



ZIMOWY
PÓLMARATON
GÓR STOŁOWYCH

Organizator: Fundacja MARATONY GÓRSKIE
Data: 2020-01-18
Miejsce: Karłów
Dystans: 21 km

ZIMOWY PÓLMARATON GÓR STOŁOWYCH 2020

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

B4SPORT
INTELEKTUALNE 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	BRÝDL Pavel	2	SALOMON CZ/WILLA SPA SCALIANO	M-40	1	NIE	00:38:14	01:07:20	01:42:34.60	01:42:35.95		4:53	12.3 (100%)
2	MISIAK Bartosz	520	ALPIN SPORT HOKA ONE ONE TEAM	M-30	1	TAK	00:37:29	01:07:38	01:42:41.20	01:42:43.65	+00:00:07 (0.1%)	4:53	12.3 (100%)
3	DUTKOWSKI Mikołaj	250	UKS ARKADY RASZKÓW	M-20	1	NIE	00:39:08	01:11:37	01:48:00.90	01:48:03.45	+00:05:27 (5.1%)	5:08	11.7 (95.1%)
4	NORBERT Michał	30	KB SOBÓTKA	M-30	2	NIE	00:38:17	01:09:57	01:48:16.55	01:48:23.85	+00:05:47 (5.3%)	5:09	11.6 (94.3%)
5	ANTOSIAK Tomasz	502	ANTONTEAM	M-40	2	NIE	00:40:17	01:12:27	01:50:53.75	01:50:56.75	+00:08:20 (7.5%)	5:16	11.4 (92.7%)
6	GUSTAW Łukasz	290	KUDOWIANKA RUN	M-20	2	NIE	00:39:37	01:12:25	01:52:36.85	01:52:41.75	+00:10:05 (9.0%)	5:21	11.2 (91.1%)
7	RUTKOWSKI Dawid	310	GRIZZLYTEAM	M-30	3	TAK	00:40:49	01:14:42	01:55:33.30	01:55:36.20	+00:13:00 (11.2%)	5:30	10.9 (88.6%)
8	MIŚ Zbyszek	373		M-30	4	NIE	00:40:12	01:14:39	01:56:06.55	01:56:16.45	+00:13:40 (11.8%)	5:31	10.9 (88.6%)
9	GRUND Marek	47	MAFIA TEAM LUBLINIEC	M-30	5	NIE	00:42:58	01:17:16	01:57:16.35	01:57:19.85	+00:14:43 (12.6%)	5:35	10.7 (87.0%)
10	SWOBODA Marek	388		M-30	6	NIE	00:41:56	01:16:50	01:57:31.20	01:57:46.75	+00:15:10 (12.9%)	5:35	10.7 (87.0%)
11	SOCHA Seweryn	360	DZIKIE BOBRY	M-30	7	NO	00:42:53	01:18:13	01:58:20.80	01:58:30.45	+00:15:54 (13.4%)	5:38	10.6 (86.2%)
12	KROSNY Sebastian	457	STS BIEGATON MIKOŁÓW	M-30	8	NIE	00:43:02	01:17:41	01:58:41.05	01:58:44.40	+00:16:08 (13.6%)	5:39	10.6 (86.2%)
13	FIRLET Daniel	152	SUDECKI KLUB WYSOKOGÓRSKI & HOSNET	M-40	3	TAK	00:40:52	01:15:44	01:59:48.70	01:59:50.95	+00:17:15 (14.4%)	5:42	10.5 (85.4%)
14	RUPIŃSKI Krzysztof	431	TRAINING LAB	M-20	3	NIE	00:44:14	01:20:19	02:01:29.50	02:01:37.85	+00:19:01 (15.6%)	5:47	10.4 (84.6%)
15	ZATOŃ Cezary	286	TRIACTIV RIDLEY	M-30	9	TAK	00:42:56	01:19:05	02:02:34.20	02:02:41.65	+00:20:05 (16.4%)	5:50	10.3 (83.7%)
16	KMIECIK Tomasz	58		M-40	4	TAK	00:41:13	01:16:24	02:03:02.20	02:03:06.15	+00:20:30 (16.7%)	5:51	10.2 (82.9%)
17	PODGÓRSKI Bogusz	352	PLACKI ZIEMNIACZANE Z CUKREM SĄ SPOKO	M-30	10	NIE	00:46:07	01:21:47	02:04:03.25	02:04:06.45	+00:21:30 (17.3%)	5:54	10.2 (82.9%)
18	LULIS Dawid	522		M-30	11	NIE	00:44:43	01:21:06	02:04:13.40	02:04:20.10	+00:21:44 (17.5%)	5:54	10.1 (82.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
19	NIEPALA Jacek	147	OBORYGENI	M-30	12	NIE	00:44:46	01:21:06	02:04:21.35	02:04:27.25	+00:21:51 (17.6%)	5:55	10.1 (82.1%)
20	SZUKAŁA Piotr	168		M-30	13	NIE	00:44:45	01:21:05	02:04:35.75	02:04:39.85	+00:22:03 (17.7%)	5:55	10.1 (82.1%)
21	BALCAR Michał	525	ČERVENÝ KOSTELEČ	M-30	14	NIE	00:42:49	01:18:41	02:04:45.70	02:04:53.75	+00:22:17 (17.9%)	5:56	10.1 (82.1%)
22	ŁYJAK Błażej	512	CHATA BIEGACZA K34	M-40	5	NO	00:45:31	01:22:45	02:05:47.05	02:05:47.05	+00:23:11 (18.4%)	5:59	10 (81.3%)
23	TOMASIAK Natalia	1	SALOMON SUUNTO TEAM/ KW ZAKOPANE	K-30	1	TAK	00:45:26	01:21:53	02:06:11.35	02:06:15.10	+00:23:39 (18.7%)	6:00	10 (81.3%)
24	SZCZEŚNIAK Piotr	469	GVT	M-40	6	NIE	00:46:08	01:22:52	02:06:09.70	02:06:15.45	+00:23:39 (18.7%)	6:00	10 (81.3%)
25	MIKA Andrzej	231		M-30	15	NIE	00:46:18	01:22:46	02:06:10.35	02:06:16.40	+00:23:40 (18.7%)	6:00	10 (81.3%)
26	LACHOWSKI Robert	41		M-30	16	NIE	00:45:29	01:22:46	02:06:47.10	02:06:55.80	+00:24:19 (19.2%)	6:02	9.9 (80.5%)
27	OLKIS Rafał	123	ŚNIEŻNY RATEMYTRAIL.COM	M-30	17	NIE	00:44:59	01:22:00	02:07:29.20	02:07:36.35	+00:25:00 (19.6%)	6:04	9.9 (80.5%)
28	GAWLEWICZ Tomasz	243	GAWĘŁKI TEAM /POZYTYWNIE ZABIEGANI SANOK	M-40	7	TAK	00:45:18	01:22:35	02:07:48.85	02:07:58.45	+00:25:22 (19.8%)	6:05	9.9 (80.5%)
29	GORCZYŃSKI Norbert	21	KUDOWIANKA RUN	M-20	4	NIE	00:45:30	01:22:43	02:08:06.40	02:08:11.85	+00:25:35 (20.0%)	6:06	9.8 (79.7%)
30	HOŁYST Andrzej	18	GT RAT	M-30	18	NIE	00:47:06	01:25:00	02:08:28.45	02:08:33.75	+00:25:57 (20.2%)	6:07	9.8 (79.7%)
31	ŁAGOŻNY Łukasz	348	BRUBECK TEAM / POZYTYWNIE ZABIEGANI SANOK	M-30	19	TAK	00:46:46	01:25:00	02:08:51.45	02:08:54.95	+00:26:19 (20.4%)	6:08	9.8 (79.7%)
32	MAJCHRZAK Maciej	31		M-30	20	TAK	00:44:29	01:22:27	02:08:49.85	02:09:02.65	+00:26:26 (20.5%)	6:08	9.8 (79.7%)
33	WYRODEK Jakub	252	TURBOPTYSIE	M-30	21	NIE	00:49:26	01:25:28	02:08:59.15	02:09:47.35	+00:27:11 (20.9%)	6:08	9.8 (79.7%)
34	KRUPA Marcin	206	AKTYWNA NOWA RUDA	M-40	8	NIE	00:45:50	01:24:37	02:09:46.10	02:09:49.85	+00:27:13 (21.0%)	6:10	9.7 (78.9%)
35	OLSZAK Dariusz	367	MSPORT TEAM	M-30	22	NIE	00:47:19	01:26:04	02:10:30.20	02:10:35.65	+00:27:59 (21.4%)	6:12	9.7 (78.9%)
36	ŚRODA Michał	283	TMTEAM	M-30	23	NO	00:48:31	01:26:03	02:10:56.80	02:11:17.90	+00:28:41 (21.9%)	6:14	9.6 (78.0%)
37	HEWELT Maciej	508	SKLEP TURYSTYCZNY E-HORYZONT.PL	M-30	24	NIE	00:45:07	01:24:00	02:12:11.00	02:12:14.00	+00:29:38 (22.4%)	6:17	9.5 (77.2%)
38	KOZIEŁ Tomasz	547	KUDOWIANKA RUN	M-40	9	NIE	00:46:50	01:26:21	02:12:41.70	02:12:46.40	+00:30:10 (22.7%)	6:19	9.5 (77.2%)
39	DAMEC Aleksander	177	OCHAJORUN&FRIENDS	M-40	10	NIE	00:48:30	01:26:58	02:13:29.85	02:13:40.05	+00:31:04 (23.2%)	6:21	9.4 (76.4%)
40	DUNAJ Paweł	411	GT RAT	M-30	25	NIE	00:47:54	01:26:29	02:13:44.75	02:13:47.95	+00:31:12 (23.3%)	6:22	9.4 (76.4%)
41	KULIK Iwona	539	KUDOWIANKA RUN	K-20	1	NIE	00:48:41	01:26:41	02:13:53.90	02:13:58.65	+00:31:22 (23.4%)	6:22	9.4 (76.4%)
42	NOWAK Łukasz	343	NOA / CS RUNNING TEAM	M-30	26	NIE	00:50:57	01:29:08	02:13:34.90	02:14:10.80	+00:31:34 (23.5%)	6:21	9.4 (76.4%)
43	GOŁĄB Mateusz	534	JURNE KNURY	M-30	27	NIE	00:47:42	01:27:20	02:14:35.05	02:14:38.60	+00:32:02 (23.8%)	6:24	9.4 (76.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
44	ZAWOJAK Aleksander	423	RONAL POLSKA RUN	M-30	28	NIE	00:48:12	01:28:29	02:15:10.05	02:15:16.35	+00:32:40 (24.2%)	6:26	9.3 (75.6%)
45	CIRKO Arkadiusz	424	KGHM ZG RUN	M-40	11	NIE	00:49:12	01:28:11	02:15:12.55	02:15:18.15	+00:32:42 (24.2%)	6:26	9.3 (75.6%)
46	JĘCEK Maciek	233		M-30	29	NIE	00:49:09	01:27:17	02:15:19.70	02:15:38.90	+00:33:02 (24.4%)	6:26	9.3 (75.6%)
47	MICHALSKI Piotr	100		M-30	30	NO	00:49:11	01:27:53	02:15:35.20	02:15:44.05	+00:33:08 (24.4%)	6:27	9.3 (75.6%)
48	ŁUKOMSKI Maciej	238	ŁKW / SZAKALE BAŁUT ŁÓDŹ	M-40	12	TAK	00:51:07	01:30:51	02:15:45.45	02:15:54.20	+00:33:18 (24.5%)	6:27	9.3 (75.6%)
49	KOZANECKI Przemysław	270	WYBIEGAĆ MARZENIA TEAM	M-20	5	NO	00:45:42	01:22:13	02:16:12.65	02:16:24.40	+00:33:48 (24.8%)	6:29	9.2 (74.8%)
50	KASZYŃSKI Tomek	82		M-40	13	NIE	00:51:22	01:29:40	02:16:08.35	02:16:25.30	+00:33:49 (24.8%)	6:29	9.3 (75.6%)
51	BOSAKIEWICZ Tomasz	259	OLAWS ZŁOTORYJA	M-30	31	NIE	00:50:20	01:29:35	02:16:31.60	02:16:40.65	+00:34:04 (24.9%)	6:30	9.2 (74.8%)
52	KRAJEWSKI Wojtek	463		M-40	14	NIE	00:50:00	01:30:23	02:16:36.25	02:16:47.50	+00:34:11 (25.0%)	6:30	9.2 (74.8%)
53	ŁAŻNIOWSKI Dawid	202	KUDOWIANKA RUN	M-30	32	NIE	00:48:36	01:28:24	02:17:04.35	02:17:09.05	+00:34:33 (25.2%)	6:31	9.2 (74.8%)
54	NIEZGÓDKA Tomasz	483	ZĄLOGA GÓRSKA	M-50	1	NIE	00:49:52	01:28:42	02:17:05.10	02:17:12.75	+00:34:36 (25.2%)	6:31	9.2 (74.8%)
55	BRONISZEWSKI Jarosław	132	MIEKOWO	M-40	15	NIE	00:49:54	01:29:36	02:17:15.80	02:17:18.65	+00:34:42 (25.3%)	6:32	9.2 (74.8%)
56	BAŁYS Katarzyna	371		K-30	2	NIE	00:49:42	01:28:48	02:17:42.70	02:17:50.30	+00:35:14 (25.6%)	6:33	9.1 (74.0%)
57	MOCZULSKI Rafał	537	KUDOWIANKA CYKLON PROAL TEAM	M-30	33	NIE	00:49:25	01:29:02	02:18:39.10	02:18:43.80	+00:36:07 (26.0%)	6:36	9.1 (74.0%)
58	GRYSZKIEWICZ Paweł	490	GVT	M-30	34	NIE	00:49:32	01:29:25	02:18:52.70	02:18:57.75	+00:36:21 (26.2%)	6:36	9.1 (74.0%)
59	BIHUN Natalia	486	GTRAT	K-30	3	NIE	00:49:46	01:28:50	02:20:15.05	02:20:15.05	+00:37:39 (26.8%)	6:40	9 (73.2%)
