



ZIMOWY PÓLMARATON GÓR STOŁOWYCH 21 KM

B4SPORT

Wydarzenie: Zimowy Półmaraton Gór Stołowych
Organizator: Fundacja Maratony Górskie
Data: 2022-01-22
Miejsce: Karłów
Dystans: 21 km

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Kara/ bonifikata	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
1	JUREK Michał	196	RMT TEAM PRO	M-30	1	NIE	00:43:10	01:26:09		02:05:40.35		5:59	10 (100%)
2	GORZELAŃCZYK Jakub	142	MKS SIECHNICE	M-30	2	NIE	00:43:32	01:27:12		02:07:43.15	+00:02:02 (1.6%)	6:04	9.9 (99.0%)
3	KOŚCIUCZYK-MENDYK Michał	229	SPELOCLUB WROCŁAW	M-30	3	TAK	00:47:55	01:35:22		02:17:56.15	+00:12:15 (8.9%)	6:34	9.1 (91.0%)
4	RUTKOWSKI Dawid	431	GRIZZLYTEAM/140MINUT.PL	M-40	1	TAK	00:45:55	01:35:22		02:18:14.60	+00:12:34 (9.1%)	6:34	9.1 (91.0%)
5	BORZYSTOWSKI Patryk	54	#ZALINIAMETYTEAM	M-30	4	TAK	00:48:42	01:37:30		02:20:11.45	+00:14:31 (10.4%)	6:40	9 (90.0%)
6	GRZESIEK Góral	154	HEEJ HEJ GURALU	M-30	5	NIE	00:50:01	01:37:53		02:21:03.65	+00:15:23 (10.9%)	6:43	8.9 (89.0%)
7	ZIOBER Zbigniew	571	EX TEAM	M-30	6	NIE	00:48:31	01:36:55		02:23:04.55	+00:17:24 (12.2%)	6:48	8.8 (88.0%)
8	WŁODARCZYK Jarosław	541	KARKONOSZ RUNNING TEAM	M-40	2	NIE	00:48:51	01:38:22		02:23:10.70	+00:17:30 (12.2%)	6:49	8.8 (88.0%)
9	ROSKOSZ Bartosz	425	JELCZ TRIATHLON PROJECT	M-30	7	TAK	00:49:29	01:38:35		02:25:37.00	+00:19:56 (13.7%)	6:56	8.7 (87.0%)
10	POCIECHA Patryk	401		M-30	8	NIE	00:49:57	01:39:09		02:26:06.90	+00:20:26 (14.0%)	6:57	8.6 (86.0%)
11	MAJCHRZAK Maciej	301	140MINUT.PL	M-30	9	NIE	00:49:18	01:40:45		02:26:20.80	+00:20:40 (14.1%)	6:58	8.6 (86.0%)
12	GRUND Marek	150	MAFIA TEAM LUBLINIEC	M-30	10	NIE	00:49:28	01:40:20		02:27:41.75	+00:22:01 (14.9%)	7:01	8.5 (85.0%)
13	PIĄTEK Karolina	388		K-30	1	NIE	00:50:54	01:41:24		02:30:08.20	+00:24:27 (16.3%)	7:08	8.4 (84.0%)
14	ŁOPATYŃSKI Irek	291	REMA SPORT TEAM	M-50	1	NIE	00:50:18	01:41:31		02:30:41.00	+00:25:00 (16.6%)	7:10	8.4 (84.0%)
15	DYDA Paweł	113	VEGE KACAP	M-40	3	NIE	00:49:33	01:39:41		02:31:15.95	+00:25:35 (16.9%)	7:12	8.3 (83.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking		Bledne_Skaly		Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
							7km	14km	7km	14km		netto 21km	Różn		
16	TOKARSKI Joachim	501	KUDOWIANKA RUN	M-40	4	NIE	01:14:50					02:33:51.25	+00:28:10 (18.3%)	7:19	8.2 (82.0%)
17	GEZELA Mariusz	134	EUFORIA BIEGACZA TEAM	M-40	5	NIE	00:51:06	01:44:19				02:34:12.35	+00:28:32 (18.5%)	7:20	8.2 (82.0%)
18	WRZESIŃSKI Michał	550	KSG DIRETA/SKLEP GÓRSKI TATERNIK	M-30	11	TAK	00:54:07	01:46:53				02:35:14.50	+00:29:34 (19.0%)	7:23	8.1 (81.0%)
19	JABŁOŃSKI Paweł	170	KUDOWIANKA RUN	M-40	6	NIE	00:54:04	01:46:59				02:36:06.95	+00:30:26 (19.5%)	7:26	8.1 (81.0%)
20	SAJDUDA Adam	436		M-20	1	NIE	00:51:45	01:45:55				02:36:22.60	+00:30:42 (19.6%)	7:26	8.1 (81.0%)
21	FRANKIEWICZ Artur	127		M-30	12	TAK	00:56:14	01:49:41				02:37:21.10	+00:31:40 (20.1%)	7:29	8 (80.0%)
22	PŁONOWSKI Maciej	400	PSZCZÓŁKOWSKI TEAM	M-30	13	NIE	00:54:34	01:48:46				02:37:42.80	+00:32:02 (20.3%)	7:30	8 (80.0%)
23	BIAŁEK Beata	30	KB HERMES	K-40	1	NIE	01:47:17					02:37:53.25	+00:32:12 (20.4%)	7:31	8 (80.0%)
24	KRAJEWSKI Wojtek	238		M-50	2	NIE	00:55:36	01:49:27				02:38:11.50	+00:32:31 (20.6%)	7:31	8 (80.0%)
25	BAŁYS Katarzyna	17	HERCOG RUNNING TEAM	K-30	2	NO	00:52:49	01:46:20				02:38:11.70	+00:32:31 (20.6%)	7:31	8 (80.0%)
26	NOWACKI Mateusz	352	PRZEDWOJEWSKI TEAM	M-30	14	NIE	00:50:28	01:42:43				02:38:42.15	+00:33:01 (20.8%)	7:33	7.9 (79.0%)
27	DUCZMAL Dominika	109	140 MINUT	K-20	1	NIE	00:54:13	01:48:18				02:38:44.70	+00:33:04 (20.8%)	7:33	7.9 (79.0%)
28	MIŚTAK Jola	330		K-30	3	NIE	00:57:55	01:50:47				02:39:12.65	+00:33:32 (21.1%)	7:34	7.9 (79.0%)
29	ŁUKASIK Marcin	293	BIEGNIJ OŁAWO	M-40	7	NIE	00:55:50	01:48:40				02:39:24.85	+00:33:44 (21.2%)	7:35	7.9 (79.0%)
30	BERNAT Katarzyna	28	BIEGOWA ŚWIDNICA	K-50	1	NIE	00:54:27	01:48:53				02:39:27.65	+00:33:47 (21.2%)	7:35	7.9 (79.0%)
31	BOSAKIEWICZ Tomasz	55	OLAWS	M-30	15	NIE	00:54:23	01:50:08				02:41:17.95	+00:35:37 (22.1%)	7:40	7.8 (78.0%)
32	KUŹMIŃSKI Piotr	271	AGB TORFY	M-40	8	NIE	00:55:59	01:51:22				02:41:55.10	+00:36:14 (22.4%)	7:42	7.8 (78.0%)
33	KRAWCZYK Adriana	242		K-30	4	NIE	00:55:13	01:50:57				02:42:19.65	+00:36:39 (22.6%)	7:43	7.8 (78.0%)
34	MICHALSKI Piotr	324		M-30	16	NIE	00:56:13	01:50:34				02:42:37.70	+00:36:57 (22.7%)	7:44	7.7 (77.0%)
35	ŚNIERZYŃSKI Robert	493		M-30	17	NIE	00:59:46	01:54:36				02:42:45.60	+00:37:05 (22.8%)	7:45	7.7 (77.0%)
36	ORACZ Mateusz	370	BEZ LITOŚCI	M-30	18	NIE	00:56:25	01:53:49				02:43:19.85	+00:37:39 (23.1%)	7:46	7.7 (77.0%)
37	SANKOWSKI Paweł	438	PLACKI TEAM	M-30	19	NIE	00:56:44	01:52:38				02:43:31.70	+00:37:51 (23.1%)	7:47	7.7 (77.0%)
38	HARĘŻLAK Krzysztof	159	KS ULTRA TEAM ŁÓDŹ & AGB TORFY	M-40	9	NIE	00:56:43	01:51:29				02:44:26.05	+00:38:45 (23.6%)	7:49	7.7 (77.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking		Bledne_Skaly		Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
							7km	14km	21km	Różn					
39	MAJCHRZAK Bartosz	300	PKO BANK POLSKI	M-30	20	NIE	00:56:42	01:53:52				02:45:02.50	+00:39:22 (23.9%)	7:51	7.6 (76.0%)
40	ZERZUT Jarosław	565	FARTY PUSZCZY	M-50	3	NIE	00:57:34	01:54:42				02:45:04.00	+00:39:23 (23.9%)	7:51	7.6 (76.0%)
41	CIEŻKI Konrad	89	EVERRUN	M-30	21	NIE	00:58:22	01:54:52				02:45:24.40	+00:39:44 (24.0%)	7:52	7.6 (76.0%)
42	MATUSZEWSKI Marek	317	RUNNER'S POWER ŚREM	M-50	4	NIE	00:55:31	01:52:52				02:45:40.70	+00:40:00 (24.1%)	7:53	7.6 (76.0%)
43	AUGUST Kajetan	9		M-20	2	NIE	00:56:39	01:53:27				02:46:22.30	+00:40:41 (24.5%)	7:55	7.6 (76.0%)
44	HAJDA Justyna	158	MAFIA TEAM LUBLINIEC	K-20	2	NIE	00:58:11	01:56:44				02:46:24.15	+00:40:43 (24.5%)	7:55	7.6 (76.0%)
45	ŁUKOMSKI Maciej	294	ŁÓDZKI KLUB WYSOKOGÓRSKI	M-40	10	TAK	00:56:59	01:54:26				02:46:24.80	+00:40:44 (24.5%)	7:55	7.6 (76.0%)
46	GULCZYŃSKI Tomasz	156		M-30	22	NIE	00:56:32	01:53:47				02:46:26.15	+00:40:45 (24.5%)	7:55	7.6 (76.0%)
47	LEŚNIAK Karolina	276	FUNTRI	K-30	5	NIE	00:58:08	01:55:28				02:46:27.20	+00:40:46 (24.5%)	7:55	7.6 (76.0%)
48	RÓŻALSKI Ireneusz	427	BIEGNIJ OŁAWO	M-50	5	NIE	00:00:37	01:51:52				02:46:39.35	+00:40:59 (24.6%)	7:56	7.6 (76.0%)
49	ŁAŻNIEWSKI Dawid	288	KUDOWIANKA RUN	M-30	23	NIE	00:55:10	01:53:18				02:46:46.90	+00:41:06 (24.6%)	7:56	7.6 (76.0%)
50	LUBAŃSKI Mateusz	283	KS BARYCZ MILICZ	M-30	24	NIE	00:57:01	01:54:22				02:46:47.70	+00:41:07 (24.7%)	7:56	7.6 (76.0%)
51	MICHAŁKIEWICZ Wojciech	325		M-50	6	NIE	00:57:10	01:53:27				02:47:31.30	+00:41:50 (25.0%)	7:58	7.5 (75.0%)
