



ZIMOWY
PÓLMARATON
GÓR STOŁOWYCH

Organizator: Fundacja MARATONY GÓRSKIE
Data: 2019-01-19
Miejsce: Karłów
Dystans: 21 km

ZIMOWY PÓLMARATON GÓR STOŁOWYCH 2019

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

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INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	BRYDL Pavel	12		M-30	1	NIE	00:40:46	01:24:18	02:16:31.31	02:16:32.35		6:30	9.2 (100%)
2	BONIEC Radosław	508		M-20	1	NIE	00:42:13	01:25:58	02:17:59.67	02:18:01.70	+00:01:29 (1.1%)	6:34	9.1 (98.9%)
3	PIEKARZ Mariusz	315	UKS LUDWIKOWICE	M-30	2	NIE	00:41:00	01:25:40	02:18:37.13	02:18:39.20	+00:02:06 (1.5%)	6:36	9.1 (98.9%)
4	WŁODARKIEWICZ Dominik	511	DYNAFIT POLSKA	M-40	1	NIE	00:42:19	01:26:59	02:19:10.40	02:19:12.45	+00:02:40 (1.9%)	6:37	9.1 (98.9%)
5	KOZIOŁ Damian	558	MARCIN ŚWIERC TEAM	M-30	3		00:43:10	01:29:25	02:21:39.50	02:21:41.50	+00:05:09 (3.6%)	6:44	8.9 (96.7%)
6	DOSTAL Jan	540	VELLA NACHOD	M-30	4	NIE	00:42:07	01:28:24	02:22:07.75	02:22:10.75	+00:05:38 (4.0%)	6:46	8.9 (96.7%)
7	MIEDZIEJEWSKI Andrzej	386	WPRUNNING	M-30	5	NIE	00:44:48	01:30:45	02:26:01.49	02:26:08.50	+00:09:36 (6.6%)	6:57	8.6 (93.5%)
8	GEZELA Mariusz	296	TJ EUFORIABIEGACZA.PL	M-30	6	NIE	00:44:32	01:32:10	02:26:53.19	02:26:58.20	+00:10:25 (7.1%)	6:59	8.6 (93.5%)
9	GONCZARENKO Jarek	497		M-30	7	NIE	00:44:45	01:32:46	02:28:12.78	02:28:15.85	+00:11:43 (7.9%)	7:03	8.5 (92.4%)
10	MIS Zbigniew	541		M-30	8	NIE	00:48:00	01:35:57	02:29:05.34	02:29:15.35	+00:12:43 (8.5%)	7:05	8.5 (92.4%)
11	ORZEL Michal	47	ADIDAS RUNNERS WARSAW	M-30	9	NIE	00:45:43	01:34:10	02:29:44.76	02:29:46.85	+00:13:14 (8.8%)	7:07	8.4 (91.3%)
12	TOMASIAK Natalia	9	SALOMON SUUNTO TEAM / KW ZAKOPANE	K-30	1	TAK	00:46:00		02:30:42.28	02:30:45.30	+00:14:12 (9.4%)	7:10	8.4 (91.3%)
13	SARNOWSKI Paweł	383	ULTRASARNY	M-30	10	TAK	00:45:44	01:34:59	02:32:25.80	02:32:28.85	+00:15:56 (10.5%)	7:15	8.3 (90.2%)
14	GRUND Marek	29	MAFIA TEAM LUBLINIEC	M-30	11	NIE	00:46:32	01:36:05	02:32:41.41	02:32:43.50	+00:16:11 (10.6%)	7:16	8.3 (90.2%)
15	WOLBACH Tomasz	337	WOLNE ŚLIMAKI	M-30	12	NO	00:49:39	01:37:51	02:33:18.64	02:33:28.65	+00:16:56 (11.0%)	7:18	8.2 (89.1%)
16	MILKOWSKI Rafał	51	DECATHLON RYBNIK & PRZYJACIELE / OTK RZEŹNIK	M-30	13	NIE	00:47:48	01:37:00	02:34:09.28	02:34:14.30	+00:17:41 (11.5%)	7:20	8.2 (89.1%)
17	SZOPA Marek	431	TEAM KOPEĆ	M-40	2	NIE	00:49:12	01:37:58	02:35:08.25	02:35:14.35	+00:18:42 (12.0%)	7:23	8.1 (88.0%)
18	DURKOWSKI Marcin	185	SKLEP 'W FORMIE' / OBORYGENI	M-30	14	NIE	00:47:49	01:36:46	02:35:36.79	02:35:40.80	+00:19:08 (12.3%)	7:24	8.1 (88.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking		Bledne_Skaly		Czas		Tempo min/km	Tempo km/h
							7km	14km	21km	21km	Różn			
19	LINKOWSKI Michał	46	ILOVEZIEMEK	M-40	3	NIE	00:49:34	01:38:42	02:35:41.87	02:35:47.90	+00:19:15 (12.4%)	7:24	8.1 (88.0%)	
20	MAZURKIEWICZ Jerzy	92	NIGHT RUNNERS WROCLAW	M-30	15	NIE	00:47:33	01:37:50	02:35:50.14	02:35:59.15	+00:19:26 (12.5%)	7:25	8.1 (88.0%)	
21	ZATOŃ Cezary	69	TRIACTIV RIDLEY	M-30	16	TAK	00:47:37	01:38:00	02:37:33.69	02:37:36.70	+00:21:04 (13.4%)	7:30	8 (87.0%)	
22	ŻARECKI Łukasz	392		M-30	17	NIE	00:49:57	01:39:21	02:38:50.54	02:38:59.55	+00:22:27 (14.1%)	7:33	7.9 (85.9%)	
23	KRUPA Marcin	102	AKTYWNA NOWA RUDA	M-40	4	NIE	00:48:13	01:39:01	02:39:02.49	02:39:12.50	+00:22:40 (14.2%)	7:34	7.9 (85.9%)	
24	MYSZCZYSZYN Łukasz	98	KUDOWA BIEGA	M-30	18	NIE	00:51:30	01:44:18	02:39:39.04	02:39:43.05	+00:23:10 (14.5%)	7:36	7.9 (85.9%)	
25	PODGÓRSKI Bogusz	307	EMITT RACE TEAM	M-30	19	NIE	00:48:03	01:38:48	02:39:41.27	02:39:47.35	+00:23:15 (14.6%)	7:36	7.9 (85.9%)	
26	PISAREK Maciej	338		M-40	5	NIE	00:47:28	01:37:44	02:40:30.37	02:40:43.45	+00:24:11 (15.0%)	7:38	7.9 (85.9%)	
27	NIEPALA Jacek	64	OBORYGENI	M-30	20	NIE	00:50:41	01:42:34	02:42:40.49	02:42:45.50	+00:26:13 (16.1%)	7:44	7.7 (83.7%)	
28	KAMMER Krzysztof	226	PRO366	M-30	21	NIE	00:48:52	01:41:37	02:45:08.49	02:45:10.55	+00:28:38 (17.3%)	7:51	7.6 (82.6%)	
29	MAZIK Wojciech	442	KW KRAKOW	M-20	2	TAK	00:49:56	01:42:13	02:45:47.74	02:45:51.75	+00:29:19 (17.7%)	7:53	7.6 (82.6%)	
30	TRZECIAKIEWICZ Mieczysław	447	MLKS RADKÓW	M-50	1	NIE	00:51:13	01:42:55	02:45:56.29	02:46:00.30	+00:29:27 (17.7%)	7:54	7.6 (82.6%)	
31	KUŁAK Piotr	483	PASSION LIFE JOY	M-30	22	NIE	00:46:14	01:37:39	02:46:29.69	02:46:31.75	+00:29:59 (18.0%)	7:55	7.6 (82.6%)	
32	UGOREK Jarosław	60	TEAM KOPEĆ	M-40	6	NIE	00:48:58	01:41:32	02:47:07.86	02:47:13.95	+00:30:41 (18.4%)	7:57	7.5 (81.5%)	
33	KOZIEŁ Tomasz	105	#WAWRZYNTTEAM	M-40	7	NIE	00:49:02	01:41:40	02:47:31.64	02:47:34.65	+00:31:02 (18.5%)	7:58	7.5 (81.5%)	
34	SKUDLARSKI Jakub	464	PRO-RUN WROCLAW	M-20	3	NIE	00:54:48	01:47:01	02:47:51.79	02:48:05.85	+00:31:33 (18.8%)	7:59	7.5 (81.5%)	
35	MILER Marcin	61	06 KLEOFAS	M-40	8	NIE	00:52:41	01:46:27	02:48:09.64	02:48:15.65	+00:31:43 (18.9%)	8:00	7.5 (81.5%)	
36	GUSTAW Łukasz	371	SOBASTEAM	M-20	4	NIE	00:49:18	01:44:24	02:48:25.56	02:48:28.65	+00:31:56 (19.0%)	8:01	7.5 (81.5%)	
37	THIER Dominik	514	KANDAHAR	M-40	9	TAK	00:54:46	01:48:23	02:48:49.49	02:49:06.50	+00:32:34 (19.3%)	8:02	7.5 (81.5%)	
38	OLKIS Rafał	66	PRZEBIEGA.PL	M-30	23	NIE	00:50:24	01:45:45	02:50:35.26	02:50:43.30	+00:34:10 (20.0%)	8:07	7.4 (80.4%)	
39	NIEZGÓDKA Tomasz	216	FAKTORINGEKSPERT.PL	M-40	10	NIE	00:51:09	01:46:23	02:50:43.09	02:50:48.10	+00:34:15 (20.1%)	8:07	7.4 (80.4%)	
40	IGNACZAK Marcin	203	IFB BROKER	M-40	11	NIE	00:51:08	01:46:12	02:51:47.85	02:51:50.85	+00:35:18 (20.5%)	8:10	7.3 (79.3%)	
41	GEZELA Robert	310	EUFORIA BIEGACZA TEAM	M-40	12	NIE	00:52:19	01:47:05	02:51:52.74	02:51:56.75	+00:35:24 (20.6%)	8:11	7.3 (79.3%)	
41	KRAJEWSKI Wojtek	478		M-40	13	NIE	00:53:51	01:49:24	02:51:51.74	02:51:56.75	+00:35:24 (20.6%)	8:11	7.3 (79.3%)	
43	SZCZESZEK Robert	438	RANO	M-30	24	NIE	00:51:08	01:45:50	02:52:03.48	02:52:10.50	+00:35:38 (20.7%)	8:11	7.3 (79.3%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking		Bledne_Skaly		Czas		Tempo min/km	Tempo km/h
							7km	14km	21km	21km	Różn			
44	TEKIELI Kacper	8	KW TRÓJMIASTO	M-30	25	TAK	00:49:51	01:45:58	02:52:17.00	02:52:18.05	+00:35:45 (20.8%)	8:12	7.3 (79.3%)	
45	KWIATKOWSKA Kinga	498	ALPIN SPORT TEAM	K-30	2	NIE	00:54:49	01:49:51	02:53:29.99	02:53:34.00	+00:37:01 (21.3%)	8:15	7.3 (79.3%)	
46	SMOLIS Ivo	449		M-30	26	NIE	00:56:43	01:51:19	02:53:18.39	02:53:39.40	+00:37:07 (21.4%)	8:15	7.3 (79.3%)	
47	PIASECKI Mariusz	372		M-40	14	NIE	00:56:33	01:49:36	02:53:39.24	02:53:55.25	+00:37:22 (21.5%)	8:16	7.3 (79.3%)	
48	BALWIERCZAK Piotr	202	HERCOG RUNNING TEAM	M-20	5	NIE	00:49:51	01:46:22	02:53:54.56	02:53:56.65	+00:37:24 (21.5%)	8:16	7.2 (78.3%)	
49	ŁĄTKA Piotr	459		M-30	27	NIE	00:54:46	01:49:12	02:53:43.75	02:53:56.85	+00:37:24 (21.5%)	8:16	7.3 (79.3%)	
50	ORACZ Mateusz	188	BEZ LITOŚCI/KALENJI BY DECATHLON	M-30	28	NIE	00:53:51	01:51:32	02:54:39.64	02:54:46.70	+00:38:14 (21.9%)	8:19	7.2 (78.3%)	
51	DUNAJ Paweł	494	LITWIN TRIATHLON TEAM	M-30	29	NIE	00:55:22	01:48:25	02:55:12.68	02:55:18.75	+00:38:46 (22.1%)	8:20	7.2 (78.3%)	
52	ŻOŁDAK Przemysław	144	PIĄTKOWO NA BIEGOWO	M-40	15	NIE	00:52:41	01:49:43	02:55:17.55	02:55:20.60	+00:38:48 (22.1%)	8:20	7.2 (78.3%)	
53	JABŁOŃSKI Paweł	48	KUDOWSCY MIŁOŚNICZY BIEGANIA	M-40	16	NIE	00:54:16	01:52:09	02:55:48.53	02:55:52.55	+00:39:20 (22.4%)	8:22	7.2 (78.3%)	
54	LANGE Mariusz	561	KW KATOWICE	M-40	17		00:56:30		02:58:11.75	02:58:11.75	+00:41:39 (23.4%)	8:29	7.1 (77.2%)	
55	KOŁODZIEJSKI Jarek	38	PNB	M-40	18	NIE	00:54:38	01:51:41	02:58:10.52	02:58:12.55	+00:41:40 (23.4%)	8:29	7.1 (77.2%)	
56	ŁAŻNIEWSKI Dawid	173	EBIEGI.PL	M-30	30	NIE	00:53:59	01:52:11	02:58:40.05	02:58:40.05	+00:42:07 (23.6%)	8:30	7.1 (77.2%)	
57	ROWIŃSKI Michał	432		M-30	31	NIE	00:54:53	01:54:07	02:59:43.35	02:59:52.45	+00:43:20 (24.1%)	8:33	7 (76.1%)	
58	MAJCHRZAK Maciej	104		M-30	32	TAK	00:51:26	01:48:46	02:59:58.28	03:00:07.35	+00:43:35 (24.2%)	8:34	7 (76.1%)	
59	STANUCHIEWICZ Oskar	456		M-40	19	NIE	00:52:20	01:49:42	03:00:05.98	03:00:13.00	+00:43:40 (24.2%)	8:34	7 (76.1%)	