60	SKUDLARSKI Jakub	305	PRO-RUN WROCŁAW	M-20	6	NIE	00:54:11	01:34:06	02:20:10.30	02:20:30.10	+00:37:54 (27.0%)	6:40	9 (73.2%)
61	CIURASZKIEWICZ Andrzej	294		M-40	16	NIE	00:53:41	01:33:37	02:20:10.95	02:20:33.10	+00:37:57 (27.0%)	6:40	9 (73.2%)
62	WIDZIAK Piotr	146	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M-40	17	NIE	00:50:55	01:31:17	02:20:41.70	02:20:54.35	+00:38:18 (27.2%)	6:42	9 (73.2%)
63	SANKOWSKI Paweł	477		M-30	35	NIE	00:50:04	01:30:58	02:21:18.55	02:21:29.55	+00:38:53 (27.5%)	6:43	8.9 (72.4%)
64	OPAŁKA Damian	351	MYRACE	M-30	36	NIE	00:48:04	01:29:29	02:21:25.55	02:21:32.10	+00:38:56 (27.5%)	6:44	8.9 (72.4%)
65	TRZECIAKIEWICZ Mieczysław	363	MLKS RADKÓW	M-50	2	NIE	00:48:54	01:30:13	02:21:49.80	02:21:52.35	+00:39:16 (27.7%)	6:45	8.9 (72.4%)
66	BUCHLA Marcin	377		M-40	18	NIE	00:52:40	01:33:14	02:21:48.75	02:21:58.05	+00:39:22 (27.7%)	6:45	8.9 (72.4%)
67	KRAWCZYK Jakub	59		M-20	7	NIE	00:52:21	01:33:04	02:21:53.60	02:22:05.95	+00:39:30 (27.8%)	6:45	8.9 (72.4%)
68	MAZIK Wojciech	399	KW KRAKOW	M-20	8	TAK	00:49:52	01:31:40	02:22:07.55	02:22:17.90	+00:39:41 (27.9%)	6:46	8.9 (72.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
69	WYSOCKI Łukasz	191		M-40	19	NO	00:52:27	01:34:24	02:22:08.15	02:22:24.25	+00:39:48 (28.0%)	6:46	8.9 (72.4%)
70	PALACZ Marcin	266		M-40	20	NIE	00:52:45	01:33:00	02:22:39.25	02:23:01.70	+00:40:25 (28.3%)	6:47	8.8 (71.5%)
71	BONIKOWSKI Tomasz	193		M-40	21	NIE	00:51:03	01:33:35	02:23:04.60	02:23:11.75	+00:40:35 (28.4%)	6:48	8.8 (71.5%)
72	MÓLL Mateusz	267		M-20	9	NIE	00:49:35	01:29:44	02:22:56.25	02:23:11.95	+00:40:36 (28.4%)	6:48	8.8 (71.5%)
73	SŁYSZ Szymon	23	NSK RUNS	M-30	37	NIE	00:49:02	01:28:59	02:22:51.70	02:23:15.35	+00:40:39 (28.4%)	6:48	8.8 (71.5%)
74	GOŁĄB Janusz	3		M-50	3	TAK	00:49:51	01:30:48	02:23:30.65	02:23:39.85	+00:41:03 (28.6%)	6:50	8.8 (71.5%)
75	ŁUCZYŃSKI Maciej	212	GAWRA	M-40	22	TAK	00:52:41	01:34:33	02:23:54.50	02:24:05.00	+00:41:29 (28.8%)	6:51	8.8 (71.5%)
76	MYŚLIWIEC Przemysław	504	NEUROCHIRURGIE UNIV. KLINIKUM DRESDEN	M-30	38	NIE	00:48:40	01:29:30	02:24:14.60	02:24:22.65	+00:41:46 (28.9%)	6:52	8.7 (70.7%)
77	LESIAK Tomasz	376		M-30	39	NO	00:50:23	01:32:30	02:24:16.65	02:24:24.45	+00:41:48 (29.0%)	6:52	8.7 (70.7%)
78	STEC Piotr	99		M-40	23	NIE	00:52:52	01:33:53	02:24:28.55	02:24:32.70	+00:41:56 (29.0%)	6:52	8.7 (70.7%)
79	SAJDUDA Adam	213	POKAZECISWIAT	M-20	10	NIE	00:51:52	01:33:11	02:24:18.40	02:24:36.25	+00:42:00 (29.0%)	6:52	8.7 (70.7%)
80	LULEK Paweł	105	WIELKOPOLSKI KLUB TATERNICTWA JASKINIOWEGO	M-30	40	TAK	00:50:32	01:32:48	02:24:38.85	02:24:52.25	+00:42:16 (29.2%)	6:53	8.7 (70.7%)
81	RATYŃSKI Marek	315	OTWOCKI TUPTACZ	M-40	24	NIE	00:52:18	01:33:40	02:25:02.55	02:25:06.65	+00:42:30 (29.3%)	6:54	8.7 (70.7%)
82	BŁASZKIEWICZ Bogusz	383	DZIKIE BOBRY/STR POZNAN	M-30	41	NIE	00:53:08	01:34:28	02:24:56.25	02:25:07.05	+00:42:31 (29.3%)	6:54	8.7 (70.7%)
83	SAK Tomasz	197	ALPINIŚCI Z BOGATYNI	M-40	25	TAK	00:52:52	01:34:29	02:24:58.95	02:25:17.70	+00:42:41 (29.4%)	6:54	8.7 (70.7%)
84	FOLCIK Ziemowit	405	NIGHT RUNNERS WROCŁAW	M-40	26	NIE	00:52:52	01:33:46	02:25:13.65	02:25:23.55	+00:42:47 (29.4%)	6:54	8.7 (70.7%)
85	URBANIAK Hubert	214	ROZBIEGANY RAWICZ	M-30	42	NIE	00:54:29	01:35:39	02:25:11.85	02:25:31.85	+00:42:55 (29.5%)	6:54	8.7 (70.7%)
86	KARWACKI Grzegorz	136	KAT CROSS/GLOBUS	M-40	27	NIE	00:54:12	01:35:20	02:25:47.35	02:25:58.15	+00:43:22 (29.7%)	6:56	8.6 (69.9%)
87	URBAŃSKI Krzysztof	37	MARMEL TORUŃ	M-40	28	NIE	00:55:00	01:36:22	02:25:47.50	02:26:00.35	+00:43:24 (29.7%)	6:56	8.6 (69.9%)
88	STANKIEWICZ Tomasz	279	SREBRNOGÓRSKA EKIPA BIEGOWA	M-30	43	NIE	00:52:16	01:34:22	02:26:13.65	02:26:27.05	+00:43:51 (29.9%)	6:57	8.6 (69.9%)
89	BEŚKA Sławomir	135	OCHAJORUN & FRIENDS	M-50	4	NIE	00:54:10	01:35:51	02:26:20.75	02:26:30.85	+00:43:54 (30.0%)	6:58	8.6 (69.9%)
90	KOŁODZIEJSKI Jarek	546	SAGE FOUNDATION	M-40	29	NIE	00:52:04	01:34:16	02:26:29.10	02:26:35.95	+00:44:00 (30.0%)	6:58	8.6 (69.9%)
91	KRYM Katarzyna	95	NIGHT RUNNERS WROCŁAW	K-40	1	NIE	00:54:42	01:36:13	02:26:33.95	02:26:40.25	+00:44:04 (30.0%)	6:58	8.6 (69.9%)
92	FEICHTINGER Marek	438		M-40	30	NIE	00:54:22	01:37:15	02:27:08.05	02:27:19.00	+00:44:43 (30.4%)	7:00	8.6 (69.9%)
93	STANUCHIEWCZ Oskar	289		M-40	31	NIE	00:53:19	01:36:39	02:27:17.75	02:27:28.55	+00:44:52 (30.4%)	7:00	8.6 (69.9%)

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
94	TOŚ Sebastian	498		M-40	32	NIE	00:52:32	01:35:41	02:27:39.90	02:27:46.15	+00:45:10 (30.6%)	7:01	8.5 (69.1%)
95	CHOROSTKOWSKI Bartosz	227	CHATA BIEGACZA K34 ZAKOPANE	M-30	44	NIE	00:55:05	01:36:55	02:27:25.65	02:27:49.35	+00:45:13 (30.6%)	7:01	8.5 (69.1%)
96	ORACZ Mateusz	299	BEZ LITOŚCI	M-30	45	NIE	00:54:09	01:37:14	02:27:48.45	02:27:55.60	+00:45:19 (30.6%)	7:02	8.5 (69.1%)
97	RODRIGUEZ ESTEVEZ Jesus	462	GT RAT	M-30	46	NO	00:52:03	01:33:34	02:28:22.35	02:28:25.25	+00:45:49 (30.9%)	7:03	8.5 (69.1%)
98	ŁUCZAK Marcin	419		M-30	47	NIE	00:54:29	01:36:47	02:28:17.35	02:28:36.15	+00:46:00 (31.0%)	7:03	8.5 (69.1%)
99	BRODA Dominik	54		M-30	48	NIE	00:54:46	01:37:13	02:28:22.35	02:28:45.00	+00:46:09 (31.0%)	7:03	8.5 (69.1%)
100	PIECUCH Marcin	92	LACHO TEAM	M-30	49	NIE	00:56:02	01:37:53	02:28:43.55	02:29:02.05	+00:46:26 (31.2%)	7:04	8.5 (69.1%)
101	GOS Piotr	452	NARAMOWICE BIEGAJĄ	M-40	33	NIE	00:55:19	01:37:08	02:29:03.30	02:29:13.20	+00:46:37 (31.2%)	7:05	8.5 (69.1%)
102	ZARODA Zbyszek	107	WQURW TEAM	M-50	5	NIE	00:54:56	01:37:46	02:29:02.75	02:29:13.25	+00:46:37 (31.2%)	7:05	8.5 (69.1%)
103	MARZEC Karolina	384	DZIKIE DZIKI GORZÓW	K-40	2	NIE	00:55:54	01:38:44	02:29:04.70	02:29:14.10	+00:46:38 (31.2%)	7:05	8.5 (69.1%)
104	FERENC-SZMUC Edyta	211	KUDOWIANKA RUN	K-30	4	NIE	00:52:58	01:36:27	02:29:42.95	02:29:47.95	+00:47:12 (31.5%)	7:07	8.4 (68.3%)
105	WOLOSZYN Konrad	268		M-40	34	NIE	00:51:37	01:33:03	02:29:39.25	02:30:09.95	+00:47:34 (31.7%)	7:07	8.4 (68.3%)
106	PURCZYŃSKI Grzegorz	524		M-40	35	NIE	00:53:07	01:37:32	02:30:01.80	02:30:17.30	+00:47:41 (31.7%)	7:08	8.4 (68.3%)
107	ŁĄK Tomasz	272	NOA	M-40	36	NIE	00:50:26	01:34:23	02:30:59.70	02:31:06.70	+00:48:30 (32.1%)	7:11	8.3 (67.5%)
108	KRUŻOLEK Monika	246	TURBOPTYSIE	K-30	5	NIE	00:56:33	01:39:25	02:30:52.45	02:31:18.40	+00:48:42 (32.2%)	7:11	8.4 (68.3%)
109	CISKI Piotr	442		M-40	37	NIE	00:54:07	01:37:14	02:31:25.50	02:31:31.90	+00:48:55 (32.3%)	7:12	8.3 (67.5%)
110	PODOLUK Marek	394		M-40	38	NIE	00:53:41	01:37:24	02:31:32.65	02:31:49.00	+00:49:13 (32.4%)	7:13	8.3 (67.5%)
111	GREGUŁA Maciej	453		M-30	50	NIE	00:55:31	01:38:03	02:31:27.45	02:31:52.25	+00:49:16 (32.4%)	7:12	8.3 (67.5%)
112	NOWACKA Marlena	428	JAN-MAR.PL	K-40	3	NIE	00:55:50	01:38:47	02:32:09.90	02:32:14.70	+00:49:38 (32.6%)	7:14	8.3 (67.5%)
113	KĄCKI Paweł	311	RĄCZE RACICZKI	M-40	39	NIE	00:55:45	01:36:59	02:31:56.55	02:32:20.55	+00:49:44 (32.7%)	7:14	8.3 (67.5%)
114	DROPEK Sławomir	416		M-30	51	NIE	00:52:01	01:36:20	02:32:18.75	02:32:24.65	+00:49:48 (32.7%)	7:15	8.3 (67.5%)
115	REJMAN Grzegorz	183	#BIEGAMGRZEGORZREJMAN	M-30	52	NIE	00:53:38	01:36:01	02:32:19.90	02:32:27.95	+00:49:52 (32.7%)	7:15	8.3 (67.5%)
116	KRAKOWSKI Krzysztof	78		M-30	53	NIE	00:53:29	01:36:01	02:32:26.60	02:32:34.35	+00:49:58 (32.8%)	7:15	8.3 (67.5%)
117	KLABISZ Dawid	179		M-30	54	NIE	00:55:57	01:37:55	02:32:21.80	02:32:41.70	+00:50:05 (32.8%)	7:15	8.3 (67.5%)
118	DUDEK Krzysztof	157	STRZEGOMSKA DWUNASTKA	M-40	40	NIE	00:56:23	01:38:39	02:32:32.90	02:33:03.70	+00:50:27 (33.0%)	7:15	8.3 (67.5%)

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	NICPOŃ Sebastian	81	FALSTART RUDNIKI	M-20	11	NIE	00:54:02	01:37:55	02:33:05.50	02:33:19.25	+00:50:43 (33.1%)	7:17	8.2 (66.7%)
120	FRĄCKOWIAK Dariusz	375		M-30	55	NIE	00:56:03	01:38:48	02:33:35.50	02:33:43.95	+00:51:08 (33.3%)	7:18	8.2 (66.7%)
121	MILER Marcin	150	06 KLEOFAS	M-40	41	NIE	00:56:11	01:39:06	02:33:23.40	02:33:44.75	+00:51:08 (33.3%)	7:18	8.2 (66.7%)
122	LEŚNIAK Karolina	338	TMTEAM	K-30	6	NIE	00:58:52	01:41:08	02:33:26.20	02:34:01.70	+00:51:25 (33.4%)	7:18	8.2 (66.7%)