52	SKALSKI Radosław	447	KB AKTYWNI KONIN	M-50	7	NIE	00:55:28	01:50:43				02:47:44.60	+00:42:04 (25.1%)	7:59	7.5 (75.0%)
53	TOŚ Sebastian	503		M-40	11	NIE	00:58:14	01:56:14				02:47:57.00	+00:42:16 (25.2%)	7:59	7.5 (75.0%)
54	PERZ Emilia	584		K-30	6		01:06:42	02:00:15				02:47:57.10	+00:42:16 (25.2%)	7:59	7.5 (75.0%)
55	KRUPA Marcin	246	AKTYWNA NOWA RUDA	M-40	12	NIE	00:53:14	01:52:59				02:48:34.90	+00:42:54 (25.5%)	8:01	7.5 (75.0%)
56	SŁYSZ Szymon	453	NSK RUNS	M-40	13	NIE	00:53:57	01:51:33				02:48:56.50	+00:43:16 (25.6%)	8:02	7.5 (75.0%)
57	CZERNIK Judyta	94	42K PRO TEAM	K-30	7	NIE	00:57:12	01:55:26				02:49:04.15	+00:43:23 (25.7%)	8:03	7.5 (75.0%)
58	WINTER Piotr	538	NIGHT RUNNERS	M-30	25	NIE	00:59:00	01:56:11				02:49:05.05	+00:43:24 (25.7%)	8:03	7.5 (75.0%)
59	KOZAK Robert	235	RONAL POLSKA RUN	M-40	14	NIE	00:47:31	01:34:55	00:30:00			02:49:21.45	+00:43:41 (25.8%)	6:38	9 (90.0%)
60	TYŚ Radek	515	NOWA RUDA BIEGA	M-30	26	NIE	00:56:39	01:53:36				02:49:35.80	+00:43:55 (25.9%)	8:04	7.4 (74.0%)
61	SZCZEŚNIAK Piotr	479	GVT	M-40	15	NIE	00:48:31	01:40:17	00:20:00			02:49:41.20	+00:44:00 (25.9%)	7:07	8.4 (84.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking		Bledne_Skaly		Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
							7km	14km	21km	Różn					
62	KRUŻOŁEK Monika	249	TURBOPTYSIE	K-30	8	NIE	00:59:42	01:57:23				02:49:47.65	+00:44:07 (26.0%)	8:05	7.4 (74.0%)
63	SZALA Krzysztof	476	80DNI.PL	M-30	27	NIE	01:00:21	01:58:21				02:50:16.65	+00:44:36 (26.2%)	8:06	7.4 (74.0%)
64	KRAWCZYK Karolina	243	INOV-8 TEAM	K-30	9	NIE	00:58:17	01:56:38				02:50:32.75	+00:44:52 (26.3%)	8:07	7.4 (74.0%)
65	TRZECIAKIEWICZ Mieczysław	507	INŻYNIERIA BIEGANIA	M-50	8	TAK	00:53:41	01:49:12	00:10:00			02:50:36.25	+00:44:55 (26.3%)	7:38	7.8 (78.0%)
66	WEINERT Artur	529	RUNNER'S POWER	M-40	16	NIE	00:59:11	01:57:01				02:50:47.95	+00:45:07 (26.4%)	8:07	7.4 (74.0%)
67	KOLANKO Sylwia	215	NYSA BIEGA	K-30	10	NIE	00:58:16	01:56:17				02:50:52.25	+00:45:11 (26.5%)	8:08	7.4 (74.0%)
68	SZOPA Marek	484	TEAM KOPEĆ	M-40	17	NIE	01:01:48	02:00:05				02:51:48.85	+00:46:08 (26.9%)	8:10	7.3 (73.0%)
69	JOŃCA Michał	192		M-20	3	NIE	01:03:20	02:01:27				02:51:58.05	+00:46:17 (26.9%)	8:11	7.3 (73.0%)
70	MAJEWSKA Agata	304		K-40	2	NIE	00:58:41	01:56:36				02:52:26.05	+00:46:45 (27.1%)	8:12	7.3 (73.0%)
71	ANTOSIAK Tomasz	7	FUNTRI	M-40	18	NIE	01:02:38	02:01:54				02:52:27.05	+00:46:46 (27.1%)	8:12	7.3 (73.0%)
72	STANUCHIEWICZ Oskar	463		M-40	19	NIE	00:56:18	01:54:48				02:52:30.40	+00:46:50 (27.1%)	8:12	7.3 (73.0%)
73	ZAWOJAK Aleksander	561	RONAL POLSKA RUN	M-30	28	NIE	00:59:54	01:54:15				02:52:51.35	+00:47:11 (27.3%)	8:13	7.3 (73.0%)
74	KRYM Katarzyna	250	HERCOGRUNNINGTEAM/NIGHT RUNNERS WROCŁAW	K-40	3	NIE	01:00:52					02:52:57.20	+00:47:16 (27.3%)	8:14	7.3 (73.0%)
75	CHOJNACKA Marta	77		K-30	11	NIE	01:01:54	02:01:27				02:53:10.95	+00:47:30 (27.4%)	8:14	7.3 (73.0%)
76	ZIMNY Tomasz	570	FARTY PUSZCZY	M-60	1	NIE	01:01:36	02:00:22				02:53:13.85	+00:47:33 (27.5%)	8:14	7.3 (73.0%)
77	WICHA Małgorzata	535	WKS WAWEL	K-30	12	NIE	00:59:43	01:58:53				02:53:21.35	+00:47:41 (27.5%)	8:15	7.3 (73.0%)
78	KARASIAK Piotr	204		M-30	29	NIE	00:55:54	01:57:06				02:53:22.45	+00:47:42 (27.5%)	8:15	7.3 (73.0%)
79	ZARODA Zbigniew	558	ALOHA DZIKU!	M-50	9	NIE	01:01:03	02:00:25				02:53:50.05	+00:48:09 (27.7%)	8:16	7.2 (72.0%)
80	FERENC-SZMUC Edyta	119	KUDOWIANKA RUN	K-30	13	NIE	00:58:53	01:59:58				02:54:08.95	+00:48:28 (27.8%)	8:17	7.2 (72.0%)
81	TUNDAK Zuzanna	510		K-30	14	NIE	00:59:43	01:58:17				02:54:40.40	+00:49:00 (28.1%)	8:19	7.2 (72.0%)
82	ROŚLICKI Jarosław	426	UBEZPIECZENIA DLA AKTYWNYCH/OBORYGENI	M-40	20	NIE	00:55:27	01:53:10				02:54:55.95	+00:49:15 (28.2%)	8:19	7.2 (72.0%)
83	ZAMBRZYCKA-ROZNER Ewa	581		K-30	15	NIE	01:01:31	02:00:52				02:55:17.85	+00:49:37 (28.3%)	8:20	7.2 (72.0%)
84	MACIEJEWSKI Karol	297	FUNTRI	M-40	21	NIE	00:59:20	01:58:35				02:55:27.05	+00:49:46 (28.4%)	8:21	7.2 (72.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking		Bledne_Skaly		Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
							7km	14km	7km	14km		netto 21km	Różn		
85	GNITECKA Katarzyna	139	KUDOWIANKA RUN	K-30	16	NIE	01:00:57	02:00:28				02:55:34.05	+00:49:53 (28.4%)	8:21	7.2 (72.0%)
86	SZYMBORSKA Monika	489		K-40	4	NIE	00:58:30	01:59:24				02:55:36.85	+00:49:56 (28.4%)	8:21	7.2 (72.0%)
87	GRZESIAK Grzegorz	153	BIEGNIJ OŁAWO	M-30	30	NIE	00:57:12	01:59:06				02:55:37.80	+00:49:57 (28.4%)	8:21	7.2 (72.0%)
88	FEICHTINGER Marek	118		M-40	22	TAK	01:01:03	02:00:59				02:55:54.20	+00:50:13 (28.6%)	8:22	7.2 (72.0%)
89	FOLCIK Ziemowit	126		M-40	23	NIE	01:02:04	02:02:41				02:55:57.85	+00:50:17 (28.6%)	8:22	7.2 (72.0%)
90	LACHOWSKI Robert	272	ROSSMANN	M-30	31	NIE	01:01:27	02:01:30				02:56:34.30	+00:50:53 (28.8%)	8:24	7.1 (71.0%)
91	MÓLL Mateusz	335	#SOBASTEAM	M-30	32	NIE	00:55:03	01:56:34				02:56:41.85	+00:51:01 (28.9%)	8:24	7.1 (71.0%)
92	MRÓZ Marcin	339	DZIKIE BOBRY	M-40	24	NIE	01:00:43	02:02:40				02:57:28.15	+00:51:47 (29.2%)	8:27	7.1 (71.0%)
93	SZYMCZYSZYN Tomasz	491		M-40	25	NIE	01:05:31	02:03:34				02:57:33.25	+00:51:52 (29.2%)	8:27	7.1 (71.0%)
94	HOSS Jan	166		M-40	26		01:03:46	02:05:57				02:58:05.65	+00:52:25 (29.4%)	8:28	7.1 (71.0%)
95	URBAŃSKI Michał	517		M-30	33	NIE	01:00:38	02:01:54				02:58:06.80	+00:52:26 (29.4%)	8:28	7.1 (71.0%)
96	KRZYWDZIŃSKI Bartłomiej	255		M-40	27	NIE	00:59:55	02:00:49				02:58:24.20	+00:52:43 (29.6%)	8:29	7.1 (71.0%)
97	SZYMAŃSKI Marcin	487	BIEGNIJ OŁAWO	M-40	28	NIE	01:00:57	02:05:21				02:58:45.00	+00:53:04 (29.7%)	8:30	7 (70.0%)
98	GAWRON Tomasz	131		M-40	29	TAK	01:04:03	02:06:22				02:59:04.60	+00:53:24 (29.8%)	8:31	7 (70.0%)
99	DZIAŁDOWSKI Damian	114	AKADEMIA WOJSK LĄDOWYCH	M-20	4	NIE	00:59:49					02:59:29.85	+00:53:49 (30.0%)	8:32	7 (70.0%)
100	BERNAT Arkadiusz	29	BIEGOWA ŚWIDNICA	M-50	10	NIE	01:02:10	02:05:21				02:59:37.95	+00:53:57 (30.0%)	8:33	7 (70.0%)
101	LESZCZYŃSKI Michał	274	SHT	M-40	30	NIE	01:02:36	02:07:28				02:59:50.40	+00:54:10 (30.1%)	8:33	7 (70.0%)
102	JAKUS Michał	176	OTM.B	M-30	34	NIE	00:59:51	02:00:24				03:01:05.90	+00:55:25 (30.6%)	8:37	7 (70.0%)
103	BUDYCH Arek	62		M-40	31	NIE	01:03:42	02:06:20				03:01:11.50	+00:55:31 (30.6%)	8:37	7 (70.0%)
104	BIEŃ Magdalena	37		K-40	5		01:01:30	02:04:30				03:01:15.80	+00:55:35 (30.7%)	8:37	7 (70.0%)
105	BIECUSZEK Tomasz	32	AKTYWNA NOWA RUDA	M-40	32	NIE	00:59:52	02:03:13				03:01:40.65	+00:56:00 (30.8%)	8:39	6.9 (69.0%)
106	CHMIELEWSKI Grzegorz	75	FUNTRI	M-40	33		01:05:16	02:05:16				03:01:52.70	+00:56:12 (30.9%)	8:39	6.9 (69.0%)