60	TOŚ Sebastian	238		M-40	20	NIE	00:52:14	01:51:15	03:00:39.15	03:00:44.15	+00:44:11 (24.5%)	8:36	7 (76.1%)	
61	PIWOŃSKI Arkadiusz	530	PODGÓRZ TORUŃ	M-40	21	NIE	00:49:48	01:48:25	03:00:52.21	03:00:55.25	+00:44:22 (24.5%)	8:36	7 (76.1%)	
62	FRANKIEWICZ Artur	426		M-30	33	TAK	00:56:10	01:55:06	03:00:56.96	03:01:00.00	+00:44:27 (24.6%)	8:37	7 (76.1%)	
63	JUDA Witold	274		M-40	22	NIE	01:02:04	01:57:02	03:00:00.70	03:01:08.80	+00:44:36 (24.6%)	8:34	7 (76.1%)	
64	KRAWCZYK Artur	430	ZĄŁOGA GÓRSKA	M-20	6	TAK	00:49:59	01:44:30	03:01:20.92	03:01:25.00	+00:44:52 (24.7%)	8:38	6.9 (75.0%)	
65	WAHL Daniel	155	T.S. AKS CHORZÓW	M-40	23	TAK	00:56:58	01:57:22	03:02:13.54	03:02:17.55	+00:45:45 (25.1%)	8:40	6.9 (75.0%)	
66	DAMEC Aleksander	63	OCHAJO RUN&FRENDS	M-40	24	NIE	00:53:55	01:51:35	03:02:33.34	03:02:36.35	+00:46:04 (25.2%)	8:41	6.9 (75.0%)	
67	ZIMKOWSKI Marcin	31	KGHM ZG RUN	M-30	34	NIE	00:54:42	01:51:07	03:02:25.27	03:02:37.35	+00:46:05 (25.2%)	8:41	6.9 (75.0%)	
68	LASOCKI Marcin	397	PIG-PIB	M-40	25	NIE	00:56:49	01:53:18	03:02:20.49	03:02:37.50	+00:46:05 (25.2%)	8:40	6.9 (75.0%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
69	ANTOSIAK Tomasz	77		M-30	35	NIE	00:58:26	01:57:14	03:02:36.69	03:02:50.70	+00:46:18 (25.3%)	8:41	6.9 (75.0%)
70	KRĘZEL Krzysztof	506	NIGHT RUNNERS WROCŁAW	M-20	7	NIE	00:48:20	01:50:23	03:03:00.15	03:03:02.20	+00:46:29 (25.4%)	8:42	6.9 (75.0%)
71	MAZUR Andrzej	108	MARTOMBIKE	M-30	36	NIE	00:56:28	01:55:16	03:02:49.14	03:03:03.15	+00:46:30 (25.4%)	8:42	6.9 (75.0%)
72	LULEK Paweł	501	WIELKOPOLSKI KLUB TATERNICTWA JASKINIOWEGO	M-30	37	TAK	00:55:34	01:55:26	03:02:56.98	03:03:04.05	+00:46:31 (25.4%)	8:42	6.9 (75.0%)
73	WOŁOSZYN Konrad	127		M-40	26	NIE	00:55:50	01:49:34	03:02:42.36	03:03:05.45	+00:46:33 (25.4%)	8:42	6.9 (75.0%)
74	MĘŻYŃSKI Szymon	418		M-20	8	NIE	00:54:49	01:53:33	03:04:08.98	03:04:12.05	+00:47:39 (25.9%)	8:46	6.8 (73.9%)
75	OPAŁKA Damian	391	MYRACE	M-30	38	NIE	00:51:04	01:49:13	03:04:40.99	03:04:50.00	+00:48:17 (26.1%)	8:47	6.8 (73.9%)
76	KORZENIEWSKI Jarosław	474		M-40	27	NIE	00:58:40	01:56:16	03:04:40.46	03:05:00.50	+00:48:28 (26.2%)	8:47	6.8 (73.9%)
77	SANKOWSKI Paweł	445	PLACKI TEAM	M-30	39	NIE	00:56:54	01:56:27	03:05:37.38	03:05:49.45	+00:49:17 (26.5%)	8:50	6.8 (73.9%)
78	RUPIETA Maksym	50	WUEF TRI TEAM	M-40	28	NIE	00:58:34	02:01:03	03:06:02.55	03:06:09.60	+00:49:37 (26.7%)	8:51	6.8 (73.9%)
79	ŁUKOMSKI Maciej	192	GANG CHÓDEGO	M-40	29	NIE	00:56:32	01:57:32	03:06:03.59	03:06:09.65	+00:49:37 (26.7%)	8:51	6.8 (73.9%)
80	MRÓZ Marcin	209	DZIKIE BOBRY / STR POZNAŃ	M-40	30	NIE	00:56:39	01:57:24	03:06:36.88	03:06:44.95	+00:50:12 (26.9%)	8:53	6.8 (73.9%)
81	KURZAWIAK Grzegorz	80	GRUPA BIEGOWA KAYSER AUTOMOTIVE SYSTEM	M-30	40	NIE	00:56:36	01:57:29	03:06:50.54	03:07:00.55	+00:50:28 (27.0%)	8:53	6.7 (72.8%)
82	KRÓL Marcin	94	OŚ RACING TEAM	M-40	31	NIE	00:53:13	01:52:12	03:07:16.71	03:07:23.75	+00:50:51 (27.1%)	8:55	6.7 (72.8%)
83	CHODAKOWSKI Marcel	525	KB GEOTERMIA UNIEJÓW	M-40	32	NIE	00:57:02	01:56:26	03:07:19.96	03:07:25.00	+00:50:52 (27.1%)	8:55	6.7 (72.8%)
84	PURCZYŃSKI Grzegorz	480		M-40	33	NIE	00:51:24	01:51:25	03:07:38.94	03:07:45.95	+00:51:13 (27.3%)	8:56	6.7 (72.8%)
85	PELIKAN Artur	82	NGB KŁOBUCK/WKURW_TEAM	M-20	9	NIE	00:57:09	02:00:23	03:08:13.54	03:08:16.55	+00:51:44 (27.5%)	8:57	6.7 (72.8%)
86	OLSZYNA Jakub	504		M-20	10	NIE	00:58:54	01:58:24	03:08:42.34	03:08:57.35	+00:52:25 (27.7%)	8:59	6.7 (72.8%)
87	ZERZĄN Dominik	183	NITRO NÁCHOD	M-40	34	NIE	00:54:57	01:56:26	03:09:14.43	03:09:17.45	+00:52:45 (27.9%)	9:00	6.7 (72.8%)
88	NIESPODZIANY Maciej	493	EXTREME OUTDOOR	M-40	35	NIE	00:58:05	01:58:14	03:09:19.84	03:09:30.85	+00:52:58 (28.0%)	9:00	6.7 (72.8%)
89	CHODOROWSKI Krzysztof	89	PRZEDWOJEWSKI MOUNTAIN TEAM	M-30	41	NIE	00:53:12	01:56:22	03:09:44.62	03:09:49.70	+00:53:17 (28.1%)	9:02	6.6 (71.7%)
90	STACHOWIAK Łukasz	40	STR POZNAŃ / DZIKIE BOBRY	M-30	42	NIE	00:56:30		03:09:50.60	03:09:57.65	+00:53:25 (28.1%)	9:02	6.6 (71.7%)
91	PIECUCH Marcin	232	LACHO TEAM	M-30	43	NIE	00:59:14	02:00:22	03:09:58.79	03:10:14.80	+00:53:42 (28.2%)	9:02	6.6 (71.7%)
92	ZAWOJAK Aleksander	290	RONAL POLSA RUN	M-20	11	NIE	00:54:52	01:57:13	03:10:03.75	03:10:15.85	+00:53:43 (28.2%)	9:03	6.6 (71.7%)
93	WIKTOR Wojciech	351	DECATHLON TEAM	M-20	12	NIE	00:56:20	01:58:23	03:10:34.98	03:10:43.00	+00:54:10 (28.4%)	9:04	6.6 (71.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
94	BOSAKIEWICZ Tomasz	465	MAGBOS	M-30	44	NIE	00:56:55	01:57:57	03:10:45.34	03:10:55.35	+00:54:23 (28.5%)	9:05	6.6 (71.7%)
95	SAJEWICZ Dominik	255		M-20	13	NIE	00:59:02	01:58:34	03:10:44.64	03:11:04.65	+00:54:32 (28.5%)	9:04	6.6 (71.7%)
96	JAKUBOWSKI Marcin	377	GRUNWALD TEAM POZNAŃ	M-30	45	TAK	01:00:51	02:00:54	03:10:38.75	03:11:05.85	+00:54:33 (28.5%)	9:04	6.6 (71.7%)
97	SULIK Agnieszka	461	WARSAW MASTERS TEAM	K-30	3	NIE			03:11:08.30	03:11:08.30	+00:54:35 (28.6%)	9:06	6.6 (71.7%)
98	CZYŻ Paweł	42	AKG ŁÓDŹ	M-20	14	TAK	00:58:28	01:58:13	03:11:08.49	03:11:24.50	+00:54:52 (28.7%)	9:06	6.6 (71.7%)
99	STANISŁAWSKI Karol	160	RUNNER.PL	M-30	46	NIE	00:58:26	01:58:23	03:11:15.89	03:11:28.90	+00:54:56 (28.7%)	9:06	6.6 (71.7%)
100	BONIKOWSKI Tomasz	320		M-40	36	NIE	00:56:38	01:58:42	03:12:19.57	03:12:26.65	+00:55:54 (29.0%)	9:09	6.6 (71.7%)
101	DUBIEL Piotr	198	SUDECKI KLUB WYSOKOGÓRSKI/WILD DOGS TEAM	M-40	37	TAK	00:54:30	01:57:54	03:13:09.12	03:13:16.15	+00:56:43 (29.4%)	9:11	6.5 (70.7%)
102	TAMBORSKA Agata	533	DZIK KOMANDO	K-30	4	NIE	01:01:06	02:02:03	03:13:09.95	03:13:17.05	+00:56:44 (29.4%)	9:11	6.5 (70.7%)
103	DROŹDZIK Magdalena	317	WKB META LUBLINIEC	K-40	1	NIE	00:58:31	02:00:41	03:13:22.49	03:13:33.50	+00:57:01 (29.5%)	9:12	6.5 (70.7%)
104	STEC Piotr	126		M-40	38	NIE	00:54:50	01:57:22	03:13:51.55	03:13:51.55	+00:57:19 (29.6%)	9:13	6.5 (70.7%)
105	MICHALSKI Piotr	314		M-30	47	NIE	01:01:23	02:01:42	03:13:40.39	03:14:04.40	+00:57:32 (29.6%)	9:13	6.5 (70.7%)
106	BŁASZKIEWICZ Bogusz	151	STR POZNAŃ	M-30	48	NIE	00:56:29	01:59:40	03:14:22.95	03:14:31.00	+00:57:58 (29.8%)	9:15	6.5 (70.7%)
107	KRYSIŃSKI Maciej	240		M-30	49	NIE	00:56:02	01:58:11	03:14:21.14	03:14:33.15	+00:58:00 (29.8%)	9:15	6.5 (70.7%)
108	WÓJCIK Robert	376	NOA	M-30	50	NIE	00:58:56	01:59:05	03:14:23.14	03:14:40.15	+00:58:07 (29.9%)	9:15	6.5 (70.7%)
109	BASZAK Tomasz	560		M-40	39		01:03:46	02:04:21	03:14:17.81	03:14:45.85	+00:58:13 (29.9%)	9:15	6.5 (70.7%)
110	PAWŁOWSKI Janusz	85	AGROTURYSTYKA POGRANICZNA	M-40	40	TAK	00:58:48	02:00:35	03:14:58.74	03:15:08.75	+00:58:36 (30.0%)	9:17	6.5 (70.7%)
111	PIEC Michał	556		M-20	15	NIE	00:58:19	01:55:34	03:14:46.27	03:15:14.30	+00:58:41 (30.1%)	9:16	6.5 (70.7%)
112	ZIMNY Tomasz	332		M-60	1	NIE	00:59:16	02:02:42	03:15:45.34	03:15:50.35	+00:59:18 (30.3%)	9:19	6.4 (69.6%)
113	JACH Paweł	543		M-50	2	TAK	00:58:31	02:00:58	03:15:46.32	03:15:52.40	+00:59:20 (30.3%)	9:19	6.4 (69.6%)
114	ROJEWSKI Paweł	242	EVERRUN	M-30	51	NIE	00:58:26	02:00:48	03:15:36.82	03:15:56.90	+00:59:24 (30.3%)	9:18	6.4 (69.6%)
115	KRAWCZYK Adriana	142		K-30	5	NIE	00:55:59	02:00:29	03:15:52.69	03:15:57.70	+00:59:25 (30.3%)	9:19	6.4 (69.6%)
116	WIDZIAK Piotr	95	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M-40	41	NIE	00:59:22	02:00:27	03:15:46.41	03:16:00.45	+00:59:28 (30.3%)	9:19	6.4 (69.6%)
117	HOŁYST Andrzej	25	AKTYWNA NOWA RUDA	M-30	52	NIE	00:58:26	02:00:54	03:15:48.29	03:16:01.35	+00:59:29 (30.3%)	9:19	6.4 (69.6%)
118	MAJEWICZ Filip	435	JAKDOJADE	M-30	53	NIE	00:59:01	02:01:27	03:15:36.08	03:16:03.15	+00:59:30 (30.4%)	9:18	6.4 (69.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
119	HETMAŃSKI Filip	450	KUDOWSCY MIŁOSNYCY BIEGANIA	M-40	42	NIE	01:01:14	02:01:49	03:16:19.48	03:16:34.50	+01:00:02 (30.5%)	9:20	6.4 (69.6%)
120	PAWELEC Mariusz	451	KUDOWSCY MIŁOSNYCY BIEGANIA	M-30	54	NIE	00:56:22	02:01:56	03:16:29.78	03:16:34.80	+01:00:02 (30.5%)	9:21	6.4 (69.6%)
121	ZALEWSKI Bartłomiej	549	BBL ZDUŃSKA WOLA	M-40	43	NIE	01:01:24	02:02:06	03:16:29.54	03:16:39.55	+01:00:07 (30.6%)	9:21	6.4 (69.6%)