123	KOWALCZYK Paweł	436	KĘCKIEHARPAGANY	M-40	42	NIE	00:53:53	01:38:48	02:34:05.35	02:34:07.90	+00:51:31 (33.4%)	7:20	8.2 (66.7%)
124	OLSZEWSKI Artur	543	PARKRUN KATOWICE	M-30	56	NIE	00:57:36	01:41:15	02:34:03.25	02:34:40.20	+00:52:04 (33.7%)	7:20	8.2 (66.7%)
125	ŚMIGIELSKA Agnieszka	249		K-30	7	NIE	00:56:21	01:38:55	02:34:39.00	02:34:47.65	+00:52:11 (33.7%)	7:21	8.1 (65.9%)
126	CHRZANOWSKI Paweł	160		M-30	57	NIE	00:54:26	01:38:48	02:35:01.15	02:35:14.00	+00:52:38 (33.9%)	7:22	8.1 (65.9%)
127	LEWKOWSKI Aleksander	244		M-30	58	NIE	00:56:02	01:38:46	02:35:26.45	02:35:47.75	+00:53:11 (34.1%)	7:24	8.1 (65.9%)
128	KONOPNIAK Krzysztof	519	ROZBIEGANY RAWICZ	M-40	43	NIE	00:54:48	01:38:43	02:35:33.25	02:35:51.55	+00:53:15 (34.2%)	7:24	8.1 (65.9%)
129	HORAK Roland	440	KĘCKIE HARPAGANY	M-30	59	NIE	00:58:33	01:41:27	02:35:13.25	02:35:52.65	+00:53:16 (34.2%)	7:23	8.1 (65.9%)
130	KACZOR Marcin	510		M-40	44	TAK	00:56:14	01:40:06	02:35:49.20	02:36:15.60	+00:53:39 (34.3%)	7:25	8.1 (65.9%)
131	LESZCZYŃSKI Michał	400	SYBERIAN HUSKY TEAM	M-40	45	NIE	00:53:43	01:38:17	02:36:55.95	02:37:04.80	+00:54:28 (34.7%)	7:28	8 (65.0%)
132	ZERZUT Jarosław	61	ŚRUNDUNIA SZCZECIN	M-50	6	NIE	00:58:53	01:43:34	02:37:09.55	02:37:28.10	+00:54:52 (34.8%)	7:29	8 (65.0%)
133	HOSS Jan	402		M-40	46	NIE	00:56:49	01:41:15	02:37:39.15	02:37:45.35	+00:55:09 (35.0%)	7:30	8 (65.0%)
134	KURZAWIAK Grzegorz	195	GRUPA BIEGOWA KAYSER	M-30	60	NIE	00:54:17	01:40:35	02:37:42.55	02:37:56.60	+00:55:20 (35.0%)	7:30	8 (65.0%)
135	FRYBEL Damian	33	WOLSZTYŃSKA AKADEMIA BIEGOWA	M-40	47	NIE	01:00:05	01:44:37	02:37:39.35	02:38:00.25	+00:55:24 (35.1%)	7:30	8 (65.0%)
136	JARUS Andrzej	421	WKURW_TEAM	M-40	48	NIE	00:58:16	01:42:41	02:37:44.95	02:38:17.05	+00:55:41 (35.2%)	7:30	8 (65.0%)
137	ZIMNY Tomasz	323	ŚRUNDUNIA SZCZECIN	M-60	1	NIE	00:58:15	01:42:17	02:38:15.20	02:38:30.10	+00:55:54 (35.3%)	7:32	8 (65.0%)
138	DUDEK Mariusz	29		M-40	49	NIE	00:59:07	01:44:03	02:37:59.55	02:38:32.45	+00:55:56 (35.3%)	7:31	8 (65.0%)
139	KRUCZEK Mirosław	245	KW OPOLE	M-50	7	TAK	00:55:53	01:40:44	02:37:49.90	02:38:32.95	+00:55:57 (35.3%)	7:30	8 (65.0%)
140	PIECUCH Karolina	161	LACHO TEAM	K-30	8	NIE	00:59:24	01:45:03	02:38:43.05	02:39:00.80	+00:56:24 (35.5%)	7:33	7.9 (64.2%)
141	ROŚLICKI Jarosław	461	UBEZPIECZENIA DLA AKTYWNYCH/OBORYGENI	M-40	50	NIE	00:55:13	01:40:05	02:38:45.50	02:39:02.30	+00:56:26 (35.5%)	7:33	7.9 (64.2%)
142	SZNAJDER Paweł	187	BUBBA&GUMP	M-30	61	NIE	00:56:23	01:40:50	02:38:38.05	02:39:02.50	+00:56:26 (35.5%)	7:33	7.9 (64.2%)
143	ŚWIDERSKI Krzysztof	85		M-30	62	NIE	00:55:55	01:40:53	02:38:59.20	02:39:10.15	+00:56:34 (35.5%)	7:34	7.9 (64.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
144	DZIUBA Piotr	324		M-40	51	NIE	00:58:33	01:43:13	02:38:53.55	02:39:13.95	+00:56:38 (35.6%)	7:33	7.9 (64.2%)
145	GRABOŚ Nina	320		K-40	4	NIE	01:00:21	01:45:13	02:39:01.45	02:39:14.75	+00:56:38 (35.6%)	7:34	7.9 (64.2%)
146	MALIK Agnieszka	555	AGA MALIK TEAM	K-40	5	NIE	00:55:48	01:39:37	02:38:34.35	02:39:18.25	+00:56:42 (35.6%)	7:33	7.9 (64.2%)
147	KRAWCZYK Adriana	418		K-30	9	NIE	00:53:23	01:39:11	02:39:41.55	02:39:45.05	+00:57:09 (35.8%)	7:36	7.9 (64.2%)
148	WERNO Bartłomiej	385		M-30	63	NIE	00:58:53	01:43:13	02:40:02.35	02:40:53.55	+00:58:17 (36.2%)	7:37	7.9 (64.2%)
149	MIKRUT Paweł	313		M-30	64	NIE	00:59:17	01:44:15	02:40:13.35	02:40:55.20	+00:58:19 (36.2%)	7:37	7.9 (64.2%)
150	PELIKAN Artur	22	NGB KŁOBUCK/WKURW_TEAM	M-20	12	NIE	00:58:13	01:43:16	02:40:56.45	02:41:01.75	+00:58:25 (36.3%)	7:39	7.8 (63.4%)
151	FRIDRICH Marcin	403	TRAINING LAB	M-30	65	NIE	01:00:03	01:45:13	02:40:27.80	02:41:21.75	+00:58:45 (36.4%)	7:38	7.9 (64.2%)
152	CHORZĘPA Adam	72	KUDOWIANKA RUN	M-50	8	NIE	00:59:14	01:45:20	02:41:36.25	02:41:46.20	+00:59:10 (36.6%)	7:41	7.8 (63.4%)
153	SIERŻANT Paweł	470	PRZEDSIĘBIORSTWO KOMUNALNE PLESZEW	M-30	66	NIE	01:02:21	01:45:49	02:41:10.80	02:41:57.40	+00:59:21 (36.7%)	7:40	7.8 (63.4%)
153	MACIEJEWSKI Dariusz	475	BBL PLESZEW	M-20	13	NIE	01:01:54	01:45:49	02:41:10.80	02:41:57.40	+00:59:21 (36.7%)	7:40	7.8 (63.4%)
155	KRYSIŃSKI Maciej	482		M-30	67	NIE	00:56:24	01:41:55	02:42:09.65	02:42:13.50	+00:59:37 (36.8%)	7:43	7.8 (63.4%)
156	SZAJEK Arkadiusz	372		M-30	68	NIE	01:01:02	01:45:12	02:41:22.40	02:42:14.10	+00:59:38 (36.8%)	7:41	7.8 (63.4%)
157	ZIEWIEC Marcin	538		M-30	69	NIE	00:58:47	01:43:24	02:41:37.25	02:42:19.40	+00:59:43 (36.8%)	7:41	7.8 (63.4%)
158	DURKIEWICZ Tomasz	129	DOM KULTURY JOGI	M-40	52	NIE	00:57:57	01:44:33	02:42:13.95	02:42:33.05	+00:59:57 (36.9%)	7:43	7.8 (63.4%)
159	ROJEWSKI Paweł	337	EVERRUN	M-30	70	NIE	00:58:05	01:42:27	02:42:24.05	02:42:36.55	+01:00:00 (36.9%)	7:44	7.8 (63.4%)
160	SZYMCZYSZYN Tomasz	111		M-30	71	NIE	01:00:05	01:47:56	02:42:46.50	02:42:53.65	+01:00:17 (37.0%)	7:45	7.7 (62.6%)
161	BIEŃ Magdalena	503	CHATABIEGACZA K34	K-40	6	NIE	00:59:47	01:43:31	02:42:54.00	02:42:59.75	+01:00:23 (37.1%)	7:45	7.7 (62.6%)
162	MARTEKLAS Jan	44	NIGHT RUNNERS WROCŁAW	M-30	72	NIE	00:58:33	01:44:17	02:42:46.20	02:43:00.70	+01:00:24 (37.1%)	7:45	7.7 (62.6%)
163	RESSEL Joanna	489	BUKOWY PARK	K-30	10	NIE	01:00:08	01:45:27	02:42:48.25	02:43:04.05	+01:00:28 (37.1%)	7:45	7.7 (62.6%)
164	KADŁUBOWSKI Piotr	112	KOTWICA BRZEG / SRC TEAM	M-40	53	NIE	00:57:31	01:44:22	02:42:42.55	02:43:12.10	+01:00:36 (37.1%)	7:44	7.7 (62.6%)
165	LACKOWSKI Andrzej	404	AIKIDO UMK TORUŃ	M-30	73	NIE	00:54:29	01:41:15	02:43:16.15	02:43:21.90	+01:00:45 (37.2%)	7:46	7.7 (62.6%)
166	BEDNARZ Sebastian	148	OTM.B	M-40	54	NIE	00:58:17	01:44:35	02:43:13.75	02:43:33.55	+01:00:57 (37.3%)	7:46	7.7 (62.6%)
167	BEDNARZ Małgorzata	451	OTM.B	K-40	7	NIE	00:59:30	01:44:35	02:43:14.40	02:43:34.00	+01:00:58 (37.3%)	7:46	7.7 (62.6%)
168	MATUSIAK Mateusz	159		M-20	14	NIE	00:58:34	01:44:47	02:43:03.55	02:43:37.80	+01:01:01 (37.3%)	7:45	7.7 (62.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
169	TYŚ Radek	335	NOWA RUDA BIEGA	M-30	74	NIE	00:56:07	01:42:43	02:43:32.85	02:43:40.60	+01:01:04 (37.3%)	7:47	7.7 (62.6%)
170	SWIATEK Julia	494		K-30	11	NIE	01:06:09	01:49:59	02:43:13.70	02:43:41.15	+01:01:05 (37.3%)	7:46	7.7 (62.6%)
171	GALIŃSKI Kamil	221	KOTWICA BRZEG	M-30	75	NIE	00:57:27	01:44:15	02:43:05.75	02:43:42.55	+01:01:06 (37.3%)	7:46	7.7 (62.6%)
172	JANAS Dariusz	45	JANAS TEAM	M-30	76	NIE	00:56:04	01:42:17	02:43:57.90	02:44:07.20	+01:01:31 (37.5%)	7:48	7.7 (62.6%)
173	KRAŚNIEWSKI Jakub	493	PTB TRANZYT	M-40	55	NIE	00:54:12	01:42:37	02:43:54.05	02:44:08.55	+01:01:32 (37.5%)	7:48	7.7 (62.6%)
174	MUCHA Piotr	122	FIZJOBIEGACZE SZCZECIN	M-40	56	NIE	01:00:02	01:50:05	02:43:56.65	02:44:12.55	+01:01:36 (37.5%)	7:48	7.7 (62.6%)
175	SUDUŁ Jarosław	484	KLUB WIERZBICKI RUNNING PROJECT	M-40	57	NIE	01:02:25	01:46:42	02:43:56.10	02:44:25.65	+01:01:49 (37.6%)	7:48	7.7 (62.6%)
176	VONDRÁČKOVÁ Markéta	511		K-40	8	NIE	00:58:57	01:44:35	02:44:21.60	02:44:29.65	+01:01:53 (37.6%)	7:49	7.7 (62.6%)
177	ŁYSIAK Sylwia	141	ROZBIEGANY RAWICZ	K-40	9	NIE	00:59:09	01:45:53	02:44:23.05	02:44:34.50	+01:01:58 (37.7%)	7:49	7.7 (62.6%)
178	PRZYBYSZ Artur	332	BIEGAJ PO ENDORFINY	M-20	15	NIE	01:01:33	01:46:08	02:44:14.25	02:44:35.35	+01:01:59 (37.7%)	7:49	7.7 (62.6%)
179	PONIATOWSKI Seweryn	46		M-30	77	NIE	00:58:17	01:44:55	02:45:01.25	02:45:34.45	+01:02:58 (38.0%)	7:51	7.6 (61.8%)
180	KIEŁBASA Paweł	254	GT RAT	M-40	58	NIE		01:45:37	02:45:56.00	02:45:56.00	+01:03:20 (38.2%)	7:54	7.6 (61.8%)
181	AUGUST Kajetan	130		M-20	16	NIE	01:00:01	01:45:49	02:46:04.75	02:46:23.05	+01:03:47 (38.3%)	7:54	7.6 (61.8%)
182	GULCZYŃSKI Tomasz	208	SPUHLAKI TEAM	M-30	78	NIE	00:57:30	01:45:24	02:46:30.60	02:46:50.70	+01:04:14 (38.5%)	7:55	7.6 (61.8%)
183	DELONG Sebastian	430	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M-40	59	NIE	00:59:43	01:47:18	02:46:37.60	02:46:50.90	+01:04:14 (38.5%)	7:56	7.6 (61.8%)
184	KOCEMBA Kamil	426	KĘCKIE HARPAGANY	M-30	79	NIE	01:00:31	01:45:28	02:46:07.15	02:46:54.25	+01:04:18 (38.5%)	7:54	7.6 (61.8%)