107	HETMAŃCZYK Jakub	160	XIN CHAO	M-30	35	TAK	01:00:12	02:03:06				03:02:07.55	+00:56:27 (31.0%)	8:40	6.9 (69.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking		Bledne_Skaly		Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
							7km	14km	7km	14km		netto 21km	Różn		
108	RATAJCZAK Łukasz	415	NIGHT RUNNERS	M-40	34	YES	01:04:00	02:04:52				03:02:15.40	+00:56:35 (31.0%)	8:40	6.9 (69.0%)
109	GÓRNY Robert	148	TIM JEST TIM	M-40	35	NIE	00:59:11	02:01:02				03:02:33.45	+00:56:53 (31.2%)	8:41	6.9 (69.0%)
110	PIECUCH Karolina	391		K-30	17	NIE	01:03:22	02:06:08				03:02:34.35	+00:56:54 (31.2%)	8:41	6.9 (69.0%)
111	PALACZ Marcin	376		M-40	36	NIE	01:01:34	02:05:51				03:03:02.85	+00:57:22 (31.3%)	8:42	6.9 (69.0%)
112	PAWLAK Maciej	381	3 TEAM KONIN/MPEC - KONIN	M-50	11	NIE	01:01:16	02:05:56				03:03:04.50	+00:57:24 (31.4%)	8:43	6.9 (69.0%)
113	MÓLL Kacper	337		M-20	5	NIE	01:00:43	02:06:03				03:03:26.70	+00:57:46 (31.5%)	8:44	6.9 (69.0%)
114	NOWAK Marcin	354	TIMJESTTIM	M-30	36	NIE	01:04:24	02:06:46				03:03:48.25	+00:58:07 (31.6%)	8:45	6.9 (69.0%)
115	KALINOWSKI Grzegorz	583	GUT	M-40	37		01:02:51	02:04:46				03:03:51.35	+00:58:11 (31.6%)	8:45	6.9 (69.0%)
116	MOREVA Daria	334	TRAIL RUNNING SCHOOL	K-30	18	NO	01:04:30	02:08:12				03:03:55.85	+00:58:15 (31.7%)	8:45	6.9 (69.0%)
117	MARZEC Karolina	314	DZIKIE DZIKI GORZÓW	K-40	6	NIE	01:01:46	01:59:55	00:10:00			03:03:56.80	+00:58:16 (31.7%)	8:16	7.2 (72.0%)
118	PIETRZYK Tomasz	392	140MINUT.PL	M-40	38	NIE	01:01:48	02:03:38				03:04:01.15	+00:58:20 (31.7%)	8:45	6.8 (68.0%)
119	RELIGA Andrzej	417		M-40	39	NO	00:59:16	02:03:40				03:04:12.10	+00:58:31 (31.8%)	8:46	6.8 (68.0%)
120	PANZ Krzysztof	379		M-30	37	TAK	01:01:08	02:04:31				03:04:12.95	+00:58:32 (31.8%)	8:46	6.8 (68.0%)
121	POŁCZYŃSKI Paweł	407	STALOWA ŁYDA	M-30	38	NIE	01:01:22	02:04:36				03:04:19.15	+00:58:38 (31.8%)	8:46	6.8 (68.0%)
122	MICHALAK Piotr	322		M-40	40	NIE	01:03:35	02:04:16				03:04:20.75	+00:58:40 (31.8%)	8:46	6.8 (68.0%)
123	HOJAN Łukasz	164		M-30	39	NIE	01:05:08	02:08:12				03:04:47.75	+00:59:07 (32.0%)	8:47	6.8 (68.0%)
124	MADERA Michał	298	LECIMY TUTAJ	M-30	40	NIE	00:59:54	02:04:43				03:04:49.20	+00:59:08 (32.0%)	8:48	6.8 (68.0%)
125	ZIELIŃSKI Dominik	568		M-30	41	NIE	01:03:56	02:08:01				03:04:51.05	+00:59:10 (32.0%)	8:48	6.8 (68.0%)
126	TURLEJ Dariusz	513		M-60	2	NIE	01:04:50	02:08:56				03:04:59.40	+00:59:19 (32.1%)	8:48	6.8 (68.0%)
127	BARAN Zenon	18	HOMOKOMANDO	M-60	3	NIE	01:10:47	02:10:51				03:05:09.55	+00:59:29 (32.1%)	8:49	6.8 (68.0%)
128	ZĄLUSTOWICZ Maciej Załustowicz	556		M-40	41	NIE	01:02:33	02:06:14				03:06:12.95	+01:00:32 (32.5%)	8:52	6.8 (68.0%)
129	OLEJNIK Marcin	367	CSIR AGATSU	M-40	42	NIE	01:03:46	02:06:24				03:06:15.35	+01:00:35 (32.5%)	8:52	6.8 (68.0%)
130	KŁACZYŃSKA Danuta	211	FARTY PUSZCZY	K-40	7	NIE	01:01:44	02:01:33	00:10:00			03:06:15.85	+01:00:35 (32.5%)	8:23	7.1 (71.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking		Bledne_Skaly		Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
							7km	14km	14km	14km		netto 21km	Różn		
131	ZATOŃ Adrian	559		M-40	43	YES	01:08:12	02:11:45				03:07:06.50	+01:01:26 (32.8%)	8:54	6.7 (67.0%)
132	DATA Marek	100	KUGUAR XTREME RUNNERS	M-30	42	NIE	01:01:14	02:07:39				03:07:13.60	+01:01:33 (32.9%)	8:54	6.7 (67.0%)
133	STACHURSKA Ilona	460	KUGUAR XTREME RUNNERS	K-30	19	NIE	01:01:16	02:07:40				03:07:13.75	+01:01:33 (32.9%)	8:54	6.7 (67.0%)
134	WARMUŁA Piotr	525	FUNTRI	M-40	44	NIE	01:04:32	02:06:36				03:07:16.20	+01:01:35 (32.9%)	8:55	6.7 (67.0%)
135	WEYNA Rafał	533	BIAŁY DOMEK BIEGA	M-40	45	TAK	01:02:59	02:07:18				03:07:23.55	+01:01:43 (32.9%)	8:55	6.7 (67.0%)
136	ŁOPATYŃSKA-HUBER Julita	290	KUDOWIANKA RUN	K-40	8	NIE	01:02:44	02:07:02				03:07:36.95	+01:01:56 (33.0%)	8:56	6.7 (67.0%)
137	KRYSIŃSKI Maciej	251		M-30	43	NIE	01:02:28	02:07:15				03:07:49.00	+01:02:08 (33.1%)	8:56	6.7 (67.0%)
138	KACZMAREK Karol	199	ROZBIEGANY RAWICZ AKUNA RUN	M-40	46	NIE	01:05:47	02:09:55				03:08:35.25	+01:02:54 (33.4%)	8:58	6.7 (67.0%)
139	LUBIK Adam	285		M-30	44	TAK	01:05:42	02:12:21				03:09:02.30	+01:03:21 (33.5%)	9:00	6.7 (67.0%)
140	BIAŁEK Paweł	31	KB HERMES GRYFINO	M-30	45	TAK	01:07:05	02:12:52				03:09:05.65	+01:03:25 (33.5%)	9:00	6.7 (67.0%)
141	DĄBKIEWICZ Dominika	101	NIGHT RUNNERS OSTRÓW WIELKOPOLSKI	K-40	9	NIE	01:05:49	02:08:29				03:09:09.30	+01:03:28 (33.6%)	9:00	6.7 (67.0%)
142	PAPROCKI Michał	380		M-30	46	NIE	00:58:16	02:01:58				03:09:26.75	+01:03:46 (33.7%)	9:01	6.7 (67.0%)
143	ŁAMPIKA Kinga	287	NIGHT RUNNERS WROCŁAW	K-40	10	NIE	01:05:26	02:11:24				03:09:34.55	+01:03:54 (33.7%)	9:01	6.6 (66.0%)
144	PODEJMA Grzegorz	403		M-40	47	NIE	01:04:11	02:08:49				03:09:34.85	+01:03:54 (33.7%)	9:01	6.6 (66.0%)
145	GALIŃSKI Kamil	130		M-30	47	NIE	01:04:36	02:09:51				03:09:35.25	+01:03:54 (33.7%)	9:01	6.6 (66.0%)
146	SAMBORSKI Bartosz	437		M-40	48	NIE	01:03:35	02:04:50	00:10:00			03:09:37.05	+01:03:56 (33.7%)	8:33	7 (70.0%)
147	ODOLCZYK Jerzy	362		M-60	4	NIE	01:07:12	02:11:48				03:09:49.45	+01:04:09 (33.8%)	9:02	6.6 (66.0%)
148	PURCZYŃSKI Grzegorz	412		M-40	49	NIE	01:04:23	02:11:09				03:10:18.75	+01:04:38 (34.0%)	9:03	6.6 (66.0%)
149	BOHAREWICZ Paweł	44	BOHAR PALETY	M-40	50	NIE	01:07:53	02:11:07				03:10:34.20	+01:04:53 (34.1%)	9:04	6.6 (66.0%)
150	GÓRNISIEWICZ Roland	147	TEAM LIVER	M-20	6	NIE	00:58:26	02:03:09				03:10:52.70	+01:05:12 (34.2%)	9:05	6.6 (66.0%)
151	BIEL Łukasz	35		M-30	48	NIE	01:11:02	02:15:58				03:11:49.00	+01:06:08 (34.5%)	9:08	6.6 (66.0%)
152	FLASZEWSKI Adam	125	SPORTOWY KAŻMIERZ	M-30	49	NIE	01:02:18	02:03:36	00:10:00			03:11:54.30	+01:06:13 (34.5%)	8:39	6.9 (69.0%)
153	TWARDOWSKI Krzysztof	514	AMATOR	M-50	12	NIE	01:08:24	02:13:15				03:12:01.35	+01:06:21 (34.6%)	9:08	6.6 (66.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking		Bledne_Skaly		Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
							7km	14km	7km	14km		netto 21km	Różn		
154	ANDROS Agata	4	BIEGNIJ OŁAWO	K-30	20	NIE	01:08:06	02:15:25				03:12:04.60	+01:06:24 (34.6%)	9:08	6.6 (66.0%)
155	BUŁAJEWSKA- OZGA Kinga	67	BIEGNIJ OŁAWO	K-30	21	NIE	01:08:29	02:15:37				03:12:13.05	+01:06:32 (34.6%)	9:09	6.6 (66.0%)
156	SZNAJDER Paweł	483	BUBBA@GUMP	M-40	51	NIE	01:01:08	02:06:28				03:12:16.40	+01:06:36 (34.6%)	9:09	6.6 (66.0%)
157	GINTER Grzegorz	137	AZS COLLEGIUM MEDICUM UJ	M-30	50	NIE	01:06:20	02:11:46				03:12:27.70	+01:06:47 (34.7%)	9:09	6.5 (65.0%)
158	BUSZ Rafał	70	BIEGNIJ OŁAWO	M-40	52	NIE	01:08:13	02:15:33				03:12:34.25	+01:06:53 (34.7%)	9:10	6.5 (65.0%)
159	KORYTEK Piotr	228	ATR	M-40	53	NIE	01:02:18	02:09:24				03:12:53.30	+01:07:12 (34.8%)	9:11	6.5 (65.0%)