122	SZOPA Krzysztof	117	SISU-OWB TEAM	M-30	55	NIE	01:00:51	02:02:51	03:16:18.80	03:16:41.90	+01:00:09 (30.6%)	9:20	6.4 (69.6%)
123	KOCEMBA Kamil	106	KĘCKIE HARPAGANY	M-30	56	NIE	01:03:47	02:03:08	03:17:12.56	03:17:30.60	+01:00:58 (30.9%)	9:23	6.4 (69.6%)
124	SKALSKI Radosław	132	KB AKTYWNI KONIN	M-40	44	NIE	01:01:05	02:02:22	03:17:14.65	03:17:30.75	+01:00:58 (30.9%)	9:23	6.4 (69.6%)
125	ZALEWSKA Anna	550	BBL ZDUŃSKA WOLA	K-40	2	NIE	01:03:24	02:06:04	03:17:22.69	03:17:31.70	+01:00:59 (30.9%)	9:23	6.4 (69.6%)
126	RUSIN Jakub	45		M-30	57	NIE	00:59:32	02:03:43	03:17:27.29	03:17:32.30	+01:00:59 (30.9%)	9:24	6.4 (69.6%)
127	KOWALCZYK Paweł	212	KĘCKIE HARPAGANY	M-40	45	NIE	00:57:01	02:01:55	03:17:51.70	03:17:53.70	+01:01:21 (31.0%)	9:25	6.4 (69.6%)
128	FEICHTINGER Marek	285		M-40	46	NIE	00:59:29	02:02:19	03:17:36.90	03:17:55.00	+01:01:22 (31.0%)	9:24	6.4 (69.6%)
129	MARTEKLAS Jan	400	NIGHT RUNNERS WROCŁAW	M-20	16	NIE	01:01:05	02:04:25	03:18:09.49	03:18:21.50	+01:01:49 (31.2%)	9:26	6.4 (69.6%)
130	GŁÓWKA Paweł	323	EUROPA UBEZPIECZENIA / TMTEAM	M-20	17	NIE	01:03:23	02:06:02	03:18:05.05	03:18:22.10	+01:01:49 (31.2%)	9:25	6.4 (69.6%)
131	HORAK Roland	283	KĘCKIE HARPAGANY	M-30	58	NIE	01:02:52	02:04:50	03:18:19.99	03:18:36.00	+01:02:03 (31.2%)	9:26	6.4 (69.6%)
132	GRABOŚ Nina	273		K-40	3	NIE	01:02:36	02:06:07	03:18:30.74	03:18:45.75	+01:02:13 (31.3%)	9:27	6.3 (68.5%)
133	MADOŃ Rafał	257		M-30	59	NIE	01:03:15	02:05:44	03:18:24.26	03:18:48.30	+01:02:15 (31.3%)	9:26	6.4 (69.6%)
134	ZGARDA Jacek	99	TMTEAM	M-40	47	NIE	00:59:21	02:01:47	03:18:39.44	03:18:55.45	+01:02:23 (31.4%)	9:27	6.3 (68.5%)
135	BEŚKA Sławomir	110	OCHAJORUN & FRIENDS	M-40	48	NIE	01:03:00	02:05:59	03:19:20.90	03:19:32.95	+01:03:00 (31.6%)	9:29	6.3 (68.5%)
136	HOŁOWNIA Tomasz	536	GRUPA BIEGOWA 'BEZ GRANIC'	M-30	60	NIE	01:02:24	02:05:42	03:19:23.64	03:19:37.65	+01:03:05 (31.6%)	9:29	6.3 (68.5%)
137	ŁĄK Tomasz	319		M-40	49	NIE	00:59:17	02:03:09	03:19:46.68	03:20:00.75	+01:03:28 (31.7%)	9:30	6.3 (68.5%)
138	FERENC-SZMUC Edyta	381		K-30	6	NIE	00:59:08	02:02:26	03:20:07.74	03:20:16.75	+01:03:44 (31.8%)	9:31	6.3 (68.5%)
139	GILENSKI Artur	562		M-40	50		00:59:50		03:20:17.50	03:20:17.50	+01:03:45 (31.8%)	9:32	6.3 (68.5%)
140	BIEŃ Magdalena	134	SKLEPBIEGACZA	K-40	4	NIE	01:00:25	02:06:00	03:20:27.29	03:20:33.30	+01:04:00 (31.9%)	9:32	6.3 (68.5%)
141	PIECUCH Karolina	218	LACHO TEAM	K-30	7	NIE	01:01:19	02:07:33	03:20:19.54	03:20:35.55	+01:04:03 (31.9%)	9:32	6.3 (68.5%)
142	PRUCIAK Krzysztof	327	LECYMY DURŚ	M-30	61	NIE	00:54:10	02:02:26	03:20:49.23	03:20:54.25	+01:04:21 (32.0%)	9:33	6.3 (68.5%)
143	SAJDUDA Adam	489		M-20	18	NIE	00:58:49	02:02:30	03:21:25.06	03:21:38.10	+01:05:05 (32.3%)	9:35	6.3 (68.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Tempo min/km	Tempo km/h	
									netto 21km	brutto 21km			
144	FLORCZAK Maciej	557	MUMIE MTB TEAM	M-50	3		01:02:17	02:05:55	03:21:28.34	03:21:48.35	+01:05:16 (32.3%)	9:35	6.3 (68.5%)
145	ZERZUT Jarostaw	388	PUSZCZYK BUKOWY	M-50	4	NIE	01:03:55	02:07:39	03:22:05.04	03:22:19.05	+01:05:46 (32.5%)	9:37	6.2 (67.4%)
146	KRYM Katarzyna	57	NIGHT RUNNERS WROCLAW	K-40	5	NIE	01:03:18	02:07:25	03:22:16.52	03:22:38.60	+01:06:06 (32.6%)	9:37	6.2 (67.4%)
147	MIKOŁAJCZYK Piotr	341	KALENJI BY DECATHLON	M-20	19	NIE	00:58:40	02:01:41	03:22:27.77	03:22:39.85	+01:06:07 (32.6%)	9:38	6.2 (67.4%)
148	NOGAJ Janusz	90	OCHAJORUN & FRIENDS	M-40	51	NIE	01:03:43	02:07:44	03:23:06.14	03:23:17.15	+01:06:44 (32.8%)	9:40	6.2 (67.4%)
149	REJMAN Grzegorz	81	DREAM RUN	M-30	62	NIE	01:01:32	02:05:55	03:23:23.25	03:23:23.25	+01:06:50 (32.9%)	9:41	6.2 (67.4%)
150	MASEWICZ Grzegorz	214	KB ZOFANNA GORZÓW WLKP.	M-30	63	NIE	01:07:10	02:08:46	03:22:53.29	03:23:24.30	+01:06:51 (32.9%)	9:39	6.2 (67.4%)
151	KUCHARSKI Piotr	65	AMATOR - NIEZRZESZONY, CZYLI WSZYSTKO MOGĘ... NIC NIE MUSZĘ...!	M-50	5	NIE	00:58:27	02:04:36	03:23:25.49	03:23:31.50	+01:06:59 (32.9%)	9:41	6.2 (67.4%)
152	FEDER Marcin	354		M-30	64	NIE	00:56:42	01:57:54	03:23:23.84	03:23:33.85	+01:07:01 (32.9%)	9:41	6.2 (67.4%)
153	SZMIDT Karol	133	SZMIDT I SYN	M-30	65	NIE	01:01:21	02:07:22	03:23:32.54	03:23:38.55	+01:07:06 (33.0%)	9:41	6.2 (67.4%)
154	CIURASZKIEWICZ Andrzej	213		M-40	52	NIE	01:04:47	02:08:24	03:23:11.03	03:23:40.05	+01:07:07 (33.0%)	9:40	6.2 (67.4%)
155	MARKIEWICZ Artur	172	PODDĘBICKI KB ZDYSZANI.PL	M-30	66	NIE	00:59:21	02:06:39	03:23:49.04	03:23:55.05	+01:07:22 (33.0%)	9:42	6.2 (67.4%)
156	PAŚ Tomek	267	PASIOL TEAM WROCLAW	M-40	53	NIE	01:03:47	02:09:02	03:23:49.49	03:24:13.50	+01:07:41 (33.1%)	9:42	6.2 (67.4%)
157	HAWRYLISZYN Jan	311		M-30	67	NIE	00:59:02	02:04:41	03:24:18.09	03:24:24.10	+01:07:51 (33.2%)	9:43	6.2 (67.4%)
158	GULCZYŃSKI Tomasz	181	KSE ON-SIGHT	M-30	68	NIE	01:01:39	02:05:48	03:25:04.16	03:25:21.25	+01:08:48 (33.5%)	9:45	6.1 (66.3%)
159	SZPINEK Marcin	419	TUTU TEAM	M-30	69	NIE	01:03:39	02:08:27	03:24:58.44	03:25:22.50	+01:08:50 (33.5%)	9:45	6.1 (66.3%)
160	PRZYBYSZ Artur	293	BIEGAJ PO ENDORFINY	M-20	20	NIE	01:03:36	02:08:20	03:25:15.27	03:25:36.30	+01:09:03 (33.6%)	9:46	6.1 (66.3%)
161	CHORZĘPA Adam	453		M-50	6	NIE	01:02:28	02:09:07	03:25:34.49	03:25:40.50	+01:09:08 (33.6%)	9:47	6.1 (66.3%)
162	SZNAJDER Marcin	496		M-30	70	NIE	01:03:26	02:09:26	03:25:25.91	03:25:41.95	+01:09:09 (33.6%)	9:46	6.1 (66.3%)
163	MIKODA Igor	205	KSE ON-SIGHT	M-30	71	NIE	01:01:21	02:05:54	03:26:07.32	03:26:28.35	+01:09:56 (33.9%)	9:48	6.1 (66.3%)
164	PAZERA Karol	420	KLUB KOLARSKI ZIEMI KŁODZKIEJ	M-40	54	NIE	00:58:29	02:07:25	03:26:29.70	03:26:29.70	+01:09:57 (33.9%)	9:49	6.1 (66.3%)
165	DYSARZ Przemysław	136	ALIANCE TECHNOLOGY FEHLAU RUN TEAM	M-30	72	NIE	01:05:29	02:09:04	03:25:57.86	03:26:30.95	+01:09:58 (33.9%)	9:48	6.1 (66.3%)
166	HOSS Jan	417		M-30	73	NIE	00:59:10	02:07:47	03:26:27.64	03:26:31.65	+01:09:59 (33.9%)	9:49	6.1 (66.3%)
167	MARKOWSKA Karolina	413	EUROPA UBEZPIECZENIA/NOA	K-30	8	NIE	01:03:32	02:10:23	03:26:53.34	03:27:07.35	+01:10:35 (34.1%)	9:51	6.1 (66.3%)
168	ROSZYK Przemek	245	PARKRUN POZNAŃ	M-40	55	NIE	00:58:45	02:05:07	03:26:52.29	03:27:08.30	+01:10:35 (34.1%)	9:51	6.1 (66.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
169	BAŁYS Katarzyna	147	HERCOG RUNNING TEAM	K-30	9	NO	01:03:13	02:09:51	03:27:02.64	03:27:09.65	+01:10:37 (34.1%)	9:51	6.1 (66.3%)
170	MALIK Agnieszka	524	ZUMBA BIEGA	K-40	6	NIE	01:02:41	02:07:48	03:26:44.74	03:27:14.75	+01:10:42 (34.1%)	9:50	6.1 (66.3%)
171	KAMIŃSKI Cezary	68		M-30	74	NIE	01:05:22	02:09:07	03:26:42.75	03:27:15.85	+01:10:43 (34.1%)	9:50	6.1 (66.3%)
172	KOŁODZIEJ Mariusz	263	TMTEAM	M-40	56	NIE	01:03:45	02:09:45	03:27:15.69	03:27:29.70	+01:10:57 (34.2%)	9:52	6.1 (66.3%)
173	LEBDA Małgorzata	7		K-30	10	TAK	01:03:50	02:09:12	03:27:10.89	03:27:37.90	+01:11:05 (34.2%)	9:51	6.1 (66.3%)
174	BIERNACIK Piotr	362		M-40	57	TAK	01:03:02	02:09:07	03:28:21.20	03:28:29.25	+01:11:56 (34.5%)	9:55	6 (65.2%)
175	KOWALSKI Andrzej	375		M-50	7	NIE	01:04:59	02:08:30	03:28:04.51	03:28:32.60	+01:12:00 (34.5%)	9:54	6.1 (66.3%)
176	ZATOŃ Adrian	479		M-30	75	TAK	01:01:38	02:08:59	03:28:25.34	03:28:33.35	+01:12:01 (34.5%)	9:55	6 (65.2%)
177	HETMANCZYK Jakub	109	XIN CHAO RIDERS	M-30	76	TAK	01:05:51	02:11:53	03:27:54.16	03:28:34.20	+01:12:01 (34.5%)	9:54	6.1 (66.3%)
178	SMOTER Damian	52		M-30	77	NIE	01:04:18	02:09:25	03:28:43.04	03:29:03.05	+01:12:30 (34.7%)	9:56	6 (65.2%)
179	SZOTA Robert	178	SMT SZCZECIN	M-30	78	NIE	01:01:34	02:08:15	03:29:08.59	03:29:31.60	+01:12:59 (34.8%)	9:57	6 (65.2%)
180	PAWŁOWSKI Tomasz	403	NIEZRZESZONY	M-40	58	NIE	01:07:32	02:13:54	03:29:40.12	03:30:00.20	+01:13:27 (35.0%)	9:59	6 (65.2%)
181	ZARODA Zbyszek	112	BIEGAM BO MNIE LUDZKOŚĆ WQURWIA	M-40	59	NIE	01:03:47	02:10:54	03:29:55.89	03:30:15.90	+01:13:43 (35.1%)	9:59	6 (65.2%)
182	MUCHA Piotr	100	FIZJOBIEGACZE SZCZECIN	M-40	60	NIE	00:59:59	02:08:08	03:30:31.12	03:30:44.20	+01:14:11 (35.2%)	10:01	6 (65.2%)
182	DUDA Bartosz	131	FIZJOBIEGACZE SZCZECIN	M-40	61	TAK	01:01:36	02:08:13	03:30:31.10	03:30:44.20	+01:14:11 (35.2%)	10:01	6 (65.2%)
