŃSKA Monika</b>          | <b>275</b> | PRO-RUN                               | K-30      | 42   | NIE       | 01:22:09       | 02:25:53      | <b>03:39:33.85</b>    | <b>03:40:20.25</b>     | +01:42:40 | 10:27           | 5.7           |
| 435 | <b>ZIELIŃSKI Damian</b>          | <b>158</b> |                                       | M-30      | 157  | TAK       | 01:12:56       | 02:21:30      | <b>03:40:02.95</b>    | <b>03:40:38.25</b>     | +01:42:58 | 10:28           | 5.7           |
| 436 | <b>BARANOWSKI Szymon</b>         | <b>190</b> | ON-SIGHT, SPUCHLAKI TEAM              | M-20      | 38   | NIE       | 01:21:07       | 02:35:21      | <b>03:39:40.05</b>    | <b>03:40:38.90</b>     | +01:42:59 | 10:27           | 5.7           |
| 437 | <b>ORDZIEJEWSKI Dominik</b>      | <b>214</b> |                                       | M-30      | 158  | TAK       | 01:12:55       | 02:21:30      | <b>03:40:10.75</b>    | <b>03:40:45.45</b>     | +01:43:06 | 10:29           | 5.7           |

| Msc | Zawodnik            | Numer | Klub                        | Kategoria | Mkat | Alpinista | Parking<br>7km | Skaly<br>14km | Czas<br>netto<br>21km | Czas<br>brutto<br>21km | Różn      | Tempo<br>min/km | Tempo<br>km/h |
|-----|---------------------|-------|-----------------------------|-----------|------|-----------|----------------|---------------|-----------------------|------------------------|-----------|-----------------|---------------|
| 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 | 10:32           | 5.7           |
| 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 | 10:34           | 5.7           |
| 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 | 10:37           | 5.7           |
| 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 | 10:36           | 5.7           |
| 442 | KITA Ewa            | 280   | BIEGAMDLAZDROWA.PL          | K-50      | 3    | NIE       | 01:20:59       | 02:32:04      | 03:44:14.75           | 03:44:44.95            | +01:47:05 | 10:40           | 5.6           |
| 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 | 10:43           | 5.6           |
| 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 | 10:44           | 5.6           |
| 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 | 10:45           | 5.6           |
| 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 | 10:46           | 5.6           |
| 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 | 10:48           | 5.6           |
| 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 | 10:47           | 5.6           |
| 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 | 10:47           | 5.6           |
| 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 | 10:47           | 5.6           |
| 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 | 10:47           | 5.6           |
| 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 | 10:47           | 5.6           |
| 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 | 10:48           | 5.6           |
| 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 | 10:50           | 5.5           |
| 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 | 10:51           | 5.5           |
| 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 | 10:51           | 5.5           |
| 457 | DĄBROWSKI Ireneusz  | 88    | RAJSPOACTIVE                | M-40      | 145  | NIE       | 01:19:20       | 02:30:07      | 03:48:15.55           | 03:49:07.20            | +01:51:27 | 10:52           | 5.5           |
| 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 | 10:51           | 5.5           |
| 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 | 10:55           | 5.5           |
| 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 | 10:55           | 5.5           |
| 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 | 10:55           | 5.5           |
| 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 | 10:58           | 5.5           |
| 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 | 11:03           | 5.4           |
| 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 | 11:02           | 5.4           |
| 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 | 11:02           | 5.4           |
| 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 | 11:04           | 5.4           |
| 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 | 11:07           | 5.4           |
| 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 | 11:09           | 5.4           |
| 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 | 11:08           | 5.4           |
| 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 | 11:08           | 5.4           |
| 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 | 11:09           | 5.4           |

| Msc | Zawodnik                       | Numer      | Klub                               | Kategoria | Mkat | Alpinista | Parking<br>7km | Skaly<br>14km | Czas<br>netto<br>21km | Czas<br>brutto<br>21km | Różn      | Tempo<br>min/km | Tempo<br>km/h |
|-----|--------------------------------|------------|------------------------------------|-----------|------|-----------|----------------|---------------|-----------------------|------------------------|-----------|-----------------|---------------|
| 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 | 11:09           | 5.4           |
| 473 | <b>BRYSIĄK 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 | 11:09           | 5.4           |
| 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 | 11:09           | 5.4           |
| 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 | 11:12           | 5.4           |
| 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 | 11:12           | 5.4           |
| 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 | 11:12           | 5.4           |
| 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 | 11:16           | 5.3           |
| 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 | 11:19           | 5.3           |
| 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 | 11:17           | 5.3           |
| 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 | 11:18           | 5.3           |
| 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 | 11:18           | 5.3           |
| 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 | 11:18           | 5.3           |
| 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 | 11:24           | 5.3           |
| 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 | 11:25           | 5.3           |
| 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 | 11:25           | 5.3           |
| 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 | 11:33           | 5.2           |
| 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 | 11:34           | 5.2           |
| 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 | 11:36           | 5.2           |
| 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 | 11:36           | 5.2           |
| 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 | 11:36           | 5.2           |
| 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 | 11:43           | 5.1           |
| 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 | 11:44           | 5.1           |
| 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 | 11:46           | 5.1           |
| 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 | 11:51           | 5.1           |
| 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 | 11:52           | 5.1           |
| 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 | 11:56           | 5             |
| 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 | 12:05           | 5             |
| 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 | 12:03           | 5             |
| 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 | 12:08           | 4.9           |
| 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 | 12:32           | 4.8           |
| 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 | 12:38           | 4.7           |
| 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 | 13:05           | 4.6           |

| Msc | Zawodnik                   | Numer      | Klub                 | Kategoria | Mkat | Alpinista | Parking<br>7km | Skaly<br>14km | Czas<br>netto<br>21km | Czas<br>brutto<br>21km | Różn      | Tempo<br>min/km | Tempo<br>km/h |
|-----|----------------------------|------------|----------------------|-----------|------|-----------|----------------|---------------|-----------------------|------------------------|-----------|-----------------|---------------|
| 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 | 13:05           | 4.6           |
| 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 | 13:13           | 4.5           |
| 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 | 13:25           | 4.5           |
| 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 | 13:59           | 4.3           |
| 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           |
| 509 | <b>HEROD Maciej</b>        | <b>259</b> | XRUNNERS             | M-20      | 43   | NIE       |                |               |                       |                        |           |                 |               |

Znaleziono 509 wynik(ów)