160	SPŁAWSKI Michał	457	MSERWIS.PL	M-40	54	NIE	01:04:28	02:13:11				03:13:02.70	+01:07:22 (34.9%)	9:11	6.5 (65.0%)
161	JELONEK Piotr	188	FUNTRI	M-40	55	NIE	01:07:41	02:13:45				03:14:16.05	+01:08:35 (35.3%)	9:15	6.5 (65.0%)
162	SIKORA Michał	444		M-40	56	NIE	01:09:31	02:15:45				03:14:16.20	+01:08:35 (35.3%)	9:15	6.5 (65.0%)
163	BYLINA Bartosz	72		M-50	13	NIE	01:04:11	02:10:25				03:14:32.95	+01:08:52 (35.4%)	9:15	6.5 (65.0%)
164	MÓLL Janusz	336		M-50	14	NIE	01:01:41	02:11:03				03:14:52.85	+01:09:12 (35.5%)	9:16	6.5 (65.0%)
165	KUCZKOWSKA Marta	261	EXTEAM	K-20	3	NIE	01:04:23	02:12:50				03:14:53.05	+01:09:12 (35.5%)	9:16	6.5 (65.0%)
166	WITEK Tomasz	539		M-30	51	NIE	01:09:33	02:17:32				03:15:21.55	+01:09:41 (35.7%)	9:18	6.4 (64.0%)
167	PONIATOWSKI Seweryn	409	TROPEM ULTRA	M-30	52	NIE	01:04:04	02:12:47				03:15:26.30	+01:09:45 (35.7%)	9:18	6.4 (64.0%)
168	ROJEWSKI Paweł	421	EVERRUN	M-30	53	NIE	01:04:44	02:12:53				03:15:38.10	+01:09:57 (35.8%)	9:18	6.4 (64.0%)
169	BABIŃSKA- POPIŁKA Ewelina	12		K-30	22	NIE	01:00:27	02:11:11				03:15:49.20	+01:10:08 (35.8%)	9:19	6.4 (64.0%)
170	GOZDUR Michał	145		M-40	57	NIE	01:05:12	02:14:21				03:15:49.25	+01:10:08 (35.8%)	9:19	6.4 (64.0%)
171	KURZYNIEC Łukasz	269		M-30	54	TAK	01:10:29	02:18:57				03:16:03.65	+01:10:23 (35.9%)	9:20	6.4 (64.0%)
172	KRAKOWSKI Krzysztof	239		M-40	58	NIE	01:04:04	02:13:55				03:16:20.10	+01:10:39 (36.0%)	9:20	6.4 (64.0%)
173	CZUBIEL Konrad	96		M-40	59	NIE	01:04:35	02:11:57				03:16:46.80	+01:11:06 (36.1%)	9:22	6.4 (64.0%)
174	TRZPIOLA Tycjan	509		M-30	55		01:06:51	02:14:30				03:17:06.85	+01:11:26 (36.2%)	9:23	6.4 (64.0%)
175	KRZESIMOWSKI Damian	253	ROSSMANN	M-40	60	NIE	01:05:13	02:12:51				03:18:12.00	+01:12:31 (36.6%)	9:26	6.4 (64.0%)
176	KUKLA Sebastian	264		M-40	61	NIE	01:09:41	02:17:51				03:18:36.20	+01:12:55 (36.7%)	9:27	6.3 (63.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking		Bledne_Skaly		Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
							7km	14km	21km	Różn					
177	MAJCHRZYCKI Sławomir	302	TKKF MPK POZNAŃ	M-30	56	NIE	01:08:04	02:16:06				03:18:40.65	+01:13:00 (36.7%)	9:27	6.3 (63.0%)
178	HACUŚ Jacek	157		M-30	57	NIE	01:06:17	02:16:08				03:18:44.80	+01:13:04 (36.8%)	9:27	6.3 (63.0%)
179	BOCHNIARZ Anna	43	BIEGNIJ OŁAWO	K-40	11	NIE	01:09:43	02:18:40				03:18:57.15	+01:13:16 (36.8%)	9:28	6.3 (63.0%)
180	WESOŁEK Paula	530		K-30	23	NIE	01:12:43	02:18:10				03:19:08.85	+01:13:28 (36.9%)	9:28	6.3 (63.0%)
181	TRZECIAKIEWICZ Marek	506	MLKS RADKÓW	M-20	7		01:05:36	02:14:25				03:19:18.25	+01:13:37 (36.9%)	9:29	6.3 (63.0%)
182	DUNAJ Paweł	112	GT RAT	M-40	62	TAK	01:05:08	02:14:33				03:19:19.10	+01:13:38 (36.9%)	9:29	6.3 (63.0%)
183	ANTECKI Jacek	6		M-40	63	NIE	01:05:28	02:15:00				03:19:19.35	+01:13:39 (37.0%)	9:29	6.3 (63.0%)
184	CHUDY Tobiasz	83	RUN TEAM RYDZYNA	M-30	58	NIE	01:09:22	02:21:26				03:19:19.40	+01:13:39 (37.0%)	9:29	6.3 (63.0%)
185	PILARSKI Jacek	394	AKTYWNI KONIN	M-50	15	NIE	01:08:44	02:18:30				03:19:59.65	+01:14:19 (37.2%)	9:31	6.3 (63.0%)
186	GRZEGORCZYK Wojciech	152	KONDYCJA	M-50	16	NIE	01:09:47	02:18:04				03:20:08.10	+01:14:27 (37.2%)	9:31	6.3 (63.0%)
187	ZDUŃCZYK Paulina	563		K-30	24	NIE	01:11:13	02:18:48				03:21:22.35	+01:15:42 (37.6%)	9:35	6.3 (63.0%)
188	PAKULSKA-TOMZA Dorota	375		K-40	12	NIE	01:09:47	02:18:07				03:21:51.65	+01:16:11 (37.7%)	9:36	6.2 (62.0%)
189	NAPIERAŁA Katarzyna	343		K-40	13	NIE	01:13:28	02:20:57				03:21:51.80	+01:16:11 (37.7%)	9:36	6.2 (62.0%)
190	SOKOŁOWSKI Marcin	454		M-30	59	NIE	01:08:21	02:23:20				03:21:54.40	+01:16:14 (37.8%)	9:36	6.2 (62.0%)
191	SIEJAK Wojciech	441		M-20	8	NIE	01:07:07	02:14:48				03:21:54.70	+01:16:14 (37.8%)	9:36	6.2 (62.0%)
192	ŻAK Piotr	573	FARTY PUSZCZY	M-30	60	NIE	01:13:39	02:20:48				03:21:57.40	+01:16:17 (37.8%)	9:37	6.2 (62.0%)
193	ŚWIĄTEK Łukasz	496	GVT	M-30	61	NIE	01:11:06	02:22:39				03:22:03.10	+01:16:22 (37.8%)	9:37	6.2 (62.0%)
194	KOCJAN Paweł	214	KIDS RUN	M-40	64	NIE	01:07:33	02:21:32				03:22:10.65	+01:16:30 (37.8%)	9:37	6.2 (62.0%)
195	KOWANSKI Jacek	232		M-30	62	NIE	01:07:32	02:15:31				03:22:16.20	+01:16:35 (37.9%)	9:37	6.2 (62.0%)
196	ADACH Dariusz	1	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	M-40	65	NIE	01:06:35	02:14:52				03:23:07.00	+01:17:26 (38.1%)	9:40	6.2 (62.0%)
197	JADACH Grzegorz	171	NOA	M-40	66	NIE	01:08:45	02:20:21				03:23:15.25	+01:17:34 (38.2%)	9:40	6.2 (62.0%)
198	PAWLAK Mateusz	382	BIEGNIJ OŁAWO	M-30	63	NIE	01:10:05	02:18:36				03:23:20.65	+01:17:40 (38.2%)	9:40	6.2 (62.0%)
199	DUDEK Dawid	110		M-20	9	NIE	01:05:04	02:19:10				03:24:01.35	+01:18:21 (38.4%)	9:42	6.2 (62.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking		Bledne_Skaly		Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
							7km	14km	21km	Różn					
200	WESOŁEK Daniel	531		M-30	64	NIE	01:02:25	02:14:36				03:24:28.60	+01:18:48 (38.5%)	9:44	6.2 (62.0%)
201	WINCZURA Leszek	537		M-40	67	NIE	01:11:37	02:21:35				03:24:33.25	+01:18:52 (38.6%)	9:44	6.2 (62.0%)
202	STEC Adam	468	FCMISIENIECHCE	M-40	68	NIE	01:07:48	02:19:28				03:24:40.45	+01:19:00 (38.6%)	9:44	6.2 (62.0%)
203	GUJSKI Marcin	155	TRIPAKA	M-40	69	NIE	01:13:03	02:23:00				03:24:43.25	+01:19:02 (38.6%)	9:44	6.2 (62.0%)
204	STASZEWSKI Dariusz	466	7.BKPOW	M-30	65	NIE	01:09:32	02:20:25				03:24:44.00	+01:19:03 (38.6%)	9:44	6.2 (62.0%)
205	ŚWIATOWIEC Anna	495		K-50	2	NIE	01:09:40	02:22:16				03:24:48.15	+01:19:07 (38.6%)	9:45	6.2 (62.0%)
206	JASIŃSKA Magdalena	182	RĄCZE RACICZKI	K-40	14	NIE	01:10:51	02:20:42				03:24:58.65	+01:19:18 (38.7%)	9:45	6.1 (61.0%)
207	PRZYBYSZ Artur	411	BIEGAJ PO ENDORFINY	M-20	10	NIE	01:10:21	02:20:30				03:25:07.45	+01:19:27 (38.7%)	9:46	6.1 (61.0%)
208	LUBELCZYK Grzegorz	284	SPELEOCLUB WROCŁAW	M-50	17	TAK	01:10:01	02:22:29				03:25:08.50	+01:19:28 (38.7%)	9:46	6.1 (61.0%)
209	ŻYLAK Marek	576		M-30	66	NO	01:09:31	02:17:32				03:25:16.15	+01:19:35 (38.8%)	9:46	6.1 (61.0%)
210	FILIPIAK Sebastian	122	EKIPA LIPA	M-40	70	NIE	01:12:53	02:25:17				03:25:33.95	+01:19:53 (38.9%)	9:47	6.1 (61.0%)
211	SZYSZKO Stanisław	492	12 WIELKOPOLSKA BRYGADA OBRONY TERYTORIALNEJ	M-30	67	NIE	01:10:35	02:24:58				03:25:34.00	+01:19:53 (38.9%)	9:47	6.1 (61.0%)
212	SOWIŃSKI Robert	456	GVT	M-40	71	NIE	01:10:26	02:22:41				03:26:07.95	+01:20:27 (39.0%)	9:48	6.1 (61.0%)
213	POCIĘGIEL Michał	402	SKAWINA BIEGA	M-40	72	NIE	01:13:29	02:22:11				03:26:12.65	+01:20:32 (39.1%)	9:49	6.1 (61.0%)
214	DREAS Jakub	108	WĘDZIKOWSKI TEAM / DZIKIE BOBRY	M-30	68	NIE	01:13:41	02:25:59				03:26:15.10	+01:20:34 (39.1%)	9:49	6.1 (61.0%)