184	BIELNIK Maciej	342	MOTURYSTYKA.PL	M-30	79	NIE	01:08:36	02:13:04	03:30:25.99	03:31:14.00	+01:14:41 (35.4%)	10:01	6 (65.2%)
185	WÓJCIK Marcin	516		M-40	62	TAK	00:58:23	02:05:44	03:31:12.74	03:31:21.75	+01:14:49 (35.4%)	10:03	6 (65.2%)
186	PROKOPIUK Jarosław	295	PROCAR GDYNIA	M-50	8	NIE	01:03:15	02:11:04	03:31:12.82	03:31:25.85	+01:14:53 (35.4%)	10:03	6 (65.2%)
187	ŁUKASZCZUK Grzegorz	14	DAREZTRI TEAM	M-30	80	NIE	00:58:27	02:07:13	03:31:59.34	03:32:09.35	+01:15:37 (35.6%)	10:05	5.9 (64.1%)
188	SIOMA Konrad	339	ROKIETNICA BIEGA	M-30	81	NIE	01:03:41	02:11:47	03:31:52.44	03:32:10.45	+01:15:38 (35.6%)	10:05	5.9 (64.1%)
189	SZCZOTKA Katarzyna	58		K-40	7	NIE	01:08:45	02:16:48	03:31:47.44	03:32:14.45	+01:15:42 (35.7%)	10:05	5.9 (64.1%)
190	HENECZKOWSKA Anna	552	ENDŹI Z KALENJI/KALENJI BY DECATHLON	K-20	1	NIE	01:03:35	02:08:27	03:33:01.54	03:33:21.55	+01:16:49 (36.0%)	10:08	5.9 (64.1%)
191	RODAK Zbigniew	334	GRUPA BIEGOWA 'BEZ GRANIC'	M-30	82	NIE	01:02:22	02:10:21	03:34:00.39	03:34:14.40	+01:17:42 (36.3%)	10:11	5.9 (64.1%)
192	KOSTRUBIEC Maciej	421		M-20	21	NIE	01:00:07	02:08:05	03:34:20.58	03:34:27.60	+01:17:55 (36.3%)	10:12	5.9 (64.1%)
193	HOTAŁA Sylwia	28		K-30	11	NIE	01:01:30	02:12:25	03:34:26.74	03:34:32.75	+01:18:00 (36.4%)	10:12	5.9 (64.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
194	KONDZIELNIK Magdalena	24		K-40	8	NIE	01:08:49	02:17:16	03:34:12.89	03:34:39.90	+01:18:07 (36.4%)	10:12	5.9 (64.1%)
195	BONIKOWSKI Mateusz	335		M-30	83	NIE	01:01:06	02:10:59	03:34:59.19	03:35:08.20	+01:18:35 (36.5%)	10:14	5.9 (64.1%)
196	LEŚNIEWSKA Justyna	349	AKTYWNA NOWA RUDA	K-30	12	NIE	01:03:44	02:13:39	03:35:06.54	03:35:17.55	+01:18:45 (36.6%)	10:14	5.9 (64.1%)
197	BOCHNAK Paweł	87		M-30	84	NIE	01:14:23	02:17:15	03:34:48.64	03:35:19.65	+01:18:47 (36.6%)	10:13	5.9 (64.1%)
198	JĘDRUCH Marcin	539	FIREEAGLES	M-20	22	NIE	01:07:14	02:12:30	03:35:03.13	03:35:31.15	+01:18:58 (36.6%)	10:14	5.9 (64.1%)
199	KOPCZYŃSKI Łukasz	269	K-TEAM	M-30	85	NIE	01:03:19	02:13:10	03:35:06.98	03:35:45.05	+01:19:12 (36.7%)	10:14	5.9 (64.1%)
200	DUDEK Mariusz	262	NIGHT RUNNERS	M-30	86	NIE	01:09:52	02:18:54	03:34:59.19	03:35:45.20	+01:19:12 (36.7%)	10:14	5.9 (64.1%)
201	STRĄŚ Jarosław	355		M-30	87	TAK	01:14:26	02:20:39	03:35:03.89	03:35:50.90	+01:19:18 (36.7%)	10:14	5.9 (64.1%)
202	JANUSZ Tomasz	145		M-40	63	NIE	01:07:00	02:15:02	03:36:44.91	03:37:14.00	+01:20:41 (37.1%)	10:19	5.8 (63.0%)
203	OLSZAK Maksymilian	443	DRUŻYNA SZPIKU	M-20	23	NIE	01:04:51	02:13:50	03:36:51.84	03:37:14.85	+01:20:42 (37.2%)	10:19	5.8 (63.0%)
204	SAWICKI Bartosz	18	DZIKIE DZIKI GORZÓW	M-20	24	NIE	01:05:57	02:15:00	03:37:20.15	03:37:41.25	+01:21:08 (37.3%)	10:20	5.8 (63.0%)
205	RAKOWSKA Magdalena	224	DRUŻYNA TVN	K-40	9	NIE	01:07:42	02:17:26	03:37:37.94	03:37:53.95	+01:21:21 (37.3%)	10:21	5.8 (63.0%)
206	WOJCIECHOWICZ Leszek	547		M-30	88	NIE	01:01:52	02:12:49	03:37:51.98	03:37:59.00	+01:21:26 (37.4%)	10:22	5.8 (63.0%)
207	WESOŁEK Daniel	393		M-30	89	NIE	01:07:43	02:14:44	03:37:58.14	03:38:40.15	+01:22:07 (37.6%)	10:22	5.8 (63.0%)
208	GNITECKA Katarzyna	328	EBIEGI	K-20	2	NIE	01:03:41	02:15:13	03:38:47.44	03:38:53.45	+01:22:21 (37.6%)	10:25	5.8 (63.0%)
209	LUBIK Adam	128	KSE ON-SIGHT, SPUCHLAKI TEAM	M-30	90	TAK	01:05:37	02:16:38	03:39:02.00	03:39:24.10	+01:22:51 (37.8%)	10:25	5.8 (63.0%)
210	DŁUGOSZ Marek	379	KB GEOTERMIA UNIEJÓW	M-50	9	NIE	01:04:00	02:15:10	03:39:17.43	03:39:30.50	+01:22:58 (37.8%)	10:26	5.7 (62.0%)
211	ZIEMBA Damian	251	ANTONTEAM	M-40	64	NIE	01:03:45	02:16:16	03:39:25.10	03:39:33.15	+01:23:00 (37.8%)	10:26	5.7 (62.0%)
212	DREAS Jakub	196	DZIKIE BOBRY/WĘDZIKOWSKITEAM	M-30	91	NIE	01:02:53	02:15:13	03:39:22.74	03:39:33.75	+01:23:01 (37.8%)	10:26	5.7 (62.0%)
213	MŁYNARCZYK Krzysztof	156	BIELAWA	M-40	65	NIE	01:04:14	02:15:28	03:39:48.35	03:39:48.35	+01:23:16 (37.9%)	10:28	5.7 (62.0%)
214	BIELNIK Dariusz	233	BB RUNNERS	M-30	92	NIE	01:10:11	02:17:57	03:39:02.59	03:39:50.60	+01:23:18 (37.9%)	10:25	5.8 (63.0%)
215	GAŁECKA-PIGUŁA Anna	353	BIEGAMDLAZDROWIA.PL	K-30	13	NIE	01:08:50	02:17:35	03:40:10.50	03:40:37.55	+01:24:05 (38.1%)	10:29	5.7 (62.0%)
216	PIGUŁA Sebastian	291	BIEGAMDLAZDROWIA. PL	M-30	93	NIE	01:08:38	02:17:36	03:40:11.24	03:40:38.25	+01:24:05 (38.1%)	10:29	5.7 (62.0%)
217	SZAREK Rafał	288	KB MCKIS JAWORZNO	M-40	66	NIE	01:08:11	02:17:13	03:40:16.40	03:40:39.50	+01:24:07 (38.1%)	10:29	5.7 (62.0%)
218	POTOCZNY Łukasz	535	EUFORIA BIEGACZA TEAM	M-30	94	NIE	01:09:49	02:18:35	03:40:22.99	03:40:44.00	+01:24:11 (38.1%)	10:29	5.7 (62.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
219	ZAMBRZYCKA-ROZNER Ewa	79		K-30	14	NO	01:10:28	02:21:23	03:41:06.10	03:41:06.10	+01:24:33 (38.2%)	10:31	5.7 (62.0%)
220	KWIATEK Agnieszka	505		K-20	3	NIE	01:03:59	02:16:45	03:41:18.33	03:41:27.35	+01:24:55 (38.3%)	10:32	5.7 (62.0%)
221	OPOWICZ Rafał	41	FIZJOBIEGACZE SZCZECIN	M-40	67	NIE	01:03:29	02:09:34	03:41:13.56	03:41:28.65	+01:24:56 (38.4%)	10:32	5.7 (62.0%)
222	JAROSŁAWSKI Mariusz	271	TERMY JAKUBA OŁAWSKI PARK WODNY	M-40	68	TAK	01:05:49	02:18:26	03:41:17.89	03:41:29.95	+01:24:57 (38.4%)	10:32	5.7 (62.0%)
223	CISKI Piotr	446		M-40	69	NIE	01:09:59	02:16:31	03:40:57.32	03:41:30.35	+01:24:58 (38.4%)	10:31	5.7 (62.0%)
224	KRAKOWSKI Krzysztof	49		M-30	95	NIE	01:01:37	02:13:15	03:41:23.93	03:41:41.95	+01:25:09 (38.4%)	10:32	5.7 (62.0%)
225	WYTYKOWSKA Joanna	164	RYSIE	K-30	15	TAK	01:14:29	02:22:30	03:41:15.94	03:42:02.95	+01:25:30 (38.5%)	10:32	5.7 (62.0%)
226	MATLAG Michał	177	KB MANIAC	M-40	70	TAK	01:11:57	02:19:15	03:41:22.74	03:42:13.75	+01:25:41 (38.6%)	10:32	5.7 (62.0%)
227	BUREK Bartosz	427	JAKDOJADE	M-30	96	NIE	01:09:59	02:17:24	03:41:54.18	03:42:43.25	+01:26:10 (38.7%)	10:34	5.7 (62.0%)
228	CZARNIECKI Daniel	27	TIE	M-30	97	NIE	01:00:00	02:12:18	03:42:54.74	03:43:05.75	+01:26:33 (38.8%)	10:36	5.7 (62.0%)
229	PIERZCHAŁA Anna	410	KB MCKIS JAWORZNO	K-40	10	NIE	01:08:59	02:18:44	03:42:55.34	03:43:14.35	+01:26:42 (38.8%)	10:36	5.7 (62.0%)
230	LEWANDOWSKI Paweł	343		M-30	98	NIE	01:10:12	02:22:04	03:43:22.68	03:43:44.70	+01:27:12 (39.0%)	10:38	5.6 (60.9%)
231	NOGA Angelika	244	KĘCKIE HARPAGANY	K-20	4	NIE	01:06:58	02:16:39	03:43:40.64	03:43:59.65	+01:27:27 (39.0%)	10:39	5.6 (60.9%)
232	NIERADKA Anna	444	JAKDOJADE	K-30	16	NIE	01:10:25	02:20:49	03:43:18.40	03:44:07.50	+01:27:35 (39.1%)	10:38	5.6 (60.9%)
233	WYSOCKI Tomasz	43	OCHAJORUN & FRIENDS	M-40	71	NIE	01:06:47	02:18:59	03:44:29.29	03:44:41.30	+01:28:08 (39.2%)	10:41	5.6 (60.9%)
234	ŻMUDKA Bartek	83	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M-40	72	NIE	01:06:11	02:18:47	03:44:30.15	03:44:42.25	+01:28:09 (39.2%)	10:41	5.6 (60.9%)
235	KANECKI Mirosław	357	KOWARY BIEGAJĄ	M-40	73	NIE	01:08:59	02:21:09	03:44:54.99	03:45:18.00	+01:28:45 (39.4%)	10:42	5.6 (60.9%)
236	DENEKO Paweł	318	PNB	M-30	99	NIE	01:08:39	02:21:20	03:45:29.27	03:45:31.30	+01:28:58 (39.5%)	10:44	5.6 (60.9%)
237	MNICH Tomasz	402		M-40	74	NIE	01:12:10	02:22:44	03:44:56.99	03:45:32.00	+01:28:59 (39.5%)	10:42	5.6 (60.9%)
238	OLSCHIMKE-MARUROWICZ Barbara	199	KOLOROWA DRUŻYNA NESSI	K-40	11	NIE	01:15:50	02:26:21	03:44:49.44	03:45:33.50	+01:29:01 (39.5%)	10:42	5.6 (60.9%)
239	PILARSKA Magdalena	441		K-30	17	NIE	01:15:54	02:23:23	03:44:57.26	03:45:35.35	+01:29:03 (39.5%)	10:42	5.6 (60.9%)
240	BUKOWCZYK Paulina	534	BEZ BALASTU	K-30	18	NIE	01:12:37	02:23:05	03:45:07.40	03:45:44.45	+01:29:12 (39.5%)	10:43	5.6 (60.9%)
241	RUKS Jarosław	141		M-30	100	NO	01:09:49	02:20:51	03:45:18.63	03:45:52.65	+01:29:20 (39.6%)	10:43	5.6 (60.9%)
242	CHRAPLEWSKA Karolina	312	PRO366	K-30	19	NIE	01:10:09	02:23:50	03:46:01.72	03:46:13.75	+01:29:41 (39.6%)	10:45	5.6 (60.9%)
243	ROZDZYNSKA Patrycja	321		K-20	5	NIE	01:10:46	02:22:48	03:46:08.50	03:46:35.60	+01:30:03 (39.7%)	10:46	5.6 (60.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
244	KUBIAK Karolina	502		K-40	12	NIE	01:10:38	02:23:28	03:46:10.54	03:46:36.55	+01:30:04 (39.7%)	10:46	5.6 (60.9%)