185	DIERING Tomasz	242	RM	M-30	80	NIE	01:02:32	01:47:54	02:46:24.90	02:46:55.80	+01:04:19 (38.5%)	7:55	7.6 (61.8%)
186	LEŚNIEWSKA Justyna	158	AKTYWNA NOWA RUDA	K-30	12	NIE	00:59:19	01:47:33	02:46:51.55	02:46:55.95	+01:04:20 (38.5%)	7:56	7.6 (61.8%)
187	MARZEC Dominik	186		M-30	81	NIE	01:02:12	01:48:01	02:46:06.00	02:46:56.60	+01:04:20 (38.5%)	7:54	7.6 (61.8%)
188	ZGARDA Jacek	48	TMTEAM	M-40	60	NIE		01:49:39	02:46:59.15	02:46:59.15	+01:04:23 (38.6%)	7:57	7.5 (61.0%)
189	ANTOSIAK Tomasz	445	TMTEAM	M-30	82	NIE	01:01:19	01:48:21	02:46:22.80	02:46:59.45	+01:04:23 (38.6%)	7:55	7.6 (61.8%)
190	KAMIŃSKI Wiesław	557		M-50	9		01:00:32	01:44:52	02:46:47.70	02:47:06.30	+01:04:30 (38.6%)	7:56	7.6 (61.8%)
191	PAWIŃSKI Artur	533	ADIDAS RUNNERS WARSAW	M-40	61	NIE	01:04:26	01:49:41	02:46:12.25	02:47:07.55	+01:04:31 (38.6%)	7:54	7.6 (61.8%)
192	DUDA Monika	531	RAZ SZCZECIN	K-40	10	NIE	01:02:54	01:50:11	02:47:01.30	02:47:17.65	+01:04:41 (38.7%)	7:57	7.5 (61.0%)
193	IZYDORSKI Marcin	57		M-30	83	NIE	01:01:30	01:47:26	02:47:39.00	02:48:08.15	+01:05:32 (39.0%)	7:59	7.5 (61.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
194	MICHAŁEK Marian	175		M-40	62	NIE	01:00:42	01:49:10	02:48:09.40	02:48:26.35	+01:05:50 (39.1%)	8:00	7.5 (61.0%)
195	IGNACIUK Paweł	11		M-30	84	NIE	01:01:51	01:48:11	02:48:35.95	02:48:58.10	+01:06:22 (39.3%)	8:01	7.5 (61.0%)
196	FERET Hubert	66		M-30	85	TAK	00:54:24	01:37:14	02:48:32.00	02:49:06.10	+01:06:30 (39.3%)	8:01	7.5 (61.0%)
197	JURCZAK Szymon	8		M-30	86	NIE	00:58:48	01:48:34	02:49:33.85	02:49:38.15	+01:07:02 (39.5%)	8:04	7.4 (60.2%)
198	ANDRZEJEWSKI Drogosz	409	RUNATTACK	M-30	87	NIE	00:53:15	01:39:54	02:49:45.35	02:49:47.00	+01:07:11 (39.6%)	8:05	7.4 (60.2%)
199	BRYNIARSKI Bartosz	544		M-40	63	NIE	01:00:27	01:49:42	02:49:49.15	02:50:16.25	+01:07:40 (39.7%)	8:05	7.4 (60.2%)
200	ANTECKI Jacek	397		M-40	64	NIE	01:00:00	01:48:58	02:49:56.95	02:50:18.65	+01:07:42 (39.8%)	8:05	7.4 (60.2%)
201	MARKOWSKA Karolina	345	EUROPA UBEZPIECZENIA/NOA	K-30	13	NIE	01:00:07	01:48:17	02:50:13.60	02:50:39.10	+01:08:03 (39.9%)	8:06	7.4 (60.2%)
202	BUKAŁA Janusz	443	OTM.B	M-40	65	NIE	01:01:00	01:46:10	02:50:45.30	02:51:09.00	+01:08:33 (40.1%)	8:07	7.4 (60.2%)
203	GŁÓWKA Paweł	169	EUROPA UBEZPIECZENIA/ TMTEAM	M-20	17	NIE	01:01:50	01:48:50	02:50:34.15	02:51:10.25	+01:08:34 (40.1%)	8:07	7.4 (60.2%)
204	DREAS Jakub	83	WĘDZIKOWSKI TEAM / DZIKIE BOBRY	M-30	88	NIE	00:58:47	01:48:45	02:51:01.05	02:51:11.45	+01:08:35 (40.1%)	8:08	7.4 (60.2%)
205	MUSIELAK Piotr	281	PGB SPORTOWA PACZKA UP. P-Ń 56	M-50	10	NIE	01:04:10	01:51:36	02:50:51.90	02:51:12.20	+01:08:36 (40.1%)	8:08	7.4 (60.2%)
206	ADAMCZEWSKI Jakub	300	NIGHT RUNNERS/ NBR TEAM	M-30	89	NIE	00:59:30	01:47:22	02:50:25.35	02:51:12.90	+01:08:36 (40.1%)	8:06	7.4 (60.2%)
207	PILARSKA Magdalena	391	WKTJ POZNAN	K-30	14	TAK	01:03:26	01:50:36	02:51:18.25	02:51:37.35	+01:09:01 (40.2%)	8:09	7.4 (60.2%)
208	WALUŚKIEWICZ Artur	224	BOANERGES	M-50	11	NIE	01:07:50	01:52:50	02:51:01.95	02:51:42.45	+01:09:06 (40.2%)	8:08	7.4 (60.2%)
209	WOŹNIAK Paweł	62	CROSSFIT LESZNO/ENDORFINA WSCHOWA	M-40	66	NIE	00:58:37	01:46:30	02:51:28.85	02:51:43.35	+01:09:07 (40.3%)	8:09	7.3 (59.3%)
210	CWOJDZIŃSKI Piotr	84	NIGHT RUNNERS/ NO PROBLAMA TEAM	M-40	67	NIE	00:59:12	01:48:05	02:51:02.20	02:51:45.45	+01:09:09 (40.3%)	8:08	7.4 (60.2%)
211	RYMDEJKO Agnieszka	342	ULTRAKAYA TEAM	K-20	2	NIE	00:59:17	01:46:01	02:51:39.70	02:51:48.05	+01:09:12 (40.3%)	8:10	7.3 (59.3%)
212	KOTECKI Paweł	116	EXPANSJA ADVERTISING/ KING RUNNER ULTRA	M-20	18	NIE	00:59:54	01:48:27	02:51:33.85	02:51:56.50	+01:09:20 (40.3%)	8:10	7.3 (59.3%)
213	BARAŃSKI Piotr	317		M-30	90	NIE	01:04:42	01:52:01	02:51:32.40	02:52:09.95	+01:09:34 (40.4%)	8:10	7.3 (59.3%)
214	KIELEK Jakub	322	ZAWIANI KOŁOBRZEG	M-20	19	NIE	01:06:17	01:53:13	02:52:05.10	02:52:21.85	+01:09:45 (40.5%)	8:11	7.3 (59.3%)
215	LUBIK Adam	104		M-30	91	TAK	01:02:37	01:51:26	02:52:12.65	02:52:34.65	+01:09:58 (40.5%)	8:12	7.3 (59.3%)
216	GRZESIAK Wojciech	120	SPUHLAKI TEAM	M-30	92	NIE	01:00:06	01:48:03	02:52:12.60	02:52:35.65	+01:09:59 (40.6%)	8:12	7.3 (59.3%)
217	GÓRNY Aleksander	155	ZAKS TORUŃ	M-40	68	NIE	01:01:52	01:49:34	02:53:05.05	02:53:18.65	+01:10:42 (40.8%)	8:14	7.3 (59.3%)
218	BUKOWCZYK Paulina	133	BEZ BALASTU	K-30	15	NIE	01:02:00	01:49:57	02:53:12.15	02:53:19.00	+01:10:43 (40.8%)	8:14	7.3 (59.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
219	POSADOWSKI Cyprian	552		M-30	93	NIE	01:03:48	01:50:45	02:52:46.20	02:53:42.90	+01:11:06 (40.9%)	8:13	7.3 (59.3%)
220	SOŁTYSIAK Marta	303		K-30	16	TAK	01:02:15	01:50:06	02:53:27.75	02:53:50.80	+01:11:14 (41.0%)	8:15	7.3 (59.3%)
221	GAJDOWSKI Przemysław	14		M-30	94	NIE	01:00:59	01:49:40	02:53:46.50	02:54:13.30	+01:11:37 (41.1%)	8:16	7.3 (59.3%)
222	SZNAJDER Joanna	540		K-40	11	NIE	01:01:09	01:50:04	02:54:26.60	02:54:46.50	+01:12:10 (41.3%)	8:18	7.2 (58.5%)
223	ŚWIATOWIEC Anna	108		K-40	12	NIE	01:04:22	01:52:56	02:54:17.25	02:54:47.35	+01:12:11 (41.3%)	8:17	7.2 (58.5%)
224	WÓJCIK Radosław	325		M-30	95	NIE	00:57:01	01:46:13	02:54:39.10	02:54:53.80	+01:12:17 (41.3%)	8:19	7.2 (58.5%)
225	SKOKOWSKI Jacek	106	ŚRUNDUNIA SZCZECIN	M-50	12	NIE	01:03:01	01:52:35	02:54:43.30	02:55:01.30	+01:12:25 (41.4%)	8:19	7.2 (58.5%)
226	MŁYNARCZYK Krzysztof	140	BIELAWA	M-40	69	NIE	01:03:55	01:52:35	02:54:58.20	02:55:10.30	+01:12:34 (41.4%)	8:19	7.2 (58.5%)
227	PIETRZOK Wojciech	128	NIGHT RUNNERS	M-30	96	NIE	01:04:39	01:52:19	02:54:43.00	02:55:19.70	+01:12:43 (41.5%)	8:19	7.2 (58.5%)
228	TURLEJ Dariusz	196	KONDYCJA	M-60	2	NIE	01:04:28	01:52:37	02:55:46.85	02:56:31.05	+01:13:55 (41.9%)	8:22	7.2 (58.5%)
229	KUCHARSKI Piotr	190	AMATOR - NIEZRZESZONY, CZYLI WSZYSTKO MOGĘ... NIC NIE MUSZĘ...!	M-50	13	NIE	01:02:59	01:52:53	02:56:33.65	02:56:50.40	+01:14:14 (42.0%)	8:24	7.1 (57.7%)
230	TOL Kamil	527	MAFIA TEAM LUBLINIEC	M-30	97	NIE	01:01:42	01:49:29	02:56:18.60	02:56:55.30	+01:14:19 (42.0%)	8:23	7.1 (57.7%)
231	KURKOWIAK Krzysztof	295	WKURW_TEAM	M-30	98	NIE	01:03:33	01:50:38	02:56:38.30	02:56:55.60	+01:14:19 (42.0%)	8:24	7.1 (57.7%)
232	ROGÓRZ Andrzej	185		M-40	70	NIE	01:00:43	01:50:55	02:56:39.20	02:57:00.40	+01:14:24 (42.0%)	8:24	7.1 (57.7%)
233	KOZŁOWSKI Wojciech	51		M-50	14	NIE	01:03:23	01:52:29	02:56:49.70	02:57:07.25	+01:14:31 (42.1%)	8:25	7.1 (57.7%)
234	FRANKIEWICZ Jakub	43	ANIOŁKI CHARLIEGO	M-40	71	NIE	01:04:07	01:53:07	02:56:26.05	02:57:08.35	+01:14:32 (42.1%)	8:24	7.1 (57.7%)
235	ROLICZ Tomasz	530		M-40	72	NIE	01:05:55	01:55:50	02:56:36.05	02:57:18.75	+01:14:42 (42.1%)	8:24	7.1 (57.7%)
236	MIKOŁAJEC Piotr	374		M-30	99	NIE	01:05:55	01:55:48	02:56:21.85	02:57:19.05	+01:14:43 (42.1%)	8:23	7.1 (57.7%)
237	KURZYŃSKI Michał	69	EFEKT GOMBAO	M-30	100	NIE	00:59:07	01:50:42	02:57:46.35	02:57:54.45	+01:15:18 (42.3%)	8:27	7.1 (57.7%)
238	KASPERSKA Barbara	93	BBL GORZÓW	K-40	13	NIE	01:05:42	01:54:51	02:57:21.90	02:57:55.85	+01:15:19 (42.3%)	8:26	7.1 (57.7%)
239	ZATOŃ Adrian	276	GRUBE PARUWY	M-40	73	YES	01:06:18	01:55:20	02:57:25.50	02:57:57.75	+01:15:21 (42.3%)	8:26	7.1 (57.7%)
240	MACHTAŁOWICZ Szymon	89		M-30	101	TAK	01:04:21	01:56:31	02:57:35.75	02:57:58.05	+01:15:22 (42.3%)	8:27	7.1 (57.7%)
241	NOWAK Marcin	455	TIM JEST TIM	M-30	102	NIE	01:05:57	01:54:12	02:57:19.20	02:58:00.90	+01:15:24 (42.4%)	8:26	7.1 (57.7%)
242	JAŻWIŃSKI Krzysztof	114	ROZBIEGANI ŻYCHLIN	M-40	74	NIE	01:05:55	01:56:28	02:57:55.80	02:58:18.90	+01:15:42 (42.5%)	8:28	7.1 (57.7%)
243	ŁOPOKA Przemysław	314	ABY DO METY	M-20	20	NIE	01:03:16	01:54:38	02:58:27.65	02:58:36.95	+01:16:01 (42.6%)	8:29	7.1 (57.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
244	CYNIAK Marek	480	EVERRUN	M-50	15	NIE	00:59:31	01:49:46	02:58:23.60	02:58:39.15	+01:16:03 (42.6%)	8:29	7.1 (57.7%)
245	BAKA Marcin	334	GTS	M-50	16	NIE	01:04:22	01:55:13	02:58:27.45	02:58:41.60	+01:16:05 (42.6%)	8:29	7.1 (57.7%)