215	KOMADA Wojciech	218		M-40	73	NIE	01:12:15	02:25:35				03:26:50.50	+01:21:10 (39.2%)	9:50	6.1 (61.0%)
216	SIWEK Grzegorz	446	LANRUNS	M-40	74	NIE	01:11:19	02:21:19				03:26:51.25	+01:21:10 (39.2%)	9:51	6.1 (61.0%)
217	SKOKOWSKI Jacek	448	FARTY PUSZCZY	M-50	18	NIE	01:11:47	02:23:42				03:27:04.25	+01:21:23 (39.3%)	9:51	6.1 (61.0%)
218	KARATKÓW Ewa	205		K-40	15	NIE	01:08:59	02:22:21				03:27:10.20	+01:21:29 (39.3%)	9:51	6.1 (61.0%)
219	BAJZERT Filip	13		M-40	75	NIE	01:10:10	02:24:39				03:27:19.85	+01:21:39 (39.4%)	9:52	6.1 (61.0%)
220	DIUWE Marzena	103	PASTERKA PANY	K-30	25	NIE	01:13:26	02:24:15				03:27:34.45	+01:21:54 (39.5%)	9:53	6.1 (61.0%)
221	ODOLCZYK Joanna	363		K-50	3	NIE	01:13:30	02:23:21				03:27:50.15	+01:22:09 (39.5%)	9:53	6.1 (61.0%)
222	JANOWICZ Wojtek	179		M-30	69	NIE	01:09:54	02:20:31				03:27:51.00	+01:22:10 (39.5%)	9:53	6.1 (61.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking		Bledne_Skaly		Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
							7km	14km	21km	Różn					
223	JAGODZIŃSKI Paweł	172	VIKMED 3TEAM KONIN	M-40	76	NIE	01:09:04	02:25:50				03:28:04.40	+01:22:24 (39.6%)	9:54	6.1 (61.0%)
224	KOZŁOWSKI Wojciech	236		M-50	19	NIE	01:09:43	02:21:13				03:28:05.60	+01:22:25 (39.6%)	9:54	6.1 (61.0%)
225	ORTYL Ewelina	371		K-40	16	NIE	01:09:47	02:21:18				03:28:06.80	+01:22:26 (39.6%)	9:54	6.1 (61.0%)
226	PERZ Marzenna	387		K-50	4	NIE	01:16:56	02:27:54				03:28:11.15	+01:22:30 (39.6%)	9:54	6.1 (61.0%)
227	ROZNER Artur	582		M-40	77	NIE	01:09:58	02:22:05				03:28:31.20	+01:22:50 (39.7%)	9:55	6 (60.0%)
228	BIEL Tomasz	36		M-40	78	NIE	01:10:46	02:21:43				03:28:36.45	+01:22:56 (39.8%)	9:56	6 (60.0%)
229	ŻAK Dominika	572	FARTY PUSZCZY	K-30	26	NIE	01:13:34	02:24:43				03:29:04.60	+01:23:24 (39.9%)	9:57	6 (60.0%)
230	WOSZCZAK Zbigniew	547	STRZELIŃSKI KLUB BIEGACZA GRANIT	M-50	20	NIE	01:16:01	02:28:13				03:29:38.85	+01:23:58 (40.1%)	9:58	6 (60.0%)
231	ROBAKOWSKA Joanna	419	NIGHT RUNNERS OSTRÓW WIELKOPOLSKI	K-30	27	NIE	01:13:43	02:29:25				03:29:44.50	+01:24:04 (40.1%)	9:59	6 (60.0%)
232	ZIELENKIEWICZ Marcin	567	FUNTRI	M-40	79	NIE	01:10:12	02:22:16				03:29:47.10	+01:24:06 (40.1%)	9:59	6 (60.0%)
233	KUBICKA Magdalena	256		K-40	17	NIE	01:11:20	02:23:39				03:29:53.50	+01:24:13 (40.1%)	9:59	6 (60.0%)
234	SYPNIEWSKI Krystian	474		M-40	80		01:09:01	02:25:09				03:30:06.05	+01:24:25 (40.2%)	10:00	6 (60.0%)
235	JANOWSKI Michał	180		M-30	70	NIE	01:02:41	02:16:22				03:30:25.20	+01:24:44 (40.3%)	10:01	6 (60.0%)
236	CHUDY Ariel	84	RUN TEAM RYDZYNA	M-30	71	NIE	01:09:26	02:21:33				03:30:53.25	+01:25:12 (40.4%)	10:02	6 (60.0%)
237	WOLFF Maria	546		K-30	28	NIE	01:10:10	02:25:50				03:30:56.25	+01:25:15 (40.4%)	10:02	6 (60.0%)
238	MŁYNARCZYK Krzysztof	331		M-40	81	NIE	01:11:14	02:24:06				03:31:05.90	+01:25:25 (40.5%)	10:03	6 (60.0%)
239	TRZEPACZ Dorota	508	KB LUPUS OLEŚNICA	K-40	18	NIE	01:09:15	02:25:54				03:31:13.20	+01:25:32 (40.5%)	10:03	6 (60.0%)
240	NOWAK Jarosław	356		M-50	21	NIE	01:11:43	02:24:55				03:31:28.45	+01:25:48 (40.6%)	10:04	6 (60.0%)
241	KACZMAREK Miroslaw	200	RUNNER'S POWER ŚREM	M-30	72	NIE	01:14:05	02:27:01				03:31:55.55	+01:26:15 (40.7%)	10:05	5.9 (59.0%)
242	MATUSZEWSKI Małgorzata	318	RUNNER'S POWER ŚREM	K-40	19	NIE	01:14:04	02:27:01				03:31:56.00	+01:26:15 (40.7%)	10:05	5.9 (59.0%)
243	ŁĘKAWA Sebastian	289	140MINUT.PL	M-40	82	NO	01:13:06	02:25:42				03:32:16.85	+01:26:36 (40.8%)	10:06	5.9 (59.0%)
244	ROLIŃSKI Radosław	422		M-50	22	NIE	01:13:08	02:25:42				03:32:45.60	+01:27:05 (40.9%)	10:07	5.9 (59.0%)
245	GERUS Anna	133		K-20	4	NIE	01:11:16	02:30:32				03:32:59.40	+01:27:19 (41.0%)	10:08	5.9 (59.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking		Bledne_Skaly		Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
							7km	14km	21km	Różn					
246	WOSZCZAK Jolanta	548	STRZELIŃSKI KLUB BIEGACZA GRANIT	K-50	5	NIE	01:17:39	02:28:23				03:33:13.55	+01:27:33 (41.1%)	10:09	5.9 (59.0%)
247	ŻYCHSKA Anna	575		K-30	29	NIE	01:12:09	02:25:00				03:33:29.25	+01:27:48 (41.1%)	10:09	5.9 (59.0%)
248	POMIANOWSKI Szymon	408	KURACJUSZE	M-30	73	NIE	01:08:35	02:30:27				03:33:30.15	+01:27:49 (41.1%)	10:10	5.9 (59.0%)
249	PILZ-JEDRZEJCZYK Dominika	395		K-30	30	NIE	01:13:39	02:27:07				03:33:47.00	+01:28:06 (41.2%)	10:10	5.9 (59.0%)
250	CHRZANOWSKA Agnieszka	79		K-40	20	NIE	01:16:45	02:31:19				03:34:58.75	+01:29:18 (41.5%)	10:14	5.9 (59.0%)
251	ANDRYSZCZAK Łukasz	5	BMW KLUB POZNAŃ	M-30	74	NIE	01:14:46	02:30:58				03:35:01.55	+01:29:21 (41.6%)	10:14	5.9 (59.0%)
252	KRUSZEWSKI Jacek	247	MARKOWI BIEGACZE	M-40	83	NO	01:12:35	02:27:51				03:35:06.60	+01:29:26 (41.6%)	10:14	5.9 (59.0%)
253	FIGUŁA Sławomir	120		M-40	84	NIE	01:11:10	02:25:59				03:36:13.10	+01:30:32 (41.9%)	10:17	5.8 (58.0%)
254	KACZOREK Robert	201		M-40	85	TAK	01:08:17	02:24:51				03:36:23.05	+01:30:42 (41.9%)	10:18	5.8 (58.0%)
255	TAMULONEK Grzegorz	498	FARTY PUSZCZY	M-40	86	NIE	01:17:25	02:35:09				03:36:37.15	+01:30:56 (42.0%)	10:18	5.8 (58.0%)
256	SZAL Małgorzata	475	TENIS CENTRUM AS	K-30	31	NIE	01:13:14	02:35:42				03:36:56.20	+01:31:15 (42.1%)	10:19	5.8 (58.0%)
257	TARNOWSKI Maciej	499	NIGHT RUNNERS WROCŁAW	M-30	75	NIE	01:16:57	02:33:11				03:37:21.85	+01:31:41 (42.2%)	10:21	5.8 (58.0%)
258	JĘDRZEJCZYK Łukasz	191		M-30	76	NIE	01:12:29	02:27:08				03:37:35.95	+01:31:55 (42.2%)	10:21	5.8 (58.0%)
259	JAMROZ Bartosz	177		M-30	77	NIE	01:12:07	02:27:54				03:37:37.25	+01:31:56 (42.3%)	10:21	5.8 (58.0%)
260	GAJDA Sebastian	129		M-40	87	NIE	01:18:16	02:32:26				03:37:54.90	+01:32:14 (42.3%)	10:22	5.8 (58.0%)
261	NOWAK Dorota	357		K-30	32	NIE	01:18:15	02:32:25				03:37:55.25	+01:32:14 (42.3%)	10:22	5.8 (58.0%)
262	KAWA Krzysztof	206		M-30	78	NIE	01:11:09	02:26:16				03:38:29.20	+01:32:48 (42.5%)	10:24	5.8 (58.0%)
263	ZDYB Grzegorz	564	44 WOJSKOWY ODDZIAŁ GOSPODARCZY	M-40	88	NIE	01:17:25	02:30:56				03:38:35.65	+01:32:55 (42.5%)	10:24	5.8 (58.0%)
264	KRAWCZYK Anna	244	NIGHT RUNNERS	K-40	21	NIE	01:13:45	02:29:17				03:38:55.20	+01:33:14 (42.6%)	10:25	5.8 (58.0%)
265	KAMIŃSKI Paweł	203		M-50	23	NIE	01:13:30	02:28:25				03:39:01.00	+01:33:20 (42.6%)	10:25	5.8 (58.0%)
266	GRUSZKA Katarzyna	151		K-30	33	NIE	01:11:28	02:33:24				03:39:09.80	+01:33:29 (42.7%)	10:26	5.7 (57.0%)
267	ŚWIĄTEK Julia	497	IMMABEE / KS GVT	K-40	22	NIE	01:11:26	02:33:23				03:39:10.70	+01:33:30 (42.7%)	10:26	5.7 (57.0%)
268	CHRAPLEWSKA Karolina	78	CHATABIEGACZA K34	K-40	23		01:13:39	02:24:08	00:10:00			03:39:29.05	+01:33:48 (42.7%)	9:58	6 (60.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking		Bledne_Skaly		Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