245	KOZŁOWSKI Wojciech	352	SUDETY MTB CHALLENGE	M-50	10	NIE	01:08:05	02:19:28	03:46:40.61	03:47:07.65	+01:30:35 (39.9%)	10:47	5.6 (60.9%)
246	SZYCHTA Rafał	559	JAKDOJADE	M-20	25		01:11:58	02:23:06	03:46:20.19	03:47:09.20	+01:30:36 (39.9%)	10:46	5.6 (60.9%)
247	NOWAKOWSKA Angelina	19	SISU OWB TEAM	K-30	20	NIE	01:08:35	02:22:31	03:46:46.59	03:47:10.60	+01:30:38 (39.9%)	10:47	5.6 (60.9%)
248	SOKOŁOWSKI Marcin	236	KW OPOLE	M-40	75	TAK	01:10:42	02:24:30	03:47:31.60	03:47:49.65	+01:31:17 (40.1%)	10:50	5.5 (59.8%)
249	HETMAŃSKI Jakub	91		M-20	26	NIE	01:15:31	02:25:13	03:47:11.14	03:47:55.15	+01:31:22 (40.1%)	10:49	5.5 (59.8%)
250	SKRZYPIEC Karol	299	ŻARÓW BIEGA	M-30	101	NIE	01:10:16	02:22:45	03:48:06.46	03:48:29.50	+01:31:57 (40.2%)	10:51	5.5 (59.8%)
251	FRANEK Sebastian	389	MUAY RUNNING TEAM	M-40	76	NIE	01:05:12	02:20:52	03:48:42.09	03:48:53.10	+01:32:20 (40.3%)	10:53	5.5 (59.8%)
252	KOPEĆ Dariusz	455		M-50	11	NIE	01:08:06	02:22:55	03:48:49.13	03:49:00.15	+01:32:27 (40.4%)	10:53	5.5 (59.8%)
253	JEDRUSZEK Damian	344	KUDOWSCY MIŁOSNOCY BIEGANIA	M-30	102	NO	00:59:26	02:12:14	03:48:59.14	03:49:08.15	+01:32:35 (40.4%)	10:54	5.5 (59.8%)
254	KRZESIMOWSKI Damian	201		M-30	103	NIE	01:10:01	02:23:27	03:49:30.44	03:49:53.45	+01:33:21 (40.6%)	10:55	5.5 (59.8%)
255	NEUMANN Jacek	129	CENTRUM ŁĄKOWA 1	M-50	12	NIE	01:09:52	02:21:36	03:49:44.71	03:50:17.75	+01:33:45 (40.7%)	10:56	5.5 (59.8%)
256	SKOKOWSKI Jacek	138	AKTYWNE PRAWOBRZEŻE SZCZECIN	M-50	13	NIE	01:08:58	02:23:12	03:51:39.66	03:52:07.70	+01:35:35 (41.2%)	11:01	5.4 (58.7%)
257	NATKAŃSKI Jerzy	3	PHZ	M-60	2	TAK	01:10:41	02:23:50	03:52:13.30	03:52:39.35	+01:36:07 (41.3%)	11:03	5.4 (58.7%)
258	PANEK Damian	158	ADIDAS RUNNERS WARSAW	M-20	27	NO	01:07:28	02:23:41	03:53:04.34	03:53:15.35	+01:36:43 (41.5%)	11:05	5.4 (58.7%)
259	SRODKA Bartłomiej	463		M-30	104	NIE	01:10:12	02:22:38	03:53:36.74	03:54:08.75	+01:37:36 (41.7%)	11:07	5.4 (58.7%)
260	GOŁĄB Janusz	4		M-50	14	TAK	01:16:07	02:28:39	03:53:35.86	03:54:09.90	+01:37:37 (41.7%)	11:07	5.4 (58.7%)
261	MARZEC Karolina	270	DZIKIE DZIKI GORZÓW	K-40	13	NIE	01:04:04	02:15:23	03:54:12.94	03:54:18.95	+01:37:46 (41.7%)	11:09	5.4 (58.7%)
262	DROPEK Sławomir	503	OGNIWO PIWNICZNA - ZDRÓJ	M-20	28	NIE	00:59:53	02:07:23	03:53:59.68	03:54:21.70	+01:37:49 (41.7%)	11:08	5.4 (58.7%)
263	KUJDA Arkadiusz	495	1 BRYGADA LOGISTYCZNA	M-40	77	NIE	01:04:18	02:16:40	03:54:09.99	03:54:26.00	+01:37:53 (41.8%)	11:09	5.4 (58.7%)
264	CZEKALSKA Maria	139		K-30	21	NIE	01:12:18	02:28:44	03:54:06.99	03:54:32.00	+01:37:59 (41.8%)	11:08	5.4 (58.7%)
265	WOLFF Maria	387		K-30	22	NIE	01:07:47	02:24:52	03:54:16.28	03:54:35.30	+01:38:02 (41.8%)	11:09	5.4 (58.7%)
266	WIŚNIEWSKI Artur	303		M-30	105	NIE	01:09:59	02:22:41	03:54:17.39	03:54:39.40	+01:38:07 (41.8%)	11:09	5.4 (58.7%)
267	MUSIELAK Piotr	425	PGB SPOTROWA PACZKA UP P-Ń 56	M-40	78	NIE	01:07:31	02:23:30	03:54:42.58	03:54:50.65	+01:38:18 (41.9%)	11:10	5.4 (58.7%)
268	HRUBÁ Hana	219	NITRO NÁCHOD	K-40	14	NIE	01:10:04	02:25:49	03:55:09.40	03:55:12.45	+01:38:40 (41.9%)	11:11	5.4 (58.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
269	BURANT Agnieszka	23		K-30	23	NIE	01:12:01	02:28:46	03:54:57.30	03:55:22.30	+01:38:49 (42.0%)	11:11	5.4 (58.7%)
270	CZERWONKA Zbigniew	206	ESKADRA WROCLAW	M-30	106	NIE	01:14:46	02:29:21	03:55:06.34	03:55:34.35	+01:39:02 (42.0%)	11:11	5.4 (58.7%)
271	SŁOMKOWSKI Mateusz	542	BTA KOMPAS	M-20	29	NIE	01:05:36	02:23:22	03:55:24.49	03:55:38.50	+01:39:06 (42.1%)	11:12	5.4 (58.7%)
272	ONAK Izabela	16	OCHAJORUN & FRIENDS	K-40	15	NIE	01:16:32	02:32:00	03:55:21.09	03:55:47.10	+01:39:14 (42.1%)	11:12	5.4 (58.7%)
273	KOCZEWSKI Paweł	434	MALTAŃSKA GRUPA BIEGOWA	M-50	15	NIE	01:11:20	02:27:23	03:55:27.59	03:55:58.60	+01:39:26 (42.1%)	11:12	5.4 (58.7%)
274	KADŁUBOWSKI Piotr	409	KOTWICA BRZEG / AUTOGAZEXPERTRUNNERS TEAM	M-40	79	NIE	01:14:35	02:27:27	03:55:27.88	03:56:02.90	+01:39:30 (42.2%)	11:12	5.4 (58.7%)
275	ZŁOTNICKA Olga	364	ŚWIDNICKA GRUPA BIEGOWA	K-40	16	NIE	01:15:54	02:29:39	03:55:38.44	03:56:07.45	+01:39:35 (42.2%)	11:13	5.3 (57.6%)
276	SIENNICA Joanna	360	ŚWIDNICKA GRUPA BIEGOWA	K-40	17	NIE	01:15:45	02:29:39	03:55:38.54	03:56:07.55	+01:39:35 (42.2%)	11:13	5.3 (57.6%)
277	KRZECZKOWSKI Roman	340	BIEGOWA ŚWIDNICA	M-40	80	NIE	01:13:26	02:29:06	03:55:38.19	03:56:08.20	+01:39:35 (42.2%)	11:13	5.3 (57.6%)
278	RUSIN Szymon	210		M-30	107	TAK	01:11:45	02:26:15	03:55:42.89	03:56:09.90	+01:39:37 (42.2%)	11:13	5.3 (57.6%)
279	SUCHY Łukasz	229	HIRERIGHT RUNNING TEAM	M-30	108	NIE	01:14:09	02:28:03	03:55:32.71	03:56:11.75	+01:39:39 (42.2%)	11:12	5.3 (57.6%)
280	BABIŃSKA Ewelina	53		K-30	24	NIE	01:09:39	02:25:21	03:55:49.81	03:56:18.85	+01:39:46 (42.2%)	11:13	5.3 (57.6%)
281	PASTECKI Marcin	330		M-30	109	NO	01:16:21	02:27:24	03:55:24.35	03:56:19.40	+01:39:47 (42.2%)	11:12	5.4 (58.7%)
282	KIEŁBASA Paweł	302	GT RAT	M-40	81	NIE	01:15:53	02:29:09	03:56:03.11	03:56:53.20	+01:40:20 (42.4%)	11:14	5.3 (57.6%)
283	STAJER Edyta	429	DZIKIE BOBRY	K-30	25	NIE	01:16:13	02:29:26	03:56:48.99	03:57:14.00	+01:40:41 (42.4%)	11:16	5.3 (57.6%)
284	LITWINOWICZ Karolina	378	PARA NIE DO PARY	K-30	26	NIE	01:10:07	02:26:55	03:57:22.33	03:57:30.35	+01:40:58 (42.5%)	11:18	5.3 (57.6%)
285	BARAŃSKA Aleksandra	554		K-20	6	NIE	01:16:38	02:28:52	03:56:34.34	03:57:35.35	+01:41:03 (42.5%)	11:15	5.3 (57.6%)
286	STEFANOWSKI Marcin	37	ŻARÓW BIEGA	M-40	82	NIE	01:08:04	02:22:37	03:57:13.08	03:57:37.15	+01:41:04 (42.5%)	11:17	5.3 (57.6%)
287	HANCZAR Paweł	537	TMTEAM	M-40	83	NIE	01:16:03	02:28:50	03:56:55.24	03:57:38.25	+01:41:05 (42.5%)	11:16	5.3 (57.6%)
288	SZPILAREWICZ Barbara	492	ABY DO METY/RADIO WROCLAW	K-40	18	NIE	01:13:02	02:31:07	03:57:04.45	03:57:39.50	+01:41:07 (42.5%)	11:17	5.3 (57.6%)
289	PONIATOWSKI Seweryn	152	PRZEDWOJEWSKI MOUNTAIN TEAM	M-30	110	NIE	01:14:19	02:29:25	03:57:10.69	03:57:41.70	+01:41:09 (42.6%)	11:17	5.3 (57.6%)
290	PAKKINEN Laura	17		K-30	27	NO	01:17:54	02:34:00	03:56:52.78	03:57:42.85	+01:41:10 (42.6%)	11:16	5.3 (57.6%)
291	TOL Kamil	125	MAFIA TEAM LUBLINIEC	M-30	111	NIE	01:10:38	02:26:33	03:57:36.24	03:57:55.25	+01:41:22 (42.6%)	11:18	5.3 (57.6%)
292	BARANOWSKI Szymon	140	KSE-ON SIGHT, SPUCHLAKI TEAM	M-20	30	NIE	01:10:16	02:28:16	03:57:34.99	03:57:56.00	+01:41:23 (42.6%)	11:18	5.3 (57.6%)
293	JAŻOWNIK Jacek	278		M-40	84	NO	01:15:34	02:29:00	03:57:11.49	03:57:58.50	+01:41:26 (42.6%)	11:17	5.3 (57.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
294	GRUDZIEN Malgorzata	481		K-30	28	NO	01:17:15	02:32:17	03:57:29.19	03:58:12.20	+01:41:39 (42.7%)	11:18	5.3 (57.6%)
295	KONIECZNY Bartosz	207		M-40	85	NIE	01:16:01	02:29:26	03:57:55.91	03:58:30.95	+01:41:58 (42.8%)	11:19	5.3 (57.6%)
296	POŁCZYŃSKI Paweł	331	STALOWA ŁYDA	M-30	112	NIE	01:09:12	02:28:53	03:58:37.94	03:58:49.95	+01:42:17 (42.8%)	11:21	5.3 (57.6%)
297	SZYMCZYSZYN Tomasz	470		M-30	113	NO	01:16:44	02:31:59	03:58:30.19	03:58:55.20	+01:42:22 (42.9%)	11:21	5.3 (57.6%)
298	SZMANIA Jakub	241	HKT AZYMUT	M-30	114	NIE	01:16:02	02:31:25	03:58:47.57	03:59:23.60	+01:42:51 (43.0%)	11:22	5.3 (57.6%)
299	LENKOWSKA Adrianna	436	RANO	K-20	7	NIE	01:12:34	02:29:34	03:59:14.69	03:59:24.70	+01:42:52 (43.0%)	11:23	5.3 (57.6%)
300	HAREMZA Kinga	130	NIGHT RUNNERS	K-40	19	NIE	01:12:31	02:31:34	03:59:24.74	03:59:35.75	+01:43:03 (43.0%)	11:24	5.3 (57.6%)
301	JAKUB Buss	437	KUDOWSCY MIŁOŚNICY BIEGANIA	M-40	86	NIE	01:14:12	02:29:09	03:59:05.73	03:59:42.75	+01:43:10 (43.0%)	11:23	5.3 (57.6%)
302	BŁACHNO Marcin	221		M-40	87	NIE	01:14:23	02:31:25	03:59:49.90	04:00:43.90	+01:44:11 (43.3%)	11:25	5.3 (57.6%)
303	KOMADA Wojciech	316		M-40	88	NO	01:17:55	02:35:17	03:59:57.14	04:00:45.15	+01:44:12 (43.3%)	11:25	5.3 (57.6%)
304	RYMDEJKO Agnieszka	324	EMITT RACE TEAM	K-20	8	NIE	01:15:41	02:29:00	04:00:31.25	04:01:10.25	+01:44:37 (43.4%)	11:27	5.2 (56.5%)
305	STOKŁOSA Michał	265		M-30	115	NIE	01:16:48	02:32:08	04:00:15.09	04:01:11.10	+01:44:38 (43.4%)	11:26	5.2 (56.5%)