246	BONIKOWSKI Mateusz	441		M-30	103	NIE	01:02:40	01:52:19	02:58:24.45	02:58:41.70	+01:16:05 (42.6%)	8:29	7.1 (57.7%)
247	PILARSKI Jacek	194	AKTYWNI KONIN	M-50	17	NIE	01:03:37	01:52:50	02:58:27.70	02:58:47.80	+01:16:11 (42.6%)	8:29	7.1 (57.7%)
248	CHOJNACKA Marta	156		K-30	17	NIE	01:06:53	01:56:15	02:58:27.90	02:58:49.55	+01:16:13 (42.6%)	8:29	7.1 (57.7%)
249	KUBIAK Karolina	165	EXCALIBUR	K-40	14	NIE	01:03:27	01:54:01	02:58:06.55	02:58:51.95	+01:16:16 (42.6%)	8:28	7.1 (57.7%)
250	SOBKOWIAK Marcin	127	CROSSFATPOZNAŃ	M-30	104	NIE	01:08:21	01:58:31	02:57:58.90	02:58:52.40	+01:16:16 (42.6%)	8:28	7.1 (57.7%)
251	SZKUDŁO Oskar	500	BEZ BALASTU	M-40	75	NIE	01:07:07	01:57:06	02:58:46.65	02:58:53.65	+01:16:17 (42.6%)	8:30	7 (56.9%)
252	SIKORSKI Dariusz	110	INSERT TEAM	M-30	105	TAK	01:04:25	01:51:40	02:58:28.80	02:58:56.60	+01:16:20 (42.7%)	8:29	7.1 (57.7%)
253	NEUMANN Jacek	476	CENTRUM ŁĄKOWA 1	M-50	18	NIE	01:07:02	01:57:58	02:58:06.70	02:58:57.50	+01:16:21 (42.7%)	8:28	7.1 (57.7%)
254	FIGAS Joanna	407	PREDATORS WAŁBRZYCH	K-30	18	NIE	01:06:48	01:55:26	02:58:35.80	02:59:17.20	+01:16:41 (42.8%)	8:30	7.1 (57.7%)
255	ŁABĘDZKI Mariusz	53	STARGARD JA SIĘ NIE ŚCIGAM	M-40	76	NIE	01:04:50	01:54:06	02:58:36.05	02:59:20.65	+01:16:44 (42.8%)	8:30	7.1 (57.7%)
256	GAJEWSKI Sebastian	379	STARGARD JA SIĘ NIE ŚCIGAM	M-30	106	NIE	01:05:25	01:55:28	02:58:38.35	02:59:23.30	+01:16:47 (42.8%)	8:30	7.1 (57.7%)
257	PIOTROWICZ Kamila	200		K-20	3	NIE	01:02:53	01:51:17	02:58:58.10	02:59:31.55	+01:16:55 (42.8%)	8:31	7 (56.9%)
258	GINTER Grzegorz	523	AZS COLLEGIUM MEDICUM UJ	M-30	107	NIE	01:03:42	01:53:45	02:59:55.45	03:00:07.00	+01:17:31 (43.0%)	8:34	7 (56.9%)
259	POPIELA Sebastian	163	BARTKOWIAK OPTYK TEAM	M-30	108	NIE	01:02:25	01:52:59	03:00:26.95	03:00:40.95	+01:18:05 (43.2%)	8:35	7 (56.9%)
260	KOLIBABSKI Radosław	265	HARDCOROWE WYCHYLYLYBYMY	M-30	109	NIE	01:05:52	01:53:11	03:00:43.55	03:01:07.85	+01:18:31 (43.4%)	8:36	7 (56.9%)
261	POCIĘGIEL Michał	16	SKAWINA BIEGA	M-30	110	NIE	01:08:41	01:57:39	03:00:37.20	03:01:08.50	+01:18:32 (43.4%)	8:36	7 (56.9%)
262	ZYCHOWICZ Paweł	330	OTM.B	M-40	77	NIE	01:04:43	01:53:41	03:00:46.60	03:01:12.60	+01:18:36 (43.4%)	8:36	7 (56.9%)
263	DŁUGOSZ Marek	232	KB GEOTERMIA UNIEJÓW	M-50	19	NIE	00:59:08	01:50:17	03:01:11.70	03:01:20.40	+01:18:44 (43.4%)	8:37	7 (56.9%)
264	BIAŁOBŁOCKA Alicja	467		K-30	19	NIE	01:01:36	01:50:04	03:01:09.95	03:01:24.20	+01:18:48 (43.4%)	8:37	7 (56.9%)
265	BOĆKO Ewa	551	WATAHA	K-30	20	NIE	01:01:39	01:50:06	03:01:12.05	03:01:25.75	+01:18:49 (43.4%)	8:37	7 (56.9%)
266	KONOPKA-LULEK Agnieszka	137	RUN IS FUN	K-40	15	TAK	01:04:33	01:54:22	03:01:04.85	03:01:28.40	+01:18:52 (43.5%)	8:37	7 (56.9%)
267	DOBROCHOWSKI Marek	153	STRZEGOMSKA DWUNASTKA	M-30	111	NIE	01:01:43	01:51:55	03:01:01.30	03:01:32.50	+01:18:56 (43.5%)	8:37	7 (56.9%)
268	KRZESIMOWSKI Damian	282		M-30	112	NIE	01:04:19	01:56:20	03:01:40.15	03:01:53.40	+01:19:17 (43.6%)	8:39	6.9 (56.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
269	WALA Patryk	7	BIEG OPOLSKI / ZAŁOGA GÓRSKA	M-20	21	NIE	01:04:58	01:55:08	03:01:34.95	03:01:53.75	+01:19:17 (43.6%)	8:38	6.9 (56.1%)
270	ĆWIKLIŃSKI Maciej	496		M-40	78	NIE	01:04:47	01:55:03	03:01:34.35	03:02:02.60	+01:19:26 (43.6%)	8:38	6.9 (56.1%)
271	WSZĘDYBYŁ Dorota	497		K-30	21	NIE	01:06:07	01:55:05	03:01:41.00	03:02:06.40	+01:19:30 (43.7%)	8:39	6.9 (56.1%)
272	DOLSKA Sara	528		K-30	22	NIE	01:06:56	01:56:11	03:01:40.45	03:02:07.65	+01:19:31 (43.7%)	8:39	6.9 (56.1%)
273	WRZESIŃSKI Piotr	488	GAPPAG TEAM	M-40	79	NIE	01:06:53	01:56:50	03:02:12.20	03:02:35.00	+01:19:59 (43.8%)	8:40	6.9 (56.1%)
274	JANOWSKI Michał	387		M-30	113	NIE	00:58:52	01:48:15	03:02:11.00	03:02:36.90	+01:20:00 (43.8%)	8:40	6.9 (56.1%)
275	SKRZYPIŃSKA Olga	13	CHATA BIEGACZA K34 ZAKOPANE	K-30	23	NIE	01:06:56	01:57:12	03:02:14.20	03:02:38.45	+01:20:02 (43.8%)	8:40	6.9 (56.1%)
276	PIDANTY Grzegorz	50	ZHR STRZEGOM	M-40	80	NIE	01:06:08	01:59:18	03:02:11.00	03:02:42.50	+01:20:06 (43.8%)	8:40	6.9 (56.1%)
277	FIGUŁA Sławomir	256		M-30	114	NIE	01:05:05	01:56:21	03:02:33.90	03:02:48.75	+01:20:12 (43.9%)	8:41	6.9 (56.1%)
278	BUSS Konrad	9	KUDOWIANKA RUN	M-30	115	NIE	01:11:57	02:03:42	03:02:03.25	03:02:51.40	+01:20:15 (43.9%)	8:40	6.9 (56.1%)
279	BUSS Jakub	52	KUDOWIANKA RUN	M-40	81	NIE	01:12:09	02:03:42	03:02:26.95	03:03:14.95	+01:20:39 (44.0%)	8:41	6.9 (56.1%)
280	ŁUKASZEWICZ Bartosz	492	PTB TRANZYKT RUNNING, CYCLING, YACHTING TEAM	M-20	22	NIE	01:04:39	01:55:06	03:03:10.00	03:03:25.30	+01:20:49 (44.1%)	8:43	6.9 (56.1%)
281	OLSCHIMKE MARMUROWICZ Barbara	34	KOLOROWA DRUŻYNA NESSI	K-40	16	NIE	01:06:50	01:56:06	03:03:07.30	03:03:37.80	+01:21:01 (44.1%)	8:43	6.9 (56.1%)
282	FARION Marzena	297	THE FARIONS	K-30	24	NIE	01:06:00	01:54:56	03:03:14.45	03:04:06.40	+01:21:30 (44.3%)	8:43	6.9 (56.1%)
283	FRONCZKOWSKA Barbara	447	AKADEMICKI KLUB GÓRSKI	K-30	25	NIE	01:10:48	02:02:17	03:03:48.55	03:04:22.30	+01:21:46 (44.4%)	8:45	6.9 (56.1%)
284	ZABŁOTNY Paweł	328		M-40	82	NIE	01:06:01	01:55:45	03:03:30.70	03:04:26.35	+01:21:50 (44.4%)	8:44	6.9 (56.1%)
285	FURGAŁ Dorota	17	ELLITERUNNERSCLUB.PL	K-40	17	NIE	01:07:57	01:59:45	03:04:35.15	03:04:50.85	+01:22:14 (44.5%)	8:47	6.8 (55.3%)
286	MAĆKOWIAK Damian	262		M-30	116	NO	01:02:54	01:54:50	03:04:46.70	03:05:04.55	+01:22:28 (44.6%)	8:47	6.8 (55.3%)
287	KRÓL-PIDANTY Marzena	134		K-40	18	NIE	01:06:40	01:59:20	03:04:39.25	03:05:11.55	+01:22:35 (44.6%)	8:47	6.8 (55.3%)
288	GAZDA Michał	269	CONSTRAVIA	M-20	23	NIE	01:04:28	01:55:14	03:05:52.25	03:06:08.10	+01:23:32 (44.9%)	8:51	6.8 (55.3%)
289	MICHNIEWICZ Mariusz	307	ALPINIŚCI Z BOGATYNI	M-40	83	TAK	01:02:01	01:54:30	03:05:50.55	03:06:09.95	+01:23:34 (44.9%)	8:50	6.8 (55.3%)
290	KRAWIEC Piotr	349	KOTWICA BRZEG	M-30	117	NIE	01:06:53	01:59:16	03:05:43.30	03:06:16.25	+01:23:40 (44.9%)	8:50	6.8 (55.3%)
291	ZDYB Grzegorz	115	BOHAR PALETY RUNNERS	M-40	84	NIE	01:07:15	01:59:36	03:05:51.55	03:06:40.60	+01:24:04 (45.0%)	8:51	6.8 (55.3%)
292	NETOLICKÝ Martin	548		M-30	118	NIE	01:08:50	02:00:13	03:05:45.80	03:06:43.10	+01:24:07 (45.1%)	8:50	6.8 (55.3%)
293	BARAN Paulina	124	RĄCZE RACICZKI	K-30	26	NIE	01:06:57	01:57:12	03:06:25.85	03:06:53.80	+01:24:17 (45.1%)	8:52	6.8 (55.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
294	JELENIOWSKA Barbara	389		K-30	27	NIE	01:09:11	01:57:33	03:06:29.25	03:06:56.00	+01:24:20 (45.1%)	8:52	6.8 (55.3%)
295	GRUNDKOWSKI Oskar	449		M-20	24	NIE	01:06:12	01:57:16	03:06:34.15	03:06:57.35	+01:24:21 (45.1%)	8:53	6.8 (55.3%)
296	SYGNAT Marcin	49		M-30	119	NIE	01:12:04	02:02:08	03:06:48.05	03:07:19.95	+01:24:44 (45.2%)	8:53	6.7 (54.5%)
297	WESOŁEK Daniel	517		M-30	120	NIE	01:04:14	01:55:40	03:07:31.15	03:07:41.35	+01:25:05 (45.3%)	8:55	6.7 (54.5%)
298	KARAWACKI Grzegorz	119	KĘCKIE HARPAGANY	M-30	121	NIE	01:05:53	01:55:40	03:07:09.70	03:07:47.80	+01:25:11 (45.4%)	8:54	6.7 (54.5%)
299	RABSZTYN Andrzej	353	TMTEAM	M-40	85	NIE	01:08:45	02:00:09	03:07:03.30	03:07:49.60	+01:25:13 (45.4%)	8:54	6.7 (54.5%)
300	SKRZEK Marcin	173	PRO-RUN WROCŁAW	M-40	86	NIE	01:09:25	02:00:21	03:07:22.20	03:07:51.15	+01:25:15 (45.4%)	8:55	6.7 (54.5%)
301	EMILIANÓW Agnieszka	293		K-30	28	NIE	01:07:31	02:01:08	03:08:08.10	03:08:30.90	+01:25:54 (45.6%)	8:57	6.7 (54.5%)
302	KACZMAREK Karol	178	ROZBIEGANY RAWICZ	M-40	87	NIE	01:07:14	02:00:33	03:08:13.10	03:08:31.95	+01:25:56 (45.6%)	8:57	6.7 (54.5%)
303	KOLAŚNIEWSKI Marek	499		M-40	88	TAK	01:09:34	02:00:33	03:08:41.70	03:09:05.85	+01:26:29 (45.7%)	8:59	6.7 (54.5%)
304	JASICKI Krzysztof	240	NIEDZIELNI BIEGACZE	M-40	89	NIE	01:09:03	02:00:44	03:08:41.60	03:09:09.25	+01:26:33 (45.8%)	8:59	6.7 (54.5%)
305	ŻERKO Klaudia	225		K-30	29	NIE	01:05:48	02:00:14	03:08:49.80	03:09:38.30	+01:27:02 (45.9%)	8:59	6.7 (54.5%)
306	SIEPIELSKI Damian	398		M-30	122	NIE	01:07:20	01:58:58	03:09:13.85	03:09:40.60	+01:27:04 (45.9%)	9:00	6.7 (54.5%)
307	MUSIAŁ Ewa	42	EBIEGI.PL	K-40	19	NIE	01:06:42	01:59:32	03:10:07.50	03:10:15.25	+01:27:39 (46.1%)	9:03	6.6 (53.7%)