							7km	14km	21km	Różn					
269	BUSS Jakub	68	KUDOWIANKA RUN	M-50	24	NIE	01:18:24	02:40:38				03:39:43.05	+01:34:02 (42.8%)	10:27	5.7 (57.0%)
270	KRUZEL Rafał	248		M-40	89	NIE	01:17:26	02:36:15				03:40:32.55	+01:34:52 (43.0%)	10:30	5.7 (57.0%)
271	FRAĆZEK Iwona	128	FUNTRI	K-40	24	NIE	01:15:48	02:32:10				03:41:13.10	+01:35:32 (43.2%)	10:32	5.7 (57.0%)
272	NOWAK Katarzyna	355	TIM JEST TIM	K-30	34	NIE	01:18:26	02:40:26				03:41:20.45	+01:35:40 (43.2%)	10:32	5.7 (57.0%)
273	NIEDOBA Barbara	347	TIM JEST TIM	K-40	25	NIE	01:18:19	02:40:19				03:41:46.85	+01:36:06 (43.3%)	10:33	5.7 (57.0%)
274	STANISZEWSKA-DUDA Katarzyna	462	TIM JEST TIM	K-40	26	NIE	01:18:00	02:40:20				03:41:49.50	+01:36:09 (43.3%)	10:33	5.7 (57.0%)
275	KOPKA Tomasz	227	AGB TORFY	M-50	25	NIE	01:19:16	02:34:48				03:42:14.25	+01:36:33 (43.5%)	10:34	5.7 (57.0%)
276	JANOTA Michał	178	BIEGNIJ OŁAWO	M-40	90	NIE	01:14:10	02:30:35				03:42:18.20	+01:36:37 (43.5%)	10:35	5.7 (57.0%)
277	KOPKA Elżbieta	226	AGB TORFY	K-40	27	NIE	01:19:51	02:34:57				03:42:18.25	+01:36:37 (43.5%)	10:35	5.7 (57.0%)
278	RYZNER Natalia	434	BIEGNIJ OŁAWO	K-30	35	NIE	01:14:14	02:30:37				03:42:21.05	+01:36:40 (43.5%)	10:35	5.7 (57.0%)
279	SKORUPA Tomasz	450	AGB TORFY	M-40	91	NIE	01:19:17	02:33:06				03:42:35.75	+01:36:55 (43.5%)	10:35	5.7 (57.0%)
280	SZULECKA Kamila	485		K-40	28	NIE	01:19:17	02:33:08				03:42:35.95	+01:36:55 (43.5%)	10:35	5.7 (57.0%)
281	BIEDZIAK-ŁUCZAK Urszula	33	RUN4ENERGY	K-30	36	NIE	01:15:38	02:34:45				03:42:40.15	+01:36:59 (43.6%)	10:36	5.7 (57.0%)
282	ŁUCZAK Marcin	292	RUN4ENERGY	M-40	92	NIE	01:15:36	02:34:47				03:42:41.40	+01:37:01 (43.6%)	10:36	5.7 (57.0%)
283	STRUSIŃSKA Katarzyna	471		K-40	29	NIE	01:18:39	02:35:12				03:43:25.00	+01:37:44 (43.7%)	10:38	5.6 (56.0%)
284	SZCZUKA Joanna	481		K-20	5	NIE	01:16:47	02:33:19				03:43:26.60	+01:37:46 (43.8%)	10:38	5.6 (56.0%)
285	WALIGÓRA Aleksandra	520	NIAGARA FITNESS KLUB	K-30	37	NIE	01:20:45	02:40:00				03:43:58.20	+01:38:17 (43.9%)	10:39	5.6 (56.0%)
286	MATYLA Roman	319	FUNTRI	M-30	79	NIE	01:10:45	02:28:27				03:44:13.90	+01:38:33 (44.0%)	10:40	5.6 (56.0%)
287	KOLEJ Monika	217	DZIKIE DZIKI GORZOW	K-40	30	NIE	01:17:17	02:37:10				03:45:56.90	+01:40:16 (44.4%)	10:45	5.6 (56.0%)
288	MROZIK Mariusz	338		M-40	93	NIE	01:17:02	02:37:12				03:45:57.30	+01:40:16 (44.4%)	10:45	5.6 (56.0%)
289	BARAN Paulina	19	NIE W SZCZEPIONKĘ TEAM	K-30	38	NIE	01:21:44	02:38:02				03:46:02.10	+01:40:21 (44.4%)	10:45	5.6 (56.0%)
290	KULAS Katarzyna	266		K-30	39	NIE	01:16:50	02:34:05				03:46:30.20	+01:40:49 (44.5%)	10:47	5.6 (56.0%)
291	POŁCZYŃSKI Maciej	406	STALOWA ŁYDA	M-40	94	NIE	01:15:44	02:34:20				03:46:46.35	+01:41:06 (44.6%)	10:47	5.6 (56.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking		Bledne_Skaly		Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
							7km	14km	21km	Różn					
292	KOŃ Aleksandra	224	EKIPA LIPA	K-40	31	NIE	01:13:40	02:34:56				03:46:54.20	+01:41:13 (44.6%)	10:48	5.6 (56.0%)
293	WEŻYK Kamila	534		K-30	40	NIE	01:21:42	02:40:14				03:47:02.70	+01:41:22 (44.6%)	10:48	5.5 (55.0%)
294	CZECH Dorota	92	ASICS FRONTRUNNER POLAND	K-40	32	NIE	01:19:09	02:36:52				03:47:03.00	+01:41:22 (44.6%)	10:48	5.5 (55.0%)
295	MICHAŁKIEWICZ Marek	326		M-40	95	NIE	01:17:53	02:38:35				03:47:10.95	+01:41:30 (44.7%)	10:49	5.5 (55.0%)
296	KOLAŚNIEWSKI Marek	216		M-40	96	TAK	01:16:55	02:38:23				03:47:13.90	+01:41:33 (44.7%)	10:49	5.5 (55.0%)
297	SZATAN Jowita	478	KOTWICA BRZEG	K-30	41	NIE	01:17:52	02:39:05				03:47:44.45	+01:42:04 (44.8%)	10:50	5.5 (55.0%)
298	SZYMAŃSKI Robert	488		M-40	97	NIE	01:13:23	02:35:56				03:48:21.45	+01:42:41 (45.0%)	10:52	5.5 (55.0%)
299	CHOŁUJ Małgorzata	76		K-50	6	NIE	01:18:51	02:37:05				03:48:32.10	+01:42:51 (45.0%)	10:52	5.5 (55.0%)
300	PIECUCH Małgorzata	390		K-60	1	NIE	01:21:12	02:39:23				03:48:47.00	+01:43:06 (45.1%)	10:53	5.5 (55.0%)
301	KONOPACKI Grzegorz	222	RÓŻOWE LANDRYNY	M-40	98	NIE	01:15:13	02:32:36				03:49:48.95	+01:44:08 (45.3%)	10:56	5.5 (55.0%)
302	WARA-WĄSOWSKI Maciej	523		M-50	26	NIE	01:17:03	02:35:56				03:49:51.80	+01:44:11 (45.3%)	10:56	5.5 (55.0%)
303	JAROSŁAWSKI Mariusz	181	BIEGNIJ OŁAWO	M-50	27	TAK	01:14:05	02:37:12				03:50:27.05	+01:44:46 (45.5%)	10:58	5.5 (55.0%)
304	CZERNIK Rafał	93		M-40	99	NIE	01:22:02	02:41:34				03:51:08.10	+01:45:27 (45.6%)	11:00	5.5 (55.0%)
305	DATA Iza	99	KUGUAR XTREME RUNNERS	K-50	7	NIE	01:18:09	02:37:28				03:51:17.25	+01:45:36 (45.7%)	11:00	5.4 (54.0%)
306	DATA Dariusz	98	KUGUAR XTREME RUNNERS	M-50	28	TAK	01:18:12	02:37:27				03:51:17.40	+01:45:37 (45.7%)	11:00	5.4 (54.0%)
307	BARANOWSKI Szymon	20		M-30	80	TAK	01:20:26	02:39:18				03:51:25.95	+01:45:45 (45.7%)	11:01	5.4 (54.0%)
308	ROGUT Katarzyna	420	AGB TORFY	K-50	8	NIE	01:20:00	02:41:01				03:51:28.40	+01:45:48 (45.7%)	11:01	5.4 (54.0%)
309	BIEL Mariusz	34		M-40	100	NIE	01:14:56	02:37:20				03:51:30.00	+01:45:49 (45.7%)	11:01	5.4 (54.0%)
310	MATUSIAK Mateusz	316		M-20	11	NIE	01:23:08					03:51:35.00	+01:45:54 (45.7%)	11:01	5.4 (54.0%)
311	SZCZOTKA Katarzyna	480		K-20	6	TAK	01:20:35	02:39:16				03:51:36.45	+01:45:56 (45.7%)	11:01	5.4 (54.0%)
312	MORAWSKI Marcin	333	RANGER SURVIVAL CLUB	M-40	101	NIE	01:18:22	02:40:22				03:51:47.80	+01:46:07 (45.8%)	11:02	5.4 (54.0%)
313	CHRZĄSZCZ Mariusz	81		M-40	102	NIE	01:29:25	02:46:22				03:51:55.50	+01:46:15 (45.8%)	11:02	5.4 (54.0%)
314	CHRZĄSZCZ Damian	80	VEGE RUNNERS	M-40	103	NIE	01:29:28	02:45:37				03:51:55.95	+01:46:15 (45.8%)	11:02	5.4 (54.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking		Bledne_Skaly		Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
							7km	14km	netto 21km	Różn					
315	ŻYLIŃSKA Urszula	578		K-40	33	NIE	01:23:22	02:41:30				03:52:20.35	+01:46:40 (45.9%)	11:03	5.4 (54.0%)
316	FARION Marzena	115		K-40	34	NIE	01:12:01	02:35:52				03:52:29.25	+01:46:48 (45.9%)	11:04	5.4 (54.0%)
317	RADECKI Adam	413		M-40	104	NIE	01:11:58	02:35:52				03:52:30.70	+01:46:50 (46.0%)	11:04	5.4 (54.0%)
318	ZIMINSKA Joanna	569	HAPPYRUNNERS	K-50	9	NIE	01:20:06	02:41:03				03:53:20.20	+01:47:39 (46.1%)	11:06	5.4 (54.0%)
319	GÓRCZYŃSKI Rafał	146		M-40	105	NIE	01:19:28	02:40:46				03:54:01.60	+01:48:21 (46.3%)	11:08	5.4 (54.0%)
320	KRAJEWSKA Magdalena	237	AGB	K-50	10	NIE	01:20:14	02:41:04				03:54:36.50	+01:48:56 (46.4%)	11:10	5.4 (54.0%)
321	MUSIAL Radosław Musial	340		M-40	106	NO	01:20:12	02:39:11				03:55:03.60	+01:49:23 (46.5%)	11:11	5.4 (54.0%)