306	BARTNICKI Bartosz	88	SCM POLANICA-ZDRÓJ	M-20	31	NIE	01:16:25	02:32:05	04:00:16.09	04:01:12.10	+01:44:39 (43.4%)	11:26	5.2 (56.5%)
307	SÓWKA Waldemar	149	WUEF CLUB	M-50	16	NIE	01:09:07	02:23:05	04:02:10.34	04:02:19.35	+01:45:47 (43.7%)	11:31	5.2 (56.5%)
308	BIEDRZYŃSKI Michał	266		M-30	116	NO	01:15:48	02:31:51	04:01:43.54	04:02:19.55	+01:45:47 (43.7%)	11:30	5.2 (56.5%)
309	PAWŁOWSKI Radosław	249	KSE-ON SIGHT, SPUCHLAKI TEAM	M-20	32	NIE	01:03:41	02:13:27	04:01:59.84	04:02:19.85	+01:45:47 (43.7%)	11:31	5.2 (56.5%)
310	WYBIERAŁA Andrzej	457	ROZBIEGANY RAWICZA	M-50	17	NIE	01:08:38	02:22:08	04:02:06.16	04:02:56.20	+01:46:23 (43.8%)	11:31	5.2 (56.5%)
311	BANKIEWICZ Damian	67	ASSECO ACTIVE TEAM	M-40	89	NIE	01:15:52	02:29:51	04:02:19.04	04:02:58.10	+01:46:25 (43.8%)	11:32	5.2 (56.5%)
312	AUGUSTOWSKA Izabela	374	KB GEOTERMIA UNIEJÓW	K-40	20	NIE	01:13:28	02:32:10	04:02:47.80	04:03:00.85	+01:46:28 (43.8%)	11:33	5.2 (56.5%)
313	MIGDAŁ Adrian	189		M-40	90	TAK	01:14:21	02:31:28	04:02:17.04	04:03:11.05	+01:46:38 (43.9%)	11:32	5.2 (56.5%)
314	PAPROCKI Krzysztof	55		M-40	91	NIE	01:14:16	02:32:23	04:04:30.48	04:05:01.55	+01:48:29 (44.3%)	11:38	5.2 (56.5%)
315	PAPROCKA Natalia	122		K-40	21	NIE	01:14:15	02:32:26	04:04:30.74	04:05:01.75	+01:48:29 (44.3%)	11:38	5.2 (56.5%)
316	ANDRZEJCZAK Paweł	74		M-40	92	NIE	01:10:45	02:29:02	04:04:37.44	04:05:03.45	+01:48:31 (44.3%)	11:38	5.2 (56.5%)
317	NARECKI Jarosław	166		M-40	93	NIE	01:18:10	02:34:03	04:04:48.34	04:05:20.35	+01:48:48 (44.3%)	11:39	5.1 (55.4%)
318	MACHTAŁOWICZ Szymon	305		M-30	117	NIE	01:14:31	02:31:35	04:05:29.34	04:05:48.35	+01:49:16 (44.5%)	11:41	5.1 (55.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
319	JAŻWIŃSKI Krzysztof	325	ROZBIEGANI-ŻYCHLIN	M-40	94	NIE	01:14:34	02:31:31	04:05:32.40	04:05:50.50	+01:49:18 (44.5%)	11:41	5.1 (55.4%)
320	RABSZTYN Andrzej	243	TMTEAM	M-40	95	NIE	01:15:41	02:34:02	04:05:15.12	04:05:54.15	+01:49:21 (44.5%)	11:40	5.1 (55.4%)
321	MIREK Waldemar	146	EASYRUN	M-50	18	NIE	01:16:15	02:34:18	04:06:43.94	04:07:13.95	+01:50:41 (44.8%)	11:44	5.1 (55.4%)
322	MAJKA Tomasz	477		M-30	118	NIE	01:15:34	02:36:33	04:07:11.32	04:07:29.40	+01:50:57 (44.8%)	11:46	5.1 (55.4%)
323	DOLSKA Sara	191	MARTOMBIKE	K-30	29	NIE	01:17:50	02:38:33	04:07:14.38	04:07:30.45	+01:50:58 (44.8%)	11:46	5.1 (55.4%)
324	KOCHMAŃSKA Marta	469		K-30	30	NIE	01:14:16	02:31:13	04:07:06.29	04:07:51.30	+01:51:18 (44.9%)	11:46	5.1 (55.4%)
325	GWOZDECKI Tomasz	252		M-30	119	NIE	01:14:15	02:30:25	04:07:29.75	04:08:07.85	+01:51:35 (45.0%)	11:47	5.1 (55.4%)
326	GINTER Grzegorz	279	AZS COLLEGIUM MEDICUM UJ	M-30	120	NIE	01:13:55	02:35:57	04:08:31.45	04:08:31.45	+01:51:59 (45.1%)	11:50	5.1 (55.4%)
327	BIEŁUŃSKI Sebastian	361		M-40	96	NIE	01:16:31	02:35:21	04:08:12.89	04:08:54.90	+01:52:22 (45.1%)	11:49	5.1 (55.4%)
328	BARAN Zenon	439	BUTALIONY	M-50	19	NIE	01:23:28	02:37:57	04:07:58.39	04:09:01.40	+01:52:29 (45.2%)	11:48	5.1 (55.4%)
329	GRZESIAK Rafał	193		M-40	97	NIE	01:13:43	02:32:10	04:09:45.14	04:10:20.15	+01:53:47 (45.5%)	11:53	5 (54.3%)
330	SŁUŻENKO Agata	170		K-30	31	NIE	01:16:37	02:34:32	04:09:57.74	04:10:36.75	+01:54:04 (45.5%)	11:54	5 (54.3%)
331	KOZINOGA Gabriela	13		K-40	22	NIE	01:16:33	02:34:29	04:09:57.94	04:10:36.95	+01:54:04 (45.5%)	11:54	5 (54.3%)
332	TURNIAK Miłosz	32	HIRERIGHT RUNNING TEAM	M-30	121	NIE	01:14:31	02:32:14	04:10:31.09	04:11:09.10	+01:54:36 (45.6%)	11:55	5 (54.3%)
333	KRÓL-PIDANTY Marzena	124		K-40	23	NIE	01:17:09	02:38:38	04:10:41.44	04:11:10.45	+01:54:38 (45.6%)	11:56	5 (54.3%)
334	FIJAŁKOWSKI Wojciech	398	MONAR-GRACZE	M-50	20	NIE	01:16:50	02:38:05	04:11:18.80	04:11:48.85	+01:55:16 (45.8%)	11:58	5 (54.3%)
335	SYGNAT Marcin	75		M-30	122	NIE	01:22:59	02:40:09	04:11:09.84	04:11:49.85	+01:55:17 (45.8%)	11:57	5 (54.3%)
336	STANISZEWSKA-DUDA Katarzyna	101	TIM JEST TIM	K-40	24	NIE	01:17:14	02:38:43	04:11:19.04	04:11:51.05	+01:55:18 (45.8%)	11:58	5 (54.3%)
337	NOWAK Katarzyna	346	TIM JEST TIM	K-30	32	NIE	01:18:06	02:38:40	04:11:19.29	04:11:51.30	+01:55:18 (45.8%)	11:58	5 (54.3%)
338	BARANOWSKI Filip	21		M-40	98	NIE	01:15:54	02:33:51	04:11:42.56	04:12:14.60	+01:55:42 (45.9%)	11:59	5 (54.3%)
339	KOBYŁECKI Rafał	123	RYSIE	M-30	123	NIE	01:21:53	02:38:10	04:11:34.79	04:12:21.80	+01:55:49 (45.9%)	11:58	5 (54.3%)
340	ROZNER Artur	153		M-30	124	NO	01:15:45	02:40:24	04:12:07.64	04:12:34.65	+01:56:02 (45.9%)	12:00	5 (54.3%)
341	WLAZŁOWSKI Michał	111		M-30	125	NIE	01:19:25	02:37:29	04:11:27.84	04:12:34.85	+01:56:02 (45.9%)	11:58	5 (54.3%)
342	DUDEK Agnieszka	258	NIGHT RUNNERS	K-30	33	NIE	01:18:29	02:40:27	04:11:51.26	04:12:36.30	+01:56:03 (45.9%)	11:59	5 (54.3%)
343	CHOJNACKA Marta	369		K-30	34	NIE	01:29:00	02:47:28	04:12:03.79	04:12:54.80	+01:56:22 (46.0%)	12:00	5 (54.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
344	WYSOCKI Grzegorz	358	MORSY TUREK	M-40	99	NIE	01:16:17	02:35:46	04:12:34.19	04:13:05.20	+01:56:32 (46.1%)	12:01	5 (54.3%)
345	STEC Adam	70		M-30	126	NIE	01:16:40	02:37:12	04:12:36.03	04:13:10.10	+01:56:37 (46.1%)	12:01	5 (54.3%)
346	BUDKA Agata	416	KB MCKIS JAWORZNO	K-40	25	NIE	01:15:53	02:38:15	04:13:00.44	04:13:17.45	+01:56:45 (46.1%)	12:02	5 (54.3%)
347	GERLICH Bartłomiej	467		M-30	127	NIE	01:12:54	02:30:52	04:12:24.25	04:13:19.35	+01:56:47 (46.1%)	12:01	5 (54.3%)
348	BAKA Marcin	103	GTS TRADYCJA	M-50	21	NIE	01:10:37	02:32:11	04:13:22.19	04:13:31.20	+01:56:58 (46.1%)	12:03	5 (54.3%)
349	MARMUROWICZ Krystian	222	KOLOROWA DRUŻYNA NESSI	M-40	100	NIE	01:26:24	02:40:25	04:12:42.14	04:13:32.15	+01:56:59 (46.1%)	12:02	5 (54.3%)
350	MARZEC Dominik	272		M-30	128	NIE	01:28:43	02:47:11	04:12:48.94	04:13:34.95	+01:57:02 (46.2%)	12:02	5 (54.3%)
351	SZKUDŁO Oskar	515	BEZ BALASTU	M-40	101	NIE	01:12:05	02:26:34	04:14:20.50	04:14:20.50	+01:57:48 (46.3%)	12:06	5 (54.3%)
352	DOBROCHOWSKI Marek	297	STRZEGOMSKA DWUNASTKA	M-30	129	NIE	01:13:55	02:33:24	04:13:52.64	04:14:33.65	+01:58:01 (46.4%)	12:05	5 (54.3%)
353	DOBROCHOWSKA Ilona	308	STRZEGOMSKA DWUNASTKA	K-40	26	NIE	01:13:54	02:33:34	04:13:53.84	04:14:33.85	+01:58:01 (46.4%)	12:05	5 (54.3%)
354	KOMEJKO Dariusz	399		M-40	102	NIE	01:14:56	02:38:32	04:14:27.39	04:14:35.40	+01:58:03 (46.4%)	12:07	5 (54.3%)
355	TARCZYŃSKA Halina	529		K-40	27	NIE	01:17:50	02:38:38	04:13:56.44	04:14:36.45	+01:58:04 (46.4%)	12:05	5 (54.3%)
356	JASIŃSKI Marcin	363	ROGOZIŃSKI KLUB BIEGACZA	M-40	103	NIE	01:19:17	02:40:20	04:13:48.79	04:14:36.80	+01:58:04 (46.4%)	12:05	5 (54.3%)
357	KEMPA Ewelina	548	ASICS FRONTRUNNER POLAND	K-20	9	NIE	01:16:04	02:39:27	04:15:10.39	04:15:35.40	+01:59:03 (46.6%)	12:09	4.9 (53.3%)
358	WILANOWSKI Tomasz	546		M-40	104	NIE	01:07:34	02:30:37	04:15:48.45	04:15:48.45	+01:59:16 (46.6%)	12:10	4.9 (53.3%)
359	SZUKAŁA Izabela	475		K-30	35	NIE	01:26:14	02:42:52	04:15:04.94	04:16:01.95	+01:59:29 (46.7%)	12:08	4.9 (53.3%)
360	DĘBSKA Klaudyna	476		K-30	36	NIE	01:16:43	02:38:18	04:15:48.34	04:16:13.35	+01:59:41 (46.7%)	12:10	4.9 (53.3%)
361	PAWŁOWSKI Sławomir	382	DO PRZODU/KALENJI BY DECATHLON	M-20	33	NIE	01:16:11	02:38:26	04:16:08.99	04:16:38.00	+02:00:05 (46.8%)	12:11	4.9 (53.3%)
362	HAREMZA Joanna	472		K-30	37	TAK	01:26:15	02:42:55	04:15:45.92	04:16:43.00	+02:00:10 (46.8%)	12:10	4.9 (53.3%)
363	WRZESIŃSKI Piotr	491	GAPPAG TEAM	M-40	105	NIE	01:13:15	02:40:27	04:16:24.29	04:16:44.30	+02:00:11 (46.8%)	12:12	4.9 (53.3%)
364	PŁAZA Artur	248		M-40	106	NIE	01:23:35	02:40:03	04:15:53.08	04:16:46.15	+02:00:13 (46.8%)	12:11	4.9 (53.3%)
365	PŁAZA Bartosz	275	PŁAZA TEAM	M-30	130	NIE	01:23:36	02:40:02	04:15:55.05	04:16:48.10	+02:00:15 (46.8%)	12:11	4.9 (53.3%)
366	GLINA-KRAWCZYK Małgorzata	254	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	K-40	28	NO	01:19:14	02:41:12	04:16:30.42	04:17:04.45	+02:00:32 (46.9%)	12:12	4.9 (53.3%)
367	MILKOWSKA Justyna	121	DECATHLON RYBNIK & PRZYJACIELE	K-30	38	NIE	01:15:56	02:38:36	04:17:05.41	04:17:22.50	+02:00:50 (46.9%)	12:14	4.9 (53.3%)
368	JANKIEWICZ Katarzyna	163	RYSIE	K-30	39	NIE	01:22:40	02:40:03	04:16:50.83	04:17:37.90	+02:01:05 (47.0%)	12:13	4.9 (53.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