308	BIECHOŃSKI Jarosław	102		M-40	90	NIE	01:12:12	02:02:08	03:09:24.95	03:10:16.45	+01:27:40 (46.1%)	9:01	6.7 (54.5%)
309	RZEŹNIK Mariusz	199	ROZBIEGANY RAWICZ	M-40	91	NIE	01:07:27	02:00:36	03:09:55.80	03:10:16.70	+01:27:40 (46.1%)	9:02	6.6 (53.7%)
310	URBANOWICZ Cezary	39		M-30	123	NIE	01:12:24	02:02:10	03:09:26.50	03:10:17.80	+01:27:41 (46.1%)	9:01	6.7 (54.5%)
311	PISOWŁODZKA Dagmara	487		K-40	20	NIE	01:09:07	02:02:34	03:09:58.55	03:10:19.45	+01:27:43 (46.1%)	9:02	6.6 (53.7%)
312	STAWIŃSKI Michał	237		M-30	124	NO	01:04:08	01:54:03	03:09:57.35	03:10:25.00	+01:27:49 (46.1%)	9:02	6.6 (53.7%)
313	SOBAŁA Łukasz	518	MORSY POZNAŃ	M-30	125	NIE	01:10:50	02:04:28	03:09:51.85	03:10:32.35	+01:27:56 (46.2%)	9:02	6.6 (53.7%)
314	BARAN Zenon	216	RĄCZE RACICZKI	M-60	3	NIE	01:13:10	02:05:08	03:10:22.35	03:11:01.70	+01:28:25 (46.3%)	9:03	6.6 (53.7%)
315	GRUDZIEN Małgorzata	255		K-30	30	NIE	01:11:45	02:04:01	03:11:02.50	03:11:51.85	+01:29:15 (46.5%)	9:05	6.6 (53.7%)
316	FEDOROWICZ Jovita	180	KOTWICA BRZEG	K-30	31	NIE	01:10:02	02:03:52	03:11:57.30	03:12:33.80	+01:29:57 (46.7%)	9:08	6.6 (53.7%)
317	MARMUROWICZ Krystian	170	KOLOROWA DRUŻYNA NESSI	M-40	92	NIE	01:09:52	02:02:23	03:12:05.85	03:12:34.30	+01:29:58 (46.7%)	9:08	6.6 (53.7%)
318	LITWINOWICZ Karolina	75		K-30	32	NIE	01:09:29	02:04:05	03:12:22.25	03:12:42.85	+01:30:06 (46.8%)	9:09	6.5 (52.8%)

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	MNICH Tomasz	67		M-40	93	NIE	01:06:58	02:01:30	03:12:02.65	03:12:47.00	+01:30:11 (46.8%)	9:08	6.6 (53.7%)
320	SIWEK Jagoda	288		K-20	4	NIE	01:14:44	02:06:24	03:12:05.70	03:12:49.25	+01:30:13 (46.8%)	9:08	6.6 (53.7%)
321	WIJAS Robert	466	TRAINING LAB	M-40	94	NIE	01:06:21	01:59:15	03:12:35.40	03:13:18.05	+01:30:42 (46.9%)	9:10	6.5 (52.8%)
322	PAKULSKA-TOMZA Dorota	226		K-40	21	NIE	01:11:33	02:05:57	03:13:05.10	03:13:40.70	+01:31:04 (47.0%)	9:11	6.5 (52.8%)
323	TRZECIAK Przemysław	507	BIEGADEBIEC-POZNAŃ	M-50	20	NIE	01:10:53	02:02:24	03:13:18.65	03:14:04.05	+01:31:28 (47.1%)	9:12	6.5 (52.8%)
324	URBAŃSKA Paulina	417	TRAINING LAB	K-30	33	NIE	01:10:46	02:03:33	03:13:14.20	03:14:08.75	+01:31:32 (47.2%)	9:12	6.5 (52.8%)
325	CZERWONKA Zbigniew	149	ESKADRA WROCŁAW	M-30	126	NO	01:07:55	02:02:38	03:14:27.50	03:14:39.65	+01:32:03 (47.3%)	9:15	6.5 (52.8%)
326	SOSZYŃSKA-PSTROKOŃSKA Joanna	427	GAZELE NA STARCIE	K-30	34	TAK	01:12:49	02:05:38	03:13:53.50	03:14:42.15	+01:32:06 (47.3%)	9:14	6.5 (52.8%)
327	SZYMCZAK Tomasz	357	PRATT & WHITNEY KALISZ	M-40	95	NIE	01:12:59	02:06:17	03:14:02.55	03:14:50.15	+01:32:14 (47.3%)	9:14	6.5 (52.8%)
328	RUKS Jarosław	182		M-30	127	NO	01:08:25	02:02:26	03:14:08.00	03:14:58.00	+01:32:22 (47.4%)	9:14	6.5 (52.8%)
329	ŻMUDKA Bartek	142	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M-40	96	NIE	01:09:03	02:04:36	03:15:34.10	03:15:50.10	+01:33:14 (47.6%)	9:18	6.4 (52.0%)
330	WYSOCKI Tomasz	36	OCHAJORUN&FRIENDS	M-40	97	NIE	01:08:57	02:04:44	03:15:34.55	03:15:51.00	+01:33:15 (47.6%)	9:18	6.4 (52.0%)
331	CZERNYSZ Grzegorz	257	SZWAGIERKOLASKA	M-40	98	NIE	01:12:59	02:05:47	03:15:08.55	03:16:05.25	+01:33:29 (47.7%)	9:17	6.5 (52.8%)
332	JANKOWSKI Maciej	35		M-40	99	NIE	01:11:13	02:04:56	03:15:32.75	03:16:21.65	+01:33:45 (47.7%)	9:18	6.4 (52.0%)
333	STEFANIAK Marcin	460	STR POZNAŃ	M-40	100	NIE	01:10:11	02:05:33	03:17:27.60	03:17:39.75	+01:35:03 (48.1%)	9:24	6.4 (52.0%)
334	ODOLCZYK Joanna	236	RĄCZE RACICZKI	K-50	1	NIE	01:12:15	02:05:09	03:16:57.00	03:17:40.70	+01:35:04 (48.1%)	9:22	6.4 (52.0%)
335	GĘBICKA Agata	126	STARGARD JA SIĘ NIE ŚCIGAM	K-30	35	NIE	01:13:07	02:09:00	03:16:57.65	03:17:42.90	+01:35:06 (48.1%)	9:22	6.4 (52.0%)
336	WOJCIECHOWSKI Aleksander	260	RM	M-30	128	NIE	01:08:33	02:03:22	03:17:12.20	03:17:43.70	+01:35:07 (48.1%)	9:23	6.4 (52.0%)
337	LEDNICKI Michał	513		M-30	129	TAK	01:11:45	02:05:33	03:16:52.40	03:17:44.90	+01:35:08 (48.1%)	9:22	6.4 (52.0%)
338	JANOWSKI Michał	474	TRAINING LAB	M-20	25	NIE	01:06:35	02:02:48	03:17:09.30	03:18:03.55	+01:35:27 (48.2%)	9:23	6.4 (52.0%)
339	PLOK Krzysztof	434	TEAM PLOK	M-50	21	TAK	01:10:33	02:07:31	03:17:50.80	03:18:30.55	+01:35:54 (48.3%)	9:25	6.4 (52.0%)
340	WIŚNIEWSKA Dorota	553	BRUBECK TEAM	K-40	22	NIE	01:12:43	02:05:45	03:18:17.55	03:18:51.70	+01:36:15 (48.4%)	9:26	6.4 (52.0%)
341	BALWIERCZAK Piotr	73	NIGHT RUNNERS WROCŁAW / RMT TEAM	M-30	130	NIE	01:17:50	02:19:47	03:18:22.30	03:18:59.10	+01:36:23 (48.4%)	9:26	6.4 (52.0%)
342	JAKUBOWSKI Wojciech	296	KB GEOTERMIA UNIEJÓW	M-40	101	NIE	01:04:56	01:58:20	03:18:51.25	03:19:16.45	+01:36:40 (48.5%)	9:28	6.3 (51.2%)
343	TURNIAK Miłosz	309	HIRERIGHT RUNNING TEAM	M-30	131	NO	01:10:52	02:04:46	03:18:32.80	03:19:18.85	+01:36:42 (48.5%)	9:27	6.3 (51.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Tempo min/km	Tempo km/h	
									netto 21km	brutto 21km			
344	SWIATEK Jarek	495		M-30	132	NIE	01:18:14	02:09:21	03:19:23.65	03:19:51.30	+01:37:15 (48.7%)	9:29	6.3 (51.2%)
345	BŁACHNO Marcin	277		M-40	102	NIE	01:08:35	02:04:21	03:19:29.45	03:20:13.30	+01:37:37 (48.8%)	9:30	6.3 (51.2%)
346	LESZCZYŃSKA Weronika	415	SYBERIAN HUSKY TEAM	K-30	36	NIE	01:12:14	02:09:08	03:19:49.45	03:20:15.65	+01:37:39 (48.8%)	9:30	6.3 (51.2%)
347	PIOTROWSKA Agnieszka	38		K-30	37	NIE	01:06:07	02:06:05	03:20:01.90	03:20:17.15	+01:37:41 (48.8%)	9:31	6.3 (51.2%)
348	CIESIELSKA Nikola	15		K-30	38	NIE	01:11:38	02:11:11	03:20:01.45	03:20:17.45	+01:37:41 (48.8%)	9:31	6.3 (51.2%)
349	CZAPRAN Magdalena	333	HIRERIGHT RUNNING TEAM	K-30	39	NO	01:11:55	02:04:45	03:19:30.25	03:20:18.50	+01:37:42 (48.8%)	9:30	6.3 (51.2%)
350	GOLABIOWSKI Jarek	464	BIEGACZE SWINOUJSCIE/W_KURW TEAM	M-50	22	NIE	01:09:20	02:05:54	03:20:43.45	03:21:05.05	+01:38:29 (49.0%)	9:33	6.3 (51.2%)
351	MIERZEJEWSKA Aleksandra	471	TRAINING LAB	K-20	5	NIE	01:13:11	02:10:28	03:21:18.70	03:22:12.50	+01:39:36 (49.3%)	9:35	6.3 (51.2%)
352	SUROWIEC Robert	501		M-40	103	NIE	01:12:59	02:07:53	03:21:48.60	03:22:22.85	+01:39:46 (49.3%)	9:36	6.2 (50.4%)
353	SERWATKIEWICZ Grzegorz	395		M-30	133	NIE	01:10:54	02:05:58	03:21:58.20	03:22:22.90	+01:39:46 (49.3%)	9:37	6.2 (50.4%)
354	GLINA-KRAWCZYK Małgorzata	361	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	K-40	23	NIE	01:13:52	02:11:44	03:21:44.60	03:22:27.10	+01:39:51 (49.3%)	9:36	6.2 (50.4%)
355	OLEJNIK Marcin	545		M-30	134	NIE	01:11:54	02:09:52	03:22:21.20	03:23:13.75	+01:40:37 (49.5%)	9:38	6.2 (50.4%)
356	GAŁOSZ Łukasz	550		M-20	26	NIE	01:11:51	02:09:52	03:22:23.05	03:23:15.15	+01:40:39 (49.5%)	9:38	6.2 (50.4%)
357	OCHMAŃSKI Adam	472	AGB TORFY	M-40	104	NIE	01:07:24	02:05:26	03:23:12.25	03:23:29.65	+01:40:53 (49.6%)	9:40	6.2 (50.4%)
358	KOLEJ Monika	406	DZIKIE DZIKI GORZÓW	K-40	24	NIE	01:12:33	02:09:43	03:23:03.10	03:23:31.50	+01:40:55 (49.6%)	9:40	6.2 (50.4%)
359	SZUKAŁA Izabela	154		K-30	40	NO	01:13:01	02:10:30	03:23:03.50	03:23:38.25	+01:41:02 (49.6%)	9:40	6.2 (50.4%)
360	NAPIERAŁA Katarzyna	70		K-40	25	NIE	01:14:52	02:09:28	03:23:01.95	03:23:38.95	+01:41:03 (49.6%)	9:40	6.2 (50.4%)
361	JELINSKI Sebastian	369	NOA	M-40	105	NIE	01:14:45	02:10:56	03:23:29.90	03:24:00.35	+01:41:24 (49.7%)	9:41	6.2 (50.4%)
362	NIESPODZIANA Anna	241	ROGOZIŃSKI KLUB BIEGACZA	K-30	41	NIE	01:15:02	02:13:50	03:24:07.60	03:24:41.35	+01:42:05 (49.9%)	9:43	6.2 (50.4%)
363	KULA Piotr	71	ZDEZORIENTOWANI	M-40	106	NIE	01:10:06	02:07:12	03:24:26.90	03:25:00.05	+01:42:24 (50.0%)	9:44	6.2 (50.4%)
364	WILANOWSKI Tomasz	366		M-50	23	NIE	01:14:41	02:09:07	03:24:20.45	03:25:06.75	+01:42:30 (50.0%)	9:43	6.2 (50.4%)
365	HOREGLAD Maria	558	NOA	K-30	42		01:13:08	02:09:48	03:24:36.70	03:25:07.40	+01:42:31 (50.0%)	9:44	6.2 (50.4%)
366	BIS Marcin	339	BBL GORZÓW WLKP.	M-30	135	NIE	01:11:20	02:08:14	03:24:43.80	03:25:13.95	+01:42:38 (50.0%)	9:44	6.2 (50.4%)
367	RUSIN Szymon	26		M-30	136	TAK	01:11:24	02:06:36	03:25:25.40	03:25:53.35	+01:43:17 (50.2%)	9:46	6.1 (49.6%)