322	STAMM Tomasz	461		M-50	29	NIE	01:19:34	02:41:00				03:55:13.15	+01:49:32 (46.6%)	11:12	5.4 (54.0%)
323	MAKOWSKI Tomasz	306	NIGHT RUNNERS	M-30	81	NIE	01:19:02	02:34:13				03:55:46.30	+01:50:05 (46.7%)	11:13	5.3 (53.0%)
324	KURZAWIAK Wojciech	268	ZGORMYSYNY	M-40	107	TAK	01:20:39	02:42:16				03:56:21.60	+01:50:41 (46.8%)	11:15	5.3 (53.0%)
325	DŁUGOSZ Marek	104	KB GEOTERMIA UNIEJÓW	M-50	30	NIE	01:21:01	02:46:49				03:56:34.15	+01:50:53 (46.9%)	11:15	5.3 (53.0%)
326	AUGUSTOWSKA Izabela	10	KB GEOTERMIA UNIEJÓW	K-40	35	NIE	01:21:16	02:46:48				03:56:34.55	+01:50:54 (46.9%)	11:15	5.3 (53.0%)
327	JURASZ Aleksandra	194		K-30	42	NIE	01:18:52	02:38:58				03:56:58.45	+01:51:18 (47.0%)	11:17	5.3 (53.0%)
328	PAŁUCKA Marta	378	PROJEKT ULTRA	K-30	43	NIE	01:24:20	02:44:51				03:57:48.75	+01:52:08 (47.2%)	11:19	5.3 (53.0%)
329	ŁACHACZ Robert	286		M-40	108	NIE	01:19:14	02:44:33				03:58:07.10	+01:52:26 (47.2%)	11:20	5.3 (53.0%)
330	SOROKA Monika	455	PASTERKA PANY	K-40	36	NIE	01:15:41	02:37:11				03:58:12.85	+01:52:32 (47.2%)	11:20	5.3 (53.0%)
331	GIBOWSKI Lukasz	135		M-40	109	NIE	01:16:20	02:45:25				03:58:45.70	+01:53:05 (47.4%)	11:22	5.3 (53.0%)
332	KOT Tomasz	230		M-40	110	NIE	01:22:43	02:45:27				03:59:13.60	+01:53:33 (47.5%)	11:23	5.3 (53.0%)
333	ROMAN Paweł	423		M-40	111	NIE	01:13:27	02:35:13				03:59:24.35	+01:53:44 (47.5%)	11:24	5.3 (53.0%)
334	NEUMANN Beata	346	CENTRUM ŁĄKOWA 1	K-50	11	NIE	01:24:06	02:47:59				03:59:50.75	+01:54:10 (47.6%)	11:25	5.3 (53.0%)
335	CZERWONKA Zbigniew	95	ESKADRA ŁÓDŹ	M-30	82	NO	01:22:32	02:50:42				04:01:22.80	+01:55:42 (47.9%)	11:29	5.2 (52.0%)
336	WILKIN Mirosław	536	FUNTRI	M-50	31	NIE	01:22:25	02:46:13				04:01:42.25	+01:56:01 (48.0%)	11:30	5.2 (52.0%)
337	LIS Mirosław	281		M-40	112	NIE	01:16:52	02:45:30				04:01:43.05	+01:56:02 (48.0%)	11:30	5.2 (52.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking		Bledne_Skaly		Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
							7km	14km	21km	Różn					
338	SIEPIELSKI Damian	442		M-30	83	NIE	01:11:26	02:35:32		00:20:00	04:02:13.35	+01:56:33 (48.1%)	10:34	5.7 (57.0%)	
339	NOWAK Filip	359		M-40	113	NIE	01:24:29	02:47:48			04:02:23.50	+01:56:43 (48.2%)	11:32	5.2 (52.0%)	
340	GOSK Urszula	144		K-30	44	NIE	01:22:44	02:47:29			04:02:42.60	+01:57:02 (48.2%)	11:33	5.2 (52.0%)	
341	CHWASTYK Ewa	85		K-30	45	NIE	01:22:42	02:47:29			04:02:42.70	+01:57:02 (48.2%)	11:33	5.2 (52.0%)	
342	BUSS Konrad	69	KUDOWIANKA RUN	M-30	84	NIE	01:20:06	02:42:51			04:03:21.35	+01:57:41 (48.4%)	11:35	5.2 (52.0%)	
343	MAKOWSKI Dariusz	305	KM TEAM	M-50	32	NIE	01:18:48	02:45:59			04:03:38.20	+01:57:57 (48.4%)	11:36	5.2 (52.0%)	
344	KRAWIEC Piotr	245	KOTWICA BRZEG	M-40	114	NIE	01:18:07	02:43:58			04:04:02.35	+01:58:22 (48.5%)	11:37	5.2 (52.0%)	
345	RYPIŃSKA Magdalena	433		K-40	37	NIE	01:25:02	02:51:39			04:04:32.40	+01:58:52 (48.6%)	11:38	5.2 (52.0%)	
346	MORAWSKA Anna	332		K-60	2	NIE	01:21:23	02:47:42			04:05:42.30	+02:00:01 (48.9%)	11:42	5.1 (51.0%)	
347	FINKOWIAT - SZYMCZAK Katarzyna	123	FARTY PUSZCZY	K-30	46	NIE	01:29:09	02:54:46			04:06:51.40	+02:01:11 (49.1%)	11:45	5.1 (51.0%)	
348	KACIUPA Agnieszka	198	FARTY PUSZCZY	K-40	38	NIE	01:27:57	02:54:49			04:06:51.65	+02:01:11 (49.1%)	11:45	5.1 (51.0%)	
349	BORODYN Andrzej	49	FARTY PUSZCZY	M-40	115	NIE	01:23:08	02:51:29			04:07:09.35	+02:01:29 (49.2%)	11:46	5.1 (51.0%)	
350	JEDYNAK-DOROSZ Izabela	187	KB MANIAC POZNAŃ	K-40	39	NIE	01:27:11	02:54:04			04:07:16.70	+02:01:36 (49.2%)	11:46	5.1 (51.0%)	
351	ŁUSIAK Kasia	295		K-30	47	NIE	01:25:59	03:00:06			04:07:41.70	+02:02:01 (49.3%)	11:47	5.1 (51.0%)	
352	MAZUR Marek	320	BIEGNIJ OŁAWO	M-50	33	NIE	01:29:14				04:07:49.00	+02:02:08 (49.3%)	11:48	5.1 (51.0%)	
353	JAŚKIEWICZ Katarzyna	183		K-40	40	NIE	01:25:58	02:55:14			04:08:01.00	+02:02:20 (49.3%)	11:48	5.1 (51.0%)	
354	BOROŃ Izabela	51		K-40	41	NIE	01:27:17	02:51:56			04:08:15.40	+02:02:35 (49.4%)	11:49	5.1 (51.0%)	
355	BYKS Tomasz	71		M-30	85	NIE	01:20:44	02:50:27			04:09:05.70	+02:03:25 (49.5%)	11:51	5.1 (51.0%)	
356	ROSA Aleksander	424		M-40	116	NIE	01:22:28	02:50:27			04:09:05.80	+02:03:25 (49.5%)	11:51	5.1 (51.0%)	
357	HORBACZ-ROSA Hanna	165		K-30	48	NIE	01:20:57	02:50:30			04:09:10.25	+02:03:29 (49.6%)	11:51	5.1 (51.0%)	
358	BOSY Joanna	56		K-30	49	NIE	01:25:47	02:56:03			04:09:21.40	+02:03:41 (49.6%)	11:52	5.1 (51.0%)	
359	BOROŃ Ryszard	50		M-60	5	NIE	01:27:35	02:51:59			04:09:39.60	+02:03:59 (49.7%)	11:53	5 (50.0%)	
360	KUMOR Weronika	267	EVERRUN	K-40	42	NIE	01:27:20	02:52:58			04:09:42.95	+02:04:02 (49.7%)	11:53	5 (50.0%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking		Bledne_Skaly		Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
							7km	14km	21km	Różn					
361	ŻUROWSKI Mikołaj Żurowski	574	GVT	M-20	12	NO	01:23:26	02:50:43				04:09:46.25	+02:04:05 (49.7%)	11:53	5 (50.0%)
362	KONKIEWICZ Katarzyna	221	NIAGARA	K-40	43	NIE	01:32:15	02:57:25				04:10:23.15	+02:04:42 (49.8%)	11:55	5 (50.0%)
363	CHUDAŃSKI Jakub	82		M-30	86	NIE	01:21:55	02:53:00				04:10:31.55	+02:04:51 (49.8%)	11:55	5 (50.0%)
364	SAWICZ Piotr	439		M-30	87	NIE	01:52:08	03:05:03				04:11:34.05	+02:05:53 (50.0%)	11:58	5 (50.0%)
365	HOFFMANN Grzegorz	162	KOŚCIAN TEAM	M-40	117	NIE	01:24:13	02:57:59				04:11:51.85	+02:06:11 (50.1%)	11:59	5 (50.0%)
366	BARTKIEWICZ Lech	22		M-40	118	NIE	01:21:25	02:50:37				04:12:03.45	+02:06:23 (50.1%)	12:00	5 (50.0%)
367	NIEDZIELA Krzysztof	348	GOSTYŃ	M-40	119	NIE	01:28:14	02:58:48				04:12:04.90	+02:06:24 (50.1%)	12:00	5 (50.0%)
367	NIEDZIELA Danuta	349	GOSTYŃ	K-40	44	NIE	01:28:12	02:58:51				04:12:04.90	+02:06:24 (50.1%)	12:00	5 (50.0%)
369	KUCHARSKI Adam	258		M-40	120	NIE	01:27:13	02:55:25				04:12:23.75	+02:06:43 (50.2%)	12:01	5 (50.0%)
370	JĘDRZEJCZAK Anna	190		K-50	12	NIE	01:27:13	02:55:23				04:12:24.20	+02:06:43 (50.2%)	12:01	5 (50.0%)
371	KLUK Agnieszka	210		K-40	45	NIE	01:27:51	03:00:03				04:13:17.80	+02:07:37 (50.4%)	12:03	5 (50.0%)
372	STASZCZUK Jarosław	465		M-50	34	NIE	01:26:02	02:57:09				04:13:34.70	+02:07:54 (50.4%)	12:04	5 (50.0%)
373	WOJDAŁOWICZ Ewa	579		K-40	46	NIE	01:28:02	02:54:58				04:13:53.75	+02:08:13 (50.5%)	12:05	5 (50.0%)
374	SZYMCZAK Łukasz	490	FARTY PUSZCZY	M-40	121	NIE	01:29:55	02:54:18				04:14:44.45	+02:09:04 (50.7%)	12:07	4.9 (49.0%)
375	BEDNARSKA- KOZIOŁ Danuta	26	WKURW-TEAM	K-40	47	NIE	01:25:45	02:59:11				04:14:53.20	+02:09:12 (50.7%)	12:08	4.9 (49.0%)
376	MAJEROWSKA Magdalena	303		K-30	50	NIE	01:29:38	03:00:07				04:15:19.15	+02:09:38 (50.8%)	12:09	4.9 (49.0%)