369	JANKIEWICZ Michał	180	RYSIE	M-30	131	NIE	01:22:51	02:39:20	04:16:52.15	04:17:38.20	+02:01:05 (47.0%)	12:13	4.9 (53.3%)
370	KOLEJ Monika	485	DZIKIE DZIKI GORZÓW	K-40	29	NIE	01:16:14	02:40:07	04:17:17.54	04:17:38.55	+02:01:06 (47.0%)	12:15	4.9 (53.3%)
371	BARAN Paulina	448	BUTALIONY	K-20	10	NIE	01:20:09	02:40:22	04:17:32.04	04:18:07.05	+02:01:34 (47.1%)	12:15	4.9 (53.3%)
372	BAGIŃSKA Paula	390		K-20	11	NIE	01:26:00	02:44:47	04:17:42.31	04:18:25.35	+02:01:53 (47.2%)	12:16	4.9 (53.3%)
373	PASŁAWSKA Olga	137	PRZEBIEGA.PL	K-30	40	NIE	01:16:22	02:37:08	04:18:01.61	04:18:26.70	+02:01:54 (47.2%)	12:17	4.9 (53.3%)
374	PIECUCH Małgorzata	174	PRZEWORSKA GRUPA BIEGOWA	K-50	1	NIE	01:20:54	02:45:11	04:18:09.02	04:18:27.10	+02:01:54 (47.2%)	12:17	4.9 (53.3%)
375	KOLAŚNIEWSKI Marek	76		M-40	107	TAK	01:29:23	02:49:05	04:18:26.52	04:19:07.55	+02:02:35 (47.3%)	12:18	4.9 (53.3%)
376	WĘGRZYNOWSKA Ewa	118	EBIEGI.PL	K-40	30	NIE	01:15:16	02:41:12	04:19:18.02	04:19:28.05	+02:02:55 (47.4%)	12:20	4.9 (53.3%)
377	SIEMIERNIK Dariusz	220	TYMO	M-40	108	NIE	01:14:11	02:38:27	04:19:15.13	04:19:36.20	+02:03:03 (47.4%)	12:20	4.9 (53.3%)
378	PIDANTY Grzegorz	148		M-40	109	NIE	01:17:09	02:40:14	04:19:07.39	04:19:37.40	+02:03:05 (47.4%)	12:20	4.9 (53.3%)
379	RZEŹNIK Mariusz	553	ROZBIEGANY RAWICZ	M-40	110	NIE	01:22:07	02:40:36	04:18:45.38	04:19:38.45	+02:03:06 (47.4%)	12:19	4.9 (53.3%)
380	FRĄCZEK Iwona	215		K-30	41	NIE	01:22:56	02:43:07	04:19:11.15	04:19:51.20	+02:03:18 (47.5%)	12:20	4.9 (53.3%)
381	FIGUŁA Sławomir	412		M-30	132	NIE	01:27:41	02:43:41	04:19:05.89	04:19:51.90	+02:03:19 (47.5%)	12:20	4.9 (53.3%)
382	JAKUBOWSKI Wojciech	365	KB GEOTERMIA UNIEJÓW	M-40	111	NIE	01:05:54	02:26:59	04:20:21.39	04:20:51.40	+02:04:19 (47.7%)	12:23	4.8 (52.2%)
383	BINKOWSKI Marcin	359		M-40	112	NIE	01:26:05	02:47:21	04:20:25.43	04:21:11.45	+02:04:39 (47.7%)	12:24	4.8 (52.2%)
384	BURDAJEWICZ Magdalena	348		K-30	42	NIE	01:26:24	02:47:32	04:20:26.49	04:21:11.55	+02:04:39 (47.7%)	12:24	4.8 (52.2%)
385	MASŁO Andrzej	499		M-40	113	NIE	01:16:32	02:43:05	04:21:37.39	04:22:08.40	+02:05:36 (47.9%)	12:27	4.8 (52.2%)
386	SZULECKA Kamila	20		K-30	43	NIE	01:28:40	02:50:36	04:21:48.34	04:22:31.35	+02:05:59 (48.0%)	12:28	4.8 (52.2%)
387	SZEWczyk Jarosław	287		M-40	114	NIE	01:28:40	02:50:32	04:21:49.45	04:22:33.55	+02:06:01 (48.0%)	12:28	4.8 (52.2%)
388	CZAPRAN Magdalena	231	HIRERIGHT RUNNING TEAM	K-30	44	NIE	01:18:19	02:46:53	04:21:58.04	04:22:36.05	+02:06:03 (48.0%)	12:28	4.8 (52.2%)
389	TURKIEWICZ Dawid	538	WOLIBÓRZ W BIEGU	M-30	133	NIE	01:19:37	02:39:52	04:21:56.92	04:22:51.00	+02:06:18 (48.1%)	12:28	4.8 (52.2%)
390	BIENIEK Rafał	162		M-40	115	NIE	01:29:23	02:51:26	04:23:07.74	04:23:47.75	+02:07:15 (48.2%)	12:31	4.8 (52.2%)
391	ZAUCHA Marta	86	KŁODZKO PRZYTWIERDZA BIEGANIE	K-30	45	NIE	01:24:44	02:47:17	04:23:36.73	04:24:13.75	+02:07:41 (48.3%)	12:33	4.8 (52.2%)
392	KACZMARCZYK Wojciech	367		M-50	22	NIE	01:29:04	02:45:02	04:24:14.94	04:25:06.95	+02:08:34 (48.5%)	12:34	4.8 (52.2%)
393	KACZOREK Robert	289		M-40	116	NIE	01:27:40	02:48:40	04:24:18.57	04:25:08.65	+02:08:36 (48.5%)	12:35	4.8 (52.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
394	FILIPIAK Sebastian	78	LZS LIPA	M-40	117	NIE	01:29:40	02:47:33	04:24:15.25	04:25:10.30	+02:08:37 (48.5%)	12:35	4.8 (52.2%)
395	FRYDRYCKI Dariusz	411		M-40	118	NIE	01:20:29	02:43:45	04:24:27.18	04:25:15.20	+02:08:42 (48.5%)	12:35	4.8 (52.2%)
396	SARNOWSKA Joanna	385	ULTRASARNY	K-20	12	NIE	01:26:26	02:51:18	04:24:54.39	04:25:35.45	+02:09:03 (48.6%)	12:36	4.8 (52.2%)
397	STAWIŃSKI Michał	484		M-30	134	NO	01:19:45	02:43:27	04:25:02.56	04:25:47.60	+02:09:15 (48.6%)	12:37	4.8 (52.2%)
398	OSTACH Daria	15		K-40	31	NIE	01:26:53	02:48:35	04:25:08.56	04:25:59.60	+02:09:27 (48.7%)	12:37	4.8 (52.2%)
398	PRUSIEWICZ Beata	59	ANTONTEAM	K-50	2	NIE	01:27:14	02:48:43	04:25:08.59	04:25:59.60	+02:09:27 (48.7%)	12:37	4.8 (52.2%)
400	FEDOROWICZ Jowita	415	KOTWICA BRZEG	K-30	46	NIE	01:26:37		04:25:54.34	04:26:30.40	+02:09:58 (48.8%)	12:39	4.7 (51.1%)
401	ROGÓRZ Andrzej	116		M-40	119	NIE	01:12:08	02:38:00	04:26:21.69	04:26:41.70	+02:10:09 (48.8%)	12:41	4.7 (51.1%)
402	PISOWŁODZKA Dagmara	490		K-40	32	NIE	01:21:25	02:50:35	04:26:44.93	04:27:03.95	+02:10:31 (48.9%)	12:42	4.7 (51.1%)
403	KAWAŁKO Ryszard	551	ZBYT WOLNY RYŚ	M-50	23	NIE	01:27:12	02:54:10	04:26:01.04	04:27:11.05	+02:10:38 (48.9%)	12:40	4.7 (51.1%)
404	MACIEJEC Dorota	513		K-40	33	TAK	01:25:33	02:50:50	04:26:48.10	04:27:13.20	+02:10:40 (48.9%)	12:42	4.7 (51.1%)
405	KRAHL Radek	26	YOLO	M-40	120	NO	01:24:34	02:47:08	04:26:25.69	04:27:14.75	+02:10:42 (48.9%)	12:41	4.7 (51.1%)
406	SZCZYPEK Ola	165	SMT SZCZECIN	K-30	47	NIE	01:23:50	02:51:03	04:26:43.67	04:27:20.75	+02:10:48 (48.9%)	12:42	4.7 (51.1%)
407	WELCHOWSKI Rafał	34		M-30	135	NIE	01:22:23	02:48:26	04:26:47.53	04:27:23.60	+02:10:51 (48.9%)	12:42	4.7 (51.1%)
407	JUCHACZ Michał	44	DZIKI Z BALCZEWA	M-40	121	NIE	01:23:01	02:48:26	04:26:46.57	04:27:23.60	+02:10:51 (48.9%)	12:42	4.7 (51.1%)
409	KUBÓW Agnieszka	284	ZLB ZŁOTORYJA	K-30	48	NIE	01:29:00	02:54:10	04:29:33.84	04:30:28.85	+02:13:56 (49.5%)	12:50	4.7 (51.1%)
410	PASZKE Agnieszka	326		K-20	13	NIE	01:29:15	02:55:39	04:29:48.92	04:30:41.00	+02:14:08 (49.6%)	12:50	4.7 (51.1%)
411	GAŚSIOROWSKA Dorota	347	MPK WYBIEGANIE / ŚNIĘTY SUM	K-50	3	NIE	01:32:22	02:56:15	04:30:42.10	04:31:24.20	+02:14:51 (49.7%)	12:53	4.7 (51.1%)
412	CZACHOWSKI Michał	184	ŻWAWĘ ŻÓŁWIE	M-40	122	NIE	01:28:54	02:57:15	04:30:59.22	04:31:38.25	+02:15:05 (49.7%)	12:54	4.6 (50.0%)
413	JAWOROWSKA Aneta	280	ZLB ZŁOTORYJA	K-40	34	NIE	01:29:03	02:54:44	04:31:43.14	04:32:34.20	+02:16:01 (49.9%)	12:56	4.6 (50.0%)
414	CUKROWSKI Andrzej	304	ZLB OLAWS ZŁOTORYJA	M-40	123	NIE	01:28:43	02:54:48	04:31:43.94	04:32:35.95	+02:16:03 (49.9%)	12:56	4.6 (50.0%)
415	WALISZEWSKA Zofia	309		K-30	49	NIE	01:29:02	02:56:19	04:31:46.74	04:32:36.80	+02:16:04 (49.9%)	12:56	4.6 (50.0%)
416	GINTER Katarzyna	268		K-30	50	NIE	01:29:20	02:55:32	04:33:15.94	04:34:01.95	+02:17:29 (50.2%)	13:00	4.6 (50.0%)
417	MICHALSKA Agnieszka	276	KŁODZKO PRZYTWIERDZA BIEGANIE	K-40	35	NIE	01:25:23	02:50:58	04:33:27.99	04:34:05.00	+02:17:32 (50.2%)	13:01	4.6 (50.0%)
418	POŁCZYŃSKI Maciej	333	STALOWA ŁYDA	M-30	136	NIE	01:31:43	02:55:31	04:33:10.04	04:34:08.05	+02:17:35 (50.2%)	13:00	4.6 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
419	NEUMANN Beata	71	CENTRUM ŁĄKOWA 1	K-50	4	NIE	01:29:14	02:55:23	04:34:11.58	04:34:56.65	+02:18:24 (50.3%)	13:03	4.6 (50.0%)
420	WICHER Romuald	260		M-60	3	NIE	01:24:45	02:53:56	04:34:33.27	04:34:57.35	+02:18:25 (50.3%)	13:04	4.6 (50.0%)
420	CZEKALSKA Elżbieta	182		K-50	5	NIE	01:24:59	02:54:08	04:34:34.26	04:34:57.35	+02:18:25 (50.3%)	13:04	4.6 (50.0%)
422	KARWECKA-WIELICKA Katarzyna	6		K-40	36	TAK	01:30:02	02:55:15	04:34:26.09	04:34:58.10	+02:18:25 (50.3%)	13:04	4.6 (50.0%)
423	CZOPEK Agnieszka	72	KB MCKIS JAWORZNO	K-40	37	NIE	01:25:01	02:54:49	04:34:43.99	04:34:59.00	+02:18:26 (50.3%)	13:04	4.6 (50.0%)
424	KOWALCZY-GROCHLA Agata	186	KB MCKIS JAWORZNO	K-40	38	NIE	01:24:05	02:54:29	04:34:43.14	04:34:59.15	+02:18:26 (50.3%)	13:04	4.6 (50.0%)
425	WASIAK Grzegorz	171	WWW.BIEGAM-I-MYSLE.PL	M-40	124	NIE	01:22:14	02:51:33	04:34:44.89	04:34:59.90	+02:18:27 (50.3%)	13:04	4.6 (50.0%)
426	KUŚ Gabriela	408	KB MCKIS JAWORZNO	K-40	39	NIE	01:27:24	02:54:43	04:34:36.30	04:35:00.40	+02:18:28 (50.4%)	13:04	4.6 (50.0%)
427	JĘDRZEJCZAK Anna	407	KB MCKIS JAWORZNO	K-40	40	NIE	01:27:46	02:54:50	04:34:39.09	04:35:01.15	+02:18:28 (50.4%)	13:04	4.6 (50.0%)
428	KROENKE Barbara	150	OBOZYBIEGOWE.PL	K-60	1	NIE	01:28:27	02:56:44	04:36:05.14	04:36:40.15	+02:20:07 (50.6%)	13:08	4.6 (50.0%)
429	SITEK Anna	157	LZS LIPA	K-30	51	NIE	01:29:39	02:54:08	04:36:23.71	04:37:17.80	+02:20:45 (50.8%)	13:09	4.6 (50.0%)
430	NATKANIEC Grażyna	190	LZS LIPA	K-50	6	NIE	01:29:40	02:54:07	04:36:23.95	04:37:18.05	+02:20:45 (50.8%)	13:09	4.6 (50.0%)