368	KRUZEL Rafał	506	BIEGOWE MISIE	M-40	107	NIE	01:14:57	02:13:43	03:25:16.45	03:25:54.60	+01:43:18 (50.2%)	9:46	6.1 (49.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
369	GULINSKI Artur	218	218CREW	M-40	108	NO	01:11:52	02:06:14	03:25:08.20	03:26:00.60	+01:43:24 (50.2%)	9:46	6.1 (49.6%)
370	PACZKOWSKI Bartosz	145	218 CREW	M-40	109	NIE	01:11:57	02:06:59	03:25:11.45	03:26:03.10	+01:43:27 (50.2%)	9:46	6.1 (49.6%)
371	PRYSZCZ Mirosław	79		M-40	110	NIE	01:12:20	02:08:40	03:25:41.80	03:26:03.95	+01:43:28 (50.2%)	9:47	6.1 (49.6%)
372	KRUSZEWSKI Jacek	336	MUKAINADA RUNNING TEAM	M-40	111	NO	01:11:58	02:08:44	03:25:35.40	03:26:13.45	+01:43:37 (50.2%)	9:47	6.1 (49.6%)
373	HOMA Marta	370	KŁODZKO PRZY TWIERDZA BIEGANIE	K-40	26	NIE	01:14:57	02:13:18	03:25:46.65	03:26:16.00	+01:43:40 (50.3%)	9:47	6.1 (49.6%)
374	ZAUCHA Marta	217	KŁODZKO PRZYTWIERDZA BIEGANIE	K-30	43	NIE	01:14:22	02:11:48	03:25:46.95	03:26:16.15	+01:43:40 (50.3%)	9:47	6.1 (49.6%)
375	CHRZUSZCZ Anna	263		K-30	44	NIE	01:12:36	02:08:26	03:25:44.90	03:26:18.55	+01:43:42 (50.3%)	9:47	6.1 (49.6%)
376	PŁUCIENNICZAK Bartosz	386		M-30	137	NIE	01:09:59	02:02:19	03:26:38.65	03:27:05.40	+01:44:29 (50.5%)	9:50	6.1 (49.6%)
377	DOJS Aleksandra	189	NIGHT RUNNERS	K-40	27	NIE	01:17:42	02:17:29	03:26:47.20	03:27:28.05	+01:44:52 (50.5%)	9:50	6.1 (49.6%)
378	CZOCHARA Robert	201	AMATOR	M-40	112	NIE	01:20:03	02:15:28	03:27:43.60	03:28:29.05	+01:45:53 (50.8%)	9:53	6.1 (49.6%)
379	GOSTEVS Filip	251		M-40	113	NIE	01:12:30	02:11:43	03:27:54.85	03:28:36.15	+01:46:00 (50.8%)	9:54	6.1 (49.6%)
380	MAŚLAK Jacek	321	POZYTYWNIIE ZABIEGANI SANOK	M-40	114	NIE	01:21:28	02:13:58	03:28:23.75	03:28:53.05	+01:46:17 (50.9%)	9:55	6 (48.8%)
381	MAŚLAK Marzena	319	POZYTYWNIIE ZABIEGANI SANOK	K-40	28	NIE	01:21:49	02:14:02	03:28:23.55	03:28:53.30	+01:46:17 (50.9%)	9:55	6 (48.8%)
382	POŁCZYŃSKI Maciej	341	STALOWA ŁYDA	M-30	138	NIE	01:20:22	02:15:20	03:28:49.40	03:29:38.65	+01:47:02 (51.1%)	9:56	6 (48.8%)
383	FEDYSZYN Anna	285	ŚRUNDUNIA SZCZECIN	K-30	45	NIE	01:19:17	02:16:52	03:29:19.00	03:29:47.45	+01:47:11 (51.1%)	9:58	6 (48.8%)
384	ŻAK Dominika	329	PIERDY PUSZCZY	K-30	46	NIE	01:19:15	02:16:49	03:29:18.90	03:29:47.75	+01:47:11 (51.1%)	9:58	6 (48.8%)
385	JANUS Katarzyna	292		K-40	29	NIE	01:17:45	02:13:56	03:29:15.50	03:29:50.15	+01:47:14 (51.1%)	9:57	6 (48.8%)
386	ANDRZEJCZAK Paweł	19		M-40	115	NIE	01:06:17	02:04:48	03:29:41.45	03:29:58.50	+01:47:22 (51.1%)	9:59	6 (48.8%)
387	MIGDAŁ Adrian	425		M-40	116	NIE	01:16:53	02:14:29	03:30:25.80	03:31:10.75	+01:48:34 (51.4%)	10:01	6 (48.8%)
388	DUDEK Agnieszka	101		K-30	47	NIE	01:13:55	02:13:10	03:31:24.60	03:31:59.30	+01:49:23 (51.6%)	10:04	6 (48.8%)
389	MAKLES Wioletta	280	NOA	K-40	30	NIE	01:14:47	02:18:26	03:32:28.35	03:33:16.20	+01:50:40 (51.9%)	10:07	5.9 (48.0%)
390	HRUBÁ Hana	223	NITRO NÁCHOD	K-40	31	NIE	01:13:40	02:13:29	03:33:24.45	03:33:28.95	+01:50:53 (51.9%)	10:09	5.9 (48.0%)
391	PETANOVÁ Jana	248	NITRO NÁCHOD	K-40	32	NIE	01:13:35	02:14:59	03:33:25.00	03:33:29.15	+01:50:53 (51.9%)	10:09	5.9 (48.0%)
392	JARACZ-PATEREK Alina	306	NOA	K-40	33	NIE	01:14:47	02:19:54	03:32:44.90	03:33:31.80	+01:50:55 (52.0%)	10:07	5.9 (48.0%)
393	PIECUCH Małgorzata	96		K-50	2	NIE	01:19:51	02:18:44	03:32:59.95	03:33:32.60	+01:50:56 (52.0%)	10:08	5.9 (48.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
394	KOWALSKA Małgorzata	401		K-30	48	NIE	01:13:37	02:15:43	03:33:58.30	03:34:10.45	+01:51:34 (52.1%)	10:11	5.9 (48.0%)
395	SZCZUKA Joanna	344	POLITECHNIKA POZNAŃSKA	K-20	6	NIE	01:20:14	02:15:24	03:34:21.45	03:35:08.80	+01:52:32 (52.3%)	10:12	5.9 (48.0%)
396	WNUK Dominik	308	ZAWIANI KOŁOBRZEG	M-20	27	NIE	01:10:12	02:09:26	03:35:20.95	03:35:38.50	+01:53:02 (52.4%)	10:15	5.9 (48.0%)
397	KOCHMAŃSKA Marta	514		K-30	49	NIE	01:12:08	02:09:17	03:35:26.60	03:35:51.85	+01:53:15 (52.5%)	10:15	5.8 (47.2%)
398	PAWŁOWSKI Sławek	312	KALENJI BY DECATHLON	M-20	28	NIE	01:15:18	02:13:32	03:35:15.20	03:35:54.15	+01:53:18 (52.5%)	10:15	5.9 (48.0%)
399	KURZAWIAK Wojciech	77	ZGÓRMYSYNY	M-40	117	TAK	01:19:51	02:20:44	03:35:47.80	03:36:15.15	+01:53:39 (52.6%)	10:16	5.8 (47.2%)
400	AUGUSTOWSKA Izabela	222	KB GEOTERMIA UNIEJÓW	K-40	34	NIE	01:18:50	02:18:14	03:36:10.45	03:36:22.25	+01:53:46 (52.6%)	10:17	5.8 (47.2%)
401	SZYMCZAK Katarzyna	354		K-50	3	NIE	01:17:31	02:15:12	03:35:38.65	03:36:23.10	+01:53:47 (52.6%)	10:16	5.8 (47.2%)
402	BARTNICKI Jędrzej	68	SIERADZBIEGA.PL	M-20	29	NIE	01:19:19	02:17:20	03:35:46.15	03:36:39.65	+01:54:03 (52.6%)	10:16	5.8 (47.2%)
403	BŁASZCZYK Rafał	144	SIERADZBIEGA.PL	M-50	24	NIE	01:18:57	02:17:17	03:35:46.75	03:36:40.45	+01:54:04 (52.6%)	10:16	5.8 (47.2%)
404	KARWAT Dawid	340		M-30	139	NIE	01:19:28	02:19:16	03:35:55.40	03:36:41.75	+01:54:05 (52.7%)	10:16	5.8 (47.2%)
405	JEDYNAK-DOROSZ Izabela	465	KB MANIAC POZNAŃ	K-40	35	NIE	01:19:36	02:19:19	03:36:08.15	03:36:48.40	+01:54:12 (52.7%)	10:17	5.8 (47.2%)
406	WAŚCIŃSKA Edyta	74	PĘDZI - PARA	K-50	4	NIE	01:25:58	02:23:56	03:36:46.15	03:37:41.10	+01:55:05 (52.9%)	10:19	5.8 (47.2%)
407	WAŚCIŃSKI Roman	151	PĘDZI - PARA	M-50	25	NIE	01:19:54	02:22:47	03:36:46.55	03:37:41.15	+01:55:05 (52.9%)	10:19	5.8 (47.2%)
408	PASZKE Agnieszka Regina	549		K-20	7	NIE	01:16:54	02:19:38	03:37:30.55	03:37:42.10	+01:55:06 (52.9%)	10:21	5.8 (47.2%)
409	PRZYBYŁ Tomasz	541	NIGHT RUNNERS OSTRÓW WLKP	M-40	118	NIE	01:20:47	02:21:50	03:37:40.95	03:38:36.80	+01:56:00 (53.1%)	10:21	5.8 (47.2%)
410	HETMANCZYK Maciej	258		M-30	140	YES	01:17:23	02:16:40	03:38:23.55	03:39:13.35	+01:56:37 (53.2%)	10:24	5.8 (47.2%)
411	KOPACKA Edyta	433	ADRIAN DANILEWICZ GROUP	K-30	50	NIE	01:22:59	02:23:15	03:40:06.95	03:40:06.95	+01:57:31 (53.4%)	10:28	5.7 (46.3%)
412	STANKOWSKI Przemysław	458		M-40	119	NIE	01:17:13	02:15:25	03:39:42.80	03:40:12.60	+01:57:36 (53.4%)	10:27	5.7 (46.3%)
413	KORNAŚ Marcin	378	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	M-40	120	NIE	01:17:49	02:18:22	03:39:40.65	03:40:24.25	+01:57:48 (53.4%)	10:27	5.7 (46.3%)
414	DAMM Beata	220	DAMMTEAMRUNNERS	K-30	51	NIE	01:20:21	02:18:42	03:40:16.40	03:40:53.95	+01:58:18 (53.6%)	10:29	5.7 (46.3%)
415	MARCINKIEWICZ Marta	113	MATNER RUNNING TEAM	K-50	5	NIE	01:20:39	02:24:55	03:41:09.65	03:41:43.40	+01:59:07 (53.7%)	10:31	5.7 (46.3%)
416	SKONECZNY Artur	20		M-40	121	NIE	01:19:16	02:20:51	03:41:57.30	03:42:31.85	+01:59:55 (53.9%)	10:34	5.7 (46.3%)
417	FLORCZAK Monika	408		K-30	52	NIE	01:17:28	02:18:21	03:42:25.80	03:43:02.00	+02:00:26 (54.0%)	10:35	5.7 (46.3%)
418	MASZEWSKA Agata	382		K-30	53	NIE	01:20:11	02:18:45	03:43:12.55	03:43:47.75	+02:01:11 (54.2%)	10:37	5.6 (45.5%)

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	BUJALSKI Szymon	381		M-40	122	NIE	01:20:08	02:18:36	03:43:12.55	03:43:47.85	+02:01:11 (54.2%)	10:37	5.6 (45.5%)
420	MACHTAŁOWICZ Beata	166		K-30	54	TAK	01:21:19	02:24:11	03:43:27.10	03:43:48.60	+02:01:12 (54.2%)	10:38	5.6 (45.5%)
421	WILK Magdalena	138	TEAM ZABIEGANEDNI	K-40	36	NIE	01:10:42	02:18:41	03:43:05.40	03:43:51.10	+02:01:15 (54.2%)	10:37	5.6 (45.5%)
422	DĄBROWSKI Michał	97	TEAM ZABIEGANEDNI	M-40	123	NIE	01:14:51	02:18:41	03:43:06.15	03:43:51.30	+02:01:15 (54.2%)	10:37	5.6 (45.5%)
423	ŁAMPIKA Kinga	139	NIGHT RUNNERS WROCLAW	K-40	37	NIE	01:21:05	02:23:59	03:43:38.40	03:44:14.35	+02:01:38 (54.2%)	10:39	5.6 (45.5%)
424	BARTOSIK Kamila	121	NIGHT RUNNERS WROCLAW/#SOBASTEAM	K-40	38	NIE	01:21:08	02:24:00	03:43:38.25	03:44:14.45	+02:01:38 (54.2%)	10:38	5.6 (45.5%)
425	ZARABSKA Kamila	420		K-30	55	NIE	01:18:59	02:21:45	03:44:00.20	03:44:32.00	+02:01:56 (54.3%)	10:40	5.6 (45.5%)
425	MARCIA Oliwia	444	UKA	K-30	55	TAK	01:19:09	02:22:18	03:44:00.30	03:44:32.00	+02:01:56 (54.3%)	10:40	5.6 (45.5%)
427	BORKOWSKA Patrycja	350		K-40	39	NIE	01:21:02	02:23:55	03:43:57.15	03:44:34.35	+02:01:58 (54.3%)	10:39	5.6 (45.5%)
428	BOREK Mateusz	56		M-20	30	NIE	01:19:56	02:23:47	03:45:35.65	03:46:26.55	+02:03:50 (54.7%)	10:44	5.6 (45.5%)