377	JAKIMKO Monika	173	EKIPA LIPA	K-40	48	NIE	01:24:57	02:57:44				04:15:21.30	+02:09:40 (50.8%)	12:09	4.9 (49.0%)
378	JAKÓBCZYK Ewelina	175		K-30	51	NIE	01:23:53	02:54:47				04:15:36.20	+02:09:55 (50.8%)	12:10	4.9 (49.0%)
379	PIKUŁA Sebastian	393		M-40	122	NIE	01:23:53	02:54:46				04:15:41.65	+02:10:01 (50.9%)	12:10	4.9 (49.0%)
380	TUREK Karolina	511	BIAŁY DOMEK BIEGA	K-40	49	NIE	01:29:25	03:00:37				04:16:53.85	+02:11:13 (51.1%)	12:13	4.9 (49.0%)
381	WEYNA Anna	532	BIAŁY DOMEK BIEGA	K-40	50	NIE	01:29:25	03:00:45				04:16:54.50	+02:11:14 (51.1%)	12:14	4.9 (49.0%)
382	MASALSKA Anna	315		K-40	51	NIE	01:25:24	02:56:03				04:17:29.95	+02:11:49 (51.2%)	12:15	4.9 (49.0%)
383	BRZEZIŃSKI Andrzej	60	LANRUNS	M-60	6	NIE	01:21:12	02:58:23				04:17:41.25	+02:12:00 (51.2%)	12:16	4.9 (49.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking		Bledne_Skaly		Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
							7km	14km	21km	Różn					
384	OGÓRKIEWICZ Sylwia	364		K-40	52	NIE	01:31:49	03:00:33				04:17:51.35	+02:12:11 (51.3%)	12:16	4.9 (49.0%)
385	NATKANIEC Grazyna	345		K-50	13	NIE	01:27:21	03:00:54				04:18:56.05	+02:13:15 (51.5%)	12:19	4.9 (49.0%)
386	MARCINIAK Agata	310	ŁODZIANKA TEAM	K-40	53		01:36:54	03:06:56				04:20:06.90	+02:14:26 (51.7%)	12:23	4.8 (48.0%)
387	SKWARNECKI Damian	451	ŁODZIANKA TEAM	M-40	123		01:36:39	03:06:57				04:20:07.05	+02:14:26 (51.7%)	12:23	4.8 (48.0%)
388	MIECHOWIECKA Maja	327		K-30	52	NIE	01:25:51	02:58:30				04:20:40.25	+02:14:59 (51.8%)	12:24	4.8 (48.0%)
389	STRAMEK Lukasz	470		M-30	88	NO	01:25:48	02:58:21				04:20:40.50	+02:15:00 (51.8%)	12:24	4.8 (48.0%)
390	JAWORSKI Jarosław	184	LOVELY MOUNTAINS WINTER RUNNING	M-30	89	NIE	01:28:12	03:01:28				04:23:19.85	+02:17:39 (52.3%)	12:32	4.8 (48.0%)
391	WARKOCZYŃSKI Marcin	524	DLA MOJEJ PEREŁKI	M-40	124	NIE	01:28:37	02:54:18				04:23:40.10	+02:17:59 (52.3%)	12:33	4.8 (48.0%)
392	WOJCIECHOWSKI Andrzej	545	NIGHT RUNNERS OSTRÓW WIELKOPOLSKI	M-40	125	NIE	01:29:00	03:00:23				04:23:48.65	+02:18:08 (52.4%)	12:33	4.8 (48.0%)
393	LENERT Ksenia	273		K-30	53	NIE	01:31:35	03:03:02				04:24:25.10	+02:18:44 (52.5%)	12:35	4.8 (48.0%)
394	KOWAŃSKI Tomasz	234		M-40	126	NIE	01:32:04	03:09:17				04:24:38.40	+02:18:58 (52.5%)	12:36	4.8 (48.0%)
395	SZARPAK Anna	477		K-40	54	NIE	01:32:25	03:09:21				04:25:33.00	+02:19:52 (52.7%)	12:38	4.7 (47.0%)
396	CHEŁCHOWSKA Katarzyna	74		K-30	54	NO	01:31:19	03:04:39				04:25:58.05	+02:20:17 (52.7%)	12:39	4.7 (47.0%)
397	KOWAŃSKA Aleksandra	233		K-40	55	NIE	01:32:50	03:09:25				04:28:10.70	+02:22:30 (53.1%)	12:46	4.7 (47.0%)
398	PERKA Barbara	386		K-50	14	NIE	01:32:59	03:08:37				04:29:31.05	+02:23:50 (53.4%)	12:50	4.7 (47.0%)
399	STYPUŁA Michał	472	TE CONNECTIVITY	M-30	90	NIE	01:33:31	03:12:57				04:29:33.60	+02:23:53 (53.4%)	12:50	4.7 (47.0%)
400	ADAMSKI Adam	3		M-60	7	NIE	01:16:55	03:10:33				04:31:33.55	+02:25:53 (53.7%)	12:55	4.6 (46.0%)
401	MALINOWSKI Przemek	308		M-50	35	NIE	01:29:08	03:08:55				04:33:09.50	+02:27:29 (54.0%)	13:00	4.6 (46.0%)
402	KRZYWAK Anna	254		K-40	56	NIE	01:30:14	03:13:36				04:33:43.65	+02:28:03 (54.1%)	13:02	4.6 (46.0%)
403	TOKARZ Robert	502		M-50	36	NO	01:35:48	03:09:30				04:35:17.70	+02:29:37 (54.3%)	13:06	4.6 (46.0%)
404	PAWŁOWSKA Basia	383		K-30	55	NIE	01:34:17	03:15:10				04:37:02.45	+02:31:22 (54.6%)	13:11	4.5 (45.0%)
405	NORKOWSKA Aleksandra	351	ORANGE POLSKA	K-40	57	NIE	01:39:58	03:19:51				04:40:02.70	+02:34:22 (55.1%)	13:20	4.5 (45.0%)
406	TURKIEWICZ Dawid	512	WOLIBÓRZ W BIEGU	M-30	91	NIE	01:31:56	03:12:02				04:40:15.30	+02:34:34 (55.2%)	13:20	4.5 (45.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking		Bledne_Skaly		Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
							7km	14km	21km	Różn					
407	ARMATYS Grzegorz	8	ORANGE POLSKA	M-50	37		01:39:57	03:19:42				04:41:02.70	+02:35:22 (55.3%)	13:22	4.5 (45.0%)
408	KALBARCZYK Beata	202	ORANGE POLSKA	K-50	15	NIE	01:40:02	03:19:46				04:41:08.80	+02:35:28 (55.3%)	13:23	4.5 (45.0%)
409	GINTER Katarzyna	138		K-30	56	NIE	01:37:49	03:19:08				04:43:12.70	+02:37:32 (55.6%)	13:29	4.4 (44.0%)
410	WYSOCKI Grzegorz	553	KUGUAR XTREME RUNNERS	M-40	127	NIE	01:44:16	03:26:43				04:43:23.85	+02:37:43 (55.7%)	13:29	4.4 (44.0%)
411	WAWRZYNIUK Małgorzata	528		K-50	16	NIE	01:43:20	03:24:04				04:45:22.95	+02:39:42 (56.0%)	13:35	4.4 (44.0%)
412	PEPŁOWSKA Sylwia	385		K-40	58	NO	01:43:04	03:23:27				04:46:43.10	+02:41:02 (56.2%)	13:39	4.4 (44.0%)
413	CISŁAK Anna	91		K-30	57	NIE	01:43:01	03:23:29				04:46:44.15	+02:41:03 (56.2%)	13:39	4.4 (44.0%)
414	ZAJĄC Andrzej	555	DRUŻYNA SZPIKU	M-40	128	NIE	01:34:17	03:24:32				04:47:58.70	+02:42:18 (56.4%)	13:42	4.4 (44.0%)
415	ZAJĄC Krzysztof	554	BEZULTRADZIKI/WKURW_TEAM	M-40	129	NIE	01:34:14	03:24:30				04:47:59.40	+02:42:19 (56.4%)	13:42	4.4 (44.0%)
416	BAJZERT Magdalena	14		K-40	59	NIE	01:42:20	03:24:03				04:49:25.55	+02:43:45 (56.6%)	13:46	4.4 (44.0%)
417	OLEK-WYSOCKA Monika	368	KUGUAR XTREME RUNNERS	K-40	60	NIE	01:45:28	03:27:11				04:50:58.80	+02:45:18 (56.8%)	13:51	4.3 (43.0%)
418	FAFARA Agnieszka	116	BIEGNIĘTE LASKI	K-40	61	NIE	01:37:26	03:21:35				04:51:18.40	+02:45:38 (56.9%)	13:52	4.3 (43.0%)
419	OCHOCKA Ewa	361		K-40	62	NIE	01:37:37	03:21:36				04:51:18.70	+02:45:38 (56.9%)	13:52	4.3 (43.0%)
420	KUDEŁKA Janusz	262		M-50	38	NIE	01:42:47	03:23:48				04:52:46.50	+02:47:06 (57.1%)	13:56	4.3 (43.0%)
421	BABIŃSKA Malwina	11		K-30	58	NIE	01:41:51	03:29:06				04:57:58.40	+02:52:18 (57.8%)	14:11	4.2 (42.0%)
422	BOROŃ-KOSIK Magda	52		K-40	63	NIE	01:39:51	03:23:33				05:01:22.75	+02:55:42 (58.3%)	14:21	4.2 (42.0%)
423	KĘPSKI Grzegorz	207		M-30	92	NIE	01:54:19	03:40:56				05:08:26.05	+03:02:45 (59.3%)	14:41	4.1 (41.0%)
424	MYSZYWODA Monika	342		K-30	59	NIE	01:54:59	03:40:08				05:13:39.15	+03:07:58 (59.9%)	14:56	4 (40.0%)
425	LEŚNA Monika	275		K-30	60	NIE	01:52:32	03:38:31					+02:12:22	15:36	3.8 (38.0%)
426	WŁODARCZYK Małgorzata	542	COLOR TREND ORZECHOWO	K-40	64	NIE	01:48:41	03:43:23					+02:17:14	15:57	3.8 (38.0%)
427	WŁODARCZYK Michał	543	BMW	M-20	13	NIE	01:48:43	03:43:26					+02:17:17	15:57	3.8 (38.0%)
428	BAKA Elzbieta	15	LADIESLOSTGAŚBAGAŚ	K-40	65	NIE	00:58:12						+	8:18	7.2 (72.0%)
429	BARTOSIK Kamila	23	NIGHT RUNNERS WROCŁAW	K-40	66	NO	00:59:51						+	8:33	7 (70.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Kara/ bonifikata	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
430	WŁODARCZYK Krzysztof	540	3TEAM MPEC KONIN	M-40	130	NIE	01:14:57				+	10:42	5.6 (56.0%)
431	UPTAS Tomasz	516	CROSS STRACENÓW TEAM	M-40	131	NIE	01:25:01				+	12:08	4.9 (49.0%)

Znaleziono 431 wynik(ów)