431	ROSZYK Sylwia	256	PARKRUN POZNAŃ/ ALBIONE	K-40	41	NIE	01:23:46	02:54:09	04:36:55.99	04:37:24.00	+02:20:51 (50.8%)	13:11	4.5 (48.9%)
432	MARCINIAK Agata	518	RAZEM TRENUJEMY SPORT	K-40	42	NIE	01:28:35	02:54:42	04:37:05.92	04:37:50.00	+02:21:17 (50.9%)	13:11	4.5 (48.9%)
433	SKWARNECKI Damian	517	RAZEM TRENUJEMY SPORT	M-30	137	NIE	01:28:28	02:54:43	04:37:05.13	04:37:50.15	+02:21:17 (50.9%)	13:11	4.5 (48.9%)
434	DOROŻAŁA Natalia	519		K-30	52	NIE	01:29:09	02:55:03	04:37:09.32	04:37:50.40	+02:21:18 (50.9%)	13:11	4.5 (48.9%)
435	DOROŻAŁA Lechosław	520		M-40	125	NIE	01:29:09	02:55:04	04:37:08.50	04:37:50.50	+02:21:18 (50.9%)	13:11	4.5 (48.9%)
436	CIOZDA Katarzyna	187		K-40	43	NIE	01:29:59	03:02:22	04:37:38.72	04:38:08.75	+02:21:36 (50.9%)	13:13	4.5 (48.9%)
437	NAGLIK Dominik	380		M-30	138	TAK	01:26:26	02:53:27	04:37:46.84	04:38:28.85	+02:21:56 (51.0%)	13:13	4.5 (48.9%)
438	KUCHARSKI Piotr	277		M-40	126	NIE	01:29:34	02:59:12	04:37:34.80	04:38:31.80	+02:21:59 (51.0%)	13:13	4.5 (48.9%)
439	GAWENDA Michał	509		M-30	139	NIE	01:19:55	02:45:51	04:38:01.46	04:38:35.55	+02:22:03 (51.0%)	13:14	4.5 (48.9%)
440	PUSTELNIK Piotr	2	SOUTH POLE EXPEDITION	M-60	4	TAK	01:29:32	02:55:49	04:38:36.68	04:39:36.70	+02:23:04 (51.2%)	13:16	4.5 (48.9%)
441	WAŚOWSKI Łukasz	114	DZIKI Z BALCZEWA	M-40	127	NIE	01:22:49	02:50:30	04:39:14.11	04:39:51.20	+02:23:18 (51.2%)	13:17	4.5 (48.9%)
442	CIPORA Maciej	466	FOUR RUNNERS GROUP	M-40	128	NIE	01:31:39	03:02:18	04:39:45.19	04:40:39.20	+02:24:06 (51.3%)	13:19	4.5 (48.9%)
443	CIPORA Katarzyna	468	FOUR RUNNERS GROUP	K-40	44	NIE	01:31:40	03:01:54	04:39:45.39	04:40:39.40	+02:24:07 (51.4%)	13:19	4.5 (48.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
444	GRZESICZEK Piotr	292	HIRERIGHT RUNNING TEAM	M-20	34	NIE	01:33:26	03:03:53	04:40:42.74	04:41:30.75	+02:24:58 (51.5%)	13:22	4.5 (48.9%)
445	BĄCZYK Adam	228	MONIA GYM	M-40	129	NIE	01:23:58	02:52:03	04:41:10.44	04:41:36.45	+02:25:04 (51.5%)	13:23	4.5 (48.9%)
446	BĄCZYK Monika	237	MONIA GYM	K-40	45	NIE	01:23:59	02:52:36	04:41:09.53	04:41:36.55	+02:25:04 (51.5%)	13:23	4.5 (48.9%)
447	FIT Olga	235	HIRERIGHT RUNNING TEAM	K-30	53	NIE	01:33:29	03:04:03	04:40:48.25	04:41:37.25	+02:25:04 (51.5%)	13:22	4.5 (48.9%)
448	WIELICKI Krzysztof	1		M-60	5	TAK	01:30:59	03:02:14	04:41:15.27	04:41:48.35	+02:25:16 (51.5%)	13:23	4.5 (48.9%)
449	GAJDOWSKI Przemysław	384		M-30	140	NIE	01:29:17	02:59:00	04:42:05.18	04:43:00.20	+02:26:27 (51.8%)	13:25	4.5 (48.9%)
450	ZIEMKOWSKA Monika	93		K-40	46	NIE	01:27:40	03:00:56	04:43:01.94	04:43:22.95	+02:26:50 (51.8%)	13:28	4.5 (48.9%)
451	FEDYSZYN Anna	208	AKTYWNE PRAWOBRZEŻE SZCZECIN	K-30	54	NIE	01:29:39	03:01:54	04:42:52.49	04:43:43.50	+02:27:11 (51.9%)	13:28	4.5 (48.9%)
452	STRZYŻEWSKI Paweł	39		M-40	130	NO	01:31:38	03:04:57	04:43:45.64	04:44:44.70	+02:28:12 (52.0%)	13:30	4.4 (47.8%)
453	BARAŃSKI Grzegorz	531		M-60	6	NIE	01:33:57	03:02:06	04:43:51.17	04:44:56.20	+02:28:23 (52.1%)	13:31	4.4 (47.8%)
454	SŁOTA Małgorzata	405	TMTEAM	K-40	47	NIE	01:27:47	03:02:23	04:44:34.96	04:45:16.05	+02:28:43 (52.1%)	13:33	4.4 (47.8%)
455	BRYSIAK Ziemowit	404	TMTEAM	M-40	131	NIE	01:28:02	03:02:25	04:44:37.12	04:45:18.20	+02:28:45 (52.1%)	13:33	4.4 (47.8%)
456	GIBAS Wojciech	168	HIRERIGHT RUNNING TEAM	M-30	141	NO	01:30:45	03:01:54	04:44:30.98	04:45:20.05	+02:28:47 (52.1%)	13:32	4.4 (47.8%)
457	MARCINKIEWICZ Marta	406	MATNER RUNNING TEAM	K-50	7	NIE	01:29:35	03:06:37	04:44:27.94	04:45:20.95	+02:28:48 (52.2%)	13:32	4.4 (47.8%)
458	SIKORA Agnieszka	414	MATNER RUNNING TEAM	K-40	48	NIE	01:30:37	03:07:57	04:44:28.23	04:45:21.25	+02:28:48 (52.2%)	13:32	4.4 (47.8%)
459	FRĄCZEK Marcin	179	TMTEAM	M-30	142	NIE	01:28:49	03:02:26	04:47:02.79	04:47:44.80	+02:31:12 (52.5%)	13:40	4.4 (47.8%)
460	MATCZUK-PISAREK Marta	161		K-30	55	NIE	01:28:40	03:01:46	04:47:22.09	04:47:58.10	+02:31:25 (52.6%)	13:41	4.4 (47.8%)
461	HANGIEL Urszula	167	ŻWAWĘ ŻÓŁWIE	K-30	56	NIE	01:29:41	03:06:38	04:47:23.14	04:48:01.15	+02:31:28 (52.6%)	13:41	4.4 (47.8%)
462	KUDEŁKA Janusz	113		M-50	24	NIE	01:34:27	03:06:37	04:49:01.35	04:49:37.45	+02:33:05 (52.9%)	13:45	4.4 (47.8%)
463	PRUCHNIEWSKA Agnieszka	422	ROKIETNICA BIEGA	K-40	49	NIE		03:07:43	04:49:53.65	04:49:53.65	+02:33:21 (52.9%)	13:48	4.3 (46.7%)
464	MUCHAJER Dawid	423		M-40	132	NIE		03:07:28	04:49:54.35	04:49:54.35	+02:33:22 (52.9%)	13:48	4.3 (46.7%)
465	KACZMARCZYK Anna	366		K-20	14	NIE	01:35:00	03:08:00	04:49:25.30	04:50:17.35	+02:33:45 (53.0%)	13:46	4.4 (47.8%)
466	KURIATA Andżelika	33		K-30	57	TAK		03:08:08	04:50:45.90	04:50:45.90	+02:34:13 (53.0%)	13:50	4.3 (46.7%)
467	BIADAŁA Paulina	526		K-30	58	NIE	01:23:54	03:00:06	04:51:01.15	04:51:25.25	+02:34:52 (53.1%)	13:51	4.3 (46.7%)
468	KAMIŃSKI Tomasz	528		M-50	25	NIE	01:22:35	03:00:09	04:51:02.29	04:51:25.35	+02:34:53 (53.1%)	13:51	4.3 (46.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
469	BOREK Mateusz	115		M-20	35	NIE	01:29:25	03:07:36	04:55:50.04	04:56:36.05	+02:40:03 (54.0%)	14:05	4.3 (46.7%)
470	FEDYCZKOWSKA Justyna	454	STRZEGOMSKA DWUNASTKA	K-40	50	NIE	01:32:35	03:12:00	04:57:40.29	04:58:23.30	+02:41:50 (54.2%)	14:10	4.2 (45.7%)
471	DUDEK Mariola	176	STRZEGOMSKA DWUNASTKA	K-40	51	NIE	01:33:28	03:12:06	04:57:40.78	04:58:23.85	+02:41:51 (54.2%)	14:10	4.2 (45.7%)
472	DUDEK Krzysztof	211	STRZEGOMSKA DWUNASTKA	M-40	133	NIE	01:33:23	03:12:01	04:57:40.55	04:58:24.60	+02:41:52 (54.2%)	14:10	4.2 (45.7%)
473	LOSOR Andrzej	282		M-40	134	NIE	01:19:44	03:01:45	04:58:26.90	04:58:46.90	+02:42:14 (54.3%)	14:12	4.2 (45.7%)
Przekroczony limit czasu: 05:00:00													
474	BARAŃSKI Damian	154	GORZÓW BIEGA	M-20	36	NIE	01:28:44	03:05:21	04:59:37.95	05:00:30.00	+02:43:57 (54.6%)	14:16	4.2 (45.7%)
475	ZAJĄC Krzysztof	482	DRUŻYNA SZPIKU/WKURW_TEAM/BEZULTRADZIKI	M-40	135	NIE	01:32:28	03:08:45	05:00:19.54	05:01:02.55	+02:44:30 (54.6%)	14:18	4.2 (45.7%)
476	GĄCIARSKI Krystian	84	FIZJOBIEGACZE SZCZECIN	M-20	37	NIE	01:29:36	03:15:29	05:01:34.99	05:01:52.00	+02:45:19 (54.8%)	14:21	4.2 (45.7%)
477	MALINOWSKI Przemysław	107		M-40	136	NIE	01:32:22	03:08:18	05:04:03.69	05:04:21.75	+02:47:49 (55.1%)	14:28	4.1 (44.6%)
478	HETMANCZYK Maciej	223	XIN CHAO RIDERS	M-30	143	NO	01:30:43	03:10:58	05:03:37.72	05:04:27.75	+02:47:55 (55.2%)	14:27	4.1 (44.6%)
479	LOSOR Agnieszka	486		K-40	52	NIE	01:26:30	03:14:30	05:04:17.01	05:04:36.05	+02:48:03 (55.2%)	14:29	4.1 (44.6%)
480	PODSIADŁY Robert	119	CHATA BIEGACZA K34	M-60	7	NIE	01:42:42	03:26:16	05:08:22.39	05:09:22.45	+02:52:50 (55.9%)	14:41	4.1 (44.6%)
481	BAKA Elżbieta	336	FLY MEYSI	K-40	53	NIE	01:39:23	03:20:59	05:09:32.87	05:10:14.95	+02:53:42 (56.0%)	14:44	4.1 (44.6%)
482	KOWALCZYK Anita	30	TEAMKRÓLAK	K-20	15	NIE	01:41:42	03:23:33	05:14:21.88	05:15:09.90	+02:58:37 (56.7%)	14:58	4 (43.5%)
483	KRÓLAK Krystian	35	#TEAMKRÓLAK	M-20	38	NIE	01:41:41	03:23:35	05:14:23.14	05:15:11.15	+02:58:38 (56.7%)	14:58	4 (43.5%)
484	BĄDZIUL Dorota	36		K-30	59	NIE	01:42:21	03:25:52	05:15:34.34	05:16:23.35	+02:59:51 (56.8%)	15:01	4 (43.5%)
485	JĘDZURA Agnieszka	373		K-40	54	NIE	01:43:20	03:25:51	05:18:05.77	05:18:31.85	+03:01:59 (57.1%)	15:08	4 (43.5%)
486	MAŚLANIK Piotr	433	WIECZORNE BIEGANIE W SZCZECINIE	M-40	137	NIE	01:40:06	03:26:14	05:19:09.72	05:20:07.75	+03:03:35 (57.3%)	15:11	3.9 (42.4%)
487	KUCHARSKA Aneta	264		K-40	55	NIE	01:38:55	03:28:08	05:22:02.04	05:22:58.05	+03:06:25 (57.7%)	15:20	3.9 (42.4%)
488	TWARDOWSKA Ewa	368	KB GEOTERMIA UNIEJÓW	K-30	60	NIE	01:39:25	03:27:46	05:24:29.92	05:24:59.00	+03:08:26 (58.0%)	15:27	3.9 (42.4%)
489	STANKOWSKI Przemysław	394		M-40	138	NIE	01:56:52	03:50:16	05:54:41.92	05:55:26.00	+03:38:53 (61.6%)	16:53	3.6 (39.1%)
490	STANKOWSKA Dorota	401		K-40	56	NIE	01:56:52	03:50:16	05:54:44.90	05:55:28.00	+03:38:55 (61.6%)	16:53	3.6 (39.1%)
491	PAWŁOWSKA Danuta	458		K-40	57	NIE	01:49:47	03:48:59			+02:25:16	16:21	3.7 (40.2%)
	OMIELJANIUK Konrad	300		M-20		NIE	00:58:22 DNF	02:05:39 DNF	DNF	DNF		-	- (0.0%)
	DZIEKONSKI Jacek	253		M-60		NIE	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 493 wynik(ów)