429	KACIUPA Agnieszka	327	WIERZBICKI RUNNING PROJECT	K-40	40	NIE	01:21:54	02:24:25	03:45:59.90	03:46:40.90	+02:04:04 (54.7%)	10:45	5.6 (45.5%)
430	KOTECKA-CYZA Małgorzata	207	KOTWICA BRZEG	K-30	57	NIE	01:25:01	02:25:49	03:46:06.85	03:46:42.65	+02:04:06 (54.7%)	10:46	5.6 (45.5%)
431	WYSOCKI Grzegorz	117		M-40	124	NIE	01:12:48	02:18:02	03:47:45.40	03:48:11.70	+02:05:35 (55.0%)	10:50	5.5 (44.7%)
432	BAGIŃSKA Paula	516		K-20	8	NIE	01:24:41	02:26:05	03:48:19.80	03:48:50.55	+02:06:14 (55.2%)	10:52	5.5 (44.7%)
433	POWAŁA Janusz	65	JIL	M-60	4	NIE	01:18:38	02:21:29	03:48:24.90	03:49:06.45	+02:06:30 (55.2%)	10:52	5.5 (44.7%)
434	STANISZEWSKA-DUDA Katarzyna	209	TIM JEST TIM	K-40	41	NIE	01:17:34	02:19:25	03:48:27.00	03:49:06.75	+02:06:30 (55.2%)	10:52	5.5 (44.7%)
435	GIBAS Wojciech	275		M-30	141	YES	01:22:54	02:22:27	03:48:18.10	03:49:07.75	+02:06:31 (55.2%)	10:52	5.5 (44.7%)
436	NOWAK Katarzyna	446	TIM JEST TIM	K-30	58	NIE	01:24:16	02:25:05	03:48:34.20	03:49:12.00	+02:06:36 (55.2%)	10:53	5.5 (44.7%)
437	GRĘDA Elżbieta	473	TIM JEST TIM	K-40	42	NIE	01:17:30	02:19:28	03:48:38.65	03:49:20.65	+02:06:44 (55.3%)	10:53	5.5 (44.7%)
438	PLĄTEK Katarzyna	456	WKURW_TEAM	K-30	59	NIE	01:23:16	02:26:15	03:50:11.85	03:50:23.05	+02:07:47 (55.5%)	10:57	5.5 (44.7%)
439	MALINOWSKI Przemysław	219		M-40	125	NIE	01:20:06	02:22:23	03:50:16.00	03:50:30.80	+02:07:54 (55.5%)	10:57	5.5 (44.7%)
440	NIEDOBA Barbara	532		K-30	60	NIE	01:24:14	02:25:02	03:50:22.75	03:51:03.00	+02:08:27 (55.6%)	10:58	5.5 (44.7%)
441	CICHOMSKA Marzena	228	BIEGAM BO MUSZĘ INACZEJ SIĘ UDUSZĘ	K-30	61	NIE	01:25:48	02:31:49	03:50:25.60	03:51:03.95	+02:08:28 (55.6%)	10:58	5.5 (44.7%)
442	MALISZAK Agnieszka	347		K-30	62	NIE	01:21:20	02:30:54	03:50:43.80	03:51:17.30	+02:08:41 (55.6%)	10:59	5.5 (44.7%)
443	FRĄCZEK Iwona	365		K-30	63	NIE	01:19:22	02:20:02	03:52:37.25	03:53:24.80	+02:10:48 (56.0%)	11:04	5.4 (43.9%)

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	OLECHOWSKI Marcin	554	BRUBECK TEAM	M-40	126	NIE	01:22:03	02:28:39	03:52:56.85	03:53:34.70	+02:10:58 (56.1%)	11:05	5.4 (43.9%)
445	KOSZYKA Weronika	261	WYBIEGAĆ MARZENIA TEAM	K-20	9	NO	01:26:17	02:30:42	03:53:09.05	03:53:47.10	+02:11:11 (56.1%)	11:06	5.4 (43.9%)
446	DUDEK Mariola	205	STRZEGOMSKA DWUNASTKA	K-40	43	NIE	01:23:41	02:28:47	03:53:23.80	03:53:55.70	+02:11:19 (56.1%)	11:06	5.4 (43.9%)
447	BEDNARSKA-ZKOZIOŁ Danuta	273	WKURW_TEAM	K-40	44	NIE	01:23:11	02:34:38	03:57:26.30	03:58:06.25	+02:15:30 (56.9%)	11:18	5.3 (43.1%)
448	BULKOWSKA Asia	509		K-40	45	NIE	01:23:30	02:35:29	03:58:37.05	03:59:14.05	+02:16:38 (57.1%)	11:21	5.3 (43.1%)
449	MICHALSKA Agnieszka	362	KŁODZKO PRZYTWIERDZA BIEGANIE	K-40	46	NIE	01:25:21	02:32:06	04:00:01.30	04:00:28.05	+02:17:52 (57.3%)	11:25	5.2 (42.3%)
450	MORAWSKA Anna	98		K-60	1	NIE	01:23:58	02:29:48	04:00:14.50	04:00:57.60	+02:18:21 (57.4%)	11:26	5.2 (42.3%)
451	SOWIŃSKA Anetta	302	BBL	K-40	47	NIE	01:21:32	02:26:48	04:00:34.95	04:01:01.05	+02:18:25 (57.4%)	11:27	5.2 (42.3%)
452	SOKOŁOWSKI Artur	64	TEAM ZABIEGANEDNI	M-40	127	NIE	01:25:28	02:31:15	04:00:30.45	04:01:22.25	+02:18:46 (57.5%)	11:27	5.2 (42.3%)
453	GINTER Katarzyna	210	ESKADRA KRAKÓW	K-30	64	NIE	01:25:04	02:33:40	04:01:17.20	04:01:49.85	+02:19:13 (57.6%)	11:29	5.2 (42.3%)
454	WARA-WĄSOWSKI Maciej	109		M-50	26	NIE	01:24:37	02:32:32	04:01:54.30	04:02:43.35	+02:20:07 (57.7%)	11:31	5.2 (42.3%)
455	WOŁCZEK Małgorzata	215		K-30	65	NIE	01:25:37	02:32:25	04:02:16.20	04:03:05.15	+02:20:29 (57.8%)	11:32	5.2 (42.3%)
456	PAŁUCKA Marta	287	PROJEKT ULTRA	K-30	66	NIE	01:23:27	02:31:40	04:02:46.45	04:03:26.35	+02:20:50 (57.9%)	11:33	5.2 (42.3%)
457	KWAPIŃSKA Anna	60	ŚWIĘTUJĘ URODZINY DOROTKI	K-30	67	NIE	01:26:50	02:36:18	04:02:45.45	04:03:26.45	+02:20:50 (57.9%)	11:33	5.2 (42.3%)
457	CZECH Dorota	87	PRO-RUN WROCŁAW	K-40	48	NIE	01:26:51	02:36:19	04:02:45.95	04:03:26.45	+02:20:50 (57.9%)	11:33	5.2 (42.3%)
459	RUSIN Jakub	10		M-30	142	NIE	01:23:28	02:30:05	04:04:09.30	04:04:42.45	+02:22:06 (58.1%)	11:37	5.2 (42.3%)
460	FLACZYŃSKI Michał	63	IMENEL	M-30	143	NO	01:23:38	02:30:28	04:04:10.85	04:04:42.90	+02:22:06 (58.1%)	11:37	5.2 (42.3%)
461	SZOŁTYSEK Beata	235	OCHAJO&RUN	K-40	49	NIE	01:28:13	02:37:56	04:06:40.10	04:06:58.65	+02:24:22 (58.5%)	11:44	5.1 (41.5%)
461	PISINGAS Mariusz	188	BIEGANIE TO MÓJ TRZEŻWY WYBÓR	M-40	128	NIE	01:27:40	02:37:54	04:06:37.75	04:06:58.65	+02:24:22 (58.5%)	11:44	5.1 (41.5%)
463	KOHUT Rafał	560		M-50	27		01:32:40	02:44:46	04:09:50.95	04:10:49.35	+02:28:13 (59.1%)	11:53	5 (40.7%)
464	PISKORSKA Katarzyna Ewa	542		K-40	50	NIE	01:31:42	02:39:16	04:12:06.40	04:12:45.50	+02:30:09 (59.4%)	12:00	5 (40.7%)
465	SZYMAŃSKA Hanna	24	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K-40	51	NO	01:28:45	02:36:52	04:12:04.25	04:12:50.05	+02:30:14 (59.4%)	12:00	5 (40.7%)
466	SZYMAŃSKI Jacek	27		M-50	28	NIE	01:28:13	02:36:56	04:12:04.10	04:12:50.60	+02:30:14 (59.4%)	12:00	5 (40.7%)
467	KUCOWSKA Anna	481	TRAINING LAB	K-30	68	NIE	01:29:40	02:43:53	04:12:36.30	04:13:30.70	+02:30:54 (59.5%)	12:01	5 (40.7%)
468	CISŁAK Anna	239		K-30	69	NIE	01:24:48	02:35:46	04:12:46.55	04:13:32.15	+02:30:56 (59.5%)	12:02	5 (40.7%)

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
469	PEPŁOWSKA Sylwia	91		K-40	52	NIE	01:25:46	02:35:55	04:12:49.30	04:13:32.25	+02:30:56 (59.5%)	12:02	5 (40.7%)
470	NASTAWSKA Monika	40		K-40	53	NIE	01:29:07	02:42:32	04:13:02.60	04:13:43.75	+02:31:07 (59.6%)	12:02	5 (40.7%)
471	ZEMŁA Krzysztof	393		M-50	29	NIE	01:28:14	02:38:43	04:15:55.40	04:16:39.40	+02:34:03 (60.0%)	12:11	4.9 (39.8%)
472	SZCZYPEK Ola	278		K-30	70	NIE	01:28:54	02:43:13	04:17:48.10	04:18:18.70	+02:35:42 (60.3%)	12:16	4.9 (39.8%)
473	CZOCHARA Marta	164	AMATORKA	K-40	54	NIE	01:29:57	02:43:44	04:20:24.70	04:21:09.60	+02:38:33 (60.7%)	12:24	4.8 (39.0%)
474	PIELICHATA Magdalena	253		K-30	71	NIE	01:28:43	02:42:04	04:26:42.65	04:27:35.75	+02:44:59 (61.7%)	12:42	4.7 (38.2%)
475	ADAMIAK Marta	556		K-30	72		01:27:20	02:42:03	04:26:42.80	04:27:35.95	+02:45:00 (61.7%)	12:42	4.7 (38.2%)
476	FURMAN Michał	76	OCHAJORUN & FRIENDS	M-30	144	NIE	01:32:02	02:47:50	04:28:16.00	04:28:41.50	+02:46:05 (61.8%)	12:46	4.7 (38.2%)
477	FURMAN Agnieszka	6	OCHAJORUN & FRIENDS	K-30	73	NIE	01:32:04	02:47:47	04:28:16.50	04:28:42.10	+02:46:06 (61.8%)	12:46	4.7 (38.2%)
478	BASZCZYŃSKA Barbara	318	WKURW_TEAM	K-50	6	NIE	01:33:39	02:50:31	04:29:27.55	04:30:05.00	+02:47:29 (62.0%)	12:49	4.7 (38.2%)
479	ZAJĄC Krzysztof	171		M-40	129	NIE	01:32:46	02:50:14	04:29:43.15	04:30:39.35	+02:48:03 (62.1%)	12:50	4.7 (38.2%)
480	TATARATA Paweł	435	TRAINING LAB	M-30	145	NIE	01:28:22	02:52:19	04:35:33.45	04:36:26.20	+02:53:50 (62.9%)	13:07	4.6 (37.4%)
481	ŁAGOŻNY Jolanta	355	POZYTYWNIIE ZABIEGANI SANOK	K-30	74	NIE	01:36:50	02:50:47	04:39:17.55	04:39:47.45	+02:57:11 (63.3%)	13:18	4.5 (36.6%)
482	WIŚNIEWSKA Ewelina	174	HARDCOROWE WYCHYLYBYMY	K-30	75	NIE	01:40:14	03:04:41	04:51:25.10	04:51:48.85	+03:09:12 (64.8%)	13:52	4.3 (35.0%)
483	BARAŃSKA Marta	32	GORZÓW BIEGA	K-20	10	NIE	01:46:38	03:06:26	04:51:13.30	04:52:05.50	+03:09:29 (64.9%)	13:52	4.3 (35.0%)
484	BARAŃSKI Damian	5	GORZÓW BIEGA	M-20	31	NIE	01:46:38	03:06:26	04:51:13.50	04:52:05.75	+03:09:29 (64.9%)	13:52	4.3 (35.0%)
Przekroczony limit czasu: 05:00:00													
485	PODSIADŁY Robert	192	CHATA BIEGACZA K34 ZAKOPANE	M-60	5	NIE	01:50:49		05:01:28.65	05:02:19.25	+03:19:43 (66.1%)	14:21	4.2 (34.1%)
486	GILEWSKI Artur	412	KUDOWIANKACYKLONPROALTEAM	M-40	130	NIE	00:50:26	01:30:07			+00:22:51	6:26	9.3 (75.6%)
	GAWLEWICZ Krystyna	234	GAWĘŁKI TEAM /POZYTYWNIIE ZABIEGANI SANOK	K-40		NIE	00:51:20 DNF	01:31:44 DNF	DNF	DNF	-	-	(0.0%)
	TEKIELI Kacper	4	POLAR SPORT / KW TRÓJMIASTO	M-30		TAK	00:56:03 DNF	DNF	DNF	DNF	-	-	(0.0%)
	BOROWIECKI Krzysztof	184	GT RAT	M-30		NIE	01:08:40 DNF	DNF	DNF	DNF	-	-	(0.0%)
	FRĄCZEK Marcin	358	TMTEAM	M-40		NIE	01:28:50 DNF	DNF	DNF	DNF	-	-	(0.0%)
	BONIEC Radosław	515		M-20		NIE	DNF	DNF	DNF	DNF	-	-	(0.0%)

Znaleziono 491 wynik(ów)